

KEAFCS

2021 Newsletter Series



President's Message

By Mindy McCulley

Hello KEAFCS Members:

I do believe there is a light at the end of the tunnel! This year (plus) that will forever be defined by COVID-19 just might actually be wrapping up. While there are many personal heartaches that we have suffered through this challenging time, I also believe that there are many professional successes that we have achieved, and I do hope that you will take the time to recognize and celebrate those!

I don't know about you, but I find it a little hard to believe that we are already in April. So much has already happened in 2021 that I know my year as your KEAFCS president is going to fly by! Just to recap, I want to share with you a little about what has been going on.

IN THIS ISSUE

PRESIDENT'S MESSAGE

AREA UPDATES

President's Message: Continued

I was able to represent our affiliate (along with VP Leslie Workman) at the virtual JCEP Extension Leadership Conference in February. One of the sessions that I attended, "Mastering the Digital Pivot" piqued my interest because I felt that we did a pretty good job of mastering the pivot last year. As I attended that session, I realized that while much of what we did was great, there were pieces that we missed, and I have tried to incorporate those into our learning opportunities as we have moved forward. I think the most valuable part of the national meetings is the opportunity to network and while I didn't quite figure out the virtual platform for doing that at JCEP, by the time PILD rolled around last week, I had it down to a science! At PILD, I was able to make some vital connections that I think will benefit us all in the future. Speaking of that conference, probably the most engaging speaker was Dr. Waded Cruzado, President of Montana State University. While I have heard her speak before, this time she really engaged me with her complete and total grasp of the importance of Cooperative Extension to the work that their university does for their state. In all the years of my career (in two different states with 8 different presidents including the 1862 and 1890 schools in each state), I have never heard a University president speak with such passion about Extension, and it was refreshing!

I am excited to share about some initiatives that we have going on in KEAFCS this year!

First, one of the recurring themes on the evaluations from the KEAFCS Annual meeting was concern that our KSU members might have been put off by all the blue and white on the virtual screens. I take full responsibility for that. I created the slide deck that we used throughout the conference and inadvertently put the UK FCS logo on it instead of the NEAFCS logo. That was my mistake and I apologize. However, the NEAFCS logo is also blue and white, so blue and white will always be a recurring theme when we use that logo. I have researched the possibility of creating a logo for NEAFCS and we can do that. SO, we are going to have a KEAFCS logo contest. Each Area that wishes to participate should submit their proposed KEAFCS logo to me by the Fall board meeting on September 20th. I will create a poll with all submitted logos and we will unveil the NEW KEAFCS logo at the December Annual Meeting. Rules (per NEAFCS guidelines):

1. If the submitted logo incorporates the NEAFCS logo in anyway, it must maintain the blue and white color scheme. (Go see the Texas affiliate for an example.)
2. It is acceptable to put Kentucky Affiliate under the NEAFCS logo in another color or color band.

President's Message: Continued

Second, the networking sessions led by Cabrina Buckman and Kelly Burgess at KEAFCS were highly ranked on the evaluations. If you have seen the invitations to FCS Fellowship Fridays, these were created as a direct result of the success of those networking sessions. If you have participated in one of the first two sessions, you already know what a great asset these are to your month. If you haven't joined us, make sure to carve out some time for future sessions! You will be so glad that you did! Not only is it a great time to de-compress from the week, but their thoughtful discussion prompts lead to great conversations! So block off the second Friday of each month for FCS Fellowship Fridays. Everyone related to FCS is welcome to attend, whether a member of of KEAFCS or not! We think these networking sessions just might turn out to be a great recruiting tool, too!

PHOTO BY MARTIN R. SMITH

Third, we have several campus-based staff (administrators, specialists, associates) who have joined KEAFCS this year. I encourage you to invite those people who reside in the counties of your area to attend your area meetings. I am currently working through the list to help you know who would be appropriate to invite to your area meetings. Because many reside in and around Lexington and Frankfort, if you are someone that might be willing to travel outside of your home county for a KEAFCS area meeting, let me know! We don't want Fort Harrod and Bluegrass areas to have all the fun! 😊

I am grateful to be able to work with each and every one of you! When I attend national meetings and hear about the work that is going on in other places, it makes my chest puff up a little bit because I know that what is happening in Kentucky is just as good and many times better, than what I am hearing about from across the nation! Keep doing the good work you do and don't forget to share your successes!

Proud to serve you,
Mindy McCulley, President

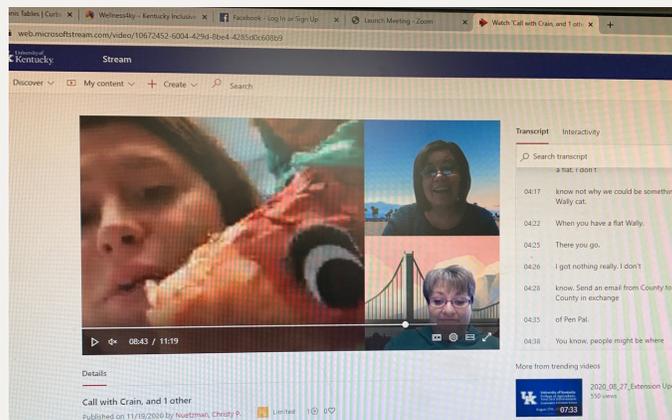
Mindy McCulley, President



Area Updates Lake Cumberland Area

Lake Cumberland FCS Agents have spent time over the fall and winter working creatively to reach clientele. Several agents have continued to offer weekly or bimonthly Extension to Go bags targeting youth, senior centers, and the community at large. Virtual classes and videos focused on topics such as green cleaning, health heart awareness, and Cooking through the Calendar continue to reach new and existing clientele. Agents also assisted their communities as needed during the winter snow storms and some offered online snow day photo contests to engage youth and adults. A huge portion of agents' time has been spent working towards commodities and other food distribution efforts to target hunger and food insecurity.

On a more personal note, we welcomed Leah Van Meter to our Lake Cumberland family in January as the FCS/4-H Youth Development Agent in McCreary County. We are so happy to have her join us and can't wait to start spending sister time with her! Jordan Crain and her family moved into their new home. Edith Lovett has recovered well from her surgery. Christy (Nuetzman) Stearns got married in January. We are so thankful that technology allows us to connect for quick pick me ups and planning,



LAKE CUMBERLAND COUNTIES

Taylor County

Green County

Casey County

Adair County

Cumberland County

Pulaski County

McCreary County

Wayne County

Russell County

Clinton County

Area Updates Northeast Area

Lawrence County FCS is excited to be hosting more in person meetings and classes. Virtual programs (see photo) and options will continue going forward with programing. Program-to-go kits and mail out information will also continue. Plans for classes addressing chronic illness, exercise, personal finance, etc. are scheduled for the late Spring and Summer. These classes will be in collaboration with an Extension Summer Intern. LC FCS is currently working to provide virtual lessons to support those with diabetes through a grant in collaboration with the LC Health Department. FCS is also partnering with campus to conduct an 8-week study on online grocery shopping.

Additionally, Alivia Faris will be graduating with her Master of Science in Instructional Systems Design and a Graduate Certificate in Family and Consumer Sciences in December, 2021.



NORTHEAST COUNTIES

Greenup County

Carter County

Boyd County

Lawrence County

Magoffin County

Elliott County

Johnson County

Martin County

Floyd County

Pike County

Northeast Area Continued

Magoffin County Cook Together Eat Together

Cathy Sparks (Magoffin Co.) recently did an interactive virtual demonstration/cook-along with sessions on breakfast, lunch, slow cookers, and completing meals. Families learned measuring techniques, how to use a knife properly, nutrition benefits of foods, the benefits of preparing food ahead of time, and the importance of trying new foods.



Greenup County Agent, Lora Pullin, and her office converted their annual Farm to Table event into a Farm Product Basket fundraiser! They included 22 producers, Greenup Co & KY Proud products, as well as, PIUKP resources & recipes and local producer information. The project sold 141 baskets, contributing over \$5,000 to the local economy and sustained interest in local produce during a time of social distancing.

NORTHEAST COUNTIES

Greenup County

Carter County

Boyd County

Lawrence County

Magoffin County

Elliott County

Johnson County

Martin County

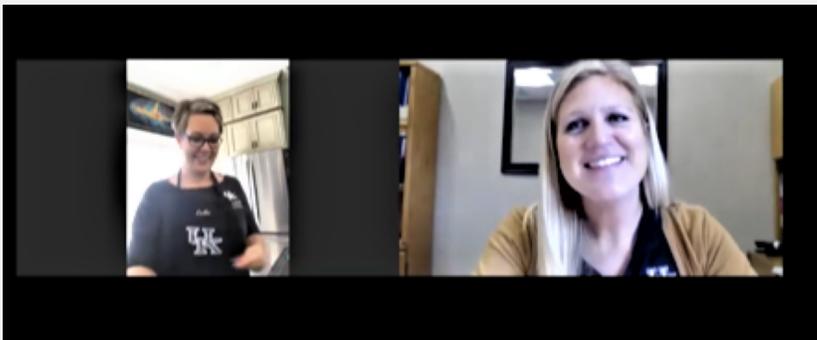
Floyd County

Pike County

Northeast Area Continued

Leslie Workman (Pike Co) had a blast presenting a program on pie crusts for Kristi Shive (Warren Co) and her virtual homemaker club. Pike Co has also been busy taping videos on PIUKP and NEP recipes!

On a personal note – Leslie’s daughter Paige is finishing her junior year at the University of Louisville majoring in interior design. Her son, John Marshall, graduates from Pikeville High School in June with plans to attend community college.



NORTHEAST COUNTIES

Greenup County

Carter County

Boyd County

Lawrence County

Magoffin County

Elliott County

Johnson County

Martin County

Floyd County

Pike County

Northeast Area Continued

During the pandemic in fall of 2020, with the help of an FCS grant for supplies, Johnson County agent, Brenda Cockerham, lead the community through an exploration of positive attributes of the county. Johnson County FCS sponsored a competition for artists to submit ideas of how to celebrate these assets through murals.

Two of the submitting artists tied for second place, when they each featured the historic Sipp Theater. The winning entries were placed on the historic Sipp Theatre at the entrance of the city. Thousands viewed and watched while 10 volunteers worked for 30 days to bring the mural to life!

Brenda and her husband Brian have also spent a lot of time lately with their beautiful grandchildren!



NORTHEAST COUNTIES

Greenup County

Carter County

Boyd County

Lawrence County

Magoffin County

Elliott County

Johnson County

Martin County

Floyd County

Pike County

Area Updates Northern Kentucky Area

The Northern Kentucky Area Family and Consumer Sciences agents forged through the fall and winter despite the challenges COVID-19 presented. While we have missed seeing each other in person at our monthly association meetings and Extension Homemaker programs, the most innovative and creative concepts for reaching our audiences have emerged.

The fall and spring KEHA series of lessons were offered through Zoom classes to all 8 counties. Agents facilitated the following lessons in the fall: "Backyard Butterflies," "Managing Holiday Expenses," "Urine Not alone- Healthy Bladder," and "What's the Buzz about Bees." The spring series entitled "Beautiful You" included lessons taught by a variety of guest speakers on the following topics: accessories, wardrobe basics, building a strong foundation (bras and shoes), and "Color is Key".

In January, NKEAFCS members met to plan upcoming programs and future meeting dates. A hybrid mix of virtual and in person activities have been scheduled to accommodate all. The next joint NKY educational program being planned is "Brain Matters." The content will include tips for a healthy brain diet, exercising the brain and stress reduction, Prepare to Care, and brain basics. The in person program will be taught once in person with capacity limits and the sessions will be pre-recorded for sharing.

NORTHERN KENTUCKY COUNTIES

Campbell County

Kenton County

Grant County

Boone County

Carroll County

Gallatin County

Owen County

Pendleton County

Northern Kentucky Area Continued

At a recent Northern Kentucky Area Homemaker meeting agents presented Patsy Kinman, a long time Grant County Extension Homemaker, with a certificate from KEAFCS honoring her as “Friend of KEAFCS” which was to be awarded at the state meeting last November. Epsilon Sigma Pi also has honored her as “Friend of Extension.” Patsy was deeply moved by the gesture and the agents are so very grateful for her dedication and support of KEAFCS.



Pictured L to R: Joan Bowling (Kenton), Kathy Byrnes (Kenton), Patsy Kinman, Rachael Price (Grant), and Sherri Broderick (Gallatin)

NORTHERN KENTUCKY COUNTIES

Campbell County

Kenton County

Grant County

Boone County

Carroll County

Gallatin County

Owen County

Pendleton County

Northern Kentucky Area Continued

We were finally able to present Judy Hetterman with an engraved silver tray in honor of her many years in Extension and her commitment to our Northern Kentucky Area Family and Consumer Sciences Association. For anyone wishing to send Judy a note her address is:

890 Fairview Road
Owenton, KY 40359



On a more personal note we are saying farewell to Rachael Price of Grant County and Sherri Broderick in Gallatin County. Rachael accepted a position working with a florist organizing the wedding planning side of the business. She will be doing some of the design work and the position will allow her to work from home. Her last day is May 13th. Sherri has decided it is time to concentrate all her efforts on raising her 3 young boys. Her last day is June 2nd. Please join us in wishing these two great agents well on their journey. They will be deeply missed!

NORTHERN KENTUCKY COUNTIES

Campbell County
Kenton County
Grant County
Boone County

Carroll County
Gallatin County
Owen County
Pendleton County

MAY, 2021

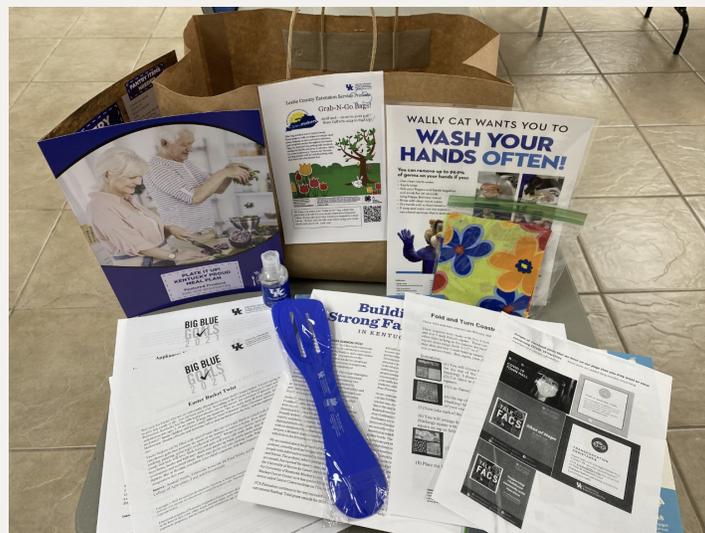
Area Updates Quicksand Area

Leslie County Program to Go Bags reached 25 Homemakers, along with their families. Included were exciting new recipes, meal plans with tips for getting kids involved, and eating for health/prep in advance.

Instructions and materials for construction of folded coasters were included to get sewing skills tuned up for Spring time fun and enjoyment!

Lots of educational literature including COVID-19 vaccine education, nutritious Easter basket twists, appliance spring cleaning, stress busters, and Wally Wildcat hand washing were included.

Participants also enjoyed mandarin oranges, a mix-it up spoon to accompany their recipes, and also UK hand sanitizer!



QUICKSAND COUNTIES

Breathitt County
Knott County
Lee County
Letcher County

Owsley County
Perry County
Wolfe County

Quicksand Area Continued

With the COVID-19 pandemic the Lee County staff started off by implementing the Grab N Go programs to the youth audience. But, as the Grab N Go bags became more routine, and more popular, they expanded to Homemakers, Senior Centers, families, and teachers. The office took this opportunity to gather new clientele by having the participants register by calling and giving us information. By doing this, the office would have better data and gather addresses to send out newsletters for upcoming programs.

The items within the Grab-N-Go bags vary week to week. Each bag has its own theme and the items inside correspond to said theme. There will be a hands on activity, educational materials, and a recipe. Participants then sent the Extension staff pictures of them participating in the activity. The Grab N Go bags have offered an array of topics such as; cooking, gardening, horticulture, family time, budgeting, agriculture, art engagement, food preservation, cleaning and more. To this day, the Lee Extension Office has distributed 5,240 grab n go bags.



QUICKSAND COUNTIES

Breathitt County
Knott County
Lee County
Letcher County

Owsley County
Perry County
Wolfe County

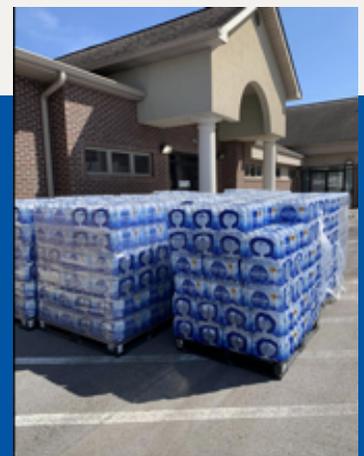
Quicksand Area Continued

Winter and early Spring brought several rounds of severe weather to Breathitt County. Ice storms and then historical flooding left residents without basic necessities such as clean drinking water, and personal hygiene items. Also, these events caused residents to take on the large task of clean-up and repair.

The Breathitt County Extension Office quickly stepped up to assist in community relief efforts. FCS agent, Kayla Watts, worked with the local District Board, county schools and fire stations serving as shelters/outreach points, churches within the county and surrounding counties, community partners such as God's Pantry, and other agents at the Wolfe County Extension Flood Distribution Site in order to help meet the needs of Breathitt Countians.

27+ pallets of bottled water were distributed to residents with no access to clean drinking water at the Breathitt County Extension Office and throughout the county by local fire departments. A Drive-Thru supply program was set-up in the Extension Office parking lot providing water, bleach, personal items, tarps, and the like to needy clients. Cleaning supplies were distributed in various hard hit communities throughout the county. Farming supplies were distributed/delivered to needy farmers within the county. Personal hygiene bags were created and distributed through a Grab and Go Program.

The Breathitt County Extension Office continues to regularly serve clients impacted by recent flooding. Buckets of supplies are on hand, as well as, educational information on flood clean-up as many residents are still working through the process of returning to their homes.



Area Updates Wilderness Trail Area

Congratulations to Laurel County FCS Agent, Judi O'Bryan, on her new position as E3 and E4 Area Extension Director! We will miss her as FCS Agent but look forward to great things as she transitions to her new role.

The University of Kentucky Cooperative Extension Service, Wilderness Trail Area Family and Consumer Science Agents partnered together to implement "Holiday Cooking School in a Box" to help alleviate stress and provide clients with tools and tips to get them through these unprecedented times. The program was conducted in Bell, Clay, Harlan, Knox, Jackson, Laurel, Rockcastle, and Whitley counties. 150 individuals participated and some utilized the information on family togetherness and food safety from the Nutrition Education Program and the University of Kentucky. Each agent also shared their favorite family recipe by posting videos on Facebook.



WILDERNESS TRAIL COUNTIES

Laurel County

Whitley County

Bell County

Harlan County

Clay County

Rockcastle County

Wilderness Trail Area Continued

"Holiday Ideas" was developed for Bell, Clay, Harlan, Knox, Laurel, Jackson, Rockcastle, and Whitley Counties to address mental health issues. Each county in the Wilderness Trail Area gave information on the importance of doing stress relieving projects with your hands, and gave a sample project kit for the community to try. The "Holiday Ideas" program booklet and videos were created by the Family and Consumer Sciences Agents in the above listed counties in Kentucky. The kits were given out in a socially distanced-friendly manner, and videos were available online for 6 of the projects. An approximate total of 250 kits were given out across the area.



WILDERNESS TRAIL COUNTIES

Laurel County

Whitley County

Bell County

Harlan County

Clay County

Rockcastle County