



CLARK COUNTY EXTENSION OFFICE, 1400 FORTUNE DRIVE, WINCHESTER KY 40391 (859)744-4682 CLARK.EXT@UKY.EDU HTTP://CLARK.CA.UKY.EDU

Family & Consumer Sciences Newsletter

A Word from the Agent...

April has finally arrived, and the earth is waking from its winter slumber. Watching the earth come alive with all its vibrant colors truly makes me happy! I hope it brings joy to you as well. We have a lot of fun things planned for this spring which also makes me happy. I hope you will participate with us. The homemakers will host their Annual International Dinner. Join us as we "travel" to Jamaica. These dinners are always great fun so bring a friend and enjoy a night out. Information on how to register is included in this newsletter. Also, we have fun and interesting classes coming up. If you have ideas on classes, you would like to see offered or possibly teach don't hesitate to let me know. I'm always looking for ways to serve our community.

It occurred to me many of you may have never visited the extension office. I invite you to stop by and say hello the next time you are out and about. Our office hours are 8am - 4:30pm Monday thru Friday.



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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

Educational programs of Kentucky Cooperative Extension serve all people regardless of 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, genectic informach, 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. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.







PARENT

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

Clark County Extension Office 1400 Fortune Drive Winchester KY 40391 (859) 744-4682

THIS MONTH'S TOPIC

ENCOURAGE OUTDOOR PLAY



here are many reasons to look forward to spring and warmer weather. As a parent or caregiver of children, one reason can be how easy it is to get them outside to play. No more bulky snow suits or difficult gloves! Outdoor play is a great way for young people (and adults!) to burn energy, get exercise, and feel better. Children should play outside for many reasons, both physical and mental.

Here are some key benefits to outdoor play:

- **1.Physical health:** Outdoor play encourages physical activity. This helps children develop strength, coordination, and motor skills. It also helps combat childhood obesity by keeping them active and engaged in running, climbing, and playing sports.
- 2. Mental health: Nature has been shown to lower stress, anxiety, and depression. The fresh air and natural environment promote relaxation. This helps children feel more balanced and calmer.

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- **3. Social skills:** Playing outside often involves hanging out with peers. This helps children develop critical social skills like teamwork, communication, and conflict resolution.
- **4. Creativity and imagination:** Outdoor play sparks creativity. Kids have more freedom to explore, invent games, and use their imaginations in a less structured environment. This fosters problem-solving and independent thinking.
- **5. Connection with nature:** Spending time outdoors teaches children to appreciate and care for the environment. It also helps them understand the world around them, from observing animals to noticing seasonal changes.
- **6. Better sleep:** Exposure to natural light during the day helps our bodies establish and maintain sleep and wake cycles. This leads to better sleep patterns and overall rest.
- 7. Reduced screen time: Playing outside offers a healthy alternative to screen-based activities, which can lead to sedentary lifestyles and impact cognitive development if overdone. In short, playing outside supports a child's

physical, emotional, and mental growth, while offering many benefits that help them thrive!

If your child struggles with getting started playing outdoors, try one of these ideas:

- Join them! Children are more likely to play outside if their parents or caregivers are there with them. Go on walks, bike rides, or even relax in the backyard together.
- Make the backyard or nearby park appealing:
 Set up fun play areas with swings, climbing structures, or a sandbox. Add colorful outdoor toys like balls, jump ropes, and chalk for drawing if possible. Organize and store outdoor play toys where children can see and reach them.
- Natural play areas: Encourage exploration
 with natural materials like rocks, sticks, and
 leaves. You could offer a play prompt, like
 asking them to create a nature collection. They
 could do an outdoor scavenger hunt. Or give
 them resources to help identify different kinds
 of plants, bugs, and other natural wonders.

REFERENCE:

Yogman, M., Garner, A., Hutchinson, J., Hirsh-Pasek, K., & Golinkoff, R. M. (2018). The power of play: A pediatric role in enhancing development in young children. Pediatrics, 142(3). https://doi.org/10.1542/peds.2018-2058

HEALTH BULLETIN

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



TUESDAY, APRIL 22, 2025

Featuring a Night of :

- Authentic Food
- Guest Speaker
- Friends
- Fun & More!

6PM

Cost: \$20 per person

Clark County Extension Office 1400 Fortune Drive

Contact: 859-744-4682

Email: linda.winburn@uky.edu

Deadline to Register & Pay



Cooperative Extension Service

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

Monday, April 14th MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND EN

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Fermented foods are a delicious, healthy addition to any diet. They are full of nutritious probiotics that aid in digestion and boost the immune system. In this class, participants will learn fermenting basics as well as make a jar of sauerkraut.

APRIL 29TH, 2025
CLARK COUNTY EXTENSION OFFICE
1400 FORTUNE DRIVE WINCHESTER KY 40391
5:30 PM

To register: call 859-744-4682 or email shonda.johnston@uky.edu

Cooperative Extension Service

MARTIN-GATTON COLLEGE OF AGRICULTURE, FOOD AND ENVIRONMENT

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COMING Sove the Pates!

All Clases will be held at the Clark County Extension Office

Making Hot Sauce



Living with Alpha-Gal Syndrome



Sourdough: 101 From Starter to Success

May 28th 5:30pm



For Up to Date Information Follow Us on Facebook: Facebook.com/ClarkCountyExtension

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.

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.



THE ROWDY GOLDEN GIRLS

HOMEMAKER CLUB has been sending Ale-8s to local troops stationed overseas for some time. They are looking for any local (Clark or Powell County) service members who are stationed outside the United States to send a yummy reminder of home.

If you know of such a service member, contact the office at 859-744-4682 or email linda.winburn@uky.edu

Please provide the following information:

- Rank & Full Name
- Ship (if Applicable)
- Unit #
- Box # (APO or AE)
- Zip Code

