

Educational Chairman Annual Reports

Presented at KEHA Fall 2023 Board Meeting

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Cultural Arts & Heritage
Program of Work Report
July 1, 2022 to June 30, 2023
Barbara Seiter
Cultural Arts & Heritage Chairman

Areas: 14

Counties: 87

Number of Clubs Reporting: 340

Books Read: 7148

Members that use the Book List: 638

Homemaker Book Clubs: 18

Number of members who participated in the Passport Challenge: 349

Total number of places/events : 3862

Number of people that received a lesson on the Elements and Principles of Art: 1757

Number of people that received a lesson on evaluating drawings and paintings: 1021

Number of people that received a lesson on evaluating photography: 469

Number of people who created a drawing, painting, or scrapbook page: 750

Number of people who took photographs: 1030

Number of people who entered an item in the Cultural Arts Contest: 790

Total funds generated to support Homemakers and Community Projects: \$36,696.32

Number of members that sell craft items to support Homemaker or other Community projects: 127

Number of programs funded: 119

Homemakers who sell craft items to supplement their income: 300

Creative Writing Poetry

- * 1st Place -- Ann Adams, Simpson County
- * 2nd Place -- Janet Van Bibber, Greenup County
- * 3rd Place -- Frances Peterson, Greenup County

Memoirs

- * 1st Place -- M.D. Llewellyn, Woodford County
- * 2nd Place -- Marie Pitts, Simpson County
- * 3rd Place -- Cathy Smith, Meade County

Short Stories

- * 1st Place -- Monica Lewis, Meade County
- * 2nd Place -- P. Diane Shrewsberry, McCracken County
- * 3rd Place -- M.D. Llewellyn, Woodford County

Area Reading and Kentucky Literacy

Bluegrass Area Counties 8
KEHA Book List -- 80
Number of books read -- 1744

Ft. Harrod Area Counties 8
KEHA Book List -- 38
Number of books read -- 53

Green River Area Counties 5
KEHA Book List -- 28
number of books read -- 52

Lake Cumberland Area Counties 9
KEHA Book List -- 109
number of books read -- 986

Licking River Area Counties 4
KEHA Book List -- 21
number of books read -- 30

Lincoln Trail Area Counties 7
KEHA Book List -- 38
number of books read -- 143

Louisville Area Counties 6
KEHA Book List -- 78
number of books read -- 313

Mammoth Cave Area Counties 6
KEHA Book List -- 25
number of books read -- 2100

Northeast Area Counties 5
KEHA Book List -- 44
number of books read -- 96

Northern Kentucky Area Counties 8
KEHA Book List -- 95
number of books read -- 1370

Pennyrile Area Counties 7
KEHA Book List -- 31
number of books read -- 70

Purchase Area Counties 7
 KEHA Book List -- 46
 number of books read -- 174

Quicksand Area Counties 4
 KEHA Book List -- 2
 number of books read -- 4

Wilderness Trail Area Counties 3
 KEHA Book List -- 2
 number of books read -- 2

Cultural Arts & Heritage Passport

County	Members	# of places visited
Anderson County	5	12
Boyle County	4	151
Franklin County	10	7
Lincoln County	8	73
Woodford County	5	
Daviess County	1	2
Hancock County	2	3
Cumberland County	2	90
Green County	3	101
McCreary County	4	8
Russell County	4	132
Taylor County	22	498
Wayne County	10	300
La Rue County	4	34
Meade County	3	20
Nelson County	2	25
Washington County	2	5
Shelby County	15	
Greenup County	1	3
Johnson County	4	328
Boone County	2	7
Pendleton County	38	543
Crittenden County	16	554
Muhlenberg County	7	224
Todd County	2	2
Carlisle County	54	8

Graves County	8	207
Hickman County	2	4
Marshall County	15	383
McCracken County	3	35

Comments

- * The Book List had a lot of interesting books but our library only had 4 of the books listed.
- * We have a county Cultural Arts competition and had 37 participants, Holiday Bazaar, two sewing guilds, and county farmers market where members sell their crafts. Members set up booth at area festivals to sell their items.
- * We do have 1 member that bakes for community projects and sells them.
- * Our Cultural Arts Committee Chairman plan lessons throughout the year to enrich our members and to entice members from the community to attend and to become members. They have hosted classes on Yo Yo Christmas Trees, Iris Paper Folding Classes.
- * Made fidget blankets for nursing homes and pocket quilts with cross for cancer patients.
- * Homemaker groups are growing in attendance and are becoming more comfortable meeting in person again.

Environment, Housing and Energy Program of Work Report
From July 1, 2022, to June 30, 2023
STATE SUMMARY

Areas: 14

Counties: 83

Number of Clubs reporting: 527

Environment, Housing & Energy

1. Number of members who took actions related to environment, housing and energy listed below between July 1, 2022 and June 30, 2023:

- a. How many Homemakers had lesson on radon? 1156
- b. How many shared lessons on radon? 564
- c. How many have learned the effects radon had on their health? 1755
- d. How many used the resource information given? 1110
- e. How many members coordinated a program with Waste Management Offices in their county? 167
- f. How many coordinated with their Local Health Department on radon programs? 121
- g. How many KEHA members have tested their homes? 246
- h. How many KEHA members have shared their experience? 242
- i. Initiated or participated in an Adopt-A-Highway project: 287
- j. How many Homemakers had a lesson on home safety/emergency preparedness? 1672
- k. How many shared a lesson on home safety/emergency preparedness? 808
- l. How many coordinated with their Local Health Departments on home safety/emergency preparedness programs? 210
- m. How many KEHA members have emergency preparedness kits? 935
- n. How many KEHA members have taken steps to make their homes safer? 1567

2. What topics/areas of Environment, Housing and Energy would your club/county be interested in learning more about?

- Safe water
- Solar panels
- Hummingbirds
- Butterfly Garden
- Finding help with Radon that is affordable
- Learn more about Tiny Homes Program
- energy savings of LED light bulbs
- How to save electricity and gas. Pollinator gardens, electric cars, new plants to build batteries, conservation work in our city.
- How to get rid of mold in your home health and personal safety. Health documentation for home and travel emergency information.
- SOLAR, WIND, HOW TO IMPROVE INDOOR AIR QUALITY. HOW TO MINIMIZE EXPOSURE FROM HAZARDS. PREPARING FOR HE FUTURE, IMPACTS OF WETTER AND WARMER CLIMATE. BATTERY CHARGED LIGHBULBS, LED EFFICIENT
- Solar Energy, rain barrels, and water conservation.
- Emergency Preparedness, separating daylillies, making rainbarrels

- Radon and Black Mold
- home safety for aging populations, storm readiness
- Solar Energy Cost vs Return
- Information on tankless water heaters and solar energy for homes, safety concerns regarding natural disasters, home fires and smoke detectors. Updates on gas and electricity and propane.
- Home Security Cameras (i.e. Ring)
- lesson on solar energy
- Encourage recycling
- Effects of SG on the body and environment
- Housing upkeep, renewable energy
- Human impact on the environment / externalities
- Weather Radio use/phone use for weather emergencies.
- Pollinator gardens
- Electric vs gas products
- How to make yard more environmentally friendly.
- Geothermal
- Revisit the bee program
- How to reduce costs and make more efficient
- Landscaping, Solar Panels, New Appliances, Home Security Options
- solar energy
- Making our homes safe with aging.
- More information about Radon and sink holes
- Saving on Electric Bill
- Tidbits of things that need to be done when needed.
- Radon
- Radon education
- Emergency Disaster preparedness training, putting together home emergency kits & Medical ID cards will be taught during KEHA week in October .
- Buttoning up one's home. Water in KY. The State has a lot of water. Farmers are required to list chemicals and are limited to what they can use near streams to protect aquatic life/stream health, but regular people do not understand run off.
- how to save money on energy cost,
- Solar Energy
- Environment_ Building a Rain Barrel
- Housing- How to Build a Handicap Accessible Home
- How to save energy and learn more on solar or wind engery
- Solar Energy Resources
- Solar Generators
- Recycling
- Solar Power
- rainwater collection
- Recycling programs, non-use of plastic
- Climate Change & Preparedness

- electric cars, solar power, fire escapes in homes, tornado safety, AI, safety while shopping, how to safe water, surviving when power is out, charging stations in KY for electric cars
- Radon
- Radon
- How to make homes more handicap accessible.
- making homes more energy efficient, transitioning homes to be safer for limited mobility/fall prevention, easy pollinator attractants for urban settings or limited space/mobility gardening
- Hidden dangers in your home
- Bacteria and bugs that are harmful
- Environmental Change
- Global Warming, Solar Panels, River Safety
- Keeping Environment Green and Clean
- Awareness of Environmental Concerns (For example, storm drains, some people do not know that they drain to streams and just throw pollutants down these drains)
- Radon, how to test for radon, more information on adopt a highway program.

3. Please share a one paragraph description of an environment, housing and/or energy program conducted by your club/county.

- Members maintain gardens at the Wallis Home, Headquarters of the Kentucky Garden Clubs - Green cleaning
- Adopt A highway 3 times during homemaker year (The Adopt A Highway was initiated in Bourbon County by the Bourbon Belles Homemaker Club. They have participated in this activity 3 consecutive times and have included husbands in this activity.) - Paris Police Department attended club meeting to discuss general home safety
- Lesson on using greener cleaning products. One club has decided to have a preparedness plan for family and share with other family members.
- DISASTER PREPARDNESS, BEST WAY TO DISPOSE OF OLD MEDICINES, CHEMICALS AND ITEMS HARMUL TO OUR WATER SYSTEMS AND ENVIROMENT. TALKED ABOUT EMERGENCY ACTION PLANS & KITS, GIVING EXAMPLES FROM OUR PACKED FROM THE CLUB CHAIR
- Scott County Extension Homemakers hosted a Home Safety Day. This all day workshop included guest speakers from the fire department, Sharif's Office, Local Police, Health Department, and the Scott County FCS Agent. During this program members learned more about radon, planning for emergencies, being safe inside and outside the home, preventing fires, and safe sleeping practices for infants.
- Club chair gave program on radon. This included information on what radon is and where it comes from. She shared resources on how to detect radon and information on its health effects.
- We did not have a lesson on Radon. We had an FCS Agent to leave and a new one came in, this may be the reason
- One member contact the County Judge Executive regarding a 1920 DAR monument that was in need of beautification (the are around the monument was overgrown and had debris littering

the area). Another member contacted the County Judge Executive and the McLean County Ag Agent regarding the planting of native trees in a large county park.

- We attended an FCS lesson on disaster preparedness taught by our FCS Agent. We made disaster kits for our homes.
- Our club coordinated with our local health department to educate and distribute radon at-home -testing kits. Several of our members were able to test their homes for radon. One member shared that her test came back high and has started proceeding to correct this. Several members have also shared the information learned to bring more awareness to the public of the dangers of radon.
- We had a lesson on Radon sent in our monthly newsletter and county newspapers. Newspaper article on preparing home for the winter.
- Used information from the library who gave our Radon Kits to use in homes
- Planted flowers for beautification projects in downtown Monticello and at the Aspire Center.
- Lesson was on preparedness kits, after all the recent natural disasters in our state everyone needed to be prepared for one in case our county was hit by a disaster. Having a preparedness kit helps everyone with natural disasters.
- Preparing our members for an emergency in our home, neighborhood and community.
- Organized with Army Corp of Engineers to plant \$1,000 worth of trees in a local campgrounds on Rough River Lake
- The extension homemakers worked with the county recycling center to offer recycling education in elementary schools throughout the county. Their efforts reached over 1200 students and netted \$3600 from a state grant to fund activities of the extension homemakers.
- The environment and how the bees are essential to all plant life. All Gardening.
- Members collected bottle caps for Bernheim Forest
- Shared how to prepare an evacuation route for homes with booklets and diagrams.
- Emergency Disaster preparedness training was provided by the Environment, Housing and Energy chairperson at the Louisville Area KEHA council meeting. Information was given and dispersed to our county members. Cindy had great examples of putting together an emergency kit.
- Barren County hosted a plant and seed swap on Earth Day. Informational booths with these topics: Birds; bees (observation hive included); and Butterflies, all with educators. We had a trifold learning board sharing about radon and the benefits of indoor plants that will help clean the air. The Conservation District gave away trees. There was "ladybug" rock painting for children. Approximately 200 individuals from the community attended. We gave away a basket of gardening items and the homemakers had made gardening aprons for sale.
- The Barren County Homemakers also had a program presented by the Rockbridge Homemakers from Monroe County on making "mason bee homes", which encourages these pollinators to locate in our yards. 15 people participated.
- The Barren County Homemakers adopted Highway 1318 and five homemakers participated in the March trash pick-up.
- One of our members work with Habitat for Humanity. She is on the Board of Directors and helps with finances, family selections and other aspects of the project.

- The Environment, Housing, and Energy chairman conducted a lesson on radon and its effects on people. There were discussions on where to get radon sampling kits and how to prepare them. Most members agreed to obtain radon kits for testing.
- Farm Field Day had a Preparedness event.
- We learned to keep stairways clear of things to avoid falls. If something is spilled clean it up and keep children's toys picked up.
- A homemaker member created a program with a list of what to do, buy and have on hand and shared with other club members. She also did a class at the local Senior Center. Information was also shared in our newsletter.
- Handrails installed for safety, 20 bags of leaves hauled to waste management. Monthly recycle all glass, paper and plastic.
- in addition to what was listed above, one club did a lesson on green products for household cleaning and one club shared information on safety in home, energy conservation, and landscaping
- All county homemakers were trained on food and finances after a natural disaster.
- Some club members took plastics and other items to be recycled. 4 groups recycled.
- Annual Arbor Day celebration planted White Oak at Extension Office and distributed 100 white oak seedlings
- Our county POW chairman, along with the Graves County Health Department, conducted a workshop on the effects of Radon for the community. Those who attended received a free Radon detector.
- Club had meeting with program on fires and the home by member who is a volunteer fireman and emergency medical training. Toured fire department and received smoke detectors. Training was about what to do if fire is in the home.
- Discussed emergency exits; tornado shelter in buildings; lowering thermostats in winter; raising thermostats in summer.
- We have an ongoing program of Reduce, Reuse and Recycling. We feel this continuing effort creates awareness of the importance of the 3 Rs!
- This year we worked with the local health department to offer a emergency preparedness program due to the floods that devastated Eastern KY. We also worked on collected donation's for Eastern KY flood victims.
- Lesson on Emergency Preparedness in the Face of Disaster was presented to a club. Discussed what to do and what to have.

Additional comments or feedback:

- These questions are actually from the 2023-24 form instead of the 2022-23 form. There were no lessons on radon this past year. We could only answer questions from our general knowledge.
- Our county did not have radon as a lesson for our clubs.
- Information was given out at our local library through the Nursing Program at UK.
- We need information about where to find assistance for low income or senior citizens with environmental, housing and safety concerns.

- Henry County Homemaker, Cynthia Dare is the Area Environmental & Housing Chair and is willing to assist with lesson programming.

Family and Individual Development Program of Work Report

July 1, 2022-June 30, 2023

Summary

Areas reported: 14

Counties reported: 80 of 120

Clubs reported: 340

1. Self-Care and Mental Health: Living Alongside the Pandemic

Number of members who said this program was helpful: 564

Publication that were used

- a. information from programs listed
- b. online sources
- c. UK publication
- d. MAYO clinic publication
- e. Self help publication from extension
- f. Speaker Paul Norrod gave a presentation

Suggestion to make this topic better:

- a. **Better** communication to get the program to Counties without FCS Agent
- b. visit other counties that are giving the program
- c. more practical programs/publication

Did you put together a 'survival kit" and how many did you distribute?

- a. 19 counties said yes/ 220 were distribute

Purpose for Kit you distribute

- a. let people know we care
- b. mental wellness and encouragement
- c. to give lighthearted and fun reminders of ways to take care of yourself mentally and physically.
- d. disaster preparedness

2. Self-Care and Self-Pampering

What changes did you make that helped you feel better about yourself?

- a. new hair style/change hair color
- b. massage/manicure/pedicure/facial
- c. makeup correctly applied
- d. wardrobe changes/cleaned out clothes closet
- e. adopted 2 Veterans
- f. joined a ladies group for exercise
- g. homemaker group do outing together
- h. writing notes/cards to friends and family that are not local
- i. set time for me each day to read/take a nap/go walking
- j. schedule appointments to be convenient for me not others

What publication did you use?

- a. UK publication
- b. AARP publication
- c. brainstorm with homemaker members on self-care and self – pampering
- d. information from doctor's office and library
- e. various magazines

3. Self-Care and Strengthening Family and Community

What was your family quality time?

- a. No phone or electronics at the table
- b. weekly game night / movie night
- c. monthly visit to parents/grandparents that are close
- d. visits to parents/grandparents as a vacation for those that are not close by
- e. summer vacation/holiday vacation
- f. date night with spouse
- g. quilt/sewing retreat with sisters/friends
- h. Sunday family dinner
- i. walking as a family group weekly/monthly
- j. grand children activities at grandparents

Number of Member and Family Members that participated in community projects: 1689

What projects did you participate in?

- a. fill food boxes through organization to community
- b. provide coats, gloves, hats and other clothing to resource center for children
- c. made valentine cards for nursing homes
- d. made Easter baskets and Christmas stocking for nursing homes
- e. made hats and lap blankets for cancer patients
- f. back to school supplies for teachers donated
- g. back to school backpacks donated
- h. donated items to tornado victims and flood victims
- i. supplied meals or food to tornado and flood victims/homeless shelter/rehab housing /displaced family shelter/church/ funerals
- j. Toys for Tots/ shoe boxes for Christmas/ Angel Tree

Number of members who taught this program to individual or group: 163

Total number reached: **8317**

4. Comments and feedback on this program

- a. families commented positively on county Facebook
- b. the program was very much appreciated
- c. being involved in the community and helping others is what makes Homemakers so appealing.
- d. counties will be continuing with the program for next year
- e. the materials and subjects were very useful and informing
- f. glad this program came out right after the pandemic as it was very much needed.

Summary by Dottie Crouch from information gathered off the Family and Individual Development Program of Work Reports 2022-2023

Food, Nutrition and Health Program of Work Report
From July 1, 2022, to June 30, 2023
State Summary

14 areas reported, 84 counties and 84 clubs

Number of participants:

Annual physical/check-up ~ 3143; Mammogram ~ 2712; Ovarian screening ~6736; 1st time screening ~ 60; Diabetis ~ 1972; local blood drives ~ 421, local health fairs ~ 643; donated to a local food bank or pantry ~2862; volunteered at local food bank or pantry ~ 692; number of children served by "backpacks for hunger" ~ **13317**.

35 clubs hosted an Ovarian cancer awareness (there are a lot of ways to raise awareness and money. Some of these are online auctions, silent auctions, tea parties, golf scrambles, bake sales, Bazaars, and yardsales.) Money from tea parties was \$1530. An ovarian awareness tea party raised **\$20,997**.

Physical Activity: 1600 members exercised 20-30 minutes at least 3x weekly
166 members helped implement environmental changes (installed a walking path, bike trail, etc.

Nutrition: 2758 members gained knowledge and made healthy choices ~2758;
2333 members purchased fresh foods at farmers markets; 1879 members supplemented diets with healthy foods produced or preserved.

Programs members wanted implemented: Sugar reduction; diabetes educational classes; cooking classes; cooking demos, Lunch and Learn; easy meals for seniors; cooking for two; smoothies made easy; savor the flavor, cooking with oils and spices; how to add more vegetables to a meal; cultural food programs; food preservation; learn more about KETO, MAYO, DASH and other fad diets; backpack program; more fiber in our diets.

Submitted by
Esther Bailey
Food, Nutrition and Health

LEADERSHIP DEVELOPMENT PROGRAM OF WORK REPORT

FROM JULY 1, 2022 TO JUNE 30, 2023

There were 14 Areas reporting, 83 counties and 328 clubs. Areas reporting were: Bluegrass, Fort Harrod, Green River, Lake Cumberland, Licking River, Lincoln Trail, Louisville, Mammoth Caves, Northeast, Northern Kentucky, Pennyrite, Purchase, Quicksand, and Wilderness Trail.

Training conducted for club, county and area officers were 58. Training for club, county, and area chairmen were 49. The total number of members trained were 536.

The training received enabled members to achieve the following goals: went over reports to be completed; used reports to plan year; increased volunteer hour participation and understanding; got a better understanding of clubs, county and area breakdowns and duties; To do club jobs more efficiently, to understand any job and do it better; training helped everyone to understand their responsibilities and help county map out their plan of work and goals for the year; learned about KEHA Website, reports and contests; acquired further knowledge on various leadership aspects; all were more focused on the goals and objectives of the county and worked better together; the training provided a timeline of dates that report were due and outlined the structure through which the reports were to be submitted; increased confidence and networking in the officer and chairmen roles; had regular meetings and programs and increased membership; to help lead their clubs; hosted a Kickoff Event and 2 area Leadership trainings in order to be better prepared to do their jobs and to be responsible for the office.

We had several counties turn in the report of first second and third places for members in the Volunteer Hours contest.

I was fortunate in that I got to attend the Leadership Academy as an alternate. It was a wonderful experience and I encourage each area to send in names for two regular attendees and 1 alternate when we have another Leadership Academy hopefully in 2025.

Respectfully Submitted,

Nancy Snouse, Leadership Development Chairman

Management and Safety Program of Work Report
From July 1, 2022 to June 30, 2023
STATE SUMMARY

Areas: 14

Counties: 79

Number of Clubs reporting: 266

1. Scams and Frauds

Number of members who:

- a. Feel prepared to protect their money from fraud as a result of the programming: 1782
- b. Received possible fraudulent offers (by phone, email, mail, in-person, etc.): 2742
- c. Took steps to reduce offers: 1706
- d. Implemented strategies to protect themselves from scams, frauds, and security breaches: 1759
- e. Reported potential scams to authorities: 626
- f. Actively monitored for identity theft by checking annual credit reports or enrolling in a monitoring program: 1084

2. Additional Lessons

Number of members who:

- a. Identified ways to save money, time, and/or become more organized by using apps for grocery lists and coupons: 1515
- b. Developed an estate plan for digital assets: 395
- c. Created a holiday budget or implemented a cost-saving strategy for family holiday expenses: 1292
- d. Utilized methods to evaluate health insurance needs/options: 1004

3. Please share a description of ANY type of management and safety program conducted by your club/county/area.

- Narcan
- Green Cleaning
- Digital Accounts
- Scam Red Flags
- Protect against scams.
- Club- money wise, valuing people, and valuing money.
- Green Thumb Club - Weather and Disaster Preparedness
- Each month in the newsletter there was an item about areas of safety and management. In the Fall they were about Fires, how to prevent, how to survive fires; In the Spring there were items to how to prevent falls.
- Chairperson gave program on different types of scams and how to avoid them
- we received handouts with educational information
- One club had a program on Spam by local Deputy Sheriff. Blocked Spam and telemarketers.
- Saving Savvy with Coupon Apps
- Bingocize Fall Prevention Program
- Food Preservation and safe canning procedures
- Personal experience of a member related to scams and identity theft
- Safety and Caring for the elderly. Steps to make their home safer and methods of care.
- FBI conducted program on fraud and scamming.
- EHI Card information given out to all homemakers and other interested persons
- Hosted a seminar about Fraud and Scams. Had a FBI agent as a speaker.

- Class on Holiday Decorating on a Budget
- Couponing using Apps
- Homemaker Leader Lesson conducted on Saving Savvy with Grocery Lists & Coupon Apps.
- Learned how to control spam calls and utilized No Call on landlines
- Police officers were invited to speak about scams and drugs in our area.
- Drug awareness at the boys and girls club
- pocket or purse health records
- A mailout lesson was shared with 110 Homemaker members on Grocery List and Coupon Apps
- Hosted a session on Scams with the local sheriff's department to highlight local scams and how to avoid, how to report and local resources available to consumers.
- Thoroughbred Financial Program
- On March 21, 2023 - Town & Country discussed "\$ Saving Tips/ Coupons, etc."
- On April 19, 2023 - Town & Country discussed "Phone & Marketplace Scams"
- On October 27, 2022 - Humphrey was given a program by Sandy LaFollette from
- presented the monthly lesson
- Not in this past program year.
- Louisville Area taught homemaker leader lessons.
- we have a lady comes every year to the office to help with evaluate health insurance
- Scam lesson
- 2 Guest Speakers from Bank spoke on fraud and shared materials on "Safe Banking" for seniors
- Attorney taught Estate Planning lesson to club
- Fraud Lessons
- Check credit cards and bills
- Homemaker Club member taught lesson to the club
- A local police officer talked about how to protect yourself from scams.
- *Gallatin County Homemaker Peony Festival 5K Run/Walk safety measures for runners.
- *Gallatin County Homemaker Treasure Hunt (a program that assists with Holiday shopping).
- One member provided a winter safety program.
- How long to keep household records
- Monthly tip on home safety in management given at club meeting
- Program of Work
- We had 2 Identity Theft Program
- Money Wise Monthly newsletter is shared with our clientele and many share what they have gained.
- Holiday Road Show, which is an annual program hosted by Quicksand Area FCS Agents always has management related information printed and shared in each booklet
- Annual Holiday Road Show
- Estate planning program by local attorney and Identity theft program with bank guest.

Additional comments or feedback:

- The numbers are from the actual homemaker clubs and not included are the specialty clubs or the mailbox members. So it is based on the 49 members out of 94.
- Completed by New FCS Agent Jody G. Paver
- Questions did not match the questions on the 2023-23 form.
- The programs listed were from previous year.

Management & Safety Chairmen
2023 Update by Peggy Tracy
November 12, 2023

After completing my chairmanship plan of work I have attempted to get the Emergency Health Information Cards to Bluegrass area agents. I have taught 3 classes on this topic in Bourbon County clubs. I would like additional copies to be distributed to county agents outside of the Bluegrass Area. I understand that they were placed in each counties chairmanship folder; but I feel this topic is too important to go unnoticed. This form can save lives. I told agents I would be glad to come to their counties and teach.

I have taught a Cherished Treasures Distribution Log class to some bourbon county homemakers. I plan on teaching more when requested by clubs. There is interest in the asset distribution log.

I have also shared "A Checklist of Things to do After a Loved One Passes". I found this on the internet. I will not share the article today as I am speaking with Kelly or Nichole about writing their own version approved by UK. I have been asked for this type of list twice, in my county. I feel it would be an informative "Money Wise" publication devised by Nichole Huff. I have also been asked to teach the Cherished Possessions Estate Planning class to Taylor County. This request came from Kris Fixari, Management & Safety Chair in Campbellsville, KY.

I have not created any contests this year as I have struggled a bit, at times.





I continue to accumulate volunteer hours in all 4 aspects of the Volunteer Service Log. Even though it is not in my chairmanship; I teach homemakers how to properly complete their logs.

I have been super busy with county responsibilities since September. As the County Chairman for Food, Nutrition & Health, everything seems to come at once! Our Ovarian Tea Fundraiser was in late October and our annual Holiday Foods Bourbon County Extension fundraiser was on November 2. Both are very time consuming. I am not going to take that position in the New Year. I work with 4H and we are planning to start a cooking club in Bourbon County. We have an interest; now we need to make sure the 4H children will follow through.

Respectfully,
Peggy Tracy
State Management & Safety Chairmen (2023-2026)

Health Information Card

This card is designed to hold health information that can help medical personnel assist you in an emergency.

<p>Other Important Information: (Include information such as other relevant health history, surgeries, devices, DNR location, etc.)</p>	<p>Most Recent Immunizations:</p> <p>Pneumonia: _____</p> <p>Tetanus: _____</p> <p>Hepatitis: _____</p> <p>Flu: _____</p> <p>Other: _____</p> <p>Other: _____</p> <p>Blood Type: _____</p> <p>Allergies: _____</p>	<p>Doctors:</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Pharmacies:</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Name: _____</p> <p>Phone: _____</p>	<div style="text-align: center;">  <p>Health Information Card</p> </div> <p>Name: _____</p> <p>Phone: _____</p> <p>Address: _____</p> <p>Emergency Contact:</p> <p>Name: _____</p> <p>Phone: _____</p> <div style="text-align: center;">  </div>	
<p>What medications should I include: Prescription medications Over the counter medications Vitamins/ herbal remedies Respiratory medications (inhalers, etc.) Blood factors</p>	<p>Other Important Information: (Include information such as other relevant health history, surgeries, devices, DNR location, etc.)</p>	<p>Most-Recent Immunizations:</p> <p>Pneumonia: _____</p> <p>Tetanus: _____</p> <p>Hepatitis: _____</p> <p>Flu: _____</p> <p>Other: _____</p> <p>Other: _____</p> <p>Blood Type: _____</p> <p>Allergies: _____</p>	<p>Doctors:</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Pharmacies:</p> <p>Name: _____</p> <p>Phone: _____</p> <p>Name: _____</p> <p>Phone: _____</p>	<div style="text-align: center;">  <p>Health Information Card</p> </div> <p>Name: _____</p> <p>Phone: _____</p> <p>Address: _____</p> <p>Emergency Contact:</p> <p>Name: _____</p> <p>Phone: _____</p> <div style="text-align: center;">  </div>

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International Program of Work Report

July 1, 2022 to June 30, 2023

STATE SUMMARY

Area: 14

Counties: 78

Number of Clubs reporting: 261

State Awards: Top 5 Coins for Change

Lincoln Trail, Meade

Licking River, Mason

Ft. Harrod, Boyle

Lincoln Trail, Hardin

Lake Cumberland, Taylor

KENTUCKY ACADEMY: there were only 6

Bluegrass, Harrison

Lincoln Trail, Hardin

Ft. Harrod, Franklin

Northern Ky., Kenton

Ft. Harrod, Anderson

Licking River, Morgan

SUMMARY: Members received lesson information and participated in Healthy Eating Around the World. Gained knowledge in Cultural Diversity and plans to implement Cultural Diversity in communities in Kentucky. We received information about ACWW, NVON, and Coins for Change but need to implement more information as there are still lots of questions.

PROJECTS: Kentucky Flood victims, dresses for Haiti, Bottle caps for homeless benches, International Classes on Brazil, China, France, Moroccan Food, Ghana, Poland, Mexico, Bavaria, Hawaii, Philippines, Nicaragua, and Holy Land.

As you see, Clubs, Counties, and Areas have International projects with diversity but with the goal of spreading love, kindness and joy.

Marilyn Watson, International Chairman

4-H Youth Development Program of Work Report
From July 1, 2022 to June 30, 2023
State Summary

Areas: 14
Counties: 79
Clubs: 79

Number of 4-H Youth engaged in activities with Extension Homemakers: 5,148
Number of total KEHA Volunteer Hours with 4-H: 19, 278
Number of KEHA members volunteering with 4-H: 564
Number of 4-H Camp Scholarships awarded: 339
Amount of Camp Scholarships awarded: \$29,133.00
Number of Homemakers volunteering as 4-H Camp Counselors: 90

Activities that clubs/counties/areas implemented with 4-H youth

- Communication project
- Food to Table or Culinary Challenge Chefs
- Basic Sewing Project
- Promote Camp Attendance
- Consumer Learning Project
- 4-H Manners Project
- 4-H Citizenship Project
- Daily Plan of Health
- Consumer Learning Project
- 4-H Fair judging
-

What Homemakers learned this year while working with 4-H youth.

- Need to increase donations as the cost of everything has increased.
- Camp is expensive and hard to afford for most families
- Children love Recipes for Life – They need more exposure to cooking and socializing
- You are never too old to learn! A Cloverbud showed me how to make a cupcake sandwich.
- The importance that we provide opportunities to improve self-esteem and confidence
- Our services/volunteerism are needed and appreciated
- Need more life skills
- Mental Health
- Cybersecurity
- Need to know more about food allergies, poor diets and cooking at home
- Very distracted about ways of the world
- Do not know how to spend money wisely
- Need more prep on Speech and Demonstrations
- Need help from volunteer adults

- Are very eager to learn life skills such as sewing, cooking, gardening, canning and preserving.
- All children need a positive role model in their lives.
- 4-H may provide experiences for them for the first time.
- Children are involved in many activities other than school
- They are excited about 4-H and moving on to future projects
- Our world is moving way too fast for our youth.
- Youth are very diversified. Many from broken homes with 2 sets of parents and siblings. Many are in need of mentoring and special attention from adults. Some youth are resistant to learning new things but then embrace the new ideas.
- Different levels of interest
- Working with youth in Monroe County has been a great experience for our homemakers. They have realized most often youth just need individuals to be there for them. We host sewing project days to involve them with our members.
- Proper settings for the dinner table
- 4-H Youth are very competitive
- Keep open communication with youth. They need individual attention due to recent COVID issues and the many problems that face them each day.
- They are very challenged with too much information from social media. A lot of peer pressure
- Follow through and being responsible
- 4-H Members enjoy working with Homemakers
- We collaborated on a sewing day camp which the kids and adults all liked. We also love volunteering at the reality store. It's so important.
- It takes a lot of work, need more volunteers, they love to learn.
- Children still need adult guidance and leadership. They will listen to you if you listen to them.
- How hard they work with their animals
- 4-H members are dedicated and hard workers.
- That our youth need to know that someone is there to listen, teach and encourage them. 4-H can always use more dedicated volunteers.
- We have a lot of knowledge to offer our youth!
- More information needed for volunteer positions in the community
- Need more challenging activities due to extreme use of electronics taking over children's lives
- Teaching something interesting to them helps keep them focused and engaged
- Learning from kids and their needs

How can we further the KEHA partnership with 4-H?

- Need to increase communication between 4-H agents and homemakers
- Coordinate better with 4-H agent
- It would be beneficial for 4-H agents and Homemakers to meet together and discuss what they can do to help each other.
- Better advertising ways to volunteer
- Start an extension Junior homemaker club as part of 4-H.
- Provide leader trainings geared for homemakers to teach 4-H youth activities
- Bridge the gap between FCS, KEHA and 4-H

- Be more involved and encourage others to get involved
- Lead clubs
- Continue financial support
- Talk to your 4-H agent about helping in 4-H program areas
- Create more learning opportunities. We need more homemakers to contribute their time and talents.
- Attend their activities
- Work with 4-H project days during school breaks
- Help with Hands on Learning, crafts, sewing projects, speeches and demonstrations
- Make homemakers aware of 4-H Programs
- We plan to work more closely with our local 4-H agent on the years curriculum and county fair entries
- Encourage community involvement and volunteerism
- Open ourselves up to any needs they may have through their leadership
- Ask them to help and 99% of the time they will
- Work side by side with Extension
- A very significant awards program recognizing homemakers that volunteer with 4-H
- Express how important it is that they provide their talents to these children. Sometimes all they need is a pat on the back or hug. The project is just a means to an end. The Homemaker's grant has increased interest in our 4-H.
- 4-H agents can be more proactive in working with homemakers instead of always asking for donations.
- Recruit members to help with specific programs/projects
- Have a program to involve both Homemakers and 4-H Youth in your county
- Complete more community service projects and involve 4-H youth.
- Have lessons with members of 4-H's history
- Do more that the agents want and need help with. Not what we think they need. Volunteer your time
- Continue to have Game Day as a way of raising money for camp scholarships
- Get more kids involved and provide different weekend camps especially during the summer
- Provide more programming and think outside the box. Today's kids don't want to see the same projects over and over again.
- Encourage youth to join homemakers and stay involved

Additional Comments or feedback

- Our clubs do not participate in any of our 4-H programs. That is one of our goals to work on this year. We have new membership who may be more interested in these programs than some of our older members
- Our 4-H program has grown leaps and bounds with the homemakers' help and leadership
- Barren County Homemakers were involved in the 4-H Festival of Giving, 4-H Carnival Kick off, Progressive Ag Safety Day and Communication Night
- Bought 15 holiday 4-H Boxes and Donated 4 custom buckles to showmanship at county fair
- Collects and makes a basket for 4-H fair raffle

Marketing Report Fall Board Meeting November 2023

Facebook pages

Board page

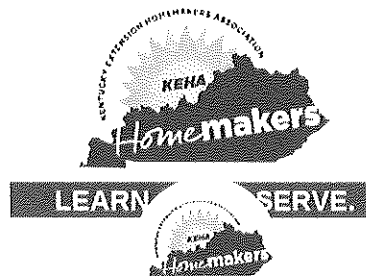
If you are on FaceBook and haven't already; please join the KEHA Board Facebook page.

<https://www.facebook.com/groups/kehaboard>



Extension Homemakers Public page

<https://www.facebook.com/OfficialKEHA>



KEHA Week in October (Always the second week in October)

Thank you to everyone who participated in the KEHA Week activities. I am already working on a fun theme for next year.



Getting to know your Board members.

Thank you to several that have already submitted your information. Because of a good suggestion, I will have an online form questionnaire ready to send out to the rest of you soon. Watch for those posts to come soon.

If you have any suggestions or questions; feel free to email, call or text me.

Have a blessed Holiday season.

Sharon Fields – Marketing Chair

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