

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

INSIDE THIS ISSUE

IMPORTANT DATES

Senior Summitt	May 1
Cooking Through the Calendar	May 8
4-H Cooking Club	May 8
God's Pantry	May 15
Air Fryer Class	May 15
Homemaker Meeting	May 19
Paint Class	May 20
RCS Graduation	May 24
Office Closed-Memorial Day	May 26



THIS MONTH'S TOPIC

TICK PROBLEM PREVENTION



Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors especially when working or playing in a "tick-risky habitat."

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page

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, 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

RECIPE FOR LIFE @ BRACKEN COUNTY EXTENSION OFFICE

The Robertson County FCS Agent was invited to participate in Bracken County's Recipe for Life Program in March. The "Recipes for Life" program is designed to teach fifth-grade students essential cooking and nutrition skills. Initiated in 2008, the program emphasizes the importance of family mealtime and healthy eating habits. Throughout the program, students engage in hands-on activities, including preparing a five-course meal, learning about nutrition, practicing kitchen safety, and understanding the significance of family meals.

The curriculum also encourages students to share family recipes and stories, fostering a deeper connection to their cultural and familial food traditions.

Bracken County has reported positive outcomes from the program. Teachers and extension staff collaborate to provide students with opportunities to prepare meals, learn about nutrition, and understand the value of family dining. The program has been praised for its hands-on approach and its effectiveness in engaging students.



COOKING THROUGH THE CALENDAR

MAY 8
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.

BANANA
PANCAKES



Air Fryer 101

MAY 15 @ 1:00 P.M.
ROBERTSON COUNTY EXTENSION OFFICE

*Get crispy without the
grease!*

- What is an air fryer? How does it work?
- Using your air fryer
- Food safety
- Caring for your air fryer
- Tips
- Considerations Before Buying
- Sample Air Fried Foods

FREE CLASS
REGISTRATION REQUIRED

606-724-5796



**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.



Paint Party Fundraiser

Join your friends as Glenda shows you how to paint the door mat of your choosing!

(Designs Vary)

All Supplies & Refreshments Included

\$35

**Tuesday, May 20th
5 pm to --**

**Robertson County
Community Center**

Call 606-724-5796 to Register

MUST REGISTER AND PAY BY May. 16



**PROCEEDS GO TOWARD
4-H CAMP COST**

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.

ADULT

HEALTH BULLETIN



MAY 2025

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

TICK PROBLEM PREVENTION



Spring has officially sprung in Kentucky, with flowers in full bloom and the horses off to the races! While we may be excited to get outdoors and enjoy the sunshine, the warm weather also draws out other critters ... ticks. Ticks are tiny arachnids that need to feed on blood to go through their life cycle, putting the ICK in tick. These critters can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife. While not every tick bite will lead to disease, it can take just one bite in some circumstances. That is why reducing your risk of tick bites is important. You should include these simple steps outdoors, especially when working or playing in a "tick-risky habitat."

Ways to reduce your risk of tick bites

- Wear long pants.
- Wear tall socks with pants tucked in and taped OR wear tall boots with pants tucked into boots.
- Wear long sleeves when walking through thick brush or tall grasses.

Continued on the next page ➔

**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.

Ticks can transmit microbes that can cause disease in people, pets, livestock and horses, and even wildlife.

➔ Continued from the previous page

- Buy pre-treated clothing or treat clothes with permethrin.
 - If you treat your clothes, follow all label instructions and keep cats away from the wet clothing as it is toxic to cats when wet (but safe when dry!)
 - Re-treat clothing after the number of washes shown on the label.
- Use DEET or other repellents before going into a risky habitat.
 - Find the right repellent for you and your family members by using the Environmental Protection Agency (EPA) tool: <https://www.epa.gov/insect-repellents/find-repellent-right-you>.
 - Remember to spray your socks and (non-rubber) boots!
- Do a tick check periodically while outdoors and soon after returning home.
 - It is easiest to do a full tick check in the shower; this will help dislodge any ticks that may not have fully attached yet.
 - Do a tick check on your pets too.
 - Focus on areas where ticks could find an easy blood meal — “hidden” locations and spots with increased blood flow are ticks’ favorites, such as the scalp, armpits, belly button, groin, behind the knees, and in between toes (especially on pets).
- Throw clothes in the wash, then the dryer, on HIGH heat.
 - Heating clothes on high for 10 to

- Tweezers or forceps
- Bottle (a small pill bottle works well, with identifying information removed) or zip-top bag to keep ticks if you want them identified or tested
- Hand sanitizer or cleaning towelette to clean the bite site after removing the tick

Tick testing

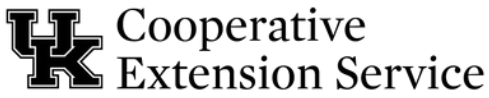
Kentucky residents can send in ticks (found on people and pets) for testing by following instructions through the UK’s Tick Submission Program: <https://entomology.ca.uky.edu/ticksurveillance2022>

What makes a location “tick risky”?

While many different tick species live in Kentucky and prefer different habitats, they are generally found in “wilder” areas — think brush, tall grasses, or leaf litter. You can reduce your risk by walking in the middle of hiking trails, limiting time in tall grass and brush, and using personal protection measures when in these habitats.

But don’t let ticks keep you from enjoying all the beauty that Kentucky has to offer! Using a combination of these methods, you can reduce your risk of tick bites whenever you and your family are working or recreating outdoors.

For more information on reducing your tick and mosquito bite risk and creating “bite safe” spaces around your home, check out UK’s Extension Resources: <https://entomology.ca.uky.edu/ef618> and UK’s From the Woods



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

NON-PROFIT
US POSTAGE PAID
CYNTHIANA, KY
PERMIT 2110

SAVE THE DATE

**Buffalo Trace Regional
Senior Summit and
Resource Fair**
*In celebration of
Older Americans Month*

**MAY
1ST
2025**

CrossPoint Community Church
10am - 12pm
825 Kenton Station Rd
Maysville KY 41056s



BUFFALO TRACE
AREA AGENCY ON AGING &
INDEPENDENT LIVING