

KEHA Educational Chairperson Annual Reports

2024-2025

Information reported from July 1, 2024, to June 30, 2025.

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CULTURAL ARTS & HERITAGE
From July 1, 2024, to June 30, 2025
Respectfully Submitted by: Cindy Moore

Area: **14**

County: **74** (last year = 69)

Number of Clubs Reporting: **290** (last year = 256)

Reading and Kentucky Literacy

How many members in your club/county/area used the KEHA Book List this year? **668** (last year = 715)

Number of books read from the **KEHA Book List: 2,845** (last year = 2159)

Number of books read **NOT from** the KEHA Book List: **38,085** (last year = 32732)

Does your county have a Homemaker Book Club? **15 yes; 56 no**

KEHA Cultural Arts and Heritage Passport

Number of members who participated in the Passport Challenge: **340** (last year = 323)

Total number of places/events logged in the Passports: **4,327** (last year = 4564)

How many Passports included a description of a work of art? **106** (last year = 85)

Understanding the Elements and Principles of Art:

Number of individuals who received a lesson on the Elements and Principles of Art: **1,280**

Number of individuals who received a lesson on evaluating drawings and paintings: **854**

Number of individuals who received a lesson on evaluating photography: **1,613**

Using the information learned from the current Program of Work:

Number of individuals who created a drawing, painting, or scrapbook page: **871**

Number of individuals who took photographs: **1,678**

Number of individuals who entered an item in the Cultural Arts Contest: **849**

Hand-Crafted Items and ART as Livelihood:

Number of members in club/county/area who sell craft items to supplement their household income: **230**

Number of clubs that sell craft items to support Homemaker or other community projects: **34**

- Total funds generated: **\$29,713.40**

Number and types of programs funded:

- Over **60** kinds of **programs / missions / charities were funded**
- Examples:
 - o Ovarian Cancer Awareness & Screenings
 - o 4-H Programs & Camps
 - o Backpack Programs
 - o Church Mission Trips
 - o Nursing Homes
 - o Local Hospital donations
 - o School Resource Centers
 - o Supporting local Animal Shelters and Animal Alliance Co-Ops

- o Blankets of Love, Quilts of Freedom, Clothing/Bedding to the Healing Place
- o Various Scholarships: St. Judes, 4-H, Quilt Guild
- o Homemakers meetings and activities, Club expenses

Additional Comments or Feedback:

- Niagara Homemakers took 2 field trips this year. One was a guided tour of John James Audubon State Park Museum, and the other was "Carryin' on the Tradition" by the Piecemakers Quilt Club of Hopkins County.
- Members worked both the local and area Cultural Arts Contests. Members entered State Cultural Arts Contest and state Cultural Arts Creative Writing Contest.
- One club has a homemaker Book Club, which has a book share: share books with each other, then donate to local library.
- Members spend time with camera, taking amazing photos to share at meetings.
- One member spends hours crocheting and donating her work to those in need.
- Clubs crafted angel figures and tobacco stick crafts for projects.
- Many of our members help with the county fair. Some of the members have donated school supplies, clothing to our local ministries, paid debts for school lunches for children, help at school support dinners and donate supplies to help at our local dog kennel for our furry friends.
- One club held one of their meeting at the public library and had a tour of the facility.
- We do not have an active Book Club however, we have set up and maintain a Lending Library with a great assortment of reading material.

CHAIRPERSON NOTES:

- **3 Year Program of Work:**
 - o Year 1 = BASKETS (July 2025 – June 2026)
 - o Year 2 = FIBERS (July 2026 – June 2027)
 - o Year 3 = FELTING (July 2027 – June 2028)
- **Cultural Arts Exhibit – State Level Entries:**
 - o May 2025: **742 exhibits** entered by 461 Homemakers, representing 97 counties
 - o May 2024: **733 exhibits** entered by 430 Homemakers, representing 94 counties
- **Creative Writing**
 - o 58 Entries in last contest (ending March 1, 2025)
 - ♣ 20 Poetry
 - ♣ 27 Memoir
 - ♣ 11 Short Story
 - o On OCT 3, 2025 the Louisville Area held a Creative Writing “Memoir” Workshop; 28 participants registered, representing 8 counties. It was a great success with requests to hold future workshops.
 - o We are promoting our Creative Writing Contests with a **BOOKMARK** available on our KEHA Cultural Arts website.
- **THREE Workshops have been submitted to the 2026 State Meeting to support Cultural Arts & Heritage Programs:**
 - o From Memories to Memoirs (Carol June Franks)

- ♣ Junebug Tales Publishing author will teach Memoir writing and encourage Homemakers to enter their works in the Creative Writing Contest
 - Colors of the Mountains: Appalachian Fabric & Paper Dyeing (Aggie Fink)
 - ♣ Hands-on demonstration of dyeing, including the regional craft history
 - The Wool Story: Shearing to Stitching, Fleece to Fashion (Phillip & Sheryl Morgan)
 - ♣ Learn wool process of shearing, dyeing, and product creation
- Currently working with local quilt experts to **revise our Cultural Arts Exhibit Quilt Category** (and subcategories).

INTERNATIONAL
From July 1, 2024, to June 30, 2025

Area: 14

County: 68

Number of Clubs Reporting: 285

International

Number of members who received lesson information on Creating Welcoming Communities: 1,381

Number of members who implemented a project/plan on Creating Welcoming Communities: 215

Number of members who received lesson information on Healthy Eating Around the World: 2,045

Number of members who tried a new food as a result of participating in Healthy Eating Around the World: 1,192

Number of members who received updates on Ghana or the Philippines: 620

Number of members who participated in International Month: 1,522

Number of members who received or learned information about ACCWW: 607

Number of members who received or learned information about NVON: 598

Number of members who participated in homemaker international outreach support programs (Coins for Change/Ghana library/other): 1,735

Number of members who adopted a plan of action on Cultural Diversity: 344

Please tell us about any special successes or cultural outreach work in your county that you'd like to brag about! Comments:

- formatted the international lessons for newsletters to be given to all members
- Made dresses for Ghana. Sewing kits and donations for Congolese Project
- 1. In October for KEHA week 8 clubs donated sewing items to make 11 sewing toolbox kit to be sent to the Congo via CeCe. We also collected money for 1 and half treadle sewing machines.
- 2. The International Club Chairmen held an international dinner featuring Ireland on St. Patrick's Day. each committee member prepared an Irish dish. Around 52 people attended to enjoy a delicious Irish meal, an Irish wreath craft, and played Irish BINGO... very successful!
- We hosted our first coins of change fundraising making \$100! We have brought on three new chairmen for Cultural Arts, Environment, and housing, and food and nutrition. They have brought lots of new energy to these programs.
- We didn't get to focus on this area during the past year but hope to in the future.
- Make international cookies to serve to SCC Students during International Day
- Special success was achieved through working with the international students at Campbellsville University.
- Nice International meeting
- Blessing box, and provided bedspreads for youth in need
- "English Tea Party - April 16, 2025"
- Made an English recipe book. Dressed up with gloves and hats.
- Our county international day always focuses on another culture

- International Luncheon was held with focus on Scandinavian countries with approximately 60 people attending. The speaker was excellent with her presentation of slides and knowledge of sites visited. Version of Scandinavian food was served.
- FCS agent invited another FCS agent that was from Puerto Rico to come and cook a traditional meal and share about her childhood and customs in her territory. The program was offered free of charge and over 30 people attended.
- Barren County Homemakers had their annual International Night featuring the country of Italy.
- we hosted an international night
- We won the Coins for Change Award at the State meeting
- The International Program that took place on April 29, 2025, was on Asian Teas. Our speaker, Mabel Benzing was informative and entertaining. Different types of tea and Asian treats were sampled by attendees.
- Hosted A Taste of Belgium program with international student from Belgium. He discussed the similarities and differences in life in the US vs Belgium, and he made homemade crepes for everyone to sample
- visited Hotel Metropolitan learned about racial problems in 1960s.
- comments- please define ACWW and NVON
- club members participated in cultural arts day had several items progress to the state. members receiving 2 blue and 1 purple.
- Each member read "Two Old Women" book explaining cultural difference and the determination of tribal women

Additional Comments or Feedback:

- It would be most helpful if a workshop on how this form is to be filled out for club members as well as when I fill this out. I don't feel my numbers submitted reflect just how many club members are reached. Thank you if you can get this workshop for each county.
- We appreciate the first-time attendees to last year's state meeting.
- Plan to report next year.
- One club response: Update questions on this form to be related to current year's lessons or make lessons to go with these questions.
- International tree planting ceremony planted Kentucky Tulip Poplar tree at Extension Office and distributed 100 white oak seedlings and 100 pawpaw seedlings
- We did not participate in lesson

FAMILY AND INDIVIDUAL DEVELOPMENT

Area: 14

County: 70

Number of clubs reporting: 286

Reporting period: July 1, 2024, through June 30, 2025

Our primary focus topic was **Self-Care and Mental Health: Living Alongside the Pandemic**.

Over 1,000 members reported that this program was helpful. Lessons were shared through newsletters, leader lesson materials, University of Kentucky publications, handouts, and online articles. Many clubs used the *Family Caregiver Health Bulletin: Resolve to Self-Care and Self-Pamper*, and other UK Extension resources.

A total of 13 clubs created and distributed a total of **214 self-care or disaster-preparedness kits** to help members manage stress and encourage self-pampering.

Members suggested including more hands-on activities, self-care quizzes, and moving away from pandemic-specific information while continuing to focus on personal well-being and motivation.

When asked what changes helped them feel better about themselves, members shared a wide range of activities including monthly outings with friends and new hairstyles.

The second topic area, **Self-Care and Strengthening Family and Community**, encouraged members to make time for family. They reported family dinners without electronics, game nights, weekend trips, camping, church activities, and more meaningful conversations. Some said their families simply slowed down and enjoyed being together again.

Across the state, **1,530 members or families** participated in community projects.

Examples included food and blessing box drives, school backpack programs, donations to shelters and nursing homes, quilts for veterans, flood and hurricane relief efforts, and care bags for police and first responders. Homemakers also helped at local fairs, organized community clean-ups, served meals, and created cards, crafts, and blankets for those in need.

Altogether, **139 members taught or shared this program with others**, reaching more than **3,100 people**.

Members said the lessons were enjoyable, informative, and relevant. They especially found the lessons related to self-care, essential oils, and mental health to be enjoyable and relevant. They appreciated guest speakers and hands-on activities.

In summary, our homemakers continue to show how small acts of self-care, connection, and service can strengthen not only individuals and families, but entire communities

ENVIRONMENT, HOUSING AND ENERGY
From July 1, 2024, to June 30, 2025

Area: 14

County: 71

Number of Clubs Reporting: 281

Environment, Housing & Energy

Number of members who took actions related to environment, housing and energy listed below between July 1, 2024, and June 30, 2025:

How many Homemakers attended a lesson on radon? 985

How many have tested for radon in their homes during this reporting year? 315

How many have annual testing for radon in their homes? 145

How many have radon mitigation systems in their homes? 161

How many Homemakers had a lesson on carbon monoxide? 1,131

How many know how to detect for carbon monoxide in their homes? 1,420

How many have carbon monoxide detectors in their homes? 1,456

How many Homemakers had a lesson on indoor air quality? 2,112

How many know and took steps to improve their indoor air quality? 1,084

How many Homemakers had a lesson on home safety/emergency preparedness? 1,128

How many KEHA members have emergency preparedness kits? 1,128

How many KEHA members have taken steps to make their homes safer? 1,443

How many members coordinated a program with Waste Management Offices in their county? 150

How many initiated or participated in an Adopt-A-Highway project? 136

What topics/areas of Environment, Housing and Energy would your club/county be interested in learning more about?

- How new windows (or quality of windows) affect with air quality and safety within the home as well as utilities.
- What to do if/when high rates of exposure are present. (I think they are referring to radon)
- energy efficiency to save on utilities; water quality reporting; handicap accessibility; recycling in community; housing scams
- Home safety as we age. Recycling. Radon, Animal control strays.
- solar/wind energy sources
- Winter Energy tips, getting rid of things we don't need, energy saving tips, mold and mildew, pollution, climate control, tornado preparedness
- Composting
- A program on ways to conserve energy and lower bills for seniors on a fixed income.
- We never had any lessons on emergency preparedness or kits. Would be interested in those. Also tornado preparedness.
- Starting a recycling program, Monarch butterfly stations, composting, homeless shelters
- Energy-Solar Costs
- Solar energy, safe kits; yellow dot program

- Saving money on home utilities.
- New Heat Sources, Solar Power, Insulation, New Appliances combos
- Recycling opportunities in our area, growing our own food, housing options for assistants in funding for showers and tubs. Energy affects on high power lines to our health. Fire safety
- solar energy, EV vehicles, using flat top roofs for solar energy instead of farm land
- Radon, more clarification on recycle categories, home water purification, emergency preparedness for chemical spills in the community
- Elder Safety
- Our clubs are always looking for ways to conserve energy and awareness of our environment.
- Clean air ducts, dryer vents, etc for cleaner air in the homes.
- Ways to save energy after the heat wave.
- How to stay cool and hydrated.
- Information on disaster prevention
- Storm clean up, energy efficiency in homes, renewable energy for residential use
- Emergency Preparedness
- How to Investigate Energy Loss
- Solar Energy
- Kentucky is now temperate zone A, what does this mean?
- saving money
- Need new topics/areas
- Emergency preparedness, community gardens, power bill/water bill control, water safety, indoor air quality, and recycling
- Anything that would keep people safer
- Unstable housing. Recycling
- Recycling
- Safest Cookware, how to save on utilities
- Decrease electric or gas bill
- Radon, home safety
- Electric Cars
- Home organization, how to trouble shoot on HVAC, recycling and getting rid of hazardous materials- especially cleaning supplies
- Radon - We never had a lesson on this
- energy efficiency
- Since so many areas in Kentucky have been affected by tornadoes, we feel like tornado preparedness needs to be stressed.
- Handicap friendly homes.

Please share one paragraph description of an environment, housing and/or energy program conducted by your club/county.

- The Bourbon County Homemakers partnered with a local church to host a Free Shredding Day for county residents. The event took place in the church parking lot, where residents could drive through

and deposit their shred-able items directly into the on-site shredding truck at no cost to them. The truck remained on site for two hours, with the Homemakers and the church equally sharing the rental cost. The event was such a success that the Homemakers plan to offer the free service again in spring 2026.

- Bourbon County Homemakers Raise Awareness of Carbon Monoxide Dangers
- At the Bourbon County Fair, the Bourbon County Homemakers hosted an informational booth highlighting the dangers of carbon monoxide. The booth shared research-based educational materials with the public, and visitors could register to win a free carbon monoxide detector, one of which was given away each night of the fair.
- County FCS Agent, Judy Vaughn, held a Disaster Preparedness program within our county.
- Discussed homemaker programs supplied.
- Our Nicholas County Agent provided 2 options to attend the In the Face of Disaster Training.
- Two members had a stair lift and railing on a porch completed.
- Adair County Homemakers conducted a food drive to restock identified local blessing boxes.
- Members participating in Bingocize learned a lot about how to make their homes safer and decrease the risk of falls.
- Indoor Air Quality...Made flyers to show how much dust one room was collecting
- Homemakers maintain a flower mound at the local park.
- Replanted rose bushes at Aspire Center, which is part of Monticello's beautification project.
- One club participates in Adopt a Highway
- Hillsboro club members plant flowers at Grange City and Ringos Mill Covered Bridges.
- Emergency kit check list for disasters if needed.
- Agents have offered
- In fall 2024, the Friends & Family Homemaker Club invited a speaker from Paul Davis Restoration to talk about mold in the home.
- We taught recycling to the elementary students in the county.
- We follow the UK program of work. Each month information is distributed and discussed.
- There was an Emergency Disaster Preparedness program conducted in October 2024; the program prepared participants how to be weather aware, engage in weather radios, and participants even created their own disaster kit to take home.
- The FCS agent had a UK curriculum series called; In Face of Disaster and the participants each made grab and go disaster kits.
- Plant and Seed Swap
- Radon
- Carbon Monoxide
- Adopt A Hwy
- Extension lesson on Radon. Discussed and learned about the radon testing kits offered through our county library. Discussed carbon monoxide home detectors, cost, and use.
- Community garden is maintained on the square in Edmonton the Metcalfe County seat, by the Edmonton Homemakers club.
- We had representee from the utilities company come and talk about how to save electricity.
- Still help keep cemetery clean by different club members at different cemeteries.
- County does recycling of plastic shopping bags making mats for the homeless.

- This is an area we need to improve on
- Assisted in Flood Recovery Distribution of Items.
- One club had a speaker from Precision Heating and Cooling that gave tips on energy saving and how to reduce your electric bill.
- Trip to recycling plant and distributed radon kits
- We had an air quality, and one group made air freshers.
- Our county extension ARN and FCS agents presented a 'Lunch & Learn' session on Indoor Air Quality.
- We really liked working with the local health department to have an emergency preparedness call. This was really beneficial after the flood.

Additional Comments or Feedback:

- Plan to report next year.
- We're not very informed on radon.
- Thank You

FOOD, NUTRITION AND HEALTH
From July 1, 2024, to June 30, 2025

14 Areas
 68 counties
 238 number of clubs reporting

I was glad to see that most of our numbers went up from last year in the areas of physicals, mammograms, ovarian screening, and participating in health fairs.

1,259 attended some kind of Ovarian Cancer Awareness fund raiser. We started by having teas but any fundraisers will do. If your club or county didn't do this last year, please try to have a fundraiser and raise money for Ovarian Cancer. Clubs participated in lessons in their county or nearby counties. Some of these are "Let No Child or Senior Go Hungry", "Travel Kentucky from your Kitchen", "Cooking from Another Country", and get Blessing Boxes in your county. Now is a perfect time to get these boxes filled and keep filled. If you have any questions, contact me at hadasah5@hotmail.com.

Food security is very much in the news. Your donation to local food banks, food pantry, "backpack for hunger" programs are really needed at this time. Your number of homemakers shows that you have really stepped up for this one.

Our homemakers have been taking Physical Activity serious but more of us should be more active. See if your agent can teach Bingocise, or have someone teach a class of yoga or start a walking class. There are a lot of programs for the seniors that you can sit in a chair and exercise.

Nutrition is for everyone. Many of you purchased from local farmer's markets and supplemented your diets with healthy foods you preserved.

There was a super long list of programs and activities our homemakers would like to see done. A lot of these activities and programs are being implemented across the state. Get with your agent and see if some of these programs can be implemented or Zoom classes from other counties.

Last but not least, I'm saying again, keep those Blessing Boxes filled!

Report Details

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

Number of members who:

Had an annual physical / check-up: 3,106

Had a mammogram: 2,319

Had an ovarian cancer screening: 658

Had a first-time ovarian cancer screening: 60

Had a diabetes screening: 2,214

Participated in a local blood drive: 427

Participated in a local health fair: 689

Did your club/county host an Ovarian Cancer Awareness fundraiser? 19 yes; 47 no

If yes, how many attended? 1,259

How much money was raised? 26,276

Did you participate in other activities to raise awareness of ovarian cancer? 24 yes; 33 no

Program of Work Lessons – List number of members who:

- Participated in a lesson on Let No Child or Senior Go Hungry? 376
- Contributed something to a Blessing Box? 1,926
- Participated in a lesson on Travel Kentucky from Your Kitchen? 668
- Made a food from a different Kentucky region/area? 823
- Participated in a lesson on Food Culture from Other Countries? 1,734
- Cooked a food from another country? 1,148
- Practiced a custom from another country? 705

Food security – Number of:

- Members who donated to a local food bank or food pantry: 2,618
- Members who volunteered time at a local food bank or food pantry: 717
- Children served by a local “backpack for hunger” program: 7,530

Physical Activity – List number of members who:

- Exercised regularly (20-30 minutes at least 3 times weekly): 1,395
- Helped implement environmental changes for physical activity (i.e., install a walking path, bike trail, etc.): 171
- Reported an improvement in overall health due to increased activity: 875

Nutrition – List number of members who:

- Gained knowledge and made healthy food choices: 2,653
- Purchased fresh foods at a local farmers market: 1,937
- Supplemented their diets with healthy foods they produced/preserved: 1,446

Please list 1 or 2 exciting Food, Nutrition, and Health programs you would like to see implemented.

- Foods Across Kentucky,
- Meal planning/macro nutrition
- Vegetarian options. Diabetic diet. Meals for 1. Meals for 2
- easy simple healthy quick recipes
- "Information on the Mediterranean Diet
- Foods that help with bone mass and improving skin"
- "Cookwild Kentucky
- Cooking the Kentucky Regions
- Smoked meat"
- Healthy meal options for 1
- Edible fresh food art
- Gluten Free
- Various coffees and teas
- Better ways to open canned jars, water bottles, and bags.
- Derby foods, casseroles, foods for constipatio

- Mental Health Matters and Gardening Safety
- Mental health with foods, activities added. How to cook for one and eat well. Recipes.
- "Benefits of fresh fruit and vegetables.
- easy prep nutritional meals for 1 or 2 people."
- Enjoy healthy recipes and international type cuisine.
- Small planter garden items - building a small raised garden bed
- Healthy one dish meals (casseroles). Planned - overs for small households. Cook once, use many times, (strategies/recipes for utilizing a whole chicken, or pork tender-loin cooked in a crock pot and pulled, think freezing single serve packets of some of it, then using the rest over 2 - 3 days and providing different recipes for using the base pulled, cooked meat in different ways).
- Exercise program at the extension office
- walking program
- Bread Baking series
- More knowledge on the different diets and their effectiveness and long-term reliability
- Air Fryer Use
- activity for seniors
- International cooking, managing diabetes- meal planning, importance of movement, counting carbs, no/low carb snacks
- How to make cheese
- Protein Alternatives, No meat, holistic care program
- Chair Yoga, Tia-Chi
- International cooking methods
- healthy desserts, quick meals, meals for 1 or 2 people, convert old recipes into modern day measurements,
- Cooking for different seasons.

If your club/county has conducted any Food, Nutrition, and Health programs NOT listed above, please share details.

- "Recipe For Life - 303 5th graders with 36 homemaker volunteers
- Peter Rabbit - March Nutrition Month - Petter Rabbit went to every kindergarten class in the county to share his love of vegetables and what they did for him.
- Holiday Foods - Demonstrations and tasting of nutritious holiday foods"
- Domestic Divas Homemaker Club donated \$600 to the local Elementary School to be placed in an "angel fund" to allow kids that do not have money on their meal ticket but would like extras to use the money in this fund, rather than being denied food. The student previously would have to be told they have no money and couldn't have extras, not with no questions asked this fund is available for all students to use.
- Helped lead adult cooking club
- How to get out of a mealtime rut
- For our Food, Nutrition and Health Lesson for 7/1/24 - 6/30/25, our lesson was, "How to Get Out of a Mealtime Rut. 13 Members received this information at our March 2025 meetings.
- The Niagara Homemakers Club is currently helping to provide either food items or financial assistance to the Cash Creek Baptist Church food pantry or to the Cash Creek Baptist Church

backpack program. Several clubs also work with Christian Community Outreach to provide Birthday Bags/Boxes to families whose children are having birthdays. We provide a bag/box with ingredients to make a birthday cake, candles, birthday card, disposable pans, and anything else that might be appropriate. This is a county-wide project.

- We had a lesson on Strong Bones. We had a physical therapist come and explain a lot about bone mass. He was very informative, showed us different exercises, and explained the meaning of the numbers of bone density results.
- Foods from different countries
- Canning Camp
- Dining with Diabetes
- Pressure Cooker
- Jambalaya
- National Nutrition Month lesson with healthy eating tips in March
- Green County hosted a cake walk to raise funds for the local food pantry.
- Healthy Eating Around the World
- How to get out of Mealtime Rut
- Garden Safely
- Using Your Air Fryer
- Jam/Jelly Preserving; Biscuit making; Pizza dough making
- Recipes for Life
- "Nature and your wellness
- Eye health
- 8 dimensions of wellness
- Mental health benefits with pets
- My plate
- "To promote convenience in meal planning a "Recipe of the Month" was provided and distributed to club members at club meetings and through the county Homemakers newsletter. Recipes varied and selected with focus on nutrition, simplicity, caloric content, special dietary needs, and cost. County-wide participation.
- Promoting exercise and movement, a walking program was conducted for our club. Prior to monthly meetings, participants arrived early for a brisk walk around the meeting site and took part up until meeting time. Overall, 6-8 people came at various times and a couple participated regularly.
- To encourage an increase of fruit and vegetables into one's diet, each month a serving of fresh fruit was provided for take home to each person attending our club meeting. Individual servings of grapes, apples, oranges, and bananas were regularly provided and also some other misc. fruits.
- In addition to volunteering at the GC Alliance Food Pantry, our club has been supportive of the food pantry in other ways. Special food drives during Nov. and Dec. of ""Thankful Giving"" and Advent food drives, the club provided 4 complete boxes for families of the local food pantry. The club also collects recycled grocery bags at each monthly meeting for use at the food pantry in food distribution.
- Club members participated in a "Cookie Exchange" in early December. Participants from the county-wide clubs brought their favorite cookies along with the recipe to share. Each member had an assortment of cookies to take home for their enjoyment and holiday hosting.
- GoldenYears was about wellness

- "Food Pantry-we collect money at each monthly meeting. When we get several hundred dollars we go buy food items and take them to the food pantry. We donated \$390.25 worth this year. We also donated \$195.52 worth of food and Easter basket items to Ft. Knox Helping Hands food pantry.
- Planning Thrifty & healthy Holiday Meals- members shared info about holiday meals. How to get out of a meal time rut- traditional meals served and how budgeting helps. Shared favorite dishes prepared at home.
- "Inspiring Grandchildren to Become Grand Cooks
- How to Get Out of a Mealtime Rut
- "Planning Holiday Meals"
- FCS agent invited another FCS agent that was from Puerto Rico to come and cook a traditional meal and share about her childhood and customs in her territory. The program was offered free of charge and over 30 people attended.
- Arthritis relief exercise.
- wits workout
- Taking Time for You-Embracing Aging
- Jr Chef Camp for about 18 children
- donated to open hands - meal delivery in county - did birthday pans to provide a cake and icing for the those having birthdays or special occasions
- Best of Brunch, Fun with Food, Holiday Foods Tasting Gala

Additional Comments or Feedback:

- Plan to report next year.
- Thank You.
- Our area had "How to Get out of a Mealtime Rut, Inspiring Children to become GrandCooks, and Move your Way lessons
- Our county does not have a farmer's market

LEADERSHIP DEVELOPMENT

From July 1, 2024, to June 30, 2025

Reporting

14 Areas

73 Counties

263 Clubs

Trainings Conducted

52 reported offering club, county, or area officer training with 646 receiving training

45 reported offering club, county, or area chairman training with 459 receiving training

Leadership Training significantly enhanced participants' understanding of organizational functions, inspired leaders to excel in their roles, and deepened awareness of how State level information can strengthen local programs. Multiple clubs reported that these trainings were especially beneficial, reinforcing the value of continued education and development for community leadership.

659 members received lesson information on parliamentary procedures.

Volunteer Hours (VSU) reported totaled 778,392.7

Extension	59,435.45
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KEHA	106,408.7
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Community	249,883.35
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Personal	362,665.27
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Educational scholarships valued at \$63,822 were awarded to 108 individuals

28 Club scholarships-\$7,537.00

79 County scholarships - \$53,745

1 Area scholarships - \$2,540

Positive Impact Programs reported demonstrated a deep commitment to community well-being across multiple fronts

- The community backpack programs ensuring children had access to nutritious food outside of school hours, reducing hunger and promoting healthy development
- Senior citizens & nursing home outreach that enhanced the quality of life through companionship, activities, and essential resources
- New and expectant mothers benefited from the creation and expansion of dedicated centers offering guidance, care, and essential supplies
- Animal welfare assistance to local animal shelters helping improve conditions for rescued animals and supporting adoption efforts
- Special efforts were made to honor and appreciate first responders for their dedication and service to the community.
- Community "Free Shredding Day". County Homemakers teamed with First Christian Church to hire a shredding truck to come to Paris for 2 hours. Community members could drive through parking lot and shred materials for free I No limit! Many positive community comments. Church and County Homemakers split the cost of \$500. Plans to repeat the event in spring of 2026.
- Providing financial fund to Nicholas County Schools for students who do not have lunch account money to have extras to ensure no child is going home hungry."
- Our New Chapel Quilters Club continue to make Hospice and Veterans Quilts for our local community. We feel this is one of the greatest programs of our Hancock County clubs. Each

Veteran's quilt is a show of respect, thanks, and appreciation of the recipient's service and sacrifice to our country. Each Hospice quilt brings comfort to the patient in their last days and remains a treasured memory to their family for years to come after they pass.

- Fleming County Homemakers donate 300 baby quilts to Shriners hospital. Another 15 are donated locally to ill children. We donate 2 quilts annually to the nursing home. We also provide quilts to police and sheriff's departments. We also donate about 150 hats to Shriners also.
- Disaster Preparedness Awareness Program,
- We created a blessing box along with our 4H youth member for our extension office
- Recognition Dinner for Veterans, Police & First Responders"
- "Over \$15,500 was donated for' Relay for Life by the Franklin Homemakers to the American Cancer Society. ,
- We also started funding haircuts for nursing home residents and take food donations for hospice families"
- Made dog biscuits and took them to the animal shelter and gave to the dogs. We collected dog and cat toys and blankets and towels and donated them while visiting the new Boone County Animal Shelter.
- Maintain flags surrounding courthouse square and change for seasons and holidays.
- The Knox County Homemaker Club raised \$500 dollars to begin the new pregnancy center in Knox County.

Prepared by
Cyndy Humble
Leadership Development Chair
November 2025

MANAGEMENT AND SAFETY
From July 1, 2024, to June 30, 2025

Area: 14
 County: 71
 Number of Clubs Reporting: 297

Transferring Cherished Possessions – Number of members who:
 Increased their understanding of what makes up an estate: 1,523
 Increased their understanding of legal considerations for non-titled property: 1,206
 Plan to start an Asset Distribution Plan: 737
 Plan to start writing a Letter of Last Instruction: 879
 Plan to contact an estate planning professional: 600
 Plan to update or create a will: 1,799

Emergency Health Information Cards – Number of members who:
 Plan to fill out and use an EHI Card for self: 1,540
 Plan to share the information and/or EHI card template with others: 1,191
 Number of people with whom members shared the EHI Card: 1,291

Scams and Frauds – Number of members who:
 Feel prepared to protect their money from fraud as a result of the programming: 1,570
 Received possible fraudulent offers (by phone, email, mail, in-person, etc.): 2,376
 Took steps to reduce offers: 1,549
 Implemented strategies to protect themselves from scams, frauds, and security breaches: 1,886
 Reported potential scams to authorities: 883
 Actively monitored for identity theft by checking annual credit reports or enrolling in a monitoring program: 1,211

Additional Lessons

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

- "Injury Prevention for the Garden and Beyond
- Emergency Disaster Preparedness Training and kit prep
- RAVE Calls - personal safety
- Dangers of Carbon Monoxide poisoning"
- We discussed Homemaker programs supplied to us.
- "One club had a local Elder Law attorney speak at their May meeting about trusts and wills. This attorney also answered questions about distribution of assets and how to avoid family conflicts.
- The EHI cards were distributed at our Senior Citizens Center. All completed and now carry their cards.
- Held a "Time Well Spent: Organizing tips for increased productivity" presentation - 5 attendees.
- "Time Well Spent: Organizing Tips for Increased Productivity"- January 2025
- 13 members received this information."
- Self-Defense Classes sound interesting.
- Hand railing and mobility ramps, Bingocize, Indoor air quality,
- Taylor County Hospital IT came and discussed the different types of scams and ways to protect and prevent us from scams.
- We Used the "Using Your Air Fryer" publication.

- Lunch and Learn Series
- We learned several things about management at safety at our golden years event
- Emergency Disaster Prepared County Program
- Cherished possessions and fixing wills.
- Avoiding taxes so nursing home doesn't get all your money.
- Elderlaw spokesperson to give more details on above.
- FCS agent had a UK curriculum program, In Face of Disaster and 10 people attended the series and made home safety kits to take home for a grab and go bag in case they needed to evacuate. One of the concerns was how to have enough medication on hand for an emergency. FCS agent contacted the local physician in town, and he was able to give helpful hints such as creating an up-to-date medication list and dosage instructions and gave government publications to use before a disaster occurs.
- Making a Will lesson, How to Let Go of Junk/Transferring Cherished Possessions lesson
- Air Fryers, Air Quality, Radon
- Montgomery County only
- Caution members to not say "yes" when answering an unknown caller.
- Pendleton County presented a lesson on Battery Safety.
- Battery safety
- Health Literacy lesson, all 111 members received
- Would like to see a program with Kentucky Legal Aid reviewing their services.
- Eight members attended a lesson on "Increased Productivity."
- A local attorney came to discuss estate planning and fraud in our county.

Additional Comments or Feedback:

- All 108 of our members have received fraudulent offers in some form.
- We had 250 homemakers that enjoyed finding out how to use the Air Fryer, and different foods you could prepare.
- Plan to report next year.
- Per 1 club- mgt safety report did not address same year mgt safety programs.
- NOVEMBER - 2024 - Estate Planning Basics (handout to Golden Days Club members) no follow-up
- Getting Started: Part 1 (FCS5-420) ---not (FCS5-422----15 recipients
- Records and Personal Information: Part 2 (FCS5-423) --15 recipients
- MARCH - 2025: Mike Keller - Indoor Air Quality-27 received
- Lesson is part of the Environment, Housing & Energy Program of Work 2022-2024
- JUNE - 2025: MAILOUT-Carbon Monoxide. ---33 recipients
- Lesson is part of the Environment, Housing & Energy Program of Work 2022-2024

4-H YOUTH DEVELOPMENT
From July 1, 2023, to June 30, 2024

Areas: 14

Counties: 70

Number of Clubs Reporting: 256

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

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

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

COMMUNICATION

- Encourage communication between 4-H Leadership and Homemakers Clubs about what types of involvement are needed. We are a fairly new club and didn't realize the connection between 4-H and Homemakers until we were filling out reports last year. We are working on ways to become more involved in the 2024-2025 year.
- Work to publicize the work of both 4-H and KEHA on the county level in order to get more people involved, especially homemakers. It would be beneficial for homemaker members, especially those who live alone, to become involved in 4-H programming. There is a lot that can be learned from the younger generation (it goes both ways - learning from each other).

- Invite Homemakers to 4-H council meetings
- Have 4H agent speak to homemaker council or meeting on ways to assist (3)
- More communication of needs.
- Meet with new agent and offer our service. Have information available of what 4-H needs and information on what KEHA does.
- Meet with 4-H agents to determine what homemakers can do to support 4-H.
- Let homemakers know what is needed and they will help
- Continue collaborative efforts when program planning. Utilize the expertise of Homemakers when seeking volunteers.
- More information about why they meet and what they need, working on improvement for next year
- Make clubs aware of how much volunteers are needed
- Closer relationship between 4-H and extension homemakers
- Try to encourage more homemakers to volunteer with 4-H. Involve the 4-H agent in