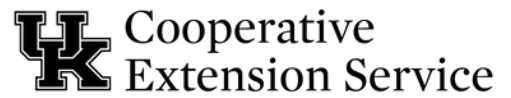


# NEWSLETTER



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



### THIS MONTH'S TOPIC

## KEEP AN EYE ON VISION AND EYE HEALTH



Eye health is important to think about at every stage of the lifespan. As we age, it is common to assume changes in vision are a normal part of getting older. And while vision does naturally change and even start to decline over time, some conditions need medical attention. For example, blurry vision may be a sign of a more serious condition like macular degeneration. Dry eyes could indicate rheumatoid arthritis. Pay attention to symptoms and remember prevention and early treatment are essential to eye health and aging. According to the American Academy of Ophthalmology, paying attention to eye health is not only saving vision, but it is helping boost overall health.

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Cooking Through the Calendar

August 8

Germantown Fair

Aug. 5-10

God's Pantry Food Pickup

August 15

Homemaker Meeting

August 19

Paint Party fundraiser

August 20

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

## 4-H PHOTOGRAPHY DAY CAMP

Robertson County youth were able to expand their knowledge on the world of photography by visiting various locations in Maysville.

Historic Downtown Maysville and The R Farm were two of the places that youth could capture the perfect picture.

The photos that were taken will have the opportunity to be entered into the 4-H Exhibit at the Germantown Fair Floral Hall.

The county winners will have the privilege to have their photos on display at the Kentucky State Fair in Cloverville!





BLUE LICKS

# Farmer's Market



## Blue Licks Museum

📍 May 11-September 28  
Fridays 3pm-7pm  
Saturdays 9am-1pm



## Mt. Olivet Shelter

📍 July 12- October 25  
Fridays 9am-1pm



## Mt. Olivet City Park

📍 July 13-October 26  
Saturdays 9am-1pm



## Mason Co. Health Dept.

📍 July 23- September 17  
Every Tuesday  
10am-2pm



# UK Cooperative Extension Service

## 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

**AUG 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.



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# Paint Party Fundraiser

Join your friends as Glenda shows you how to paint a 2 ft. x 2 ft. Barn Square!

**All Supplies, Food & Drinks Included**

**\$50**

**Tuesday, August 20th**

**6 pm to --**

**Robertson County**

**Community Center**

**Call 606-724-5796 to Register**

*MUST REGISTER AND PAY BY Aug 6*



**PROCEEDS GO TOWARD 4-H CAMP COST FOR 2025**

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

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LEXINGTON, KY 40546



Disabilities accommodated with prior notification

# 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

## KEEP AN EYE ON VISION AND EYE HEALTH

### THIS MONTH'S TOPIC



**E**ye health is important to think about at every stage of the lifespan. As we age, it is common to assume changes in vision are a normal part of getting older. And while vision does naturally change and even start to decline over time, some conditions need medical attention. For example, blurry vision may be a sign of a more serious condition like macular degeneration. Dry eyes could indicate rheumatoid arthritis. Pay attention to symptoms and remember prevention and early treatment are essential to eye health and aging. According to the American Academy of Ophthalmology, paying attention to eye health is not only saving vision, but it is helping boost overall health.

Continued on the next page →

### Cooperative Extension Service

Agriculture and Natural Resources  
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## Schedule yearly eye checkups for total eye care, vision correction, and disease prevention.

Continued from the previous page

### Do's

- **Schedule yearly eye checkups for total eye care, vision correction, and disease prevention.** Schedule an exam if you experience changes in your vision, infections, or symptoms of eye diseases. Let your ophthalmologist know if you have a family history of eye conditions. The American Academy of Ophthalmology recommends a baseline eye exam by age 40 for most people and exams every year for people at age 60 or older. Regular eye exams can detect a surprising number of non-eye diseases such as arthritis, diabetes, and even Alzheimer's disease. Medical advances in eye care are helping ophthalmologists save vision and boost overall health.
- **Maintain a diet rich in plant-based foods and low in saturated fats,** like a Mediterranean diet. Think green leafy vegetables, colorful fruits and vegetables, and nuts. These foods are full of antioxidants, vitamins, and minerals important for eye health.
- **Use supplements.** We try but cannot always get everything from our diets. Omega-3 and Omega-6 fatty acids are ideal for eye health on both the inside and outside parts of the eye.
- **Exercise for your eyes.** Pick something you enjoy so you stick with it. Choose an activity that gets your heart rate up.
- **Wear oversized sunglasses and a hat.** Sunglasses must have a label acknowledging protection against UVA and UVB rays. Also, wear a hat because the sun can affect both inside the eye and the skin around the eye. It is important to protect all of that and provide better coverage.
- **Wear proper prescription lenses** to reduce eye strain and discomfort and increase safety.
- **Wear protective eyewear** during sporting activities, hazardous work, and cooking and cleaning. For example, certain methods of cooking might spatter oil. Some cleaning products include hazardous chemicals and often have information about eye safety. Never



mix chemicals. Even activities like gardening may cause a poke in an unprotected eye.

- **Be mindful of makeup and other cosmetics.** For example, sharing makeup or using eye makeup older than three months can spread bacteria. Thoroughly remove makeup before going to bed. Consider avoiding makeup that is hard to remove. Waterproof mascara can cause issues with the surface of eye, inflammation of eye lids, and problems with your cornea.
- **Be careful around kids.** Kids playing with things like balls and bats or sticks, or Nerf, water, paint, or dart guns might accidentally hit or shoot an eye — their own or someone else's.
- **Avoid smoking and vaping.** Smoking and vaping can lead to diseases that cause problems with eye health.
- **Monitor screen time to reset and relax your eyes.** Practice the 20-20-20 rule. This means that for every 20 minutes you stare at a screen, look away at something that is 20 feet away for a total of 20 seconds.

### REFERENCES:

- American Academy of Ophthalmology. (2020). Perfect Vision? 20 Tips to Keep It That Way. Retrieved March 18, 2024 from <https://www.aao.org/eye-health/tips-prevention/tips-to-keep-perfect-vision-2020>
- Cleveland Clinic. (2020). 5 Ways to Maintain Good Vision and Healthy Eyes. Retrieved March 18, 2024 from <https://health.clevelandclinic.org/5-ways-to-maintain-good-vision-and-healthy-eyes>

### FAMILY CAREGIVER HEALTH BULLETIN

Written by: Amy F. Kostelic,  
Associate Extension Professor,  
Adult Development and Aging  
Edited by: Alyssa Simms  
Designed by: Rusty Mansseau  
Stock images:  
Adobe Stock





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

# 2024-2025 Enrollment Form

## Robertson County Extension Homemakers

Due by November 3, 2024

### Yearly Dues: \$10.00

Please make checks payable to: Robertson County Homemakers

Mail to: Robertson County Cooperative Extension P.O. Box 283 Mt. Olivet, KY 41064

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_

Home Telephone: \_\_\_\_\_

Cell: \_\_\_\_\_

Membership Type (please circle one):    In-person Club Membership                      Mailbox Membership

The following information is collected for reporting purposes only and is optional

Race:            Black            White            Asian/ Pacific Islander            American Indian or Alaska Native            Other

Ethnicity:            Hispanic            Non-Hispanic

Gender:            Male                      Female

Age Group:            15-19            20-24            25-34            35-44            45-54            55-64            65-74            75+

Enrollment Type:            Yearly Renewal                      New Member

I, (print full name) \_\_\_\_\_ hereby grant permission to the University of Kentucky, including its affiliates and subsidiaries, and Kentucky Extension Homemakers Association, Inc., to interview, photograph, and/or videotape me; and/or to supervise any others who may do the interview, photography, and/or videotaping; and/or to use and/or permit others to use information from the aforementioned interview and/or the aforementioned images in educational and promotional activities and publications without compensation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

The Kentucky Cooperative Extension Service is required by Federal law to collect and maintain information Regarding the characteristics of the people we serve. The information you supply is voluntary.

*Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, gender Religion, disability, or national origin.*

# Fresh Corn Salad

- 5 ears of fresh corn
- ½ cup diced red onion
- 3 tablespoons cider vinegar
- 3 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup freshly chopped basil

**Shuck** and remove silks from corn. In a large pot of boiling water, cook the corn for 4 minutes. Drain. Cool by immersing in ice water. When corn has cooled, cut the kernels off the cob.

**Toss** the kernels in a large bowl with the red onion. Combine vinegar, olive oil, salt, and pepper. Pour over corn and gently toss.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.



**Nutritional Analysis:** 70 calories, 5 g fat, 101 mg sodium, 10 g carbohydrate, 2 g protein, 1 g fiber.

**Yield:** 10, ½ cup servings.  
**Chill** to allow flavors to blend. Just before serving, add fresh basil.

