

Seminars — Session 1

Tuesday, May 14 — 1:30-2:45 p.m.

Overcoming Barriers to Physical Activity

Regular physical activity is one of the most important things you can do for your health. If you are not sure about becoming active or boosting your level of physical activity because you are afraid of getting hurt, the good news is that moderate-intensity activity, like brisk walking, is safe for most people. Understanding common barriers to physical activity and creating strategies to overcome them may help you make physical activity part of your daily life
Presenter: Natalie Jones, Extension Specialist for Family Health, UK FCS Extension

Minimum: 5 Maximum: 40

Hosting a Smarter Potluck

Learn how you can use Behavioral Economics concepts from Cornell University to revamp your homemaker or church potluck to enable guests to make choices that will not sabotage their healthy eating plan. Is your potluck truly welcoming to guests with diabetes or heart issues? Is it easy to navigate by people with special dietary needs? Learn simple tips to make your potluck meal welcoming to almost everyone, without eliminating a single dish.
Presenter: Martha Yount, Regional Specialist for Food and Nutrition, UK FCS Extension

Minimum: 10 Maximum: 40

Volunteer Service in KEHA: Shining Bright

Throughout the organization's history, KEHA members have brightened their communities through volunteer service. This session will shine a light on volunteerism, spotlight the value of volunteer service and help all participants understand the KEHA Volunteer Service Unit program.
Presenters: Kim Henken, KEHA State Advisor, UK FCS Extension and Karen Yerkey, KEHA Leadership Development Chairman
Minimum: 10 Maximum: 75

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

Be More than Social 2.0

If increasing engagement on social media accounts is your goal, then this session is for you. We will explore the EQ (engagement quotient) of various post types. In this session, you will have the opportunity to work with a team to create posts for different platforms to encourage engagement.
Presenter: Mindy McCulley, Extension Specialist for Instructional Support, UK FCS Extension

Minimum: 10 Maximum: 100

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

Wool Appliqué

Participants will learn wool appliqué as they create a simple project. Experience in embroidery is not a requirement, but this session will enhance those skills.
Presenter: Mary Hixson, Garrard County Extension Agent for Family and Consumer Sciences

Minimum: 5 Maximum: 20 **Cost: \$15**

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Helping Families in Addiction and Recovery

Families in which a family member is addicted to drugs or alcohol experience all sorts of problems. They need outside help and support. What is more, getting sober does not solve this problem. In some cases, it can actually make the family problems seem worse. This session will focus on ways to support families as they and their loved ones go through addiction and recovery.
Presenter: Alex Elswick, Extension Specialist for Substance Use Prevention and Recovery, UK FCS Extension

Minimum: 5 Maximum: 50

Kentucky Women and Abraham Lincoln

From his grandmother, Bathsheba, to his love interests, mother, stepmother, wife, and confidants, the Kentucky women in Abraham Lincoln's life played pivotal roles in his development as well as his rise to greatness.
Presenters: Warren Greer, Director, Kentucky Lincoln Heritage Trail
Minimum: 8 Maximum: 40

How Women Have Adapted During Challenging Times Through History and How They Impact Our Lives Today

Come to this session and meet women from the past (in period costumes) and hear the stories of how they created a home for themselves and their families while adapting to challenging times. These women overcame obstacles and forged a path that impacts our lives today. We can learn valuable lessons from their persistence and perseverance (how to cope during challenging times in our modern lives today).

Presenter: Sue Berry and Historic Women from the Past, McLean County KEHA Members

Minimum: 15 Maximum: 40

Seminars — Session 2

Tuesday, May 14 — 3:15-4:30 p.m.

Recipes for Life

Recipes for Life is a curriculum for fifth grade students which teaches nutrition and cooking skills. Extension Homemakers have been instrumental partners in delivering this program in Kentucky counties.

Presenter: Brooke Jenkins, Extension Specialist, UK FCS Extension
Minimum: 10 Maximum: 35

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Minimum: 5 Maximum: 20 **Cost: \$15**

Continued →

Seminars — Session 2

Tuesday, May 14 — 3:15-4:30 p.m.

In An "Instant" Pot

Join us as we explore the Instant Pot rage. Sample recipes prepared in the instant pot, and get a recipe booklet to keep. Get valuable tips and tricks to get more from your Instant Pot. Air fryers are another new kitchen tool we will discuss. Sample and compare food prepared in a traditional fryer to an air fryer. Attend this class and be entered into a drawing to win either a new Instant Pot or air fryer.

Presenters: Reba Scott, Purchase Area KEHA President and Julie Hook, KEHA Food, Nutrition and Health Chairman

Minimum: 10

Maximum: 60

Cost: \$10

FCS Education Today: It's Alive and Thriving!

Do you wonder what happened to Home Economics in middle and high schools across Kentucky? It is still here – alive and thriving! Students have the opportunity to take a sequence of courses in Family & Consumer Sciences (formerly known as Home Economics), participate in FCCLA (Formerly known as FHA), and gain skills to be effective leaders in their homes, careers and communities. Join us for a state of the union address Family and Consumer Sciences style! You will be encouraged by the great things happening today!

Presenters: Kayla Godbey and Reeca Carver, Kentucky Department of Education

Minimum: 10 Maximum: 75

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.

Traveling through History on the Abraham Lincoln Heritage National Scenic Byway

Learn the history of Abraham Lincoln's early years and how Kentucky influenced the boy, and later the man, as told by the interpretation of places along a 70-mile stretch of roads designated as a National Scenic Byway. Hear about the process of this designation and what it means for the communities located along the way.

Presenter: Amy Potts, Volunteer Development Coordinator Serve KY - State Commission on Service and Volunteerism

Minimum: 8

Maximum: 40

How to Reach 100½: Highlights From The Blue Zone Study

Healthy aging does not start at age 65. Healthy aging is about a lifetime of healthy behaviors and decision-making. This session highlights aging tips from the world's oldest living people, focusing on ways in which individuals and families can take control of their own decisions and behaviors in terms of health and well-being for their entire life span.

Presenter: Amy Kostelic, Associate Extension Professor, UK Department of Family Sciences

Minimum: 10

Maximum: 65

Seminars — Session 3

Wednesday, May 15 — 8:15-9:30 a.m.

Sales Tax and KEHA Fundraising: What You Need to Know

Does your fund-raising 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 and 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.

Presenters: Division of Sales and Use Tax, Kentucky Department of Revenue

Minimum: 10

Maximum: 65

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

Planning with Purpose

Would you like to learn a few tips and tricks to make planning for the KEHA year easier and more comprehensive? This session will spotlight counties that work with officers to plan their county KEHA year by setting dates, events, and goals – all before the homemaker year begins. A few hours of planning can help the advisor and homemakers know what is happening and who is responsible. Examples of calendars and yearbooks will be shared with those in attendance.

Presenters: Jennifer Bridge, Meade County Extension Agent for Family & Consumer Sciences Education; Whitney Hilterbran, Scott County Extension Agent for Family & Consumer Sciences Education; and Whitney Morrow, Carter County Extension Agent for Family & Consumer Sciences Education

Minimum: 10 Maximum: 75

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

Grow Your Clubs: Nine Tips and One Weird Trick for Gaining Membership

In this lively and interactive session, you will learn about the new resources that are available from Marketing and Publicity that will help you grow your club. Gain practice in sharing the message of Homemakers and find out what other Clubs do to increase membership.

Presenter: Jennifer Williams, KEHA Marketing & Publicity Chairman

Minimum: 10

Maximum: 50

Let's Eat Grandma!

An interactive look at the "interesting" and often humorous components of our English language and how we often misuse it. Be prepared for plenty of participation, a little learning, and lots of laughs!

Presenter: Rita Bloom, Boyle County KEHA Member

Minimum: 6

Maximum: 45

Seminars — Session 3

Wednesday, May 15 — 8:15-9:30 a.m.

Sensational Succulents

We will discuss how to grow succulents, including their care, needs and cultivar selection. Participants will also learn which are hardy and which are not for Kentucky.

Presenter: Dennis Morgeson, Washington County Extension Agent for Horticulture

Minimum: 10

Maximum: 30

Seminars — Session 4

Wednesday, May 15 — 1:30-2:45 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: 65

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

Scams and the Path to Recovery

In 2017, the Federal Trade Commission reported Kentuckians lost over \$6 million to fraud and scams (with a \$905 million loss nationwide). This session will discuss and identify the top trending scams targeting Kentucky seniors and will offer tips on prevention and recovery in the aftermath of scams (i.e. identity theft).

Presenters: Gerina Whethers, Executive Director, Attorney General's Office of Senior Protection, and Lori Farris, Executive Outreach Coordinator, Attorney General's Office of Senior Protection

Minimum: 10

Maximum: 75

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

Beginning Basic Backyard Birding

Ever look out your window and wonder what type of bird that is? You think it is a robin, but are you really sure? Do you hear a familiar chirp each morning and wonder who's song that is? Join us for this session and get acquainted with your backyard buddies! The 2019-2020 Environment, Housing, and Energy focus is on Birds and Your Outdoor Spaces. This session will provide you with resources.

Presenter: Whitney Hilterbran, Scott County Extension Agent for Family and Consumer Sciences Education

Minimum: 10

Maximum: 50

Cost: \$13

Seminars — Session 4

Wednesday, May 15 — 1:30-2:45 p.m.

The Many Surprises of Thrift Shopping

Do you like to save money? Come to this workshop and see the variety of items you can find at thrift stores. You will be surprised at what this lady has found and how little she has paid for home furnishings, antiques, toys, books, clothing, costumes, etc.

Presenter: Sue Berry and Nell Jordan, McLean County KEHA Members

Minimum: 15

Maximum: 40

Gadgets and Gizmos

The sun shines bright on some gadgets and not so bright on others. You will learn how to cook with "air," get lumps out of your gravies and increase your cook-top surface using some of the gizmos on display.

Presenter: Joyce Crigler, Bullitt County KEHA Member

Minimum: 20

Maximum: 50

Country Ham: A Southern Tradition of Hog, Salt & Smoke

Is country ham a favorite food in your home? Do you include country ham in holiday meals? Are you curious about the history of country ham? In this session, Steve will discuss the history of country ham, where it is now and lead participants through a small tasting of hams.

Presenter: Steve Coomes, Author of "Country Ham: A Southern Tradition of Hog, Salt & Smoke"

Minimum: 10

Maximum: 40

Cost: \$5

ACWW Kentucky Network

Associated Country Women of the World Kentucky is the KEHA organization that connects with our charity, ACWW. Through this group, homemakers can keep in touch with projects our Pennies for Friendship are helping around the world with women in need. KEHA President Marlene McComas and International Chairman Becky Clay attended the ACWW 2019 Triennial Meeting in Melbourne, Australia, in April and will update us on ACWW's newest resolutions to empower Third World women. Annual dues for the ACWW Kentucky Network (\$2) will be collected in the session.

Presenter: Cathy-Kunkel Mains, President, ACWW-Kentucky Network

Minimum: 5

Maximum: 40

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.)

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

Minimum: n/a

Maximum: n/a