



# Connection

*“Learning, Leading, Serving”*

- Inside this issue:
- Schedule of Events
  - Registration
  - Seminars
  - UK Corner

### *A Note from the President...*

As I approach the last planning stages of the 2025 KEHA Spring Board meeting and the upcoming state meeting in May, I realize this will be the last time I attend both of these events as your state President. As I reflect on the last three years, I think of all the people I’ve met, all the wonderful people we have representing us. I thought I knew a lot about our Homemaker organization. I have been a member for over 20 years. I have held every office on the local club level, all but treasurer on the county level, President of the Fort Harrod Area, State Secretary and now State President. I am not telling you this to brag, but to explain to you that I am still learning and growing. I have learned a lot. We have efficient, qualified officers and chairpersons in this organization. However, as members, we need to do our part. As individual members, we sometimes like to get complacent in our jobs and our clubs and are satisfied to stay where we are in our organizations. Had I not tried to put myself out there, I would have missed the opportunity to grow. I have heard it said when you stop growing, you die. I do not want to be that person, and I know you don’t either. You are some of the most caring, energetic, spontaneous, and creative people I have ever met. I hope each of you will put yourself out there and continue to lead and grow.

You have taught me who and what Kentucky Extension Homemakers are. Our National organization (NVON) members are so in awe of your membership, your contributions, your success stories, and your leadership abilities. I have attended the national meeting as your state president for the last three years. After the official reading of our state report, many people came and ask me how we continually stay so strong and active. I give credit to you the 11,353 members, your leaders, your officers, your county agents, your state board and of course our wonderful state advisor Kelly May. She is the best! I was fortunate to work with both Kim Henken and now Kelly. Both of these ladies are so knowledgeable and have been so helpful. It makes our jobs as state officers easier. The support and guidance we receive from the University of Kentucky Extension program is unparalleled. There are many states that are members of NVON, that only have some support from their state universities and do not have county agents in individual counties like we do. We should be appreciative and grateful we have this outstanding support from our university. Our individual and community needs are constantly changing and therefore our homemaker programs also are continually changing. This is a good thing. This gives us current information which should motivate us and allows us to grow. Many of our county agents are new and are also learning. Growth and maturity take time. We need to be patient as they grow and mature in their jobs.

I hope to see many of you at our State meeting in Lexington, May 6-8, 2025, as we share our “Treasure.” I consider myself very lucky to have worked and visited with so many of you. I was able to witness projects, programs, and members being recognized throughout the state. Your area reports and chairperson’s reports show the many thousands of volunteer hours and hundreds of successful projects and events you performed or have been a part of that serve your communities. I am so proud of you!

As I relinquish my gavel in May, I challenge each of you to try new things, make new friends and grow. If you are asked to teach, volunteer, plan or participate, just remember this is how you learn and grow. Thank you for your encouragement and support. Always remember to let your light shine.

*Sincerely, Brenda Hammons, KEHA President*



### **2025 KEHA State Meeting Hyatt Regency, Lexington, KY May 6-8**

‘Discover KEHA – A Hidden Treasure’ is the theme of our 2025 KEHA State Meeting in Lexington! The Northeast Area is hosting this year’s State Meeting and they have been digging deep to help local, county, and area homemakers explore new ideas for a memorable meeting. The three-day agenda is full of wonderful learning sessions and hands-on craft classes that include a wide number of treasured topics and activities. You’ll find many ideas for leadership, membership, and community service projects. Come prepared to fill your treasure chest with great ideas!

KEHA will dive deep this year with Tuesday’s opening luncheon, giving participants more evening free time while in Lexington. Our keynote speaker will be Heather Renee French Henry. Miss America 2000 is a leader who participates in a number of projects and activities and knows the importance of family. For the opening luncheon, let us show our enthusiasm by wearing the colors of jewels – ruby red, emerald green, sapphire blue, amethyst purple, and more. Bring your bling! At both our opening luncheon and our closing luncheon we will celebrate those who share their time, treasure, and talent – our award winners and volunteers. We’re looking forward to seeing you shine!

The KEHA Choir will again be the highlight of the General Session on Wednesday night. Everyone always enjoys the KEHA Choir performing their entertaining musical talents; you don’t want to miss the show. The Quilt Square showcase and auction will be featured again this year. Everyone will want to be working on the 12-inch quilt squares, as the Quilt Square Auction is sure to be a fan favorite. Please don’t forget the KEHA Showcase. Each area can have up to two displays. Send your form by March 15.

Remember, hotels tend to be cold, so please bring a sweater or jacket for your comfort. And bring your checkbook for the auction, raffle, and vendors! You won’t want to miss out on this grand event. Send in your registration now and we’ll “sea” you soon!

*Ann Porter, 1st Vice President*

## 2025 KEHA STATE MEETING LODGING INFORMATION



The 2025 KEHA State Meeting will take place May 6-8, 2025, at Hyatt Regency in Lexington. The lodging room blocks are now open for reservations!

### Hyatt Regency Lexington

401 West High Street, Lexington, KY 40507  
Room rate \$149.00 + tax (1-4 people per room)  
Online Reservations: <https://www.hyatt.com/en-US/group-booking/LEXRL/G-KEHA>  
Phone Reservations: 800-233-1234  
(group code **G-KEHA** for conference rate)

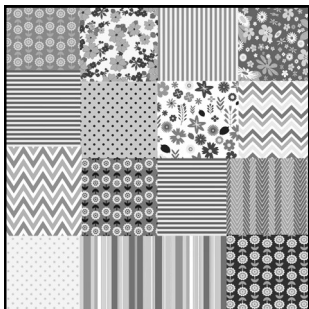
**Make your reservations by April 7, 2025  
to secure the conference rate.**

## 2025 KEHA Quilt Square Showcase and Auction

The KEHA Quilt Square Showcase and Auction is back for the tenth year at the KEHA State Meeting.

Anyone wishing to participate should make a 12-inch finished quilt square. (Finished means piece the square, put in the batting, put on backing and finish the edges just like you would a complete quilt. Finished applique squares also are eligible.) This special showcase is an opportunity to highlight quality work from KEHA members across the state.

As you prepare your quilt square(s), consider designs that you would want to purchase. Bring the 12-inch finished square(s) to the KEHA State Meeting in Lexington. Please write your name and county on a small slip of paper and attach to the back of the square.



If you are unable to attend the KEHA State Meeting, please feel free to send your square(s) with another KEHA member. If you have any questions, please contact Ann Porter, KEHA 1st Vice President, 606-584-2510 or [annsporter42@gmail.com](mailto:annsporter42@gmail.com)

## State Meeting Registration Refund Policy

The KEHA Finance Committee and State Board have determined some clarifications to the State Meeting refund policy.

- The State Treasurer will continue to issue refunds for fee-based workshop registrations once they are full. Those who wish to attend workshops that include a fee are encouraged to submit their registrations quickly once the form is released in February.
- Those who wish to cancel their entire registration will not receive a full refund. If it is canceled before the final registration deadline, half will be refunded. After the final registration deadline, no refunds will be issued.
- Registration may be transferred to another individual rather than canceling.

Deadline reminders: Postmark April 7 for early registration and postmark April 21 for final registration deadline in 2025.

## 2025 KEHA STATE BOARD ELECTIONS



The following positions are slated for election at the KEHA State Meeting. All positions will serve from July 1, 2025, to June 30, 2028. The duties for these positions are outlined in the KEHA Bylaws, and position descriptions are available in the State Board section of the KEHA website ([www.keha.org](http://www.keha.org)). Nomination forms are located in the KEHA Manual Appendix or online at <https://keha.ca.uky.edu/2025-state-board-elections>

- **Secretary**
- **Management and Safety Chair**
- **4-H Youth Development Chair**

Credentials should be sent by certified mail to:

Wanda Atha,  
KEHA Secretary  
475 Hwy 151  
Frankfort, KY 40601

Credentials must be postmarked **by April 5, 2025**  
(30 days prior to the KEHA Annual Meeting).

## Order Your KEHA Shirt

This Bella Canvas short sleeve, V-neck T shirt comes in a deep heather teal blue and shows off our logo on the back and "Discover KEHA" on the front shoulder. Available in all sizes from small to 3X for \$18 per shirt.



## MARCH 1 KEHA DEADLINES

**March 1 is the entry deadline for several KEHA contests, scholarships, and grants. All details and requirements can be found in the KEHA Manual at [www.keha.org](http://www.keha.org). Be sure to submit your entries on time and to the correct address/email. For questions regarding any of these opportunities, contact the officer or chair listed in the Manual.**



**KEHA Contests** - Entries are sent to the respective chairmen who oversee the contests, as noted in the **KEHA Manual**. Contests include:

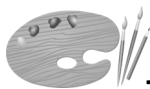
- **Creative Writing:** Poetry, Memoirs, Short Story (KEHA Manual pages 37-39) - Due to Cindy Moore, Cultural Arts & Heritage Chair, 2707 Sunnyside Road, Eminence, KY 40019, [cjrn1@bellsouth.net](mailto:cjrn1@bellsouth.net)
- **Adopt-A-Highway Awards** (page 49) - Due to Rhonella Chaffin, Environment, Housing & Energy Chair, P.O. Box 1057, Louisa, KY 41230, [rhonella@att.net](mailto:rhonella@att.net)
- **Food, Nutrition & Health Contests and Ovarian Cancer Fundraising** (page 60-60a) - Due to Esther Bailey, Food, Nutrition, and Health Chair, 304 Somerset St., Stanford, KY 40484, [hadasah5@hotmail.com](mailto:hadasah5@hotmail.com)
- **Homemakers Support 4-H** (pages 64-65) – Due to Denise Boebinger, 4-H Youth Development Chair, 3275 Bald Knob Road, Frankfort, KY 40601, [dboebinger@me.com](mailto:dboebinger@me.com)
- **International Contest and Awards** (page 73) - and One-Time International Mini-Grant (page 72) - Due to: Tammy Alford, KEHA International Chair, 165 Oak Ridge Road, Morgantown, KY 42261, [tamalford@att.net](mailto:tamalford@att.net)
- **Community Volunteerism Awards** (page 88) – Due to Cyndy Humble, KEHA Leadership Development Chair, 1687 Tebbs Bend Road, Campbellsville, KY 42718, [HumbleC@msn.com](mailto:HumbleC@msn.com)
- **Family and Individual Development Contest** (page 55) - Due to Amelia Godfrey, Family and Individual Development Chair, 625 Main St. Apt. 102, Paintsville, KY 41240, [Meme6968@yahoo.com](mailto:Meme6968@yahoo.com)

**KEHA Grants**—KEHA offers two grant opportunities. Grant proposals/applications are due to KEHA 2nd Vice President Martha E. Colley, 204 Desert Inn Ct., Hopkinsville, KY 42240, [marthaky3@live.com](mailto:marthaky3@live.com).

- **KEHA Development Grants** provide areas and counties with the opportunity to obtain funding for projects. Applications must be submitted by KEHA members. The guidelines and application form are included in the KEHA Manual, Handbook section, pages 107-111, and on the KEHA website at [www.keha.org](http://www.keha.org). Applications must be sent by certified mail and postmarked by March 1.
- **KEHA Mini-Grants for Study or Research** may be submitted by KEHA members, FCS agents, or FCS specialists. These mini-grants are for up to \$500 for study or research. The guidelines and application form are included in the KEHA Manual, Handbook section, pages 104-106, and on the KEHA website at [www.keha.org](http://www.keha.org). Applications must be submitted by March 1.

**KEHA Scholarships** - KEHA provides two educational scholarship programs with applications due March 1. Send applications to the KEHA Leadership Development Chair Cyndy Humble, 1687 Tebbs Bend Road, Campbellsville, KY 42718, [HumbleC@msn.com](mailto:HumbleC@msn.com).

- **Evans/Hansen/Weldon Scholarship** is open to any full-time student attending a college or accredited undergraduate program in Kentucky and majoring in a Family and Consumer Sciences/Human Environment Science degree program. Details and the scholarship application are included in the KEHA Manual, Handbook section, pages 94-98 and at [www.keha.org](http://www.keha.org).
- **KEHA Homemaker Member Scholarship** is open to KEHA members with a minimum of 3 years of active membership. The scholarship may be to any college or university as well as for a trade or technical school. It is intended for students pursuing their first degree or certification. Details and the scholarship application are included in the KEHA Manual, Handbook section, pages 99-102 and at [www.keha.org](http://www.keha.org).



### Cultural Arts Check-In Times

**Tuesday, May 6 - 8:30-11:00 AM ET**

CHECK-IN Time	KEHA AREA
8:30 AM ET	Bluegrass, Fort Harrod
9:00 AM ET	Licking River, Louisville, Northern KY
9:30 AM ET	Northeast, Quicksand, Wilderness Trail
10:00 AM ET	Lake Cumberland, Lincoln Trail, Mammoth Cave
10:30 AM ET	Green River, Pennyriple, Purchase

### Cultural Arts Check-Out



**Wednesday, May 7 - 4:00-5:00 PM ET**

CHECK-OUT	KEHA AREA
Opens at <b>4:00 PM ET</b> for these Areas	Green River, Lake Cumberland, Lincoln Trail, Mammoth Cave, Pennyriple, Purchase, Wilderness Trail
Opens at <b>4:30 PM ET</b> for these Areas	Bluegrass, Fort Harrod, Licking River, Louisville, Northeast, Northern Kentucky, Quicksand

- **Questions? Contact Cindy Moore at [cjrn1@bellsouth.net](mailto:cjrn1@bellsouth.net) or Jeanne Badgett at [jeanne.badgett@uky.edu](mailto:jeanne.badgett@uky.edu).**

2025 KEHA ANNUAL STATE MEETING – CONFERENCE AGENDA  
 HYATT REGENCY, LEXINGTON, KY  
 \*\*All times are Eastern Time\*\*



### MONDAY, MAY 5

3:00 p.m. - 6:00 p.m. Set Up for: Trade Show, Cultural Arts, Silent Auction, Basket Raffle, & Showcase  
 5:00 p.m. - 6:00 p.m. Registration

### TUESDAY, MAY 6

8:00 a.m. - 10:30 a.m.	Trade Show & KEHA Showcase Set up Basket Raffle & Silent Auction Check-In	<i>Patterson Pre-Function</i> <i>Regency Pre-Function</i>
8:00 a.m. - 5:00 p.m.	Registration & Voting Delegate Sign-in	<i>Lobby</i> <i>Patterson Pre-Function</i>
8:30 a.m. - 11:00 a.m.	Cultural Arts Check-in [Times assigned for each area]	<i>Thoroughbred Ballroom</i>
8:30 a.m. - 11:30 a.m.	Quilt Square Auction – Check-in	<i>Thoroughbred Pre-Function</i>
9:00 a.m. - 5:00 p.m.	Quilts for Courageous Kids Collection Point	<i>Lobby</i>
9:00 a.m. - 3:30 p.m.	Free Health Screenings by Raising Hope	<i>Patterson Pre-Function</i>
9:30 a.m. - 11:30 a.m.	Tech Help Lounge	<i>Henry Clay Boardroom</i>
10:30 a.m. - 5:30 p.m.	Trade Show, KEHA Merchandise, & KEHA Showcase Basket Raffle & Silent Auction	<i>Patterson Pre-Function</i> <i>Regency Pre-Function</i> <b><i>Patterson Ballroom</i></b>
<b>11:30 a.m. - 1:30 p.m.</b>	<b>OPENING LUNCHEON</b>	<i>Various</i>
1:45 p.m. - 3:00 p.m.	Seminars – Session 1	<i>Thoroughbred Pre-Function</i>
1:45 p.m. - 5:30 p.m.	Quilt Square Auction – Viewing and Bidding	<i>Various</i>
3:30 p.m. - 4:45 p.m.	Seminars – Session 2	<i>Various</i>
5:15 p.m. - 6:15 p.m.	Hands-on Creative Classes – Session 1 DINNER ON YOUR OWN	<i>Various</i>

### WEDNESDAY, MAY 7

8:00 a.m. - 9:45 a.m.	Registration & Voting Delegate Sign-In Quilt Square Auction – Viewing and Bidding Basket Raffle & Silent Auction	<i>Lobby</i> <i>Patterson Pre-Function</i> <i>Thoroughbred Pre-Function</i> <i>Regency Pre-Function</i> <i>Thoroughbred Ballroom</i>
8:00 a.m. - 2:30 p.m.	Cultural Arts Viewing	<i>Patterson Pre-Function</i>
8:00 a.m. - 4:00 p.m.	Free Health Screenings by Raising Hope	<i>Patterson Pre-Function</i>
8:00 a.m. - 5:00 p.m.	Trade Show, KEHA Merchandise, & KEHA Showcase	<i>Patterson Pre-Function</i>
8:15 a.m. - 9:30 a.m.	Seminars - Session 3	<i>Various</i>
9:30 a.m. - 12:00 p.m.	Quilts for Courageous Kids Collection Point	<i>Lobby</i>
<b>10:00 a.m. - 11:30 a.m.</b>	<b>BUSINESS MEETING</b>	<b><i>Patterson Ballroom</i></b>
11:30 a.m. - 3:00 p.m.	Quilt Square Auction – Viewing and Bidding Basket Raffle & Silent Auction	<i>Thoroughbred Pre-Function</i> <i>Regency Pre-Function</i> <i>Henry Clay Boardroom</i>
11:30 a.m. - 1:30 p.m.	Tech Help Lounge	<i>Lobby</i>
11:30 a.m. - 4:00 p.m.	Registration	<b><i>Kentucky Room</i></b>
<b>11:45 a.m. - 1:30 p.m.</b>	<b>MFHG LUNCHEON (separate registration)</b>	
11:30 a.m. - 1:30 p.m.	LUNCH ON YOUR OWN	<i>Various</i>
1:30 p.m. - 2:45 p.m.	Seminars - Session 4	<i>Kentucky Room</i>
1:45 p.m. - 3:15 p.m.	MFHG Business Meeting (separate registration)	<i>Various</i>
3:15 p.m. - 4:15 p.m.	Hands-On Creative Classes - Session 2	<i>Thoroughbred Pre-Function</i>
4:00 p.m. - 5:00 p.m.	Quilt Square Auction - Pick-Up and Pay Silent Auction Pick-Up and Pay KEHA Showcase Display Pick-Up	<i>Regency Pre-Function</i> <i>Patterson Pre-Function</i> <i>Thoroughbred Ballroom</i>
4:00 p.m. - 5:00 p.m.	Cultural Arts Check-Out [Times Assigned for Each Area]	<b><i>Patterson Ballroom</i></b>
<b>5:00 p.m. - 6:00 p.m.</b>	<b>GENERAL SESSION with KEHA Choir Performance</b> DINNER ON YOUR OWN	

### THURSDAY, MAY 8

7:30 a.m. - 8:30 a.m.	Registration	<i>Lobby</i>
8:00 a.m. - 9:15 a.m.	Officer Training Workshops	<i>Various</i>
9:45 a.m. - 11:00 a.m.	Educational Chairman Training Workshops	<i>Various</i>
<b>11:30 a.m. - 1:30 p.m.</b>	<b>AWARDS LUNCHEON</b>	<b><i>Patterson Ballroom</i></b>

**2025 KEHA STATE MEETING REGISTRATION FORM**  
 "Discover KEHA, A Hidden Treasure" • May 6-8, 2025 • Lexington, Kentucky

Name _____ Address _____ City _____ State _____ Zip Code _____ County _____ Area _____ Phone (____) _____ Email _____ <input type="checkbox"/> Check if you want an email confirmation. Emergency Contact _____ Relationship _____ Phone # _____	<p align="center"><b>Special Diet/Food Allergies</b></p> Check if you have dietary restrictions: <input type="checkbox"/> Nuts <input type="checkbox"/> Shellfish <input type="checkbox"/> Gluten-free <input type="checkbox"/> Dairy-free <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <b>NOTE:</b> We will do our best to accommodate the above dietary restrictions. If you have an additional dietary restriction you may list it below, however be aware that there is no guarantee of accommodation. Other: _____
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**Check all that apply:**

- KEHA MEMBER     STATE BOARD     AGENT     UK SPECIALIST     GUEST  
 FIRST TIME ATTENDEE - YES  NO       VOTING DELEGATE - YES  NO

	Early-Bird Rate (By April 7)	Regular Registration (April 8-April 21)**
Full Conference Registration	\$150	\$185
2-Day Conference Registration	\$130	\$150
2-Day Includes Either Tuesday/Wednesday OR Wednesday/Thursday - Please check appropriate boxes below		

**MY REGISTRATION INCLUDES:**

\*\*Late registrations (April 22 or after) will NOT be accepted.

<input type="checkbox"/> Tuesday 5/6	<input type="checkbox"/> Wednesday 5/7	<input type="checkbox"/> Thursday 5/8
Check-In for Cultural Arts, Quilt Squares, Showcase, Raffle, and Auction Seminars—Session 1 & 2* Hands-On Creative Classes—Session 1* <input type="checkbox"/> Opening Luncheon (price included!) <i>Check if attending lunch.</i> Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show	Seminars—Session 3 & 4* Hands-On Creative Classes—Session 2* Viewing of Cultural Arts, Showcase Bidding on Quilt Squares, Raffle, Auction Trade Show Business Meeting Master Farm Homemaker Guild Luncheon and Meeting*** <i>(separate registration)</i> General Session with KEHA Choir	Officer Training Workshops Educational Chairman Trainings <input type="checkbox"/> Awards Luncheon (price included!) <i>Check if attending lunch.</i>  <div style="border: 1px solid gray; padding: 5px; background-color: #f0f0f0;"> <p><b>NOTE: Select specific sessions and classes on next page.</b>                      * = May include extra costs.</p> </div>

**FULL OR 2-DAY REGISTRATION** \$ \_\_\_\_\_  
**AMOUNT FROM SESSIONS, CRAFTS, SHIRTS LISTED ON PAGE 6** \$ \_\_\_\_\_  
 (MAKE CHECKS PAYABLE TO KEHA)      **GRAND TOTAL** \$ \_\_\_\_\_

\*\*\*NOTE: MASTER FARM HOMEMAKER GUILD LUNCHEON IS A SEPARATE REGISTRATION.  
 CONTACT SUSAN HANSFORD at [susanhansford@hotmail.com](mailto:susanhansford@hotmail.com)

<div style="border: 1px solid gray; padding: 5px; width: fit-content;"> <p><b>NOTICE</b></p> </div> <p>Mail by <b>April 7</b> for the discounted registration fee. Any registration with a USPS postmark after <b>April 21</b> will be returned. This is necessary to allow processing time.</p>	<p><b>MAIL TO:</b>  <b>Patsy Kinman</b>  <b>KEHA Treasurer</b>  <b>310 Falmouth St.</b>  <b>Williamstown, KY</b>  <b>41097</b></p>	<p><b>FOR KEHA TREASURER USE ONLY:</b></p> Date received: _____ Postmark Date: _____ Check number: _____ Name: _____ Amount Paid: _____ Balance Due: _____ Refund Due: _____
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NO REGISTRATION REFUNDS WILL BE ISSUED AFTER APRIL 21 (SEE REFUND POLICY ON PAGE 2)

*(Continued on other side...)*

Name \_\_\_\_\_

PLEASE SELECT YOUR 1ST, 2ND, AND 3RD CHOICES WITH A 1, 2, or 3 FOR EACH SESSION AND CRAFT. ONLY PAY FOR YOUR 1ST CHOICE IF THERE IS A FEE.

**Tuesday, May 6 - SESSIONS**

- Seminars - Session 1 - 1:45 p.m. - 3:00 p.m. ET**
- \_\_\_ Historical Homemaking (Maximum: 80 attendees) **Cost \$12**
- \_\_\_ How to Give a Tea Party (Maximum: 60 attendees)
- \_\_\_ What's in Your Leadership Toolbox (Maximum: 80 attendees)
- \_\_\_ Focusing on All the Dimensions of Wellness after a Cancer Diagnosis (NVON Topic) (Maximum: 63 attendees)
- \_\_\_ After Swallowing a Storm: Helping Kids Cope with Disaster Trauma (Maximum: 30 attendees)
- \_\_\_ Backyard Bees: Establishing Pollinator Habitat (Maximum: 30 attendees)
- \_\_\_ Enduring the Transitions of Life: A Hands-On Motivational Approach to Different Life Stages (Maximum: 25 attendees) **Cost \$12**
- \_\_\_ Common Injuries on the Farm/Stop the Bleed (Maximum: 30 attendees)

**Seminars - Session 2 - 3:30 p.m. - 4:45 p.m. ET**

- \_\_\_ Digging up Treasure - Buying and Selling Online (Maximum: 80 attendees)
- \_\_\_ Homemaker Craft Markets: Research Results (Maximum: 80 attendees)
- \_\_\_ Fraud Watch Basics & Scam Prevention - AARP KY (Maximum: 80 attendees)
- \_\_\_ Yoga-ta Try This: An Introduction to Yoga Practice (Maximum: 63 attendees)
- \_\_\_ Blue Zones: Lessons for Life (Maximum: 30 attendees)
- \_\_\_ Understanding Addition (Maximum: 30 attendees)
- \_\_\_ Nourishing Life: Nutrition Strategies for Older Adults (Maximum: 30 Attendees)
- \_\_\_ Lipstick and Leadership Style (Maximum: 30 Attendees)

**Wednesday, May 7 - SESSIONS**

- Seminars - Session 3 - 8:15 a.m. - 9:30 a.m. ET**
- \_\_\_ Cooking from the Garden (Maximum: 80 attendees)
- \_\_\_ Coordinating Community Resource Fairs (Maximum: 80 attendees)
- \_\_\_ Fostering Confidence: Embracing Healthy Perspectives on Food and Self-Image (Maximum: 80 Attendees)
- \_\_\_ Impact of Alzheimer's and Dementia on our Community (Maximum: 63 attendees)
- \_\_\_ Land Ho! What to Look for When Looking for Computers (Maximum: 30 attendees)
- \_\_\_ Sheets Uncovered! (Maximum: 30 attendees)
- \_\_\_ Basket Sub-Category Revisions for Cultural Arts (Maximum: 30 attendees)
- \_\_\_ Celebrating Cultural Connections - Heritage Foods (Maximum: 30 attendees)

**Seminars - Session 4 - 1:30 p.m. - 2:45 p.m. ET**

- \_\_\_ Let's Cook with Herbs! (Maximum: 80 attendees)
- \_\_\_ Cooking Wild in Kentucky (Maximum: 50 attendees)
- \_\_\_ From Silents to Gen Z - Exploring Today's Generations (Maximum: 50 attendees)
- \_\_\_ Personal Journey from War to US Citizen (Maximum: 30 attendees)
- \_\_\_ Ovarian Cancer and You (Maximum: 30 attendees)
- \_\_\_ Money Habitudes: What's Your Money Style? (Maximum: 30 attendees)
- \_\_\_ Enduring the Transitions of Life: A Hands-On Motivational Approach to Different Life Stages (Maximum: 25 attendees) **Cost \$12**
- \_\_\_ KEHA Choir Rehearsal (pre-registered choir members only)
- \_\_\_ Master Farm Homemakers Guild Meeting

**Tuesday, May 6 - CRAFTS**

- Hands-On Crafts Session 1 - 5:15 p.m. - 6:15 p.m. ET**
- \_\_\_ Shocked Sheep Painting \$10
- \_\_\_ Paper Roses/Origami Flowers \$1
- \_\_\_ Santa Gnome Wall Hanging \$7
- \_\_\_ Mat Service Project \$5
- \_\_\_ Patriotic Centerpiece \$6.50
- \_\_\_ Gift Card Basket \$15
- \_\_\_ All About Beeswax \$5
- \_\_\_ Faux Stained Glass Picture \$7

**Wednesday, May 7 - CRAFTS**

- Hands-On Crafts Session 2 - 3:15 p.m. - 4:15 p.m. ET**
- \_\_\_ Shocked Sheep Painting \$10
- \_\_\_ Paper Roses/Origami Flowers \$1
- \_\_\_ Santa Gnome Wall Hanging \$7
- \_\_\_ Mat Service Project \$5
- \_\_\_ Patriotic Centerpiece \$6.50
- \_\_\_ Oui Jar Basket \$20
- \_\_\_ Growing Herbs and the Many Uses FREE
- \_\_\_ Beaded Pens/Paper Beads \$7

**Thursday, May 8 - TRAININGS**

**Please check the Officer and Chair trainings you plan to attend. NOTE:** All who are registered are welcome to attend. Learn what it means to lead!

**Officer Trainings - 8:00 a.m.-9:15 a.m.**

- \_\_\_ President \_\_\_\_\_ Vice President
- \_\_\_ Secretary \_\_\_\_\_ Treasurer

**Educational Chair Trainings - 9:45.-11:00 a.m.**

- \_\_\_ Management & Safety \_\_\_\_\_ Food, Nutrition & Health
- \_\_\_ Leadership Development \_\_\_\_\_ International
- \_\_\_ Cultural Arts & Heritage \_\_\_\_\_ 4-H Youth Development
- \_\_\_ Environment, Housing & Energy \_\_\_\_\_
- \_\_\_ Family & Individual Development \_\_\_\_\_

**STATE MEETING SHIRT \$18 EACH**

Qty: \_\_\_\_\_ Size: \_\_\_ Small \_\_\_ Medium

\_\_\_ Large \_\_\_ XL \_\_\_ 2XL \_\_\_ 3XL

**TOTAL \$** \_\_\_\_\_



**AMOUNT DUE FROM SESSIONS AND CRAFTS \$** \_\_\_\_\_

**STATE MEETING SHIRT \$** \_\_\_\_\_

**TOTAL \$** \_\_\_\_\_

**PLEASE TRANSFER THIS AMOUNT TO PAGE 5**



**Tuesday, May 6 - 5:15 p.m. - 6:15 p.m. ET and Wednesday, May 7 - 3:15 p.m. - 4:15 p.m. ET**

(View color photos at [www.keha.org](http://www.keha.org))



### **Shocked Sheep Painting**

**Tuesday & Wednesday**

Cost: \$10      Class Limit: 24

This is a fun, easy class! I will provide instructions for painting a colorful, crazy "shocked sheep." Participants will be able to "think outside the box" and add their own painting ideas if they want.

*Teacher: Karen Abner*



### **Gift Card Basket**

**Tuesday Only**

Cost: \$15      Class Limit: 24

This beginner basket weaving class will offer the opportunity to weave a Gift Card Basket. Additional kits will be for sale at the end of class to anyone interested.

*Teacher: Kay Kass*



### **Paper Roses/Origami Flowers**

**Tuesday & Wednesday**

Cost: \$1      Class Limit: 50

Students will learn how to cut and fold pages into flowers using hymnal/book pages, scissors, and glue. Additional kits will be available for \$1.00 each.

*Teacher: Sandra Arrowood*



### **All About Beeswax**

**Tuesday Only**

Cost: \$5      Class Limit: 20

Learn about beeswax and all the uses. Make your own candle.

*Teacher: Macy Fawns*



### **Santa Gnome Wall Hanging**

**Tuesday & Wednesday**

Cost: \$7      Class Limit: 30

Using everyday household items, make a Christmas Gnome wall hanging. Additional kits available for \$7.

*Teachers: Kelly York, Sharon Fields*



### **Faux Stained Glass Picture**

**Tuesday Only**

Cost: \$7      Class Limit: 40

Participants will be using clear glue and acrylic paint to create a 5" X 7" faux stained glass picture.

*Teachers: Missy Morley, Cathy Harville, Chelsea Workman*



### **Mat Service Project**

**Tuesday & Wednesday**

Cost: \$5      Class Limit: 20

Participants will recycle plastic bags into plarn, then crochet the plarn into sleeping mats for the homeless.

*Teachers: Kathy King, Glorious Hensley, Lana Plymale, Monica*

*Martin, Vicki Shope, Rhonella Chaffin, Lyndall Harned*



### **Oui Jar Basket**

**Wednesday Only**

Cost: \$20      Class Limit: 24

Participants will weave a small beginner basket by weaving dyed cane around a Oui yogurt jar. This could be a repurposed project for Cultural Arts and is a great use for the jars.

*Teacher: Kay Kass*



### **Growing Herbs & The Many Uses**

**Wednesday Only**

Cost: FREE      Class Limit: 35

Learn how to grow herbs and make herbal soap.

*Teacher: Macy Fawns*



### **Patriotic Centerpiece**

**Tuesday & Wednesday**

Cost: \$6.50      Class Limit: 20

Add a Mod Podge ribbon to a wooden crate and use floral picks to create a patriotic arrangement.

*Teachers: Shirley Carra, Debbie Flannery, Cloteen Henderson*



### **Beaded Pens/Paper Beads**

**Wednesday Only**

Cost: \$7      Class Limit: 40

Participants will be learning how to roll paper beads and using them as well as other beads to create pens of their own design.

*Teachers: Carolyn Gilliam, Amelia Godfrey, Lisa Fields*

# Educational Chairman Workshops

Thursday, May 8 - 9:45 a.m. - 11:00 a.m. ET

## CULTURAL ARTS & HERITAGE

This year is all about baskets! Although *this is not a hands-on workshop*, we'll share updates and resources for our forthcoming revised basket sub-categories – including helpful basket descriptions. Let's meet, greet, and communicate as we work together and discuss our Cultural Arts exhibit categories and clarify exhibit rules and judging criteria. All are welcome! —*Cindy Moore*

## ENVIRONMENT, HOUSING & ENERGY

The focus of the Environment, Housing & Energy Chairman Workshop is to: 1) learn the Program of Work for the upcoming year; 2) meet your state, area, and county chairmen and advisor; and 3) discuss ways to promote the Program of Work in your area and county. The current Program of Work is focused on Indoor Air Quality. All housing types, regardless of age, type, or size may have poor indoor air quality, due to several factors. Learn how to keep you and your family safe by identifying and minimizing the potential hazards around your home. —*Rhonella Chaffin*

## FAMILY & INDIVIDUAL DEVELOPMENT

Family & Individual Development will spend 2025-2028 focusing on mental health across the life span. The lessons and contests will highlight why mental health matters and draw attention to symptoms of mental health concerns and resources that are available to help with mental well-being. This work supports the national affiliate's new program of focus: *Mental Health and Well-Being*. The goal is to increase community awareness through education programs, mental health first aid trainings, sponsoring community events, partnering with other organizations, and fundraising. —*Amelia Godfrey*

## FOOD, NUTRITION & HEALTH

If you are interested in Food, Nutrition & Health, make sure to attend this chairman learning session. Anyone is welcome, and FNH chairmen serving at any level are encouraged to attend. We will be reviewing the 2024-2027 Program of Work and current contests. We will highlight the lessons, programs, and activities that specifically support the 2025-2026 Program of Work focused on "Travel Kentucky from Your Kitchen." Example handouts and activities will be used in the session. —*Esther Bailey*

## INTERNATIONAL

Come get EXCITED about the new International Program of Work and get ideas for your homemaker area. EXCITED is education, x-citement, culture, information, traditions, entertainment, and demonstrations! Get information on NVON and ACWW, too. This is a great opportunity to meet the state chair, the advisor, and share ideas you can put to use. We are EXCITED for a new year with you! —*Tammy Alford*

## LEADERSHIP DEVELOPMENT

Come learn more about the Leadership Development Program of Work and how it can benefit your Extension Homemaker clubs at every level. We'll share helpful tips about the Volunteer Service Unit (VSU) reporting process and explain why it matters for your clubs. Plus, we'll cover details about KEHA scholarships, Leadership Development awards, and the Leadership Academy. Don't miss out on this chance to get your questions answered! —*Cyndy Humble*

## MANAGEMENT & SAFETY

As part of the Management & Safety Program of Work, this session will debut the 2025 KEHA Leader Lesson, *Stretching Your Dollar: What to Do When the "Ends" Don't Meet*. We will explore ways to manage fixed and variable household costs with tips on spending wisely, prioritizing finances, and saving when expenses are tight. —*Peggy Tracy*

## 4-H YOUTH DEVELOPMENT

Join the State 4-H Educational Chair to learn tips on how to organize healthy 4-H clubs and activities that will benefit homemakers also! We will have a group discussion to share successful ideas that joined 4-H and homemaker members together. —*Denise Boebinger*





## KEHA Seminars – Session 1

Tuesday, May 6 - 1:45 p.m. - 3:00 p.m. ET

### **HISTORICAL HOMEMAKING**

Archives and museums are full of historical material that can be of use to the homemakers of today. Join the KY Historical Society staff for an exploration of collections related to homemaking topics such as weaving, cooking, dyeing, gardening, and more!

Presenters: Alyssa Ollier, Leah Craig

Minimum: 5      Maximum: 80

### **HOW TO GIVE A TEA PARTY**

Attend a three-course mini tea party. Learn how to plan, organize, and present a fun and authentic tea party.

Samples of tea and food will be provided. Receive ideas and templates for themes, invitations, favors, place settings, games, and more, as well as a cookbook with recipes for each course. **COST: \$12**

Presenter: Cindy Williams

Minimum: 25      Maximum: 60

### **WHAT'S IN YOUR LEADERSHIP TOOLBOX?**

Some people appear to be born leaders while others seem to have to work hard to develop leadership skills. The truth is that leadership involves skills and tools that we all have access to. Join us for this fun session as we put together Leadership Toolboxes filled with fun and interactive tools that can be used in your local Homemaker Clubs and Councils.

Presenters: Debbie Messenger, Christy Stearns, Jordan Crain

Minimum: 15      Maximum: 80

### **FOCUSING ON ALL THE DIMENSIONS OF WELLNESS AFTER A CANCER DIAGNOSIS (NVON TOPIC)**

We will focus on the NVON 8 Dimensions of wellness utilizing the Kick Kentucky Cancer curriculum to cover the aftermath of a cancer diagnosis from a holistic perspective.

Presenters: Kerri Ashurst, Katherine Jury, Heather Norman-Burgdolf, Amy Kostelic

Minimum: 20      Maximum: 63

### **AFTER SWALLOWING A STORM: HELPING KIDS COPE WITH DISASTER TRAUMA**

This lesson will help parents talk to children about their experience after a natural disaster. By expressing their feelings and turning to others for support, children may begin to heal. This lesson reinforces how storytelling and the arts combined with community support can help families recover after a disaster and foster collective healing with families and communities. This lesson is a new component of the *In the Face of Disaster Toolkit*.

Presenters: Nicole Breazeale, Melissa Bond, Jessica Evans, Natese Dockery

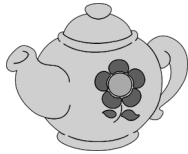
Minimum: 5      Maximum: 30

### **BEEES: ESTABLISHING POLLINATOR HABITAT**

In this session, I will bring three different types of habitat for three different species of bees commonly found in Kentucky backyards: honey bees, bumble bees, and mason bees. I will show flowers that can be planted to provide seasonal nutrition.

Presenter: Tamara Potter

Minimum: 12      Maximum: 30



## KEHA Seminars – Session 1

Tuesday, May 6 - 1:45 p.m. - 3:00 p.m. ET

### **ENDURING THE TRANSITIONS OF LIFE: A HANDS-ON MOTIVATIONAL APPROACH TO DIFFERENT LIFE STAGES**

When you have found yourself in a new stage of life, you may feel uncertain with a whirlwind of emotions. This session will be a hands-on motivational time to empower participants with support, mental health awareness, and self-care. Topics include: cooking for one when you don't want to cook; quick and easy healthy eating; recipes in a jar; creating a comfortable space for meals; transitioning into new stages of life; how to find and feel supported; community resources; and much more. If you have lost a loved one, recently retired, or are in a new stage of life and feeling uncertain, this fun, motivational session is for you. You will make several items to inspire and motivate you when you return home. **COST: \$12**

Presenters: Jody Paver, Leoni Mundelius, Michelle Padgett

Minimum: 5      Maximum: 25

### **COMMON INJURIES ON THE FARM/STOP THE BLEED**

We never want accidents to occur, but reacting quickly and knowing simple measures to take when they do happen can mean the difference between life and death or permanent disability. Learning the what, when, and how to care for an injury will help you to remain calm when an accident occurs. In this workshop you will learn about common injuries on the farm and what to do when they occur. This information is both good to know yourself and to share with others in your community.

Presenter: Cheryl Witt

Minimum: 25      Maximum: 30



## KEHA Seminars – Session 2

Tuesday, May 6 - 3:30 p.m. - 4:45 p.m. ET

### **DIGGING UP TREASURE - BUYING AND SELLING ONLINE**

In this session we will discuss the basics of buying and selling online. Whether turning a hobby into extra income or stretching each doubloon further online, we'll discuss how you can improve your situation with online shopping.

Presenter: Richard Sellnow

Minimum: 5      Maximum: 80



### **HOMEMAKER CRAFT MARKETS: RESEARCH RESULTS**

The Adair County Homemakers annually host a Holiday Bazaar. As his masters project, the local agent decided to study these markets across the state to better his county's bazaar. In this session, Dylan will discuss his findings and recommendations for your own craft markets.

Presenter: Dylan Gentry

Minimum: 5      Maximum: 80

**KEHA Seminars – Session 2**  
**Tuesday, May 6 - 3:30 p.m. - 4:45 p.m. ET**

**BLUE ZONES: LESSONS FOR LIFE**

Blue Zones are locations across the globe where people are more likely to reach a healthy age of 90+. The longevity of those living in a designated Blue Zone is due to life purpose, family interaction, meaningful social connections, healthy diets, outdoor physical activity, and spirituality. Using these lifestyle dimensions as a guide, participants will learn about balanced lifestyles and develop insights as to how to integrate Blue Zone concepts into your daily life, workplaces, and communities.

Presenters: Nichole Huff, Amy Kostelic, Emily DeWitt

Minimum: 15

Maximum: 30

**YOGA-TA TRY THIS: AN INTRODUCTION TO YOGA PRACTICE**

Yoga is far from a new practice but has become popular today as a mainstream form of exercise. There are also many health benefits of doing yoga beyond physical activity. This lesson introduces yoga - what it is, why you might be interested in trying it out, and basic yoga poses.

Presenter: Katherine Jury

Minimum: 10

Maximum: 63

**FRAUD WATCH BASICS & SCAM PREVENTION - AARP KENTUCKY**

Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. This session will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family.

Presenters: Daniel Roe, Gary Adkins

Minimum: 25

Maximum: 80

**UNDERSTANDING ADDICTION**

"Understanding Addiction" is a crash course in substance use prevention, addiction, and recovery. The workshop is divided into three parts: Part one is intended to reduce stigma surrounding substance use by sharing a personal story of addiction and recovery. Part two focuses on the most significant risk factors for substance use and substance use disorders and describes how these lead to characteristic, protracted changes in the brain. Finally, part three offers mounting evidence for the need to treat addiction as a chronic disorder.

Presenter: Alexander Elswick

Minimum: 20

Maximum: 30

**NOURISHING LIFE: NUTRITION STRATEGIES FOR OLDER ADULTS**

While nutrition is important across the lifespan, needs, and considerations about food and nourishment change with age. Eating healthy can be more challenging after age 65 often because of age-related physical, mental, and social changes including personal circumstances. This lesson will

walk through important nutrition considerations specific to older adults and how to put those strategies into practice.

Presenter: Heather Norman-Burgdorf

Minimum: 10

Maximum: 30



**KEHA Seminars – Session 2**  
**Tuesday, May 6 - 3:30 p.m. - 4:45 p.m. ET**

**LIPSTICK AND LEADERSHIP STYLE**

An all new leadership session that will encourage you to TUNE up your radio and TUNE OUT what's holding you back! Come have fun and win a lipstick.

Presenter: Jenny Lynn Hatter

Minimum: 5

Maximum: 30



**KEHA Seminars – Session 3**  
**Wednesday, May 7 - 8:15 a.m. - 9:30 a.m. ET**

**COOKING FROM THE GARDEN**

Would you like to include more vegetables in your diet? This presentation will show you easy ways to transform the fresh vegetables readily available all summer and fall into delicious entrees, salads, and sides. Techniques for selecting, storing, and working with a variety of vegetables will be included, along with step-by-step instructions for making specific dishes. A handout that includes all recipes will be provided for participants.

Presenter: Victoria Faoro

Minimum: 5

Maximum: 80

**COORDINATING COMMUNITY RESOURCE FAIRS**

Extension Homemakers are great at connecting the community to resources. This workshop will walk participants through how to host community resource fairs such as aging or disaster education fairs. Participants will leave with the resources needed to plan, market, host, and evaluate successful community resource fairs.

Presenter: Danielle Hagler

Minimum: 15

Maximum: 80

**FOSTERING CONFIDENCE: EMBRACING HEALTHY PERSPECTIVES ON FOOD AND SELF-IMAGE**

Has your relationship with food or your body changed over time? This session will help us recognize and push back on sources of negative language. Through interactive discussions and practical activities, we will cultivate a healthier relationship with food and ourselves. We hope you'll join us!

Presenters: Courtney Luecking, Anna Cason, Natese Dockery

Minimum: 20

Maximum: 80

**IMPACT OF ALZHEIMER'S AND DEMENTIA ON OUR COMMUNITY**

Join us for an informative program to learn about the impact of the disease, the importance of early detection, ways to reduce your risk, and how to access local resources.

Presenter: Erin Gillespie

Minimum: 25

Maximum: 63

**LAND HO! WHAT TO LOOK FOR WHEN LOOKING FOR COMPUTERS**

In this session we'll discuss what matters when purchasing a computer. We'll cover the fundamental hardware and software to keep in mind to make sure you only pay for what you need.

Presenter: Richard Sellnow

Minimum: 5

Maximum: 30

## KEHA Seminars – Session 3

Wednesday, May 7 - 8:15 a.m. - 9:30 a.m. ET

### **SHEETS UNCOVERED!**

Bought sheets lately? Were you confused by any of the marketing and product descriptions? If so, this session is for you! Learn the difference between "percale" and "sateen" (among other things) and get a hands-on thread count lesson! It'll be sheet-tastic!

Presenter: Jeanne Badgett

Minimum: 5

Maximum: 30

### **BASKET SUB-CATEGORY REVISIONS FOR CULTURAL ARTS**

"Reed-y" to be in "awl"? Come "get a handle" on our new Cultural Arts Basket sub-categories that will be updated July 1. "Weave" added clarifications so everyone knows in which sub-category their basket belongs.

Presenters: Cindy Moore, Kay Kass

Minimum: 5

Maximum: 30



### **CELEBRATING CULTURAL CONNECTIONS - HERITAGE FOODS**

Celebrate cultural connections through the exploration of heritage foods and traditional flavors. Enjoy nutritious meals that align with your tastes without breaking the bank, all while highlighting local ingredients. Enhance your culinary expertise by revising fundamental cooking skills, adopting food safety practices, and gaining nutritional insights with the KY Nutrition Education Program and UK Food Connection. Additionally, foster cultural competence through flavorful foods, and learn strategies for reaching and welcoming people from different backgrounds to your Homemaker and Extension programs

Presenters: LaToya Drake, Tanya Whitehouse

Minimum: 20

Maximum: 30

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## KEHA Seminars – Session 4

Wednesday, May 7 - 1:30 p.m. - 2:45 p.m. ET

### **LET'S COOK WITH HERBS!**

Ever wonder which is the best herb to use or when to add it to a dish? Are you interested in growing your own herbs? Would you like some new recipes for herbs you are already growing? This presentation will include everything from growing herbs to using them fresh or preserved in entrees, salads, sides, and even desserts. You will learn about many different herbs, even some less common ones, and also learn how to best make substitutions. A variety of recipes will be included in the presentation and participants will receive a handout with the full recipes.

Presenter: Victoria Faoro

Minimum: 5

Maximum: 80

### **COOKING WILD IN KENTUCKY**

The Cook Wild Kentucky program is a collaboration between the UK Nutrition Education Program and the KY Department of Fish and Wildlife Resources. This workshop will introduce participants to the recipes featured in the program and will include samples.

Participants will leave with the resources to utilize the recipe cards in programming and will be challenged to share the cards with community partners.

Presenters: Danielle Hagler, Alex Kline

Minimum: 15

Maximum: 50

## KEHA Seminars – Session 4

Wednesday, May 7 - 1:30 p.m. - 2:45 p.m. ET

### **PERSONAL JOURNEY FROM WAR TO US CITIZEN**

Cecile – a war-torn Congo survivor, Uganda refugee, and United States citizen – will tell her story. You will laugh, you will cry, and you will cheer!

Presenters: Rita Hardman, Cecile Kahindo

Minimum: 10

Maximum: 30

### **FROM SILENTS TO GEN Z - EXPLORING TODAY'S GENERATIONS**

Today, there are five distinct generations in the workforce and engaged with community organizations – Silent Generation, Baby Boomers, Gen X, Millennials, and Gen Z. From birth eras through adult years, the context of the times in which each generation has lived influences how they interact, learn, work, and communicate. This session will delve into the historical context and core values of each generation, fostering a deeper understanding of their influences, actions, and preferences. Participants will explore common assumptions and stereotypes, enhancing their ability to connect, communicate, and work across generations.

Presenters: Kim Henken, Ken Culp, Amy Kostelic

Minimum: 15

Maximum: 50

### **OVARIAN CANCER AND YOU**

Leaders from Bluegrass Ovarian Cancer Support will host a discussion of the incidence, symptoms, and risk factors of ovarian cancer. Also, hear share survivor stories of women with ovarian cancer.

Presenters: Rose Lewis, Enid Wohlstein, Melissa Lee Sheets

Minimum: 10

Maximum: 30

### **MONEY HABITUDES: WHAT'S YOUR MONEY STYLE?**

Money Habitudes is a card game played to help people discover their personal money styles. It allows people to explore their financial habits, attitudes, and motivations in a fun, lighthearted way. Join us to play along!

Presenter: Nichole Huff

Minimum: 5

Maximum: 30

### **ENDURING THE TRANSITIONS OF LIFE: A HANDS-ON MOTIVATIONAL APPROACH TO DIFFERENT LIFE STAGES**

When you have found yourself in a new stage of life, you may feel uncertain with a whirlwind of emotions. This session will be a hands-on motivational time to empower participants with support, mental health awareness, and self-care. Topics include: cooking for one when you don't want to cook; quick and easy healthy eating; recipes in a jar; creating a comfortable space for meals; transitioning into new stages of life; how to find and feel supported; community resources; and much more. If you have lost a loved one, recently retired, or are in a new stage of life and feeling uncertain, this fun, motivational session is for you. You will make several items to inspire and motivate you when you return home.

**COST: \$12**

Presenters: Jody Paver, Leoni Mundelius, Michelle Padgett

Minimum: 5

Maximum: 25

### **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 pre-registered choir members.)**

Presenter: Wendy Hood, KEHA Choir Director





## Kentucky Extension Homemakers Association

### UK Corner

The University of Kentucky Family and Consumer Sciences Extension program remains dedicated to strengthening families across the Commonwealth. The invaluable support from KEHA at both county and state levels is crucial in helping us achieve this mission.

We are eagerly preparing for our February FCS Agent Training Week and are excited about the new programs that agents will soon be able to offer at the county level. We are actively providing training opportunities for both new and experienced agents to ensure our programs continue to meet the needs of our communities. Watch your newsletters for new program offerings beginning in July.

Thank you for your participation in the 2024 County Needs Assessment. We are currently working through the County Plan of Work process at both the state and county levels. This is an exciting opportunity for our specialists and agents to utilize the county needs assessment to identify key areas for program development.

The FCS Extension program continues to excel in securing extramural funding, with total grant awards surpassing \$14 million. These funds enable us to address specific needs within our communities through various programmatic efforts.

We are delighted to continue filling positions at the county level. If you know someone interested in joining our fantastic team of Family and Consumer Sciences professionals, please encourage them to visit the Martin-Gatton CAFE Job website at <https://jobs.ca.uky.edu/>.

On behalf of our state staff and faculty, I would like to express our sincere appreciation for the support provided by the KEHA organization and its members to Family and Consumer Sciences Extension.

As the director of the Family and Consumer Sciences Extension program, I am continually inspired by the dedication and passion of our agents, staff, and community members. Your unwavering support and commitment allow us to create meaningful and lasting impacts across the Commonwealth. Together, we are building stronger families and healthier communities. Thank you for being an integral part of our journey.

*Warm regards,*

*Jennifer Hunter, Ph.D., Assistant Director, Family and Consumer Sciences Extension*