

2017-2018 Bluegrass Area Homemakers Leader Lesson Ballot



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Please choose the top 8 lessons you would like taught in the 2017-2018 Homemaker Lesson Year

1. Couch Potato Challenge

The Couch Potato Challenge is a 12 week walking challenge that is based on the National Heart, Lung, and Blood Institute's walking plan. This program allows you to get started walking at a pace that is comfortable for you!

2. Creating and Maintaining Family Traditions

Building a strong family takes time and effort. Strong families are unified through deep emotional connections with each other, a sense of belonging in the family system, and healthy relationships between members. The purpose of this lesson is to reinforce the importance of family traditions, emphasis habits to preserve and respect traditions, and provide practical ways to establish new traditions.

3. Pinterest Party - How to Make Your Money Go Further

The Pinterest Party sessions will feature five financial concepts and will utilize new teaching methods to reinforce learning. Participants will develop their own vision boards and learn to differentiate between solid research based information and information provided for commercial gain. Participants will develop an understanding of financial management concepts and will be able to relate these concepts to their own financial goal.

4. Evaluating Your Health Insurance Needs

Many people receive health insurance from their employers. People who are not working or are self-employed, retired, or who have too little or unaffordable coverage now have the opportunity to purchase health insurance through the Health Benefit Marketplace. Before purchasing health insurance, it may be helpful to spend some time considering what you need or want in a health insurance plan.

5. Savvy Sellers and Bargain Hunters

Many of us have items in our homes that have been kept long beyond their usefulness. These items often clutter our houses while we scratch our heads wondering what to do with them. Many times, clothes, bags, furniture, or odd knick-knacks are still in good condition, yet we no longer have a use for them. On the other hand, many of us also have upcoming purchases, such as back-to-school clothes, home redecorating, or furnishing a college apartment, that make us wonder whether there is a cheaper option. Checking out local yard sales and consignment shops might help you save substantially.

6. Managing Holiday Expenses: How to Reduce Spending to Reduce Financial Stress

Holidays are often an exciting time of the year. Spending time with family, enjoying time off work, and celebrating with family traditions are enjoyable activities. However, the holidays can also represent added stress due to the crunch on your wallet. Have you ever looked forward to a holiday while worrying about how you will pay for it? Have you even stressed about how to provide a fun experience for children without breaking the bank?

7. Toaster Ovens: A Primer

Toaster ovens became popular household appliances in the mid-1950s, and have changed significantly since those early days. This program introduces today's toaster ovens and provides insights on their purchase, use and care. Advantages and challenges are reviewed and recipes are included.



—— **8. Vegetarian 101: History, Health, and Tips**

Everyday we make choices about the foods we eat. Some people elect a plant based eating pattern, ranging from foods with no animal connections (vegans) to those with mostly plant-based food and minimal animal connections (flexitarian and vegetarian). This lesson explores vegetarian and vegan diets, providing history, outlining health benefits and reviewing possible nutrient challenges.

—— **9. Economical Entrees**

This is a guide for purchasing and preparing easy, healthy, and economical entrees. This lesson will introduce protein sources, helpful recipes, and allow for hands-on entrée preparation.

—— **10. The Influence of Personal Characteristics: Personality, Culture, and Environment**

Fundamentally, leadership involves human interaction. Thus, understanding ourselves, our temperaments, and why we tend to respond in certain ways is important in our development as a leader and in working with others to reach shared goals. To grow as an effective leader, you must understand yourself as well as the differences of personal characteristics in others.

—— **11. Educate Before You Medicate**

This lesson focuses on the importance of understanding medication use and the ability to talk about their current usage with others.

—— **12. On the Road Again: Sites, Tastes and Culture of Ireland**

Join us for a whirlwind tour of Ireland which will include glimpses of the ever-changing scenery from plunging cliffs to towering mountains and gloomy peat bogs. We'll learn a little of the history of the country and how it relates to the ancestry of many Kentuckians. Some traditional Irish recipes will be shared. We will also discuss packing and travel tips and hacks. This lesson will be designed to help your clubs celebrate International month and early St. Patrick's Day.

—— **13. Eating for Your Eyes**

We cannot change our genetic inheritance, but we can change our behavior in order to reduce our risk for certain diseases. In this lesson, learn what to eat as well as other lifestyle changes to improve eye health. Macular degeneration, diabetic retinopathy, and other eye diseases will be discussed.

—— **14. Radon - Why is it dangerous?**

Did you know that there is NO safe level of radon? Radon is the 2nd leading cause of lung cancer and most exposure occurs in our homes. A naturally occurring radioactive gas that cannot be seen, smelled or tasted, radon attaches to dust or tobacco smoke and gets carried into the lungs. What can you do about it? This program will teach you on how to test your home, know your level and fix high radon levels when necessary.