

**Louisville Area Extension Homemakers
President's Report for Spring KEHA Board meeting
July 2014 – June 2015**

The 7 counties in the Louisville Area participated in many of the usual homemaker activities during the year of July 2014 thro June 2015. I have had the privilege of either attending some of these activities or reading about them in their newsletters. Many counties had programs to welcome the start of their Homemaker year; had activities during National Homemaker Week; hosted Holiday events; had International programs; participated in an area wide Leadership Retreat; volunteering at their local and the KY State Fair and had good numbers attending their county, area and state meetings. Those were many of the usual activities we have come to associate with Homemakers. I ask for the counties to send me a description of one activity they would like for me to include (brag about) in my report. Here is what I received:

Bullitt County – Increased their membership by providing free membership for 1 year to any interested person wanting to learn about Homemakers. This was a very successful endeavor, as they were the winners of both the Miss E. Go and Miss Way to Go Programs. Also in Bullitt County, the Cedar Grove Club, in honor and memory of Martie Korfhage, a longtime Homemaker Member, volunteered at Martie Kitchen. Martie Kitchen is a free community meal served every Monday at the First Baptist Church in Shepherdsville. There are between 75 and 150 people who attend on any given Monday. 30 to 35 of these are children. There are no limitations or restrictions as to who can attend. At Christmas this Club had a Santa Shoppe. The children were allowed to select 2 gifts that they could give to 2 adults.

Henry County – Sent me a schedule of monthly community service projects. Some examples of these projects were greeting cards for local residents in nursing homes, Christmas cards for VA hospital residents, prepared Christmas bags for senior citizens; prepared fabric to make fleece blankets for "Project Linus" and fabric to make dining vests. Henry County is fortunate to have Homemakers who are committed to serving their community.

Oldham County – Their Homemakers volunteered more than 19,875 hours, an estimated value of \$458,000 to numerous charitable projects that included making baby blankets for new mothers, pain pillows for surgery patients, and collecting and distributing food for local food pantries.

Shelby County – They have a Veteran Appreciation Reception to honor their veterans for their service state side or on foreign soil. They have each era of war, from World War I to the present day of Iraq and Afghanistan on display. They ask Veterans to bring pictures and other memorabilia from their service days to display. They have a table to honor their POW/MIA veterans. At the end a viola player performs "I Will Remember You". All veterans receive a certificate for their service. Refreshments are served. The program is the Sunday before Veteran's Day.

#'s tell the story of all the work Homemakers do! The following information was collected from the KEHA Program of Work Reports.

Cultural Arts & Heritage – 4 counties reporting

- 3 counties used the KEHA Book list and read 2460 books, 2 counties have Book Clubs, and 4 books were read about Native Americans
- 2 counties did mini-lessons on Ceremonial Quilts and 1 ceremonial quilt was made
- 33 individuals visited a state park, historic site or recreation area
- 3 members sold crafts to support Homemaker projects and 4 members sold crafts to supplement their income

Environment, Housing & Energy – 5 counties reporting

- 1 county cleans 4 miles of roadside each month
- 19 members evaluated indoor air quality and 40 implemented changes in air quality
- 65 implemented home accessibility features
- 17 assembled a family disaster kit, 27 developed a family disaster plan
- 120 implemented energy conservation practice
- 23 implemented changes to eliminate pests
- 303 recycle regularly

4-H Youth Development – 6 counties reporting

- 222 members worked with youth, providing 4,392 volunteer hours
- 13 scholarships given, valued at \$3,125
- 19 youth used scholarships with 3,098 youth reached
- members have taught basic sewing, knitting, crocheting and cooking; mentoring at day camp; judged at events and projects; volunteered at High School Reality Stores
- 24 people participated in "Let the Consumer Beware in Tough Economic Times"

Family & Individual Development – 5 counties reporting

- 3 counties with 127 homemakers had a session to increase awareness of cardiovascular disease
- 15 clubs with 230 homemakers made a lifestyle change, examples were, better food choices, more exercise and attended weight loss classes
- 13 clubs with 180 homemakers attended classes related to healthy aging
- 59 homemakers supported military families with 3 clubs with 30 members had a speaker about a military topic
- 3 clubs with 307 homemakers attended an event involving fabrics
- 2 clubs with 10 members attended a workshop on the care of clothing

Food, Nutrition & Health – 6 counties reporting

- 468 members had an annual physical/check-up
- 312 members had a Mammogram
- 209 members had an Ovarian Cancer Screening, 25 members were first timers
- 31 members had a Diabetes Screening
- 20 members participated in the Kentucky Women's Health Registry
- 67 members participated in one or more blood drives
- 277 members participated in one or more health fairs
- 407 members donated to a food bank or pantry and 632 members volunteered at a food bank or pantry
- 435 children were served by a backpack program
- 188 members exercise regularly
- 27 environmental changes were made
- 515 members gained knowledge about food choices
- 423 members purchased foods at farmers market
- 262 members supplemented their diets with foods they produced/preserved

International – 6 counties reporting

- 4 members attended the ACWW Network breakfast
- 77 members participated in a County International program that studied Germany & Greece
- 12 members participated in an Area International program
- 2 members from Spencer County hosted a foreign exchange person that impacted 10 people
- 2 counties participated in the KY Academy Project
- \$341.16 was collected for Coins for Change
- 3 counties participated in a project to provide safe and healthy water (They collected 500 pairs of shoes for Water Step – they in turn purchase water filters.)

Leadership Development – 6 counties reporting

- 10 training sessions provided information for 69 persons
- 231 members volunteered for Extension activities providing 8437 hours reaching over 2500 people
- 313 members volunteered for community activities and events providing 14,390 hours reaching 17,510
- 3 scholarships valued at \$900 were awarded
- 27 members increased their knowledge of the governmental process

Management & Safety – 5 counties reporting

- 109 members participated in a financial awareness workshop
- 53 members utilized Extension publication
- 41 members attended a financial management, estate planning or retirement seminar
- 39 members became involved in their retirement planning
- 180 members identified cost-saving strategies
- 21 members identify retirement investment options
- 59 members gained confidence in handling money issues based on information received from Extension
- 3 counties had programs on making homes handicapped accessible, 250 attended
- 1 county participated in a Health & Fitness Fun Day (a health & safety fair) 100 attended
- 1 county had a program on disasters, 70 people attended

Great job, Louisville Area...Just think what else I could have included if all counties had reported...Let's do even better next year!

Joyce A. Exigler, Louisville Area President