

2022-2023 Lesson Ballot for

Lincoln Trail Area Extension Homemakers

COOPERATIVE EXTENSION



Please turn this form in to your agent or Extension staff by March 31, 2022.

If you fill this out as an individual: Please mark which lessons you would like to see in the 2022-2023 year. You can vote for as few or as many lessons as you would like.

If you are voting as a club: Please vote with the NUMBER of members who raise their hand for each lesson. Members can vote for as few or as many lesson topics as they want. Count each vote, and list that number on the line to the left of each lesson title. If you only put one mark, your club is only getting one vote for that lesson. Lessons are chosen based on which topics get the most votes throughout the area.

Cultural Arts and Heritage

_____ **Elements and Principles of Art** – Whether it is a drawing, painting, photograph, or even a scrapbook page, what makes this 2-Dimensional “work of art” visually pleasing? Why do we like what we see? The basic elements and principles of art and design influence how we perceive objects. This power point lesson encourages discussion while outlining concepts used to objectively evaluate a drawing, painting, or photograph. Participants will receive a handout with definitions. Curriculum materials also will include a facilitator guide, PowerPoint slides, and an evaluation tool. *This lesson is part of the Cultural Arts and Heritage Program of Work for 2022-2025.*

Family and Individual Development

_____ **Entertaining Little Ones-** Keeping little ones entertained can be rather difficult at times. Participants in this workshop will learn three simple steps used to identify activities children enjoy. Then use that information to create a 5-day activity routine to keep little ones engaged and active. Digital resources are discussed.

_____ **Generational Differences-** Each generation is significantly different from the ones the preceded and followed it because members of each generation have been shaped and molded by markedly different societal influences during their developmental years. Learn to understand each generation’s characteristics and values in order to develop strong generational relationships.

Food, Nutrition and Health

_____ **Savoring the Eating Experience: The Art of Eating Mindfully-** It is easy to finish a meal and not remember what or how much was eaten. Taking care to focus on our senses as we eat can lead to a more satisfying experience. This lesson covers differences in mindless and mindful eating and tips for being more present when you eat. The lesson goal is to add mindful eating strategies into daily routines.

_____ **Tips for Managing Stress Eating-** Stress can have us reaching for comfort foods, but why? This lesson covers reasons stress makes it harder to make healthy choices, whether comfort foods are actually comforting, and strategies to manage stress eating. The lesson goal is to create a personalized toolkit for managing stress eating in everyday life.

_____ **Hunger in Kentucky: Know More, Do More-** Learn more about the realities of Hunger in Kentucky through an interactive simulation appropriate for Extension Homemaker Club meetings in person or through virtual platforms.

_____ **Making the Most of Meals while Traveling-** For many, planning travel adventures can be just as fun as the trip itself. It is fun to daydream about where you will stay, how you will get there, and what you will do when you arrive — but what about the food and drinks during the trip? Research suggests meals and other food items can make up 25% of a travel budget. Planning may save money, as well as increase the balanced and nutritious meals eaten while traveling. This lesson will walk through simple and effective strategies to make the most of meals while traveling.

_____ **Move Your Way: Exercise for Everyone-** As we grow older, our bodies age with us. Healthy lifestyle habits, like regular exercise, can slow the aging process. This lesson focuses on non-impact exercises, specifically seated movements, to help improve balance, posture, muscular strength, and ability to perform daily living activities that you can do from the safety of your own chair. Studies suggest that adding exercise to your daily routine will improve joint health, physical function, and emotional well-being.

Leadership Development

_____ **People Learn with a Purpose: Understanding Learning Styles-** Understanding why and how you – or your learners, if you are leading a group – learn best is the key to a positive learning experience.

_____ **Making a Good Impression as a Homemaker Club-** Let's learn more about non-verbal communication (body language) and the roles speaking and active listening play in communication. Make your club inviting to new members, and in the community.

Management and Safety

_____ **Types of Scams-** Fraud can happen to anyone at any age. Learn how to avoid being a victim by recognizing common scams. Curriculum materials include publication, facilitator's guide, PowerPoint slides, participant activities, marketing tools, and evaluation. This lesson is part of the *2020-2023 Management & Safety Program of Work*.

_____ **Transferring Cherished Possessions: Estate Planning for Non-Titled Property (Two Lessons)-** Distributing cherished possessions and other non-titled property is often overlooked when estate planning. Over the course of two lessons, learn ways to create a plan for distributing household items – from treasured heirlooms to closets full of clutter. **Lesson One: Who Gets What?** covers how to determine goals and establish a fair distribution process between heirs. **Lesson Two: Effective Planning and Communication** covers methods of distribution and strategies for communicating with loved ones about your decisions while minimizing potential conflicts.

_____ **Savings Savvy with Grocery List and Coupon Apps-** Learn how you can save time and money using grocery apps. Much more than just digital coupons, grocery apps also can help with lists and meal planning, comparison shopping, store loyalty and rebates. This lesson includes information and activities to help you learn about grocery list and coupon apps available for your smartphone or other device. There are hundreds of grocery apps available that offer help with a wide range of shopping-related services and functions. So how do you choose? It's important to research apps for cost, features, and security before downloading. You will learn what types of apps are available, considerations before selecting an app, and other money-saving tips for the grocery.

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Cultural Arts and Heritage

Guidelines for Creative Writing Contests

General:

- Only one entry per person is allowed in each category
- Entries are open only to members of KEHA
- All entries must be original
- Entries should not contain words of profanity
- The KEHA Executive Board reserves the right to not print any entry due to content
- Entries should be typed, *however* legible hand written entries will be accepted if there is no way the entry can be typed
- Entries submitted in electronic format, preferably in Microsoft Word, are encouraged
- Each entry should be submitted for state judging with the completed Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form. This is found on KEHA Handbook page 39.
- Entries will not be returned; be sure to make a copy
- All entries are due by March 1 to KEHA Cultural Arts Chairman:
Please see the KEHA website (www.keha.org), Cultural Arts and Heritage Chairman page, for the name and contact information for the current chairman.

Poetry:

- Entries are limited to 30 lines

Memoirs:

- Entry is limited to 2 pages, double spaced
- Entry is limited to one memory, written in first person
- Entry should have a particular focus or element that receives the most emphasis
- Entry should focus on a person, place, or animal which has a particular significance in the writer's life
- Entry should recreate for the reader incidents shared with the person, place, or animal
- Entry should reveal writer's knowledge of and feelings about the person, place, or animal
- Entry should make the person, place, or animal come alive for the reader
- Entry should share new insights gained when recalling the significance of the subject of the memoir

Short Story:

- Entry is limited to 3,000 words.
 - Entry may be written in the first or third person
 - Entry should contain:
 - a plot, rising action and a climax
 - a focused purpose
 - setting details woven into the text of the story, allowing the reader entry into the story
 - development of at least one character through the character's own words, thoughts, or actions and/or those of another character
 - a tightly woven plot limited to one main idea or purpose
 - a problematic conflict, developed as the story progresses
 - a resolution of that conflict
 - idea development through snapshots, thoughtshots, dialogue, description, etc.
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Cultural Arts and Heritage Creative Writing Contest Cover Sheet and Author Release Form

**(This cover sheet is required for each entry.
Entries with cover sheet are due March 1.)**

The Kentucky Extension Homemakers Association has my permission to print my creative writing entry in future editions of the *KEHA Inspirational*, to include my entry in a booklet of all or selected entries, or to read aloud or perform my entry at a public event, such as the KEHA annual meeting.

Indicate category of your entry:

_____ Poetry

_____ Memoirs

_____ Short Story

Title of Entry: _____

Author's name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

County: _____ Area: _____

Phone: (____) _____ Email Address: _____

Signature: _____ Date: _____

