

NEWSLETTER



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

INSIDE THIS ISSUE

Important Dates

Oct. 2, 16, 30	4-H Advanced Sewing
Oct. 10	Homemaker Skills Day
Oct. 12	Cooking through the Calendar @ Sr. Citizen's Building
Oct. 18	Crafts & Crumbs @ Ext. Office
Oct. 18	4-H Craft Club
Oct. 19	God's Pantry Food Drive
Oct. 19	LRA Annual Homemaker Meeting
Oct. 23	4-H Beginning Sewing
Oct. 28	Fall Festival @ Covered Bridge



TheRibbonKretreat.cc



Licking River Area

Skills Day

Check-In Time: 9:30-10 AM
Morning Classes: 10-12 PM
Lunch: 12-1 PM
Afternoon Classes: 1-3 PM

Registration Fee: \$4
Register with your County
Extension Office.
Registration and Payment
due by September 29th.

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

1 FAYINGTON KY 40546



Disabilities
accommodated
with prior notification



Mount Olivet

ROBERTSON CO. HOMEMAKERS

WHAT IS THE HOMEMAKER CLUB?

Homemaker clubs provide education with a difference. They are local clubs of one of the largest volunteer organizations, the Kentucky Extension Homemakers Association. The Kentucky Extension Homemakers Association (KEHA) is a volunteer organization that works to improve the quality of life for families and communities through leadership development and education in cooperation with the University of Kentucky Cooperative Extension Service.

WHY SHOULD I JOIN?

Members have the opportunity to participate in a variety of activities and events throughout the year, including trips, programs, and seminars. As dedicated volunteers, we network with local agencies to enrich lives in our community.

ADDED BENEFITS

- Receive a monthly newsletter
- Get discounts on Extension workshops and events.
- Join in community service projects.

TWO WAYS TO JOIN

In person Membership: Club meetings are informal times of demonstration, discussion, idea sharing and fellowship. Clubs meet monthly during the day or evening at various locations.

Mailbox Membership: Keep a busy schedule and cannot commit to a monthly meeting? By becoming a Mailbox Member you can still enjoy ALL of the benefits of an in person membership.



2022 HOMEMAKER COUNT

In Person Member- 7
Mailbox Member- 2

2023 HOMEMAKER COUNT

In Person Member- 8
Mailbox Member- 8

We're Growing!





Robertson County
Extension Office

College of Agriculture, Food and Environment



Butternut & Acorn Squash Soup



CRAFTS & CRUMBS

Butternut & Acorn

Squash Soup

October 18

Extension Office

5:00 p.m.

Community Members \$15

Homemakers \$10

Call Office to Register or
Scan the QR Code
606-724-5796



Limited to 12 Spots



Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

COOKING THROUGH THE CALENDAR OCTOBER 12 11 A.M.

Robertson County
Senior Citizen's
Building

Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.



Italian One Pot Pasta and Beans

- 1 tablespoon oil
 - 1 medium yellow or white onion, diced
 - 1 large carrot, diced
 - 1 stalk celery, diced
 - 2 minced garlic cloves, or
 - 2 tablespoons garlic powder
 - 1 tablespoon Italian seasoning
 - 4 cups low-sodium vegetable broth or water
 - 1 can (15 ounces) no-salt-added diced tomatoes
 - 1 can (15 ounces) no-salt-added tomato sauce
 - 1 1/2 cups dry elbow macaroni or ditalini pasta
 - 2 cans (15 ounces) white beans such as cannellini, undrained
 - 1 teaspoon salt
 - Parmesan cheese (optional)
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Rinse produce under cool running water and scrub clean with vegetable brush.
 3. Over medium heat, add oil to a large pot. Sauté onion, carrots, and celery until soft.
 4. Add garlic and Italian seasoning and stir for 1 minute.
 5. Add broth, diced tomatoes, and tomato sauce and bring mixture to a boil.
 6. Stir in uncooked pasta. Simmer, stirring from time to time for 7 to 9 minutes until pasta is almost cooked.
 7. Stir in beans and salt. Simmer another 5 minutes.
 8. Ladle into bowls and top with parmesan cheese, if desired.
 9. Store leftovers in the refrigerator within 2 hours.

Makes 12 servings
Serving size: 1 cup
Cost per recipe: \$6.38
Cost per serving: \$0.53

Nutrition facts per serving: 150 calories; 1.5g total fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 420mg sodium; 27g total carbohydrate; 7g dietary fiber; 5g total sugars; 0g added sugars; 6g protein; 0% Daily Value of vitamin D; 4% Daily Value of calcium; 10% Daily Value of iron; 10% Daily Value of potassium.

Source: Cathy Fellows, Boone County SNAP-Ed Program Assistant

This recipe is adapted from a Pasta Fagioli recipe that came from Italy. In Italian, pasta fagioli means pasta and beans. Most likely ditalini pasta was used in the original recipe. Any white bean can be used in this recipe.

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>
15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>
22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>
29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>	1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>

ADULT

HEALTH BULLETIN

 Cooperative
Extension Service



Download this and past issues of the Adult, Youth, Parent, and Family Caregiver Health Bulletins: <http://fcs-hes.ca.uky.edu/content/health-bulletins>

Robertson County
Extension Office
39 East Walnut St.
Mt. Olivet, KY
41064
(606) 724-5796

Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can promote clear thinking.



THIS MONTH'S TOPIC:

STRETCH YOUR BOUNDARIES — TRY YOGA!



September is National Yoga Month, meant to draw awareness to the many health benefits of doing yoga. If you have not practiced yoga before, there are many different reasons to try this activity.

Yoga is an ancient and complex practice, rooted in Indian philosophy. While it began as a spiritual practice, it has become popular as a way of promoting physical and mental well-being. Although classical yoga also includes other elements, yoga as practiced in the United States typically emphasizes physical postures (asanas), breathing techniques (pranayama), and meditation (dharma).

Continued on the next page ➔

➔ **Continued from the previous page**

Yoga offers physical and mental health benefits for people of all ages. Some of the health benefits of yoga include:

- **Improved strength, balance, and flexibility:** Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.
- **Back pain relief:** Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.
- **Fused arthritis symptoms:** Gentle stretches and poses can ease joint discomfort for people with arthritis, according to a Johns Hopkins review of 11 recent studies.
- **Heart health benefits:** Regular yoga practice reduces levels of stress and body-wide inflammation, contributing to healthier hearts. Yoga can also address several of the factors contributing to heart disease, including high blood pressure and excess weight.
- **Improved sleep:** Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

• **Better mood:** Practicing yoga helps increase mental and physical energy, gives a boost in alertness and enthusiasm, and decreases negative feelings.

• **Stress management:** Incorporating yoga into daily routines can help reduce feelings of anxiety, jitters, restlessness, and can help promote clear thinking.

• **Communal support:** Participating in yoga classes can ease loneliness and provide an environment for group healing and support.

There are many ways to try yoga. Take a class at a local fitness center or gym, grab a friend and watch a video tutorial online together, or spend time alone practicing a few poses in solitude.

REFERENCES:

- <https://www.hopkinsmedicine.org/health/wellness-and-prevention/9-benefits-of-yoga>
- <https://www.nrcch.nih.gov/health/yoga-what-you-need-to-know>

ADULT
HEALTH BULLETIN

Written by:
Katherine Jory, MS
Edited by: Alyssa Simms
Designed by: Rusty Mansau
Stock images:
123RF.com

MARTIN GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky's Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, height, weight, physical or mental disability, national origin, ancestry, or political affiliation. For more information, contact the local office of the University of Kentucky's Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperative Extension, KY 40306



 Disabilities
accommodated
with prior notification.

Cooperative
Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Licking River Area *Skills Day*

Check-In Time: 9:30-10 AM
Morning Classes: 10-12 PM
Lunch: 12-1 PM
Afternoon Classes: 1-3 PM

Registration Fee: \$4
Register with your County
Extension Office.
Registration and Payment
due by September 29th.



Bath County AG Center 2914 E. HWY 60 Owingsville,
KY 40360 • October 10th 10 AM -3 PM

Morning Classes 10-12 PM

FLEMING COUNTY

Garden Stepping Stone
Cost: \$30
Instructor: Pam McGlone (Glass
with Sass)
Class Size: 25



BRACKEN COUNTY

Pumpkin Door Hanger
Cost: \$25
Instructor: Shannon Smith
Class Size: 25



MASON COUNTY

Faux Stained Glass Art
Cost: \$5
Instructor: Abbigale Gray
Class Size: 15



BATH COUNTY

Swedish Weaving Jar Cozies
Cost: \$5
Instructor: Mary-Ann Lewis &
Joy Warren.
Class Size: 10



Morning Classes 10-12 PM

LEWIS COUNTY

Over Shoulder Bag

Cost: FREE
Instructor: Leoma Rigdon & Ruby Hord
Class Size: 10

Supplies participant will need to
bring:

- 1 yard main fabric
- 1/2 yard contrast fabric
- 1/2 yard thin batting
- 12" zipper to match
- 2 "D" rings (3/4" or 1") or Two 1" swivel clasps
- Zipper foot
- Scissors
- Thread
- Sewing Machine



Afternoon Classes 1-3 PM

ROBERTSON COUNTY

Sunflower Wall Hanging
Cost: \$17
Instructor: TBD
Class Size: 20



MONTGOMERY COUNTY

Sock Doll
Cost: \$10
Instructor: Aggie Fink
Class Size: 10



BATH COUNTY

Pop-Up Cards
Cost: \$6
Instructor: Brenna Stamm
Class Size: 10



MENIFEE COUNTY

Vase Painting
Cost: \$10
Instructor: Ailee Lawson
Class Size: 15



hand crafted



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Robertson County Extension
PO Box 283
Mt. Olivet, KY 41064

ELECTRONIC SERVICE REQUESTED

NON-PROFIT
US POSTAGE PAID
CYNTHIANA, KY
PERMIT 2110

