

# Magoffin County Family & Consumer Sciences



## April 2025

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**March came in like a lamb and has definitely gone out like a lion! Hopefully, April weather will be a little kinder.**

**Things are really getting busy as Spring is in the air. Lots of meetings, trainings, and exciting things coming up this month at the Magoffin County Extension Office.**

**Beginning April 3, I will be teaching a Beginning Sewing Class for 4-H members, between the ages of 9-12. The ladies of the Friendship Quilters and Sew What Quilters will be assisting with the classes. All supplies will be provided free of charge and the participants will end up with a project that would be eligible to enter into the Kentucky State Fair, if they so choose.**

**Patchwork Playdates has started back, after the Winter break. This month, we will be celebrating Spring and will be planting flower seeds for our craft time. We hope that our little people will be with us for our next meeting on April 8<sup>th</sup>.**

**I would like to remind you once again that we are accepting 4-H Camp applications at this time. Cost for campers is \$75.00 and can be made in payments, at your convenience. We only have 50 spots available, so quickly get your spot reserved!**

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Visit our website at  
<https://magoffin.ca.uky.edu>

CEA for FCS/4-H  
Youth Development  
Education



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4-H Youth Development  
Community and Economic Development

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Lexington, KY 40506



Disabilities  
accommodated  
with prior notification.

COOPERATIVE EXTENSION



# 4-H CAMP MAGOFFIN COUNTY

MEET NEW FRIENDS

## 4-H Superheroes Unite!

### Dates: June 3-6, 2025

### Cost: \$75

CABIN LIFE

TRY NEW ACTIVITIES

CALL THE MAGOFFIN COUNTY

EXTENSION OFFICE AT 606-349-1236

FUN & GAMES

TO REGISTER AND

**BEGIN YOUR CAMP PAYMENT PLAN TODAY!**



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**Cooperative Extension Service**

**Join us at the Extension Office for**  
*crochet club*  
**APRIL 2ND**  
**APRIL 16TH**  
**APRIL 30TH**  
**10:00 AM-NOON**

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**EXTENSION DISTRICT BOARD MEETING**

**MONDAY, APRIL 14, 2025**

**12:00 PM**

Magoffin County Extension Office  
 15 Rockhouse Frk Rd  
 Salyersville, KY 41465  
 606-349-3216



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**Cooperative Extension Service**

**Cooking Through the Calendar**

Lemon Broccoli Pasta  
 Thursday, April 15th  
 12:00 Noon

Magoffin County Extension Office  
 15 Rockhouse Fork Rd., Salyersville

Contact: Cathy Sparks, CEA for FCS and 4HYD  
 606-349-3216

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**April Quilt Guild Dates**

**Friendship Quilters**  
 April 11th, 10 AM  
 April 25th, 10 AM

**Sew What Quilters**  
 Saturday, April 12th, 9 am

Call the Extension Office at 349-3216 for more information.  
 Visit our website at <https://magoffin.ca.uky.edu> to learn more about Extension programming.

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**Cooperative Extension Service**

**Embroidery Club**  
 Magoffin County Extension Office

Wednesdays  
 10 AM-Noon  
 April 9th  
 April 23rd

Call the Extension Office at 349-3216 to learn more about the program.



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**Cooperative Extension Service**

**HIPPIE CHX HOMEMAKER MEETING**

**THURSDAY, APRIL 10TH**  
**6 PM**  
**MAGOFFIN EXTENSION**

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# DIABETES

# Connection

# 2025



Aetna Better Health<sup>®</sup>  
of Kentucky



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service

# APR 24 | 10AM

## Planting Seeds of Health: Diabetes & Gardening

Magoffin County UK Extension Office  
115 Rockhouse Road in Salyersville

*Join us at 10am via Zoom  
from anywhere!*



[zoom.us/my/arhdiabetessupport](https://zoom.us/my/arhdiabetessupport)

TO PRE-REGISTER OR FOR MORE INFO:



**606.789.3511**  
ext. 1229



[diabetesarh1@arh.org](mailto:diabetesarh1@arh.org)

# UNDERSTANDING DIABETES TOGETHER!

**Family members and caregivers encouraged to attend!**

# 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>

Magoffin County Extension Office  
15 Rockhouse Fork Road  
Salyersville, KY 41465  
(606) 349-1236

## 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>

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**ADULT**  
**HEALTH BULLETIN**

#### Written by:

Katherine Jury, MS

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**Designed by:** Rusty Manseau

**Stock images:**

Adobe Stock

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# 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



# MAGOFFIN COUNTY QUILT GUILD

*Learn from our own Experts*

## SEWING BEGINNER CLASS

AGES 9-12

**KENTUCKY**  **COOPERATIVE EXTENSION**

UK MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT  
KSU COLLEGE OF AGRICULTURE, COMMUNITY AND THE SCIENCES

TAKE ADVANTAGE OF OUR BEGINNER-FRIENDLY SEWING CLASS TO LEARN THE CRAFT AND PRODUCE LOVELY, HANDMADE PRODUCTS SUITABLE FOR ENTRY IN THE KENTUCKY STATE FAIR!

Featured project:  
**DRAWSTRING TOTE BAG**

### WHAT YOU'LL LEARN:

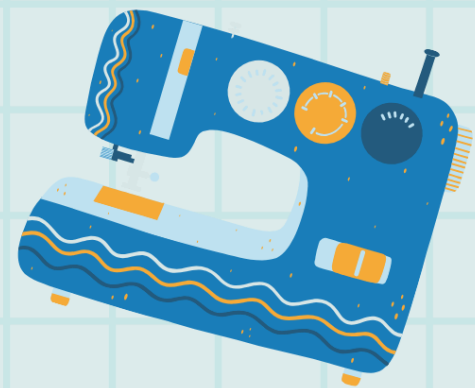
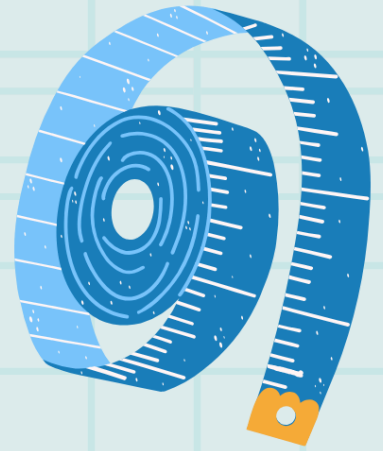
BASIC STITCHES

MACHINE OPERATION

FABRIC SELECTION

PATTERN READING

PROJECT CREATION



### WILL BE HELD ON

- **APRIL 3**
  - **APRIL 9**
  - **APRIL 10**
  - **MAY 1**
- 3:30-5:30PM**

LIMITED SLOTS! RESERVE YOUR SPOT TODAY! \*6 SPOTS

**MAGOFFIN COUNTY  
EXTENSION OFFICE  
606-349-3216**

[stefaine.back@ksu.edu](mailto:stefaine.back@ksu.edu) or  
[cathy.sparks@uky.edu](mailto:cathy.sparks@uky.edu)

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# Patchwork Playdates

TUESDAY, APRIL 8TH, 10 AM

Invite some friends and join us for some  
SPRING activities!



Patchwork Playdates is a preschool program designed to learn free play and organized activities with other children their age. Call our office for more information.

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# April 2025

| Sun | Mon | Tue  | Wed  | Thu   | Fri  | Sat  |
|-----|-----|--|--|---|--|--|
|     |     | 1  | 2<br><i>Crochet Club 10 AM</i>                         | 3<br><i>4-H 'Beginners'<br/>Sewing 3:30-5:30<br/>PM</i>   | 4  | 5  |
| 6   | 7   | 8<br><i>Patchwork<br/>Playdates=10 AM</i>          | 9<br><i>Embroidery Club<br/>10 AM</i>                  | 10<br><i>4-H 'Beginners'<br/>Sewing<br/>3:30-5:30 PM</i><br><br><i>Ivyton Hippie Chx<br/>6 PM</i>         | 11<br><i>Friendship Quilt<br/>Guild--10 AM</i> | 12<br><br><i>Sew-What<br/>Quilt Guild 9 AM</i> |
| 13  | 14  | 15<br><i>Cooking Through<br/>the Calendar-Noon</i> | 16<br><i>FCS Advisory<br/>Council Meeting<br/>Noon</i> | 17  | 18   | 19   |
| 20  | 21  | 22   | 23   | 24<br><i>Diabetes Support<br/>Group Meeting<br/>10 AM</i><br><br><i>All Things Blooming Hmk.<br/>6 PM</i> | 25<br><i>Friendship Quilt<br/>Guild--10 AM</i> | 26   |
| 27  | 28  | 29   | 30   |   |  |  |

Magoffin County Extension Office  
P.O. Box 349  
Salyersville, KY 41465

## Broccoli Brunch Casserole

|   |  |   |
|---|--|---|
| Nonstick cooking spray                      | <b>1 1/2 cups</b> shredded, part skim mozzarella cheese, divided | <b>1 teaspoon</b> ground black pepper       |
| <b>8 ounces</b> ground turkey sausage       | <b>8 eggs</b>  | <b>1/2 teaspoon</b> salt                    |
| <b>3 1/2 cups</b> broccoli florets, chopped | <b>1 cup</b> part skim ricotta cheese                            | <b>1 Roma (Plum) tomato</b> , thinly sliced |
|   | <b>1/4 cup</b> skim milk   |   |

**Preheat** oven to 350 degrees F. **Spray** a 9-by-13-inch baking dish with nonstick cooking spray. **Place** a medium-sized skillet over medium heat. **Sauté** sausage until evenly brown, **drain** well, **crumble**, and **cool slightly**. In a medium bowl, **mix** cooked sausage, broccoli, and a 1/2-cup of mozzarella. In a separate bowl, **whisk** eggs until frothy and then **combine** with a 1/2-cup of mozzarella, ricotta cheese, milk, pepper, and salt. **Spoon** the sausage mixture into the prepared baking dish. **Spread** the egg mixture over the sausage mixture. **Sprinkle** with the remaining mozzarella,

and **arrange** the tomato slices on top. **Cover** with foil, and **bake** 30 minutes. **Uncover**, and **bake** for an additional 15 minutes. Let **stand** for 10 minutes before serving.

**Yield:** 8 slices

### **Nutritional Analysis:**

260 calories, 16g total fat, 7g saturated fat, 0mg cholesterol, 550mg sodium, 7g total carbohydrate, 1g fiber, 1g total sugars, 0g added sugars, 20g protein, 6% DV vitamin D, 25% DV calcium, 10% DV iron, 6% DV potassium.

