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Bathroom Buzz

Tips for Keeping Bones Strong

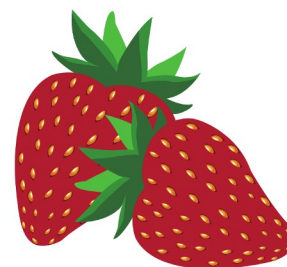
Approximately 44 million Americans have low bone density, putting them at higher risk for osteoporosis. Below are four tips for improving bone health:

- Get the recommended amount of calcium and vitamin D daily
- Do weight-bearing and muscle strengthening exercises regularly
- Avoid smoking and excessive drinking
- Talk to your doctor about your risk for osteoporosis and ask about a bone density test

-[National Osteoporosis Foundation](http://NationalOsteoporosisFoundation.org), 2015

Happy Strawberry Month

1 cup of strawberries: 55 calories



Aim for 2 cups of fruit per day

Visit

go.illinois.edu/strawberries for more!



I Didn't Know That



Celebrating Memorial Day

The history of Memorial Day dates back to the American Civil War. The original national celebration of Decoration Day took place on May 30, 1868. Over twenty-four cities and towns across the United States claim to be the birthplace of Memorial Day. In May of 1966, President Lyndon Johnson officially declared Waterloo, New York, as the birthplace of Memorial Day. Traditionally Memorial Day is a time to honor and remember those who died serving the nation during war.

Here is a list of suggestions as a family or individually to remember those that gave the ultimate sacrifice in service to the United States:

- ◆ **Fly the American flag at half-staff** (fly at half-staff from sunrise until noon and encouraged to removed novelty flags temporarily).
- ◆ **Decorate graves of local military service members**
- ◆ **Attend Memorial event virtually**
- ◆ **Watch the National Memorial Day Concert**, PBS, on Sunday, May 30, 2021, at 8:00p.m.
- ◆ **Participate in the National Moment of Remembrance** (One minute at 3:00 p.m. local time on Memorial Day is the "National Moment of Remembrance"). Everyone is encouraged to participate by pausing for one minute of silent reflection, wherever they happen to be and whatever they happen to be doing. To participate, all you must do is stop your activities for 60 seconds.

Memorial Day is a way to intentionally take time to honor and celebrate American's fallen soldiers, those that gave the ultimate sacrifice to defend our freedom.

Resources: <https://guides.loc.gov/chronicling-america-memorial-day>. Adapted by Tessa Hobbs-Curley, Family Life Educator

