

Family and Individual Development Program of Work Report
From July 1, 2022 to June 30, 2023

Name of person completing this form: _____	
Phone: _____	Email: _____
For clubs reports: Club reports are due to the County Family and Individual Development Chairman by July 1, 2023 . Club Name: _____	
For county reports: County reports are due via online surveys by August 15, 2023 . The surveys will be available at http://keha.ca.uky.edu/content/impacts by July 1, 2023. A copy of the submission should be mailed to the Area Family and Individual Development Chairman by August 15, 2023. County: _____ Number of Clubs reporting: _____	

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

Number of members who said this program was helpful: _____

What publication did you use? _____

Suggestion to make this topic better: _____

Did you put together a “survival kit” and distribute? ____ Yes ____ No

How many did you distribute? ____ Purpose for kit: _____

2. Self-Care and Self-Pampering

What changes did you make that helped you feel better about yourself? (Example: new hair style, monthly outing with friends, etc.)

What publication did you use? _____

3. Self-Care and Strengthening Family and the Community

What was your family quality time? (Example: no electronics during meals, monthly outings, etc.)

Number of members or member families who participated in a community project: _____

What was the project? (Example: food boxes, neighborhood clean-up, etc.)

4. Number of members who taught this program to an individual or group: ____ Total number reached: ____

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

