

Very Berry Salsa

- 4 cups apples, finely diced
- 1 cup blueberries
- 1 cup strawberries, diced
- 1 cup raspberries, halved
- 1 cup blackberries, halved
- 1/2 tablespoon brown sugar
- 1/2 tablespoon sugar
- 1 tablespoon fruit preserves

In a large bowl, **combine** apples and berries. In a small bowl, **mix** together preserves and sugars until well blended. **Pour** preserve mixture over fruit and **toss** to coat. **Cover** and **chill** in the refrigerator for at least 30 minutes.

Yield: 32, 2 ounce servings
Nutritional Analysis: 20 calories, 0 g fat, 0 mg cholesterol, 0 mg sodium, 5 g carbohydrate, 1 g fiber, 4 g sugar, 0 g protein



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



Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time.

→ Continued from the previous page

2. Be active. It can be difficult to want to move your body more when you are in pain. But believe it or not, the right kind of movement is key to reducing pain and improve function, and delay disability related to arthritis. Adults should strive to get at least 150 minutes of moderate physical activity each week. You can break this up into short periods throughout the day and add it up over time. If 150 minutes seems like too much, any physical activity is better than none. So, strive to be as active as you can.

There are evidence-based activity programs specifically for people with arthritis, such as Walk with Ease and Enhance Fitness, among others. These kinds of programs can help you learn how to move more safely and comfortably.

3. Watch your weight. Research shows that supporting a healthy weight can reduce limitations from pain, increase mobility, and limit disease progression. For some people that may mean taking steps to lose weight. For adults who are overweight, even a little weight loss can help arthritis-related pain and disability. For every 1 pound lost, there is a 4-pound reduction in the load exerted on the knee, a common joint where people experience arthritis.

4. Protect your joints. Be aware of activities that can put your joints at risk for injury, such as repetitive movements at work or with hobbies. Doing the same motion repeatedly can wear out a specific joint. It may be helpful to work with an occupational therapist to see if there are other movements that could save wear on those joints. Certain stretches or exercises can build up strength in surrounding muscles to protect your joints from injury, as well. There are also braces that you can wear to give your joints extra protection or prevent over-extension.

5. Take an arthritis management class. Interactive workshops teach self-management skills, are



generally low-cost, and are available across the country. Attending one of these programs can help a person learn ways to manage pain, exercise safely, and gain control of arthritis. Learn more about remote and in-person self-management education workshops at <https://www.cdc.gov/arthritis/interventions>.

Having arthritis may be a pain, but it does not have to define who you are or limit what you can do. Learning how to live with arthritis can help you to keep moving and enjoying your favorite activities with less pain.

REFERENCE:

<https://www.cdc.gov/arthritis/about/key-messages.htm>

**ADULT
HEALTH BULLETIN**

Written by:
Katherine Jury, MS
Edited by: Alyssa Simms
Designed by: Rusty Manseau
Stock images:
Adobe Stock



ADULT HEALTH BULLETIN



JULY 2024

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

5 TIPS TO MANAGE ARTHRITIS



More than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

1. See a doctor. If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

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.



Watermelon Salad

UK Cooperative Extension Service
CRAFTS & CRUMBS

July 29

Robertson County Extension Office

5:00 p.m.

Call to Register 606-724-5796



Limited to 12 Spots

Homemakers \$5.00
Community Members \$10.00

Includes all material and instructions.

Registration must be paid by July 19.



Macramé Trivet

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.

COOKING THROUGH THE CALENDAR

JULY 11
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.





BLUE LICKS

Farmer's Market



Blue Licks Museum

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



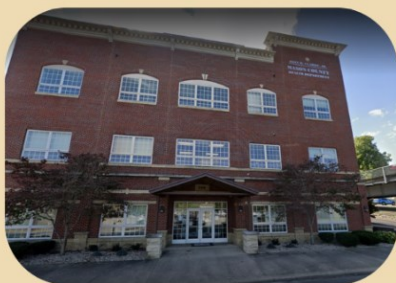
Mt. Olivet Shelter

📍 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

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.



Mount Olivet

FCS MEETS 4-H CAMP

Robertson County Extension FCS (Family & Consumer Sciences) Agent, Britney Poe was given the opportunity to teach a class during Robertson County's 4-H Camp week. 45 participants signed up to make their own special version of Walking Tacos. Campers browned their own beef and made their taco seasoning mixture. Students were able to dress their tacos with guacamole, pico de gallo, sour cream, cheese, lettuce and lots of different sauces. Walking tacos are a fun, non messy way to enjoy a fun treat!



Walking Tacos

Ingredients	Steps
<ul style="list-style-type: none">• Ground Beef• Onions• Taco Seasoning• Small bag of your favorite corn chip• Taco toppings of your choice<ul style="list-style-type: none">◦ lettuce◦ tomatoes◦ guacamole◦ salsa◦ cheese◦ hot sauce	<ul style="list-style-type: none">• Brown the ground beef• Add chopped onions (optional)• Cook onions and ground beef until no pink is showing• Add taco seasoning• Cut open the bag of corn chips length-wise.• Scoop a spoonful of meat into the chip bag and any other toppings you want• Grab a fork and dig in!

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

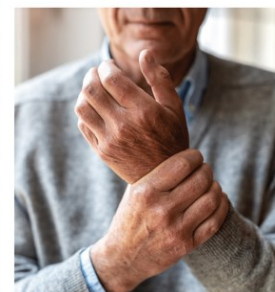
INSIDE THIS ISSUE

IMPORTANT DATES

Office Closed	July 4
Mt. Olivet 4-th of July	July 5 & 6
Tasty Tuesday	July 9
Cooking Through the Calendar	July 11
4-H Photo Day Camp	July 15
Homemaker Meeting	July 15
Cloverbud Art Camp	July 17
Cloverbud Nature Camp	July 18
Farmer's Market- Maysville	July 23 & 30
Farmers Market- Robertson Co.	Fri. & Sat.



THIS MONTH'S TOPIC 5 TIPS TO MANAGE ARTHRITIS



More than 20 percent, or 1 in 5, Americans have arthritis. Arthritis is a joint condition that is marked by swelling or tenderness. If you have been diagnosed with arthritis, or experience joint pain, there are some steps you can take to manage your symptoms and feel better.

The Center for Disease Control (CDC) Arthritis Management and Wellbeing Program promotes five key messages to help adults affected by arthritis. These messages can help arthritis patients control their condition and their lives.

1. **See a doctor.** If you have joint pain, seek medical care and a diagnosis. There are many treatment strategies that help you feel better. These include physical therapy, supplements, lifestyle management, and prescription treatment for certain types of inflammatory arthritis.

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.