

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

April 3, 4, 5	4-H Project Days
April 4, 11, 18, 25	Dining with Diabetes
April 5	Read, Laugh & Learn @ RCPL
April 8	Homemaker Bake Sale
April 10, 24	4-H Sewing Club
April 11	Cloverbuds
April 12, 26	Estate Planning
April 13	Cooking Through the Calendar @ Sr. Citizen's Building
April 13	Crafts & Crumbs @ RCPL
April 17	Homemaker Meeting
April 20	Homemaker International Night
April 20	God's Pantry- Food Pickup
April 21	RCS Safety Day- Kitchen Safety
April 27	4-H Passport Kitchen- Laos
April 28	LEAP @ RCS



SEE YA
Around Town

Mount Olivet

LAUGH & LEARN

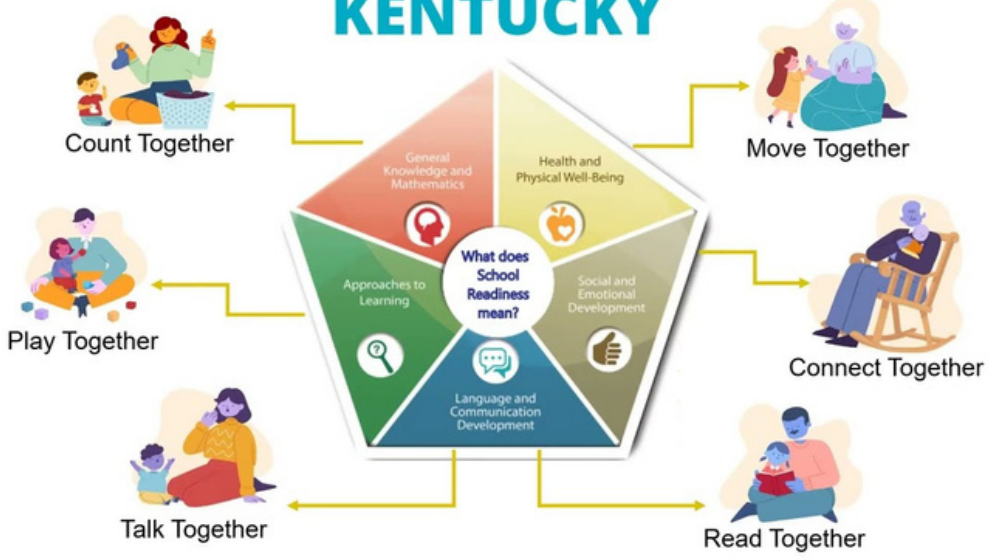
Laugh & Learn is a 12-month program that targets school readiness objectives. Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. Each session will be held at the Robertson County Public Library.

The program is FREE and all children must be accompanied by an adult.

Lessons include a healthy snack, story, craft, music activity, fine and large motor activities, and free play.



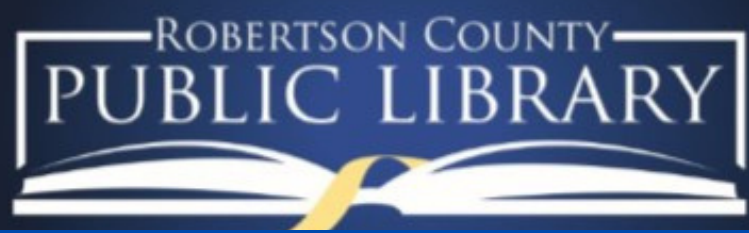
Let's Learn KENTUCKY





Robertson County
Extension Office

College of Agriculture, Food and Environment



Asparagus &
Tomato
Salad



CRAFTS & CRUMBS

Crafting with Mary

April 13 Robertson County Public Library

2:00 p.m.

Call Library to Register

606-724-5746

Limited to 10 Spots

FREE

Plate it Up- KY Proud

Recipe with Britney



Diamond Gnome Keychain



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.

COOKING THROUGH THE CALENDAR

APRIL 13
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.



ESTATE PLANNING

*Transferring Cherished
Possessions*



APRIL 12 @ 5:00 P.M.

Where Do I Start?

Understand the importance of establishing clear family goals when determining how non-titled property will be distributed the settlement of an estate.

What is Fair?

Determine what "fair" distribution means for the division of your assets.



APRIL 26 @ 5:00 P.M.

Who Gets What?

Evaluate different methods of distributing non-titled assets.

How Can We Communicate Without Conflict?

Communicate estate plans and goals with loved ones while minimizing conflict.



CALL TO REGISTER
606-724-5796



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL

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THIS MONTH'S TOPIC: EXTENSION PUBLICATIONS TO HELP WITH ESTATE PLANNING

Estate planning is not just for the wealthy or aged. It involves arranging for the use and disposal of your resources and property after your death. It can be a valuable tool for you and your loved ones. University of Kentucky Cooperative Extension has a 10-part Estate Planning publication series to help you begin.

“Part 1: Getting Started” gives an **overview of the estate planning process** and helps you establish goals. It provides reflection questions to determine your estate planning objectives. Read more at: <http://ukfcs.net/EP-Part1>.

Gathering your **important documents** is a simple way to begin. “Part 2: Your Records and Personal Information” lists the files that you will need. Available at <http://ukfcs.net/EP-Part2>, this publication includes worksheets to help you organize documents, accounts, and contacts.

“Part 3: Selecting Your Team” explains choosing an **attorney** and an **executor** to oversee asset distribution. Read more at <http://ukfcs.net/EP-Part3>. Attorneys who specialize in estate planning are the most likely to be current on laws related to wills, trusts, and taxes. The executor you name will be responsible for handling the legal matters of your estate.

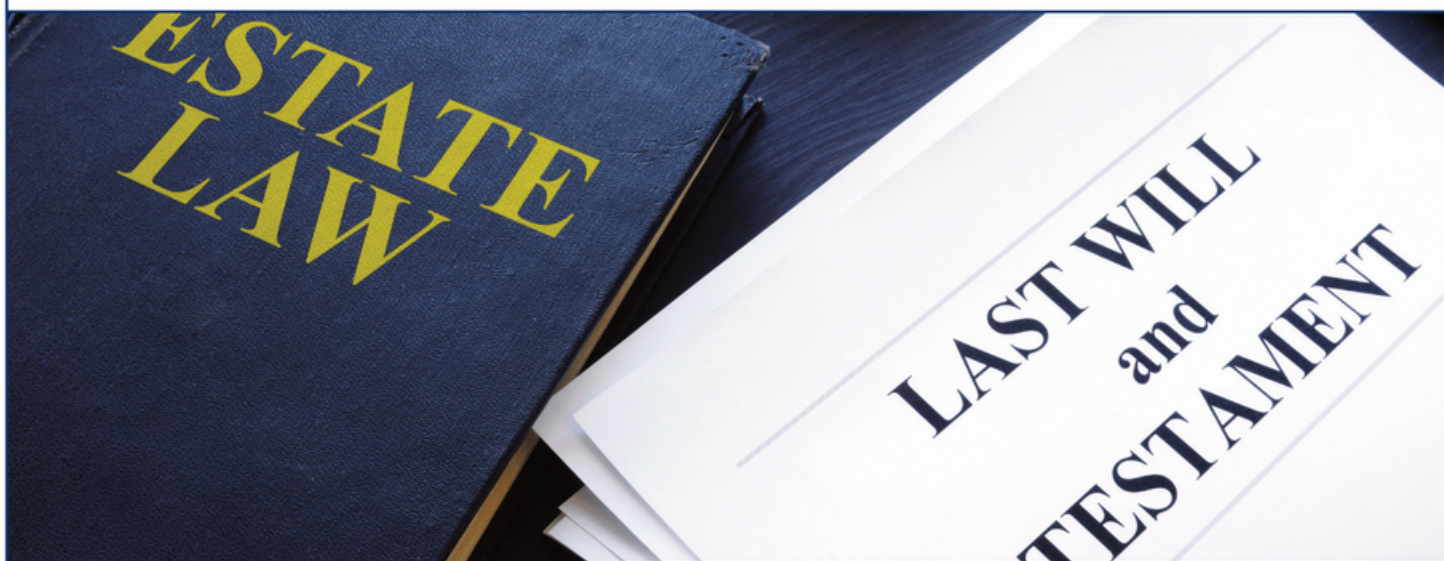


You may choose to work with an accountant or **financial planner** to develop a complete estate plan. When choosing a professional, make sure you find someone you are comfortable working with and check their credentials. “Part 4: Financial Planners” describes different financial planners, qualifications, and costs: <http://ukfcs.net/EP-Part4>.

Next, consider your **will**. A will is a legal document that details instructions to be carried out after your death. It indicates your wishes for property distribution, names guardianship for minor children, and designates your executor. If you die without a will, known as dying *intestate*, Kentucky law will determine how to transfer your assets. Read “Part 5: Wills and Probate in Kentucky,” to learn more: <http://ukfcs.net/EP-Part5>.



A WILL IS A LEGAL DOCUMENT THAT DETAILS INSTRUCTIONS TO BE CARRIED OUT AFTER YOUR DEATH.



If you decide to set up a **trust** as part of your estate plan, you are creating a legal entity. The legal title to property or assets is transferred to a trustee who must use that property for a *beneficiary*. Trusts should be written by a professional who understands tax laws and tax consequences. For types of trusts and possible benefits, read “Part 6: Trusts” at: <http://ukfcs.net/EP-Part6>.

When a person dies, the value of their estate is subject to **estate taxes**. These must be paid before the executor can transfer ownership of property to heirs. “Part 7: Federal and State Estate Taxes” offers insight into taxable and deductible assets, and inheritance tax: <http://ukfcs.net/EP-Part7>.

An overlooked part of estate planning is **digital assets**. These include email, social media and online accounts, websites, and photos stored on the cloud. “Part 8: Planning Your Digital Estate” can walk you through digital considerations: <http://ukfcs.net/EP-Part8>.

If you are dealing with the death of a loved one, information on **how to settle an estate** may be

helpful. Find “Part 9: How to Settle an Estate” at <http://ukfcs.net/EP-Part9>.

Finally, if estate-planning talk sounds complicated, review “Part 10: A Glossary of Terms.” This resource defines more than **35 related concepts** that will help simplify the estate planning process: <http://ukfcs.net/EP-Part10>.

Once you have gathered personal information and created an estate plan, consider purchasing a small, fireproof safe. Organize your records in a binder and give instructions on where to find any documents not included. Make sure your estate team knows where to find everything when the time comes. Communication is critical when estate planning. Remember, estate plans and beneficiaries need to be reviewed and revised periodically as laws or personal circumstances change.

Estate planning can save time, money, and stress for grieving family members upon your death. Making an estate plan helps ensure your wishes are carried out the way you want, and in a timely manner.

Written by: Nichole Huff and Kelly May | Edited by: Alyssa Simms | Designed by: Kelli Thompson | Images by: 123RF.com

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University of Kentucky
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DINING WITH DIABETES



With Special Guest
Bridget Lykins, RD, LD,
LDE
Community Health
Education Coordinator
Buffalo Trace
District Health
Department

NATIONAL EXTENSION WORKING GROUP

LEARN THE BASICS ABOUT DIABETES.

MAKE HEALTHIER VERSIONS OF FAMILIAR FOODS.

LEARN NEW COOKING TECHNIQUES.

SAMPLE HEALTHY RECIPES.

Tuesdays in April
5:00 p.m. - 6:30 p.m.
Robertson County Extension Office
April 04, 2023 April 11, 2023 April 18, 2023 April 25, 2023
Call to Register 606-724-5796

Cooperative Extension Service
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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LEXINGTON, KY 40546



Disabilities
accommodated
with prior notification.

International Night

Bracken County Homemakers



April 20, 2023

Speaker: Kyle Gillespie
Former United Nations Officer

Open to the public!

Cost: \$15

Deadline to register April 14th

Registration 6:00 PM ~ Meal 6:30 PM

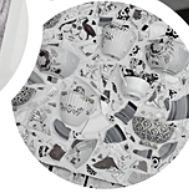
Caterer: Jackie Hamilton

Location: Bracken County Extension Office



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4-H
 PROJECT
 DAYS



April

3rd-5th (Spring Break)



Robertson Co. Ext. Office

39 East Walnut St
 Mt. Olivet, KY 41064



\$7.00

Per Class

THE ACTIVITIES

April 3

9am-12pm- Mixed Media
 1pm-4pm- Upcycled Planter

April 4

9am-4pm- Photography
 (must provide own camera or phone)

April 5

9am-12pm- Build a Terrarium

AGES 9-18

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 Human Resources Development
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