

# KEAFCS NEWSLETTER



## NEWS FROM OUR PRESIDENT:

We are gearing up for NEAFCS in September. We have lots of members attending this year! If you are one of them, safe travels to you! I am excited to see everyone at the Virtual Town Hall meeting coming up on August 30th at 12:30pm CT. Several people have replied that they will be able to attend. We will be discussing some information regarding NEAFCS, the KEAFCS annual meeting coming up in November, plus some other great information for members. I am hopeful that these will become a tradition in KEAFCS so we can stay more connected.

I want to take a minute to encourage you to consider nominating yourself for (or encouraging a friend to apply for) one of the board positions that are opening this year. We are looking for VP Awards & Recognition, VP Member Resources, Treasurer, and VP Elect/Professional Development. I took my first officer position with KEAFCS back in 2018 and it was such a neat experience. It is when I really fell in love with KEAFCS and it gave me a better understanding of how it all works.

Lastly, I want to give a shout out to Jennifer Bridge, Meade County FCS Agent who is running for President Elect of the National Extension Association of Family and Consumer Sciences (NEAFCS)! She does have competition for this position and it will be voted on at the business meeting in Rhode Island, in just a few short weeks! Due to NEAFCS rules and regulations, we are not allowed to campaign for her, but KEAFCS wishes her the best of luck! NEAFCS will be so lucky to have her!

## DATES TO REMEMBER:

- KEAFCS Town Hall Meeting  
Aug 30, 2023
- KEAFCS Board Meeting  
Sept 8, 2023
- NEAFCS 2023 Annual Meeting  
Sept 11-14, 2023
- ESP 2023 National Conference  
Sept 25-28, 2023
- KEHA Week Oct 8-14, 2023
- KEAFCS 2023 State Meeting  
Nov 15-17, 2023
- KEHA State Meeting  
May 7-9, 2024
- AAFCS National Meeting  
June 5-10, 2024

# MEET OUR OFFICERS!



**KEAFCS PRESIDENT,  
NATALIE TAUL**



**VP ELECT/PROFESSIONAL  
DEVELOPMENT, CHRISTY STEARNS**



**VP PUBLIC AFFAIRS,  
AMANDA DAME**



**VP AWARDS & RECOGNITION,  
KATIE ALEXANDER**



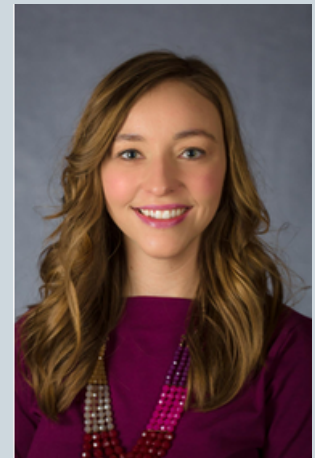
# MEET OUR OFFICERS!



**VP MEMBER RESOURCES,  
LORA DAVIDSON**



**SECRETARY,  
CABRINA BUCKMAN**



**TREASURER,  
RUTH CHOWNING**



**CLICK ON MAIL ICON TO CONTACT  
YOUR OFFICERS!**



*Virtual*

# KEAFCS TOWN HALL MEETING

Zoom Link:

[HTTPS://UKY.ZOOM.US/J/89159530892](https://uky.zoom.us/j/89159530892)



WEDNESDAY  
AUG 30



TIME  
12:30PM CT

**KENTUCKY**  
NEAFCS  
Extension Association of  
Family and Consumer Sciences

**CLICK HERE**



**Are you  
attending  
State's Night  
Out?**





# **KEAFCS: DISCOVER THE DIFFERENCE**

**2023 ANNUAL MEETING  
NOVEMBER 15-17TH**

*Wednesday-Optional Afternoon In-Service  
Thursday & Friday-Annual Meeting*

**THE CAMPBELL HOUSE  
LEXINGTON**

Lodging: \$139/night  
(859) 255-4281-Mention KEAFCS Conference  
<https://tinyurl.com/keafcs>

**KEAFCS KENTUCKY**  
Extension Association of  
Family and Consumer Sciences

I hope you are making plans to join us for our Annual Meeting in November. The planning committee has worked hard to plan a great event with the theme of KEAFCS: Discover the Difference which will provide unique opportunities for members to discover the value of our association, learn about the unique programming strengths of individual members and areas, build and strengthen relationships, and uncover partnerships and resources to enhance our impact on the families and communities we serve.

Lodging rooms are available at the discounted rate of \$139/night and must be booked by October 27th to ensure the discounted rate. To book, you may call the hotel directly at (859) 255-4281 and mention the KEAFCS Conference or online at <https://tinyurl.com/keafcs>.

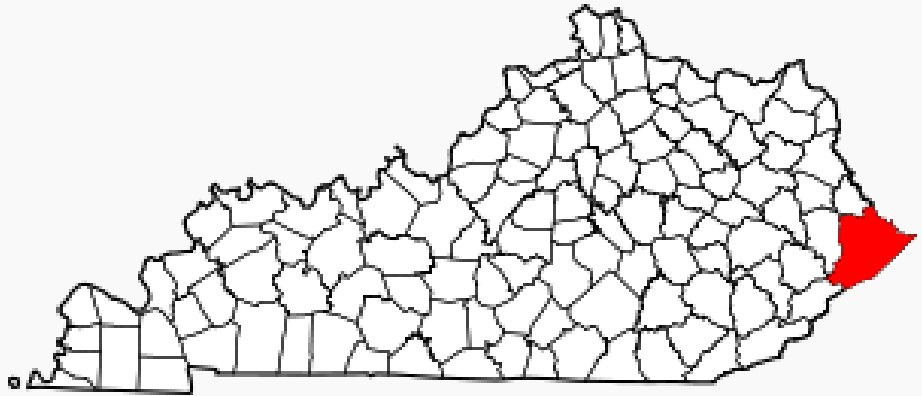
In-service and Annual Meeting registration details will be sent out soon so watch your email and Teams. I'm looking forward to a great time of professional development, team building, and networking!

*Christy Stearns*

*KEAFCS President Elect/Vice President for Professional Development*

# NEW HIRE HIGHLIGHTS:

## CHELSEA WORKMAN, PIKE COUNTY



**Q1 :TELL US ABOUT YOUR BACKGROUND AND WHAT LED YOU TO YOUR CURRENT ROLE WITH CES.**

A1: MY LOVE FOR EXTENSION BEGAN AS AN INTERN. I INTERNED AT BOTH THE PIKE COUNTY OFFICE IN FCS AND 4-H AND THE FAYETTE COUNTY OFFICE IN FCS. MY BACKGROUND ALSO INCLUDES A BACHELOR'S DEGREE IN FAMILY SCIENCE FROM THE UNIVERSITY OF KENTUCKY, MASTER'S DEGREE IN SOCIAL WORK AND CLINICAL LICENSE IN SOCIAL WORK. I AM VERY EXCITED TO START THIS JOURNEY AND CAREER AS THE FCS AGENT FOR PIKE COUNTY!

**Q2: WHAT IS YOUR FAVORITE THING ABOUT WORKING WITH EXTENSION?**

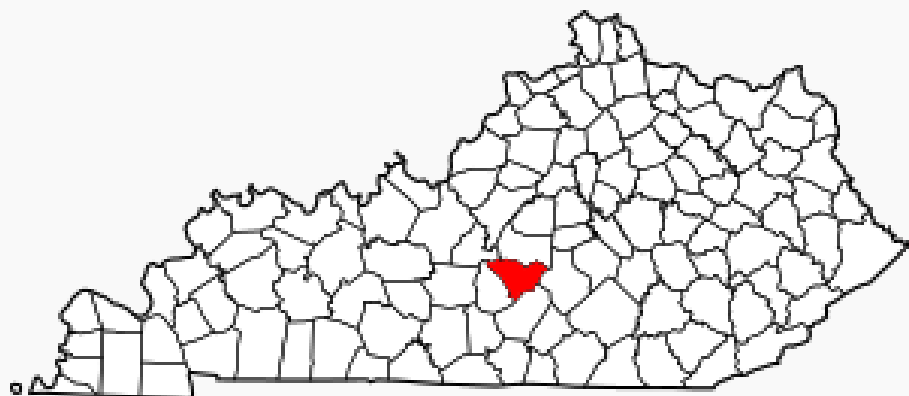
A2: I LOVE WORKING WITH AND GIVING BACK TO THE COMMUNITY.

**Q3: WHAT IS ONE THING ABOUT YOURSELF THAT MIGHT SURPRISE PEOPLE?**

A3: I ENJOY BUILDING LEGO SETS.

# NEW HIRE HIGHLIGHTS:

## CHARLSEY GARMON SCOTT, TAYLOR COUNTY



**Q1: TELL US ABOUT YOUR BACKGROUND AND WHAT LED YOU TO YOUR CURRENT ROLE WITH CES.**

A1: I GRADUATED FROM LINDSEY WILSON COLLEGE IN APRIL 2023 WITH A BACHELORS OF ARTS IN HUMAN SERVICES & COUNSELING. I DISCOVERED MY PASSION FOR EXTENSION SERVICES WHEN I COMPLETED ONE OF MY PRACTICUM COURSES AT THE CUMBERLAND COUNTY EXTENSION OFFICE IN MY HOMETOWN. DURING THAT PRACTICUM COURSE, I ASSISTED THE AGENTS AND STAFF IN PROVIDING PROGRAMS AND HOSTING EVENTS. I LOVED BEING APART OF A TEAM THAT WORKED TO IMPROVE AND EMPOWER THEIR COMMUNITY, AND I KNEW THAT I COULD SEE MYSELF GENUINELY ENJOYING THIS CAREER. I APPLIED FOR THE TAYLOR COUNTY EXTENSION OFFICE'S FCS POSITION DURING THE FALL SEMESTER OF MY LAST YEAR, NOT KNOWING IF I WOULD EVEN BE CONSIDERED FOR THE JOB. I WAS INCREDIBLY SURPRISED AND EXCITED WHEN I GOT THE JOB OFFER, AND I AM SO THANKFUL TO NOW BE APART OF KENTUCKY EXTENSION.

**Q2: WHAT IS YOUR FAVORITE THING ABOUT WORKING WITH EXTENSION?**

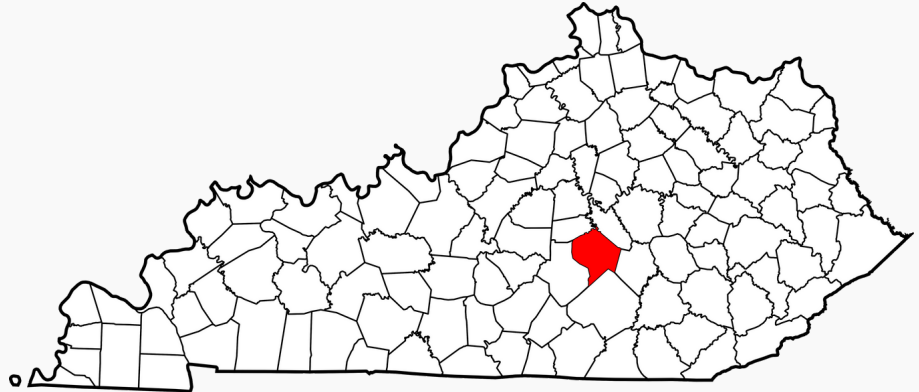
A2: MY FAVORITE THING ABOUT WORKING WITH EXTENSION IS THE SERVICES PROVIDED TO IMPROVE AND EMPOWER COMMUNITIES. EXTENSION SERVES THE NEEDS OF EACH COMMUNITY, AND STRIVES TO SERVE EACH INDIVIDUAL. THIS FIELD IS INCREDIBLY PASSIONATE ABOUT MAKING A POSITIVE, LONG-LASTING IMPACT IN EVERY COMMUNITY, AND I AM GRATEFUL TO HAVE THE OPPORTUNITY TO SERVE AND MAKE AN IMPACT.

**Q3: WHAT IS ONE THING ABOUT YOURSELF THAT MIGHT SURPRISE PEOPLE?**

A3: ONE THING THAT MAY SURPRISE PEOPLE ABOUT MYSELF IS THAT I AM OBSESSED WITH TRUE CRIME. I LOVE LEARNING ABOUT TRUE CRIME EVENTS AND THE PSYCHOLOGY BEHIND WHAT MAKES PEOPLE THINK OR BEHAVE IN SUCH WAYS.

# NEW HIRE HIGHLIGHTS:

## JODY PAVER, LINCOLN COUNTY



**Q1 :TELL US ABOUT YOUR BACKGROUND AND WHAT LED YOU TO YOUR CURRENT ROLE WITH CES.**

A1: I HAVE 8 YEARS OF EXPERIENCE AS THE EXTENSION AGENT FOR FAMILY AND CONSUMERSCIENCES IN WAYNE COUNTY,KENTUCKY. I AM DELIGHTED TO RETURN TO MY COOPERATIVE EXTENSION CAREER AFTER TAKING A BREAK AND TEACHING FAMILY AND CONSUMER SCIENCES IN BOTH THE MIDDLE AND HIGH SCHOOL SETTINGS.

**Q2: WHAT IS YOUR FAVORITE THING ABOUT WORKING WITH EXTENSION?**

A2: I LOVE EXTENSION'S MISSION AND VISION AND THE WAY WE CAN REACH OUT INTO THE COMMUNITY AND MAKE A DIFFERENCE IN THE LIVES OF INDIVIDUALS AND FAMILIES IN THE COMMUNITY WE SERVE.

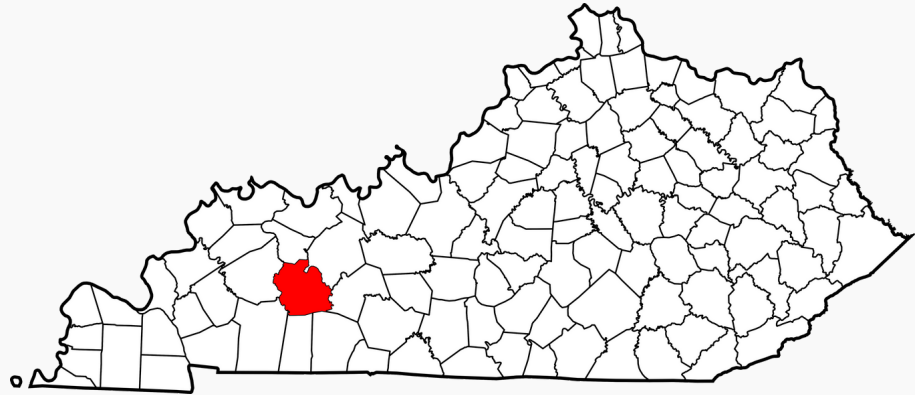
**Q3: WHAT IS ONE THING ABOUT YOURSELF THAT MIGHT SURPRISE PEOPLE?**

A3: I HAVE CELIAC DISEASE SO I AM A GREAT AND REAL LIFE EXPERIENCED RESOURCE FOR GLUTEN FREE LIVING.



# NEW HIRE HIGHLIGHTS:

## ALEX KELLY, MUHLENBERG COUNTY



**Q1: TELL US ABOUT YOUR BACKGROUND AND WHAT LED YOU TO YOUR CURRENT ROLE WITH CES.**

A1: I GREW UP IN MEMPHIS, TN. A CITY THAT IS RICH IN CULTURE, FOOD, AND COMMUNITY. ALSO, A PLACE FULL OF POVERTY, SOCIAL CLASSES, AND CRIME. I WAS FORTUNATE ENOUGH TO NOT LIVE IN WHAT MEMPHIS CALLS THE FOOD DESERT BUT THAT DOES NOT MEAN IT DID NOT AFFECT PEOPLE I KNEW OR MY FELLOW MEMPHSIANS. A FOOD DESERT IS SIMPLY THE PROBLEM OF GROCERY STORES BEING PULLED OUT OF LOW-INCOME NEIGHBORHOODS, LEAVING THAT COMMUNITY WITH LITTLE TO NO ACCESS TO FRESH FOODS. ALL THEY ARE LEFT WITH IS FAST FOOD AND DOLLAR STORES. AS MOST PEOPLE DISCOVERED THIS WAS A PROBLEM, INCLUDING MYSELF, I REALIZED I WANTED TO BE A PART OF THE CHANGE. I KNEW AFTER LEARNING ABOUT THE HARDSHIPS AFFECTING MY COMMUNITY OF ORIGIN THAT I WANTED TO BE A PART OF HELPING MY COMMUNITY, WHEREVER THAT MAY BE. AS A RESULT, I WANTED A JOB ONE DAY THAT WORKED CLOSELY WITH THE COMMUNITY. COUNTY EXTENSION AGENTS WORK ALONGSIDE THE COMMUNITY EDUCATING AND FACILITATING. I KNEW THIS WAS THE JOB FOR ME. FROM THERE I ATTENDED HARDING UNIVERSITY IN ARKANSAS WHERE I MAJORED IN FAMILY AND CONSUMER SCIENCE. NOW I AM HERE WORKING MY DREAM JOB!

**Q2: WHAT IS YOUR FAVORITE THING ABOUT WORKING WITH EXTENSION?**

A2: MY FAVORITE THING ABOUT WORKING IN EXTENSION IS GETTING TO BUILD RELATIONSHIPS WITH THE COMMUNITY AND CREATING PROGRAMS TO PROMOTE THE KNOWLEDGE OF LIFE SKILLS AND LEADERSHIP TO EMPOWER OTHERS.

**Q3: WHAT IS ONE THING ABOUT YOURSELF THAT MIGHT SURPRISE PEOPLE?**

A3: ONE THING ABOUT MYSELF THAT MIGHT SURPRISE PEOPLE IS THAT IF I WAS NOT A COUNTY EXTENSION AGENT I WOULD WANT TO OWN A CLOTHING AND HOME GOODS BOUTIQUE!

# AREA PROGRAM SUCCESSSES:

## PURCHASE AREA

THE PURCHASE AREA FCS AGENTS HOST A SPRING INTO GREEN EVENT ANNUALLY. THE MOST RECENT EVENT'S THEME WAS OUTDOOR LIVING

SPEAKERS DISCUSSED TOPICS RELATED TO THE OUTDOORS. TOPICS DISCUSSED INCLUDED 'COOKING IN THE OUTDOORS' WITH CHAMPION FOODS VOLUNTEER RIFF TURNER, 'PERENNIALS AND WOOD SHRUBS FOR CUT FLOWER ARRANGEMENTS' WITH MARTHA WHITE, AND 'PLANT PROPAGATION' WITH LINDSAY BOWLES.

THE GOAL OF THIS EVENT WAS TO TEACH PARTICIPANTS ABOUT THE BENEFITS OF USING DIFFERENT COOKING METHODS AND TIPS ON OUTDOOR COOKING, ALONG WITH UTILIZING OUTDOOR PERENNIALS AND STARTING THEIR OWN PLANTS FROM CLIPPINGS.



# AREA PROGRAM SUCCESSSES:

## BLUEGRASS AREA FAYETTE COUNTY

SAMANTHA FIELDS STARTED HER NON-PROFIT, A DIFFERENT WORLD INCORPORATED, AFTER SHE CONNECTED WITH FAYETTE COUNTY FCS AGENT, MARANDA BROOKS, TO OFFER RESOURCES TO FAMILIES OF CHILDREN WITH AUTISM AND DISABILITIES.

SAMANTHA'S SON WAS DIAGNOSED WITH AUTISM THREE YEARS AGO. FIELDS SAYS, "IT'S JUST BEEN A GREAT JOURNEY SO FAR I'M NOT GONNA SAY IT'S NOT BEEN EASY. IT'S BEEN VERY DIFFICULT AT TIMES BECAUSE IT'S ALL NEW FOR ME... BUT I THINK THE ONE HARDEST THING OUT OF ALL OF THE JOURNEY BEING SO HARD IS THERE'S LIMITED RESOURCES FOR FAMILIES AND CHILDREN HERE IN FAYETTE COUNTY." NOW, FAMILIES WITH KIDS OF ALL AGES CAN MEET HERE ONCE A MONTH FOR PLANNED SENSORY-FRIENDLY ACTIVITIES. SAMANTHA SAYS THE NON-PROFIT'S GOAL IS TO PROVIDE SUPPORT.

THERE ARE A LOT OF EXTRA COSTS IN RAISING A CHILD WITH AUTISM, FROM THE THERAPY SESSIONS TO SPECIAL EQUIPMENT. "A DIFFERENT WORLD" PROVIDES FAMILIES WITH ADDITIONAL SUPPLIES THEY MAY NEED. THE EXTENSION OFFICE SAYS THESE FREE EVENTS ARE A CHANCE FOR FAMILIES TO LEARN FROM SHARED EXPERIENCES.

MARANDA BROOKS, SAYS, "A LOT OF TIMES WE'RE FINDING WHERE PARENTS ARE FEELING THAT THEY ARE THE ONLY ONES GOING THROUGH THE EXPERIENCE. THEY ARE ALONE, THEY DON'T KNOW WHO TO CONNECT WITH AND NEED A ONE-STOP-SHOP TO GO TO THEN THEY CAN FIND THAT CONNECTION AND GO FROM THERE."



# AREA PROGRAM SUCCESSSES:

## MAMMOTH CAVE AREA METCALFE COUNTY

METCALFE COUNTY DIFFERENT ABILITIES GROUP IS FOR YOUNG ADULTS WITH VARIOUS DIAGNOSED DISABILITIES WHO LIVE IN SUPPORTED COMMUNITY LIVING.

PARTICIPANTS AND THEIR ADULT HELPERS COME ONE FRIDAY PER MONTH TO THE EXTENSION OFFICE FOR A HANDS ON LIFE SKILLS/FCS SKILLS PROGRAM. THIS IS FOLLOWED BY A COOKING THROUGH THE CALENDAR PROGRAM LED BY THE NUTRITION EDUCATION PROGRAM ASSISTANT.

AFTER THESE PROGRAMS, PARTICIPANTS TAKE A GROUP TRIP TO THE FARMERS MARKET ACROSS THE STREET TO SHOP FOR FEATURED RECIPE INGREDIENTS.



# AREA PROGRAM SUCCESSSES:

## LOUISVILLE AREA

THE LOUISVILLE AREA FCS AGENTS HAVE BEEN BUSY COOKING THROUGH THE CALENDAR WITH THIS YEAR'S FOOD & NUTRITION CALENDAR.

THE AGENTS, ALONG WITH PAUL ADKINS, THE AREA EXTENSION AGENT FOR NEP, AND THE LOUISVILLE AREA NEP/SNAP-ED ASSISTANTS COLLABORATED WITH NEWS REPORTER, JOSH NINKE FROM THE WAVE 3 NEWS STATION TO COOK LIVE EACH MONTH: SHARING THE RECIPE OF THE MONTH, DISCUSSING THE NUTRITIONAL VALUE AND THE COST EFFECTIVENESS OF EACH RECIPE.

THIS PROGRAM HAS BEEN SUCCESSFUL THUS FAR; VIEWERS ARE ENCOURAGED TO COMPLETE A SURVEY WHEN THEY PREPARE A RECIPE AND TO VISIT THEIR COUNTY EXTENSION OFFICE WEBSITE FOR ADDITIONAL RECIPES AND INFORMATION ON PROGRAMMING.

COOKING THROUGH THE CALENDAR HAS BEEN A FUN EXPERIENCE TO REACH OUT TO A LARGER AUDIENCE, SHARE WHAT THE COOPERATIVE EXTENSION SERVICE IS AND EDUCATE PEOPLE HOW HEALTHY EATING CAN BE COST EFFICIENT!

