

# Educational Chairman Annual Reports

Presented at KEHA Fall 2024 Board Meeting

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## ***Cultural Arts & Heritage Program of Work Report***

**From July 1, 2023, to June 30, 2024**

### **STATE SUMMARY**

Areas: 14

Counties: 69

Number of Clubs Reporting: 256

#### **Reading and Kentucky Literacy**

How many members in your club/county/area used the KEHA Book List this year? 715

Number of books read from the **KEHA Book List**: 2159

Number of books read **NOT from** the KEHA Book List: 32,732

Does your county have a Homemaker Book Club? 16 yes; 52 no

#### **KEHA Cultural Arts and Heritage Passport**

Number of members who participated in the Passport Challenge: 323

Total number of places/events logged in the Passports: 4,564

How many Passports included a description of a work of art? 85

#### **Understanding the Elements and Principles of Art:**

Number of individuals who received a lesson on the Elements and Principles of Art 1,013

Number of individuals who received a lesson on evaluating drawings and paintings 561

Number of individuals who received a lesson on evaluating photography 655

*Using the information learned from the current Program of Work:*

Number of individuals who created a drawing, painting, or scrapbook page 717

Number of individuals who took photographs 1,431

Number of individuals who entered an item in the Cultural Arts Contest 921

#### **Other:**

Does your club or its individual members sell craft items to support Homemaker or other community projects? 40 yes; 27 no

Total funds generated: \$22,727

Number of programs funded: 121

Types of programs funded:

- White Elephant Auction
- Home, Craft and Garden Fair, scholarships, Shop with a Cop
- Community Programs
- Extension Homemaker's scholarships (2)
- Ovarian Cancer Research
- Scholarship
- The Oaks Personal Care Facility providing bingo prizes and personal care items.
- Youth program at church
- Homemaker higher education scholarship for Ohio County High School Seniors
- Scholarships
- Memorials
- State Meeting

- Recruitment
- Area Meeting
- Community Fundraiser
- Clubs - four clubs sold crafts
- Revisited into county program
- Mailbox members
- TJ Sampson Heart Health Seminar
- cancer blankets, homeless back packs, college scholarships, Christmas for needy, Ovarian Cancer Research Fund Raiser, sewing kits for Honduras, project graduation for two schools, maintain flower mound at park, Campbellsville University Welcome Back Bags for International Students, etc.
- Annual Quilt Show, FCCLA Program at Wayne County High School, Hope Center, House of Blessings (soup kitchen), and needy families.
- Scholarships
- 4h
- Graduating Senior Scholarships, St. Judes, project graduation, angle tree, 4-H camp
- Scholarships
- 4-H, Wreaths Across America, Angel Ministry, Meade County FCCLA, MCEH Scholarship Fund, All About Home - Halloween and Christmas, MC Ministerial Assc, Grace Warren, Snacks for VA Hosp., Samaritan Purse Shoeboxes, Valentines for Vets, Girl Scouts, Project Graduation, Crusade for children, Backpack Program, Hats and Gloves, Ciara's House, Georgetown College (in memory of deceased club member), MCEs safety workshop, Meade County Food Pantry, MCHS
- community, Spencer County Schools, Spencer Main Street,
- cancer research, marketing
- Community projects
- 4-H
- 4-H, Club Activities, Retirement Home
- Made Items for Mother's Day and Father's Day for Rest Home Patients
- 4-H Camp, Community Center
- craft items and homemade jams and jellies
- 4H, County Fair, Project grad, animal shelter
- cards, Etsy shop
- Homemaker Crafts
- Community (4), Scholarships, Cassidy's Cause, St. Vincent de Paul

Please indicate the number of members in your (club/county/area) who sell craft items to supplement their household income. 293

### **Additional Comments/Feedback**

- 140 - Community quilt donations to Lexington Area charities
- Niagara Club have taken 2 field trips this year. Guided tours were followed by lunch out. The first was the Henderson Co. Public Library in April 2024 where 9 members participated. The second was the Camp Breckenridge Museum and Art Center in Morganfield, KY where 8 members participated.
- 16 Quilts donated to Linus Project, Quilts of Valor & 4 donated to Nursery at Hospital
- 35 Embroidery Items sold for \$450
- 5 Quilts sold for \$800

***International Program of Work Report***  
**From July 1, 2023, to June 30, 2024**  
**STATE SUMMARY**

Areas: 14

Counties: 73

Number of Clubs Reporting: 285

***International***

1. Number of members who received lesson information on Healthy Eating Around the World: 1772
2. Number of members who tried a new food as a result of participating in Healthy Eating Around the World: 1093
3. Number of members who participated in Healthy Eating Around the World: 1312
4. Number of members who received updates on Ghana or Philippines: 475
5. Number of members who gained knowledge on Cultural Diversity: 1391
6. Number of members who adopted a plan of action on Cultural Diversity: 323
7. Number of members who implemented a plan on Cultural Diversity in communities in Kentucky: 108
8. Number of members who participated in International Month: 1123
9. Number of members who received or learned information about ACWW: 535
10. Number of members who received or learned information about NVON: 669
11. Number of members who implemented environmental changes: 554
12. Number of members who gained knowledge on the following:
  - a. Coins for Change 1553
  - b. Clean Water and Sanitation 445
  - c. Ghana Library Card 221

**Additional Comments or Feedback:**

- One local club went to a new Mexican restaurant in February and another club served a Mardi Gras themed meal. Leesburg club discussed the following international lessons: Pollinators of the World, Mexico, Canada-Niagara Falls trip, Scotland and Japan cultures.
- This year we made about 100 dresses for Ghana. This we done in conjunction with our international luncheon.
- International Night 45 people attended to celebrate Canada. We raised \$360.00 to support the state food and lesson services blessing boxes.
- Would like more information about Ghana and the library, Kentucky Academy. There is very little information on the KEHA Website.

- Our area meeting in September 2023 focused on the country of Ukraine. Lots of information in regard to the country was shared, including its history, foods, customs dance, etc. It was a very interesting and enjoyable program.
- Looking forward to participating in the international program of work, coins of change
- Club donated 50 dollars to the Magai people of Kenya, club members presented as speaker on 2 county international night on Cambodia
- "We discussed the global impact of the Israeli-Gaza conflict- 10 people impacted
- We discussed the International impact of Dr. King during his birth month- 10 people impacted
- In April we talked about the upcoming Kentucky Derby and how England also celebrated Epsom Derby and its link to our Derby.- 12 people impacted"
- "Report comments:
- -We had 3 members travel to Mexico this year to study the culture.
- -The club visited restaurants and explored different cuisines.
- -Members participated in Costa Rica Mission trip and donated items to use
- -International club chairman presented a program on international projects.
- -Lunches served was healthy foods from France and Italy.
- -Members participated in Cooking Around the World.
- -Monthly collection of pennies for Coins for Change"
- Homemaker club meeting- International presenter gave information on cultural diversity around the world with emphasis on France. She emphasized differences in dress, customs, and foods. The Club hosted a potluck dinner with various recipes and samples of France foods. Club also participated in coins for change. Reports on international projects by various members who participated in many projects such as shipping materials to people in other countries (clothes, non-perishable items, etc.)
- In Homemaker year 2023-2024, 2,018 medicine bottles were donated to Matthew25Ministries. 8,291 bottles have been donated since the program began in 2019. Eight pounds of aluminum pull tabs were donated to Ronald McDonald House in Cincinnati, Ohio
- ask things that are more related to us
- Planted tree at Extension Office on Arbor Day. A representative of each club participated in ceremony. Distributed 100 white oak seedlings on Arbor Day, assisted by forester from KY Division of Forestry
- We did not include the International pow this year but have already scheduled activities for the coming year.

## Family and Individual Development Program of Work Report

July 1,2023 – June 30, 2024

### Summary

Areas reported: 13

Counties Reporting: 73

Clubs Reporting: 308

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

Members who said this program was helpful- 1076

Publications they used

- a. Health Bulletins past & present were useful
- b. KEHA & UK Lesson Materials
- c. Grief Living Past Pandemic a UK Publication
- d. Lesson materials on Self-Care & Self pampering
- e. Cleveland Clinic medical website, including Extension & KEHA handouts
- f. Mental Health during the first Year of Covid-19

Suggestions to make the topics better

- a. Updated materials on health issues
- b. Teach the leaders the lesson for better understanding to the Homemakers.
- c. Group discussions

Did you put together a survival kit and how many did you distribute? Yes 24 No 36

How many did you give out? 419

Purpose for kit:

- a. Recovery centers
- b. Survival items
- c. For emergencies
- d. For caregivers
- e. To booster morale
- f. To show people we care

#### 2. Self-Care & Self-Pampering

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

- a. Got together with other homemakers for a girls makeover day.
- b. Taking time for Me was a popular activity with most clubs.

- c. Made daily journals documenting what we are grateful for each day.
- d. Social outings with family like movie nights out.
- e. Taking the club to visit a nursing home to cheer up residents.
- f. Joined a women's exercise or walking group

What publication did you use?

- a. UK Self help publications. Resolve to Self-Care & Self-pamper
- b. A variety of Magazines
- c. Lessons provided by our Extension Office.
- d. Handouts from State meeting.

### 3. Self-Care and Strengthening Family & Community

What was your family quality time?

- a. Sunday church
- b. Lunch with friends
- c. Quiet time no electronics allowed
- d. Taking a drive together to see the beauty of your surroundings
- e. Doing a shared hobby like gardening, bird watching, sports.

Number of members or member's families who participated in a community project. 1378

What was the project?

- a. Donated to a blessing box or food bank
- b. Delivered food to shut-ins
- c. Wrapped presents for a community party, vendor bags for an event
- d. Helping in cleaning up a community park and trash from the roadside
- e. Working at a food bank and volunteering at my church

### 4. Number of members who taught this program to a Individual or a group? 220

Total number reached 3422

Are there any comments from you or others on this program.

- a. Encourage young people to do more in their community
- b. County programs should be better communicated.
- c. We did not do this program
- d. Early detection is very important to combat problems
- e. Self improvement from helping others

#### Additional Comments or Feedback

- a. The self-care classes were well received
- b. We did not have these classes this year, but have them for this next year
- c. We did not have these lessons but already stock blessing boxes

Summary by Amelia Godfrey

Information taken from the Family and Individual Development Program of Work Reports  
2023-2024



***Environment, Housing and Energy Program of Work Report***  
**From July 1, 2023, to June 30, 2024**  
**STATE SUMMARY**

Areas: 13

Counties: 73

Number of Clubs Reporting: 280

***Environment, Housing & Energy***

1. Number of members who took actions related to environment, housing and energy listed below between July 1, 2023, and June 30, 2024:
  - a. How many Homemakers had lesson on radon? 1584
  - b. How many shared lessons on radon? 549
  - c. How many have learned the effects radon had on their health? 1347
  - d. How many used the resource information given? 772
  - e. How many members coordinated a program with Waste Management Offices in their county? 107
  - f. How many coordinated with their Local Health Department on radon programs? 121
  - g. How many KEHA members have tested their homes? 290
  - h. How many KEHA members have shared their experience? 342
  - i. Initiated or participated in an Adopt-A-Highway project: 140
  - j. How many Homemakers had a lesson on home safety/emergency preparedness? 1953
  - k. How many shared a lesson on home safety/emergency preparedness? 809
  - l. How many coordinated with their Local Health Departments on home safety/emergency preparedness programs? 111
  - m. How many KEHA members have emergency preparedness kits? 2587
  - n. How many KEHA members have taken steps to make their homes safer? 1827
  
2. What topics/areas of Environment, Housing and Energy would your club/county be interested in learning more about?
  - Going to work on Carbon Monoxide for 2024-25 year
  - recycling and solar power
  - making home more energy efficient
  - Water safety, energy conservation, recycling, composting, lead paint, shelter locations, solar, future of hydrogen, how to save on electric bill
  - Solar Power-making your home more cost effective more about water systems
  - How to conserve energy?
  - More information on solar panels
  - Honey Bees and climate change.
  - Arbor Day, Re-planting Resources, Hummingbirds

- Solar panels (there is so many conflicting opinions), alternative energy sources (anything new) and electric cars
- How to use integrate solar panels
- Farming and simple ways to improve your environmental impact
- How to safely use weed killer or pesticides for home use
- Laundry safety with pesticides, oils, weed killer
- Solar panels; internet & cell coverage; radon program; emergency readiness; proper way to dispose of items such as paint, aerosol cans, batteries, etc.
- How to DIY home projects like caulking windows.
- Recycling
- new products in housing
- window treatments, heating and air, flooring, roofing, solar/wind power
- mold, decluttering, repurposing items, advertising/ awareness of recycling bins, info on gardening chemicals, housing for older age groups, landscape gardening.
- mold in the home
- carbon monoxide training
- Tornado Go Bag, Earthquake Preparedness, and Radon
- How to lower your electric bill.
- Environmental impact of "Fast Fashion". Let's learn about the New Madrid Fault line and earth quake risks in Kentucky.
- saving money on energy bills.
- Learn more about Solar Energy, Winterizing your home, Making homes run efficiently, Gardening, Food Prep & Preservation
- Waste management and disposal
- Program on smoke alarms, recycling, and energy saving tips
- Downsizing
- Safety for homes with Seniors and for grandparents raising small grandchildren
- How to make an emergency preparedness kit. Mold.
- What cookware is safe to use? - Water and energy conservation. - Gardening
- water pollution
- Minor car maintenance
- Waste management/recycling
- computer information
- electric cars, Rumpke recycling
- Solar Panels
- Food safety - living off the grid
- How to help others after a disaster, Ways to improve energy efficiency around the home
- energy efficient ac/refrig units

- Tornado Preparedness
- Side effects of Radon on the body

3. Please share a one paragraph description of an environment, housing and/or energy program conducted by your club/county. (Use back of page if needed.)

- We included radon information in our newsletter to provide education.
- none
- A local butterfly Garden has been created for the Monarch butterfly. Also, this garden is for our pollinators. Emergency medical information kits were handed out at local health fair.
- One program that was presented in our county was on Emergency Preparedness. We had 12 members attend the evening program with 13 creating emergency disaster prep kits for our home that included NOAA weather radios, measuring pitcher, bleach, matches, whistle, fireproof document holder, just to name a few.
- The Scott County Extension Homemakers coordinated and hosted a safety day with guest speakers from the fire department, police department, and health department, in addition to hearing a presentation from the Scott County FCS Agent. Members learned about fire safety, emergency preparedness, radon, infant sleep safety, and steps of securing their homes.
- the county attended an area wide event planned by FCS agents that coordinated with Franklin County EMS and Franklin County Health Department to learn about disaster preparedness, CPR and the importance of being ready for anything. Participants made a emergency kit and learned hands on CPR.
- Carbon monoxide was presented very informational video. Random lesson was taught for community by FCS agent at the Extension Office. Participants received free radon testing kits and fact sheets.
- "Had the lesson on carbon monoxide with a local fireman speaking to the group. Very informative.
- Two members took the Paw Paw Lesson. Very impressed. They received seeds. They planted them, they are thriving and growing. When able to transplant they will be taken to a family member in Georgetown, KY and will plant them on his farm land. They will be in honor of the Union County Homemakers."
- Participants had for their monthly lesson a class on emergency safety. Participants received information on extension office emergency procedures and how to assemble a first aid kit. Participants witnessed a weather radio demonstration, discussion on home fire extinguishers, and importance of smoke detectors.
- We maintain a flower mound at local park.
- Members of the Odds 'N Ends Extension Homemaker Club replaced roses and put down new mulch at the Aspire Center.
- The members of Horizon Homemakers believe in keeping our county clean. We are an Adopt-A-Hwy club who cleans up a 2 mile stretch in our county, at least 3 times a year. Most

years we pick up trash more than the required pickups. Keeping the roads clean in Bracken County is on way the horizon Ladies show their pride in our county.

- radon test, highway clean up program, fire department did training on radon and fire safety
- Grayson County Homemakers collaborated with the local DAR (Daughters of the American Revolution) chapter to collect bottle tops to be used for a buddy bench at the Grayson County High School. Enough bottle caps were collected to make 2 benches!
- Emergency Disaster Preparedness Program which provided information pertaining to severe weather, gas leaks, police activities, missing persons, utility outages, floods, fires, etc
- One club member chaired the Recycling Program - group discussed recycling at meetings.
- A presentation was given to approximately 30 homemakers at their club meeting. Information for a free radon kit for everyone in Bullitt county. This information was shared with all 4 Homemaker clubs.
- Barren County Homemakers Participate consistently doing Adopt-A-Highway project in the County.
- Radon Awareness display was set up at the Metcalfe County Library during Radon Awareness Month.
- Environment, Homemakers still taking care of family members graves by keeping cleaned off, stone washed, and grandchildren place flowers on graves or saddles of flowers on top. Helping grandchildren in learning more about their late grandparents.
- A program recycling and sustainable practices easily begins in our home was taught.
- We did radon as a mailout lesson that went out to 200 members. One club leader taught the lesson in their club to 10 members
- Lesson on Radon and emergency preparedness
- On 4-22-24 Pike County distributed free weather radios. The County received a hazard mitigation grant to hand out 5000 of the radios. Areas targeted for the giveaways are places historically flooding, as well as areas with cell service issues. Robinson Creek/Virgie Homemaker Club cleans the community center they host their meeting in after the meeting and also volunteer to clean the center before meetings. Homemaker Member shared information about solar light bulbs.
- A member shared with her club and member of the Senior Center on safety preparations for winter: food, shelter, etc.
- Our agent had a Lunch & Learn session on Emergency Preparedness. During this session, we learned how to prepare an emergency kit and where a safe place to store the kit. We also learned about the safest places to be during severe weather and the various items need for the situation you may find yourself in.
- A second Lunch & Learn was on the Radon topic. Information was given by the local health department on the dangers of Radon and each participant received a radon tester. "
- free radon kits
- Our County Shared a lesson on solar panels for home, farm, fencing equipment and more

- Recent power outage
- Over 40 homemakers and community members attended a presentation on Radon detection. The program was coordinated through the local health department. They talked about what Radon is and how to detect it. Even gave information on what to do if radon is detected in your home. The health department gave out radon detectors to those in attendance.
- Homemakers participate in a recycling project that they complete throughout the year.

**Food, Nutrition and Health Program of Work Report**  
**From July 1, 2023, to June 30, 2024**  
**STATE SUMMARY**

Areas: 14

Counties: 75

Number of Clubs Reporting: 289

Food, Nutrition and Health (Area Chairs: Please list each county's number of participants.)

1. Number of members who:

a. Had an annual physical / check-up: 3188

b. Had a Mammogram: 2413

c. Had an Ovarian Cancer Screening: 625

d. Had a first time Ovarian Cancer Screening: 101

e. Had a Diabetes Screening: 2138

2. Number of members who participated in:

a. One or more local blood drives: 428

b. One or more local health fairs: 800

3. Food security:

a. Number of members who donated to a local food bank or food pantry: 3069

b. Number of members who volunteered time at a local food bank or food pantry: 826

c. Number of children served by a local "backpack for hunger" program: 14546

4. Did your club/county host an Ovarian Cancer Awareness fundraiser? 20 Yes; 49 No

If yes, how many attended? 1061

How much money was raised? \$25,882

a. Did you participate in other activities to raise awareness of ovarian cancer? 23 Yes; 42 No

If yes, please describe:

- 1 club member on the watch list for ovarian cancer with UK
- Other county teas
- at our annual recruitment ice cream social we have a quilt auction and donate the money raised to ovarian cancer research
- Every member donated \$1 through KEHA membership
- Table Display at Harvest Day
- Received donation on ovarian cancer quilt
- had a display at a community meeting
- Donations are taken at most county events and awareness is mentioned
- collected monies at monthly meetings
- discussed ovarian cancer program at UK and meet to have annual exams
- UK Ovarian Cancer screening and research project - groups getting screened
- Screenings
- Homemaking in the Mountains, Coins for Change
- through dues
- Gave information to club members
- have fundraisers to raise money for ovarian cancer

5. Physical Activity:

a. Number of members that exercised regularly (20-30 minutes at least 3 times weekly): 1847

b. Number of members who have helped implement environmental changes to support physical activity (i.e. install a walking path, bike trail, etc.): 261

c. Number of members that reported an improvement in overall health due to increased activity: 1386

6. Nutrition:

a. Number of members who gained knowledge and made healthy food choices: 8220

b. Number of members who purchased fresh foods at a local farmers market: 2187

c. Number of members who supplemented their diets with healthy foods they produced/preserved: 1782

7. Please list 1 or 2 exciting food, nutrition and health programs you would like to see implemented.

- Making own spices
- Whole foods vs processed foods
- diabetes education, meal delivery services
- Healthy snacks. Good vs bad carbs
- 1. Include healthy recipes for people receiving food from food banks, or offer onsite cooking classes/demonstrations on how to cook nutritious meals from foods they receive.
- 2. Promote meals delivered to home -- how to know where to sign up to receive these meals."
- Cooking with spices and fresh herbs
- crock pot cooking for 1
- label understanding"
- Managing Diabetes, Essential Oils, Carbohydrate Counting, Healthy foods related to cancer prevention, Preventing Osteoporosis/Osteopenia
- Healthy Quick Meals, Insta-pot, Grilling, Yoga, Air Frying
- Landfills and how they are managed; Effect of pesticides on human bodies & the Environment; Information about thermography and how it can detect cancer before mammograms can.
- Sourdough starter
- 60 day pickles
- Health slaw (Cole slaw)
- Nutrition for people over 60; walking club; heart healthy menus; diabetes prevention
- Lesson on foods that will improve auto immune system
- eating on the run, heart healthy foods, spice it up, and holiday foods.
- vegetarian cooking,
- "Nutrition and physical activity to reduce possibility of developing Alzheimer's -- for Brain Health.
- Passport to locally available walking trails w/ a series of walking 2.5 - 5 K's for Homemakers, sponsored at an area level.
- weight class
- moving class or walking class
- yoga
- health ways to cook for working people quick meals
- I would like to see an exercise competition between counties. Everyone can log minutes of exercise for a number of months and winning county receives an award/trophy for the year. Trophy stays with that county until different county wins.
- Nutrition programs for young folks
- air fryer class
- How to use air fryers
- Safe Exercise for Seniors
- Food preservation classes
- None listed
- Recipe sharing
- Taste tests
- Learning new cooking methods (air fryer, convection oven, etc.)
- lessons on Blue zone, lessons on Mediterranean diet, electric pressure cookers, commodities recipe, convenience mixes
- Pickle Ball
- Food Around the World
- basic canning & freezing, raised bed gardening
- More knowledge about salt and its substitutes.
- Information on reading Organic labels
- Cooking with leftovers
- Freezer Meals

- More food preservation classes.

8. Please also list up to 2 extra (not listed above) food, nutrition and health programs you are implementing now.

- Holiday Foods
- Peter Rabbit - Nutrition Month
- Recipe for Life
- Assisting with 4-H Cooking Club and attending Cooking Through the Calendar
- Cast Iron Cooking, Savor the Flavor Lesson and Activity
- In September our county will be working with Christian Community Outreach to implement a new birthday section. We will provide a birthday kit that includes cake mix, frosting, candles, a birthday card, etc. in a disposable pan to be given out when clients have a birthday.
- Small appliances - air fryers and slow cookers, different types of each
- Dehydrating apples
- Recipe for Life
- Backpack program
- did cooking through the calendar and dessert it up at Kenton point
- We had a healthy eating around the world lesson and cooking with vinegar and oils lesson - 119 Homemakers received the information on each topic.
- Cook Wild, Cast-Iron Cooking, Charcuterie, Herbs and Spices, and Cooking through the Calendar are programs that have been implemented or are being implemented.
- Monthly Plate it Up! Cooking Club
- Monthly Lunch Bunch Club, which visits and supports local restaurants to help people avoid social isolation.
- Move Your Way physical activity
- Some club members meet to walk and talk regularly.
- Plate - It - Up KY Proud seasonally appropriate recipe samples provided at meetings and leader trainings.
- cooking thur the calendar each month
- attended the farmers market
- Sr. Farmers Market Vouchers
- Cooking Through the Calendar
- Lunch and Learn
- Cooking through the calendar, Local Farmers Market, Guest speaker on Food handling
- Cooking through the calendar
- recipe cards printed in newsletters
- A Lunch & Learn on Health & Wellness screenings with 7 in attendance was held by Mary Schneider Regional Cancer Control Specialist II presenting the program.
- Body Balance
- Food as Health
- Let's Play Pickleball
- Planning Thrifty Holiday Meals, Savor the Flavor: Seasoning with Spices, Strong Bones for Life: Prevent Osteoporosis
- Bingocize, walking program, wits workout, tasting through the calendar, drop it like it's hot etc
- Hiking for Health, Get Moving and Drop It like It's Hot

9. Comments/Feedback:

None



**KEHA LEADERSHIP DEVELOPMENT PROGRAM OF WORK REPORT**  
**JULY 1, 2023-JUNE 30, 2024**

**Reporting**

14 Areas    73 Counties    297 Clubs

**Trainings Conducted**

60 reported offering club, county or area officer training with 680 receiving training

46 reported offering club, county or area chairman training with 491 receiving training

The training provided greater understanding of the functions of the organization; motivation for the leaders to better perform in their roles; and knowledge of how information from the State level can enhance the local programs.

**Volunteer Hours** reported totaled 786,154.8

Extension	683,331.95
KEHA	84,207.35
Community	265,327.3
Personal	368,288.2

**Educational Scholarships** valued at \$55,748 were awarded to 106 individuals.

- 627 Club scholarships – \$9,960
- 339 County scholarships – \$45,583.50
- 2 Area scholarships – \$1,500

**Positive Impact Program Reported** included multiple community service projects supporting senior centers, nursing homes, and schools; bazaars, bake sales, and fundraisers supporting 4-H and local food pantries; and, veterans/first responders appreciation events. Following are highlights of several impactful programs from across the state:

- Provided Birthday Kits for the backpack program
- Created a queen size quilt from quilt blocks made by individual Homemakers that was then raffled raising \$1,200 to support 4-H camp scholarships
- Provided gloves/mittens, hats, and socks for “Warm the Children” program to children through the schools’ Family Resource Centers
- Built and stocked Blessing Boxes
- Assisted a different local charity monthly thru their HUGS (Helping Understand by Giving Service) program
- Funded a program to assist students and teachers at low income elementary school
- Initiated officers’ training at every Council meeting related to the current County, Area, and/or State activities
- Sponsored a “Giving Tree” for supplies at an elementary school
- Donated items to free soup kitchen for homeless/low income providing 70-80 meals daily
- Made adult bibs for nursing home residents
- Partnered with local health department to provide education about radon detection
- Held a box lunch fundraiser to support scholarship program

Prepared by  
Cyndy Humble  
Leadership Development Chair

**Management and Safety Program of Work Report**  
**From July 1, 2023, to June 30, 2024**  
**STATE SUMMARY**

Areas: 14

Counties: 75

Number of Clubs Reporting: 267

1. Transferring Cherished Possessions

Number of members who:

- a. Increased their understanding of what makes up an estate. 1663
- b. Increased their understanding of legal considerations for non-titled property. 1540
- c. Plan to start an Asset Distribution Plan. 932
- d. Plan to start writing a Letter of Last Instruction. 969
- e. Plan to contact an estate planning professional. 804
- f. Plan to update or create a will. 1254

2. Emergency Health Information Cards

Number of members who:

- a. Plan to fill out and use an EHI Card for self. 1950
- b. Plan to share the information and/or EHI card template with others. 1514
- c. Number of people with whom members shared the EHI Card: 3156

3. Scams and Frauds

Number of members who:

- a. Feel prepared to protect their money from fraud as a result of the programming: 1677
- b. Received possible fraudulent offers (by phone, email, mail, in-person, etc.): 2443
- c. Took steps to reduce offers: 1532
- d. Implemented strategies to protect themselves from scams, frauds, and security breaches: 1645
- e. Reported potential scams to authorities: 847
- f. Actively monitored for identity theft by checking annual credit reports or enrolling in a monitoring program: 1024

4. Additional Lessons

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

- living wills, advanced directives, letter of last wishes, estate planning and probate
- Health Information Packet
- One Club discussed completing a comprehensive list of all financial aspects so executors will not have to search for those things.
- Agent used Money Habitudes and provided program on Scams
- We did a program about final wishes in partnership with local hospice.
- in our club we have talked about fall prevention.
- Lady from Bank on Fraud, Police Chief on Safety & Fire Chief on home protection.
- Grilling Safety
- Bingocize Falls prevention
- Cooking safety has been requested
- We invited an expert on computer and personal safety to the Extension office to give a talk

on personal security, in regard to credit cards and passwords on websites. We had about 30 people attend. Everyone was very impressed with what he shared.

- different types of Medicare supplements
- any type of estate planning
- Coping with Trauma After Natural disaster lesson was shared with 119 Homemakers
- Identity Theft and Avoiding Fraud shared with 119 Homemakers
- Organizing Tips for Productivity shared with 119 Homemakers
- County lesson provided on Fraud and Protection as well as local Fraud Protection program offered by local bank.
- presented monthly lesson on emergency preparedness to both Homemaker Clubs
- Emergency Preparedness in preparation for different types of disasters.
- Preparation of wills, estate planning, etc"
- Our County and Area purchased Fire Safety at Home Booklets and Escape plan for the Home worksheets to hand out in the county.
- Safety for Women
- Estate Planning
- Did meetings on scams and what to look for/signs of scam.
- Member discussed steps to take if you suspect radon gas
- One local club is taking precautions to be on the lookout for emails that should not be opened. The Boone County Management and Safety Chairman gave two presentations at her church and community senior group about the EHI card. Also cards were made available at the county fair and most of the county homemakers events. A lesson preventing indoor falls was also presented to her senior citizens community group.
- Owen Co lunch & learn session ""Getting Your house in Order"" discussed funeral planning, declarations, living wills, power of attorney, pre- planning arrangements. The session's speaker was given by their local funeral home.
- Pendleton Co reported discussions involving space heaters, maintaining a healthy bladder, cooking safely and lithium Ion battery safety.
- Boone Co club is taking precautions to be in the lookout for emails that should not be opened.. Boone Co M&S chair gave 2 classes at church & community seniors about the EHI cards. Cards made available to them and at the county fair and most county HM events.
- The Lunch & Learn session, Getting Your House In Order discussed funeral planning, declarations, living wills, power of attorney, pre-planning arrangements. This session's speaker was given by our local funeral home.
- space heater safety, healthy bladder, lithium ion batteries, cooking safety
- Time Management
- Living Wills - April (12 Present)
- Organizing tips
- Productivity tips
- Disaster Preparedness
- Time Well Spent
- Small Steps to Health and Wealth

#### 5. Additional Comments/Feedback

- Interest in lessons on these programs:
- Home Business Opportunities
- Estate Planning
- Living Wills
- interested in programs related to: fall prevention tips inside the home, safely traveling with children, importance of sun safety

## **4-H Youth Development Program of Work Report**

**From July 1, 2023, to June 30, 2024**

### **STATE SUMMARY**

Areas: 14

Counties: 70

Number of Clubs Reporting: 256

Has the County 4-H Educational Chairman met with the 4-H agent?	<u>45 yes; 23 no</u>
Were the Homemaker Hobbies/Expertise questionnaire filled out and tabulated?	<u>16 yes; 48 no</u>
Number of 4-H Youth engaged in activity with Extension Homemakers:	<u>3,963</u>
Number of total KEHA Volunteer Hours with 4-H for this year:	<u>11,154</u>
Number of 4-H Events supported through Homemaker volunteers:	<u>229</u>
Number of 4-H Clubs lead by Homemaker volunteers:	<u>84</u>
Number of Homemakers who volunteered with 4-H Communications Programs:	<u>108</u>
Number of Homemakers who assisted with 4-H Project Days	<u>229</u>
Number of Homemakers who served as Adult Counselors at 4-H Camp:	<u>39</u>
Amount of 4-H Camp Scholarships provided in dollars:	<u>\$25,253.60</u>

***Please list as much information that is relevant to assist our evaluation:***

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

### **COMMUNICATION**

- Encourage communication between 4-H Leadership and Homemakers Clubs about what types of involvement are needed. We are a fairly new club and didn't realize the connection between 4-H and Homemakers until we were filling out reports last year. We are working on ways to become more involved in the 2024-2025 year.
- Work to publicize the work of both 4-H and KEHA on the county level in order to get more people involved, especially homemakers. It would be beneficial for homemaker members, especially those who live alone, to become involved in 4-H programming. There is a lot that can be learned from the younger generation (it goes both ways - learning from each other).
- Invite Homemakers to 4-H council meetings
- Have 4H agent speak to homemaker council or meeting on ways to assist (3)
- More communication of needs.
- Meet with new agent and offer our service. Have information available of what 4-H needs and information on what KEHA does.
- Meet with 4-H agents to determine what homemakers can do to support 4-H.
- let homemakers know what is needed and they will help
- Continue collaborative efforts when program planning. Utilize the expertise of Homemakers when seeking volunteers.
- More information about why they meet and what they need, working on improvement for next year
- Make clubs aware of how much volunteers are needed
- Closer relationship between 4-H and extension homemakers
- Try to encourage more homemakers to volunteer with 4-H. Involve the 4-H agent in

encouraging members to help.

- more collaboration and better communication with the agents

## **TRAINING**

- Offer a planned lesson with 4-H Members and invite 4-H Members and parents to the KEHA Open House in October during KEHA Week.
- Adults understand the skills needed to partner with 4-H youth.
- Include a Homemaker lesson outlining 4-H in conjunction with Kentucky Extension Homemakers

## **AWARDS AND RECOGNITION**

- Encourage awards in this area. Encourage 4-Hers to participate or showcase at KEHA annual meeting
- Create special awards for Homemakers supporting 4-H or 4-H volunteering with Homemaker events

## **OPPORTUNITIES**

- Fill out questionnaire in the beginning of the homemaker year; explore more partnering options
- How to encourage more volunteers to help with 4H.
- Our county has a new 4-H agent and we hope this will increase opportunities in the future
- More 4-H scholarships.
- Homemakers with grandchildren and those participating in the Piecemakers quilt guild become involved in 4 - H activities, if they are able.
- Assist with a beginning to learn sewing
- Helping with educational classes
- Volunteer more - better communication (3)
- continue to work with 4H agent
- reading programs, mentoring programs

## **What other resources do you need to work with young people?**

### **TRAINING**

- Training for working with youth. Engaging youth
- patience and understanding that children learn at different paces
- More training about age appropriate approaches to some of our classes.
- training, reading materials on things need to help with
- Knowing that the opportunity exists to be able to help young people. Some people may need help in knowing how to work with young people, such as a training

### **RESOURCES**

- Update the patterns and projects to current fashions and interests to make the more appealing to today's youth.
- Increased facility size. Equipment.
- 4-H cooking club needs stools or something in the kitchen for the younger children can reach the areas to cook on

- Hands ON projects
- list of possible events
- Time, flyers in schools, someone from clubs visit schools
- Time and money. Know about events in advance
- patient and time
- materials to support common interests, support from FCS & 4-H agent collaborations, relatable reference materials

## **LEADERS/VOLUNTEERS**

- Leaders
- We need more adults who want to be involved working with young people.
- People willing to do it
- Help with poinsettia sales
- more volunteers and patience
- more volunteers

## **Is there a youth program you would like to start in your county?**

- Community Service Club and Manners Class
- possible Homesteading Group
- 4-H crocheting (2)
- Expansion of Back-Pack program
- We have been active with 4-H in the past with sewing projects. We have not gotten back on a good start-over since the Pandemic Quarantine. This is our project for 2024-2025 to get more involved with the 4-H.
- After school opportunities for youth
- Youth music lessons
- A cooking Club was recently formed, and well received by the children. It is led by Homemaker, Cindy Williams.
- 4-H communication program
- Junior Homemakers or FCS club (3)
- I would like to see a revamped arts and crafts program. We had good attendance before.
- Grandparent Reading Program
- Bring the Reality Store game back.

## **Additional Comments/Feedback**

- One club donated \$210.00 to be used to help purchase snacks and other items needed for 4-H club camp for Henderson Co. in June 2024. This club, in the past, has provided funds to enable students to attend camp.
- 6 volunteered as day counselors
- 4-H project days: helped watch 4-H exhibits at county fair
- 4H Agents need to be encouraged to use and tap into the Homemaker volunteers. Many agents try to recruit their own people and come up short never asking for Homemaker help until the last minute.
- \$25.00 to 4-H person who was high point at the Boone County Fair in Home Environment entries. Worked with 4-H agent with the winner.
- Events supported: Wool Festival, Fair and camp