

FAMILY & CONSUMER SCIENCES

APRIL NEWSLETTER

A MESSAGE FROM YOUR FCS AGENT:

HAPPY APRIL! SPRING HAS SPRUNG, WARMER WEATHER IS HERE, AND EVERYTHING IS STARTING TO BLOOM. I HOPE YOU ARE ABLE TO GET OUTSIDE AND ENJOY IT.

THIS MONTH WE KICK OFF ***COOKING THROUGH THE CALENDAR*** AGAIN, THIS YEARS RECIPES LOOK GOOD, SO DON'T MISS OUT ON THIS CLASS EVERY MONTH. WE ARE ALSO HOSTING A ***HOMEBASED MICROPROCESSING WORKSHOP***, SO IF YOU ARE INTERESTED IN BECOMING CERTIFIED, THE FLYER HAS REGISTRATION INFORMATION.

TO STAY UP TO DATE ON UPCOMING EVENTS AND MEETINGS, ALONG WITH ADDITIONAL INFORMATION, BE SURE TO FOLLOW OUR FACEBOOK PAGES.



Alex Sallie
County Extension Agent for
Family & Consumer Sciences

Waiting for you inside!

- **Calendar of Events**
- **Flyers**
- **Health Bulletin**

**Bath County
Cooperative Extension
Service**

219 East Hwy. 60
Owingsville, KY 40360

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Family and Consumer Sciences Extension Calendar

All meetings/programs are hosted at the Bath Co. Ag Center unless noted otherwise. These programs are for all community members to attend.

April

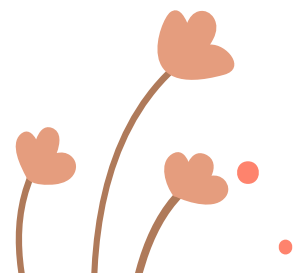
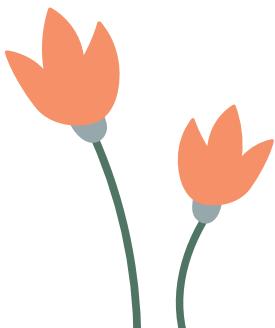
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Project Linus @ 10 AM 	2 Paper Hugs @ 10 AM hand crafted	3		5
6	7	8	9	10	11	12
13	14 Sew Day @ 9:30 AM 	15 Homemaker Council Meeting @ 5:30 PM (Small room)	16	17	18	19
20 	21 Cooking Through the Calendar @ 3:30 PM 	22	23 Homebased Microprocessing Workshop @ 9:30 AM 	24	25	26
27	28	29	30			

SPRING

BUCKET LIST



- * • Plant a garden
- Attend a local spring festival
- Learn to fly a kite
- Have a BBQ with friends/family
- Visit a local garden/park
- Take a scenic drive
- Go on a food tour in your town
- Visit a nearby waterfall
- Have a picnic
- Have a movie night
- Bird watch
- Feed ducks
- Read books about spring
- Start a nature journal



Sew Day

Second Monday of every month

Time: 9:30 AM

Location: Bath Co. Ag Center



Come join our two Master Clothing Volunteers for Sew Day!

Help is needed in making:

- Little Girl dresses that will be sent in Christmas boxes to Africa.
- Hats and Port Pillows that will be donated to local cancer patients.
- Pocket Pillow Cases that will be donated.

Volunteers needed for:

- Cutting patterns
- Iron fabric
- Stuffing Port Pillows
- & Sewing -- if you would like to learn, we can teach you!



Cooking Through The Calendar



April 21st
Time: 3:30 PM
Location: Bath County AG Center

Registration is required!
Call our office: 606-674-6121

Join us as we prepare and taste
test the featured recipe!

**Featured Recipe: Lemon Broccoli
Past**



Homebased Microprocessing Workshop

April 23rd, 2025

9:30 a.m. - 2:30 p.m.

**Bath County Extension Office
2914 East HWY 60
Owingsville, KY**

Homebased Microprocessors are farmers who grow and harvest produce to use in their value-added products. Homebased microprocessors are required to grow a predominant ingredient in the products they make. The first step to becoming certified as a homebased microprocessor is to attend a Homebased Microprocessor (HBM) workshop presented by the University of Kentucky.

\$50
Fee

To register & for additional
dates/locations:
ukfcs.net/HBM

(859)257-1812

 **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

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University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.
Lexington, KY 40506



Disabilities
accommodated
with prior notification.

Healthy Eating *Around the World*



A Lunch and Learn session where we take a trip around the world to explore how other countries promote healthy eating.

When: May 5th

Time: 12 PM

Where: Bath County Extension Office

Call 606-674-6121 to register!



ADULT

HEALTH BULLETIN



APRIL 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>

NAME County
 Extension Office
 000 Street Road
 City, KY
 Zip
 (000) 000-0000

THIS MONTH'S TOPIC

APRIL IS NATIONAL KIDNEY MONTH



April is National Kidney Month. This is a time to bring awareness to kidney health and disease prevention. This year's focus is on taking charge of your health and the many factors that go into managing your kidney function. Kidney health is important for overall well-being. The kidneys play a crucial role in our bodies. So, people need to be aware of what their kidneys do and how to support them.

The kidneys filter out waste and extra fluid from the blood, making urine. They also help balance fluids and other nutrients such as electrolytes, sodium, potassium, and calcium. The kidneys also play an important role in producing hormones that help regulate blood pressure. They produce red blood cells and support bone health.

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Being physically active helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.

➔ **Continued from the previous page**

There are many ways to help protect and support kidney health:

- **Drinking enough water** is crucial for kidney function. Dehydration can strain the kidneys. It makes them less effective.
- **Eating a diet low in sodium**, processed foods, red meat, and high in fruits, vegetables, and whole grains.
- **Being physically active** helps maintain a healthy weight and reduces the risk of conditions like diabetes and high blood pressure that can damage the kidneys.
- **Avoiding smoking and excessive drinking**, as smoking can damage blood vessels, including those in the kidneys. Drinking too much alcohol can cause dehydration and strain the kidneys.

Also, certain health conditions may increase the likelihood of kidney disease. Having high blood pressure or diabetes may increase your health risks. Keeping blood pressure and blood sugar levels within healthy ranges is vital to protect and maintain kidney function.

Kidney function naturally declines with age.

So, it becomes even more important to monitor kidney health in older adults, especially those with diabetes, high blood pressure, or a family history

of kidney disease. See a health-care provider if you notice any symptoms of kidney problems. These include changes in urination, swelling, fatigue, or persistent back pain. Regular screenings, especially if you have risk factors (e.g., diabetes, high blood pressure), can help find kidney issues early.

If you are worried about your kidney health, talk to your health-care provider. They can help you decide if you need tests for your kidney function. For example, blood tests can measure the creatinine (waste product) level in the blood, indicating kidney function. Urine tests can help detect protein (which shouldn't be in significant amounts in the urine) and other markers of kidney disease.

Maintaining kidney health involves preventive care, a healthy lifestyle, and regular monitoring. Early detection and management of risk factors can help prevent or slow the progression of kidney disease.

REFERENCE:

<https://www.niddk.nih.gov/health-information/community-health-outreach/national-kidney-month>

ADULT
HEALTH BULLETIN

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Adobe Stock

