

Family and Individual Development Program of Work Report Summary

From July 1, 2015 to June 30, 2016

Number of individuals who:

- a. Had a session that increased awareness of cardiovascular disease.

Club- 127, Extension Homemakers-1279

Had lessons on Taking Care of Your Heart, Making Healthy Beverages
Took exercise breaks at meetings; studied importance of exercise for balance and flexibility
Held Heart Healthy Luncheons
Learned indicators of stress, ways to cope with stress; stress tests
Became aware of heart disease in families
Go Red
Studied importance of knowing your blood pressure numbers; taking tests
Diabetes awareness and knowing your numbers
Shared information on EKG, Ultrasounds and Life Screens
Studied heart healthy foods and recipes

- b. Made a lifestyle change to acknowledge its impact on healthy lifestyle.

Clubs- 244, Extension Homemakers- 1566

Some joined Silver Sneakers, exercised more individually and in walking groups
Joined Yoga groups, swimming classes, diabetes groups, used a Fitbit
Diet changes for gluten free diets, using "Plate it Up", lower sodium meals
Attended AARP driving classes
Life Skill classes with elementary students after school
Creating Happiness and Blessing Others

- c. Attended or participated in a workshop related to healthy aging.

Clubs- 187, Extension Homemakers-1732

Skin care class-use of essential oils
Ways to make own cleaning products
Health Fairs
Sleep workshops
Generational differences
Planning for life's major events
Positive attitude is vital
Age is more than numbers
Embracing aging
Luncheon for Alzheimer awareness

Senior Expo at Extension Office
"Warming up for the Long Run"
Ten signs of healthy aging
Reading

d. Held a program which demonstrated support to military families.

Clubs- 69, Extension Homemakers -859

Worked with coupon collection; approximately \$5000 in value
Distributed Bible tracks
Gave monetary donations
Sent care packages to troops overseas
Gave support to disabled veterans
Participated in programs for Veterans and Memorial Days
Collected warm-up suits for veterans
Collected stamps
Partnered with school for Veteran's Day program, including a white table
Tour of Veterans facilities and monthly visits to VA hospital
Military wife and dad ceremony for fallen troops
Dolls and bears to homecoming veterans at Cincinnati airport
Made and mailed Christmas cards; sent "Thank You" cards for service
Participated in Veterans Day Parades
Had dinner for Veterans and families
Attended Vietnam Wall ceremony
Volunteered with American Legion

e. Practiced, attended or had a guest speaker on military topics.

Clubs- 42, Extension Homemakers-426

Speaker came to county and discussed challenges for veterans on re-jobs, making a living, buying a home
Had military wife to speak on how clubs could help the military families
Appreciation luncheon for 100 veterans
Made bows for 850 wreaths at state cemetery
Mother and daughter spoke on life in the military

f. Held or attended event(s) involving fabrics.

Clubs- 150, Extension Homemakers-1617

Attended American Quilting Society Show in Paducah, participated in quilt clubs
Making sweaters into stockings
Pillow workshop; made pillows for Camp Courageous
Made costumes, cancer hats, baby bibs for hospital, hats for homeless shelters

Worked on accessorizing wardrobe
Made rag rugs, burlap wreaths
Did Swedish weaving
Crocheted and knitted shawls, blankets, hats and mittens
Made walker bags and scarves for nursing home patients
Made quilt squares for State KEHA meeting, county fair projects
Prepared items for Cultural Arts Contest, county fairs, International clothing projects
Helped with 4-H projects
Made blankets and gowns for babies on reservation
Upcycling of clothing

g. Held or attended a workshop on the care of clothing

Clubs- 157, Extension Homemakers -1773

Workshops on basic wardrobe planning, care of clothing, cleaning certain materials
Natural fibers class, laundry lesson, how fabrics have changed
Simple and fast clothing repairs
Recycling your wardrobe
Dressing slimmer
Extending wardrobe investments

Family and Individual Development Program of Work Report
From July 1, 2015 to June 30, 2016

Name of person completing this form: Marilyn Craycroft

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For clubs reports: (Club reports are due to the County Family & Individual Development Chairman by **July 1, 2016.**)

Club Name: _____

For county reports: (County reports are due to the Area Family & Individual Development Chairman by **August 15, 2016.**)

County: _____ **Number of Clubs reporting:** _____

For area reports: (Area reports are due to the KEHA Family & Individual Development Chairman by **September 15, 2016.**) Please mail to: Marilyn Craycroft, 159 Atwill Street, Brandenburg, KY 40108.)

Area: State of Kentucky **Number of Counties reporting:** 76

Number of individuals who:

a. Had a session that increased awareness of cardiovascular disease. 127 Clubs 1279 Homemakers
Description of Activity: Lesson on Mediterranean diet

b. Made a lifestyle change to acknowledge its impact on healthy lifestyle. 244 Clubs 1566 Homemakers
Description of Activity: Joined a gym, increased exercise levels, participated in Extension programs

c. Attended or participated in a workshop related to healthy aging. 187 Clubs 1732 Homemakers
Description of Activity: Alzheimer's disease

d. Held a program which demonstrated support to military families. 69 Clubs 859 Homemakers
Description of Activity: Support Vets in VA

e. Practiced, attended or had a guest speaker on military topics. 42 Clubs 426 Homemakers
Description of Activity: Area EH Meeting with focus on military~guest speaker from Ft. Knox and EH member shared personal experience

f. Held or attended event(s) involving fabrics. 150 Clubs 1617 Homemakers
Description of Activity: Beginning Serger Training, Quilting classes, made lap quilts and walker caddies for affirmed and elderly

g. Held or attended a workshop on the care of clothing. 157 Clubs 1773 Homemakers
Description of Activity: N/A

