

2024 KAFCE EDUCATION PROGRAM GUIDE

Theme: "FCE - Living Generously"

Accomplishment Report: FCE / County Council / Independent

None of FCE's Accomplishment Reports may use the same lesson as the County Council Accomplishment Report nor of the Community Service Project.

The FCE Unit, County Council, or Independent Member may decide to be:

- A. **Judged** for an award of one current educational lesson, completing page 1 and 2.
 - a. **One additional page**, labeled (Name of FCE/County/Area), as a short informational summary, 1-2 newspaper clippings, and/or 2-3 photos.
- B. **NOT Judged** for an award, *but submits the Tabulated Data, page 1.*

County Council Accomplishment Report: All the FCE Units and Independent Members of a COUNTY develop an educational program of one current lesson and record the goals, planning, actions, and volunteer hours in the County FCE Council Secretary's minutes.

Independent Accomplishment Report: An Independent Member submits their recorded educational program related volunteer hours and other data. They may or may not enter for an award.

Tabulated Data:

Number of Presenters: Please record the number of presenters for the education program lesson. Maybe program was team taught, or different leaders for different presentations.

Lesson Given as E, L, or A: When planning and preparing a program presentation, is the goal to present the lesson material in the category of E=Education, L=Leadership or A=Action? Refer below for description of the categories. Mark in the column with the letters of E, L or A.

Volunteer hours of educational program lessons should be recorded in the FCE's or County Council's secretary's minutes. Should include the time spent for training, preparing and researching lesson materials, and the presentations. Refer to Volunteer Handout for further clarification.

Money Spent or Donated: Provide the monetary expense/value of the program, even when items were donated.

Number of Others Reached: Please record the number of others (non-members) who may have heard, seen, attended an in-person, social media, etc. presentation or read lesson materials, handouts, brochures, newspaper articles, or the county's fair and/or other informational booth displays.

KAFCE Educational Program Awards Categories:

EDUCATION: The presenting of researched information as instruction to further members', and non-members' learning in that topic. The informational topic will be the current year's program lessons.

LEADERSHIP: Guiding a current program year's lesson from initial presentation to the end, using training methods that empower students to teach other groups in the project/lesson. The Accomplishment Report and Tabulated Data should include both the initial presentation and results of the other group's resulting presentation.



ACTION: Using current program year's lessons, this award is based on action/activities with members, non-members or other groups, taking education into the next step of DOING (work, read, cook, build, make, demonstrate, hands-on).

100% PARTICIPATION AWARD:

100% by County: When all FCE Units of a county submit a FCE Accomplishment Report that includes the Tabulated Data then selects to be judged or not to be judged. Submit even when there is just one FCE Unit.

100% by Area: When all counties of that area earned 100%.

COMMUNITY SERVICE PROJECT:

Recognize KAFCE members who through community service projects are changing the lives of others for the better. *This service project is not under any educational program awards nor can be duplicated on any Accomplishment Report, either FCE/County Council/Independent.*

Bonus Points (15 pts) **One** additional page (front and back). Labeled (Name /FCE /County/ Area).

5 pts: 2 - 3 Photos showing the project &/or tell a story beginning to end of project.

5 points: 1 - 2 Newspaper article summarizes the major heading as listed above.

5 points: Neatness of additional page.

REPORTING FORMS DUE DATES

Due by December 1: **FCE Unit** sends Accomplishment Report & Community Service Project Report to County EPC.

Due by December 1: **Independent Members** send forms to State EPC Chair.

Due by January 1: **County EPC will:** Judge FCE reports in each category; Complete County Council Accomplishment Report and/or Community Service Project Report, Summary of County Award Winners Form, Presentation Tabulated Data Report, 100% Reporting by County and send ALL forms to AREA EPC Chair.

Due by February 1: **Area EPC will:** judge FCE & County Council winners in each category. Complete Summary of Area Award Winners Form, Presentation Tabulated Data Report & 100% Reporting by Area. Forwards ALL forms to: State EPC Chair.

Due by March 1: **State EPC** chooses state award winners for FCE, County Council and Independent Member Accomplishment Report and the Community Service Project. Report winners to appropriate officers and submit reports to NAFCE.

NE: Tina Bailey, 15112 142nd Rd, Mayetta, 66509-8795; 785-966-2457

NW: Eleanor Wherry, 2365 21 Rd, Plainville 67663-9253; 620-232-4202

SC: Beverly Nickel, 8710 SE 24th St, Newton 67114-9619; H-316-283-1113

SE: Donna Strickland, 11058 Wallace Rd, Oswego 67356-8734; 620-795-4469

SW: Connie Chavez, 725 Atkin St, Jetmore, 67854-9305; 303-718-3349

State EPC Chair: Ruth Shafer, 1252 CR 1700, Caney, 67333; 620-888-1101.

KAFCE 2024 EDUCATIONAL PROGRAM LESSONS:

“Exotic Vegetables” written by Ruth Shafer, KAFCE State EPC. **Educational Goals:** Participants will learn about nutrients of, how to grow, what varieties are available and the culinary preparation of Kohlrabi and Watermelon Radish. **Community Activities:** Share lesson materials with community groups, plan community or food bank gardens using the vegetable seeds, and conduct culinary demonstrations and taste testing. **Lesson Description:** Many times, we select well known vegetables to prepare for our families. This lesson will focus on lesser-known vegetables of Kohlrabi and Watermelon Radish which will add a new twist to our diet as well as providing added nutrients. Both vegetables add color to our plate and can be consumed cooked or raw. This lesson includes a leader’s guide with additional informational sheet and a member handout.

“Lavender” written by Tina Bailey, KAFCE State EPC. **Educational Goals:** Learn to plant, tend, and use Lavender for health benefits, culinary and home décor. **Community Activities** Take a trip to a Lavender farm. Have a demonstration on using Lavender in décor. Have a baking session using lavender. **Lesson Description:** Lavender is a bushy perennial shrub, member of the mint family and a native to the Mediterranean area. There are many uses for this herb such as health benefits, culinary, and home décor. This lesson includes a leader’s guide, and member handout.

“Senior Care” written by Jennine Marrone, KAFCE State EPC. **Educational Goals:** Learn the when, what and where to seek assistance. Learn of the options for Senior Care. Learn of the financial options for Senior Care. **Community Activities:** Share lesson materials with community groups by having informative seminars with guest speakers and handouts. **Lesson Description:** Only 3.6% of those over 65 are in a nursing home. Four in five older adults will battle chronic conditions. Some of the most important concerns for seniors include health care costs, physical aging and financial security. This lesson includes a member handout.

“Character Counts! - Citizenship” NAFCE Essay and Artwork Contest, and lesson. **Educational Goals:** Learn that basic citizenship is to pay attention. Learn personal qualities of citizenship. Demonstrate proper respect for the USA Flag. **Community Activities:** Assist with the voting process, assist with identifying community needs, support public informational forums for candidates and other community issues, participate in flag ceremonies, teach others to respect the flag, be welcoming to new community members. This lesson includes three Leader’s Guides: the NAFCE Citizenship booklet, document written by Faye Spencer, KAFCE State Vice-President, and NAFCE Hearth Fire Series # 11: *“Someone’s in the USA Showing Respect for the Flag”*.

>>>>>>MOST OF ALL Do Random Acts of Kindness and Pay it Forward.<<<<<<

“The Silent Killer - Facts about Ovarian Cancer” (NAFCE’S Hearth Fire Series # 77) Developed and written by Margaret Polen and Faye Spencer, presented at 2023 NAFCE Conference. **Educational Goals:** Understand there are three types of cells of the ovaries and three kinds of ovarian cancer cells. Recognize the symptoms of ovarian cancer. Recognize the difference between benign and malignant cancer. Grasp the risks of ovarian cancer. Learn to advocate for yourself. **Community Awareness:** Share lesson materials with community groups by having informative seminars with guest speakers and handouts. Distribute teal colored cancer awareness ribbons. **Lesson Description:** Every year 12,810 women die from this insidious, silent killer. Globally, the number rises to 207,000. And women are not its only victims, men are as well. Who is this indiscriminate killer and why should we be concerned? This lesson includes a leader’s guide with a brochure. A PowerPoint is available, contact KAFCE VP Faye Spencer.

K-STATE FAMILY CONSUMER SCIENCE LESSONS:

“Make Active Habits Stick” – *Sharolyn Jackson, Regional Specialist; Ashley Svaty, Regional Specialist.*

Educational Goals As a result of participating in this educational program, the learner will be able to: Determine their “why” as a motivator to prioritize physical activity; Identify immediate and long-term benefits from physical activity that are intrinsic motivators; Understand common barriers to getting regular activity and how to manage these; Develop an action plan to incorporate active habits into their daily schedule and Increase their confidence to deal with setbacks and adapt to life changes so that active habits can be sustained. **Lesson Description:** Regular physical activity has both immediate and long-term benefits for physical and mental health. But many people don't participate in regular exercise for a variety of reasons. This fact sheet outlines ways to overcome these barriers and build a regular habit of exercise. This leader's guide includes teaching tips and activities for the lesson.

Fact Sheet MF3622 <https://www.bookstore.ksre.ksu.edu/pubs/MF3622.pdf>
Leader Guide MF3623 <https://www.bookstore.ksre.ksu.edu/pubs/MF3623.pdf>

“Managing the Strain of Stress” – *Rachael Clews, Regional Specialist*

Educational Goals. Participants will learn: Learn the different types of stress and how it can affect the body; Learn the physical, emotional, and behavioral symptoms of stress; Learn different tools and techniques for managing personal stress and be able to identify how stress personally affects you (your personal signs/symptoms). **Lesson Description:** Everyone experiences stress differently, but you can learn ways to manage stress effectively. This fact sheet includes how stress affects your physical, mental, and emotional well-being and provides suggestions for ways to manage stress. This leader's guide includes teaching tips and activities for teaching about ways to manage stress.

Fact Sheet MF3624 <https://www.bookstore.ksre.ksu.edu/pubs/MF3624.pdf>
Leader Guide MF3625 <https://www.bookstore.ksre.ksu.edu/pubs/MF3625.pdf>

“Pathways to a Healthy Kansas” - *Chuckie Hessong, SNAP Ed Specialist*

Educational Goals: As a result of participating in this program, the learner will be able to: Describe the 30%/70% model of what determines human health and longevity; Describe how ZIP codes relate to human health and longevity; List the 10 social determinants of health (SDOH); Provide examples of how the SDOH contribute to human health and longevity; Describe negative effects of poor health on society and Develop personal action steps to empower communities to build a pathway to health in Kansas Intended Audience. **Lesson Description:** Did you know that being healthy has more to do with where you live than diet, exercise, and making healthy choices? This fact sheet explains more about social determinants of health (SDOH) and why they matter. It also offers suggestions and tools for building healthier communities. The leader's guide includes tips for presenting the lesson.

Fact Sheet MF3626. <https://www.bookstore.ksre.ksu.edu/pubs/MF3626.pdf>
Leader Guide MF3627 <https://www.bookstore.ksre.ksu.edu/pubs/MF3627.pdf>