

## FAMILY AND INDIVIDUAL DEVELOPMENT

All Educational Program chairmen are expected to work together to integrate their programs of work and other community projects when possible. Our educational program deals with family life as the core of our society. Our goal is to nurture families through education and positive example. The following are ideas that can help develop each chairperson's program of work.

- Encourage communications by phone, face time, zoom and any form of virtual media to reduce isolation
- Encourage members to be mindful and reach out to those living alone
- Encourage members to embrace cultural differences
- Promote **Positive Attitude** for healthy families and community
- Promote “Keys to Embracing Aging”
- Promote the University of Kentucky Family and Consumer Sciences YouTube webinars ([http://bit.ly//FACS\\_Learning\\_Channel](http://bit.ly//FACS_Learning_Channel) )
- **Validate the Program of Works point by implementing a virtual program/project either county wide or area wide to nourish KEHA members sociable community involvement during the pandemic crisis.**
- Promote the Master Clothing Volunteer Program  
<https://fcs-hes.ca.uky.edu/content/master-clothing-volunteer-program>

### KEHA Family and Individual Development Chairman – 2018-2021

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# Family and Individual Development 2019-2022

## Focus 1: Nurturing Teenagers

### Rational

Social isolation, parent and child conflict, loneliness can lead to depression and possibly cause alcohol and substance abuse.

### Goals

- To influence positive coping strategies effectively
- Help Teens sustain friendship and family connection for mental stability

### Lesson Resources

- *HFD-AFD.216*      *Adolescent Brain Development and Risky Behavior*  
<https://www.youtube.com/watch?v=Y8sO4tqfUEs>
- *CLD 1-8*      *Generational Differences*

### Contest

Implementing a program to Nurture Teenagers during the global pandemic.

### Activities

- Spend time to listen teens concerns and stay positive
- Educate yourself with current situation to help dispel rumors and calm fears
- Encourage Teens to visit YouTube and acquire new talent
- Teach teens to make their own mask and make extra for others to relieve stress
- Encourage Teens to socialize using social media such as; Facebook, zoom and any other virtual connection to maintain friendship and family relation.

## Focus 2: Nurturing Self

### Rational

Self-care and self-nurturing are vital to our physical and mental health. This maybe the most difficult challenge an individual faces every day; but with discipline and determination it can be overcome.

### Goals

- To encourage homemaker members to increase physical activity.
- Improving mental health.
- Do ones best to get enough sleep.

### Lesson

- *HEEL-LR911 Physical Activity for the Mind and Body*
- *Is Covid-19 Keeping You Awake? <https://www.youtube.com/watch?v=TJMpShRjZ1I>*
- *Sewing Hobbies and Stress Releases <https://www.youtube.com/watch?v=8Ju93fsrhk4>*
- *Kicking Up Summer Fun <https://www.youtube.com/watch?v=KsxHqPbzPJ8>*

### Contest

#### **Participate and commit a 6 weeks Physical Activity or Stress Management Program**

- To be considered, participants must complete the 6 weeks program or more if desired.
- Please follow the contest entry guidelines when submitting (Handbook 55).

### Activities

- *#NNM #UKFCSExt #FitBlueKY for your smart phone*
- Sew face mask to relieve stress.
- Start or participate an outdoor relaxation group by watching the sunrise or sunset at the same time and capture the moment to share and compare in social media.
- If health kept you from going outside consider a coffee group etc. and utilize social media; zoom, facetime, skype etc. just to catch up current events and for company.

## Focus 3: Nurturing Aging

### Rational

As one ages, it is important to adapt healthy lifestyle behaviors. Such behaviors greatly impact one's risk of developing age-related dementia. Currently, one in 10 people age 65 and older has Alzheimer's disease. And, of that number, almost two-thirds are women.

### Goals

- To adopt healthy lifestyles which promote healthy aging and reduce the risk of dementia
- To manage the challenges and discover the positive aspects of life transitions and growing older.
- To be mindful of mental health specially during crisis.

### Lesson Resources

- *Embrace Aging Program Series*
- *Understanding Alzheimer's Disease Program Series*
- *HFD-AHK.154 Prepare to Care: Self-Care for Family Caregivers publication*

### Contests

Any activities that raise awareness or raise funds towards Alzheimer's disease

- Highest funds collected.
- Creativity to gain higher attention and member participation.

### Activities

- Increase homemakers' awareness of dementia\ Alzheimer's disease through participation in community service projects, such as fidget mats.
- Organize "The Longest Day Walk" to raise funds towards Alzheimer's Association. Design your own team spirit shirt for your event. You will wear your team shirts again in the "Longest Day Walk" during KEHA State Meeting. Best team shirt design will win an award.
- Check up on those individuals that care for dementia patients to prevent isolation.

## Fidget Mat/Activity Mat

Sizes can vary from 17x17 up to 22x22 or any desired size.

Mats can be quilted, crocheted or just embellish store-bought placemats. Everything must be adhered securely.

Finished mats must be donated to your local institution of choice.



Samples provided by: Sassy Stitchers of Lincoln County