



Redefining “Healthy”: The FDA’s new standards for food labels

Source: Anna Cason, Senior Extension Associate for Food and Nutrition

When grocery shopping, you may notice food packages labeled as “healthy.” This term is meant to help buyers easily identify options that can support their health. To use “healthy” on the label, foods must meet standards set by the Food and Drug Administration (FDA). When enjoyed within a balanced diet, these foods can contribute to overall well-being.



While food manufacturers may choose to include “healthy” on the label if their products meet these standards, not all nutritious options will necessarily carry this claim. Ultimately, the new definition can guide consumers toward foods that can support good health but does not encompass every food that can fit into a balanced diet.

To learn more about healthy food choices, contact the Campbell County Extension office.

At the end of 2024, the FDA announced it would update its definition of “healthy,” which was originally developed in the 1990s. Because nutrition science has changed significantly since then, the new definition is intended to align with current federal dietary guidance and support better health. According to the updated criteria, foods labeled “healthy” must include a certain amount of at least one food group—fruits, vegetables, dairy, grains or protein—and contain limited amounts of saturated fat, sodium and added sugars. These modifications reflect the emphasis on a balanced, varied diet rather than a focus on individual nutrients.

Under the original definition, products like yogurt, breakfast cereals, fruit

snacks, snack bars high in added sugar, fortified white bread and fruit punch not containing 100% juice qualified as “healthy.” However, these no longer meet the updated requirements as they either contain too much added sugar or do not include specific amounts of certain food groups.

Foods that now qualify for the “healthy” label include fresh, frozen, canned or dried fruits and vegetables (as long as they contain limited saturated fat, sodium and added sugar), fatty fish such as salmon, trail mix with dried fruit (with limited sodium and added sugar), plain low-fat or fat-free yogurt (with limited added sugar), eggs, water and 100% olive oil.

Campbell County Homemakers



Save the Date!

June 23, 2025 6-9pm

**Campbell County Extension Office
 Dinner, Door Prizes
 and More**

Details and registration information coming soon!

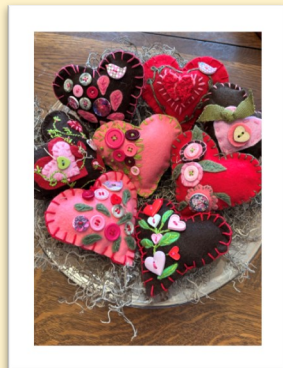


WE NEED VOLUNTEERS

Campbell County Extension Homemakers need officers for the upcoming year. If you are interested, or would like more information, please call Pam Fields at 513-519-5823.

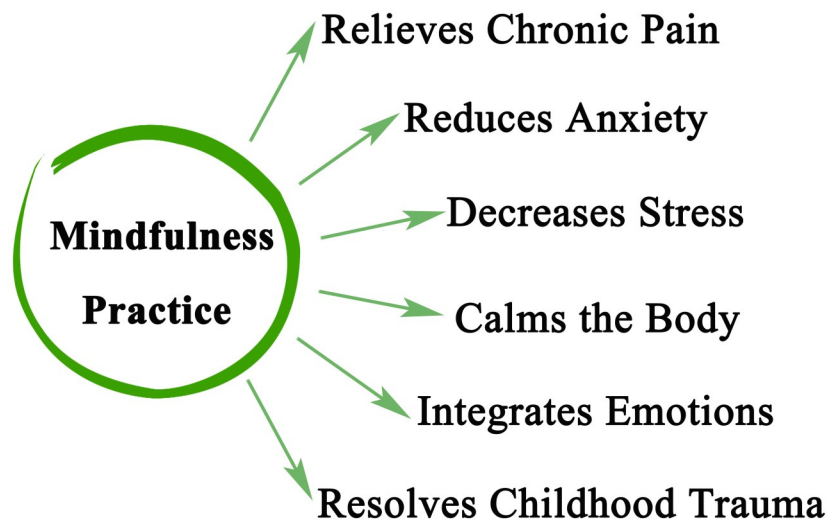


UK Cooperative Extension and our Homemakers offer many opportunities for developing new skills, new friendships, having fun, as well as opportunities to help others. Research has shown that these things can bring better mental health and well being. Our Lunch Bunch, Makers, Valley, and Crazy Quilters Clubs welcome new members.



Mindfulness: A Practical Approach to Well-being

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



Mindfulness is a practice that involves being present in the moment and aware of your thoughts, feelings, and surroundings. Mindfulness offers several benefits, including increased emotional regulation and overall well-being.

There are various mindfulness practices, such as grounding techniques, guided imagery, and mindfulness meditation.

Mindfulness meditation focuses on being present and attentive to your breath without judgment.

A helpful introductory mindfulness exercise is the 5-4-3-2-1 technique. This grounding technique involves identifying five things you can see, four things you can hear, three things you can feel, two things you can smell, and one thing you can taste.

To practice the 5-4-3-2-1 technique:

1. **Find a quiet space** where you won't be disturbed.
2. **Close your eyes** and take a few deep breaths.

3. Begin to focus on your senses.

- **Identify five things you can see.** These might be objects in your room, the colors of the sky, or the patterns on your clothes.
- **Name four things you can hear.** This could be the sound of your breath, the ticking of a clock, or a bird chirping outside.
- **Identify three things you can feel.** Notice the sensations on your skin, the weight of your body in your chair, or the warmth of the sun on your face.
- **Name two things you can smell.** This might be the scent of your favorite perfume, the smell of food cooking, or the fresh air coming in through the window.
- **Identify one thing you can taste.** This could be the taste of your food, the dryness of your mouth, or the coolness of a drink.

Take your time with each step and focus on being fully present in the moment. The 5-4-3-2-1 technique can be a helpful tool for grounding yourself and reducing stress. You can practice it for a few minutes each day or whenever you need a break from the hustle and bustle of your life.

Reference: <https://www.healthline.com/health/mind-body/what-is-mindfulness>

<https://www.mayoclinic.org/healthy-lifestyle/consumer-health/in-depth/mindfulness-exercises/art-20046356>

<https://www.psychologytoday.com/us/basics/mindfulness>

LUNCH BUNCH

April 1

Carrabba's Italian Grill
2899 Dixie Hwy.
Crestview Hills, KY — 11:00
Call/Text RSVP by March 28 if you plan to attend and/or need to carpool.
859-816-8707

May 6

TBD — 11:00
Call/Text RSVP by April 28 if you plan to attend and for location.
859-816-8707

TIME FOR LUNCH

CALLING ON ALL HOMEMAKERS: NEW OUTREACH PROJECT

Dear Homemaker Members, we are asking for your participation in a community outreach project to brighten the day of some of our residents in our local care facilities. It is a simple pattern (in this newsletter) that can be hand or machine sewn, then stuffed.

This bunny can be made in any color of fabric you choose and may be embellished with ribbons, lace, buttons, etc. , if you like. The more bunnies we receive, the more kindness we can spread!

Finished bunnies can be dropped off any time at the reception desk of the Extension Office so that we can begin distributing them. We hope to have bunnies for an Easter delivery, then again in May and June. The last dropoff date is June 18th. Looking forward to spreading some kindness with you to those who sometimes feel forgotten—and it will actually lift our spirits, too! Let's go, Homemakers! 😊



“These are examples of some of the bunnies members have already made for distribution to area care



Kate Vaught Thompson

Kate Vaught Thompson

Campbell County Extension Agent for
Family and Consumer Sciences

The Martin-Gatton College of Agriculture, Food and Environment is an Equal Opportunity Organization with respect to education and employment and authorization to provide research, education information and other services only to individuals and institutions that function without regard to 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.

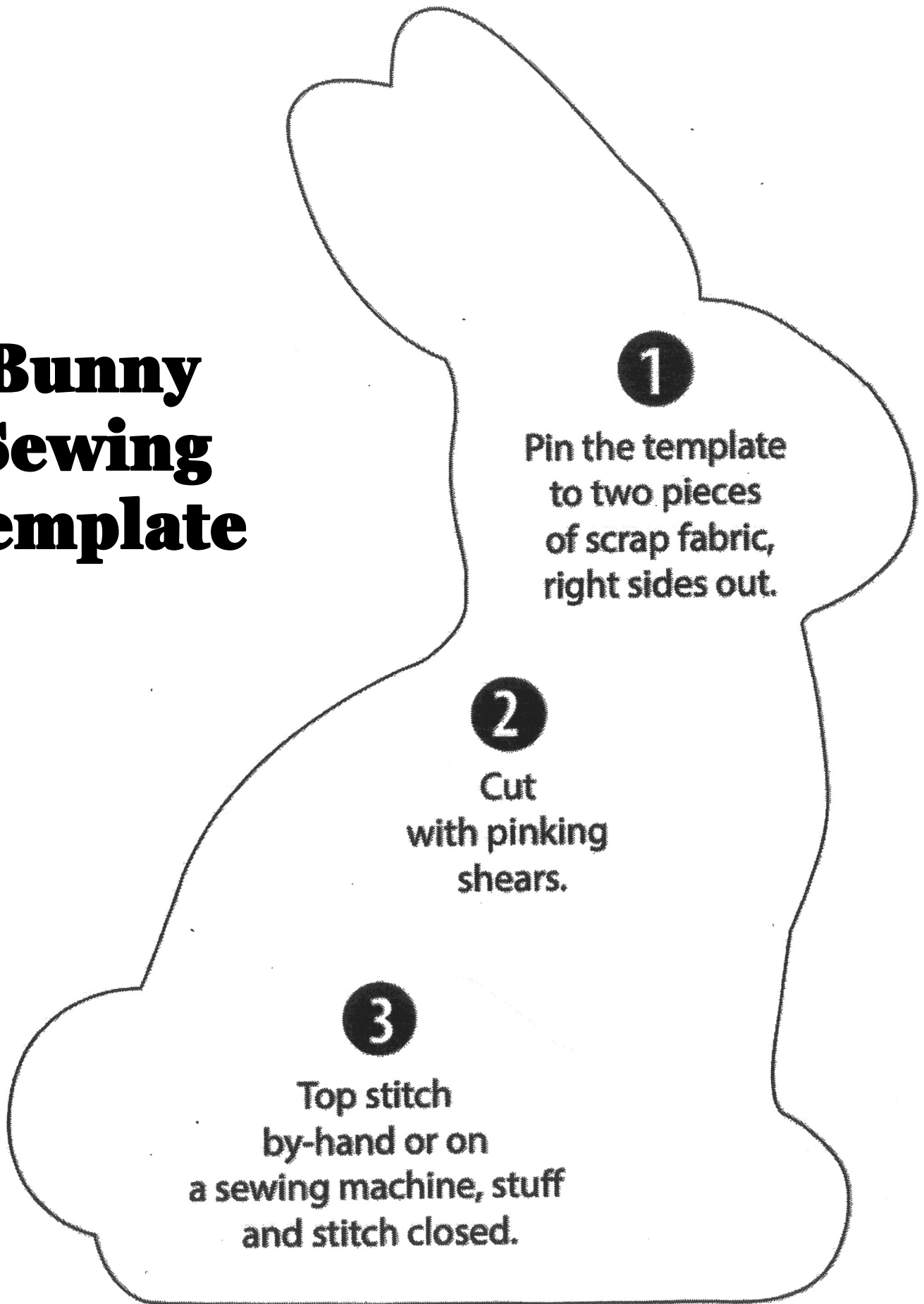
Inquiries regarding compliance with Title VI and Title VII of the Civil Rights Act of 1964, Title IX of the Educational Amendments, Section 504 of the Rehabilitation Act and other related matter should be directed to:

-- Equal Opportunity Office, Martin-Gatton College of Agriculture, Food and Environment, University of Kentucky, Room S-105, Agriculture Science Building North, Lexington, Kentucky 40546,

-- UK Office of Institutional Equity and Equal Opportunity, 13 Main Building, University of Kentucky, Lexington, KY 40506-0032, or

-- US Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410.

Bunny Sewing Template



1

Pin the template to two pieces of scrap fabric, right sides out.

2

Cut with pinking shears.

3

Top stitch by-hand or on a sewing machine, stuff and stitch closed.

“Discover KEHA – A Hidden Treasure”



Make plans to attend
the 2025 State Meeting
at Hyatt Regency Lexington
401 West High Street,
Lexington!
May 6-8, 2025

Northeast Area will serve as the host area.

Spring has arrived and the beautiful flowers and trees herald its arrival! It's time to take deep breaths and push forward to all those spring projects (seed starting, cool weather crop planting, spring housecleaning and throwing open the windows—whew! That's a lot!). I do hope you make time for Homemakers Club's meetings, projects and classes. Also, the **State KEHA (Ky Extension Homemakers Association) Meeting is May 6-8 and April 21st is the Final Postmark Date for registration.** It's a great opportunity to meet Homemakers from around the state, join others from our Area for fun, and make new friends, too. And, there are many learning opportunities through sessions and hands-on crafting classes—and so much more! A silent auction fundraiser of 12" finished quilt squares (just like a mini quilt) is held each year. I hope many of you sewers will contribute a block this year to represent Campbell County—it would be greatly appreciated! (See the pictures of some blocks purchased in previous years.) Drop off your blocks with your name on paper pinned to the back of the block at the reception desk by May 1st. Thank you in advance for your help! For more info, contact Pam at 513-519-5823.



State Meeting Registration Refund Policy

The KEHA Finance Committee and State Board have determined some clarifications to the State Meeting refund policy.

The State Treasurer will continue to issue refunds for fee-based workshop registrations once they are full. Those who wish to attend workshops that include a fee are encouraged to submit their registrations quickly once the form is released in February.

Those who wish to cancel their entire registration will not receive a full refund. If it is canceled before the final registration deadline, half will be refunded. After the final registration deadline, no refunds will be issued.

Registration may be transferred to another individual rather than canceling.

Deadline reminders: Postmark April 7 for early registration and postmark April 21 for final registration deadline in 2025. Registration forms will be available in the State Newsletter that comes out in February

Lodging Information

The lodging room blocks are now open for reservations!

Hyatt Regency Lexington

401 West High Street, Lexington, KY 40507
Room rate \$149.00 + tax (1-4 people per room)

Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>

Phone Reservations: 800-233-1234 (group code G-KEHA for conference rate)

Make your reservations by April 7, 2025, to secure the conference rate.

Reservation cancellations must be made by 3 p.m. the day prior to arrival to avoid a no-show charge.

NOTE: If attendees are planning to make a reservation for multiple people in a single room, each with different payment methods, and require separate receipts with individual information, please opt for a shared reservation. Kindly provide all names and payment details during the booking process or upon check-in. This will help to ensure a smooth and personalized experience for all attendees. Check in begins at 4 p.m. and checkout is at 11 a.m.

We hope you will join us in Lexington!

ATTENTION Homemakers...



Medicine Bottle Collection Event Continues

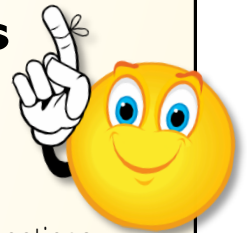
Please clean and remove the label.

Bottles will be collected at club meetings or you can drop them in the collection box in the front entry of the Extension Office.

M-F 8-4:30pm.

We collected 387 medicine bottles so far this year. A big THANK YOU to all who collected and donated bottles.

Thanks in advance for your participation and help!



PREPARE RESPOND RECOVER: DISASTER PREPAREDNESS PROGRAM



Join us for a full-day program focused on disaster preparedness! Learn from experts in Emergency Management, meteorology, Cooperative Extension, and more about how to be prepared before, during, and after a disaster.


Program Highlights:

- Insight into emergency preparedness
- How to respond during various types of disasters
- Steps to take for recovery
- Expert speakers including emergency management professionals and meteorologists
- Lunch will be provided
- **Registration is required. Deadline to register 4/15/25**

Mark your calendars and come get equipped with the knowledge and skills to keep you and your family safe in times of disaster!



 boone.ca.uky.edu

 859.586.6101

WEDNESDAY, APRIL 30, 2025

9:00 AM - 3:00 PM

**Boone County Enrichment Center
1824 Patrick Drive
Burlington, KY 41005**

Have Questions or Need More Information? Please email Diana at: dtripp@myy.org

Name _____ Address _____ City _____ State _____ Zip Code _____ County _____ Area _____ Phone (____) _____ Email _____ Emergency Contact _____ Relationship _____ Phone # _____	<p align="center">Special Diet/Food Allergies</p> Check if you have dietary restrictions: <input type="checkbox"/> Nuts <input type="checkbox"/> Shellfish <input type="checkbox"/> Gluten-free <input type="checkbox"/> Dairy-free <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan NOTE: We will do our best to accommodate the above dietary restrictions. If you have an additional dietary restriction you may list it below, however be aware that there is no guarantee of accommodation. Other: _____
<input type="checkbox"/> Check if you want an email confirmation.	

Check all that apply:

KEHA MEMBER STATE BOARD AGENT UK SPECIALIST GUEST
 FIRST TIME ATTENDEE - YES NO VOTING DELEGATE - YES NO

	Early-Bird Rate (By April 7)	Regular Registration (April 8-April 21)**
Full Conference Registration	\$150	\$185
2-Day Conference Registration	\$130	\$150

2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below

MY REGISTRATION INCLUDES:

**Late registrations (April 22 or after) will NOT be accepted.

<input type="checkbox"/> Tuesday 5/6 Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle, and Auction Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* <input type="checkbox"/> Opening Luncheon (price included!) <i>Check if attending lunch.</i> Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	<input type="checkbox"/> Wednesday 5/7 Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting*** <i>(separate registration)</i> General Session with KEHA Choir	<input type="checkbox"/> Thursday 5/8 Officer Training Workshops Educational Chairman Trainings <input type="checkbox"/> Awards Luncheon (price included!) <input type="checkbox"/> <i>Check if attending lunch.</i>
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NOTE: Select specific sessions and classes on next page.
 * = May include extra costs.

FULL OR 2-DAY REGISTRATION	\$ _____
AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6	\$ _____
(MAKE CHECKS PAYABLE TO KEHA)	GRAND TOTAL \$ _____

***NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION.
 CONTACT SUSAN HANSFORD at susanhansford@hotmail.com

<div style="background-color: yellow; padding: 5px; display: inline-block; transform: rotate(-15deg); font-weight: bold; font-size: 1.2em;">NOTICE</div> <p>Mail by April 7 for the discounted registration fee. Any registration with a USPS postmark after April 21 will be returned. This is necessary to allow processing time.</p>	<p>MAIL TO: Patsy Kinman KEHA Treasurer 310 Falmouth St. Williamstown, KY 41097</p>	<p>FOR KEHA TREASURER USE ONLY:</p> Date received: _____ Postmark Date: _____ Check number: _____ Name: _____ Amount Paid: _____ Balance Due: _____ Refund Due: _____
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NO REGISTRATION REFUNDS WILL BE ISSUED AFTER APRIL 21 (SEE REFUND POLICY ON PAGE 2)

(Continued on other side...)

Name _____

PLEASE SELECT YOUR 1ST, 2ND, AND 3RD CHOICES WITH A 1, 2, or 3 FOR EACH SESSION AND CRAFT. ONLY PAY FOR YOUR 1ST CHOICE IF THERE IS A FEE.

Tuesday, May 6 - SESSIONS

- Seminars - Session 1 - 1:45 p.m. - 3:00 p.m. ET**
 Historical Homemaking (Maximum: 80 attendees) **Cost \$12**
 How to Give a Tea Party (Maximum: 60 attendees)
 What's in Your Leadership Toolbox (Maximum: 80 attendees)
 Focusing on All the Dimensions of Wellness after a Cancer Diagnosis (NVON Topic) (Maximum: 63 attendees)
 After Swallowing a Storm: Helping Kids Cope with Disaster Trauma (Maximum: 30 attendees)
 Backyard Bees: Establishing Pollinator Habitat (Maximum: 30 attendees)
 Enduring the Transitions of Life: A Hands-On Motivational Approach to Different Life Stages (Maximum: 25 attendees) **Cost \$12**
 Common Injuries on the Farm/Stop the Bleed (Maximum: 30 attendees)

Wednesday, May 7 - SESSIONS

- Seminars - Session 3 - 8:15 a.m. - 9:30 a.m. ET**
 Cooking from the Garden (Maximum: 80 attendees)
 Coordinating Community Resource Fairs (Maximum: 80 attendees)
 Fostering Confidence: Embracing Healthy Perspectives on Food and Self-Image (Maximum: 80 Attendees)
 Impact of Alzheimer's and Dementia on our Community (Maximum: 63 attendees)
 Land Ho! What to Look for When Looking for Computers (Maximum: 30 attendees)
 Sheets Uncovered! (Maximum: 30 attendees)
 Basket Sub-Category Revisions for Cultural Arts (Maximum: 30 attendees)
 Celebrating Cultural Connections - Heritage Foods (Maximum: 30 attendees)

- Seminars - Session 4 - 1:30 p.m. - 2:45 p.m. ET**
 Let's Cook with Herbs! (Maximum: 80 attendees)
 Cooking Wild in Kentucky (Maximum: 50 attendees)
 From Silents to Gen Z - Exploring Today's Generations (Maximum: 50 attendees)
 Personal Journey from War to US Citizen (Maximum: 30 attendees)
 Ovarian Cancer and You (Maximum: 30 attendees)
 Money Habitudes: What's Your Money Style? (Maximum: 30 attendees)
 Enduring the Transitions of Life: A Hands-On Motivational Approach to Different Life Stages (Maximum: 25 attendees) **Cost \$12**
 KEHA Choir Rehearsal (pre-registered choir members only)
 Master Farm Homemakers Guild Meeting

Tuesday, May 6 - CRAFTS

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m. ET**
- Shocked Sheep Painting \$10
- Paper Roses/Origami Flowers \$1
- Santa Gnome Wall Hanging \$7
- Mat Service Project \$5
- Patriotic Centerpiece \$6.50
- Gift Card Basket \$15
- All About Beeswax \$5
- Faux Stained Glass Picture \$7

Wednesday, May 7 - CRAFTS

- Hands-On Crafts Session 2 - 3:15 p.m. - 4:15 p.m. ET**
- Shocked Sheep Painting \$10
- Paper Roses/Origami Flowers \$1
- Santa Gnome Wall Hanging \$7
- Mat Service Project \$5
- Patriotic Centerpiece \$6.50
- Oui Jar Basket FREE
- Growing Herbs and the Many Uses
- Beaded Pens/Paper Beads \$7

Thursday, May 8 - TRAININGS

Please check the Officer and Chair trainings you plan to attend. NOTE: All who are registered are welcome to attend. Learn what it means to lead!

- Officer Trainings - 8:00 a.m.-9:15 a.m.**
- President
- Secretary
- Vice President
- Treasurer

- Educational Chair Trainings - 9:45-11:00 a.m.**
- Management & Safety Food, Nutrition & Health
- Leadership Development International
- Cultural Arts & Heritage 4-H Youth Development
- Environment, Housing & Energy
- Family & Individual Development

STATE MEETING SHIRT \$18 EACH

Qty: _____ Size: Small Medium Large XL 2XL 3XL

TOTAL \$ _____



AMOUNT DUE FROM SESSIONS AND CRAFTS \$ _____

STATE MEETING SHIRT \$ _____

TOTAL \$ _____

PLEASE TRANSFER THIS AMOUNT TO PAGE 5

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

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>

Campbell County Cooperative Extension Service
 3500 Alexandria Pike
 Highland Heights, KY 41076
 859-572-2600
<https://campbell.ca.uky.edu>

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 ➔





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



Flower Buds



The Great Outdoors: A Great Workout Space, No Membership Required!

The coming of spring is a great time to be outdoors! It is becoming warmer, and there is so much new life to witness. Budding trees, plants, and flowers, chirping birds, and scampering squirrels are just a few of the things you may see when you're outside in the springtime. If you are looking for more ways to spend time outside while accomplishing daily tasks, consider moving your regular exercise routine outdoors!

In addition to the health benefits of being physically active, spending time outdoors has shown to improve mood, self-esteem, and relaxation. Frequent exposure to nature reduces anxiety and depression, while promoting a sense of well-being and fulfillment. Physical

activity in a green space can reduce stress and lower cortisol levels by 15%. It can also improve cognitive control, short and long-term memory, and overall brain function.

If you typically engage in indoor cardiovascular activities such as using a treadmill, stair-climber, or an elliptical, consider using trails or hills at a local park instead. You can also move yoga, Pilates, tai chi, and other more stationary forms of exercise outdoors. Many local park departments offer coordinated group fitness opportunities as well. Whether you prefer to exercise alone or in a group, take advantage of the spring season by soaking up the added benefits of sunshine, fresh air, and natural surroundings.



Lemon Broccoli Pasta



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

Prep time: 15 minutes
Cook time: 25 minutes

- 1 box (16 ounces) whole-wheat pasta (rotini, spaghetti, bowtie, elbow macaroni)
 - 1 package (12 to 14 ounces) frozen broccoli
 - Zest of one lemon
 - Juice of one lemon (about 2 tablespoons of lemon juice)
 - 2 tablespoons olive oil
 - 2 1/2 teaspoons garlic powder or 1 clove of garlic, minced
 - 2 cups spinach
 - 1 cup grated parmesan cheese
 - 1 cup reserved pasta water
 - Salt and pepper, to taste
1. Wash hands with warm water and soap, scrubbing for at least 20 seconds.
 2. Boil water and prepare pasta according to package directions. Be sure to save 1 cup of pasta water for later use.

3. While the pasta cooks, microwave broccoli for about 5 minutes, or until thawed.
4. In a large saucepan over medium heat, add oil and sauté broccoli for 3-5 minutes.
5. Add cooked pasta to the saucepan with the broccoli. Add lemon zest, lemon juice, garlic, spinach, and reserved pasta water. Use tongs or a spoon to evenly combine everything. Cook until spinach is wilted, about 5 minutes.
6. Sprinkle over parmesan cheese and stir to combine. Reduce heat to low and cook for an additional 3 to 5 minutes or until it reaches desired texture.
7. Serve.
8. Refrigerate leftovers within 2 hours.

Makes 8 servings
Serving size: 1 1/2 cups
Cost per recipe: \$8.56
Cost per serving: \$1.07

Nutrition facts per serving:

320 calories; 9g total fat; 2.5g saturated fat; 0g trans fat; 10mg cholesterol; 200mg sodium; 51g total carbohydrate; 7g dietary fiber; 2g total sugars; 0g added sugars; 13g protein; 0% Daily Value of vitamin D; 10% Daily Value of calcium; 15% Daily Value of iron; 4% Daily Value of potassium

Source:

Jeannie Noble, RD, Extension Specialist for Nutrition; and Jen Robinson, NEP Area Nutrition Agent, University of Kentucky Cooperative Extension Service



April 2025



Campbell County Cooperative Extension Homemakers Association

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
<p>All Events and Programs are at the Campbell County Extension Office unless otherwise noted. 3500 Alexandria Pike Highland Heights, KY 41076</p>		1	2	3 <ul style="list-style-type: none"> • Flowerbuds Program - 10:00am • Lunch Bunch <i>Carrabba's Italian Grill</i> - 11am - Call Marcia to register 859-816-8707 	4	5	
6	7 <ul style="list-style-type: none"> • Homemakers Maker Club Meeting - 6:00-8:00pm 	8 <ul style="list-style-type: none"> • Valley Homemakers Meeting - Meet at Extension Office for Carpool - 11:00am 	9	10	11	12	
13	14	15 <ul style="list-style-type: none"> • Sour Dough Basics Program - 1:00pm 	16	17	18	19	
20	21 <ul style="list-style-type: none"> • Crazy Quilters Club - 10:00am • State KEHA Meeting Registration Due 	22 <ul style="list-style-type: none"> • Winter Book Club - 5:00pm 	23	24	25	26	
27	28	29	30 <ul style="list-style-type: none"> • Grown-Up & Me Cooking Series - 5:30pm 	<p>LOOKING AHEAD...</p> <ul style="list-style-type: none"> • No Valley Meeting in May • No HM Meeting in April or May • Valley HM Meeting - June 10, Extension Office 			<p>April 21st: Registration Deadline 2025 State Meeting at Hyatt Regency Lexington 401 West High Street May 6-8, 2025</p>