

## OWSLEY COUNTY COOPERATIVE EXTENSION SERVICE



APRIL 2025

## LETTER FROM YOUR AGENT

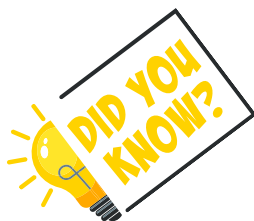
April may be a slower month for programming, but we're gearing up for a busy and exciting spring at the Owsley County Extension Office. We hope you'll join us for events and activities throughout the season and into the summer. In this issue, you'll find details on upcoming programs, health bulletins, and tips on disaster preparedness and recovery. We've also included helpful financial information to support you and your family. Stay connected and make the most of the resources we have to offer.

As always, stay updated through our Facebook page and county website at [owsley.ca.uky.edu](http://owsley.ca.uky.edu).

*Rosa Smith*

Rosa Smith, Owsley CEA for  
Family & Consumer Sciences Ed.  
[rosa.smith@uky.edu](mailto:rosa.smith@uky.edu)  
(606)593-5109

Warm wishes,  
Rosa Smith  
Owsley County FCS Agent



April is a great month for meteor showers. One of which is the Lyrids meteor shower, which appears from April 16<sup>th</sup> to April 26<sup>th</sup> each year. There's another one called the Eta Aquariids meteor shower that can be seen onwards from April 21<sup>st</sup>.

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# FCS Focus

## Owsley County Book Club

5:00pm  
May 22<sup>nd</sup>



## Keys to HomeOwnership

May 27<sup>th</sup> @ 6:00pm



*Rosa Smith*

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## Grandma's Cornbread

April 15<sup>th</sup> @ 4:00pm

## Stitch & Chat

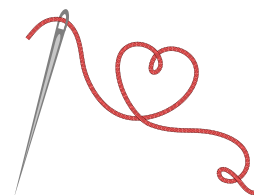
Held on the second Friday of each month at 9am

April 11th

May 9th

June 13

July 11th



## Owsley County Homemakers

April- Homemaker Spring Meeting (Breathitt County)

May 14th -Lunch-n-Learn " Osteoporosis" @ 12:00pm



All Sessions held at 1:00pm

April 14th

April 17<sup>th</sup>

April 28th

April 29th

May 1<sup>st</sup> - Celebration



## Cooking Through the Calendar

All sessions held at 4:00pm

June 16th



## Junior Homemakers

April 17th @ 3pm

## Child Development & Play (Ages 5 and Under)

All Programs held at the Owsley C. Public Library at 3:30pm

April 8th- Theme: Being Healthy

May 13th- Theme: Sports

June 17th- Theme: The Beach



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# Spring Harvest Salad

**Servings: 8**

**Serving Size: 1 cup**

## Ingredients:

- 5 cups torn spring leaf lettuce
- 2 1/2 cups spinach leaves
- 1 1/2 cups sliced strawberries
- 1 cup fresh blueberries
- 1/2 cup thinly sliced green onions
- 4 teaspoons lemon juice
- 2 1/2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 1/2 teaspoons Dijon mustard
- 2 teaspoons Kentucky honey
- 1/2 teaspoon salt
- 1/4 cup feta cheese crumbles
- 1/2 cup unsalted sliced almonds

## Directions:

1. Combine leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl.
2. \*\*\*Prepare dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat.
3. Sprinkle salad with feta cheese and sliced almonds.
4. Serve immediately.

Nutrition Facts per Serving:  
130 calories; 9g fat; 1.5g sat fat;  
240mg sodium; 12g carbohydrates;  
3g fiber; 7g sugar; 3g protein.

Source: Plate it up! Kentucky Proud Project.

- [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov).
  - ID- 128- Home Vegetable Gardening in Kentucky, Cooperative Extension Service, University of Kentucky, College of Agriculture, 2011.
- For more delicious recipes and information on lettuce or other "Kentucky Proud" fruits and vegetables, contact your local Cooperative Extension Service or visit: [www.kentuckyproud.com](http://www.kentuckyproud.com).



# FCS Program Updates



## Fun at Laugh and Learn Playdate

Early Learners and their siblings joined in on some dinosaur fun making dinosaur costumes, building a dino-size snack, and making leprechaun binoculars. Laugh and Learn Playdate is open to ages 5 and under each month to enhance Kindergarten readiness skills. Join us for our next playdate on April 11<sup>th</sup> at the Owsley Public Library. You can pre-register by calling the Extension Office.

## Stitch & Chat (Open Sewing)

MCV Cheryl McCauley led the open sewing lesson on March 14<sup>th</sup> leading participants in the creation of these adorable bunny ear loops that can be a multi-use decoration.



## Cooking Programs

This month we finally kicked off Cooking Through the calendar with "Crunchy Air Fryer Fish" Participants got a hands on experience and tasted the SNAP recipe. Local Baker, Alisha Baker, also joined us at the office to lead a lesson in loaf bread baking. Participants walked through the process and left with their own loaf to bake.



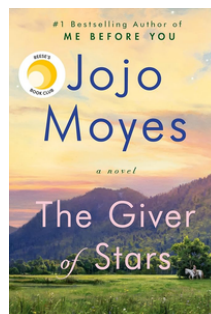
## Owsley Co Homemakers

Owsley County Homemakers enjoyed two leader lessons this month as we got caught up on rescheduled lessons. Members participated in "Entertaining Little Ones" lead by FCS Agent Rosa Smith & "Getting out of Meal Time Rut" lead by FCS Agent Vickie Boggs.



## Book Club

During March's Book Club meeting, participants discussed the reading of *Giver of the Stars* by Jojo Moyes. Our next book club meeting will be held in May after our reading of "Waiting for the Moon" by Kristin Hannah.



## Keys to Home Ownership

Community Partners & Local Realtors joined us for an information session related to Home Ownership. Thank you to our partners for joining us and providing participants with useful information on home buying, selling, and housing options here in Owsley County. Our next session is scheduled for May 13<sup>th</sup> @ 6:00pm

# 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](http://fcs-hes.ca.uky.edu/content/health-bulletins)

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## THIS MONTH'S TOPIC

# APRIL IS NATIONAL KIDNEY MONTH



**A**pril 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.

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### 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>

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**ADULT**  
**HEALTH BULLETIN**

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#### Written by:

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**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock



# MONEYWISE

VALUING PEOPLE. VALUING MONEY.

APRIL 2025

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## 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.)

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

# April

2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11  Stitch & Chat 9am  Laugh & Learn 3:30pm	12
13	14  Bingocize @ 1pm	15  Homemaker Spring Training @ RCARS @10am  Grandma's Cornbread Workshop @ 4 	16	17  Bingocize @ 1pm  Junior Homemakers 3:00pm	18  Bingocize @ 1pm	19
20	21	22	23	24	25  Lunch-n-Learn Mealtime Rut @ 12pm   Bingocize @ 1pm	26
27	28  Bingocize @ 1pm	29  Bingocize @ 1pm	30			