

# FAMILY & CONSUMER SCIENCES

Pike County Extension Office | 148 Trivette Drive | Pikeville, KY 41501-1271 | 606-432-2534



## A note from your FCS Agent:

Happy Spring everyone! Spring is one of my favorite seasons because it feels as if the world comes back to life. With fresh blooms and vibrant colors, it truly is a wonderful time of year. As spring marks new beginnings, it's the perfect opportunity to try a new class or hobby.

The Extension Office has many exciting classes lined up in the upcoming months. Be sure to check out the newsletter for more information!

Don't forget to check out the coloring page! We'll be displaying these creative masterpieces at the office, so have fun and let your creativity flow.

Best wishes,



Chelsea Workman  
County Extension Agent  
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## IN THIS ISSUE

- Introduction
- Dates to Remember & Announcements
- Health Bulletin
- Money Wise
- Coloring Page
- Freezing Eggs Info
- April Events Calendar
- Laugh & Learn
- Wits Workout
- Cooking Through the Calendar
- Egg-cellent Salad



# Dates to Remember:

**April 1:** Laugh and Learn

**April 2:** Leader Lesson Day

**April 7:** Wits Workout

**April 14:** Quilt Guild

**April 14:** Homemaker Workshop for KEHA State Meeting

**April 21:** Cooking Through the Calendar

**April 24:** Diabetes Group at Tug Valley ARH

**April 28:** Quilt Guild

**May 5-8:** KEHA State Meeting in Lexington KY

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College of Agriculture,  
Food and Environment  
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**PIKE**

**FCS**



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FCS"





# Announcements:

- Attention Homemaker Clubs: Please send a list of members with perfect attendance to Roma Phillips by May 1st. This information is needed for the Pike County Homemakers Annual Meeting.
- A workshop will be held on April 14th after Quilt Guild (approximately 11am) to finalize items for the hospitality bags for the KEHA State meeting.

## Save the Date:

- KEHA State Meeting May 6-8 (if riding the van we will be leaving on May 5th)
- Pike County Homemakers Annual Meeting: May 23rd
- Northeast Area Homemaker Annual Meeting: October 18th
- Homemaking in the Mountains: October 11th

## Visit our website!

Search up <https://pike.ca.uky.edu/> or scan the QR code!



# 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>

Pike County Extension Office  
148 Trivette Drive  
Pikeville, KY 41501  
(606) 432-2534

## 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.

**Continued on the next page** ➔



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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>

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**ADULT**  
**HEALTH BULLETIN**

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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.

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.

### 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.

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?**

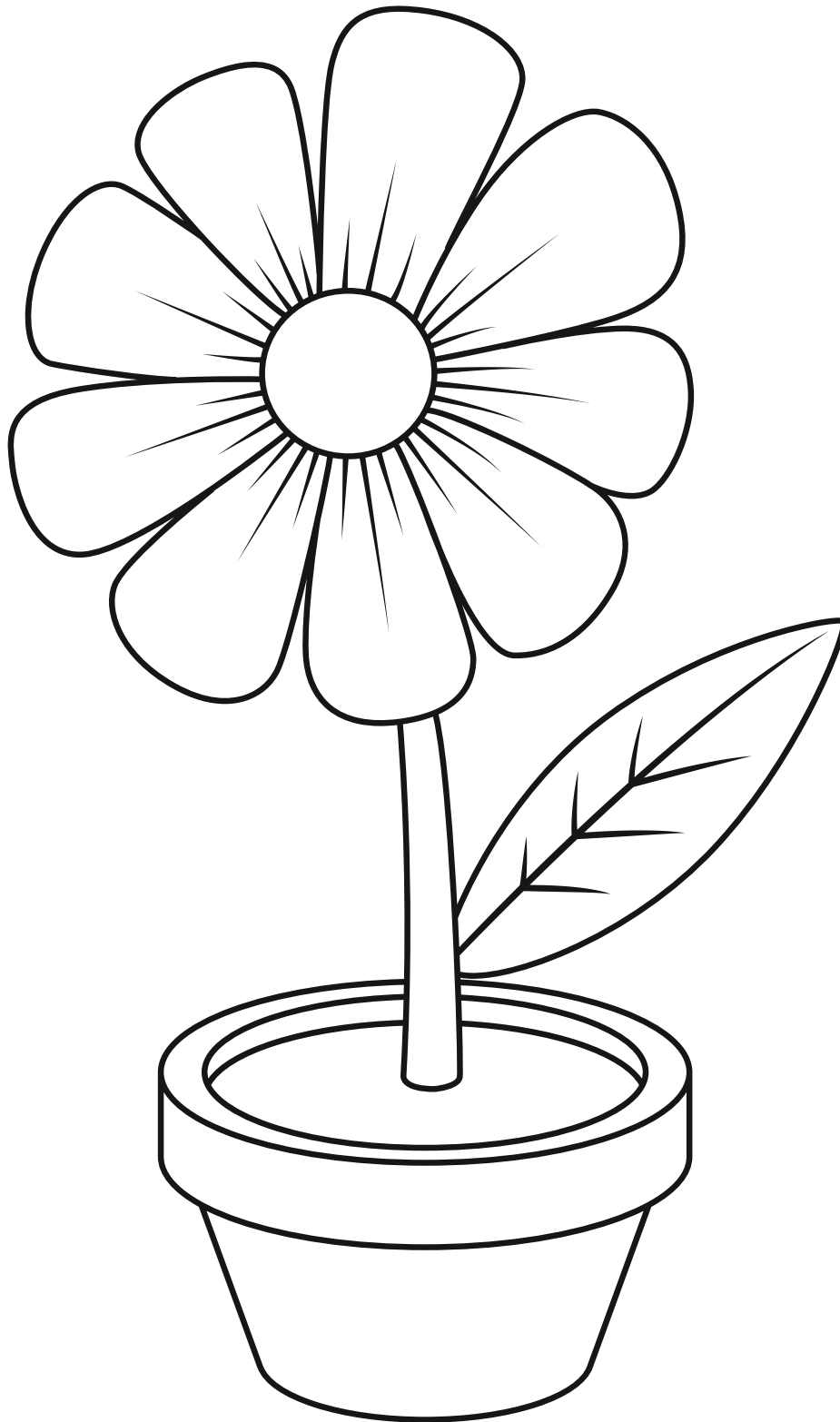
- **Return it!** Take it back to the store for a refund. If you shopped online, don't let too much time pass! Follow the return procedures so you're not stuck with something you regret.
- **No receipt or already cut the tags (but not worn)?** Take it back to the store and be honest. If you bought it 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: Jeanne Badgett, Senior Extension Associate | Edited by: Nichole Huff and Alyssa Simms  
Designed by: Kelli Thompson | Images by: Adobe Stock







# Freezing Eggs Safely

## Whole eggs or yolks

- Crack eggs and mix gently until blended. Avoid whipping in air.
- To prevent graininess and gelling of the yolks, add:
  - 1 ½ tablespoons sugar or corn syrup per cup of eggs/yolks for use in sweet dishes
  - ½ teaspoon salt per cup of eggs/yolks for use in savory dishes
- Pour into a freezer safe container\*
- Leave ½-inch space at the top of the container to allow for expansion
- Label and date
- Use within one year

## Egg whites

- Crack eggs and separate the whites. Gently mix.
- Pour into a freezer safe container\*
- Leave ½-inch space at top
- Label and date
- Use within one year

## Using frozen eggs, whites, and yolks

- Thaw in refrigerator
- 3 Tablespoons egg mixture = 1 whole egg
- 2 Tablespoons of egg whites = 1 large egg white
- 1 Tablespoon egg yolks = 1 large egg yolk

\*For best texture, strain eggs through a sieve before packaging. Freezer bags work well as they lay flat.





# April



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Laugh and Learn @10	2 Leader Lessons	3	4	5
6	7 Wits Workout @1	8	9	10	11	12
13	14 Quilt Guild @10 Homemaker Workshop after	15	16	17	18	19
20	21 Cooking Through the Calendar @12	22	23	24 Diabetes Support Group @Tug Valley ARH	25	26
27	28 Quilt Guild @10	29	30			

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Lexington, KY 40506




Disabilities accommodated with prior notification.



Cooperative Extension Service



# PIKE COUNTY EXTENSION OFFICE

 Cooperative  
Extension Service

## Laugh & Learn

Come have fun and learn with our Kindergarten readiness program for children ages 2 to 5 years old. The theme is rain/spring!

All kids must be accompanied by an adult.

148 Trivette Drive | Pikeville, Kentucky

April 1st- 10am-12pm

**CALL NOW TO SIGN UP**

**(606)432-2534**

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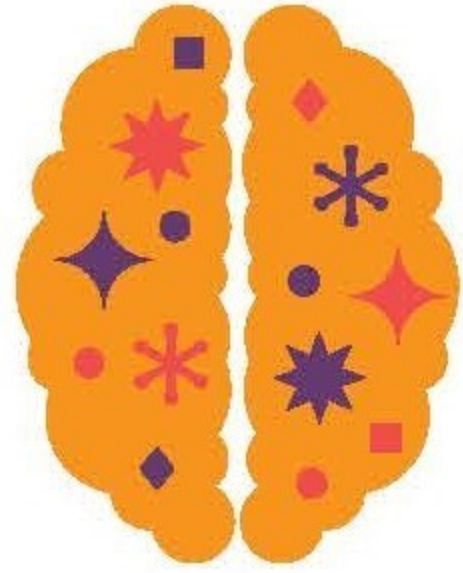
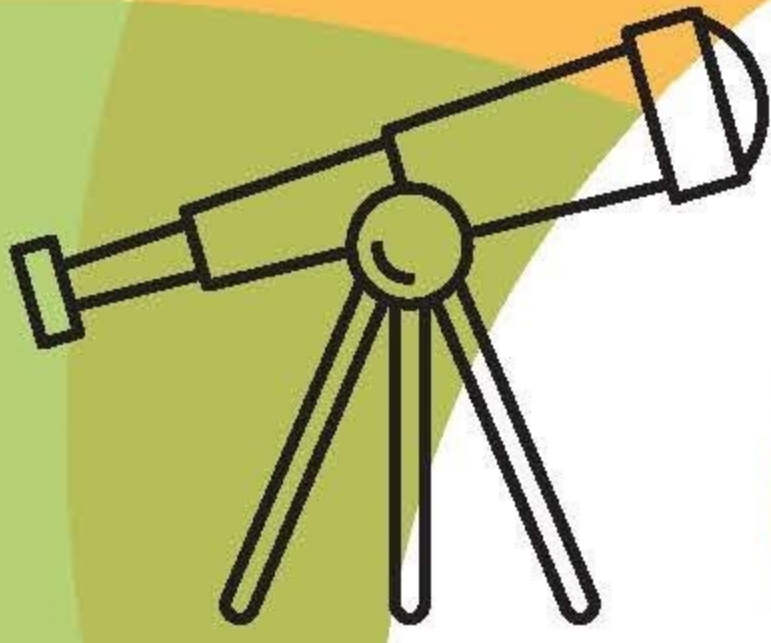
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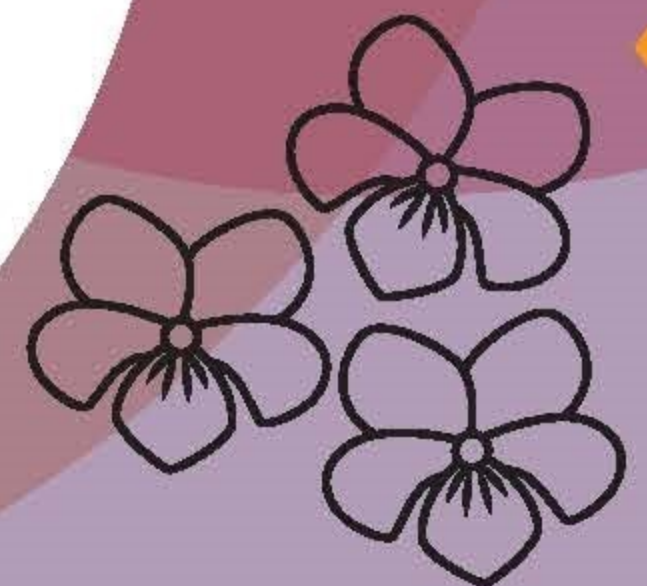
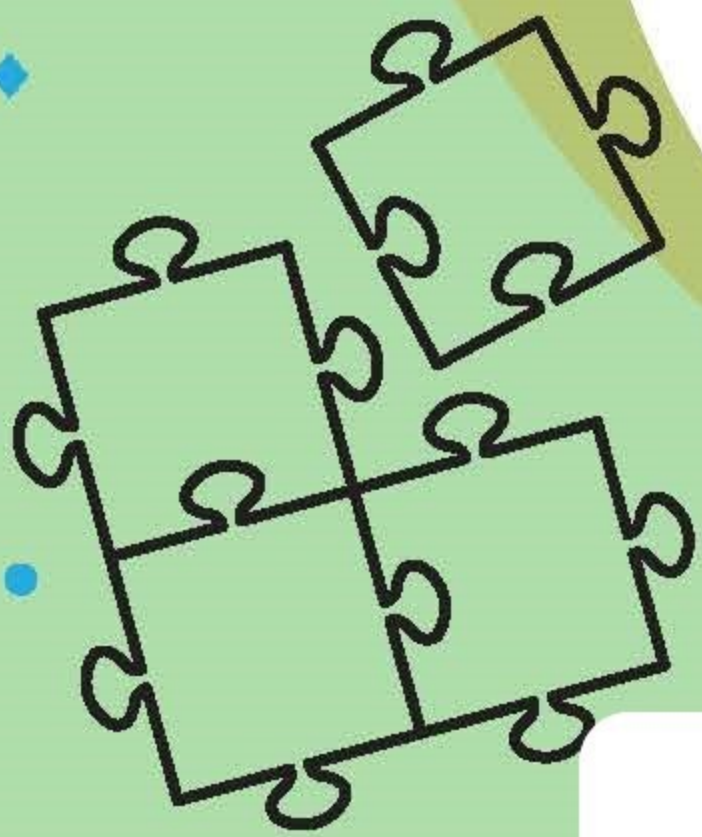




# WITS WORKOUT



An engaging, interactive,  
and educational  
brain health program



Date: April 7th

Time: 1pm

Location: Pike County Cooperative  
Extension Office

Registration: Call 606-432-2534 to  
register

Come put your mind to the test by  
completing fun brain teasers that  
everyone is sure to enjoy!



COLLEGE OF AGRICULTURAL, CONSUMER  
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# COOKING THROUGH THE CALENDAR



APRIL 21ST AT 12P.M

JOIN NOW BY  
CALLING US AT:  
606-432-2534

APRIL'S RECIPE:  
LEMON BROCCOLI PASTA





# Egg-cellent Salad

Servings: 3 Serving Size: 1/2 cup



## Ingredients:

- 3 hard-boiled eggs
- 1/4 cup plain Greek yogurt
- 1/2 celery stalk, finely chopped
- 1/2 carrot, shredded
- 1 tablespoon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

## Directions:

1. In a medium-sized bowl, mash the hard-boiled eggs using a fork.
2. Add yogurt, celery, carrot, mustard, salt, and pepper.
3. Stir until well combined.
4. Refrigerate until cool and serve. (Try serving on whole wheat bread or tomato slices. You can spread some on bell pepper slices for an extra dose of veggies!)

Source: University of Kentucky Cooperative Extension Service: Nutrition Education Program: Eat Smart to Play Hard.

Nutrition Facts Per Serving (egg salad only): 100 calories; 6g total fat; 2.5g saturated fat; 0g trans fat; 185mg cholesterol; 330mg sodium; 4g carbohydrate; 1g fiber; 2g sugar; 8g protein