

# **Family and Individual Development Program of Work Report**

## **From July 1, 2019 to June 30, 2020**

**Number of counties reporting: 79**

**(All 14 areas represented)**

**Number of clubs reporting: 320**

### **1. Donated time and/or money to support against family and community violence.**

61 Clubs      587 Individuals

### **2. Participated in activities that encouraged family education:**

- a. Tutoring in schools: 202 members      2,915 number of youths reached
- b. Reading books to youth: 556 members      3,869 number of youths reached
- c. Teaching adulting to teenagers: 150 members      787 number of youths reached
- d. Mentoring new moms: 78 members      232 number new moms reached
- e. Presenting drug awareness programs: 63 clubs      1,326 number of people reached

### **3. Nurturing teenagers:**

- a. Learned about adolescent brain development and risky behaviors: 557 members
- b. Implemented activities for teenagers to encourage intergenerational communication.

Activity: {See below}      137 Individuals      407 Youths

Activity: {See below}      235 Individuals      146 Youth

Activity: {See below}      24 Individuals      435 Youth

#### Activity 1 List

Planned for participation in Communication Day Cancelled  
Teaching Sunday School  
Family Tree Research  
bluegrass in the park  
church events  
Interview Family History and Exploring Past Generations  
Time with niece  
Games  
cooking eggs  
Sewing  
Family Olympics  
Cooking  
FOUR H Apple Dipping  
Fidget Boards  
camping with grandchildren  
Homemaker Trips  
The adolescent brain

#### Activity 2 List:

Family Scrapbook Project  
Genealogy  
gatherings  
Kentucky Authors and Research  
Time with grandchildren  
Cooking  
how to do laundry

Knitting and Crocheting  
Crafts  
Story Patch Theater Group  
encouraged grandchild to volunteer at local hospital  
Fundraisers

Activity 3 List:

Babysitting Classes at local middle school  
Crafts Children Church library activities Community news letter  
Games  
Family Activities  
Devotions  
money management cost of housing insurance etc  
School lessons on practical living

**4. Nurturing self:**

- a. Utilized the FitBlue app for 6 weeks to help form health habits. **211** # of members
- b. Participated in Physical Activity for Mind and Body lesson. **702** # of members
- c. Participated in Healthy Bladder Habits Might Help You lesson. **626** # of members
- d. Started healthy regular outdoor activities. **958** # of members

List activities:

- Walking - 45
- Gardening - 24
- Mowing/yard work - 8
- Biking - 6
- Yoga/Chair Yoga -4
- Swimming -3
- Playing with children/grandchildren outdoors - 3
- Farming - 3
- Hiking - 3
- Running/jogging - 2
- Discussing Bladder Protection - 2
- Kayaking - 2
- Pool exercises/water aerobics - 2
- Cardio workouts - 1
- Weightlifting - 1
- Couch Potato Challenge
- Tennis - 1
- Helping at PLANET - 1
- Horseback riding - 1
- Water skiing - 1
- Regular trips to gym - 1
- Chair exercises – 1
- Exercise program - 1

## **5. Nurturing aging:**

- a. Attended any of the Embracing Aging Series. 521 members
- b. Attended Self-Care for Family Caregivers Program. 394 members
- c. Participated in the Longest Day walk/activity to promote awareness of Alzheimer's disease: 52 members
- d. Made fidget mats to support aging individuals in the community.  
131 members who made and donated 289 mats

## **Additional Comments and Feedback:**

- Planned to make the fidget mats but COVID halted the meetings to plan
- some members planned to participate in reading to school children but school was cancelled
- 4 members made a total of 104 cloth face masks
- 1 member served 20 individuals at the nursing home tea party
- The Jessamine County public library requested children's underwear to be distributed to the family resource centers. Edgewood Evenings Club donated 200 pairs.
- Capes were made and donated to Camp for Courageous Kids by Edgewood Evenings Club
- Made bibs for senior residents at a local nursing home.
- Extension Homemaker Breakfast project focus was Domestic Violence center with over \$1000 in monetary and goods donated to the area shelter.
- Logan County Homemakers participated in collecting face masks for the UK Children's Hospital. Over 100 masks were donated from Logan County.
- One group makes lap quilts for anyone in the community who needs them. They also make them for the Veteran's Center in Hazard.
- Several members donated fabric, buttons, notions, and other small objects to Bonnie Box.