

Louisville Area Extension Homemakers
President's Report for Fall KEHA Board Meeting
July 2015 – June 2016

The 7 counties of the Louisville Area have participated in many of the usual homemaker activities during this past year. I have had the privilege of attending some of these activities, reading about them in their newsletters, or receiving the information from their KEHA POW reports. Many counties had programs to welcome the start of their Homemaker year; had activities during National Homemaker Week; hosted Holiday events; had International Programs; participated in an area wide Cultural Arts Competition; attended a Leadership Retreat; volunteered at their local and the KY State Fair and had good numbers attending their county, area, and state meetings. Those were many of the usual activities we have come to associate with Homemakers. To highlight one event from each county, I ask each county to send me a description of one activity they would like for me to include (brag about) in my report. Here is what I received:

Bullitt County - The Sew Busy Club has made over 400 pillow cases for children to have as they are receiving treatment at a local hospital. A single member of the Cedar Grove Club has made 140 Little Dresses for Africa. Her source is Nancy's Notions and they ship the dresses to their destinations.

Henry County – For the past 10 years the Henry County Homemakers have been partnering with local Nursing Centers to grant the dreams of their residents. This is a part of the national Second Wind Dreams program. They have granted over 350 dreams.

Oldham County – The Oldham County Extension Homemakers partnered with the Oldham County Library to introduce basic information about sewing, kinds of fabrics, and costume design at a "Cosplay Workshop". The term Cosplay comes from "costume" and "play". Two Master Clothing Volunteers, the FCS County Extension Agent, and more than 10 Homemakers assisted 20 participants with making costumes that portrayed their favorite superhero.

Shelby County – The Shelby County Homemakers hosted their 10th Veterans Appreciation Reception. They honor veterans whether they are stateside or on foreign soil. This year they had 2 speakers, a Navy Seal and an Army Veteran. Each spoke of their service and what it meant to them. Another project was their International Lunch Program. A Homemaker member had a Chinese exchange student in their home. The exchange student Ella spoke about school and how her life in China is so different. She wore a traditional Chinese garment. They had Chinese food for lunch.

Spencer County – Sent a list of 24 activities they have done. Two that I thought were very interesting was, 1) sponsoring a Valentine's Day Dinner with proceeds going to help build and furnish homes for Habitat for Humanity. 2) 30 SOS classes were taught by volunteers.

#s tell the story of all the work Homemakers do! The following information was collected from the KEHA Program of Work Reports. I personally think if we are ask to do these reports we should use them more, more emphasis should be placed on them, and then maybe we would do a better job in collecting the information they ask for!

Cultural Arts & Heritage- 6 counties reporting

- 5 counties used the KEHA Book List
- 3 counties participated in the reading award's program
- 2 counties have a Homemaker Book Club
- 36 homemakers received information on Ceremonial Quilts
- 32 homemakers went on a cultural art trip
- 31 homemakers read a book related to Native Americans
- a total of \$2,700. was generated to fund Second Wind Dreams, Food Banks, Scholarships, and Martie Kitchen (a program in Bullitt County, that provides a hot meal for anyone who needs a hot meal)
- 43 homemakers sold crafts to supplement their household income

Environment, Housing & Energy – 3 counties reporting

- 59 made changes in their home to improve indoor air quality
- 92 implemented one or more energy conservation practices
- 63 implemented one or more water saving practices
- 42 implemented changes in their homes to eliminate pests
- 119 recycle regularly
- 6 used a rain barrel, 5 as a result of a KEHA lesson
- 56 were familiar with the concept of a rain garden
- 6 adopted new landscape practices as a result of the KEHA POW

4-H Youth Development – 4 counties reporting

- 111 members worked with youth, providing 1,452 volunteer hours
- 17 scholarships given, valued at \$2,142
- 13 youth used scholarships with 3,485 plus youth reached
- members have taught sewing, cooking, mentoring at day camp, judged at events & projects, volunteering at Reality Store, and helping make Easter Cards for Nursing Home residents
- 111 people participated in "Let the Consumer Beware in Tough Economic Times"

Family & Individual Development – 5 counties reporting

- 4 counties with 169 homemakers had a session to increase awareness of cardiovascular disease, 30 attended the Living Well Activity, Go Red for Heart Health Program and Healthy Hearts Wear Red
- 4 counties with 282 members made a lifestyle change by buying exercise equipment, attending health workshops and joining Health Centers
- 4 counties with 379 members attended a workshop related to healthy aging, using the lesson Keys to Embracing Aging/Living Well
- 1 county had a program to support military families with 41 members participating with a Veterans Appreciation Reception
- 2 counties with 94 members had events involving fabrics, using the activity of "Come Sew with Us"
- 1 county had a workshop on the care of clothing, with 4 members attending, taught by a Master Clothing Volunteer

Food, Nutrition & Health – 7 counties reporting

- 325 members had an annual physical/check-up, 225 members had a Mammogram
- 186 members had an Ovarian Cancer Screening, 13 were first timers
- 234 members had a Diabetes Screening
- 16 members participated in one or more blood drives, 84 participated in one or more health fairs
- 329 members donated to a food bank or pantry and 107 members volunteered at a food bank or pantry
- 913 children were served by a backpack program
- 1 county hosted an Ovarian Cancer Awareness Tea Party, 12 people attended, \$107. was raised
- 283 members exercise regularly, with 2 members implementing environmental changes
- 177 members reported an improvement in overall health due to increased activity
- 485 members gained knowledge of healthy food choices
- 287 members have purchased fresh foods at local farmer's market
- 168 members supplemented their diets with healthy foods they produced/preserved
- please continue offering the Nutrition Calendars and the Plate-it-Up, we would like lessons on canning meats, making lard, cooking at Farmers Market, Healthy Holiday cooking, and "food of the month" that food basically grown in KY

International – 6 counties reporting

- 206 members participated in an international program that studied Sweden, Denmark, Finland, Norway, Iceland, China, and the American Indian
- 18 members participated in an Area International Program
- \$326.27 was collected for Coins for Change
- 2 counties participated in a project to provide safe and healthy water
- 8 members participate in ACWW "Grow Locally, Benefit Globally by doing community gardens"

Leadership Development – 5 counties reporting

- 11 training sessions provided information for 77 persons
- 306 members volunteered for Extension activities providing 43,366 hours reaching 51,400 people
- 265 members volunteered for community activities and events providing 16,00 hours reaching 10,000 people-47 members increased their knowledge of the governmental process

Management & Safety – 5 counties reporting

- 192 members participated in a financial awareness workshop,
- 63 members attended a financial management , estate planning or retirement seminar
- 56 members became involved in their retirement planning
- 150 members identified cost-saving strategies
- 42 members identify retirement investment options
- 150 members gained confidence in handling money issues based on information received from Extension, 140 learned how to manage holiday spending
- 2 counties had a program that addressed Management and Safety

Thanks to those who reported...*Joyce A. Crigler*, Louisville Area President