

Family and Individual Development Program of Work Report
From July 1, 2018 to June 30, 2019

Name of person completing this form: <u>Leoni Mundelius</u>	
Phone: _____	Email: _____
For clubs reports: (Club reports are due to the County Family & Individual Development Chairman by July 1, 2019.) Club Name: _____	
For county reports: (County reports are due to the Area Family & Individual Development Chairman by August 15, 2019.) County: _____ Number of Clubs reporting: _____	
For area reports: (Area reports are due to the KEHA Family & Individual Development Chairman by September 15, 2019.) Please mail to: Leoni Mundelius, 675 Ky Hwy 198, Stanford, KY 40484.) Area: <u>12 Area reported</u> Number of Counties reporting: <u>64 counties</u>	

Number of individuals who:

1. Promoted, participated or attended at least two generational events. 99 Clubs 2,331 Individuals
2. Promoted better family relations by having family meals together. 130 Clubs 2,825 Individuals
3. Planned for Family & Consumer Sciences Day on December 3, 2018 with members having a family meal together. 42 Clubs 577 Individuals
4. Became involved with, hosted or volunteered in a booth at a county fair or festival.
118 Clubs 1,455 Individuals
5. Held a meeting or lesson on saying "No" to negative stress. 91 Clubs 1,871 Individuals
6. Taught a lesson on improving healthy eating habits. 203 Clubs 2,435 Individuals
7. Became aware of signs and symptoms of diabetes. 91 Clubs 326 Individuals
8. Have blood sugar, blood pressure, cholesterol checked yearly. 106 Clubs 3,017 Individuals
9. Reviewed facts about medication with your health care provide when receiving new medications.
113 Clubs 2,309 Individuals
10. Attended a lesson on drug abuse or awareness (this can be prescription or street drugs).
57 Clubs 1,162 Individuals
11. Participated in exercise classes or physical activity on a regular basis. 96 Clubs 1,689 Individuals
12. Took time to organize clothing in closets, as well as drawers and other storage. 76 Clubs 1,736 Individuals
13. Taught a lesson on proper storage of vintage clothing or textiles, including quilts.
32 Clubs 597 Individuals
14. Constructed a new item from recycled textile materials. 67 Clubs 841 Individuals
15. Read and followed directions carefully before using stain removal products. 88 Clubs 1,476 Individuals
16. Documented family history and events impacting your life. 69 Clubs 1,559 Individuals