

Family and Individual Development Program of Work Report
From July 1, 2020 to June 30, 2021

Number of counties reporting: 78

(All 14 areas represented)

Number of clubs reporting: 263

1. Nurturing Teenagers – Was this program of work helpful?

11 Yes 29 No

Program title: Covid-19 - we did not do this program
* Engage in Farms; * Social Media - Zoom
Summer school
Homeschooled

Number of teens reached: 46

Program suggestion: Virtual Family Connections
Reached teens at blood bank and church youth group but didn't use materials.
Depression and Mental Health Issues with Teenagers (due to the effects of the pandemic)

2. Nurturing Self – Was this program of work helpful?

25 Yes 14 No

Program title: Sweet Enough without All that Sugar
Covid-19 - we did not do this program
Self-Care (3)
Sunrise-Sunsets - Documentation of Rainbows
Get Moving Kentucky
Stand Up to Falling - Body Balance; Making Meal time Easy
Mental Health and Depression
Covid 19
Safe support group
Beautiful You (2)
Color is Key - Wardrobe Accessories and basic wardrobe
Physical activity for the mind and body
Addiction 101 & Mental Health Awareness
Exercise for Everyone, Mental Health Awareness
Holiday at Home
Homemaker Hangouts

Number of participants: 750

Program suggestion: Coffee w/Friends
Diabetes Awareness
Balancing Down time with busy time
Use each year
Surviving in a toxic, misinformed world.
Did not get to do because of Covid
Beautiful You
working out/walking
Stress Management

3. Nurturing Aging – Was this program of work helpful?

22 Yes

16 No

Program title:

Keys to Embracing Aging (2)

Stand up to Falling (2)

Understanding Alzheimers

Gardening, Walking, Water Exercise, Hospice Pillow Project

Covid-19 - we did not do this program

Keys to Embracing Aging - brain activity

Living Your Best Life

Participating in 5K

Fitbit Workouts

Home is Where the Health is

FitBlue

Fall prevention, arthritis exercise program, smart moves

Elderly

Retirement and downsizing

Air Fryers, Meal Kits: Are They Worth It

Focus on Caregiving

Homemakers, from one club, did crafts with residents at Assisted living center.

They also make 16 gift baskets with the community for the residents at Christmas. This allowed residents without family to receive a gift.

Number of participants: 393

Program suggestion:

Participate in community 5K Walks

Skin care for aging people

Do two sessions

Understanding Alzheimers and Dementia

caregiving

Strategies for caring for a short-term sick loved one including resources on who to call

4. Actions Implemented:

Utilized the FitBlue app for mental health - 298 members

Followed the UK Family & Consumer Sciences YouTube learning channel - 213 members

Started healthy regular outdoor activities - 593 members

List activities:

- Walking (42)
- Gardening (24)
- Yoga (5)
- Working in flower beds/yard work (5)
- Swimming (4)
- Hiking (3)
- Biking (2)
- Kayaking (2)
- Not much activity, because of Covid-19
- Exercise classes
- Picnics
- Camping
- Cleaning around covered bridge
- Playdates w/Children
- Taking pictures of birds.
- Outdoor activity with grandchildren
- Farming
- Sight seeing at parks
- Water activity's on the lake
- Outdoor sports
- Paddling
- Water aerobics
- Running
- Mini golf
- Home Exercise
- 4-H Mothers met outside members' homes in the summer and fall months for their club meetings during COVID-19.

Attended any of the Embracing Aging Series - 103 members
Participated in the Longest Day walk to promote awareness of Alzheimer's disease - 17 members
Sewed face masks to relieve stress and help others - 5026 members; 63,949 masks donated
Experienced depression caused by COVID-19 - 639 members
Felt positive after adopting the plan of work - 330 members

Additional Comments and Feedback:

- Limited opportunities due to no FCS agent and COVID shut down.
- Harrison County Homemakers purchased 2,000 masks and donated them to the Harrison County School System.
- Along with the masks, a county project was putting together 100 gift bags of snacks, thinking of you cards, pens and notepads to the nurses, doctors, and first responders at the hospital.
- We also sent 135 Thinking of You Cards to residents of the Breckin
- Our homemakers made fidget mats and donated to an MSD classroom at a local elementary school and to our local nursing home.
- We also made 370 surgical hats and 25 bibs for face mask shields due to COVID-19.
- Worked on baby quilts to give to Children's Hospital
- Due to the Covid-19 Pandemic, the three County Extension Agents provided free "Program-to-Go" kits for families to pick up and take home to work on together. The informational packets ranged in a variety of different topics such as: Reading, Gardening,
- Affordable Christmas - \$625 County, Affordable Christmas Donation- \$500 Club donation, Affordable Christmas Club Donation- \$250
- We had members make mask so ever child could have one for the 1st day of school.
- Did not get to do much because of Covid
- There was not enough input from club members to complete with accuracy. Due to Covid our club did not meet and all programs were cancelled.
- Donated \$60 to Family Youth Resource Center for masks in our county