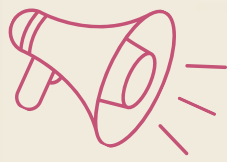


# MONTGOMERY COUNTY

*Family and Consumer Sciences Newsletter*

**APRIL 2025**



## VOLUNTEERS NEEDED

We are excited to announce a partnership with the FRYSC at Mt. Sterling Elementary to offer a basic level sewing class for elementary-aged students this summer. To make this program a success, we need volunteers to help teach and guide the students as they learn this valuable skill.

If you have a passion for sewing and enjoy working with kids, we'd love to have you on board!

### Interested in volunteering?

Contact me today to get involved and make a positive impact on young learners this summer!

## WHAT'S INSIDE:

**Reminders 2**

**Charity Event 3**

**Cooking Through Calendar 4**

**Laugh & Learn Playdate 5**

**Upcoming Programs 6**

**Health Bulletin 7-8**

**MoneyWi\$e 9-10**

Sarah Congleton

CEA for  
Family &  
Consumer Sciences  
Education  
106 E Locust Street  
Mt. Sterling, KY 40353  
859-498-8742

[Sarah.Congleton@uky.edu](mailto:Sarah.Congleton@uky.edu)



## 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

**Homemakers,**  
Be thinking of a  
theme & dates for  
Homemaker Annual  
Meeting!

**Don't forget to  
register for KEHA  
State Meeting.  
Deadline is April  
7th!**

**KEHA Leader  
Lesson Topic  
for April is:  
Meals Around  
the World**

April 20, 2025  
**HAPPY  
EASTER**

**REMINDER**

**April**



**If you  
need the  
materials,  
please let  
me know!**

**Homemaker Council  
Meeting  
Tuesday, April 22 @  
10:00am  
106 E Locust Street  
Mt. Sterling**

**Licking River Area  
Homemaker Council  
Meeting  
Wednesday, April 2  
@ 10:00am  
106 E Locust Street  
Mt. Sterling**

# ☀️ HELP US SUPPORT EASTERN KENTUCKY FLOOD VICTIMS ☀️



**The Montgomery County Extension Homemakers are hosting a charity drive to collect essential items for those affected by the recent floods in Eastern Kentucky. We are asking for donations of cleaning supplies and canned food to help provide relief to those in need.**



## **Donation Drop-off Location:**

Montgomery County Extension Office  
106 E Locust Street, Mt. Sterling, KY 40353



## **Deadline for Donations:**

Friday, April 11 by 4:30 PM (End of Business Day)

**Your generous contributions will make a difference in the lives of many families who are facing this devastating crisis. Every can and cleaning item counts!**

**Thank you for your kindness and support!**

**For questions, please contact the Extension Office, 859-498-8741**

COOKING THROUGH THE

# Calendar

**EVERY 3RD  
WEDNESDAY  
AT 12:00PM**

**Receive a free kitchen gadget at each session!**

For more information on how you can attend these **FREE** cooking classes, please contact your local Cooperative Extension office:

**Montgomery County Extension Education Center  
104 E Locust Street  
Mt. Sterling, KY 40353**

***Please call to register: 859-498-8741***



USDA is an equal opportunity provider and employer. This project was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.



It's not a mistake, we are making the March recipe in April.

## 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

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties. Cooperating. Lexington, KY 40506



Disabilities accommodated with prior notification.



April 18, 2025  
 @ 10am-11am  
 Montgomery County  
 Education Center  
 104 E Locust Street  
 Mt. Sterling, KY  
 40353

Registration  
 required!



# LAUGH & LEARN PLAYDATE



Play-based  
 learning



Developmental  
 curriculum



Sensory  
 play

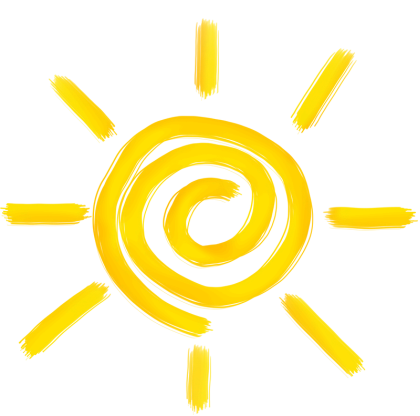
Join our 2025 Laugh and Learn Playdate Program that targets school readiness objectives! Each month offers learning activities that are relevant to children's development and will coincide to help celebrate holidays or seasonal festivities. FREE for all children ages birth to 5 and all children must be accompanied by an adult.

Lessons include a healthy snack, book, craft, music activity, fine motor and large motor activities, and free play.



For more  
 information,  
 contact  
 859-498-8741





# UPCOMING PROGRAMS

2025

**SAVE!**  
THE DATE

## SUPER STAR CHEF

Super Star Chef is a 3-day hands on cooking and nutrition program designed to empower youth with basic cooking skills which lay the foundation for healthy eating habits.

Master a variety of cooking techniques, like chopping, dicing, blending, folding and whipping.

Discover foods that fuel your body and energize you.

Learn how to read a nutrition facts label and what it takes to be “food safe!”

**Registration will open May 30th @ 10am**

Location: Montgomery County Extension Education Center

## FOOD PRESERVATION WORKSHOP

Canning, freezing, and drying are great ways to enjoy seasonal foods all year long. Hands-on learning - pressure canning will be demonstrated, and participants will take home canned goods.

**Saturday, June 7.**

Location: Montgomery County Extension Office.

**Registration required - Registration will be open May 20.**

## POWER OF PRODUCE

Power of Produce (POP CLUB) at Farmers Market begins on **Saturday, July 12th at 10am.**

Registration is not required for this event.

For ages 2-18 years old.

## LAUGH & LEARN PLAYDATE

Scheduled every 3rd Friday of the month. Registration is required each month. Registration will be available on the last day of the month prior. Example: July registration will be open June 30.

Location: Montgomery County Extension Education Center.

## OTHER PROGRAM IDEAS

Do you have ideas or suggestions for programming within the Family and Consumer Sciences field? I'd love to hear your thoughts on or you'd like to see addressed. Your input is valuable in helping us shape future programs that best serve our community!

# 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>



## 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** ➔



**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**

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, physical or mental disability or reprisal or retaliation for prior civil rights activity. Reasonable accommodation of disability may be available with prior notice. Program information may be made available in languages other than English. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating. Lexington, KY 40506



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