

Family and Individual Development Program of Work Report
From July 1, 2023, to June 30, 2024

Name of person completing this form: _____

Phone: _____

Email: _____

For clubs reports: Club reports are due to the County Family and Individual Development Chairman by **July 1, 2024**.

Club Name: _____

For county reports: County reports are due via online surveys by **August 15, 2024**. The surveys will be available at <http://keha.ca.uky.edu/content/impacts> by July 1, 2024. A copy of the submission should be mailed to the Area Family and Individual Development Chairman by August 15, 2024.

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

1. Self-Care and Mental Health: Living Alongside the Pandemic

Number of members who said this program was helpful: _____

What publication did you use? _____

Suggestion to make this topic better: _____

Did you put together a “survival kit” and distribute? ___ Yes ___ No

How many did you distribute? _____ Purpose for kit: _____

2. Self-Care and Self-Pampering

What changes did you make that helped you feel better about yourself? (Example: new hair style, monthly outing with friends, etc.)

What publication did you use? _____

3. Self-Care and Strengthening Family and the Community

What was your family quality time? (Example: no electronics during meals, monthly outings, etc.)

Number of members or member families who participated in a community project: _____

What was the project? (Example: food boxes, neighborhood clean-up, etc.)

4. Number of members who taught this program to an individual or group: ___ Total number reached: ___

Are there any comments on this program from you or others?
