

Educational Chairman Annual Reports

Presented at KEHA Fall 2022 Board Meeting

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Cultural Arts & Heritage Program of Work Report
July 1, 2021, to June 30, 2022
Submitted by Barbara Seiter, KEHA Cultural Arts Chairman

Areas: 14

County: 78

Number of Clubs Reporting: 256

Books Read: 5,638

Reading Awards Program: 472

KEHA Book List: 690

Homemaker Book Clubs: 17

Passport Challenge: 131

Number of places/events: 1,885

Swedish Weaving Lesson Received: 767

Swedish Weaving Techniques: 273

Swedish

Weaving Projects Completed: 210

Traditional Cloth Weaving: 540

Cloth Weaving Techniques: 235

Traditional Cloth Weaving Projects Completed: 55

Pin Weaving Lesson Received: 586

Pin Weaving Techniques: 293

Pin Weaving Projects Completed: 152

Total funds generated to support Homemakers and Community Projects: \$26,483

Number of

Clubs: 121 Number of programs funded: 108

Total number of members who sell craft items to supplement their household income: 285

Creative Writing Poetry

- * 1st Place -- Betty Harris, Mason County
- * 2nd Place -- Marie Pitts, Simpson County
- * 3rd Place -- Pamela Lambert, Daviess County

Memoirs

- * 1st Place -- Mary Coghill, Breckinridge County
- * 2nd Place -- Linda Owsley, Hardin County
- * 3rd Place -- Bettina Marple, Hardin County

Short Story

- * 1st Place -- Monica Lewis, Meade County
- * 2nd Place -- Nancy Loyall Turner, Green County
- * 3rd Place -- Marie Pitts, Simpson County

Area Reading and Literacy

Bluegrass Area Counties: 3

KEHA Book List -- 45

Number of books read -- 1,318

Participated in Reading Awards Program -- 21

Book Club -- 1

Ft. Harrod Area Counties: 6
KEHA Book List -- 5
Number of Books Read -- 16
Participated in Reading Awards Program -- 16

Green River Area Counties: 5
KEHA Book List -- 33
Number of Books Read -- 92
Participated in Reading Awards Program -- 15
Book Club -- 2

Lake Cumberland Area Counties: 8
KEHA Book List -- 83
Number of Books Read -- 1,205
Participated in Reading Award Program -- 39
Book Club -- 1

Licking River Area Counties: 6
KEHA Book List -- 69
Number of Books Read -- 1,049
Participated in Reading Award Program -- 23
Book Club -- 2

Lincoln Trail Area Counties: 7
KEHA Book List -- 52
Number of Books Read -- 229
Participated in Reading Award Program -- 31

Mammoth Cave Area Counties: 4
KEHA Book List -- 36
Number of Books Read -- 77
Participated in Reading Award Program -- 71
Book Club -- 1

Northeast Area Counties: 5
KEHA Book List -- 62
Number of Books Read -- 201
Participated in Reading Award Program -- 39
Book Club -- 1

Northern Kentucky Area Counties: 6
KEHA Book List -- 84
Number of Books Read -- 648
Participated in Reading Award Program -- 79
Book Club -- 4

Pennyrile Area Counties: 5
KEHA Book List -- 52
Number of Books Read -- 199
Participated in Reading Award Program -- 32
Book Club -- 2

Purchase Area Counties: 9
 KEHA Book List -- 104
 Number of Books Read -- 277
 Participated in Reading Award Program -- 51

Wilderness Trail Area Counties: 3
 KEHA Book List -- 25
 Number of Books -- 1

Cultural Arts & Heritage Passport

County	Members	# of Places/Events Visited
McLean County	1	10
Hancock County	3	49
Green County	1	47
Russell County	3	19
Taylor County	45	496
Montgomery County	5	36
Morgan County	12	51
Larue County	4	218
Washington County	4	7
Boone County	3	50
Kenton County	1	
Crittenden County	7	78
Muhlenberg County	12	302
Graves County	2	28
Marshall County	15	405
McCracken County	10	86

Weaving

Number of members who received the lesson information on Swedish Weaving

Bluegrass Area	14	Louisville Area	24
Ft, Harrod Area	28	Mammoth Cave Area	19
Green River Area	67	Northeast Area	115
Lake Cumberland Area	36	Northern Ky. Area	69
Licking River Area	165	Pennyrile Area	27
Lincoln Trail	16	Purchase Area	38
Total : 758		Quicksand Area	140

Number of members who learned Swedish Weaving Techniques

Bluegrass Area	14	Louisville Area	17
Ft. Harrod Area	12	Mammoth Cave Area	11
Green River Area	36	Northeast Area	21
Lake Cumberland Area	5	Northern Ky. Area	31
Licking River Area	27	Purchase Area	35
Total: 214		Quicksand Area	5

Number of Swedish Weaving Projects Completed

Bluegrass Area	14	Louisville Area	18
Ft. Harrod Area	4	Mammoth Cave Area	6
Green River Area	27	Northeast Area	15
Lake Cumberland Area	8	Northern Ky. Area	12
Licking River Area	29	Pennyrile Area	36
Lincoln Trail Area	8	Purchase Area	25
Total: 212		Quicksand Area	5
		Wilderness Trail Area	5

Number of members who received information on Traditional Cloth Weaving

Bluegrass Area	2	Louisville Area	13
Ft. Harrod Area	124	Northern Ky. Area	25
Green River Area	47	Pennyrile Area	3
Lake Cumberland Area	99	Purchase Area	2
Licking River Area	135	Wilderness Trail Area	65
Lincoln Trail Area	26		
Total: 541			

Number of members who learned techniques on Traditional Cloth Weaving

Bluegrass Area	1	Louisville Area	14
Ft. Harrod Area	34	Northern Ky. Area	15
Green River Area	28	Pennyrile Area	3
Lake Cumberland Area	99	Purchase Area	2
Licking River Area	13	Quicksand Area	1
Lincoln Trail Area	25		
Total: 235			

Number of Projects on Cloth Weaving Completed

Bluegrass Area	10	Louisville Area	4
Ft. Harrod Area	7	Northern Ky. Area	8
Green River Area	5	Pennyrile Area	1
Licking River Area	11	Purchase Area	2
Lincoln Trail Area	6	Quicksand Area	1
Total: 55			

Number of members that took the Pin Weaving Lesson

Bluegrass Area	8	Louisville Area	88
Ft. Harrod Area	22	Mammoth Cave Area	80
Green River Area	79	Northeast Area	1
Lake Cumberland Area	33	Northern Ky. Area	90
Licking River Area	6	Pennyrile Area	14
Lincoln Trail Area	22	Purchase Area	35
Total: 583		Wilderness Trail Area	105

Number of members that learned techniques on Pin Weaving

Bluegrass Area	8	Louisville Area	77
Ft. Harrod Area	14	Mammoth Cave Area	5
Green River Area	47	Northeast Area	3
Lake Cumberland Area	8	Northern Ky. Area	58

Licking River Area	1	Pennyrile Area	14
Lincoln Trail Area	15	Purchase Area	36
Total: 291		Wilderness Trail Area	5

Number of projects on Pin Weaving Completed

Bluegrass Area	8	Louisville Area	56
Ft. Harrod Area	7	Northeast Area	3
Green River Area	30	Northern Ky. Area	17
Lake Cumberland Area	6	Pennyrile Area	3
Licking River Area	1	Purchase Area	17
Lincoln Trail Area	7		
Total: 155			

Types of programs funded by Homemakers:

Bourbon County Extension Homemaker Scholarship
Teacher Appreciation
4-H Camp
Humane Society, Simon House, Coats for Kids, Food Pantry, Women & Childrens Shelter, Kings Center, 4-H, Sunshine Center, Salvation Army, Fire Dept. Toy Drive
Educational
4-H Food Pantry, Angel Tree, Indian Summer Camp,
4-H Scholarships, Pennies for neighbors, Church Outreach, KEHA Scholarships
Help, Hope, and Hands & the Community Baby Shower
Linemen Appreciation, Tonado Relief, Feed Me Friday, Cancer Blankets
Hope Center, House of Blessings, Needy Families, Backback Program
Scholarships, Chair Auction Project, Bazaar
New Beginnings, HANDS, Butterfly Garden, Senior Citizens Center, Cancer Center, Dog Shelter, Sewing Classes, Homemaker Bazaar, Yard Sales
Ovarian Cancer
Back Pack, Food Pantry, Golden Angels, Project Graduation, Pumpkin Patch, FCCLA Halloween Project
UMW Mission Projects
Various Senior Centers
Homemakers Angel Gown Project, Catsnip
Fidgit Blankets for Nursing Homes. Lap Quilts & Santa Stocking Program for Seniors
Christmas Angel Program
Area Meetings, State Meetings, Ovarian Cancer Research, Magloffin County Homemakers Scholarship for a Senior who has been active in 4-H and Homemakers
County Homemaker Scholarships, Project Graduation, Life House, gifts for Western State Hospital
Club Activities, Church

Additional Comments and Feedback

Bourbon County Homemakers read 4,365 books, not all were on the reading list
Homemakers donated quilts and chocheted, knitted items for hospitals and the Health Department
Homemakers fund scholarships by having silent auctions and selling their crafts. They teach crafts to other members and to the community
Many members made face masks and donated them to various locations and organizations
It would be beneficial if classes could be on You Tube or some kind of video.

Environment, Housing and Energy Program of Work Report
From July 1, 2021, to June 30, 2022
STATE SUMMARY

Area: 14

County: 73

Number of Clubs Reporting: 457

Environment, Housing & Energy

1. Number of members who took actions related to environment, housing and energy listed below between July 1, 2021 and June 30, 2022:
 - a. Participated in the lesson *The Buzz About Honey*: 1,661
 - b. Adopted new landscape practices (such as installing a rain garden): 2,118
 - c. Installed a certified monarch weigh-station: 57
 - d. Initiated or participated in an Adopt-A-Highway project: 86
 - e. Initiated or participated in a plant and/or seed swap: 143
 - f. Initiated or participated in a community beautification project: 448
 - g. Sponsored or taught a community gardening class for community members: 116
 - h. Implemented landscaping practices to attract bees, birds, or butterflies: 564
 - i. Sponsored or taught a class on providing habitat for bees, birds, or butterflies: 224

2. What topics/areas of Environment, Housing and Energy would your club/county be interested in learning more about?
 - Composting, Tiny Houses, Community Gardening, Plantings that have medicinal purposes
 - Solar, carpenter bees, raptors (hawks, etc.), replacement windows: pros vs. cons
 - rain barrels. perineals, weed free gardening
 - windows, furnace filters, cleaning mold, energy efficient home systems, collecting rainwater, promoting pollinators,
 - Solar Panels
 - Flowers for birds and bees. Legality of solar panels.
 - Plants suited for indoor benefits.
 - Solar Energy, Electric Autos, Recycling, Winterizing Homes, Climate Change
 - Interested in knowing if solar panels are truly a good investment. Why or why not?
 - How to save energy during these economic times.
 - Ways to stretch our energy dollars.
 - There is also interest in a lesson about Hummingbirds. How to attract them, the best f
 - rodent removal from yard/landscaping (moles and squirrels)
 - One group plans to host a plant/seed swap
 - Environment
 - new products in housing such as new appliances, windows, flooring. Importance of oil in manufacturing of clothing, tires, etc
 - Saving bees, water barrels, proper way to landscape around flag poles and recycling projects along with raised beds.
 - Different Landscaping projects, Swapping Friendship Vegetable and Flower Seeds from different parts of Kentucky, Plastic containers VS Cardboard containers, Recycle Countywide, Plastic VS Paper bags, More on natural weed and bug killers that can be applie

- landscape projects that retard insects/predators
- Gardening
- Energy efficiency
- Renewable energy
- soil enrichment & fertilizer alternatives
- supplementing energy need, solar power feasibility
- adopt highway, solar energy, how to install a rain garden
- Garden Club
- Pollinators and planting a butterfly garden, bats as pollinators, container gardens for vegetables,
- Plants to plant for bees and butterflies
- Preservatives that cause skin rashes . How to preserve food.
- Creating a better environment for bees & butterflies in our gardens. Make gardening more friendly, weed control and easy decorating. Teach classes in recycling, repurposing & reuse.
- Interested in the Clean Air Program-Safety at Home self awareness for protecting self. Also more about butterflies, growing and drying herbs and crafts using herbs. Information about harmful plants to people and animals.
- Solar Panels
- 1. Climate Change
- 2. Weatherize Home for All Seasons
- Saving on energy costs.
- Energy Saving Solutions
- Solar Energy Composting County Seed Sharing Project Easy Perennial Propagation
Plant or seed swap
- -electricity costs - ways to reduce
- -recycling dos and donts
- -batteries - why do they corrode so much more now?
- -radon prevention
- Raised bed gardening
- household solar options; environmentally safe cleaning products for outdoor use; environmentally friendly weed control solutions
- Application of products to control ticks in lawn and garden
- How to conserve water.
- Water Purification & Edible Wild Plants
- no comment at this time.
- Solar energy, and wind energy.
- raised garden beds, edible landscaping, herbs, medicinal landscaping, composting
- How to save money on heat, air and other expenses on owning a house
- Learn more about bees and uses of honey
- Planting our state weed to attract butterflies
- Recycling
- Recycling, Butterflies
- Conserving energy in the home
- Birding
- Sustainable shopping
- Saving on electric bills
- natural disasters
- Awareness and education for Recycling efforts
- recycling

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.)

- Bourbon Belles Club has taken on the Adopt a Highway Project. They have had highway clean-ups three times during the past year. Not only has their efforts benefitted our county but they have made the activity a family activity to promote the importance of maintaining and showing pride of property for our communities.
- Covid curtailed most all efforts in this regard.
- Our member taught us about her monarch weigh station.
- Completed the cost of preserving garden produce versus the cost of purchasing canned products.
- A member and her husband have bee hives & raise honey. They gave a lesson to a club on this topic
- Union County Home Makers had a lot of interest in the lesson on The Buzz About Honey. One member dedicated a large patch of clover specifically for the bees. Several members have planted mix of flowers in the garden to attract hummingbird butterfly and bees. One member has a water station for butterflies and one member made houses for the Purple Martins out of gourds from last year's garden.
- A member put up a rain chain. Added sod and re-sloped a bank to prevent soil erosion. Several participated in plant swap. Homemaker members refreshed several sponsored decorative bicycles that are placed around downtown area for curb appeal.
- We do not know of any major programing in our homemakers.
- We maintain a flower bed at our local park.
- Maintained butterfly garden at the Monticello/Wayne County Memorial Park.
- Planted a bee garden at the Aspire Center.
- Keeps area around Covered Bridge clean and puts out plants and flowers.
- Planted flowers around the town gazebo, and making eco bricks, and a demonstration on fire safety from the fire dept.
- Support a Butterfly Garden at a community park (Botts Park)with seed and tune. One of the homemaker members has started a continuing Butterfly Garden at the same park in Memory of her daughter. Support is given monetarily and members volunteer in the garden.
- The monarch butterfly lesson was shared by our county chair during a council meeting and annual meeting. Members enjoyed it and were happy to receive the information.
- At our County Homemakers Meeting, a County Extension Agent for Horticulture spoke on controlling invasive species in regards to plants, animals and insects.
- Recycling education continues with EH members going into the schools to teach. Over 1900 youth and adults were reached and \$3060 was received by the organization from the county recycling program for educational efforts.
- Had a local farm come out to do a class on growing plants and CSA.
- Master gardener Fay Bennett along with Lorilee Kunze (Bullitt Co. Horticulturalist) taught a class on container gardening. The class focused on ways to incorporate these practices in our own yards & gardens- 18 people attended. At Bullitt Co. Master Gardener's plant exchange - over 400 packets of milkweed seeds were given away, summer wild flowers class.
- Annual Tri-County Plant Exchange
- By: Mrs. Cynthia M. Dare, Henry County
- Louisville Area KEHA Chair for Housing, Environment and Energy 2022
- As the KEHA State Program of Work for this chairmanship was wrapping up in February 2022,

a fledgling idea was hatching. Supported by the Henry County Homemaker Council, the imagined plan was voiced at the spring Louisville Area Council meeting.

- Oldham County and Trimble County enthusiastically joined in with thoughtful suggestions. The collaboration continued by email, phone and in-person meetings. The theme of Birds, Butterflies, and Bees was the focus as the logistics of identifying, displaying, and sharing plants developed.
- The premier annual Tri-County Plant Exchange was hosted by Oldham County on June 17, 2022, from 10am to noon. Men, women, and children were there to share cuttings and their knowledge. Special tips for successful transplanting could be gleaned as photos were shared of the mother and father plants.
- Oldham FCS Agent, Mrs. Heather Toombs and Extension staff set up outdoor tables for sun, shade, partial sun, and exotic plants. Henry County Homemakers helped label plants, greet visitors, and invite them inside to view a visual presentation prepared by Mrs. Lauren Fernandez interviewing a Yew Dell expert about pollinator plants. The show also featured information about local butterflies. Trimble County Extension Homemakers will host for 2023 probably in May. The June 17th event missed the scorching heat but did catch a quick rainstorm.
- How lovely to have an idea take flight! A convenient place was created to exchange work. The folks who eagerly came by with familiar favorites could leave smiling with new plants to nurture.
- We had a community wide plant swap with the Barren County Master Gardeners. Over 200 people attended.
- Family members find overturned tombstone, but unknown if hit by lawnmower, knocked over by high winds, or vandalism. A Franklin Homemaker member arranged for a family member to bring his work truck with a small lift to the graveyard. The Homemaker's son and son-in-law used straps and lift to lift and replace headstone, while others leveled and filled in dirt around base of headstone. Other graves in same cemetery were cleaned off, around and straightened up. This action will be continued and kept up by the Franklin Homemaker Club.
- Pictures attached.
- Seed Swap program partnered with a seed catalog at the local branch library
- Each club has a yearly \$125 Beautification Grant from the Johnson County Homemakers. This year most clubs voted to donate their funds to the Paintsville Lake Activity, Nature, and Edible Trail (PLANET).
- Had a plant and seed swap
- -we developed a "water awareness" quiz for the month of May. Our area has \$300 in budget for area chairmen, so those completing the activity sheet are put in a drawing to win water filter pitches and filter bottles. These will be drawn at our triennial meeting in October
- -we also developed a homemaker memorial plant/butterfly garden at our extension office
- Information was shared about what to do when there is an electrical outage several days due to an environmental event such as a tornado or flood. Items discussed were: safety of foods in refrigerators and freezers; use of a generator and safety precautions; cleaning of flood water residue; how to help others when you are not personally affected
- The club taught a lesson on butterfly habitats and passed out a clipping from a butterfly bush to each member. One member attended a class on rain barrels and made one. Purchased flowers, cleaned flower beds and planted flowers at three flowerbeds at the Crittenden County courthouse each spring. The Challenger club maintains the beds all summer.
- Recycled plastics - took 11 bags to Madisonville Recycling Center.
- DIY air filter lesson in Thrifty Homemakers. Many in club made filters for use at home, schools, churches, and community buildings.
- Save cans and cash them in for River town mission
- A club member and her husband worked with local library on a class on "Sweet Potatoes in a Pot." Participants were provided with a pot, soil, and a sweet potato plant. Using materials from UK, they were taught about the best way to grow sweet potatoes. FCS agent brought recipe cards

from UK extension so participants would know what to do with their potatoes once they were harvested.

- Is Kentucky still part of the 40 Gallon Challenge?
- Helped FCS agent with 5th grade students plant a community garden at their school;
- Several members planted butterfly gardens;
- One of our members is a Master Gardener.
- Reduce, reuse, recycle class was offered to kids and adults. Hands on experience in how to use the 3 R's in your everyday life.
- Butterfly Park is well maintained by a homemaker and her granddaughter (homemaker) for the City of Hyden, Riverfront Park.
- participated in a wildflower project and recycle on weekly basis

Additional comments or feedback:

- Covid curtailed most all efforts in this regard.
- How often should air ducts be cleansed in our homes?
- Please see pictures
- This lesson program and results were submitted in the Healthy Kentucky contest and received 1st place at the 2022 State Homemakers Meeting

Family and Individual Development Program of Work Report
From July 1, 2021 to June 30, 2022
STATE SUMMARY

Area: 14
County: 73
Number of Clubs Reporting: 273

1. Nurturing Teenagers –
 Was this program of work helpful? 16 YES, 32 NO
 Total number of teens reached: 666

NT Program Title:	NT Program Suggestion:	NT Number of Teens Reached:
Listen to Concerns		15
sunday school teacher		4
Camp Courageous		100
	most members are older - over 60 years old	
	We need a lesson more for our age. Thank you	
Generational Differences		11
Country Closet		200
Teenagers Today		7
	4-H, Church, Foster Care	23
		2
Project Prom, Seed Bombs, Reality store, Elf Connection		150
		25
Teen Cuisine & Nutrition Class	Youth learned how to read a recipe, food safety, budgeting, planning, exercise, uping fruit and vegetable consumption	36
generational differences		52
Owen County Homemaker College Scholarship		1
Reality Store and Truth & Consequences	Went very smooth and was enjoyed by everyone that attended and worked it.	40

2. Nurturing Self –
 Was this program of work helpful? 30 YES, 16 NO
 Number of participants: 646

NS Program Title:	NS Program Suggestion:	NS Number of participants reached:
Giggling, Power of Laughter and Group Relaxation Time		22
bingocize, chair exercizes		12
Dinner on a Dollar, Physical Distraction from your screen action, Hungry for Change, Table for you or two, Brain Health, Volunteering and Mentoring and the positive impacts, Chair Exercises	Programs for people who need more help with technology.	47
Mind & Body	-	14
Living with Loss / Prepare to Care		5
Fitness for All		19
Country Closet		6
Nurturing Families Through Connection		38
		22
Taking Time to Renew and Refresh		54
	How to relate to youth and family.	20
Effective communication skills		21
Dealing with Grief, enhancing mental health		6
Prepare to Care		24
Support groups		10
Monthly Handouts to improve diet, health, etc		5
FitBlue		120
wits workout and color profiles		
It's More Than Just Me- lessons on personality types, generational differences, principles of happiness, conflict resolution		47
Random Acts of Kindness		22
Ladies Day at the Arboretum		12
Living with Loss: Self Care & Managing Grief		46
Holidays at Home		43
Bingocize		20
Stress Awareness		11

3. Nurturing Aging –
 Was this program of work helpful? 36 YES, 13 NO
 Number of participants: 1064

NA Program title:	NA Program suggestion:	NA Number of participants:
Dementia/Alzheimer's Class & Communication Skills		19
working, visiting, Bible study, transportation, downsize and prepare for burial		3
Brain Health, Cooking for one or two, chair exercises	n/a	44
Prepare to Care		7
Keys To Embracing Aging		10
Prepare to Care		11
Letting Aged Seniors Know We Care		125
Country Closet		8
Nurturing Aging Through Community Care Centers		8
		29
	Learning how to exercise alone	
Step it up program		15
what is a fidget mat		15
Practical Advice for Care Givers		15
		6
Understanding Generational Differences		34
Prepare to Care		35
AARP/ Prepare to Care		30
	cards for nursing home/gift bags	
Support aging Cancer patient		100
Discussed Benefits a Farmers Market with Fresh Produce		
Keys to Embracing Aging		12
Dealing with Grief		31
	Made and taught recipes for 1 or 2 people	
Primewise Nutrition/Exercise		28
Worked with 4-H Kids on Military Cards		25
Brain health, generational differences, dementia seminar		150
Brain Matters-lessons on brain basics, exercising the brain and managing stress, prepare to care, MIND		47
Use less, Spend less		12
Prepare to Care	n/a	6
BINGOcize		21
Taking Care of Others		67

Prepare to Care (Mail Out)		46
Grief & Loss	County Lesson	15
Heart Healthy		43
Bingocize		20
Bingocize		7
Beautiful minds		20

4. Actions Implemented:

Utilized the FitBlue app for mental health: 171

Followed the UK Family & Consumer Sciences YouTube learning channel: 219

http://bit.ly/FACS_Learning_Channel

Started healthy regular outdoor activities: 776

List activities:

- Walking, Running
- Gardening, Swimming at the "Y", Walking
- walking
- walking, golf, gardening, biking
- walking, gardening, hiking, swimming
- biking, walking, gardening
- Walking, exercise, mowing, gardening
- Gardening
- Walking, Chair Exercises, Chair Yoga
- Walking outside, gardening, cleaning, yard work, painting
- yoga, walking, and gardening
- Walking
- Walking, gardening
- Gardening, walking groups, and chair exercises
- Walking, Cooking, Gardening, Moving
- Walking, gardening, running, hiking, playing with grandchildren
- Constructing & walking woodland trail
- walking, gardening
- walking, hiking and gardening
- Walking with friends
- Walking & Gardening
- Big Blue Challenge
- Chickens, gardening and hiking
- walking & gardening
- Walking
- gardening, walking, swimming, attend sports events
- Walking
- Walking, gardening
- walking, swimming, gardening, TV exercising
- Walking and water aerobics
- Walking, gardening, flower beds, swimming, kayaking, Dragonboat racing, camping, fishing, canoeing

- walking
- Gardening walking, mowing, chasing grand-children
- Gardening, Walking, Biking and Swimming
- WalkTober,
- walking, running, yard work, and yoga
- mowing, gardening, walking
- walking
- Walking, hiking, gardening
- Walking
- Water Aerobics
- Walking and gardening
- Gardening, Walking
- Gardening, walking, playing with grand children, walking challenge
- Gardening, hiking, walking with friends and family, going to the park, swimming
- walking
- strength training
- walking, fitness classes

Attended any of the Embracing Aging Series: 152

Participated in the Longest Day walk to promote awareness of Alzheimer's disease: 76

Sewed face masks to relieve stress and help others: 2374

Number of masks donated: 14802

Experienced depression caused by COVID-19: 778

Felt positive after adopting the plan of work: 425

Additional comments or feedback:

- Share more of these opportunities with county leadership to implement.
- Have contacted Vine Grove Elementary for volunteer opportunities.
- Sue Bennett has a number of handouts on file in the Nelson County Extension Office.
- Donated to the Shower Ministry at Florence Christian Church
- Made 25 quilts and donated bedding and household items to Reset Ministries
- They teach and are life coaches to the women
- \$500 was donated to Benchmark for Foster Care along with donating quilts, 1
- Homemakers collected underwear & pants to donate to Family Resource Centers at 2 local elementary schools.
- Homemakers also collected hats and scarfs to the same Resource Centers.

Food, Nutrition and Health Program of Work Report
From July 1, 2021, to June 30, 2022
STATE SUMMARY

Area: 14

County: 78

Number of Clubs Reporting: 264

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: 2,538

b. Had a Mammogram: 1,929

c. Had an Ovarian Cancer Screening: 408

d. Had a "first time" Ovarian Cancer Screening: 33

e. Had a Diabetes Screening: 1,427

2. Number of members who participated in:

a. One or more local blood drives: 317

b. One or more local health fairs: 368

3. Food security:

a. Number of members who donated to a local food bank or food pantry: 2,287

b. Number of members who volunteered time at a local food bank or food pantry: 490

c. Number of children served by a local "backpack for hunger" program: 8,568

4. Did your club/county host an Ovarian Cancer Awareness Tea Party for ovarian cancer awareness and fundraising? 7 YES, 66 NO

If yes, how many attended: 442

How much money was raised? 4,821

a. Did you participate in other activities to raise awareness of ovarian cancer?

• Have in previous years - not during Covid - hoping to return to it in 2022-23

• Collected dues

• Participated in Silent Auction

• Each member donated \$1 of their dues to ovarian cancer awareness.

• Yes, We "Flocked for a Cure" by placing flamingos in people's yard for a donation to Ovarian Cancer Research Fund.

• Yes, chair auction and paint the town teal project

• A basket is filled with all sorts of donated items from club members and chances are taken on it at the Homemakers Bazaar. The basket and all proceeds from the drawing goes to someone in the county who has cancer to help on travel expenses, food, etc. T

• One dollar per member donated annually

• members donated money to ovarian cancer

• Yes. We had survivors dinner with ovarian cancer survivors sharing their story. We had a Tastefully Simple fundraiser to raise money for the fund.

• Made baskets for auction. Proceeds to ovarian cancer research at UK.

• yes we had a table decoration contest at our annual derby breakfast.

• Donated \$1.00 with Annual dues to Ovarian Cancer

- Promoted joining homemakers and informed that \$1 of dues goes to the Ovarian Cancer Program
- County collects each year; some clubs collect monthly
- Yes we did a Bean Supper. We sold raffle tickets on a Quilt that was auctioned off. We raised \$3500.00 in funds.
- Referrals to 3 women.
- Basket raffle for \$250
- Yes, recruiting members to attend Ovarian Cancer Screening appointments. Also, teaching Ky Kicks Cancer Homemaker lessons increases overall awareness and educates participants about different cancers.

5. Physical Activity:

- a. Number of members that exercised regularly (20-30 minutes at least 3 times weekly): 1,407
- b. Number of members who have helped implement environmental changes to support physical activity (i.e. install a walking path, bike trail, etc.): 147
- c. Number of members that reported an improvement in overall health due to increased activity: 894

6. Nutrition:

- a. Number of members who gained knowledge and made healthy food choices: 2,434
- b. Number of members who purchased fresh foods at a local farmers market: 1,922
- c. Number of members who supplemented their diets with healthy foods they produced/preserved: 1,702

7. On the reverse, please list 1 or 2 exciting food, nutrition and health programs you would like to see implemented.

- Eating Less Processed Foods; Alternative Food Choices; Creating Small but Nutritious Meals; Sous Vide Cooking; Making Homemade Ice Cream
- Air Fryer use/recipes
- Recipes from Mediterranean Diet
- Intermittent Fasting
- Healthy eating for 2
- Gluten Free recipes
- Walking clubs
- Intermittent Fasting
- Weight Bearing exercises that can prevent osteoporosis
- container gardening, composting, selecting dietary options based on personal choices, broader dietary selections
- Food preservation-freeze, can, dehydrate. Take the right vitamins for you. Exercise right for you.
- Information on chemicals and additives in products we purchase
- Bingocize
- InstaPot Cooking, Air Fryers
- Program on Breast Cancer and Mammogram related to Covid
- incorporated herbs in dishes
- grilling
- coffee
- stretching food budgets
- Information on stress eating.
- Cooking without eggs or milk products; food preservation - canning, dehydrating

- Intergenerational food prep teaching/learning skills together. Sounds like Cook Together Eat Together but, involving families/neighbors.
- Protein diets, lesson on low carbs or fats
- Simple Recipes
- Cooking for One
- Update on DASH Plans
- Spices
- How to make cheese
- Use of herbs and flowers in preparing foods
- Hints, recipes and suggestions for menus, meals for 1 or 2 people. Most of our members are alone.
- Healthy low-gluten, low inflammatory options
- Promoting gut health with foods
- Start Bingocize and more info on how to use air fryer
- walking club with our extension office.
- more healthy food ideas for meals on the go.
- 1. Diabetes Support Group
- 2. Healthy Food Choices Buying, Planning meals, etc.
- How to cook produce from Farmers Market
- Cooking for one
- A lesson on properly cooking raw fish and its health benefits.
- would like information on unusual fruit - asian fruits in our markets, jackfruit, also parsnips and rutabags
- Virtual cooking classes are great for learning new cooking techniques and trying new recipes as well as learning nutritional facts and cultural information. Continue with these classes.
- Free community classes on nutrition with sample foods.
- Free community exercise classes.
- 1) Do Move It or Lose It Program
- 2) Do an Instant Pot/Air Fryer Program
- recipe for eggplant
- Economical family meals
- Low Carb Everyday meals
- Low Cost Shopping & Farmer's Market
- Kidneys, vascular system
- Good sugar free diabetic desserts
- Bingocize again
- Continuing UK Programs like Fall Frolic, community health Fairs that promote health and wellness events and Fit Blue Efforts. Also, NEP Programs, Cook together Eat together, Faithful Families and so many more!!
- Cooking healthy for 1 or 2
- Dining with Diabetes
- Healthy Eating with the Super Fund Organization
- Diabetes prevention programs.
- Family Gatherings and Food traditions
- Education on eating after gastric bypass and other weight related surgeries

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

- Participating in Bourbon Bite-Size Learning (Out cooking through the NEP calendar
- Sponsor Recipe for Life program for all 5th grade students in Bourbon County
- preserving food
- myplate, plate it up ky proud recipes
- Silver sneakers online, bingocize, food preservation or what vitamins do we need.
- Snap recipes tasting at homemaker leader lessons
- We make Blankets for Cancer Patients.
- Cooking Through the calendar with samples, Walking Program to promote healthy lifestyles.
- FCS Agent has two programs she conducts - "Laugh & Learn Playdate" for younger children and "Super Star Chef" for the older, where they learn how to prepare different foods and activities. A few of the homemaker members have volunteered in assisting the
- Using different cooking techniques i.e. slow cooker, bundt pan cooking, sheet pan meals, freezer meals, air fryer
- more get up and walk
- Food Preservation / Canning
- Exercise lessons with through the Health Department
- All clubs gave away water at the Labor Day Parade in Catlettsburg KY
- We collect non perishable food for World Food Program totaling \$400
- We collect cereal boxes for food pantries 75 boxes
- Small container gardening, canning jams and jellies, canning salsa, making breads,
- Food back packs for school children
- Donating to a food bank
- We are Now Doing:
- Preserving our own garden vegetables
- Eating regular meals & exercising
- Making the Most of Meals While You Travel
- Holiday Food Tasting
- Contributing to Food Bank & Local Community Pantry Box project
- New crockpot meals
- Bingocize, drop it like it's hot
- Cooking Thru the Calendar, Food Preservation, Community Gardens, Laugh and Learn and many more.
- cooking thru the calendar
- Fall Walking, Bingocize
- Cooking through the Calendar and Mind Body Connection.
- Holiday Cooking School

Additional comments or feedback:

- Sponsor and provide "Peter Rabbit Program" for all kindergarten students in the county during March - Nutrition Month
- Attend Food Preservation programs presented at Extension Office

- Please check to be sure that this report wasn't also submitted by the county chair. Thank you. victoria Faoro, regional chair.
- Please check to be sure the county chair didn't also submit this report. Thank you. Victoria Faoro
- Northern Kentucky Area had a Dementia Seminar
- The Latest in Research, Planning and Caregiving
- This is an amendment to the previous report
- Our extension agent does a great job in promoting health and fitness through virtual cooking classes, Fitness for Produce group hikes, encouraging purchases at the Farmers Market, etc.

2021-2022 Food Nutrition Health Summary of Reports

	2021	2022	Increase or Decrease
Areas reporting 14 total areas	14	14	-
Counties reporting 120 counties	78	78	-
Clubs reporting	273	264	(9)
Food, Nutrition and Health (number of participants.)			
1. Number of members who:			
a. Had an annual physical / check-up _____	2,147	2,538	391
b. Had a Mammogram _____	1,598	1,929	331
c. Had an Ovarian Cancer Screening _____	442	408	(34)
d. Had a “first time Ovarian Cancer Screening _____	38	33	(5)
e. Had a Diabetes Screening _____	1,172	1,427	255
2. Number of members who participated in:			
a. One or more local blood drives _____	281	317	36
b. One or more local health fairs _____	185	368	183
3. Food security:			
a. Number of members who donated to a local food bank or food pantry _____	1,870	2,287	417
b. Number of members who volunteered time at a local food bank or food pantry _____	276	490	214
c. Number of children served by a local “backpack for hunger” program _____	6,018	8,568	2,550
4. Did your club/county host an Ovarian Cancer Awareness Tea Party for ovarian cancer awareness and fundraising?	1	7	6
If yes, how many attended: _____.	98	442	344
How much money was raised? _____	3,210	4,821	1,611
5. Physical Activity:			
a. Number of members that exercised regularly (20-30 minutes at least 3 times weekly) _____	1,170	1,407	237
b. Number of members who have helped implement environmental changes to support physical activity (i.e. install a walking path, bike trail, etc.) _____	246	147	(99)
c. Number of members that reported an improvement in overall health due to increased activity _____	1,221	894	(327)

2021-2022 Food Nutrition Health Summary of Reports

	2021	2022	Increase or Decrease
6. Nutrition:			
a. Number of members who gained knowledge and made healthy food choices _____	2,124	2,434	310
b. Number of members who purchased fresh foods at a local farmers market _____	1,535	1,922	387
c. Number of members who supplemented their diets with healthy foods they produced/preserved _____	1,230	1,702	472

Ovarian cancer projects

- Each member donated \$1 of their dues to ovarian cancer awareness.
- Yes, We "Flocked for a Cure" by placing flamingos in people's yard for a donation to Ovarian Cancer Research
- Yes, chair auction and paint the town teal project
- A basket is filled with all sorts of donated items from club members and chances are taken on it at the Homemakers Bazaar. The basket and all proceeds from the drawing goes to someone in the county who has cancer
- One dollar per member donated annually
- members donated money to ovarian cancer
- Yes. We had survivors dinner with ovarian cancer survivors sharing their story. We had a Tastefully Simple fundraiser to raise money for the fund.
- Made baskets for auction. Proceeds to ovarian cancer research at UK.
- yes we had a table decoration contest at our annual derby breakfast.
- Donated \$1.00 with Annual dues to Ovarian Cancer
- Promoted joining homemakers and informed that \$1 of dues goes to the Ovarian Cancer Program
- County collects each year; some clubs collect monthly
- Yes we did a Bean Supper. We sold raffle tickets on a Quilt that was auctioned off. We raised \$3500.00 in
- Referrals to 3 women.
- Basket raffle for \$250

Yes, recruiting members to attend Ovarian Cancer Screening appointments.

Also, teaching Ky Kicks Cancer Homemaker lessons increases overall awareness and educates participants about different cancers.

Leadership Development Program of Work Report

From July 1, 2021, to June 30, 2022

STATE SUMMARY

Area: 14

County: 76

Number of Clubs Reporting: 282

1. Trainings conducted and participation: (Check those that apply and provide participation numbers.)
 - a. Club, county or area officer training: 41 YES, 35 NO
Number trained: 572
 - b. Club, county or area chairman training: 46 YES, 29 NO
Number trained: 524
2. How did the training you received enable you to achieve your goals?
 - Better organization and goals
 - Due to COVID, the training was not well attended and it was hard to get all the information that was needed. / Training requires a great deal of sometimes confusing, report information to be delivered in a short time. This leaves new leaders grasping for information.
 - Training was inadequate because of Covid restrictions
 - Helped us learn the different areas of volunteering. Became a little less daunting but we still need work on this
 - Helped officers perform their duties better.
 - Officers and chairman were informed of goals and responsibilities.
 - Was able to clearly understand our roles and responsibilities, and implement them at county and club levels.
 - The training provided a timeline of dates reports were due and outlined the structure through which the reports were to be submitted.
 - To be more effective in leadership roles in the county and club level.
 - got lesson information and updated KEHA Materials
 - All officers and committee chairs knew their roles so they hit the ground running and ready to serve.
 - Helped to better fulfill officer roles; it better prepares you.
 - Assisted with recruitment and training
 - All said they would use the information to complete their officer duties
 - It help us get prepared and get organized for the upcoming year!
 - Better organization and understanding of reports and projects.
 - it made me understand the homemaker program better. It also helped me to be a better leader.
 - No, training was held but previous training helped in conducting meetings.
 - We are without an agent since 2019 and pre covid we did have and several members would attend the training and bring the knowledge gained back to the their clubs
 - Better parliamentary procedures followed.
 - Goals to be achieved further explained.
 - This helped in understanding the plans of work along with the responsibilities of each office. It gives us a good foundation for the year and resources to make everyone successful. / Used the techniques to make decisions at church. To better understand the roles and responsibilities of each officer and chair position.
 - understand the program of work better
 - Annual Meeting and State training needs a beginner and advanced trainings- esp for NEW!
 - Learned more specifics required of chairmen
 - Training provides information on the expectations of officers and chairmen. It helped us decide on

goals and activities for the year.

- Officer and Chairman folders
- Didn't have a training
- training received helped club and county officers and chairmen be aware of goals and the tools needed to achieve those goals.
- Our training gave us the roles we had and what to do in those roles. It made us more aware of the Program of Work.
- Helped to know more of responsibilities
- 1) Helped prepare for the year ahead
- 2) Enabled me to be better prepared to present programming for the upcoming year
- helped me know my responsibilities
- For clubs that have members attend, it makes a great difference in bringing newer members into leadership roles. Clubs that have officers that want to hold onto their roles are beginning to have leaders that "age-out" and there is no one else in the club that can step into the leadership positions.

3. **EXTENSION** Volunteerism: Hours members volunteered for **Extension** activities/events: 46,349.35

4. **KEHA** Volunteerism: Hours members volunteered for **KEHA** activities/events: 60,789.80

5. **COMMUNITY** Volunteerism: Hours members volunteered for **Community** activities/events: 163,653.10

6. **PERSONAL** Volunteerism: Hours members volunteered for **Personal** activities/events: 236,147.90

7. Educational scholarships awarded. (Please do not include 4-H Camp scholarships in this section. Report those numbers and amounts via the 4-H Youth Development report.)

- | | |
|--|--|
| a. Club scholarships – How many? <u>23</u> | Total amount given: <u>\$3,195.00</u> |
| b. County scholarships – How many? <u>89</u> | Total amount given: <u>\$43,965.00</u> |
| c. Area scholarships – How many? <u>1</u> | Total amount given: <u>\$2,450.00</u> |

8. Describe one program that enabled your club, county or area to have a positive impact in your community.

- Assisting teachers with beginning of year preparations, adopt a highway
- Clark County homemakers were asked to volunteer time and energy to register all entrants in the Beer Cheese contest at the Beer Cheese Festival. Approximately 15 homemakers spend long hours accepting registrants in both commercial and amateur categories. Among other things, they recorded all personal information, pointed out the cold storage, recruited tasters (some homemakers were tasters), and were there to record the winners. Beer Cheese Festival attracts a large crowd, and our community knows they can depend on Homemakers to get the job done. / Clark County Homemakers facilitated the Beer Cheese Festival Beer Cheese contest for a community festival that reached over 15,000 people.
- Donated school supplies to County Schools.
- Gifted three children from Salvation Army Angel Tree with nice Christmas.
- Helped with Union City Tornado Relief in January.
- We collected food for Open Hands Food Pantry, delivered meals on wheels and baked goodies for meals on wheels once a week.
- We made pillowcases for a local women's shelter and made up a bag of personal items.
- We made 47 Christmas stockings and filled them for local senior citizens.
- At our annual meeting we had speakers from community based organizations (Food Pantry, The Kings Center, Women and Children Shelter and The Simon House). We learned how we as homemakers could help each organization. Proceeds from our raffles were divided among the 4 organizations and we are now doing an ongoing project of collecting paper products for them.
- Food Baskets and Food Pantry
- Secret Santa, Mentor& Meals, Woodford Co. Food Pantry, Tornado Relief.

- College Scholarship
- Niagara Homemakers has provided cleaning supplies, toiletries and canned foods to Cash Creek Baptist Church to help with their food pantry.
- Quilt Show sponsored by McLean County Homemakers
- Senior citizens Care packages were given to shut in seniors, delivered by Meals on wheels and gifted personal hygiene products, home care and personal items to show they are cared for and meet their essential needs.
- In August 2021, Happy Day Homemakers hosted the judges brunch for Union County Distinguished Young Women's judges panel and the judges committee.
- The Adair County Floral Hall competition allowed people to showcase their many diverse talents. 16 community members brought in entries, and numerous people came in for competition viewing.
- Donated to FCCLA to assist with fees needed to send members to National STAR Events competition and meeting. Members assist with annual programs such as Truth & Consequences and Reality Town.
- Quilts for Veterans are given based upon applications
- The Holiday Bazaar for vendors and the community.
- Donated quilts to library to be awarded for reading participation
- Collaboration with law enforcement (mittens & candy bars)
- Crockpot meals for families in need
- Tornado Disaster Relief Aid. The Taylor County Homemakers cooked meals for volunteers who were helping with cleanup from the tornado three times. They also held an appreciation luncheon for all the linemen for their work in getting electricity back to victims of the tornado.
- Cultural arts competition and Wayne County Fair EXPO.
- Recipe for Life
- We made baby quilts for Shriner's Hospital in Lexington, KY. Had a quilting day at the Extension Office. Some were made at home. We made 86 quilts.
- We supported the food bank during these hard times, this probably had the biggest positive impact on our community. We also made fidget mats for the nursing home to help residents who are confined.
- Items and funds were donated to the HANDS program and had the Director as a Guest Speaker at a meeting. HANDS helps pregnant new mothers in the community; State Meeting, New Beginnings, Windsor Care Center, Meals for Shut-ins, Hope Hill Children's Home
- Local blood drive, volunteers serve refreshments to blood donors and staff
- Hosting vendors during the annual Sorghum Festival in September
- Food Pantry
- Each year our Homemakers Coordinate the county fair entries and exhibit which includes funding the family living judges and volunteers luncheon.
- Our group sponsors floral hall at the LaRue County Fair. We take project entries and assist during entry day. We clean, arrange entries and staff the building during open hours of the fair.
- Recycling Education in the schools and with adults. EH council reimbursed for time and teaching netting \$3,060 general fund which will be used for future projects.
- 1 club- Humphrey-bought and wrapped Christmas presents for those 3 toddlers at the homeless shelter.
- Prevent Child Abuse Campaign
- Ole Fashion Club donated 4 Happy Packs to Police Dept. for displaced children under age of 10.
- All Homemakers clubs participated in a drive to purchase backpack and toiletry needs for December 2021 Western Kentucky tornado victims. One club did backpack for local teen foster care children.
- Tri County Plant Exchange: see article below:
- Annual Tri-County Plant Exchange
- By: Mrs. Cynthia M. Dare, Henry County

- Louisville Area KEHA Chair for Housing, Environment and Energy 2022
- As the KEHA State Program of Work for this chairmanship was wrapping up in February 2022, a fledgling idea was hatching. Supported by the Henry County Homemaker Council, the imagined plan was voiced at the spring Louisville Area Council meeting.
- Oldham County and Trimble County enthusiastically joined in with thoughtful suggestions. The collaboration continued by email, phone and in-person meetings. The theme of Birds, Butterflies, and Bees was the focus as the logistics of identifying, displaying, and sharing plants developed.
- The premier annual Tri-County Plant Exchange was hosted by Oldham County on June 17, 2022, from 10am to noon. Men, women, and children were there to share cuttings and their knowledge. Special tips for successful transplanting could be gleaned as photos were shared of the mother and father plants.
- Oldham FCS Agent, Mrs. Heather Toombs and Extension staff set up outdoor tables for sun, shade, partial sun, and exotic plants. Henry County Homemakers helped label plants, greet visitors, and invite them inside to view a visual presentation prepared by Mrs. Lauren Fernandez interviewing a Yew Dell expert about pollinator plants. The show also featured information about local butterflies. Trimble County Extension Homemakers will host for 2023 probably in May. The June 17th event missed the scorching heat but did catch a quick rainstorm.
- How lovely to have an idea take flight! A convenient place was created to exchange work. The folks who eagerly came by with familiar favorites could leave smiling with new plants to nurture.
- Community Wide Baby Shower
- Logan County Homemakers partnered with family resource in the county and city school systems to host a clothing drive for the family resource families. Items were priced affordably so that families could maximize what they were able to get for their money.
- Rock Bridge one of our clubs did a seed bomb, they focused on a community beautification project. The club applied and receive a grant of \$300 which was entitled the seed bomb. The "Bomb" was made of worm castings, clay and flower seeds all of the ingredients were formed into a ball with water and eventually scattered within the community. Several presentation by the membership were held through school and community groups. Each participant was able to leave with a "bomb" to scatter within the community. It was a beautiful sight to see the beautiful flowers that sprouted from the "bomb".
- People Serving People
- members prepare and provide lunch for people of our community that need a balanced and hot meal.
- Tornado Relief supplied for victims.
- One club donated \$300 to a local church for their giving tree.
- Made donation for the Western Kentucky tornado relief.
- Recognizing all frontline workers from the pandemic, by preparing and delivering country ham biscuits to them at their place of work.
- Donated personal care products, money, clothing mentored youth and supported different food pantries and missions in the community
- Homemaker Library Displays-marketing Extension and homemakers
- Donated socks for veterans
- Recipes for Life- Good Healthy Eating
- Senior Center Programs
- Baskets of snacks for sheriff, police, ems, & jail in appreciation
- Christmas treats and snacks to nursing homes, assisted living, men's home, and disabilities home
- Recipe for Life
- We established a new homemaker memorial garden at our office. It has 2 benches plus flowers, and is available anytime for anyone to visit.
- Fidget quilts made for patients in a local nursing home; Christmas baskets made and delivered to elderly and shut-ins; lap quilts made and given to cancer patients; knitted hats for Women's Wellness

Center to give to chemo patients; personal supplies for a local shelter

- Donated hygiene items, cleaning items, baby items once a month to our local PACS office. Helping students, families and school through the FRYSCS to live a more comfortable and productive life.
- The Lyon County Homemakers offered "Pretend Store" to preschoolers where they were able to shop for Christmas gifts for all members of their household. The gifts were wrapped and sent home with the children.
- 1) Homemakers collected underwear, pants, scarfs & hats for 2 elementary schools Family Resource Centers.
- 2) The Bean Supper
- 3) The Extension Extravaganza - County learned all about extension.
- 4) Helping Senior Citizens with Bingo & Christmas gifts
- Murray Kids Care Food Program supplies food to various groups that provide food to those in need.
- Hunger in KY, Know More, Do More
- Donated money to school children for Christmas gifts
- We had a program from a representative of the Governor's office talking about how to recognize and avoid scams. We invited our community members to the program and several attended. We did this for our members, but also as an outreach to the community.
- Cards to Veterans and Cards to Nursing Homes
- Snack bags for 2 different school resource centers for the students
- Donating to the tornado victims and flood victims
- Backpack Community Feeding Program
- raised money to give back to the community in scholarships for high school seniors
- We have had community field trips this year. Our members have had the opportunity to learn more about the local history, things to do in the community and in 2 adjoining counties; they have met with county judge executive and mayor over lunch.

Additional comments or feedback:

- Our area finds it to be easier to record their service hours without having to categorize them into KEHA, Personal, Extension, and Community.
- One club does numerous donations to various charities and organizations. They also collect Sureway Smart Shopper reward stamps which they donate to a local church to obtain items for their youth group. Another club takes Homemakers programs to the community.
- Learning the importance of officer and chair training to develop and encourage area and state level leaders.

Management and Safety Program of Work Report
From July 1, 2021 to June 30, 2022
STATE SUMMARY

Area: 14

County: 77

Number of Clubs Reporting: 264

1. Scams and Frauds

Number of members who:

- a. Feel prepared to protect their money from fraud as a result of the programming: 1,855
- b. Received possible fraudulent offers (by phone, email, mail, in-person, etc.): 2,511
- c. Took steps to reduce offers: 1,571
- d. Implemented strategies to protect themselves from scams, frauds, and security breaches: 1,574
- e. Reported potential scams to authorities: 597
- f. Actively monitored for identity theft by checking annual credit reports or enrolling in a monitoring program: 961

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: 1,508
- b. Developed an estate plan for digital assets: 372
- c. Created a holiday budget or implemented a cost-saving strategy for family holiday expenses: 1,207
- d. Utilized methods to evaluate health insurance needs/options: 941

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

- Digital Estate Planning
- Big Blue Book Club - "The Less People Know About Us"
- Estate Planning Planning Zoom Series
- Presented leader lesson on Scams
- Reading and keeping updated on COVID virus
- Monthly green moments have some safety ideas. I shared the info I got on the scams, frauds, with my elderly parents and developed strategies to prevent this from happening to them. Dad had already gotten scammed for \$800.00. The info was very beneficial. I also used the tips myself.
- Covid kept from having contact with others.
- Organized shopping with coupons
- Protection strategies against scams
- One club discussed "Do I answer the door to someone I don't recognize."
- Fraud with health insurance
- Fire Fighter provided safety workshop and demo to club about fire safety.
- Demonstration was also given on grill safety.
- Scams and Fraud was taught at a club meeting.

- The members of Cecilia Homemakers discussed items listed on this report page but there was no lesson provided.
- EMT Awareness-what EMT's can and cannot do when responding to an emergency. Moved topic forward to a county project for upcoming year.
- Homemaker lesson taught on phone scams
- Lesson on scams & Fraud;
- What to look for;
- Reporting Information;
- Lesson on personal and home security;
- Tips given to members during hunting season;
- Remove throw rugs to avoid falls;
- In the summer keep pets safe in the heat
- Digital Estate Planning
- We had a police officer come and speak about fraud.
- Shared a spreadsheet on medical insurance companies/programs.
- Self monitoring our accounts
- Senior citizens identity safety
- Discussed physical and financial safety topics during regular monthly meetings. With the approach of tornado season, we talked about the importance of being aware of conditions and having an emergency plan in place. Topics related to avoiding scams and fraud included using QR codes cautiously, opting out of prescreened insurance and credit card offers and using credit freezes to guard against identity theft. Also discussed safety issues when using space heaters.
- Couponing in a Digital World
- Identity Theft Program Taught.
- Use less, spend less, stress less
- Received materials from a lesson presented by an area agent, "Scam Red Flags and Avoiding Fraud."
- We all attended a seminar/workshop in Graves Co: Scam Red Flags & Avoiding Fraud. She was very informative and presented many slides, etc. to educate us. Very good information.
- We conducted a county and community wide program on identifying and preventing scams. We invited in a state official to conduct the program. It was widely accepted and we had good attendance.
- Shared the lesson on Fraud and Scams
- Holiday Road Show (FCS Quicksand Area Agents Annual Team Program) each year incorporates Money Wise strategies and safety tips for better family management.
- Holiday Road Show
- Couponing 101
- Estate Planning
- Monthly technology for all classes were held at the extension office to educate on cyber security. This covered online shopping, online banking, email, zoom and several other cyber security issues.

Additional comments or feedback:

- UK provides many excellent resources for our use in our programs!

International Program of Work Report
Reporting Year: July 1, 2021, to June 30, 2022
STATE SUMMARY

Area: 13
 County: 70
 Number of Clubs Reporting: 236

Fundraising 7/1/19 – 6/30/20

Coins for Change: \$4,324.25
 EcoBrick Project Fund: \$822.61
 KEHA Clean Water and Sanitation: \$100.81 + bought 10 water filters
 Kentucky Academy: \$50.81
 Other:

Project name and amount raised	Briefly describe fundraising project
Indian Summer Camp	Indian Summer Camp
No bake Bake Sale among one club's members \$25	silent bake sales
Ovarian Cancer Fund: 105.00	\$1.00 from every membership is donated to the Ovarian Cancer Screening Fund
\$	collected plastic bottle lids to donate to Knights of Columbus to make a memory bench for a community leader.
-	
Scholarship fund raiser - pecan sales \$1102.00	
Ukrainian relief-\$1000	Shoe Boxes Smartian Purse
Heifer InterNational - Pink Elephant Auction \$400.00 -	
	Donate Monthly
	Water Step: each homemaker individually made a donation when they toured facility. Canned good donation each homemaker individually made a donation for our community blessing boxes. Backpack buddies each homemaker individually made a donation for school supplies, hygiene items, cleaning supplies and food for backpacks. Spencer County Family resource center picks up items in Homemaker closet when needed.
Louisville Area meeting Ovarian Cancer Screening silent auction	
Collected over 300 cans of food for Feed America	

Backpack Program for School/FRC students \$36.00

A quilt was made by one of our clubs and was raffled for \$410 which was included in the amount listed above for the Eco Bricks project.

Quilt for Eco Bricks

5K Dash for Ducks Unlimited- contributions to assist in relocation of displaced Jews from Ukraine and Russia
CASA- \$40.00

Took up money from members at Annual Day

n/a

Funds raised for 4-H camp scholarships, local food pantry program, county homemaker scholarship for graduating senior in need. Along with a special fundraiser for one of our local 4-H youth to compete in a national shooting sports competition.

Bazaar, Bake Sale and Yard Sale

Number of KEHA Members Participating: 1148

Promoting International Month

Country/Countries Studied

Description

Goals and Achievements

The county studied the country of Greece. Speaker was Cabrina Buckman. Grecian meal was served of tradition food items for Greece. Culture similarities and differences discussed. Blue Zone and its traits studied. Had international dinner highlighting Ireland

International Meal
65 dresses made to send with Doctors without Borders
Had international dinner highlighting Ireland

Learn about a specific country's culture
To make an attempt in better the life style without changing the culture of a third world country

None

Our county has been without an International Chair for several years now. With Covid, we were unable to have our Homemakers' International Dinner at ECU/Berea College over the last couple of years.

Covid curtailed most all efforts in this regard.

Ireland	Dinner with typical Irish foods, trivia game, fun facts about Ireland	
Haiti	Talk by missionaries to Haiti. Haitian food was served.	To learn more about the culture.
Mexico and Germany	One club went out to eat at a Mexican restaurant to celebrate International Month. A speaker from Germany spoke at our county meeting and talked about food and other customs and activities from her country.	We wanted to learn about some customs from another county as well as to experience foods from another country.
Mexico	Had a traditional meal provided by our guest speaker. She told us about traditional Mexican Food, compared between Mexican, American, and her heritage as a Tex-Mex. She told us differences between the cultural of the three groups and the differences between American Mexican food and authentic Mexican Food. Then she joined our Homemakers Group. Yea!!	To understand the culture and about the different foods.
Mexico, Vietnam, Africa and Ghana	International dinner, theme was Mexico emphasis on Pearl Farming	No poverty, zero hunger, good health and well being and quality education, gender equality, clean water and sanitation, affordable clean energy, reduce in equity
(Family studied) Germany, England, Okinawa, Ireland and Mexico	(Family studied) Researched via computers, library books and films the lifestyles, education, foods, national holidays and customs.	(Family studied) To learn of family heritage. Mexico was a bonus country we wanted to study. Okinawa was where family was stationed during Korean War and WW2.
Switzerland	Clubs shared county programming materials	Promoting cultural awareness and appreciation for other countries
Greece	Explored culture of the country and other Blue zone areas.	To learn how to make changes in our own lives to live longer like the people of Greece

<p>Afghanistan, Brazil, Cambodia, Nicaragua, Ukraine, Denmark, Various Others</p>	<p>1 country each month was featured & shared information printed report.</p> <p>International Month observed, featuring Nicaragua with guest speaker at club meeting.</p> <p>County wide collections of flannel fabric and safety pins for diapering babies in Nicaragua.</p>	<p>To education & create awareness of the differences & similarities of people throughout the world by sharing cultural, political, and geographical information.</p> <p>To create awareness of needs due to poverty, oppression, or natural disaster.</p> <p>Achieved through monthly reports</p>
<p>Germany</p>	<p>Hardin County celebrated International Day on April 26, 2022. Franziska Hodges presented a slide show and commentary on Germany. Hedi McNutt prepared German pancakes. Approximately 33 attended.</p>	<p>The goal was to provide information about the land, people, food, and culture of the the beautiful country of Germany</p>
<p>Ukraine</p>	<p>Daughter in law of County President is from Ukraine so she and her best friend who has just escaped from Ukraine presented information on the country. Wonderful program! Very informative.</p>	<p>Create awareness of other countries. Ukraine was the focus country prior to COVID. It was very fitting to learn about a country before it was attacked by Russia and why Russia is so interested in taking over.</p>
<p>Town & Country Homemakers - China, other travels - The importance of respect during travel. Learning customs and the culture of the people you are visiting.</p>		
<p>2022 local program focused on Hunger in Kentucky and tornado relief</p>		<p>to contribute to local food pantries</p>
<p>Peru Scotland</p>	<p>Attended the Peruvian International Dinner with Shelby County. n/a</p>	<p>Introduced to history and culture of Peru and had a meal prepared by a local Peruvian restaurant. n/a</p>

<p>Peru</p>	<p>Homemakers enjoyed an educational opportunity about Peru, including a genuine Peruvian meal. The speakers were originally from Peru and presented visuals including a slide presentation and souvenirs. The meal was catered by a Peruvian restaurant in Shelbyville.</p>	<p>Learn about another country including customs, the people and the food. All were achieved at the program.</p>
<p>Louisville Area: Peru</p> <p>Allen County did not participate in International Day in 2021 as is their policy to alternate with Healty Heart program.</p>	<p>Louisville Area: Peru had guest speaker and authentic lunch</p>	
<p>Costa Rica</p> <p>No International Day program was conducted in 2021/2022.</p>	<p>We served food from Costa Rica. Gave out a summary sheet about Costa Rica. Had samples of their money. Decorated room in an island theme. We had former missionary to Costa Rica as our speaker. / Guest speaker, Mike Padgett, educated about roles of women in Costa Rica, water quality, sanitation, food, culture, government, agriculture, income, dress, tourism, religion and music of Cost Rica. Food for the banquet included food that would be grown in /costa Rica along with a variety of soups and casseroles relative to Costa Rica.</p>	<p>To learn the culture, customs & environment of Costa Rica. To collect food for Feed America & money for water filters. Everyone had a better understanding & knowledge of Costa Rica. Collected 300 cans of food and \$25 for water filters.</p>
<p>Chin</p>	<p>FCS Agent, Julia Wilson, taught participants how to make Chinese dumplings and small Peruvian stuffed lama.</p>	<p>Learn more about the food of China and the culture of Peru.</p>

Africa	Tiffany Gaines, missionary to Tanzania, Africa, presented the program. She told about the African environment, food, religion and people. She also told about their experiences of interacting with the African people.	
Ireland Metcalf County did not participate in International Day 2021/2022	Mr. Dermot Foley, citizen of Ireland and becoming a citizen of America, told the history of Ireland, its culture, landscape and people. He had a slide presentation showing the country and its people.	Learning more about the country of Ireland.
we have an international night. we had 6 speakers that had visit different countries, Italy, Scotland, Mexico, Ireland, Guatemala	we always have a meal and speakers for a program / Six women gave a presentation about countries to which they had traveled. There were cookbooks, scrapbooks, and items from these countries shared. There was also a display from the local library of children's books about foreign countries. Coins for Change were collected with ACWW information shared and its various projects.	we have in newsletter and social media / Learning about other cultures.
Israel, Italy, Newfoundland plus 7 other countries Puerto Rico	Each member drew a country. The member prepared a brief outline and prepared either food or an article (souvenir) related to country. / A Show and Share of items that were brought by homemaker members from other countries. These items had been received as a gift and told about the item and why it was important to them.	Each member to learn customs of each country.

<p>England, Ireland, Austria Korean, Latin America, Italy, Mexico, Germany, Thailand</p>	<p>We had a Tea with tea and cookies in the shape of Austria. The speaker was from Austria and had personal pictures and family items from her country</p>	<p>To learn more about the people, lifestyle, families, and landscape of The Netherlands and specifically Holland</p>
<p>The Netherlands</p>	<p>Sacha DeVroomen Bellman a former county resident who was born and spent her childhood in Holland came and spoke about her native country.</p>	<p>made inners with many new foods - spaetzle, schnitzel, longevity stew, shepherds pie also learned about each country's history, culture, plus the blue zones.</p>
<p>Germany/Ireland/Greece</p>	<p>Cultural Cook-a-longs plus information on the countries</p>	
<p>England</p>	<p>An English Tea was held to highlight events in England. Homemakers were treated to a variety of teas, scones, other pastries, and breakfast casseroles. The history of the teacup was given and handmade teacups adorned the table. An interesting program was presented with pictures and information about England's culture as well as its monarchy.</p>	<p>Awareness of another culture</p>
<p>Israel, Canada</p>	<p>Studied geography of both countries. Israel: studied what is happening with the relocation of the Jews displaced by the war in Russia and the Ukraine. Canada: studied the wetland preservation and the function of the wetlands in our life</p>	<p>Goal of further studying Israel and Canada and adding another country next year.</p>
<p>The Holyland China</p>	<p>Pictures of trip, Items from trip, three members shared about their trip A member of visited China shared about her experiences</p>	<p>Learning experience</p>

China, Mexico, England, Germany, Sweden & America

Published recipes from around the world in the monthly Homemakers Newsletter.

Goal was to educate Muhlenberg Co Homemakers about different cultures. A contest was held for Homemakers to guess different breads from around the world. The prize was an International Food Basket.

We studied the Ukraine during International Month. Guam

Our International chairman conducted a program about the Ukraine since it was in the news. We learned of its location, its customs, and its importance on the world stage. She provided maps and handouts for everyone so we could take it home and perhaps learn even more. It was a very timely study of a country.
2 people from Guam

1. Learn more about a country that was in our news every day.
2. We did learn more about the Ukraine and how it affected even our own lives.

Mexico

We had an International Homemakers Dinner in May. We decorated the room with Cinco de Mayo decorations, served Mexican food catered through a local Mexican restaurant. We also learned some facts about Mexico, its history, its food and its people.

Number of KEHA Members Participating: 1346

International Projects & Programs

Details are encouraged for every project or program you choose to complete. Please feel free to attach a separate sheet; make sure to include the title, description, goals, achievements, # of members participating, and the # of people benefitted.

Title

Description

Goals and achievements

Dresses for third world countries

Constructed 65 dresses and sent with Doctors Without Borders to be given to third world countries

To become familiar with cultures other than our own
To share our skills and talents to help others

Pain Communication for Disabled Communicators (Gail Goldstein of Union City Club)	This is an ongoing project to make healthcare workers and scientists aware of discrimination by design in pain scales used worldwide.	Facilitated implementation of use of accessible pain scale for intellectually disabled patients at a regional hospital on the West Coast. Submitted presentation on this project to World Congress on Pain, occurring later this year.
Cover Them With Love Quilts	Strip quilts without batting - quilt as you go quilts. Quilts are sent to Missions Distribution Center and sent as needed to hospitals in other countries - mostly South American and African countries. A personal project for one of the members	To encourage and let people of other cultures feel the love of God from America.
France Culture and Cuisine Chinese Culture and Cuisine	France Culture and Cuisine - Taste tested a Napoleon, a traditional French desert Chinese Culture and Cuisine - Taste tested crab Rangoons, a traditional Chinese delicacy	Increased international awareness - important historical aspects of each country Cuisine - better understand of foreign food and widening peoples pallets
Welcome Bags for Campbellsville University International Students	Provided bags of school supplies and hygiene items for International students at Campbellsville University	A good will gesture to International students coming to the community while raising awareness of Extension Homemakers. 85 bags prepared
Water for the Philippines	providing clean water filters	
Studying the World Around Us	Because of Covid, our County program did not participate in an International Day and Dinner as has been held in the past few years. A family chose to study 5 different countries to see how they differ or are alike from us. We studied lifestyles, customs, national holidays, education and foods.	To see how ancestors might have gotten their start. Mexico was a bonus country.

Flannel for Babies of Nicaragua	<p>Guest speaker, Paula Lee, spoke of her travels to Nicaragua on the mission field. She told of how many mothers there do not have diapers for their babies. Flannel fabric was requested (new or recycled) to construct diapers to be sent there through this mission. #3 quilting safety pins were also requested. To fill this need a county wide drive was promoted during the month of March in observance of International Month.</p>	<p>One goal was to locate a source that confidently could deliver materials collected to those of great need. This was achieved though our mission workers.</p> <p>Goal of collecting usable cotton flannel was achieved through donations from county wide homemaker clubs.</p> <p>Donations of enough flannel for 200+ diapers, 12 infant blankets, and 700 #3 quilting safety pins.</p>
Ecco Bricks	<p>Debbie McQueary explained what Ecco Bricks are to the Cecilia Club members.</p>	<p>Eco Bricks can be made by young, old and everyone in between.</p> <ol style="list-style-type: none"> 1. Save and collect clean, dry plastic. 2. Choose plastic bottle. 3. Get stick ready. 4. No glass or bottles. 5. Add soft plastic to the bottom of plastic bottle. 6. Pack the bottle tight. 7. weigh your Eco Brick. 8. Cap and log. 9. Inscribe. 10. Store your Eco Brick. <p>Eco Bricking can be a lifelong habit to help the community.</p> <p>Eco Bricking will set example for everyone around you.</p>
Operation Christmas Child	<p>Through the Samaritans Purse project, shoe boxes of toys and personal items are given to children in need. Members donated 160 boxes to the cause and one member served as a regional contact.</p>	<p>Give children in need items to bring joy and share love.</p>
Heifer InterNational	<p>Town & Country held auctions for pink elephant donations and gathered change to buy farm animals from Heifer InterNational. These items purchased for families to have for food and potential for income for those families in foreign countries. Heifer InterNational distributes the goods to the individuals and families in the most need.</p>	<p>\$408.80 (\$8.80 was kept in treasury)</p> <p>\$240.00 for 2 goats</p> <p>60.00 for 2 hives of Bees</p> <p>100.00 for 5 flocks of chickens</p> <p>\$400.00 mailed to Heifer InterNational on 4/30/2022</p>

International Night		increase the awareness of other cultures and how we are alike and how we are different
Royal School of Needlework	Technical Tuesdays-Jacobean Crewelwork	completed three 10 week sessions learning traditional Jacobean Crewelwork Embroidery
Schools for Africa	donations for many school aged children	'-provide funds for quality education to secure bright future for these kids -serves as a club bonding activity
Helping villages in the Philippines to be self sustainable.	At least one club collected money at each homemaker club meeting. Money was also collected at Annual Day to send to state to help purchase 2 female water buffalo to breed and work on their farms.	We are still working on our goal to purchase 2 water buffalo.
Arbor Day Tree Planting	Planted Eastern Redbud tree at Carlisle County Extension Office in Arbor Day Ceremony. Members of each county Homemaker Club, along with our County Judge Executive, 4-H youth, our FCS Agent, and a representative from the KY Division of Forestry participated. Ceremony was live streamed on Facebook Live.	Absorb 48lbs of carbon dioxide in 1 year contributing to clean air for our planet.
Spake children	Donations to UNICEF, Bethany's kids and St. Jude	

Do you have another project or program? 2 YES, 61 NO

Title	Description	Goals and achievements
Campbellsville University Grab & Go	Provided funds to stock the pantry made available to International students at Campbellsville University. The pantry was open to any student needing a snack.	
	the county collects medicine bottles for Matthew 25 Ministries 967 were collected this past year with a grand total of 5,382 collected Bottles are sent to underprivileged countries	

Do you have a third project or program? 0 YES

Please select all the goals achieved with your completed projects and programs:

- Good Health and Well Being, Industry Innovations and Infrastructure, Reduce Inequality
- Good Health and Well Being
- International Projects and Programs:
- No Poverty, Zero Hunger, Good Health and Well Being, Quality Education, Gender Equality, Clean Water and Sanitation, Affordable and Clean Energy, Reduce Inequality, Sustainable Cities and Communities, Responsible Consumption and Production, Climate Action
- Good Health and Well Being, Quality Education, Affordable and Clean Energy, Decent Work and Economics Growth, Sustainable Cities and Communities, Responsible Consumption and Production, Life on Land, Peace, Justice and Strong Institutions, Partnerships for the Go
- Good Health and Well Being, Clean Water and Sanitation
- Good Health and Well Being, Clean Water and Sanitation
- Quality Education
- No Poverty, Zero Hunger, Good Health and Well Being, Quality Education, Gender Equality, Clean Water and Sanitation, Affordable and Clean Energy, Industry Innovations and Infrastructure, Sustainable Cities and Communities, Responsible Consumption and Production, Cl
- No Poverty, Zero Hunger, Responsible Consumption and Production
- Clean Water and Sanitation, Responsible Consumption and Production
- No Poverty, Zero Hunger, Quality Education, Gender Equality, Clean Water and Sanitation
- Responsible Consumption and Production, Peace, Justice and Strong Institutions
- Good Health and Well Being, Quality Education, Gender Equality, Clean Water and Sanitation, Affordable and Clean Energy, Reduce Inequality, Life Below Water, Life on Land, Partnerships for the Goal
- Good Health and Well Being, Clean Water and Sanitation
- Good Health and Well Being, Sustainable Cities and Communities, Climate Action, Life on Land
- Quality Education
- Zero Hunger, Sustainable Cities and Communities
- Zero Hunger, Climate Action
- Responsible Consumption and Production



Please select all the ACWW Resolutions & Recommendations you brought awareness to with your completed projects and programs:

- Textiles and Clothing
- Pollinator Protection
- Health and Nutrition for Women with Emphasis on Environmental Health
- Use of Plastic, Action of Climate Change, Iron Deficiency, Textiles and Clothing, Pollinator Protection
- Protection of Shared Marine Environment, Sustainable Coral Reefs, and Fish Stocks, Use of Plastic, Iron Deficiency, Textiles and Clothing, Domestic Violence (Women, Men, Elderly), Health and Nutrition for Women with Emphasis on Environmental Health
- Use of Plastic, Pollinator Protection
- Textiles and Clothing, Health and Nutrition for Women with Emphasis on Environmental Health
- Use of Plastic
- Use of Plastic, Action of Climate Change, Iron Deficiency, Textiles and Clothing, Domestic Violence (Women, Men, Elderly), Gender Sensitive Health Care, Health and Nutrition for Women with Emphasis on Environmental Health, Pollinator Protection
- Pollinator Protection

- Use of Plastic,Pollinator Protection
- Use of Plastic,Textiles and Clothing,Domestic Violence (Women, Men, Elderly),Pollinator Protection
- Textiles and Clothing,Health and Nutrition for Women with Emphasis on Environmental Health,Pollinator Protection
- Textiles and Clothing,Gender Sensitive Health Care,Health and Nutrition for Women with Emphasis on Environmental Health,Safe and Secure Access to Toilet Facilities for All
- Use of Plastic
- Pollinator Protection
- Use of Plastic,Pollinator Protection,Query Fever
- Action of Climate Change



Additional comments or feedback:

- The Homemakers always enjoy learning about culture other than their own but this year was a particularly fun year in sharing talents (and some learning talents to share) with other countries.
- Members would like to see more on International Cooking
- would like a program on the country of India
- It would be nice to have a lesson on International projects.
- We are interested in participating in some of these programs. At this time, we don't have an agent and have been unable with the Covid situation to implement any of these programs.
- This area was not a focus for the current groups this year.

4-H Youth Development Program of Work Report
From July 1, 2021, to June 30, 2022
STATE SUMMARY

Area: 14

County: 76

Number of Clubs Reporting: 242

Number of 4-H Youth engaged in activity with Extension Homemakers: 1,827

Number of total KEHA Volunteer Hours with 4-H for this year: 8191.25

Number of KEHA members giving service to 4-H: 705.5

Name of Activities listed in the 4-H Program of Work your club/county/area implement with 4-H youth (number in parenthesis is number of club/county/area that are doing activity)

- Communications Project, (14)
- Basic Sewing Project (39)
- Promote 4-H Camp Attendance (34)
- Food to Table or Culinary Challenge Chefs (13)
- 4-H Citizenship Project (3)
- 4-H Manners Project (3)
- Consumer Learning Project (5)
- Daily Plan of Health (2)

Number of 4-H Camp Scholarships awarded: 44,725

Number of Youth Attending 4-H Camp: 3,490

Amount of Camp Scholarship Donations:

KEHA: \$12,206.5

Business Donations: \$43,045

Number of Adult Counselors: 326

Of this number, how many were Homemaker members? 21

Number of Junior Counselors: 195

What homemakers learned this year about our youth and the life concerns they have.

- Mental Health, too many stressors including educational fears.
- Youth are eager to learn new skills and concepts.
- When they are interested in topic/concept - behavior is NOT an issue.
- Covid curtailed most all efforts in this regard.
- Youth are unprepared for the adult world. KEHA Members who volunteered at 4h Reality Store have no clue what real world life is like.
- Served advisory 4-H council
- Events require financial support and sometimes the youth do not understand this.
- Many of today's youth carry a heavy load. In order to help each one to excel to his or her potential, we must figure out each one's area of enjoyment. This maybe something new to the youth, or a program new to 4-H.
- Children greatly missed out due to the pandemic. They did not benefit from the social/emotional interactions that 4-H affords them.
- Working with children in housing, and having a 4-H club there. Youth could come and attend to carry out the projects.

- Bullying and low self-esteem are growing problems in our county. Not many lessons on 4-H.
- Teaching life skills workshops to youth and their interest in learning
- 4H is a wonderful program for students. It teaches them leadership skills, speaking skills, and confidence. / West Point Homemakers in Hardin County have no 4-H program
- Very busy with lots of activities.
- I have learned that the youth are much more interested in what we are doing in sewing. They are more eager to learn than I thought. Plus, our youth very interesting.
- Kids just want to do stuff and be normal.
- Appears to be an increase in social and emotional anxiety.
- They have a lot of things they have to contend with. They need our support & guidance.
- They want to learn more about cooking, growing fruits and vegetables, visiting and learning about farmers market, sewing and heritage crafts.
- *The youth desire to be productive and they listen and want to do good.
- I learned at the State meeting that Simpson Co has a good 4-H program. Other County Homemakers don't do with 4-H.
- Kids struggled during the pandemic 4-H helped keep them in balance.
- I have learned that Covid-19 has had a tremendous effect on our youth. There are issues such as fear, seclusion, socialization issues, etc.
- Mental health is a real issue.
- Vital to our youth and community to get more people involved in providing our clubs ways to be involved with 4-H.
- Youth need practical and economic skills, also life skills like sewing and cooking, also budgeting
- One of our Homemakers commented that she had observed that more of our youth seem to be lacking in social skills and felt that this was due to the isolation, masking, and distancing associated with the pandemic. She also reported seeing more depression a
- Confidence in themselves
- Youth being faced with more depression/anxiety and self worth issues. 4-Hers are very talented, they took part in fair displays, we have a strong 4-H program in Crittenden County.
- Hate wearing mask but they loved making their own clothes.
- COVID has changed how people feel about interacting and being in groups. Youth were glad to lighten restrictions and increase in-person interaction.
- Joy to work with kids and pass on knowledge. This year was difficult to access with lack of normality from COVID shutdowns and lack of proper 4H Agent.
- They feel alone and isolated
- '-Kids are successful if we offer support when needed.-Donna Pelfrey
- Children need opportunities to learn life skills.
- The youth participating in the sewing project have enjoyed getting to spend time and learn together. The pandemic really took away from that

What Homemakers learned working with the 4-H program?

- There is always an area of need.
- 4-Hers are awesome speech writers AND presenters
- Covid curtailed most all efforts; the past two years have been very disruptive to all meetings and activities. Hope things return to normal soon!
- Children learned service to the community early on
- Home life skills are so valuable.
- Patience and more volunteer are needed.
- These young people are able to learn very quickly! They are a joy to teach.

- Need for volunteers
- Children are eager to be together with peers, learn new skills and interact.
- Youth is always wanting to learn new things.
- Children need to be guided into youthful projects so they can accomplish skills.
- The value our youth see in skills; Most 4-Hers are excited to learn; Need lesson on how we can help with 4-H other than camp.
- How to communicate better with youth
- members not really involved. Have volunteered but not real interaction. only contact when need food or judges
- The 4-H program is wonderful and that a good leader is essential for club management.
- Kids are great and they love learning new things.
- Have met some wonderful kids and their families.
- It is a pleasure to work with young people.
- Monroe County youth are very talented and eager to learn and there are volunteers ready to serve if asked.
- *The students enjoy learning and being part of a special group
- *They really like to learn
- you are never too old to work with youth
- The Homemakers play a big part in our county fair in the exhibit building filled with 4-H projects. We love to see them display their skills for the community to see.
- Young people were excited to be back together, even though they had some issues, after Covid-19 epidemic.
- They are willing and want to learn things. Enjoy working with them.
- The kids cared about supporting our military with homemade cards.
- they want to learn - and we have a lot to teach them
- I have learned that we as Homemakers can learn from the young people involved in 4-H as much as they can learn from us. Also, we as homemakers, have skills that we can teach to a younger generation that can be passed down to other generations.
- Hard to get to come to programs. Want to go do electronics. No parents want to get involved
- They learn and do a lot of activities. November homemakers program was Ky 4-H informative. Helped with 4-H reality store at local school, a program that helps students learn their needs.
- Patience. Students have lots of talent. The program would be less Challenging without parent and grandparents. Learned to be more tolerant.
- The mock interview is new to me - I love it - very relevant!
- Make time to include youth in any and all activities possible
- How to support local 4H programs
- Young people are hungry for knowledge.
- The 4-H participants were willing to learn new sewing and textile skills. Some actually had a lot of sewing experience.

What can be done to further the KEHA partnership with 4-H?

- Recognition
- Awareness
- Get homemakers meeting with 4-H agents
- Kids love to learn when given the opportunity and love hands on activities. Youth are naturally independent and we need the materials to allow them to do things on their own. Demonstrations are not enough and will suffocate their self confidence.
- More communication with 4-H agent.
- Have the 4-H leader come talk and answer questions about 4-H at our meetings.

- Buddy Bag Project for displaced youth from drug homes to safe homes
- Invite 4-H members to come to Homemaker meetings to let them know how accomplished 4-H members are.
- Support new 4H agent
- Continue to encourage KEHA to share their knowledge and abilities with today's young people. This unites the two groups to grow and learn from each other.
- We can work on offering a sewing basics workshop and providing a camp scholarship.
- Share experiences and skills with the 4-Hers. Have a good working relationship between KEHA and 4-H, and the 4-H Agent.
- Have more scholarships for 4-H camp.
- encourage grandchildren to get involved
- Getting Homemaker's more into the 4-H Programs
- Work more with the agent and volunteer more to help with the youth.
- Keep in touch with home and farm life; Make 4-H Camp affordable for all - scholarships greatly needed; a homemaker is interested in teaching a jewelry class for 4-H group;
- Keep lines of communication open and share resources related to Ext. Hmkrs. teaching
- Homemakers need to find out more about partnering with 4-H.
- More open communication. 4H needs to inform members about other aspects of the extension office.
- Teaching everyday life skills, such as sewing, cooking, and volunteerism.
- Encourage Homemakers to volunteer with 4-H programs
- Create more opportunities for working with 4-H.
- Increase participation with 4-H programs.
- continue to promote volunteering in 4-H programs through Extension
- Think outside the box for creative ways to provide more clubs and interest to recruit more youth to join. Example, we have started a Lego club and now some of those youth are participating in other 4-H activities such as fair entries, special interest less
- Offer more projects that homemakers can help with
- Table Etiquette -Using right utensils for a banquet or formal dining.
- continue to work with 4-H in our areas of expertise
- Offering more classes for youth to be involved in to further their skillset from leadership development to cultural arts.
- By continuing to pursue ways to assist with 4-H clubs and projects.
- Having the time and willing to work with the youth. Programs are out there, people just need to work with them.
- continue to find projects and opportunities to partner with them
- More mentoring opportunities focusing on life skills....sewing, cooking/baking, financial management, work ethic and customer service (job skills development).
- Participating with 4-H agent to find ways to support 4-H youth
- actual teaching of skills allows time to interact and mentor
- Volunteer to help with more 4-H activities. Financially support 4-H activities and conventions
- Recipes for life helped learn cooking skills. Parents need to learn parenting skills.
- Volunteer our time more, make the 4-H agents aware that Homemakers want to help.
- We can volunteer to teach group activities at 4-H camp.
- Better cooperation between homemakers and 4H agent.
- Keep records of volunteers
- Ensure a 4H Agent is available in each county.
- Maybe the Master Clothing Volunteer could lead a 4-H sewing project?

- start a junior homemakers group with high school students
- Take this single project and turn into a monthly club.

Additional comments or feedback:

- 4-H is not emphasized as much at the state level as it used to be.
- There were two members who attended a forum in Lexington. They brought back many ideas including crafts and various other projects to be shared with our clubs.
- Encourage more homemakers to volunteer to help with some of the 4-H clubs and activities.
- It is a shame we never have anyone really working with the 4H from the homemakers. There is a lot available from 4H to do with the children. I am not sure what the hang up is but the Homemakers are only involved in the sewing with the 4H students.

Kentucky Extension Homemakers Association

November 7, 2022

4-H Chairperson Report

-All 14 areas with 76 counties and 242 clubs completed the Program of Work report this year. You can see the summary in your packet.

-Met with my advisor Dr. Isaac Hilpp twice. Conducted a survey of all 4-H agents throughout the state. Had a 33% response to the survey. A few of the questions that were asked:

1. Do you know who your county homemaker president is?
65% of those responded stated they knew the county president
2. Do you know who your county 4-H educational Chair is?
Only 35% of those responding knew who the 4-H Chair is. (This may be due to some counties not having a chair or the agent not know that a chair exists or who they are)
3. What is the largest need in your county? The largest need was for club leaders. (4-H agents are not supposed to lead all the clubs, volunteers play a vital roll in the success of a county's 4-H program)

-Emailed all of our area 4-H chairs and asked them to forward a request that all county chairs meet with their 4-H agents. I wanted them to have just a quick meeting to introduce themselves and let them know Homemakers are available to help.

-My first year of work will be focused on Communication. We are working on a club packet for that will provide 6 months of lessons/activities to lead a communication club. It will have everything you will need to lead a 4-H meeting minus the kids! (4-H Pledge, lesson ideas, activities, judging sheets for speech/demos etc.) If your county cannot commit to a full club there will be options that can be pulled out for Project Day/workshops that can be led for shorter times. (mentoring speech/demo participants, letter writing projects, mock interview activities etc.

-Working on revising the Program of Work report

Respectfully Submitted

Denise Boebinger

4-H Agent Survey Results – 2022
Conducted by Denise Boebinger and Isaac Hilpp

There were 38 agents responding to the survey (33%)

1. Do you know who your county Homemaker president is?
Yes - 65%
No – 35%
2. Do You know who your county 4-H Educational Chair is in Homemakers?
Yes – 35%
No -65%
3. Does your county Homemakers volunteer in the 4-H Youth Development Program?
No – 18%
Not often – 18%
Sometimes – 49%
All the time – 14%
4. Have you ever met with a Homemaker Club or Council to discuss 4-H?
Yes -32%
No – 68%
5. Would you be willing to meet with Homemakers to discuss 4-H needs in the county
Yes – 94%
No- - 6%
6. Do you need additional volunteers?
Definitely Yes-70%
Probably Yes – 18%
Might or might not – 9%
Probably not – 3%
Definitely not – 0%
7. What needs could homemakers fill within the 4-H program in your county?
-Volunteer for clubs or programs – (This was given multiple times!)
Sewing, needlework, expressive arts, gardening, cooking, knitting, crocheting, food preservations, crafting, babysitting

- Assist with fundraising efforts
- Share their expertise in their specific area whether it's a day program or ongoing club
- They do a great job assisting with programs when asked

Positive Self-esteem club

- Volunteer to be judges
- Volunteer for short or long term projects
- Volunteer at camp
- Be available as needed; they volunteer by organizing materials for classroom teaching

8. How can the state help foster a positive relationship between the 4-H program and Homemakers?

- Facilitate cooperation and alignment between 4-H agents and FCS agents. We are not in competition, we are on the same team.

- Our homemakers are at a rebuilding state. It would be great to build up a new homemaker program with an established and defined partnership with 4-H and other extension programs.

- Communication. Sharing real world county examples or highlights of positive relationships between 4-H programs and Homemakers.

- Carroll County homemakers are involved as much as 4-H volunteers with our 4-H programs. Always ready to get materials ready for the classroom and they like putting the two groups together with their Spring Tea, 4-H/Homemaker Club meetings and giving camp scholarships. I know I didn't answer your question, but I would like to be included in materials sent to the FCS agent so I could brainstorm more team activities between the 2 programs.

- Sometimes it seems that the 4-H and FCS agents compete to be the better agent, when we really need to be working together. This change in attitude needs to come from the top down.

- Provide communication to counties about who the contact homemakers are

- Helping to connect the relevance of the Homemakers club to youth. Many think its just older

generation women getting together to knit or make potpourri, but many of them are doing neat things, so showing that to youth would be helpful.

- More communication between Homemakers and 4-H agents, assistants and volunteers.
- Develop projects that homemakers bring back to their community that are geared towards 4-H programs.
- Encourage them to volunteer
- Have them reach out to 4-H agents that they are wanting to volunteer
- Promote the Kentucky Volunteer Forum as an opportunity for both groups to network and interact, share educational experiences, and recognize Homemakers for their contributions to the 4-H Program.
- Develop joint educational programs
- Develop joint community service projects
- Emphasize the importance of using and following the prescribed 4-H curriculum, it is research based and not just an idea found on the internet or pinterest
- By educating homemakers about opportunities
- Encourage homemakers to see themselves as a service organization focused on volunteering
- Provide educational resources to their 4-H Chair of sample activities they can provide to give them ideas of resources available to them. Provide a workshop or poster at their state homemaker meeting of potential options. Or highlight what counties are currently doing.
- Better communication that can be used at the county level.
- The state does a fine job as far as I can tell. Local relationships determine whether local folks work together or not.
- Open and honest communication
- In our office this is not a problem, but making agents collaborate together for programs.
- Possible have a representative from Homemaker organization serve on State 4-H advisory board.