

GREEN COUNTY  
**FCS EXTENSION**  
**NEWSLETTER**  
**APRIL 2025**



*Greetings from your FCS Agent*

Hello Everyone! I'm not sure about you but March was such a crazy busy month! From attending State Extension Conference, hosting Lake Cumberland Area Cultural Arts, traveling throughout the Lake Cumberland Area teaching "Indoor Air Quality" homemaker leader lessons, to teaching sewing programs in Cumberland County and to GCHS students, and so much more! I would like to say April will be slower but I'm not too sure.

**HELLO  
SPRING**



***Katelyn Squires***  
***Family and Consumer  
Sciences Extension Agent***  
***Green County***  
***298 Happyville Rd***  
***Greensburg KY 42743***  
***270-932-5311***  
***green.ca.uky.edu***

If you plan to attend KEHA State Meeting in Lexington this year the deadline for early registration is April 7th and the final registration deadline is April 21st. Be sure to get those sent in before all your 1st choice classes are gone!

It is officially spring which means that warmer summer months are almost here! Be on the lookout for food preservation classes, homemaker trips, fair exhibit information and so much more.

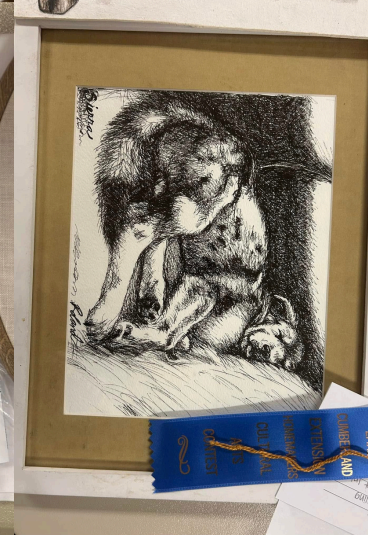
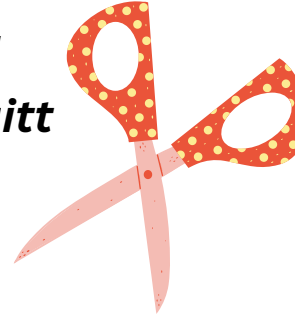


Follow Green County  
FCS on Facebook. Scan  
the QR code above!



**Congratulations to all the Green County Homemakers that are advancing to the State Cultural Arts Competition in May. Listed are the individuals that are advancing to state.**

- Karen Roland
- Maxideen Pruitt
- Nina Dziepak
- Chelle Scott
- Lu Simpson
- Mary Creason
- Linda Milby



● ● ● **What did Katelyn do in March?** ● ● ●

- LEAP with Head Start and Little Lambs
- Just Family Adult Day
- Green County Senior Center
- FCS Staff Meetings
- Cooking from the Calendar
- State Extension Conference
- Sewing with High School Students
- Sewing Program in Cumberland Co
- Homemaker Lesson Leader Trainings
- Preschool Palooza with GCPL
- Gardening Event at Greasy Creek Church



**Set up at the GCPL Preschool Palazzo to promote my Laugh and Learn and Young Mom's Homemaker Club.**



**Set up at Greasy Creek Baptist Church to promote upcoming food preservation programs and provide gardening information.**



**Taught a Zipper Pouch sewing program in Cumberland County**



**Taught hand sewing to the High School Uniquely Me club.**

# SAVE THE DATE

Cooperative Extension Service

Calling Young Moms!



Join a new Homemaker club started just for you!

- Socialize with other moms while children play!
- Learn new skills.
- Gain support and new mom friends!
- Dues are \$10 yearly!

\*This club is targeted towards both SAHM and working moms!\*

Informational Meeting

April 25th at 5pm CST

Green County Extension Office

298 Happyville Rd Greensburg KY 42743

If you have any questions call Green County Extension at 270-932-5311

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

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University of Kentucky, Kentucky State University, US Department of Agriculture, and Kentucky Counties, Cooperating.  
Lexington, KY 40506



Cooperative Extension Service

Please join us for the



# Annual Community Baby Shower

Hosted by Green County Help, Hope, and Hands

For all expecting mothers and mothers with newborns up to 1 year of age. Attendees may bring one guest with them.

Various organizations and business will be set up with raffles.

Lunch will be provided!

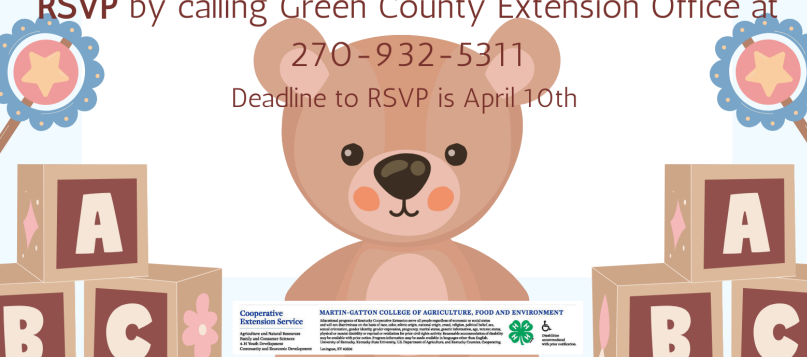
April 17th 2025 | 10am-12pm CST

Green County Extension Office  
298 Happyville Rd Greensburg KY 42743

RSVP by calling Green County Extension Office at

270-932-5311

Deadline to RSVP is April 10th



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Cooperative Extension Service

# Laugh & Learn

GAMES, STORY TIME, & CRAFTS

APRIL 25TH 2025  
2:30PM CST

Location: Green County Extension Office  
298 Happyville Rd Greensburg KY 42743

Call 270-932-5311 To RSVP

The Green County Extension Office is offering a free program to children ages 5 and under to prepare them for kindergarten.

This program consists of storytime, snacks, crafts, and using gross and fine motor skills.

We just ask that each child be accompanied with an adult throughout the whole program.



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# COOKING FROM THE CALENDAR

Lemon Broccoli Pasta



April 11th 2025 at 12pm CST

Call Green Co Extension Office at 270-932-5311 to register



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# Gardening Safety

Join Debbie Shephard, Wayne Co FCS Agent as she teaches you about gardening safety. You will learn about the following:

- keeping the fun in gardening
- reducing injuries
- health benefits
- satisfaction of growing your own food

**April 24th 2025 at 12pm CST**

Green County Extension Office  
298 Happyville Rd Greensburg  
RSVP by calling 270-932-5311

Deadline to RSVP is April 21st

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# Passport Trip:

Dennison's Roadside Market



**April 23rd 2025**

Leaving Green County office at 10am CST

Vehicle space is limited so its FCFS

Please RSVP by April 18th

Any questions call 270-932-5311 or visit Katelyn at the extension office.

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# Farmers Market on Green River

April 17th is the first market day for 'Farmers Market on Green River'. Be sure to stop by and check out all the meat, produce, baked goods, and so much more!

Thursdays  
3pm-5:30pm CST

Green County Cattlemen's Pavilion  
2385 Campbellville Rd,  
Greensburg, KY 42743



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Stop by Green County Extension Office to get your Pressure Canner Gauges tested!

Free of charge.  
Call 270-932-5311 for questions.



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Get in Tune with Homemakers

Lake Cumberland Area Extension Homemakers Annual Meeting

May 15, 2025  
Clinton County Fairgrounds  
Registration 4:30 pm CST  
Program 5:00 pm CST

\$15 Registration  
\*Due to your Extension Office May 1st





# APRIL 2025



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

2

3  
**APRIL 1st**  
**FOLKS**  
**DAY**  
Homemaker Council 3p

4

5  
Help Hope & Hands  
9am

6

7  
KEHA early bird  
registration deadline

8

9  
Summersville 5:30

10

11  
Help Hope & Hands  
9am

12

13

14

15

16

17  
Community Baby  
Shower 10a-12p  
1st Farmers Market  
3-5:30p

18

19

20  
*good  
Friday*

21  
KEHA registration  
deadline  
Town & Country 4pm  
Eleta Johnson

22

23  
Passport Trip-  
Dennison's Roadside  
Market

24

25  
Help Hope & Hands  
9am  
Lesson Leader  
Training 12p

26

27

28  
Laugh and Learn 2:30p  
Young Mom's Homemaker  
informational Meeting 5p

29

30

31



# 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>

Katelyn Squires  
Green County Extension Office  
298 Happyville RD  
Greensburg KY 42743  
270-932-5311  
[green.ca.uky.edu](mailto:green.ca.uky.edu)

## THIS MONTH'S TOPIC

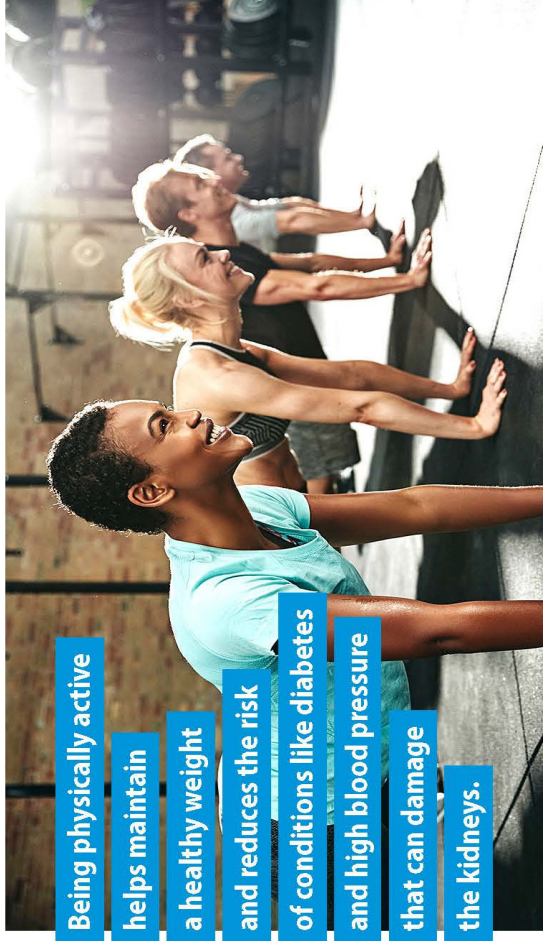
# APRIL IS NATIONAL KIDNEY MONTH



**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** →



**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>

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



RETURN SERVICE REQUESTED



## Broccoli and Beef Stir-Fry

<b>1 pound</b> lean beef steak, sliced diagonally across the grain into thin strips	<b>4 tablespoons</b> canola oil, divided	squash, cut into ¼ inch slices
<b>1 tablespoon</b> plus ½ cup stir-fry sauce	<b>1 medium</b> red onion, cut into ½ inch dice	<b>2 cups</b> fresh broccoli florets
<b>1 clove</b> minced garlic	<b>1 sweet red pepper</b> , cut into ½ inch dice	<b>1 cup</b> cauliflower florets
	<b>1 medium</b> yellow	<b>½ teaspoon</b> crushed red pepper flakes

- 1. Combine** 1 tablespoon stir-fry sauce and minced garlic in a bowl. **Add** the beef strips. Let stand 15 minutes.
- 2. Heat** 1 tablespoon canola oil in a large skillet or wok.
- 3. Add** beef and stir fry for one minute. **Remove** beef from skillet.
- 4. Heat** the remaining 3 tablespoons canola oil in the skillet or wok. **Add** vegetables. **Stir-fry** for four minutes or until vegetables are crisp-tender.
- 5. Return** beef to skillet.
- 6. Add** the remaining ½ cup stir-fry sauce and red pepper flakes. **Cook** and stir 1 to 2 minutes longer, until heated through.

**Yield:** 8, 1 cup servings  
**Nutrition Analysis:** 180 calories; 10 g fat; 1.5 g saturated fat; 0 g trans fat; 25 mg cholesterol; 630 mg sodium; 9 g carbohydrate; 2 g fiber; 3 g sugar; 15 g protein.  
*90% recommended allowance for vitamin C.*

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers' market, or roadside stand.

