

KEHA Seminars – Session 1 Tuesday, May 10 - 1:30 - 2:45 p.m.

COULD YOUR KITCHEN PASS A FOOD SAFETY INSPECTION

Through a series of vignettes and discussion, participants will be reminded or learn, basic food safety practices for the home kitchen. Vignettes include baking, grilling, food storing, and general cleaning.

Presenters: Diane Mason, Boone County Extension; Kathy Byrnes, Kenton County Extension

Minimum: 10

Maximum: 60



HUNGER IN KENTUCKY: KNOW MORE, DO MORE

Hunger is an issue in every community across the Commonwealth – even if you don't notice. This session will provide materials for use with your local KEHA club or other community partners to learn about, identify, and act on food security issues in the community. The resource packet includes a participant workbook, facilitator's guide, and 13 stand-alone handouts for use with any group interested in lessening food insecurity.

Presenter: Martha Yount, KY NEP

Minimum: 10

Maximum: 35

DERBY DELIGHTS

Explore the traditional dishes of the KY 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 2nd Vice President

Minimum: 10

Maximum: 40

Cost: \$10

PAPER QUILLING

For paper quilling, we will use different widths of paper to create a finished picture of flowers or other artwork.

Presenter: Judy Yeagher, Campbell County Extension

Minimum: 3

Maximum: 10

Cost: \$12



TECHNOLOGY YOU CAN USE: YOUTUBE AND ZOOM

In this session we will explore a couple of online technologies that are available on desktops and mobile devices that you can use for learning and relationship building opportunities. Bring a laptop, tablet, or Wi-Fi-enabled phone for this hands-on session!

Presenter: Mindy McCulley, FCS Extension

Minimum: 8

Maximum: 30

RIBBON PIN WEAVING WITH THE CARDBOARD FLAT LOOM

Pin weaving typically requires a small, hand-held frame to weave, resulting in a finished cloth or item. It has been the 2021 KEHA Cultural Arts Initiative with an emphasis on yarn. Using a Carboard Flat Loom, fusible interfacing, and glass-head pins, woven items can be formed from ribbons also. Through this lesson, participants will learn the Ribbon technique for Pin Weaving and make a small project. Examples of how Ribbon Pin Weaving can be used will be shown.

Presenter: Ruth Chowning, Bullitt County Extension

Minimum: 15

Maximum: 40

Cost: \$5

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FOOD & FINANCE: IMPORTANT CONSIDERATIONS FOR DISASTER PREPARATION AND RESPONSE

Since there is no way of knowing when a disaster may strike, it is best to prepare and plan now. Being prepared for anything makes situations easier and that is no different when it comes to disaster preparation. Rather than responding to a disaster or emergency without preparation, there are certain steps related to food and finances that can be made now in preparation and to make response easier to manage and less stressful. Join our session to learn about strategies for preparing financially for a disaster as well as choosing and storing food in preparation.

Presenters: Dr. Nichole Huff, Kelly May, Annhall Norris, and Dr. Heather Norman-Burgdolf, FCS Extension

Minimum: 5

Maximum: 60

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 will meet in the lobby and take a short walk (one block) to the museum.**

Presenter: Bluegrass Museum staff

Minimum: 10

Maximum: 20

Cost: \$10



KEHA Seminars – Session 2 Tuesday, May 10 - 3:15-4:30 p.m.

MAKING THE MOST OF MEALS WHILE TRAVELING

For many, planning your next travel adventure can be just as enjoyable as the trip itself. It is fun to daydream where you will stay, how you will get there and what you will do when you arrive but what about the food you plan to eat during your travels? Research suggests meals and food items can take up to 25% of your travel budget. However, being strategic in planning, preparing and purchasing food on vacation to ensure we still have enticing, nutritious and cost-conscious meals can happen.

Presenter: Sally Mineer, Dr. Nichole Huff and Dr. Heather Norman Burgdolf, FCS Extension

Minimum: 15

Maximum: 60

TRICKS OF THE TRADE: Mindful Eating & Other Strategies to Manage Stress Eating & Savor Each Eating Experience

This session will debut two new KEHA leader lessons about mindful eating and stress eating. You will learn about why comfort food is so comforting and mindful eating techniques for use during times of stress as well as everyday life. You will be guided through a mindful eating activity and build a tailored stress eating management toolkit.

Presenter: Dr. Courtney Luecking and Emily DeWitt, FCS Extension

Minimum: 25

Maximum: 60

RURAL MENTAL HEALTH & FARM FAMILY STRESS

This session will describe Rural Mental Health Challenges and stressors unique to farm families. Additionally, the session will explain the impact of mental health challenges on the brain and nervous system. Lastly, presenters will discuss self-care and coping skills and how they can be used to handle mental health challenges and cope with stress.

Presenter: Dr. Paul Norrod and Laura Weddle, FCS Extension

Minimum: 5

Maximum: 30



KEHA Seminars – Session 3 Wednesday, May 11 - 8:15 - 9:30 a.m.

ACWW



Have you ever heard someone say the initials ACWW and you didn't have a clue what they were talking about? Well, come to this session and learn about the Associated Country Women of the World (ACWW) and all about the Kentucky Extension Homemakers affiliation with this organization.

Presenter: Leoni Mundelius, Lincoln County Homemakers
Minimum: 5 Maximum: 30

MOVE YOUR WAY - EXERCISE FOR EVERYBODY

As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This session focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

Presenter: Dr. Natalie Jones, FCS Extension
Minimum: 15 Maximum: 60

PLATE IT UP KENTUCKY PROUD MOBILE KITCHEN

Repeat Session. See page 10 for description.
Presenter: Liz Kingsland, FCS Extension
Minimum: 20 Maximum: 30

KEHA Seminars – Session 4 Wednesday, May 11 - 1:30 - 2:45 p.m.

CHERISHED POSSESSIONS: ESTATE PLANNING FOR NON-TITLED PROPERTY

Distributing cherished possessions and other non-titled property is often overlooked when estate planning. In this session, learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. The session will cover how to draft a plan, methods of distribution, establishing a fair distribution process between heirs, and strategies for communicating with loved ones about your decisions.

Presenter: Dr. Nichole Huff, FCS Extension
Minimum: 5 Maximum: 60

HEALTHY EATING AROUND THE WORLD

We'll start with a fun, quick review of the new US Dietary Guidelines for Americans 2020 – 2025. Then we'll take off for a trip around the globe to see recommendations from other countries. Along the way we'll learn about new foods and ways of eating. As we arrive back in the US, we'll reflect on what we've learned and see how advice about a healthy diet is remarkably similar, no matter where we are on planet earth.

Presenters: Janet Mullins, Dr. Courtney Luecking, FCS Extension and Marilyn Watson, International Chairman
Minimum: 15 Maximum: 60



VOICES OF ELMWOOD

For the past 14 years, Owensboro has entertained thousands with a theatrical presentation held each fall in the historic Elmwood Cemetery. Ten individuals from the past come to life with the assistance of talented researchers, script writers, costume makers, actors and production staff. This event has become so popular that tickets are sold out (close to one thousand) each fall and has appeared on KET. We hope you will attend this session and see why this project is so popular. We promise that you will be entertained by our "interesting" characters from the past.

Presenter: Sue Berry, Voices of Elmwood staff
Minimum: 5 Maximum: 60

FLOCKING FOR FUN AND MONEY

Come learn fun and creative ways to raise money for Ovarian Cancer or any other project for which you need funds.

Presenter: Sharon Wood, Doris Shofner, Taylor County Homemakers; Ann Porter, Mason County Homemakers, Tara McCarty, Mason County Extension Assistant
Minimum: 5 Maximum: 60



WHAT IN THE WORLD IS THAT? ASIAN VEGETABLES 101

Seeing unusual vegetables in your super-market or farmer's market but you don't know how to cook it? We'll show you how.

Presenter: Leoni Mundelius, Lincoln County Homemakers
Minimum: 20 Maximum: 30

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 communities spaces healthier places through policy, system, and environmental changes.

Presenter: Dr. Natalie Jones and Dr. Heather Norman-Burgdorf, FCS Extension
Minimum: 15 Maximum: 30

BLUEGRASS AND BANJOS

Repeat Session. See page 9 for description.

Presenter: Bluegrass Museum staff
Minimum: 10 Maximum: 20 Cost: \$10

PLATE IT UP KENTUCKY PROUD MOBILE KITCHEN

Repeat Session. See page 10 for description.

Presenter: Liz Kingsland, FCS Extension
Minimum: 20 Maximum: 30

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 pre-registered choir members).

Presenter: Wendy Hood, KEHA Choir Director and Mercer County Homemakers member
Minimum: n/a Maximum: n/a