

HOMEMAKER HAPPENINGS

FAMILY & CONSUMER SCIENCES



APRIL 2025

Cooperative Extension Service
Meade County

1041 Old Ekron Road
Brandenburg KY 40108

(270) 422-4958

FAX: (270) 422-3773

meade.ca.uky.edu



April is Stress Awareness Month

April is stress awareness month. More than 50% of Americans report experiencing stress. Between having to juggle things such as our professional lives and our personal lives, we all deal with so much stress. There are many things, including work, child care, and money issues that can add stress to our lives. Why is stress bad? Stress can lead to poor mental health and can affect our physical health as well and can cause things such as:

- Anxiety and depression
- Headaches
- Gastrointestinal issues
- Trouble sleeping

Is all stress bad? No, not all stress is bad. Examples of “good” stress can be things such as starting a new job, starting a family, or learning something new.

How can I reduce or manage my stress? There are plenty of things you can do to better manage or reduce your stress including:

- Setting routines
- Practicing mindfulness
- Finding new hobbies
- Spending quality time in nature
- Spending quality time with loved ones

So, this stress awareness month, take some time to assess your personal stress and think about ways in which you can reduce your stress.

Reference: <https://www.apa.org/topics/stress/health>

<https://www.apa.org/topics/stress/body>

<https://www.psychiatry.org/news-room/news-releases/annual-poll-adults-express-increasing-anxiousness>

<https://www.vcuhealth.org/news/the-ways-chronic-stress-can-impact-your-body>

O'Connor, D. B., Thayer, J. F., & Vedhara, K. (2021). Stress and health: A review of Psychobiological Processes. *Annual Review of Psychology*, 72(1), 663–688. <https://doi.org/10.1146/annurev-psych-062520-122331>

Source: Dr. Natese Dockery, Clinical Assistant Professor and Extension Specialist for Mental Health and Well-being

Sincerely,

Extension Agent for Family and Consumer
Sciences Education Meade County

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.

Sit and Stitch

**MONDAY'S
NOW THRU MAY
5 PM TO 8 PM**

@Meade County Extension Office

Certified Master Clothing Volunteer Instructor, Angela Dodge, will be on hand to answer questions, give advice or help with sewing projects.



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

COMPOSITION IN PHOTOGRAPHY

Looking to take photographs that not only capture the memory, but also enhance it?

Handouts will include suggestions for successful composition in photography.

Instructor: Danielle Hagler: Nelson County FCS Agent

APRIL 21, 2025 | 10:30 AM
1041 Old Ekron Rd., Brandenburg, KY 40108

Call to Register
270-422-4958



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

LAUGH & LEARN

A one hour play date for you and your child to engage in playful activities that are designed to prepare them for Kindergarten.

STORIES - SONGS - CRAFTS - SNACKS
at every play date!

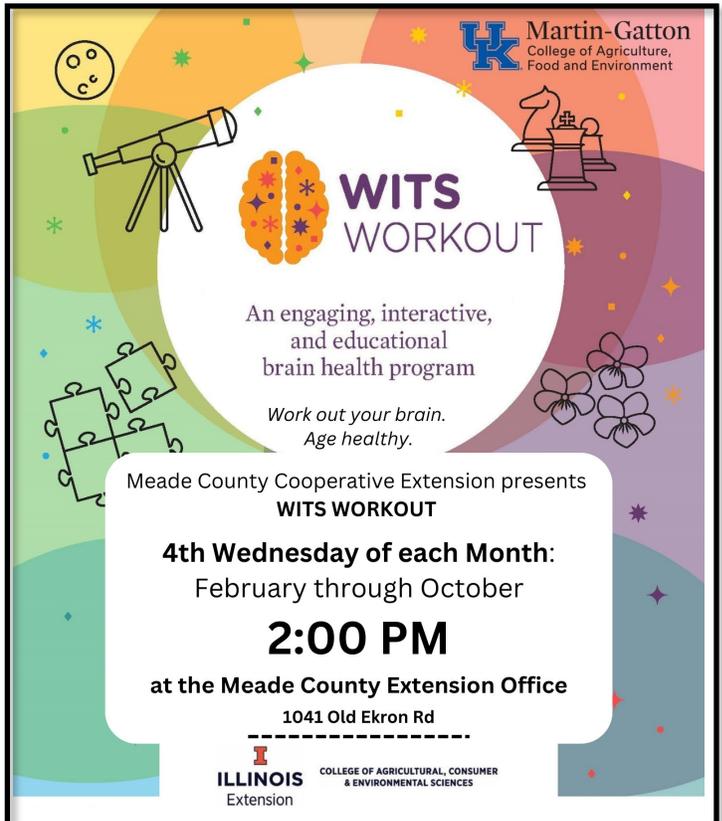
APRIL 11 - 10-11 AM

We will meet the second Friday of every month
February - MAY
from 10 am - 11am, Meade County Extension Office

OPEN TO AGES 5 AND UNDER
must be accompanied by an adult

DATES
1/10, 2/14, 3/14, 4/11, 5/9

Sign up Now!
Meade County Extension Office
1041 Old Ekron Road
Brandenburg KY 40108
270-422-4958



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

WITS WORKOUT

An engaging, interactive,
and educational
brain health program

*Work out your brain.
Age healthy.*

Meade County Cooperative Extension presents
WITS WORKOUT

4th Wednesday of each Month:
February through October
2:00 PM
at the Meade County Extension Office
1041 Old Ekron Rd

ILLINOIS Extension COLLEGE OF AGRICULTURAL, CONSUMER & ENVIRONMENTAL SCIENCES

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)

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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**Cooperative
Extension Service**

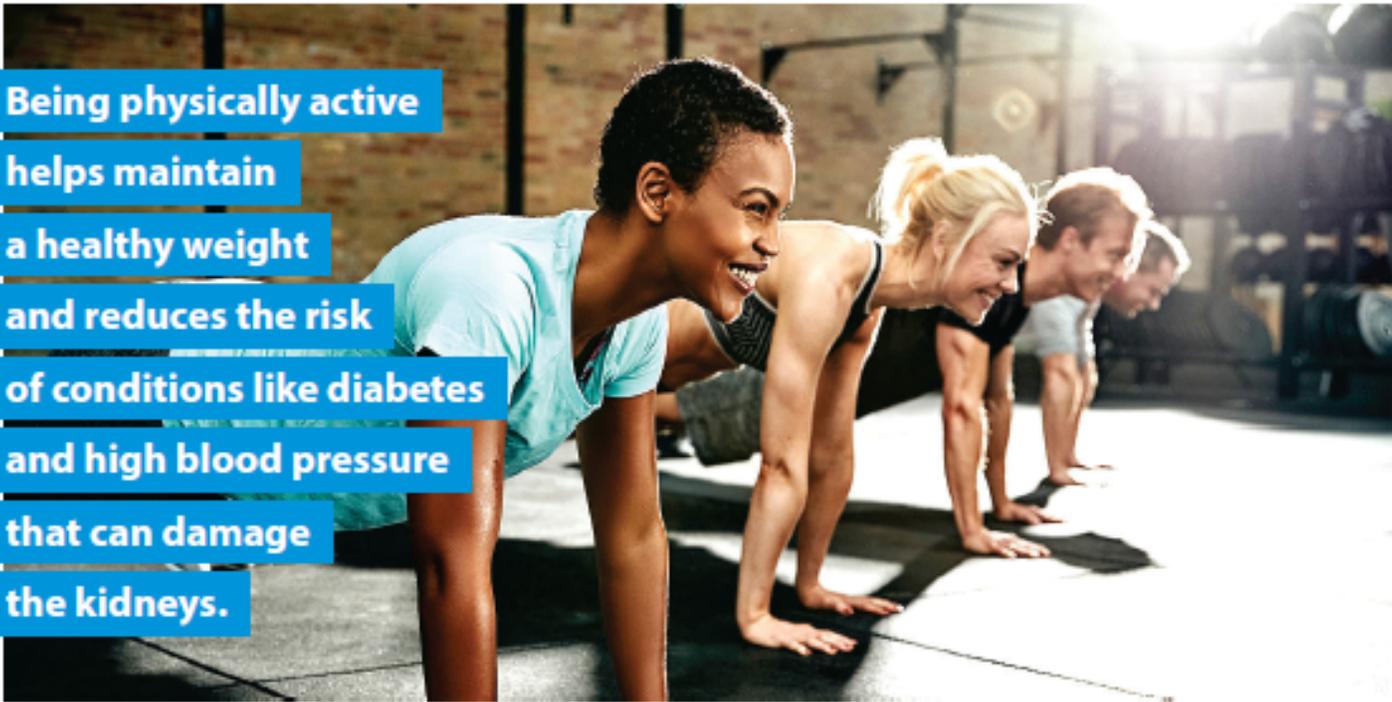
Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
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MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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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.

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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>

**ADULT
HEALTH BULLETIN**

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



Extension Homemakers Shirt Orders Happening Soon!!



Bella Canvas T-Shirt

Adult Small to Adult XL \$18

Adult 2XL and up \$20

Port Authority Polo

Adult Small to Adult XL \$28

Adult 2XL and up \$30



More information will be given at the April Club Meeting!

April is Parkinson's Awareness Month

According to the National Institutes of Health, Parkinson's disease (PD) is "a brain disorder that causes unintended or uncontrollable movement, such as shaking, stiffness, and difficulty with balance and coordination." Scientists believe PD is caused by a combination of genetic and environmental factors, including head injuries. Symptoms usually develop and progress slowly over time. They affect people differently. Many people living with PD experience tremors, slow movement, stiff limbs, and gait and balance issues. Along with these motor symptoms, the Parkinson's Foundation reports that people with PD may also experience depression, anxiety, apathy, hallucinations, problems with digestion and sleeping, loss of smell, and a variety of cognitive impairments. According to the Parkinson's Foundation, 10 early signs of PD include:

1. Tremors
2. Small handwriting
3. Loss of smell
4. Trouble sleeping
5. Problems with walking or moving because of stiffness
6. Constipation
7. Soft or low voice
8. Facial masking (looking serious or depressed, even when you are not)
9. Dizziness or fainting spells because of low blood pressure
10. Stooped or hunched body posture

If you or someone you love shows signs or symptoms of PD, talk to a health-care provider. There is not a specific test to diagnose PD, according to the Mayo Clinic. But health-care professionals can order a variety of exams, tests, and procedures to help make a proper diagnosis and treatment plan. Doctors cannot cure PD, but medicines, surgery, and a healthy lifestyle can help someone live well with it.

References

Mayo Clinic. (2024). Parkinson's Disease. Retrieved 1/9/25 from <https://www.mayoclinic.org/diseases-conditions/parkinsons-disease/diagnosis-treatment/drc-20376062>

NIH. (2022). Parkinson's Disease: Causes, Symptoms, and Treatments. Retrieved 1/7/25 from <https://www.nia.nih.gov/health/parkinsons-disease/parkinsons-disease-causes-symptoms-and-treatments>

Parkinson's Foundation. (2025). What is Parkinson's? Retrieved 1/9/25 from <https://www.parkinson.org/understanding-parkinsons/what-is-parkinsons>

Source: Amy Kostelic, Associate Extension Professor, Adult Development and Aging



DENMARK



FINLAND

NORDIC STATES

 Cooperative Extension Service



ICELAND



NORWAY



SWEDEN

Guest Speaker:
Janet Powers

Hostess: Mary Lamkin,
International Chair
Marti Thomas, Co-Chair



MEADE COUNTY EXTENSION HOMEMAKERS

International Luncheon

Thursday, April 17
12:00 p.m.

Meade County Extension Office
1041 Old Ekron Road
Brandenburg KY 40108

Menu:

- Swedish Meatballs - Sweden**
- Smashed Potatoes - Finland**
- Carrots with tops - Norway**
- Dark Rye Bread - All Nordic Countries**
- Strawberry Cake - Sweden**

COST: \$15

Make checks payable to:
Meade County Extension Homemakers

**Reservations and payment
are due to the Extension
Office no later than**

Thursday, April 10th



Pictures taken by:
Janet Powers





Support Your Local Farmer's Market

Growing season is gearing up, and your local farmers market has the freshest produce, meats and value-added products around.

When you purchase from a farmers market vendor, most of which are small, family operations, it reduces the time it takes for food to travel from a large, commercial farm to a grocery store and onto your dinner plate. This means that local growers can wait to pick the produce and deliver it to you when it is at the peak of freshness. At the same time, you are reducing fuel emissions and transportation costs the growers would have to pay to sell their products outside the county. Many times, farmers markets are closer to your home than a grocery store, so shopping at the markets could cut down on your fuel costs too.

Buying from farmers markets is good for the local economy and one way to preserve agriculture in rural communities. Farmers market purchases keep your money in your community. It allows growers with small-to-medium-sized operations to receive a fair price for their products without having to compete against large commercial growers. With an established, local market to sell their products, new growers have a viable entry into agriculture and an improved chance at success.

With much of the farmers markets products being fresh fruits and vegetables, you also have the opportunity to add more nutrition, vitamins and minerals to your family's plates. This can lead to healthier diets.

Buying from a local vendor can help you connect to the person who is growing your food. It can be a great lesson for your children on where food comes from. Over the course of the season, many repeat farmers market customers develop personal connections and friendships with vendors.

The Meade County Farmers Market officially opens on May 3, Derby Day at 9am so be on the lookout for more information!

Source: Mark Williams, Horticulture professor and department chair



**Once again we have been
approved for the Senior Farmer's
Market Vouchers.**

More information coming soon!!





Broccoli Salad

Ingredients:

- 6 cups fresh broccoli, chopped
- 1 cup raisins
- 1 medium red onion, peeled and diced
- 2 tablespoons sugar
- 8 bacon slices, cooked and crumbled (optional)
- 2 tablespoons lemon juice
- $\frac{3}{4}$ cup low-fat mayonnaise

Directions:

1. Combine all ingredients in a medium-sized bowl.
2. Mix well.
3. Chill for 1 to 2 hours.
4. Serve.

Servings: 16

Serving Size: 1/2 cup

Source: United States Department of Agriculture, Food Stamp Nutrition Connection, Recipe Finder, June 2008. [http://recipefinder.na I. usda.gov](http://recipefinder.na.I.usda.gov)

Nutrition facts per serving: 100 calories; 4g total fat; 1g saturated fat; 0g trans fat; 5mg cholesterol; 135mg sodium; 13g carbohydrate; 2g fiber; 8g sugar; 2g added sugars; 2g protein; 8% Daily Value of vitamin D; 2% Daily Value of calcium; 0% Daily Value of iron; 4% Daily Value of potassium