

Family and Individual Development Program of Work Report
From July 1, 2021 to June 30, 2022

Name of person completing this form: _____ Phone: _____ Email: _____
For clubs reports: (Club reports are due to the County Family & Individual Development Chairman by July 1, 2022 .) Club Name: _____
For county reports: Submit via the online survey accessible July 1 at http://keha.ca.uky.edu/content/impacts by August 15, 2022 . Mail a copy of the submission to the Area Family and Individual Development Chairman by August 15.
County: _____ Number of Clubs reporting: _____

1. Nurturing Teenagers – Was this program of work helpful?

___ Yes Program title: _____ Number of teens reached: _____

___ No Program suggestion: _____

2. Nurturing Self – Was this program of work helpful?

___ Yes Program title: _____ Number of participants: _____

___ No Program suggestion: _____

3. Nurturing Aging – Was this program of work helpful?

___ Yes Program title: _____ Number of participants: _____

___ No Program suggestion: _____

4. Actions Implemented:

Utilized the FitBlue app for mental health _____ # of members

Followed the UK Family & Consumer Sciences YouTube learning channel _____ # of members

[http://bit.ly/FACS Learning Channel](http://bit.ly/FACS_Learning_Channel)

Started healthy regular outdoor activities _____ # of members

List activities: _____

Attended any of the Embracing Aging Series _____ # of members

Participated in the Longest Day walk to promote awareness of Alzheimer’s disease _____ # of members

Sewed face masks to relieve stress and help others _____ # of members

_____ # of masks donated

Experienced depression caused by COVID-19 _____ # of members

Felt positive after adopting the plan of work _____ # of members