

NEWSLETTER

 Cooperative
Extension Service

ROBERTSON COUNTY FAMILY & CONSUMER SCIENCES

Robertson County Cooperative Extension
39 E Walnut Street
P.O. Box 283
Mt. Olivet, KY 41064

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IMPORTANT DATES

| | |
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| Tasty Tuesday | Apr. 8 |
| Cloverbuds | Apr. 8 |
| Cooking Through the Calendar | Apr. 10 |
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| Homemakers @ RCHCF | Apr. 12 |
| God's Pantry Food Drive | Apr. 17 |
| Homemaker Bake Sale | Apr. 19 |
| Homemaker Meeting | Apr. 21 |
| Power of Pink Luncheon | Apr. 26 |
| Crafts & Crumbs | Apr. 28 |



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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Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

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Lexington, KY 40506



Disabilities
accommodated
with prior notification.

SEE YA

Around Town

Mount★
Olivet

GOODTIME HOMEMAKERS: TOGETHER IN FUN AND FRIENDSHIP

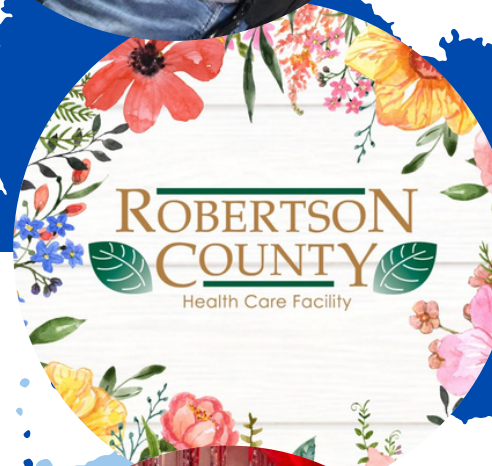
The Robertson County Goodtime Homemakers are once again spreading kindness and fostering community connections through their new monthly program at the Robertson County Healthcare Facility. Beginning on April 12 and continuing the second Saturday of each month at 2:00 p.m., the homemakers will gather to engage with residents in a variety of meaningful activities.

The program is designed to offer a much-needed boost of companionship to the residents, many of whom may not have frequent visitors. Whether it's through creative crafts, outdoor visits, flower planting, or simply spending quality time chatting and enjoying each other's company, the goal is to build lasting relationships and enrich the lives of everyone involved.

Each month, different activities will be planned to keep the program fresh and exciting for the residents. The homemakers hope that through these regular visits, they can continue to build meaningful connections, bringing joy and comfort to the residents at Robertson County Healthcare Facility.

As the program grows, the hope is that it will not only improve the lives of those living at the facility but also inspire others in the community to find ways to give back and support their neighbors.

The Goodtime Homemakers are proving that sometimes the simplest acts of kindness can make a world of difference.



COOKING THROUGH THE CALENDAR

APRIL 10
11 A.M.

Robertson County
Senior Citizen's
Building

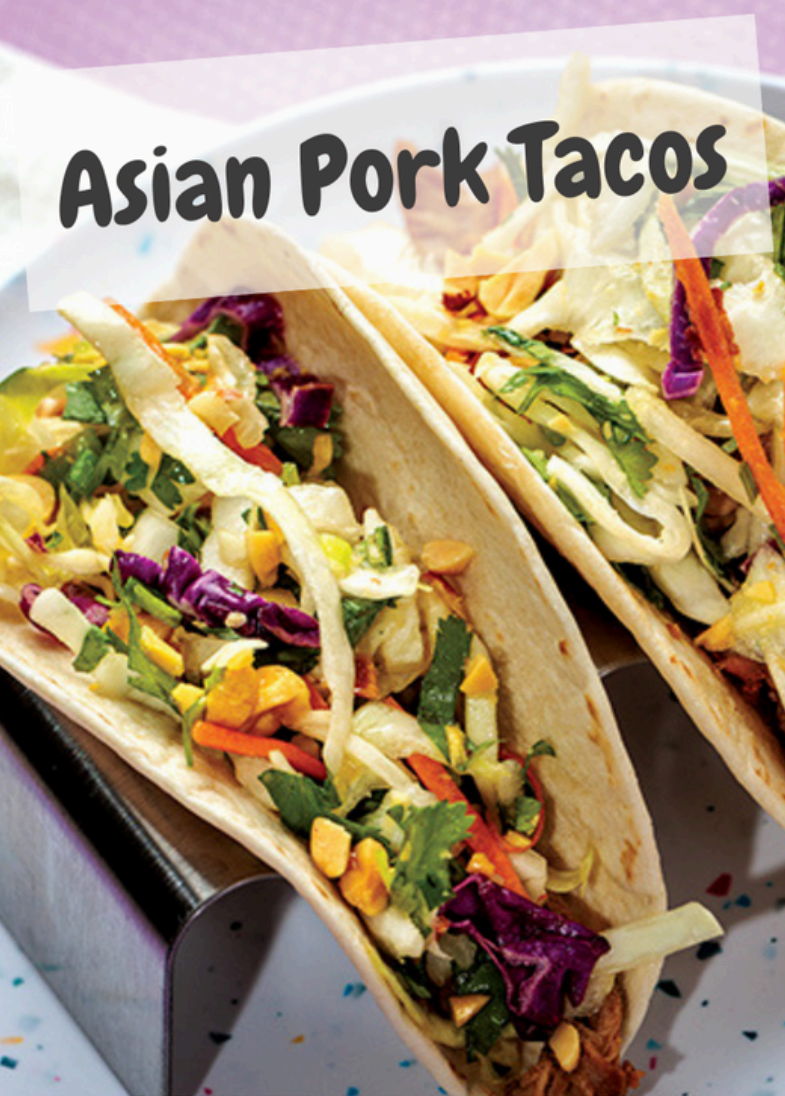
Each attendee will receive a free 12 month recipe calendar and will be able to taste-test each dish.

Participants must be 60 years of age to participate.

CRUNCHY AIR
FRYER FISH



Asian Pork Tacos



UK Cooperative Extension Service **CRAFTS & CRUMBS**

April 28

Robertson County Extension Office

5:00 p.m.

Call to Register 606-724-5796

Limited to 18 Spots



FREE

Includes all material and instructions.

Registration by Apr. 18



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Lexington, KY 40506



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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)

Robertson County
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Mt. Olivet, KY
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606-724-5796

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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.

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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:
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Adobe Stock





The Power of

Pink Luncheon

Join us as we celebrate a message of
Hope  *Health*  *Empowerment Education* 

We welcome **WOMEN OF ALL AGES** to come together to share in the message of Breast Health and screenings. The morning will be filled with *amazing stories of advocacy, survivorship, demonstrations, delicious food, singing, doorprizes, fellowship, fun* and a presentation by Dr. Stephanie Brashear.

Saturday, April 26th

10 am to Noon

(Doors & Registration will open at 9:30 AM)

Mason County Extension Office

800 U.S. Hwy 68, Maysville, KY 41056

Please RSVP by
Monday, April
21st by calling
606-564-6808

Hosted by:



Robertson County Extension
PO Box 283
Mt. Olivet, KY 41064

NON-PROFIT
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PERMIT 2110

Goodtime Homemakers
TOGETHER IN FUN AND
FRIENDSHIP

ROBERTSON COUNTY HEALTHCARE FACILITY
2ND SATURDAY OF EACH MONTH
2:00 p.m.



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