

April 2025

FCS NEWSLETTER



SEE FLYER FOR UPCOMING PROGRAMS

- Homemaker Book Club
- Witts Workout
- Scrapbook Class
- Card Making Class
- Puerto Rico Cooking
- Spring Creative Camp
- Weaving Class
- Disaster Making Kit

HOMEMAKER UPCOMING DATES

1. HMKR Area Cultural Arts Contest **March 28 9am**
2. HMKR Council Meeting **April 22nd 10am**
3. HMKR International Lunch **April 24th 10am** (Speaker from Angola Africa)
4. KEHA State Meeting **May 6-8th** Lexington KY
5. Jefferson Annual Meeting **May 29th 11-2pm** Jefferson County Extension Office
6. Louisville Area Homemaker Annual Meeting **June 17th 10am** Celebration Barn 166 Old Jericho Road, Smithfield



Jefferson Cultural Arts Winners

MARDA DEWEY- FIRST PLACE (KNITTING)

MINNIE MCDONALD- FIRST PLACE
(FASHION)

KATHY IRBY-FIRST PLACE

(QUILTS, CROCHET, & PHOTOGRAPHY)

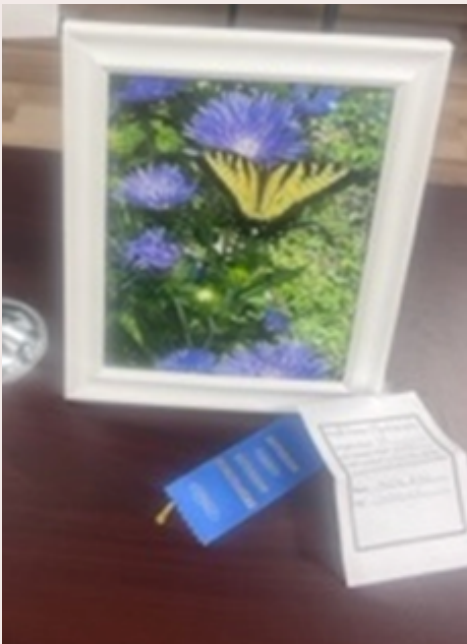
BEVERLY BOTS-FIRST PLACE

(ART, RECYCLE AND WALL OR DOOR HANGING)

MARDA DEWEY-SECOND PLACE (KNITTING)

KATHY IRBY-SECOND PLACE (ART, RECYCLE)

Congrats Everyone!



NON-TRADITIONAL HOMEMAKER CLUB



Every 4th Tuesday of the Month
Starting March 25th, 2025

6-8pm

Trinity Presbyterian Church
10200 Shelbyville Rd, Louisville, KY 40223



Cooperative
Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

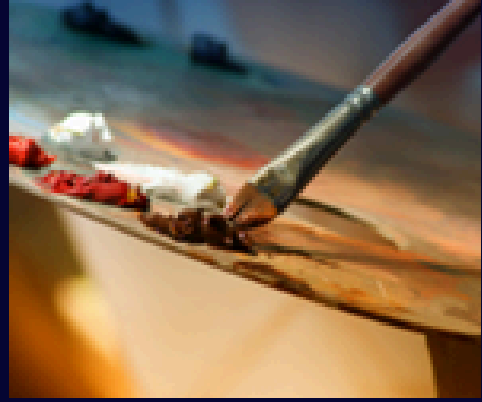
MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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Louisville, KY 40206



Disability
accommodations
with prior notification



AREA Cultural Arts Contest

March 28, 2025



SCHEDULE FOR THE DAY

9:00AM: Entry check-In



11:00AM: Judging & displaying

1:00PM: Public Viewing

2:00PM: Entry Pick-Up

Entry check-in times

9:00AM: Oldham County

9:30AM: Shelby County

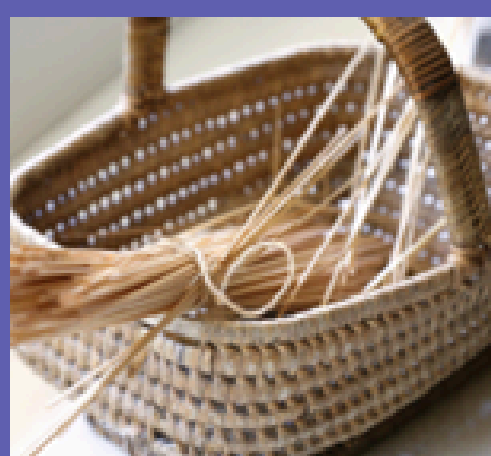
10:00AM: Bullitt County

10:30AM: Jefferson,

Spencer & Trimble

Counties

While you wait, enjoy lunch, have some ice cream and visit a local gem in our community!
See the back for details!



**Henry County
Extension Office
2151 Campbellsburg Rd.
New Castle**



Places to Eat

- **Our Best Restaurant:** 5728 Smithfield Road Smithfield
- **Ernestos Taqueria:** 18 W Cross Main St. New Castle
- **The Avocado:** 10621 Campbellsburg Rd. Campbellsburg
- **Farmstead Market** (Amish owned): 10712 Castle Hwy, Pleasureville
- **El Nopal:** 697 Elm St. Eminence
- **Lawsons Restaurant:** 8170 Main St. Campbellsburg
- **Puckett's Family Restaurant:** 4881 North Main St Eminence

Ice Cream:

- **Jericho Farmhouse:** 137 Old Jericho Road Smithfield
- **Rowlett's Milkhouse Creamery:** 63 Commerce Pkwy Campbellsburg

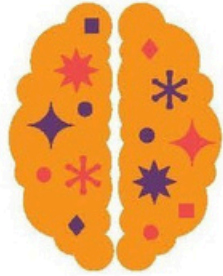
Bakery

- **Sammy's Bakery:** 448 W Broadway St Eminence

Places to Visit

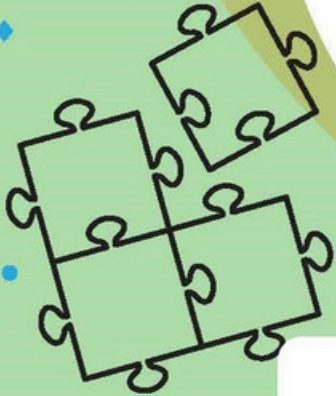
- **Farmstead Market** (Amish owned): 10712 Castle Hwy, Pleasureville
- **Big Blue Warehouse:** 2125 Lake Jericho Road Smithfield
- **John Logan Brent Community Park:** 325 Park Road New Castle
- **Art @ 106 Gallery/gift shop:** 106 South Main St. New Castle
- **Johnson & Co. Gift Shop:** 5201 South Main St. Eminence





WITS WORKOUT

An engaging, interactive,
and educational
brain health program



Date: April 8th, 2025
Time: 10am-11am
Location: Jefferson County
Extension Office
4200 Gardiner View Ave, 40213
Agents: Beth Maxedon & Carolina
Robles



COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

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Martin-Gatton

College of Agriculture,
Food and Environment
University of Kentucky.



HOMEMAKER BOOK CLUB

JOIN TODAY!

**LOCATION: THE 2ND THURSDAY OF THE
MONTH AT BON AIR LIBRARY AT 11:30AM**

**BOOK: SWEEPING UP GLASS BY
CAROLYN WALL, FOR DISCUSSION IN
APRIL**

DATE: APRIL 10, 2025



Martin-Gatton
College of Agriculture,
Food and Environment
University of Kentucky.

LET'S TALK OBESITY

NUTRITION PROGRAM

APRIL 10, 2025
11AM-12PM
EASTERN AREA
COMMUNITY
MINISTRIES



For more information contact
svarughese@eacmonline.org

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Disabilities
accommodated
with prior notification

Puerto Rico Cooking Class



Date: April 11, 2025
Time: 10am-12pm
Location: Spencer County Extension
Office
100 Oak Tree Way, Taylorsville, KY
40071

Limited Space **RSVP** by **March 28th**
(502) 477-2217
elizabeth.maxedon@uky.edu

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



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WWW.DONNASTAMPS.COM

Lets Get SCRAPPIN'

Monthly Scrapbooking Class - 3rd Thursday
Next Class April 17th, 2025

Starting March 20, 2025 6:00pm-8:00pm

Jefferson Co Extension Office
4200 Gardiner View Dr, 40213

Together we will make 2 12x12 pages
Cost is \$30

Call Donna at 502-876-9133
to reserve your spot!

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Card Making Class



Every 4th Thursday of the Month
April 24th, 2025
6-8pm
Jefferson County Extension
Office
Materials Provided
Cost \$18

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Lexington, KY 40506



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SPRING CREATIVE CAMP

Join us for an all day spring creative camp. Bring your own supplies/projects . There will be giveaways, table gifts, and raffles throughout the day. As an additional offering, there will be an optional Card Buffet where people can make a wide variety of cards for \$3.00 each. Register with the following link:

<https://tinyurl.com/SpringCC2025>

SATURDAY APRIL 19, 2025
9AM-6PM

Jefferson County Extension Office
4200 Gardiner View Lane,
Louisville KY 40213
Lunch & Dinner Provided

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International Luncheon 2025

Speaker from Angola, Africa



Date: Thursday April 24th, 2025

Location: 1117 Frankfort Rd, Shellbyville KY

Cost: \$15

Pay Shelby County Extension Office by April 18th

Call (502) 633-4593

email shelby.ext@uky.edu

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Lexington, KY 40506



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LEARN HOW TO MAKE A:

DISASTER TOOLKIT

Program Information

- ✓ **Date**
May 20th, 2025
5-6pm
- ✓ **Location**
Jefferson County Extension Office
4200 Gardiner View lane Louisville
KY 40213
- ✓ **Bring**
Bring ONE
canned good of
your preference

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Weave Your Worries Away



May 28th 9am-12pm

Jefferson County Extension Office

4200 Gardiner View Ave, Louisville KY 40213

1st Floor Conference Room



https://qualtricsxmlwftyhvjz.qualtrics.com/jfe/form/SV_c5nBuSdmzg2HP80

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Louisville, KY 40202



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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>

Jefferson County
Extension Office
4200 Gardiner View
Louisville, KY
40213
(502) 569-2344

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.

Continued on the next page →

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Disabilities accommodated with prior notification.



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

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



MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2025

Nichole Huff, Ph.D., CFLE | Assistant Extension Professor Family Finance and Resource Management | nichole.huff@uky.edu

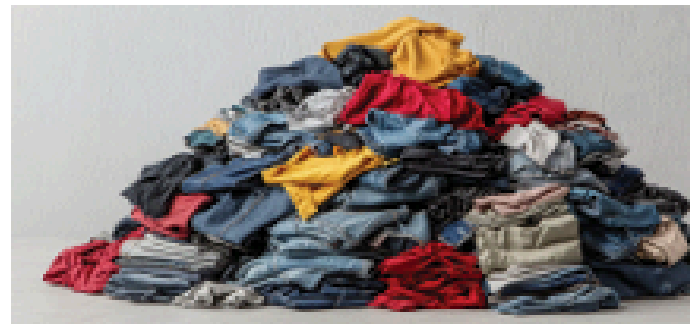
THIS MONTH'S TOPIC: AVOID BUYER'S REMORSE WHEN CLOTHES SHOPPING

It happens to a lot of us. We buy clothing, and soon realize that we don't really like it or it doesn't fit well. Then, *those jeans or that shirt* hang unworn in the closet as wasted money. In fact, research estimates the average U.S. consumer tosses 81.5 pounds of clothing a year, wearing an item only 7 to 10 times before purging it.

If your closet is full of clothes you don't wear, this is a good example of the "**Pareto Principle**," otherwise known as the "80/20 rule." So many of us wear only **20% of our clothes, 80% of the time**. This suggests many of us can make do with less. Especially if we have a closet full of unworn clothes. If this describes you, keep what you wear most, then donate or sell the rest.

REDUCING BUYER'S REMORSE

After decluttering your wardrobe, be intentional to only buy items you plan to wear moving forward. First, **choose quality over quantity**. You will get more use from a few clothes that are well made than having lots of clothes that are cheaply made and may "fall apart" after washing. Buy the best you can afford.



Also, make sure you **FEEL good** wearing your clothing. Buy items that fit well and are flattering for your body to help you feel confident and comfortable. Think about clothes you already own that you continually reach for day after day.

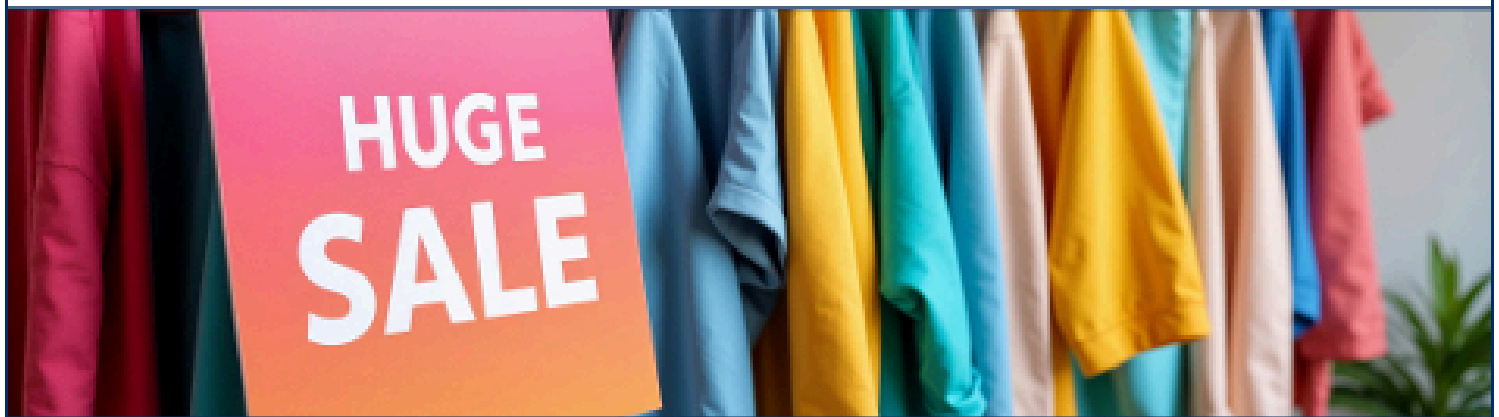
Consider the additional tips below to avoid buyer's remorse.

Don't buy clothing...

- **Just because it is on sale.** It's tempting to spend money to save money, but you'll get "100% off" when you don't buy it at all.
- **"Just in case."** Make sure you have a place to wear your new item; otherwise, it will never get worn. (But it's fine to have one or two outfits to wear "in case" of a funeral, job interview, formal event, etc.)



IT'S TEMPTING TO SPEND MONEY TO SAVE MONEY, BUT YOU'LL GET "100% OFF" WHEN YOU DON'T BUY IT AT ALL.



- **Because it's trendy.** You'll get more wear out of classic styles. If you buy something trendy, make sure the fit and style are right for you.
- **As retail therapy.** It's best to shop when you can think clearly about your purchases and you're not in a bad mood. Instead, rest, go for a walk, or get some fresh air.
- **For a "someday" body.** Buy flattering clothes that fit your body now, not for when you lose 10 pounds. Don't buy or keep clothing that makes you feel bad about yourself.
- **That needs alterations.** If the item won't work until you hem it, add buttons, or shorten the straps, don't invest in another "project" unless you know you will mend the garment.
- **That's "high maintenance."** If you're not willing to hand-wash, iron, or take clothes to the dry cleaner, select easy-care items. Read the care label before buying.
- **Without knowing the return policy** Clarify how long until the item is no longer returnable. 7 days? 30 days?

Some "final sale" items may not be returned, or returns may be for "store credit only."

REGRET YOUR PURCHASE?

- **Return it!** Take it back to the store for a refund. If you shopped online, don't let too much time pass! Follow the return procedures so you're not stuck with something you regret.
- **No receipt or already cut the tags (but not worn)?** Take it back to the store and be honest. If you bought it recently and never wore it, you may be able to at least get store credit to buy something you WILL wear.

If you're stuck with your mistake, offer the item to a friend, donate it, or consign it. It's OK to let go of clothing you regret buying, no longer wear, or that no longer fits you even if you "spent good money" on it. The money is already spent and keeping too many unworn items in your closet makes it harder to locate the clothes you DO love to wear.

REFERENCES

<https://earth.org/statistics-about-fast-fashion-waste/>
<https://www.simplypsychology.org/pareto-principle.html>

Written by: Joanne Badgett, Senior Extension Associate | Edited by: Nichole Huff and Alyssa Simms
Designed by: Kelli Thompson | Images by: Adobe Stock



FOR MORE INFORMATION

Contact FCS Agent:

Carolina Robles

carolina.robles@uky.edu

502-569-2344

or visit our website

<https://jefferson.ca.uky.edu/>

MORE INFO

