

**KEHA BLUEGRASS AREA
ANNUAL REPORT
Nov 2019**



**By: Carol Dziubakowski
Bluegrass Area President**

BLUEGRASS AREA ANNUAL REPORT

SUMMARY:

The Bluegrass area includes nine counties:

- Bourbon
- Clark
- Estill
- Fayette
- Harrison
- Madison
- Nicholas
- Powell
- Scott

The Bluegrass Area Homemakers have had a great, productive, and rewarding year. Our Homemaker membership, now at 2,367 has decreased by 201 from the last year and all of our counties continue to put forth great effort to promote Homemakers. Our area was able to donate \$10,360.07 to Ovarian Cancer.

Our members have been busy making a difference in the community by volunteering for:

- Recipe for Life and nutrition programs,
- holiday foods programs,
- International Month,
- Ovarian Cancer programs,
- backpack programs for students,
- senior citizen's center,
- Veteran programs,
- Quilts of Valor,
- Military Missions,
- diapers and wipes to a local diaper bank,
- providing luggage and tags for foster children,
- homeless programs and shelters,
- recovery pillows for breast cancer, and
- money for Ronald McDonald House
- 4-H camp scholarships,
- coins for change,
- Homemaker scholarship funds,
- health fairs,
- 4-H programs,
- county fairs and state fairs,
- Community Day programs,
- assisting at nursing homes and assisted living,
- sewing programs,
- making quilts and blankets for hospitals,
- blood drives,
- making bears and critters for area hospitals,
- new member auction and
- many more organizations for each club's individual choice.

We have been unable to receive reports from all counties.

Jennifer Williams, KEHA Marketing Department, provided an excellent presentation to our Council Meeting in June.

We participated in our area annual meeting in Fayette county in October 2019 with 194 people present. The program was "Votes for Women; Remembering the Movement in Story and Song." Area training for leaders was held in Fayette County in August with Karen Hill, KEHA State President, who give us a great presentation.

BLUEGRASS AREA ANNUAL REPORT

Respectfully submitted, *Carol Dziubakowski*, President, Bluegrass Area Homemakers
Bourbon County:

- Recipe for Life – for EVERY 5th grader in city and county school system. Three sessions with a total of 289 fifth graders and 42 volunteers. All students learned through hands on preparation of recipes the importance of kitchen safety, sanitation, nutrition, cooking preparation terminology and using math principles to alter recipe quantities.
- International Month – County of focus was Ireland. Speakers were Bourbon County residents that moved here from Ireland 3 years ago. Served all traditional Irish foods. 41 attended this event and left knowing more about Irish cuisine, Irish social life and Ireland geography. Great fun and Irish hospitality.
- A Peter Rabbit Skit was presented to every kindergarten class in Paris Elementary, Bourbon Central Elementary, Cane Ridge Elementary, North Middletown Elementary and St. Mary Elementary during Nutrition Month (March). A total of 316 kindergarten students learned about importance of fresh vegetables and got to sample various raw vegetables (just like Peter Rabbit).
- Bluegrass Area Annual Meeting – served as host to 178 Bluegrass Area Extension Homemakers for Area Annual Meeting.
- County Area Meeting – 89 Bourbon County Extension Homemakers attended the County Annual and raised \$1500 for Scholarship Fund with the annual Helping Hands Auction.
- Ovarian Cancer Tea – 2nd annual Ovarian Cancer Tea, raised over \$800 and had 31 people attended.
- County Fair – Homemakers exhibited projects in county fair. There were over 400 exhibits from 54 homemakers. The finished projects were beautiful!
- Holiday Foods – 68 Homemakers attended demonstration of 7 different recipes and had the opportunity to taste test a total of 18 recipes. 9 new members were recruited during this event.

Karen Denniston,
President, Bourbon County Homemakers

Clark County:

No report, *Carol Price*, President, Clark County Homemakers

Estill County:

No report, *Sue J McKinney*, President, Estill County Homemakers

Fayette County:

No report, *Alyce Emerson*, President, Fayette County Homemakers

BLUEGRASS AREA ANNUAL REPORT

Harrison County:

Harrison County Homemakers used the KEHA Book List, with several receiving awards. Members visited the Switzer and Collville covered bridges. The Wool Rug Hooking program had a good response with 6 rugs made.

The Harrison County Extension Homemakers Community Day for 2019 was a success. The Association sold plants and baked goods. Door prizes were awarded to 6 individuals. The Blood Drive held in conjunction with produced several donors. New mailbox members were signed up.

About a fifth of the membership implemented new water saving practices, grew fruits and vegetables and preserved them by canning or freezing. Several members swap plants and seeds. Members liked the lesson on Housing Contractors. The information was pertinent and of good use.

Homemakers sponsor scholarships to the 4-H Camp and work with the 4-H youth in different programs. Better than 2,200 hours were volunteered by 50 members to 4-H, Church, Recipe for Life, Caregiving and Mission Trips.

Homemakers sponsor and participate in two generation events and family meals. Homemakers work at the County Fair as exhibit supervisors and hosts. Members are attending programs about managing stress, diabetes, hypertension and drug abuse. Members are exercising. Members are documenting family histories. Members are recycling textiles.

About a fifth of members are getting an annual physical, mammograms and diabetes screening. Several members had an ovarian cancer screening. Homemakers participate in the local Health Fair. Members learned about the benefits of cutting down on sugar and salt in the diet. Members studied various types of diets and their effect on the body. Some reduced their caffeine intake and began using olive oil.

Harrison County chose to study Australia and prepare foods from there for the International Dinner with the program delivered by the KEHA Education Chair. Harrison County supports the International Clothing Project producing dresses, shorts and shirts to be sent to Haiti and Ghana. Members planted trees and support the local farmer's market. Several members support the Zero Hunger program through the Harrison County School System Backpack program. Members participate in Coins for Change and supported the Clean Water project. Members participate in the Adopt a Highway program.

Harrison County Homemakers sponsored a program open to all person concerning Health Estate Planning. The program included presentations from Lexington Elder Law, Bluegrass Navigators and Drake-McCarty-Whaley Funeral Home. Information was provided about legal documents, planning for later years, long term care, funeral options and requirements, and end of life plans. Homemakers learned to maximize their dollars and manage holiday spending. Members use consignment shops and yard sales. Several members downsized their homes and evaluated their health insurance needs and options.

Fourteen Homemakers members volunteered 9,500 hours.

BLUEGRASS AREA ANNUAL REPORT

Linda Fryman, President, Harrison County Homemakers

Madison County:

- Bears and critters were made and distributed to area hospitals and Foster Care, hand crafted prostheses were donated to breast cancer survivors, PJs we're made for Hope Wings and Liberty Place, dresses and pads were made for Ghana.
- Proceeds from a quilt raffle were donated to the veterans Memorial Park, hospice Care Plus, God's Outreach food Pantry, and Ovarian Cancer.
- We hosted the International dinner at ECU and the International tasting Party at the Extension Office.
- We collected school supplies for Madison County School children, Pop tabs for Ronald McDonald House, coins for change for KEHA International Exchange Program, and for the VA Medical Center in Lexington, KY.
- We remain a community sponsor for the Farm City Banquet.
- The Annual Officer and Chair Training was well represented.
- We received first place as most recruits in the Area., and Second place in the state.
- Classes/Workshops Offered: leader lessons and classes have been offered in finance, healthy eating physical activity, foreign travel, cultural arts, plus many, many more.
- The Specialty Clubs provide help to anyone interested in learning new skills.

report, Connie Howe, President, Madison County Homemakers

Nicholas County:

- It has been a busy year for us. Our membership has increased to 74.
- Our membership has been actively involved with the board, county fair, and fund-raising events.
- Our membership has collected several ribbons at the county fair. Louise Zachary won overall state award in the Art Division for her acrylic painting. She also won overall state award in the Portrait Division. Sandy Hamilton won a Blue Ribbon in the Upcycle Household Division.
- Many of our members won ribbons on our County Fair in Crafts and Cultural Arts.
- Our Nitwit classes continue and have been a lot of fun and provided learning for all of us. Several members have volunteered to teach their special skills to our eager adult learners.
- The 4-H sewing classes continue to be a big success.
- Our International Dinner was also a success.
- Our Bake Sales have proved popular and the proceeds used for the 4-H events and Beef Producers Meeting.
- Our Annual Meeting and Auction raised \$250 this year.
- Two members participated in our Ovarian cancer screening.
- Three members attended the State meeting.

Glenna Napier, President, Nicholas County Homemakers

BLUEGRASS AREA ANNUAL REPORT

Powell County

- Our members attended the May State Meeting in Louisville and the Fall Meeting in Lexington.
- We attended the Officers' Training in Lexington in August.
- Members attended Art Classes at Berea Homemakers in November.
- Our tour of the Toyota Plant in October was well attended.
- We assisted Estill County acting as judges in August.
- We donated food to the Powell County Jail
- Donated sweaters to the Nursing Home.
- Each member donates \$1 monthly for Ovarian cancer research
- Members donated their time working in the exhibit hall for the Powell County fair.

Sue W. Reynolds, President, Powell County Homemakers

Scott County:

No report, Joyce Wright, President, Scott County Homemakers