

***Family and Individual Development Program of Work Report***  
**From July 1, 2020 to June 30, 2021**

<b>Name of person completing this form:</b> _____ <b>Phone:</b> _____ <b>Email:</b> _____
<b>For clubs reports:</b> (Club reports are due to the County Family & Individual Development Chairman by <b>July 1, 2021.</b> ) <b>Club Name:</b> _____
<b>For county reports:</b> (County reports are due to the Area Family & Individual Development Chairman by <b>August 15, 2021.</b> ) <b>County:</b> _____ <b>Number of Clubs reporting:</b> _____
<b>For area reports:</b> (Area reports are due to the KEHA Family & Individual Development Chairman by <b>September 15, 2021.</b> ) Mail to the current KEHA Family & Individual Development Chairman as noted at <a href="http://keha.ca.uky.edu/content/state-board">http://keha.ca.uky.edu/content/state-board</a> . <b>Area:</b> _____ <b>Number of Counties reporting:</b> _____

1. Nurturing Teenagers – Was this program of work helpful?  
 \_\_\_ Yes Program title: \_\_\_\_\_ Number of teens reached: \_\_\_\_\_  
 \_\_\_ No Program suggestion: \_\_\_\_\_
  
2. Nurturing Self – Was this program of work helpful?  
 \_\_\_ Yes Program title: \_\_\_\_\_ Number of participants: \_\_\_\_\_  
 \_\_\_ No Program suggestion: \_\_\_\_\_
  
3. Nurturing Aging – Was this program of work helpful?  
 \_\_\_ Yes Program title: \_\_\_\_\_ Number of participants: \_\_\_\_\_  
 \_\_\_ No Program suggestion: \_\_\_\_\_
  
4. Actions Implemented:
 

Utilized the FitBlue app for mental health	_____ # of members
Followed the UK Family & Consumer Sciences YouTube learning channel <a href="http://bit.ly/FACS_Learning_Channel">http://bit.ly/FACS_Learning_Channel</a>	_____ # of members
Started healthy regular outdoor activities	_____ # of members
List activities: _____	
Attended any of the Embracing Aging Series	_____ # of members
Participated in the Longest Day walk to promote awareness of Alzheimer’s disease	_____ # of members
Sewed face masks to relieve stress and help others	_____ # of members
_____ # of masks donated	
Experienced depression caused by COVID-19	_____ # of members
Felt positive after adopting the plan of work	_____ # of members