

Seminars - Session 1

Monday, May 7 - 1:30 - 2:45 p.m.

Raffles, Raffles, Raffles!

Raffles can be an easy, effective fundraiser, but did you know they are subject to Kentucky charitable gaming regulations? Learn how to legally hold raffles at the area, county or club. Following the rules is everyone's responsibility. This session will be presented by the Kentucky Department of Charitable Gaming, so bring your questions!

Presenters: Henry Boone and Mike McFarlin, Kentucky Department of Charitable Gaming

Minimum: 10 Maximum: 80

This session is eligible for agent in-service training credit.

Be More than Social

Staying connected outside of club meetings may be the key to KEHA sustainability. Explore how to use social media as a tool in homemaker clubs, counties and areas to: make announcements, schedule activities, recruit new members and provide programming. Learn how the information your page insights provides can help you take your social media experience to a whole new level.

Presenter: Mindy McCulley, Extension Specialist, UK FCS Extension

Minimum: 10 Maximum: 100

This session is eligible for agent in-service training credit.

Do you Leak? Don't be Embarrassed, "Urine" Not Alone!

Experts believe that at some point in their adult lives 75% of women will suffer from the excessive urge to urinate or the experience the involuntary loss of urine, also referred to as urinary incontinence. Whether you have experienced this particular issue or are "learning for a friend," please join us as we discuss how urinary incontinence affects quality of life, why it might occur, and when to seek help. We will also show you several exercises shared by a women's health physical therapist that may be able to help alleviate minor leak issues.

Presenters: Dr. Joann Lianekhammy, Extension Specialist, Dr. Janet Kurzynske, Extension Professor, and Natalie Jones, Program Coordinator, UK FCS Extension

Minimum: 20 Maximum: 50

Wool Rug Hooking - Part 1

Come learn primitive wool rug hooking, a down-to-earth handcraft that's been around since the mid 1800's. Once created for necessity, wool hooked rugs are found on floors, walls, as pillows and other home décor. In this workshop participants will learn to hook and create a small hooked wool mug rug from a kit. All needed supplies will be furnished. (Part 1 of 2; session continues at 3:00 p.m.)

Presenter: Mary Hixson, Garrard County FCS Agent

Minimum: 5 Maximum: 20 **Cost: \$25**

Seminars - Session 1

Monday, May 7 - 1:30 - 2:45 p.m.

Floral Design–Horizontal Design

Would you like to spruce up your home décor or create a gift with fresh flowers? Come watch a demonstration on how to make a cut flower horizontal design. Everyone will receive a packet with step-by-step instructions.

Presenter: Kara Back, Taylor County Extension Agent for Horticulture

Minimum: 5 Maximum: 65

Smoothie Queens

Explore the ease and health benefits of making your own smoothies. Learn how to customize to your health needs. Sample several smoothie recipes and receive a recipe booklet that includes all the recipes.

Presenters: Julie Hook, Carlisle County KEHA Member, and Henrietta Sheffel, Quicksand Area KEHA President

Minimum: 20 Maximum: 50 **Cost:\$10**

Paintsville–Gateway to the Arts

Participants will learn about arts opportunities all the way through the Country Music Highway 23 – The National Scenic Byway. Visual arts, performing arts, literary arts, the unique Story Patch theater and how to have Kentucky Proud meals intertwined with hands on experiences that delight the senses.

Prepare to be entertained along with learning fun facts and contacts to make travels easy and memorable.

Presenter: Vicki Rice

Minimum: 10 Maximum: 40

Seminars - Session 2

Monday, May 7 - 3:00-4:15 p.m.

Sales Tax: What Do You Need to Know?

Does your fundraising fall under the Kentucky Sales and Use Tax laws? Are you required to collect and remit sales tax? This seminar, presented by the Kentucky Department of Revenue, will discuss the background/history of sales and use tax as well as the forms and exemption certificates related to sales and use tax. The presenters will provide an overview of the laws and regulations associated with sales and use tax and demonstrate how to properly complete applicable forms.

Presenter: Tim Bennet, Kentucky Revenue Cabinet, Sales and Use Tax Division

Minimum: 10 Maximum: 80

This session is eligible for agent in-service training credit.

Seminars - Session 2 **Monday, May 7 - 3:00-4:15 p.m.**

Wool Rug Hooking–Part 2

Session continues. Participants from the 1:30 p.m. session will be automatically registered.

Presenter: Mary Hixson, Garrard County FCS Agent

Junior Homemakers: Engaging a New Generation

Listen and learn from a panel of FCS Extension Agents and KEHA leaders on how they have had success with involving a younger generation through Junior Homemakers. Passing the torch and teaching life skills to a younger generation can keep KEHA membership strong for the future.

Presenters: Select FCS Agents and KEHA Leaders

Minimum: 10 Maximum: 100

This session is eligible for agent in-service training credit.

Floral Design–Horizontal Design (repeated)

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Presenter: Kara Back, Taylor County Extension Agent for Horticulture

Minimum: 5 Maximum: 65

Smoothie Queens (repeated)

Explore the ease and health benefits of making your own smoothies. Learn how to customize to your health needs. Sample several smoothie recipes and receive a recipe booklet that includes all the recipes.

Presenters: Julie Hook, Carlisle County KEHA Member, and Henrietta Sheffel, Quicksand Area KEHA President

Minimum: 20 Maximum: 50 **Cost:\$10**

12 Months of Sharing Tea Parties

What joy to share tea time with others! Sipping together for a Beu-TEA-ful time; How to's, tips, recipes & ideas galore for creating memorable events for your family & friends. Sample food prepared by Kentucky Homemaker and award-winning Author Linda J. Hawkins.

Presenter: Linda J. Hawkins, Heart-to-Heart Publishing

Minimum: 20 Maximum: 50 **Cost:\$2**

Seminars - Session 3 **Tuesday, May 8 - 8:00-9:15 a.m.**

Data Talks, People Listen: KEHA Reporting in 2018

Join us as we explore the ways that your KEHA reporting data is collected, aggregated and used! We will discuss reporting from the club level to the state, including a new opportunity for area chairmen to submit your 2018 reports electronically. This session will be an opportunity for you to learn tips and tricks to enhance reporting at all levels and for areas to ease the transition to electronic reports. While everyone is welcome to attend, Area Educational Chairman and FCS Agents are encouraged to attend.

Presenters: Mindy McCulley, Extension Specialist, and Kim Henken, KEHA State Advisor, UK FCS Extension

Minimum: 10 Maximum: 80

This session is eligible for agent in-service training credit.

KEHA Recruitment: Ideas to Grow Membership

Are you looking for ideas to grow KEHA membership in your county? Listen and gain helpful tips from other KEHA members and agents on how they have increased membership in recent years. Help keep KEHA alive and well in your county and across the state.

Presenters: Select FCS Agents and KEHA Leaders

Minimum: 10 Maximum: 100

This session is eligible for agent in-service training credit.

LEAP: Literacy, Eating and Activity for Preschool/Primary

Many Extension Homemakers volunteer in communities to teach the LEAP curriculum to youth. The curriculum was recently revised significantly-including a fresh look, updated facilitator guides and newsletters, new activities, several books were retired and 11 new books were added to the series. Come learn more about these changes!

Presenter: Brooke Jenkins-Howard, Extension Specialist, Nutrition Education Program, UK FCS Extension

Minimum: 10 Maximum: 35

Understanding Addiction

In 2016, nearly 64,000 people died of a drug overdose in America. The substance use disorders that are responsible for these deaths are complex, chronic brain disorders that are not well understood. This seminar provides an introduction to substance use disorders, including: what addiction is, how addiction develops, and evidence based approaches to treating addiction. Perhaps most importantly, suggestions for how individuals can contribute to the solution are discussed.

Presenter: Alex Elswick, Extension Associate, UK Department of Family Sciences

Minimum: 10 Maximum: 40

Seminars - Session 3

Tuesday, May 8 - 8:00-9:15 a.m.

Celebrating KEHA Week

Each year, KEHA Week is observed the second full week of October. Come learn how to celebrate this observance in your county. Learn how to spread the word about KEHA membership opportunities and increase recognition in your county.

Presenters: Marlene McComas, KEHA President and Jennifer Williams, KEHA Marketing Chairman

Minimum: 10 Maximum: 50

12 Months of Sharing Tea Parties (repeated)

What joy to share tea time with others. Sipping together for a Beu-TEA-ful time; How to's, tips, recipes & ideas galore for creating memorable events for your family & friends. Sample food prepared by Kentucky Homemaker and award-winning Author Linda J. Hawkins.

Presenter: Linda J. Hawkins, Heart-to-Heart Publishing

Minimum: 20 Maximum: 50 **Cost:\$2**

Seminars - Session 4

Tuesday, May 8 - 1:00-2:15 p.m.

Prepare to Care

Caregiving is an important role, but one that few are trained to hold. The caregiving journey can be as simple as helping someone run errands or taking them to doctor appointments, or it can be as involved as taking time away from work and family to provide full time care. This session highlights AARP's "Prepare to Care" program which helps individuals and families make caregiving more manageable.

Presenter: Dr. Amy Hosier, Associate Extension Professor, UK Department of Family Sciences

Minimum: 15 Maximum: 50

This session is eligible for agent in-service training credit.

Storytelling: Influencing Others through the Stories You Tell

Effective leaders have learned that good illustrations can make a point. Stories can be used to train, mentor and coach others. Join in this learning session to examine the value of storytelling as an effective communication tool and practice storytelling skills to improve potential for influencing others to market their organizations and recruit new members.

Presenter: Melissa Goodman, Carlisle/Hickman County FCS Agent

Minimum: 15 Maximum: 40

Seminars - Session 4

Tuesday, May 8 - 1:00-2:15 p.m.

Financials 101: Extension Guidelines for Volunteer Groups

As a volunteer group associated with the UK Cooperative Extension Service, KEHA clubs, counties and areas must follow set financial guidelines. Learn why those guidelines are important, how they protect volunteers, steps needed to ensure compliance and more!

Presenters: Chris Shotwell, Director of Extension Financial Operations and Ty Back, Extension Fiscal Compliance Officer

Minimum: 10 Maximum: 80

This session is eligible for agent in-service training credit.

Empowering KEHA Leaders

Confident leaders prepared to carry out the duties associated with a specific position strengthen KEHA at all levels – club, county, area and state. This session will provide tips and examples for creating position descriptions for leadership roles. Participants will also learn how to craft leadership plans to assist leaders in carrying out their duties.

Presenters: Janet Johnson, Extension Specialist, and Kim Henken, KEHA State Advisor, UK FCS Extension

Minimum: 10 Maximum: 100

This session is eligible for agent in-service training credit.

Exploring Country Music Highway 23

Participants will learn about Country Music Highway 23 – the National Scenic By-way and how to navigate the many treasures along the 166 miles of highway along the east end of the state. Prepare to be entertained by performances along with fun facts and contacts to make travels easy and memorable.

Presenter: Josh Johnson

Minimum: 10 Maximum: 50

KEHA Choir Rehearsal

Are you a member of the KEHA Choir? Be sure to sign-up for this rehearsal session. Members will receive details in advance of the state meeting. (Session only for preregistered choir members. See page 6 for choir information.)

Presenter: Wendy Hood, KEHA Choir Director and Mercer County Member

Minimum: n/a Maximum: n/a

ACWW Kentucky Network

The ACWW Kentucky Network provides an opportunity for KEHA members to connect with our world organization—the Associated Country Women of the World. This session will provide attendees with information about our world projects through ACWW as well as updates on KEHA-led international projects. Annual dues for the ACWW Kentucky Network (\$2) will be collected in the session.

Minimum: 5 Maximum: 40