

## **KEHA Seminars – Session 1** **Tuesday, April 21 - 1:00-2:15 p.m.**

### **KEHA ORNAMENT**

Is it quilted or is it not? Come learn how to make an ornament that looks quilted but is not. This craft takes a long time so it will continue through Session II.

Presenters: Debbie Hembree and Brenda Phillips, Shelby County KEHA members

Minimum:15      Maximum:25      **Cost:\$25.00**



### **BATTLE FOR THE BALLOT: Remembering the Kentucky Women Who Fought to Make Their Opinion Count**

2020 marks the anniversary of the ratification of the 19th Amendment allowing women to vote. Attend this session to meet and hear Kentucky women from the past as they tell their stories of how they “Battled for the Ballot.”

Presenter: Sue Berry, McLean County KEHA member

Minimum: 10      Maximum: 90

### **CAMPFIRE COOKING**

Whether in the woods or in your backyard, learn how to cook outside using minimum supplies. Cook breakfast, lunch, dinner and snacks while outdoors!

Presenter: Amanda Hardy, Henderson County Extension Agent for Family and Consumer Sciences

Minimum: 5      Maximum: 30

### **ARE YOU OUT OF CONTROL?**

Are your meetings wild and out of control? Come learn simple basic parliamentary procedures and how to make your meetings run smoothly.

Presenter: Alice Brown, KEHA Parliamentarian

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

Minimum: 5      Maximum: 65

### **BLUE JEANS AND TENNIS SHOES: Planning a Comfortable and Happy Retirement**

How can you be comfortable and happy in retirement? We will explore several factors including: financial contentment, maintaining optimal health, health care costs, housing decisions, relationships with others, continued purpose in life, having fun, and learning new things.

Presenter: Joanne Bankston, State Extension Specialist for Family Economics and Management, Kentucky State University

Minimum: 5      Maximum: 25

### **BUTTERFLIES OF KENTUCKY**

Come and enjoy a presentation of the common butterflies of Kentucky. We have been studying and photographing butterflies for the past 5 years to learn where to find them and how to identify them in your landscape.

Presenters: Bonnie Nance & Glenda Burke, Green River Area Extension Master Gardener Association members

Minimum: 10      Maximum: 60

## **KEHA Seminars – Session 1** **Tuesday, April 21 - 1:00-2:15 p.m.**

### **GOING BEYOND WITH UNIQUE KEHA OPPORTUNITIES**

This session will feature two exciting and different ideas to build membership and fundraise in your county. First up will be “Mystery Dinner: The Uninvited Guest.” Discover how the Northern Kentucky Area, with assistance from the local health departments, provided leader training and spread the word about food safety. The event included dinner, a mystery to solve, interaction with germs, and mini lessons on important topics. Second will be “The Homemaker Escape: Build your own Escape Room.” Escape Rooms are a popular, fun attraction in many urban areas. Participants must work together to solve clues, puzzles and escape in time! Learn how to build your own temporary escape room in your community for leadership training and fundraising opportunities.

Presenters: Northern Kentucky Extension Agents for Family and Consumer Sciences & Julia Wilson, Edmonson County Extension Agent for Family and Consumer Sciences

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

Minimum: 5      Maximum: 65

## **KEHA Seminars – Session 2** **Tuesday, April 21 - 2:45-4:00 p.m.**

### **KEHA ORNAMENT (Continued)**

Session continues from 1:00 p.m.

Participants will be automatically registered from Session 1.

Presenters: Debbie Hembree and Brenda Phillips, Shelby County KEHA members



### **A TASTE OF WHAT IS NEW AT NEP**

Sign up for this session to learn (and taste!) some of the new things at FCS Nutrition Education Program. Get a guided tour of the new [www.planeatmove.com](http://www.planeatmove.com) website and participate in some hands on recipe preparation and tasting from the new project Cook Wild Kentucky and others. You might even have a photo opportunity with Wally Cat!

Presenters: Martha Yount, Regional Specialist for Food and Nutrition, Mary Higginbotham, NEP Area Nutrition Agent, Nancy Kelley, NEP Area Nutrition Agent, Katie Shultz, NEP Extension Specialist, and Michele West, NEP Program Coordinator

Minimum: 15      Maximum: 30

### **SUPERHEROES OF KEHA WEEK**

Find out what superpowers other counties and areas have used to celebrate KEHA week and in turn promoted the organization. Maybe with the help of this session, you can be a superhero too this year!

Presenter: Jennifer Williams, KEHA Marketing & Publicity Chairman

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

Minimum: 5      Maximum: 50



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## **KEHA Seminars – Session 2**

### **Tuesday, April 21 - 2:45-4:00 p.m.**

#### **“P” IS FOR “PTERODACTYL”**

This interactive and humorous session will examine the reasons why so many English words are hard to spell, and we'll discover some ways to make spelling easier. We will also look at some of the other oddities of our English language. There will be a little learning and a lot of fun!

Presenter: Rita Bloom, Boyle County KEHA member  
Minimum: 10    Maximum: 90



#### **GOING BEYOND WITH UNIQUE KEHA OPPORTUNITIES**

(Repeat Class)

This session will feature two exciting and different ideas to build membership and fundraise in your county. First up will be “Mystery Dinner: The Uninvited Guest.” Discover how the Northern Kentucky Area, with assistance from the local health departments, provided leader training and spread the word about food safety. The event included dinner, a mystery to solve, interaction with germs, and mini lessons on important topics. Second will be “The Homemaker Escape: Build your own Escape Room.” Escape Rooms are a popular, fun attraction in many urban areas. Participants must work together to solve clues, puzzles and escape in time! Learn how to build your own temporary escape room in your community for leadership training and fundraising opportunities.

Presenters: Northern Kentucky Extension Agents for Family and Consumer Sciences & Julia Wilson, Edmonson County Extension Agent for Family and Consumer Sciences  
*This session is eligible for agent in-service training credit.*  
Minimum: 5    Maximum: 65

#### **BLUEGRASS AND BANJOS**

A history of Bluegrass via a viewing of instruments, sounds, demonstrations, videos, and a tour of the new Bluegrass Music Hall of Fame and Museum. This session will take place at the Bluegrass Music Hall of Fame and Museum. Participants should meet in the lower lobby of the Convention Center at 2:35 p.m. to walk over as a group.

Presenter: Chris Joslin, Executive Director of the Museum  
Minimum: 10    Maximum: 50

#### **KEHA ACWW NETWORK**

Interested in learning more about the Associated Country Women of the World, National Volunteer Outreach Network and what Kentucky Extension Homemakers' affiliation to these organizations means? You will meet the ACWW Ky Network officers and learn about a special upcoming project. You will hear greetings from NVON. Our keynote speaker will be Becky Clay who will share her ACWW Triennial Conference experience and the new resolutions. We will discuss the upcoming ACWW Triennial Conference in Malaysia. After the workshop we will join the Women Walk the World (optional). This workshop is free but we will take donations to go towards our special project.  
Presenter: Leoni Mundelius, President, ACWW–Kentucky Network  
Minimum: 5    Maximum: 30



## **KEHA Seminars – Session 3**

### **Wednesday, April 22 - 8:00 - 9:15 a.m.**

#### **SWEDISH WEAVING**

Using a charted design, participants will create the design with embroidery floss onto Huck Toweling. Participants will need to bring scissors with them.

Presenter: Mary Hixson, Garrard County Extension Agent for Family and Consumer Science  
Minimum: 5    Maximum: 30    **COST: \$10.00**



#### **LET'S GET FITBLUE KENTUCKY!**

Learn how to utilize the FitBlue Kentucky app to increase your overall health and wellness. We will focus on overall health and wellness practices including group movement and mindfulness from the FitBlue app.

Presenter: Natalie Jones, Extension Specialist for Family Health, UK FCS Extension  
Minimum: 5    Maximum: 50

#### **MAKING CONNECTIONS – NETWORKING AND COMMUNICATIONS ETIQUETTE**

This session will share leadership skills related to communication and networking. Building relationships and social connections can help grow membership in Homemaker clubs, increase volunteer hours, and forge new partnerships for activities. Whether by letter, email, telephone, or meeting in person, there are essential skills to ensure your message is received as intended. Learn to create positive impressions through communication etiquette and to network to make successful connections.

Presenters: Kelly May, Extension Specialist for Family Finance and Resource Management and Mindy McCulley, Extension Specialist for Instructional Support, UK FCS Extension  
Minimum: 5    Maximum: 65



#### **RECIPES FOR LIFE**

Recipes for Life is a hands-on educational experience where 5<sup>th</sup> grade students attend a day of learning about healthy eating, nutrition, food safety, and food preparation techniques. The concept was initially developed by KEHA leaders, and presentation of the program typically engages agents and volunteers working collaboratively. During the experience, students engage in learning activities, prepare a recipe and then share a meal. Learn more about the program, the role of volunteers and how KEHA membership can help make this a success in your county.

Presenters: Brooke Jenkins, Extension Specialist and Jeannie Najor, Program Coordinator, Nutrition Education Program UK Family & Consumer Sciences Extension  
*This session is eligible for agent in-service training credit.*  
Minimum: 5    Maximum: 65

#### **BLUEGRASS AND BANJOS (Repeat Class)**

A history of Bluegrass via a viewing of instruments, sounds, demonstrations, videos, and a tour of the new Bluegrass Music Hall of Fame and Museum. This session will take place at the Bluegrass Music Hall of Fame and Museum. Participants should meet in the lower lobby of the Convention Center at 2:35 p.m. to walk over as a group.  
Presenter: Chris Joslin, Executive Director of the Museum  
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## **KEHA Seminars – Session 3** **Wednesday, April 22 - 8:00 - 9:15 a.m.**

### **O IS FOR OH WOW!**

KEHA's Ovarian Cancer project started back in 1976 when the KEHA Health Chairman set a goal to raise \$31,000 for ovarian cancer research at the Albert B. Chandler Medical Center at UK. That goal was met within two years, but the project continues today as one of the most successful service projects of the KEHA organization. Come learn how counties are building ovarian cancer awareness and raising funds in creative and fun ways.

Presenters: Barren, Letcher, and Pike County KEHA leaders and Family and Consumer Sciences Agents

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

Minimum: 5      Maximum: 90

## **KEHA Seminars – Session 4** **Wednesday, April 22 - 1:15-2:30 p.m.**

### **LIVE, WORK, PLAY, PRAY: Making Faith Communities Healthy Spaces**

In many Kentucky counties, faith communities are the backbone and heartbeat of the community. With many people spending time within their faith communities weekly, it is important we think about what the faith community environment looks like to support a healthy lifestyle. During this session learn practical ways to make your faith community's spaces healthier places through policy, system, and environmental changes.

Presenters: Heather Norman-Burgdolf, Extension Specialist for Food and Nutrition and Natalie Jones, Extension Specialist for Family Health, UK FCS Extension

Minimum: 15      Maximum: 30

### **GET FIT, BE SMART, DON'T START**

This interactive and visual presentation by Markey Cancer Center discusses general health, wellness, and mental health. The emphasis on physical activity, making smart health-related choices, and risk factors for cancer and obesity will empower participants to make the best decisions related to health and empower them to share with family and friends. You don't want to miss it!

Presenter: Melanie Hunter, Community Outreach Coordinator, Markey Cancer Center

Minimum: 15      Maximum: 50

### **KEHA-KEEPING IT EDUCATIONAL & EXCITING!**

Listen and gain new ideas of how to keep your KEHA members involved in learning and enjoying all the organization can be in your county and beyond. Be the club everyone wants to be a part of in your community! Learn to plan activities and service projects that can benefit your membership and county.

Presenters: Cherie Mingus & Diane McCamish-Hardin County Extension Homemakers

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

Minimum: 5      Maximum: 65

## **KEHA Seminars – Session 4** **Wednesday, April 22 - 1:15-2:30 p.m.**

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Participants need to bring scissors with them.

Presenter: Mary Hixson, Garrard County Extension Agent for Family and Consumer Science

Minimum: 5      Maximum: 30      **Cost: \$10.00**



### **IT'S ALL FUN AND GAMES: Inspiring Healthier Eating and Activity Habits with Grandkids**

We will talk about ways adults influence children's eating and physical activity and ideas for how you can positively impact the children in your life. This session will give you time to practice and plan small steps to encourage and support good nutrition and physically active lifestyles.

Presenter: Courtney Luecking, Extension Specialist for Food and Nutrition, UK FCS Extension

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

Minimum: 25      Maximum: 60

### **FUN, FELLOWSHIP, AND FUNDRAISING: How To Raise Money and Have Fun Doing It!**

Does your county or area struggle to raise money? Attend this session and see how McLean Co. Homemakers' "Recycle and Reuse" craft classes developed into a steady source of income and promotes KEHA awareness for potential new club members.

Presenter: Sue Berry, McLean County KEHA Member

Minimum: 10      Maximum: 90

### **DERBY DELIGHTS**

Explore the traditional dishes of the Kentucky Derby and some new favorites. Sample dishes, and get ideas for decorating and hosting a Derby Party. Everyone will leave with a recipe booklet of Derby Delights, and a take home surprise for all attendees. Tons of fun, food and door prizes will be awarded. There will even be a Derby hat contest with a special prize awarded.

Presenter: Julie Hook, KEHA Food, Nutrition & Health Chairman

Minimum: 10      Maximum: 60      **COST: \$10.00**



### **KEHA CHOIR**

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 pre-registered choir members.)

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

Minimum: N/A      Maximum: N/A

### **LOVE TO SING?**

Join your fellow Homemakers from across the state in the KEHA State Choir. They sing one time – at State Meeting in April. Send your name, address, e-mail, phone, and \$10 to Wendy Hood, 202 Park Avenue, Harrodsburg, KY 40330. You'll receive a practice CD before the meeting and all the information you need to enjoy singing in this fun group. For questions contact her at [Wendy7Hood@icloud.com](mailto:Wendy7Hood@icloud.com).