

Family and Individual Development Program of Work Report
From July 1, 2014 to June 30, 2016

Name of person completing this form: <u>Marilyn Craycroft</u>	
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For clubs reports: (Club reports are due to the County Family & Individual Development Chairman by July 1, 2016.) Club Name: _____	
For county reports: (County reports are due to the Area Family & Individual Development Chairman by August 15, 2016.) County: _____ Number of Clubs reporting: _____	
For area reports: (Area reports are due to the KEHA Family & Individual Development Chairman by September 15, 2016.) Please mail to: Marilyn Craycroft, 159 Atwill Street, Brandenburg, KY 40108.) Area: <u>Area Summaries</u> Number of Counties reporting: <u>66</u>	

Number of individuals who:

a. Had a session that increased awareness of cardiovascular disease. _____ Clubs _____ Homemakers

Description of Activity:

b. Made a lifestyle change to acknowledge its impact on healthy lifestyle. _____ Clubs _____ Homemakers

Description of Activity:

c. Attended or participated in a workshop related to healthy aging. _____ Clubs _____ Homemakers

Description of Activity:

d. Held a program which demonstrated support to military families. _____ Clubs _____ Homemakers

Description of Activity:

e. Practiced, attended or had a guest speaker on military topics. _____ Clubs _____ Homemakers

Description of Activity:

f. Held or attended event(s) involving fabrics. _____ Clubs _____ Homemakers

Description of Activity:

g. Held or attended a workshop on the care of clothing. _____ Clubs _____ Homemakers

Description of Activity:

Family and Individual Development Program of Work Report Summary

From July 1, 2014 to June 30, 2015

Number of Individuals who:

- a. Had a session that increased awareness of cardiovascular disease : 100 Clubs 1272 Homemakers

Description of activities:

Heart Healthy lesson /workshops and recipes

Lesson on use of less sugar

Programs at hospital

“Wear Red Luncheon”

Illustrated healthy activities and importance of exercise

Encouraged the importance of walking regiments and other exercise,
physical check-ups and foods to eat or omit

Attended Wellness Fairs

Visited Assisted Living Facilities and discussed the need of exercise to
help prevent strokes , heart attacks and lower sugar

Attended Weight Loss Series

- b. Made a lifestyle change to acknowledge its impact on healthy life style Clubs 136

Exercised daily to help prevent heart condition Homemakers 2086

Developed new twist on old recipes (lower fat, sugar, sodium)

Made better food choices; used Plate It Up guidelines

Attended exercise classes twice weekly

Shared information from visits with doctors on health issues

Read newspaper articles and shared information with others

Studied when and how to take dietary supplements

Visited wellness centers

Discussed exercise for diabetics, those with arthritis and how to nourish muscles

Discussed ways to stop smoking

Attended dance exercise classes

Studied ways to improve the health by avoiding some things in the environment

c. Attend or participate in a workshop related to healthy aging Clubs 114 Homemakers 1441

Participated in a walking club and other exercise programs

Workshop on grief and generational differences

Attended local hospital classes on diet, staying hydrated

AAA course on healthy aging

East Central KY Fair on Aging

Lifeline

AARP Driving Class

Lessons on "Embracing Life as You Age", "Driver Safety" and "Stand Up To Falling", "A Matter of Balance"

Improving eating habits

Using electric pressure cookers

Eating well with new grains

d. Held a program which demonstrated support to military families Clubs 358

Sent care packages, cards, gifts, Guidepost
and Upper Room to troops

Homemakers 528

Helped with outdoor Wounded Warrior Lunch

Prepared dinner for military families

Took Valentines to Veterans Hospital

Lunches at VFW

Collected coupons for military families

Supported community programs for military

Gave donations to USO, did meal preparation and fund raisers

Sent holiday cards and military dolls to families

Sent over 300 cards to military personal

e. Practiced, attended or had a guest speaker on military topics Clubs 39 Homemakers 221

Guest Speaker on military topics

Participated in Veteran's Day Program and other services

Breakfast for Vets- Navy Seal speaker-50 attended

DAR activities

SAR –started an American Legion Auxillary

Made donations to VA group

f. Held an or attended event(s) involving fabrics

Clubs 112 Homemakers 2139

Quilt making, pillow case making, wreath making

“Sew Simple” laundry bags, pillow cases

Blankets for children and babies

Color chart

Dresses for Africa and Guatemala

Lap quilts for Hosparus

Pillow cases for breast cancer patients and local hospitals

Lessons on new fabrics

Work with 4-H members on various projects

Sewing and embroidery craft classes

Quilt Retreats

Pillow cases for Camp Courageous

Autumn Fest Quilt Show

Reach for Recovery Pillows

Quilters Day Out

Over 120 duffle bags made for Build-a- Bear

T-shirt pillows

g. Held or attended a workshop on the care of clothing

Clubs 45 Homemakers 440

Started Master Clothing Training

Look at labels on clothing more closely

Make own spot remover

Lesson on "Making the Most of Your Clothing"

Clothing storage

Attended KEHA Quilt Care Workshop

Scottish fabric care

Held style show for county

Removing mildew

Attended a Sewing Expo

Correct washing of fabrics