

KEAFCS

2020 Newsletter Series



President's Message

By Melissa Goodman

Hello All,
Pretty soon, my term will come to an end. I hope you all know that it has been a privilege to serve you through the craziness of 2020. I wish we would have been able to come together more, but I am so thankful for virtual means to carry out our work. You all continue to support families and our profession across the state in the most innovative and sincere ways. I love the association because of the opportunity and platform to interact and learn from each other. As we go through the supervision model's implementation and whatever 2021 brings, I hope that we will be diligent in staying connected and more dynamic as we work together and serve our Commonwealth.

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INFORMATION**

AREA UPDATES



President's Message: Continued

Congrats to all of the National and State Award winners. I loved seeing your hard work and programming recognized by FCS professionals across the nation. Congrats to all who presented at the NEAFCS Conference. You went the extra mile to share your programming, outcomes, and research with our colleagues that takes bravery and teamwork. I believe that Kentucky FCS Extension has such a remarkable story to tell. Seeing your names in the NEAFCS program shows that you are willing to tell the story. The National office will purge all committee lists on October 27. After this day, you can rejoin your existing national committee or join a new committee. Consider your plans for the future and how you can contribute to our profession and association by serving on a committee, whether you choose to step to step back and reflect on your committee work or step in and start contributing.

PHOTO BY MARTIN R. SMITH

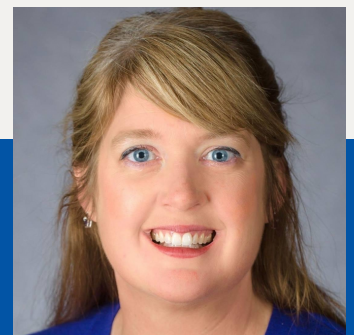
I can't wait to see you all virtually for our upcoming state meeting. The registration deadline for KEAFCS Annual Meeting is October 23. Make sure to get those forms in and communicate with Mindy and Janey if you have any questions. I know Mindy has done a fantastic job. While conducting association meetings and business virtually, I am grateful that Mindy is in the role of Vice President for Program Development. She has a fantastic program planned that features my favorite two: you and teamwork. Make sure to send your officer credentials to Lora Lee and the nominating committee. So many of you are so very capable of serving in an officer role. I hope that you will take the leap and contribute to our collective purpose.

To me, Kentucky Extension FCS is a family. Whether you are an agent, specialist, associate, life member, or administrator, I want to encourage you not to grow weary of doing good. This year has been challenging on so many fronts, yet our work is necessary for healthy, strong families and communities. Take care of yourself and your family. I am so grateful that we are in this together.

You inspire me!

Melissa

Melissa Goodman, President



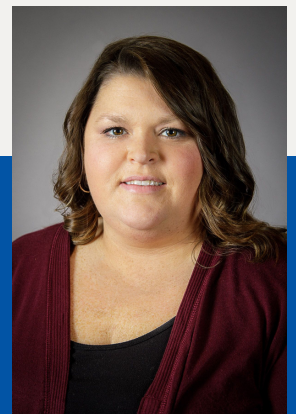
Awards Update: Lora Davidson, VP for Awards & Recognition

Kentucky submitted 91 awards (79 National entries, 12 state only entries). Sixty-four of those entries went onto Nationals as state winners. We had eleven Southern Region Winners, seven National award winners along with our three Distinguished Service Award winners and two Continued Excellence Award winners.

The National and Southern Region winners were recognized virtually during the NEAFCS state meeting. State winners will be recognized at KEAFCS in November. Be sure and start thinking about your award entries for this year! We have each been challenged to take our programming virtual and come up with new and creative ways to reach our audiences. I am excited to see everyone's entries and wonderful programs that you have done this year. Entries will be due in February and updated online national information should be online in November. So look over the categories and enter your amazing programs! Always be sure and have someone look over your award entries! Winning entries from this past year are also posted on the NEAFCS website, so you can take a look and see what an award winning entry looks like and possibly give you some ideas for your award entries! I hope we have several winners at NEAFCS meeting in Michigan in 2021!

Lora Davidson – VP Awards & Recognition

Lora Davidson, VP for Awards & Recognition



OCTOBER, 2020

KEAFCS Virtual State Meeting November 16-20, 2020

We are excited for all the opportunities afforded by a virtual KEAFCS Annual Meeting! You will especially want to check out the Program Highlight sessions presented by your colleagues! When you receive your virtual program guide (sometime next week) there will be zoom links and titles for session being presented by your fellow FCS professionals. Additionally, all sessions will be recorded, so if there are two (or more) that interest you that are happening at the same time, you can always watch the recording.

Also, Dean Cox and Dr. Stephenson will both be joining us for Educational First Responders: The FCS Response to COVID-19. During this session, one event, program, or activity from each district will be highlighted! Make sure to mark your calendar to join that session as well.

On Thursday morning, Dr. John Fitch, a Communications and Film professor at ECU, will be sharing a session on Video Online Instruction. During this session, he will talk about camera angles, lighting and sound for optimum delivery.

Scattered throughout the week are fun opportunities for networking and focusing, you'll definitely not want to miss those!

Finally, the awards program will be presented "virtually" in person with each area gathering at one location to watch the business meeting and awards program together. If you do not know where your area is gathering, please reach out to your area VP for Professional Development for details.

Don't forget, you must register for the Wednesday inservice session in KERS.



KEAFCS
20 / 20
focus on teamwork

OCTOBER, 2020

KEAFCS Virtual State Meeting Agenda

Monday:

- 10 am EST – Welcome event
- 11 am EST – Program Highlights
- 2:30 pm EST – Program Highlights
- 4:00 pm EST Focusing with Alex

Tuesday:

- 9:00 am EST – Networking Session
- 10 am EST – Program Highlights
- 12:00 EST – Focusing Session with Natalie
- 2:00 pm EST - Educational First Responders
- 3:30 EST – Program Highlights
- 4:15 EST Past Presidents' Meeting

Wednesday: Inservice - Disability Awareness and Etiquette in Health Promotion: Improving confidence and competence through Universal Design

Thursday:

- 9:00 am EST - Networking
- 9:30 am EST – Board Meeting
- 11:00 am EST – Video Online Instruction by Dr. John Fitch
- 2:30 am EST – Program Highlights
- 4:00 pm EST – Focusing Session with Alex

Friday:

- 9:00 am EST – Business Meeting
- 10:30 am EST – Awards Program and Closing Event
- 1:30 pm EST – Retiree Meeting

KEAFCS
20 / 20
focus on teamwork

Reaching Our Communities During COVID-19 Fort Harrod Area

At the onset of COVID-19 Fort Harrod FCS agents began meeting weekly via Zoom. During those first sessions they developed a qualitative survey to offer to clientele via social media and traditional paper newsletters soliciting interests/needs and how Extension may be able to meet those needs. Agents worked together to support one another in transitioning to virtual platforms for meetings, porch pickup kits, virtual programs, partnered with community partners for online programs. The last Homemaker lesson of the year, The Buzz about Honey (4/30), was offered via Zoom and Facebook LIVE with over 20 participants. In May, agents supported the KEHA Spirit Week again via social media and traditional paper newsletters. In June, the group began meeting bi-weekly via Zoom. By August/September and due to the closure of the KY Leadership Center in Jabez, agents were working very closely with the Extension Homemakers Craft Camp Committee to secure an alternate location for the historic and annual Craft Camp event. Also, in August/September, agents finalized transition plans for the Spring “Not Your Mother’s Sewing Room Event” to be offered virtually in November – at the time of submission we have 116 individuals register for this Zoom event. Lastly, the Fort Harrod agents partnered together to offer weekly drop-in virtual food preservation Q & A Sessions during the month of September advertised on radio and social media.

FORT HARROD COUNTIES

Mercer County

Boyle County

Lincoln County

Garrard County

Anderson County

Jessamine County

Woodford County

Franklin County

Fort Harrod Continued

Franklin: Tamera Thomas continued to meet virtually with at-risk youth.

Mercer: Luci Hockersmith worked with co-workers to conduct a COVID-safe County Fair Experience and facilitated virtual meetings for the Interagency Council with as many as 28 attendees at its monthly meetings beginning in June; By August began streaming meeting to Facebook LIVE and sharing meetings minutes on the Notes section of the already existing Facebook page reaching more than 600 (according to Facebook stats...picture “September 2020 Meeting Facebook LIVE stats” attached).



Boyle: The Boyle County Extension Office partnered with the Boyle County Public Library to produce a weekly video and kit series called Cooking Skills for Tweens and Teens. This 6 week series had a video that covered a cooking skill and a grab and go kit that goes with it. This program is free and can be viewed on Facebook and YouTube.

In honor of Extension Homemakers Week the Boyle County Homemakers are offering free grab and go membership kits to anyone who is interested in joining KEHA.



FORT HARROD COUNTIES

Mercer County

Boyle County

Lincoln County

Garrard County

Anderson County

Jessamine County

Woodford County

Franklin County

Fort Harrod Continued

Lincoln: Rita Stewart conducted a 2 day virtual quilting retreat and has had a Healthy Community Connections Leadership Group that started meeting virtually the first week of April and is still meeting, planning, and doing educational programs around the theme Mental Health and COVID-19.

Garrard: Mary Hixson partnered with Ag Agent and NEP assistant to distribute Fall Victory Garden Kits. Also partnered with 4-H Agent to create 4-H Needlework Kits and then videos explaining the kit and techniques. Each kit contained the fabric, floss and other materials for the needlework, but also copy of 2020 4-H Needlework Project List for State Fair encouraging participation in any of the needlework projects. 95 kits total were picked up. Partnered with School District Food Director to provide School Fun Packets twice a week for students receiving free meals. 31 packets were created and distributed.

Jessamine: The Jessamine County FCS Agent, Karli Giles, partnered with her Ag and Natural Resources Agent and 4-H Agent to present a four-week virtual fall gardening program. The three agents worked together to create videos, upload research-based information and recipes. One of the virtual program's biggest successes was introducing new people to Jessamine County Cooperative Extension Services.

Woodford: Woodford County Horticulture and Family and Consumer Sciences Agents partnered to distribute garden cooking kits to families and community residents. The kits included soil, seeds, transplants, gardening calendars, nutrition calendars, a variety of cooking utensils and supplies, farmers market shopping guide, recipe cards, and basic cooking information.

FORT HARROD COUNTIES

Mercer County

Boyle County

Lincoln County

Garrard County

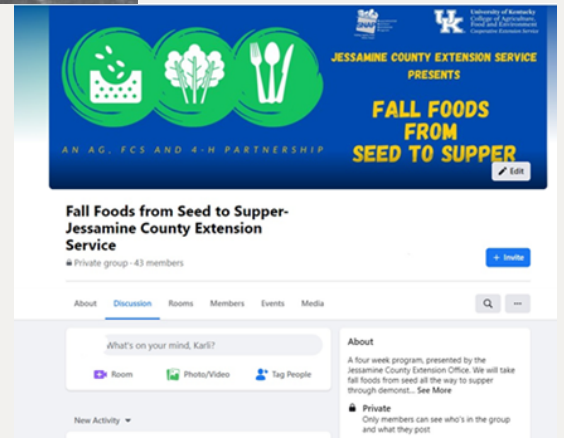
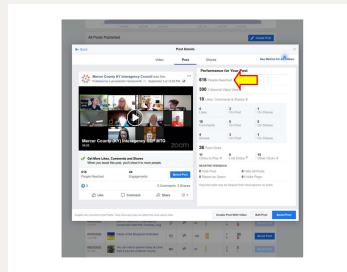
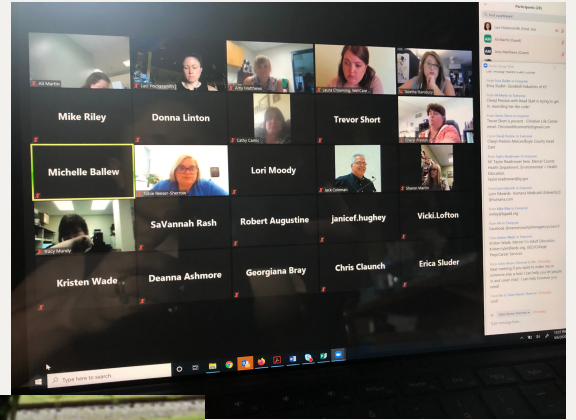
Anderson County

Jessamine County

Woodford County

Franklin County

Fort Harrod Continued



FORT HARROD COUNTIES

Mercer County
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Lincoln County
Garrard County

Anderson County
Jessamine County
Woodford County
Franklin County

Reaching Our Communities During COVID-19 Licking River Area

Bath County: Nicole Gwishiri

In Bath County, we have done the “Programs on the Go” as many people have done. We had great success from all program areas – with Family and Consumer Sciences as the coordinator for those bags. The Bath County Extension Office served as a spot to have emergency supplies delivered and then disseminated to counties that needed them in the Gateway district. We also hosted a socially distanced and successful Power of Produce program at the farmers market.

FCS has also hosted the Super Star Chef Baking Kneads A Little Dough program during the month of September. The Extension Office provided the lesson materials, dry ingredients, and a video to go along with each recipe given out. In return, participants have submitted their finished products. We will host another series in November that will focus on preparing for the holidays. We also cohosted a video program – Stories, Songs, & Stretches – with Menifee county taking the lead.

On a personal note, the Flynn (Gwishiri) family will be expecting their next –and final – babe during the winter holiday season, as well as mini poodle. Pray that adding another babe – and dog – to the family will go well for this family (especially for Shona).

LICKING RIVER COUNTIES

Lewis County

Rowan County

Morgan County

Menifee County

Robertson County

Montgomery County

Bath County

Fleming County

Mason County

Bracken County

Licking River Continued

Lewis County: Mandi Broderick

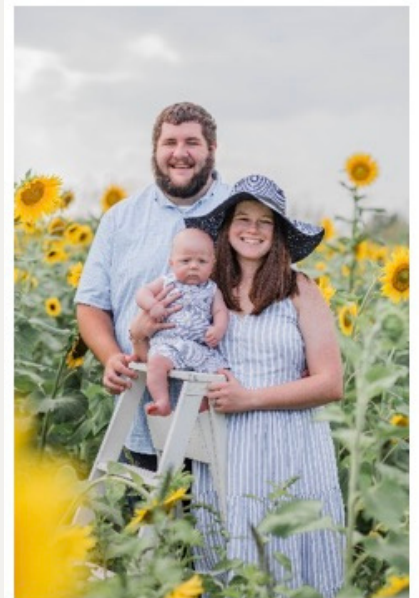
Wilson Reid Broderick was born on April 18 at 7 pounds 15 ounces and 20 1/2 inches long. He is the first child for Mandi and her husband Daniel. Will loves rolling over, hearing himself squeal and coo, and petting his two doggies.

Rowan County: Peggy Jones

The virus has brought our county together closer due to the fact we are scared of the unknown. The Rowan County Extension Office has shared over 750+ Program bags for Programs on the Go to our Wonderful Community.

Bracken County: Shannon Smith

Shannon Smith Bracken County Agent's daughter, Meghan, got married this summer on June 18, at Edisto Beach South Carolina to D.J. Powell. This was the highlight of our year in the Smith girls household.



LICKING RIVER COUNTIES

Lewis County
Rowan County
Morgan County
Menifee County
Robertson County

Montgomery County
Bath County
Fleming County
Mason County
Bracken County

Licking River Continued

Morgan County: Nellie Buchanan

Morgan Co. Extension agents have collaborated to reach out to the community in many different ways during Covid-19. Some of these include FCS agent learning and utilizing social media to increase FCS contact reach some 500%. Posts included alerting families about opportunities available for securing “Grab ‘n Go” kits. These kits included hands on activities for youth and adults. Initially, focusing on what the virus was, how to decrease contact, sanitizing and moving into the realm of back to basics of cooking together by sharing recipes and tips. Extension Homemakers were kept up to date on information through personal contact via telephone (cell and landline), texts and messaging, social media outlets, local newspaper columns, and by coordinating information pick up along with school lunch pick up days to reduce the exposure and time away from home. Videos were shared and local access TV utilized.

Collaborating with Morgan Co. schools, allowed us to reach more than 1200 youth with “Popping Back to School” healthy popcorn snack, stress ball activity to sooth the transition. The positive result remains, increasing the outreach to a different audience and bringing some along with new technology methods. Teamwork has proven a success as we continue to program to reach families in the county.

Success is not always measured in numbers but, in reaching out to those who need information, contact and socialization in some form.

Efforts continue to share programming with traditional audiences, while collaborating with others in the county to reach new audiences. Programming with “Little Learners” virtually each month is an exciting way to “see and share” along with the Family Resource Center coordinators. Love sharing all the FCS materials developed by our specialists, helping us remain on the forefront with information and technology!

LICKING RIVER COUNTIES

Lewis County

Rowan County

Morgan County

Menifee County

Robertson County

Montgomery County

Bath County

Fleming County

Mason County

Bracken County

Licking River Continued

Menifee County: Kayla Walton

Menifee County FCS program has adapted to the challenges of the Covid-19 pandemic by creating programs offered virtually such as Cooking through the Calendar, “Food for Medicine” and Stories, Songs and Stretches. We also reached out to community members through programs “to-go” including topics on beginner sewing, cooking, gardening, green cleaning and more. Lastly, we provided clientele information and support on food preservation, food processing, obtaining financial aid during the pandemic and other topics through phone calls, mail outs and socially distanced meetings.

Additionally, our FCS agent completed and received her Masters of Science degree in Health Sciences from Northern Kentucky University.



LICKING RIVER COUNTIES

Lewis County

Rowan County

Morgan County

Menifee County

Robertson County

Montgomery County

Bath County

Fleming County

Mason County

Bracken County

Mammoth Cave Area Updates

Edmonson County: Julia Wilson

Edmonson County Extension Agent for Family & Consumer Sciences/ 4-H Youth Development won 2nd Place Southern Region SNAP-Ed/EFNEP Educational Program Promoted to Level 2 on Career Ladder.

Butler County: Tracy Cowles

Butler County Extension Agent for Family & Consumer Sciences was promoted to Level 2 on Career ladder. She also received her Graduate Certificate for Adult Education from WKU.

Metcalfe County: Lynn Blankenship

Metcalfe County Extension Agent for Family & Consumer Sciences was awarded the NEAFCS Distinguished Service Award this year. She was promoted to level 4 on the UK CES Career ladder and Heather Shaw, Metcalfe Co NEP Senior and Lynn won the 2019, State Extension TEAM Diversity award for our FCS and Nutrition education ongoing programs, with the Different Abilities group.

Hart County: Janey Cline

Hart County Extension Agent, Family & Consumer Sciences won 1st place Past President's New Professional Southern Region Award, 1st Place Florence Hall Southern Region Award and 2nd and 2nd Place Florence Hall National Award.

MAMMOTH CAVE COUNTIES

Edmonson County

Butler County

Metcalfe County

Hart County

Monroe County

Logan County

Simpson County

Warren County

Allen County

Barren County

Northern Kentucky Area Awards

Family and Consumer Sciences agents in the eight county northern Kentucky area recently received recognition for two of their educational workshops at the National Extension Association for Family and Consumers Sciences' annual conference.

A first place Innovation in Programming and second place Food Safety award were received for "Mystery Dinner: The Uninvited Guest." This program focused on home food safety practices during a three-hour interactive workshop held with more than 150 attendees. Extension partnered with the Northern Kentucky District and Three Rivers Health Departments to conduct the event. Participants learned about storing food, cleaning hands and surfaces, thermometer use, and product dates while working to solve a fictitious foodborne illness outbreak. Evaluations from the event revealed attendees changed their habits and practices as a result of what they learned. Many now date food prior to storing, use a food thermometer to check to ensure food is properly cooked, store foods properly in their refrigerators, and now adequately wash their hands. Foodborne illness can be costly and have long term effects on the body.

A workshop was conducted at the national conference to share information about the "Mystery Dinner" program so others across the country might offer something similar.

A second place award in Extension Housing Outreach was received for the "Healthy Horticulture for Every Body" workshop. The Family and Consumer Sciences agents partnered with area Extension Horticulture agents to provide information on gardening, growing herbs, indoor plants, planting in adaptive containers, and pollinators. The keynote speaker provided information on the emotional, mental and physical benefits of gardening. This workshop led individuals to improve their home environments, increase their involvement in gardening, and look to gardening to reduce stress.

NORTHERN KENTUCKY COUNTIES

Campbell County

Kenton County

Grant County

Boone County

Carroll County

Gallatin County

Owen County

Pendleton County

Reaching Our Communities During COVID-19 Northern Kentucky Area

The NKYFCS agents have also been busy coordinating special Covid-19 response efforts throughout the communities that they serve which include:

- Learn by Mail monthly lessons (US mail and email) started this fall showcasing vegetables (artichokes, peppers, onions, cauliflower) through a fact sheet and brief video
- Shared “Sizzlin Summer” materials and participation contest with local housing center that agent had formerly visited on a monthly basis.
- Videos made and zoom sessions conducted to instruct on boiling water bath canning, pressure canning, dehydration, freezing, and home appliance use.
- Bi-weekly emails to extension homemakers, sharing KEHA announcements, spirit week and KEHA week efforts, Healthy at Home newsletters, general tips, and showcasing different projects that members have been working on during the COVID shutdown.
- Addiction 101 taught by Alex Elswick through zoom programs was offered through several offices in Northern Kentucky.
- Chef Allison Davis, KY native and founder of Wild Thyme Cooking School, taught a virtual class to learn about knife safety, anatomy, proper use, care, chopping, and dicing! A total of 106 participant joined the virtual meeting from four counties in the NKY area as well as several participants from out of state. Those participating received a Chef’s knife, cutting boards, and supplies needed.
- In the spring over 100 garden started kits were distributed to local residents in Pendleton County and in Mid-Summer the Extension Service provided food preservation kits to most of those recipients. Education resources were also provided in both kits.

NORTHERN KENTUCKY COUNTIES

Campbell County

Kenton County

Grant County

Boone County

Carroll County

Gallatin County

Owen County

Pendleton County

Northern Kentucky Area Updates

On a more personal note we are happy to have two agents back from leave.

Kate Thompson returned from her sabbatical leave in which she completed research on exercise for the aging adult. She was trained in the arthritis exercise program and Tai chi. Great job Kate!

In May, Sherri Broderick and husband Jacob, welcomed their third baby boy, Clay Sullivan Broderick. Clay joins older brothers, Jack and Eli at home. All are doing great! Congratulations to Jacob and Sherri!



NORTHERN KENTUCKY COUNTIES

Campbell County

Kenton County

Grant County

Boone County

Carroll County

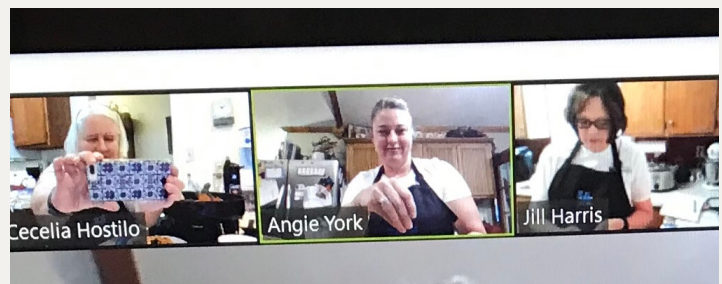
Gallatin County

Owen County

Pendleton County

Reaching Our Communities During COVID-19 Pennyrile Area

The Pennyrile area agents have been working hard to rethink and reevaluate how we reach our clientele. In the time of Covid-19 we have worked hard to increase our online presence by offering Homemaker leader lessons on line, offering a variety of virtual lessons (cooking/nutrition, sewing, LEAP, Stories Songs & Stretches, and more), and by increasing our own knowledge about technology. Area wide we have offered grab and go lessons targeting school age children, senior centers, and commodity groups in order to provide them with research based information in a safe and efficient way. Through the month of October we offered the Pennyrile Area “Walktober” program to promote physical activity by increasing step counts every day in the month of October. Friendly competition between counties and incentives were used to promote participation.



PENNYRILE COUNTIES

Todd County
Christian County
Hopkins County
Lyon County

Caldwell County
Crittenden County
Mulenburg County
Livingston County

Pennyrile Area Update

We want to say congratulations to Ashley (White) Board on her recent marriage. What an exciting way to add some happiness in the midst of a pandemic! We wish the best of luck to Ashley and Royce as they begin their life together.



PENNYRILE COUNTIES

Todd County

Christian County

Hopkins County

Lyon County

Caldwell County

Crittenden County

Mulenburg County

Livingston County

Reaching Our Communities During COVID-19 Quicksand Area

Leslie County: Vicki Boggs

In addition to monthly newsletter, and thousands of Chop Chop and Healthy at Home Newsletters distributed through school feeding programs in Leslie County we promoted the Beautify Kentucky effort and Leslie County was one of the winners announced by the Governor. Also, Leslie County contributed to/offered Appalachia Days, Mental Health Matters, and Homemaker programming.

Knott County: Linda Combs

Knott County FCS has done over 2100 bags for families that were delivered with summer feed programs or directly by the Knott county board of education. Each bag contained Extension related materials and nutrition information.

A one-craft Homemaker drive had 55 participants.

Monthly newsletters and various social media posts have allowed Knott County residents to receive up-to-date information throughout the pandemic.



QUICKSAND COUNTIES

Breathitt County

Knott County

Lee County

Letcher County

Owsley County

Perry County

Wolfe County

Reaching Our Communities During COVID-19 Quicksand Area

Owsley County: Crystal Osborne

Owsley County FCS Extension used the changes in work/home life during COVID-19 as a way to reach clientele in new/different ways. Extension on the go bags were created to meet the growing changes presented by COVID-19. Bags varied each time on content that was included. Each bag included an educational lesson/information, hands-on activity, and nutrition information. Items included in each bag varied from week to week and focused on a specific topic each time.

Qualtrics survey results showed that as a result of Extension on the go bags 100% of participants learned a new tip or skill, 100% of participants are making healthy lifestyle choices, 100% of families are engaging in more quality time together, and 83% of youth participants enhanced their non-traditional instruction experience (while out of school during the pandemic). A total of 775 bags have been distributed to youth and families since the beginning of the pandemic.



EXTENSION TO GO ~ SAVING SAVVY

Each bag will contain information on using your smartphone to save and on meal planning. You will receive a coupon holder, My Plate refrigerator magnet, grocery list refrigerator magnet, 3 meal prep containers and a dry erase meal planner. You can pick up one bag per family. They are first come, first serve. If you have questions, call 595-5109.

Pick Up Date: Wednesday, September 9th
Pick Up Time: 10:00 a.m. until gone
Where: Owsley County Extension Service Office
Cost: FREE!

QUICKSAND COUNTIES

Breathitt County

Knott County

Lee County

Letcher County

Owsley County

Perry County

Wolfe County

Reaching Our Communities During COVID-19 Quicksand Area

Perry County: Glenna Wooten

The FCS agent worked with community agencies (Health Department, WIC office, Food Pantries..) to prepare materials appropriate for various audiences and arranged for the information to be included in multi-agency endeavors. A drive thru health fair reaching approximately 100 people took place. The WIC office prepared a monthly mail-out to their families and invited Extension to include information which reached over 900 each month. Local Food Pantries encouraged and appreciated information on food safety, storage, preparation, and recipes for items included in each food box. The Food Pantries provided food and information to over 500 individuals each month. A drive thru event for 200 grandparents raising grandchildren included both nutrition information and parenting information. Nutrition information was included in the school lunches that were delivered daily to students.

Homemaker club members, Extension staff, and volunteers came together virtually to fill a need in the community when the COVID-19 pandemic started by making cloth face coverings for the District Health Department, nursing homes, local health departments, first responders, and others who were working closely with the public. That was followed by making over 300 face coverings for the UK children's Hospital. Homemakers again stepped up to provide 400 face coverings for our local schools, with a total of over 1200 face coverings donated to various organizations.



QUICKSAND COUNTIES

Breathitt County
Knott County
Lee County
Letcher County

Owsley County
Perry County
Wolfe County

Reaching Our Communities During COVID-19 Quicksand Area

Wolfe County: Alyssa Cox

According to the National Institute on Drug Abuse, people who are recovering from a substance use disorder are finding it difficult to maintain their sobriety during COVID-19. Most have uprooted their routine and are lacking social support, which are essential to maintaining a healthy recovery. In response to this emerging issue, Wolfe County Cooperative Extension, Family Resource and Youth Service Center, and the Agency for Substance Abuse Policy partnered to host Wolfe County Recovery Week. The goal of this week was to keep people motivated to stay actively involved in their recovery while also following guidelines to prevent the spread of COVID-19. Events held during this week included socially distanced yoga, a virtual Recovery Celebration, and a virtual 5K. A total of 369 people participated in the Recovery Week events and over 65,000 people were reached.

Lee County: Laken Campbell

Lee County FCS has hosted several Program to Go Bags, online tutorials, and more all with Extension materials and hands-on activities. Over 3,200 Lee County residents, both youth and adults, have been directly impacted by these efforts!



QUICKSAND COUNTIES

Breathitt County

Knott County

Lee County

Letcher County

Owsley County

Perry County

Wolfe County

Reaching Our Communities During COVID-19 Quicksand Area

Letcher County: Nanette Banks

The Letcher County Extension Homemakers made over 1000 face coverings (in less than a month) to put in the Summer Feeding Program food boxes that went out to over 1000 families in Letcher County. Shown in the picture are a few of the ladies that made these face coverings.



PHOTO BY MARTIN R. SMITH

Breathitt County: Kayla Watts

Breathitt County FCS has been actively working throughout COVID-19 to reach audiences in various ways. Program to Go bags, curbside classes, virtual programming, correspondence courses, and monthly mail-outs are just a few examples of outreach efforts. Most recently, the annual Fall walking program was converted to a virtual challenge with over 120 participants! During COVID-19 over 1,500 households in Breathitt County have been directly impacted by FCS Extension efforts!



QUICKSAND COUNTIES

Breathitt County
Knott County
Lee County
Letcher County

Owsley County
Perry County
Wolfe County

Reaching Our Communities During COVID-19 Wilderness Trail Area

All Wilderness Trail FCS Agents developed and implemented virtual programming on a variety of topics to reach audiences because of COVID 19 using zoom and Facebook live. Other ways of reaching out to those during this pandemic included grab and go bags that reached a broader audience and got more individuals in our counties familiar with Extension programming.

Laurel County: Judi O'Bryan

PHOTO BY MARTIN B. SMITH
Judi O'Bryan, FCS Agent in Laurel County partnered with God's Pantry Food Bank to reach families who were food insecure for the first time because of COVID. Together the Laurel County Office reached out to people that didn't know where to go to get help because they had never needed it before. Two food giveaways were done and reached more than 500 families in Laurel County. Families were given meat, dairy products, fresh produce and pantry staples as well as educational resources to help them stretch their food dollars. People were also provided a list of the current food pantries in the community that were available to provide additional help.



WILDERNESS TRAIL COUNTIES

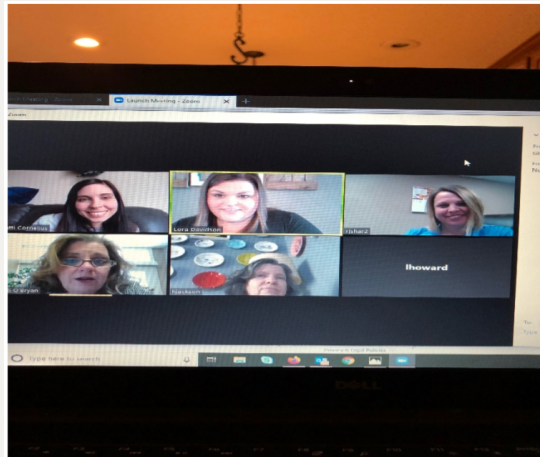
- Laurel County
- Whitley County
- Bell County
- Harlan County

- Clay County
- Rockcastle County

Wilderness Trail Continued

All Wilderness Trail Area FCS Agents participated in the first ever virtual NEAFCS meeting host by the great state of Utah. Agents were able to network and receive new program ideas!

PHOTO BY MARTIN R. SMITH



We want to congratulate and encourage Lora Davidson, Harlan County FCS Agent, as she is serving her first term as KEAFCE State VP of Awards and Recognition!



WILDERNESS TRAIL COUNTIES

Laurel County
Whitley County
Bell County
Harlan County

Clay County
Rockcastle County