

# FAMILY AND CONSUMER SCIENCE NEWS



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

Family and Consumer Sciences

**Cooperative Extension Service**

Boyd County  
2420 Center Street  
Catlettsburg, KY 41129-1279  
(606) 739-5184  
Fax: (606) 739-4014  
<http://extension.ca.uky.edu>

**Boyd County Cooperative Extension Service**  
**April, 2025**



**Happy April Everyone!**

**I hope everyone had a wonderful March and is looking forward to all that April has to offer! I'm ready for the trees to be blooming, the flowers to be growing, and the temperatures to be warmer! I know this will bring allergies for many of us, but at least it will be pretty to look at through watering eyes!**

**We have some fun events coming up this month,, so get excited and ready for some springtime Extension fun!**

**Please stop by my office if you have any questions or just want to chat!**

**In This Issue:**

**Homemaker News**

**April Events**

**April Recipe**

**Health Bulletin**

Jacqueline Doucet  
County Extension Agent  
for Family and Consumer Sciences

*Jacqueline Doucet*

**Cooperative Extension Service**

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

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# *Message from the President*



Hey There Homemakers,

Break out the umbrellas! April showers bring May flowers. It's time for spring cleaning, allergies, and temperature swings.

More classes are headed your way. Still looking for teachers. Many opportunities to earn those volunteer bucks. There is so much going on, so take a moment for yourself to just breathe.

Do something new and step out of your comfort zone. Dust off those UFOs, make a "to complete list" (a to-do list), and post it on your fridge. Celebrate marking items off big or small. It is the season to prepare, plant & grow.

Prepare yourself for new experiences!

Plant new ideas!

Grow into a better you!

Hang in there. The best is yet to come!

Prayers

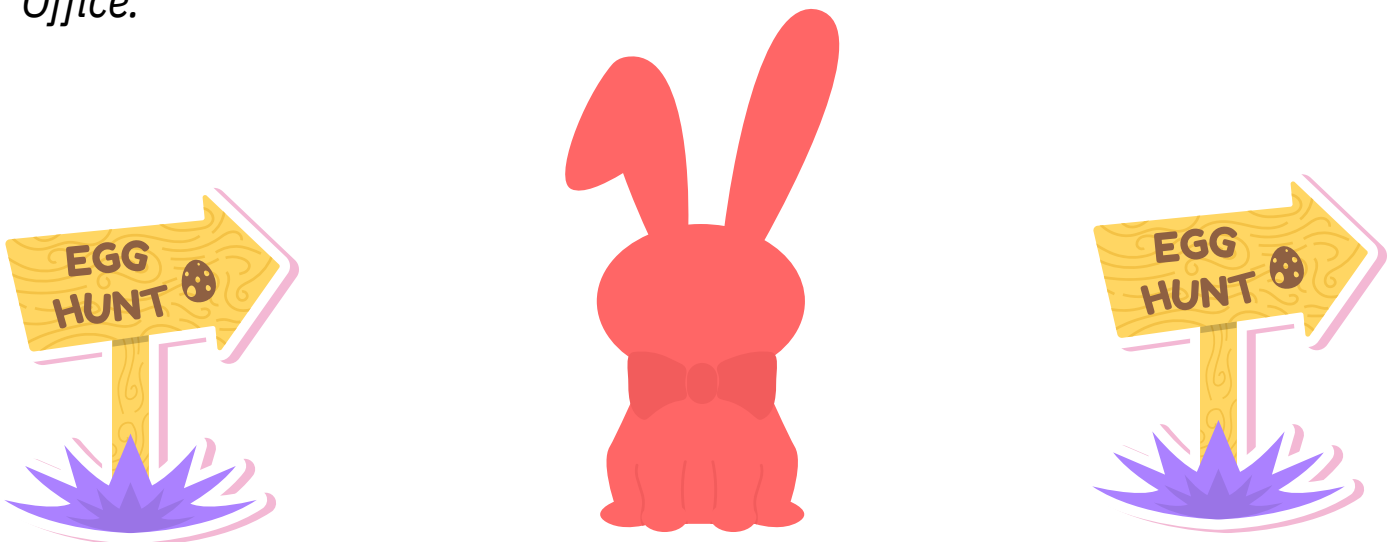
Kathy, (prez)



# Homemaker Upcoming Events & Announcements



- *Cooking with the Calendar: Hilltop, April 3rd at 10 a.m., Boyd County Extension Office. April's Recipe: Lemon Broccoli Pasta*
- *Homemaker Council Meeting, April 9th at 10 a.m., Boyd County Extension Office.*
- *Sewing/Quilting/UFOs: Every Monday at 5 p.m., Boyd County Extension Office.*
- *Mats for Homeless: Every Thursday at 10 a.m., Boyd County Extension Office.*



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# KEHA Upcoming Events & Announcements



- **April 1st:** Area lesson schedules for 2025-26 due to KEHA State Advisor.
- **April 5th:** Postmark deadline for state officer and chair credentials.
- **April 7th:** Reservation deadline for conference rate at State Meeting hotel.
- **April 7th:** Postmark deadline for early registration fee for 2025 KEHA State Meeting.
- **April 21st:** Final postmark deadline for 2025 KEHA State Meeting registration.
- **May 6th-8th:** 2025 KEHA State Meeting, Hyatt Regency, Lexington.
- **May 15:** 990N Deadline for 501(c)(3) organizations with fiscal year ending Dec. 31.



# COOKING THROUGH THE CALENDAR PROGRAM SCHEDULE 2025

**JANUARY 16TH**

**FCS:  
SPLIT PEA  
SOUP**

**FEBRUARY 6TH**

**CATLETTSBURG:  
CAULIFLOWER  
BITES**

**MARCH 6TH**

**HILLTOP:  
CRUNCHY AIR  
FRYER FISH**

**APRIL 3RD**

**TRACE:  
LEMON  
BROCCOLI  
PASTA**

**MAY 1ST**

**HILLENDALE:  
BANANA  
PANCAKES**

**JUNE 5TH**

**HILLENDALE:  
RICE AND BEAN  
SALAD**

**JULY 10TH**

**TRACE:  
CHICKEN  
BURGERS**

**AUGUST 7TH**

**SUNSHINE:  
SLOW COOKER  
ASIAN PORK  
TACOS**

**SEPTEMBER 4TH**

**HILLTOP:  
GRITS, GREENS  
AND EGG BOWL**

**OCTOBER 2ND**

**CATLETTSBURG:  
CHEESY  
PUMPKIN PASTA  
BAKE**

**NOVEMBER 6TH**

**SUNSHINE:  
PARMESAN  
CARROT CHIPS**

**DECEMBER 4TH**

**FCS:  
LASAGNA SOUP**

# Recipes from the 2025 Food and Nutrition Recipe Calendar



## April's Recipe: Lemon Broccoli Pasta

Join us at the Boyd County Extension office for our monthly cooking demonstration and sampling. Try tasty Nutrition Education Program Calendar recipes and discover strategies to eat healthier and cook at home!

**April 3rd**

**at 10 a.m. Boyd County  
Extension Office.**

# Make and Take: Paintable Boot Planter



Join us at the Boyd County Extension office for a  
fun Make and Take perfect for Spring!  
All supplies are provided.

**\$5.00 per person to guarantee program spot.**

**April 25th**

**6 p.m. Boyd County Extension Office.**

**Call 606-739-5184**

**Space is limited to 20 participants**

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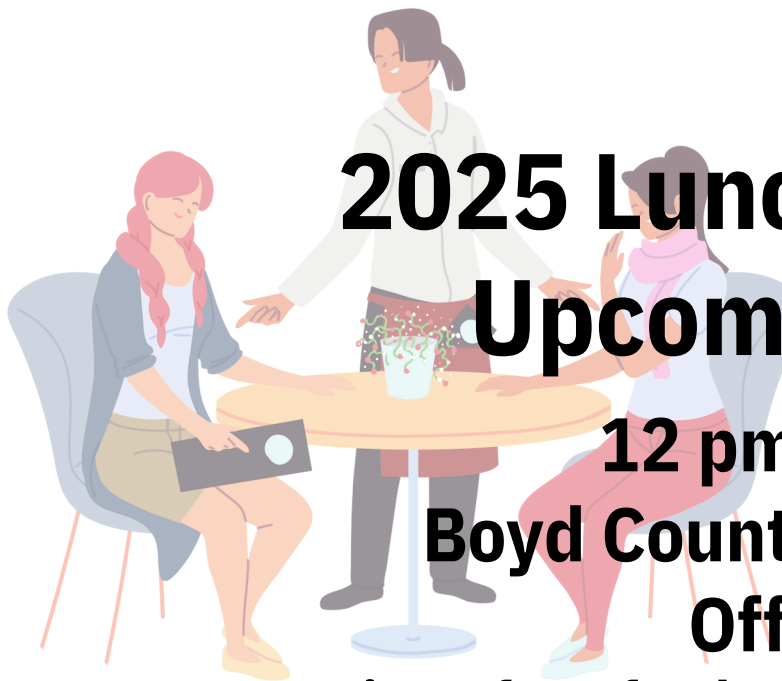
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# 2025 Lunch and Learn Upcoming Dates

12 pm-1 pm

Boyd County Extension  
Office

Join us for a fun lunchtime discussion.

Lunch will be provided

Please call 606-739-5184 to Register.

This program is FREE

Limited to 20 participants

~~January 17th:~~

~~Fitting Nutrition into Your Busy  
Lifestyle.~~

April 18th:

Gardening Options for Everyone

~~February 14th:~~

~~Indoor Air Quality~~

May 16th:

Planning Space for Outdoor Living

~~March 21st:~~

~~Adapting Recipes~~

June 13th:

Steps Toward Hiring a Dependable  
Contractor

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## 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



# 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>

## 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.

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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>

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**ADULT**  
**HEALTH BULLETIN**

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

