

NEWSLETTER

 Cooperative Extension Service

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

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

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IMPORTANT DATES



Sensational Salads Class	May 8
Cooking Through the Calendar	May 9
Tasty Tuesday	May 14
RCS Last Day of School	May 16
Crafts & Crumbs	May 20
Homemaker Meeting	May 20
4-H Camp Orientation	May 22
Memorial Day	May 27



Cooperative Extension Service

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

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.

SEE YA

Around Town

Mount Olivet

ROBERTSON CO. EMERGENCY MANAGEMENT

Did you know that the Robertson County Extension Office shares the office space with our county's Emergency Management Agency? If you or your family are in need of assistance after a weather event please feel free to contact Diane Ellis at 606-724-5472.



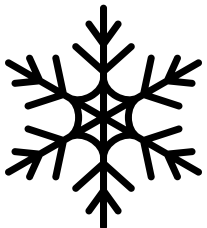
HAVE MULTIPLE WAYS TO RECEIVE WARNINGS

 NOAA WEATHER RADIO	 LOCAL TV & RADIO	 OUTDOOR SIRENS
 WIRELESS EMERGENCY ALERTS	 WEATHER APPS	 SOCIAL MEDIA

WHERE TO GO DURING A TORNADO WARNING

- ✓ SEEK SHELTER INSIDE IMMEDIATELY IN A BASEMENT OR STORM SHELTER.
- ✓ IF YOU DON'T HAVE A BASEMENT OR STORM SHELTER, MOVE TO AN INTERIOR ROOM OF A STURDY STRUCTURE ON THE LOWEST LEVEL WITH NO WINDOWS TO THE OUTSIDE
- ✗ EXTERIOR ROOMS WITH WINDOWS OR DOORS TO THE OUTSIDE ARE NOT SAFE
- ✗ ROOMS ON THE TOP OR SECOND FLOOR ARE NOT SAFE

DO NOT LEAVE YOUR SAFE PLACE UNTIL THE TORNADO WARNING HAS EXPIRED FOR YOUR AREA!





SENSATIONAL *Salads*

Salads have been a mainstay in meal planning for years as they add color, texture, and freshness. Join us for salad taste-testing and new ideas for healthy summer meals.

Robertson County
Extension Office

MAY 8, 2024
5:00 P.M.

606-724-5796
Limited Seats

Cooperative Extension Service

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

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COOKING THROUGH THE CALENDAR

MAY 9
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.

TACO PIE





Blackberry Cucumber Salad

UK Cooperative Extension Service **CRAFTS & CRUMBS**

May 20

Robertson County
Extension Office

5:00 p.m.

Call to Register 606-724-5796

Limited to 10 Spots

Homemakers \$7.00
Community Members \$10.00

Includes all material and instructions.
Registration must be paid by May 13
(NO EXCEPTIONS)



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Lexington, KY 40506



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ADULT HEALTH BULLETIN



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 Street
Mt. Olivet, KY 41064
(606)-724-5796

THIS MONTH'S TOPIC WALK AROUND THE CLOCK



April 5th is National Walking Day. It's an opportunity to try to fit more movement into your daily routines. If you are looking for a way to take a step in that direction (pun intended!), the following tips from the American Heart Association are for you.

Get up and going early

- Before you go to bed at night, lay out your walking clothes and shoes so it's easy to put them on quickly and head out the door.
- Eat a piece of fruit or a container of yogurt for quick energy, either first thing or on the go.

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Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal.

➔ Continued from the previous page

- Create an upbeat playlist of your favorite songs to help get you moving. But make sure you can still hear traffic while listening to music.
- If it is still dark, carry a light or wear reflective clothes.
- Stretch after your walk. You can even watch a morning news show or check your email while stretching.

Add in a mid-day movement break at lunch

- Schedule your lunchtime walk in your calendar, like an important meeting or appointment.
- Keep everything you need for walking at work or in your car, so you will never be without them.
- Recruit co-workers or friends to join you. You can keep each other on track and accountable.
- Depending on your walking pace, the weather and how much you sweat, you may be able to wear your work clothes and just put on athletic shoes. Or you may prefer to keep a change of clothes handy with your shoes.
- In cooler weather, you might need a jacket, hat, or gloves. If you're walking briskly, you'll heat up in a few minutes, so don't overdress.
- Do not skip lunch. Bring food with you or pick a route where you can grab a quick healthy meal at the end of your walk.

Wind down from your day with a walk

- Have a light snack about an hour or two before you leave work so you don't feel an energy dip and talk yourself out of walking. You could try fruit, trail mix, or peanut butter and crackers as easy afternoon snacks.
- Pick a route without heavy traffic because air pollutants are worse during rush hour.
- Before heading out or as you begin your walk, do some shoulder rolls and other warm-ups to release any stress you may be carrying.



- Carry a light or wear reflective clothing if it's already dark or getting dark while you are out.

When you choose to move is up to you. The important thing is fitting it in! Most adults should try to get at least 150 minutes (2.5 hours) a week of moderate-intensity activity. Thirty minutes of brisk walking at least five days a week is one way to meet this goal. Whether you do all 30 minutes at once or spread it out during your day is up to you!

REFERENCE:

<https://www.heart.org/en/healthy-living/fitness/walking/fit-in-walking-morning-noon-or-night>

**ADULT
HEALTH BULLETIN**

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Adobe Stock





Meet and Greet

**MEET THE CEC COUNCIL
REFRESHMENTS PROVIDED
BE A PART OF CHANGE FOR ROBERTSON CO.**

APRIL 22, 2024

5:00 PM

39 East Walnut Street Mt. Olivet, KY 41064

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