

## 2022 KAFCE EDUCATION PROGRAM GUIDE

Theme: "FCE- Educate. Activate. Motivate."

### Accomplishment Report: FCE / County Council / Independent

None of FCE's Accomplishment Reports may use the same lesson as the County Council Accomplishment Report or of the Community Service Award.

The FCE Unit, County Council, or Independent may decide to have their Accomplishment Report:

- A. **Judged** for an award of one current educational lesson, completing page 1 and 2.
- 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 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.

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

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

#### **KAFCE Educational Program Awards Categories:**

**EDUCATION:** The sharing of information or instruction to members, non-members and other groups using the current program year's lessons to further a learning experience of a topic.

**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 completed FCE Accomplishment Report (Tabulated Data and selected to be judged or not to be judged.)

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.*

**Due by December 1:** FCE unit sends to CO. EPC. *Independent Member sends to State EPC.*

**Due by January 1:** **County EPC will:** Judge FCE reports in each category; Complete CO Council Accomplishment and Community Service Project, Summary of Award Winners Form. 100% reporting by County and send ALL forms to AREA EPC: (term expires May 31, 2023)

**NE:** Sally Banks, 3982 St. Highway 116, Holton, 66436; (785)-872-3558

**NW:** Susan Gartrell, 415 6 Road, Stockton, 67669; (785)-689-4820

**SC:** Nyla Stucky, 2056 Cherokee Rd., Moundridge, 67107; (620)-345-8456

**SE:** Carol Stephens, 217 West 2<sup>nd</sup>, Erie, 66733; (620)-432-4028

**SW:** Marcy Price, 11427 103 Road, Ensign, 67841; (620) 255-2001

**Due by February 1:** **Area EPC:** judge FCE & County Council winners in each category.

Complete Summary of Award Winners Form & 100% Reporting by Area. Forwards ALL forms to: State EPC Chair (term expires December 31, 2023)

**State EPC Chair:** Tina Bailey, 15112 142 Road, Mayetta, 66509; H-785-966-2457; C-785-633-5606.

**Due by March 1:** **State EPC** chooses FCE, County Council and Independent winners in each category, reports winners to appropriate officers and submit reports to NAFCE.

## **KAFCE EDUCATIONAL PROGRAM LESSONS**

**“CHARACTER COUNTS!-Fairness”** Essay and Artwork Contest, and lesson. Leader Guides include the NAFCE booklet and a supplement written by Linda Hess, KAFCE State EPC. Fairness involves issues of equality, impartiality, and openness.

- **Educational Goals:** Learn what Fairness means. Learn to make decisions that are fair.
- **Community Awareness Activity:** Present and encourage 4<sup>th</sup> graders to participate in Essay and Art contest. Encourage organizations to support and incorporate character building activities. Use lesson in your group and other groups. Create a display about Fairness for a public place.

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**“Cooking for One or Two”** By Tina Bailey, KAFCE State EPC. It may be challenging to change grocery shopping and food preparation habits from when the family size was once large but now reduced to one or two.

- **Educational Goals:** Participants will learn to cook for one or two person family, to shop for groceries for their needs, and to adjust recipes for their needs
- **Community Awareness Activity:** Informational booth/media, display; Get together with friends to have a cooking day and prepare food for the freezer. Share at senior citizens' meeting healthy ways to cook for one or two.

**“Destination: Oregon”** By Faye Spencer, KAFCE State Vice President. Lesson materials include a leader's guide plus member's handout. The 2022 National Association for Family and Community Education Conference is planned for Portland, Oregon.

- **Educational Goals:** Participants will have an increased awareness of the uniqueness, diversity and fun facts; be encouraged to attend NAFCE Conference,
- **Community Awareness Activity:** Promote cultural and cuisine by celebrating. Invite guest speaker. Plan and prepare meals or tea party.

**“Gaslighting”** By Cindy Kiser, KAFCE State EPC. Additional Leader’s Guide: NAFCE Hearth Fire Series # 29: “Woman to Woman: ‘Why Should Love Hurt?’” and # 30: “Woman to Woman: Resisting the Deadly Triangle of Violence”.

Gaslighting is a form of psychological abuse where a person or group makes someone question their sanity, perception of reality, or memories. People experiencing gaslighting often feel confused, anxious, and unable to trust themselves

- **Educational Goals:** Participants will become familiar with signs of being gaslighted. Participants will become aware of steps to recover from being gaslighted.
- **Community Awareness Activity:** Publish news articles. Make a display. Hold informative meetings in the community. Volunteer to talk with young people such as classrooms, 4H groups, church youth groups, etc. Develop radio or TV spots to inform the public. Reach out through social media, such as Facebook, TikTok (why not have a dance to combat gaslighting) or Tweet your message. Post a YouTube piece on steps to avoid being gaslighted. Utilize blogs. Make a brochure. Network the message. October is Domestic Violence Awareness Month. Purple Ribbons.

**“Last Wishes: Funeral Planning”** By Linda Hess, KAFCE State EPC.

Additional Leader’s Guide: NAFCE Hearth Fire Series # 59: “Advance Directives-Final Wishes”  
Lesson Materials: member handout, and Memorial Planning Guide

This lesson is intended to guide you through the funeral planning process, whether you are making your plans or find yourself needing to make decisions for someone else. If you have an elderly parent, this information will help you begin a dialogue to discuss this sensitive subject

- **Educational Goals:**
  - To learn the importance of funeral pre-planning.
  - To acquire tools for planning a funeral.
  - To increase knowledge when shopping for a funeral.
  - To provide an opportunity to communicate wishes to family
- **Community Awareness Activity:** Informational booth/media, display
  - Prepare an informative display for public awareness.
  - Reach out to adults of all ages with presentations to groups and private conversations.
  - Have a guest speaker and serve a "Death by Chocolate" dessert.

## **K-STATE FAMILY CONSUMER SCIENCE LESSONS:**

**Additional Material handout:** Leader's Guide NAFCE HF # 27-"Someone's in the USA saying- Show Me the Power of Healing Foods"; Supplement to any of the following KSU lessons:

**"Lower Your Risk of Breast Cancer"**– *Deb Andres, Extension Agent; Sandy Procter, Assistant Professor/State Extension Specialist.* This lesson is designed to increase awareness of the prevalence of breast cancer in women and men in the United States. Participants will learn how to identify risk factors, be given examples of lifestyle choices that reduce the risk, and gain an understanding of the importance of breast cancer screening and early detection along with self-examination.

**Educational Goals:** Following the program, participants will:

- Increase awareness of the prevalence of breast cancer in women and men
- Identify risk factors for developing breast cancer.
- Give examples of lifestyle choices that reduce the risk of breast cancer.
- Discuss the benefits of breast cancer screening and early detection.

**"Make a Med DASH to a Healthy Heart!"** – *Sandy Procter, Assistant Professor/State Extension Specialist; Sharolyn Jackson, Regional Specialist.* This lesson will provide a basic overview of heart disease and its known causes and lifestyle factors including nutrition and physical activity which play a major role in its prevention and management. Participants will learn why medical experts consistently recommend the Mediterranean Eating Style and the DASH (Dietary Approaches to Stop Hypertension) Diet – which are both delicious and heart healthy!

**Educational Goals:** As a result of participating in this educational program, the learner will be able to:

- Describe several chronic health conditions that may contribute to heart disease
- Identify lifestyle approaches to lower risk of heart disease.
- Recognize health benefits related to Mediterranean and DASH eating patterns.
- Understand health improvements possible from small changes in lifestyle factors.

**"More Plants on the Plate"** by Donna Krug, Extension District Director, revision of the 2011 lesson. This lesson is designed to help participants improve health by finding ways to put more plants on the plate. Research supports eating a variety of plant-based foods to promote health, but most people do not get enough of these nutrient-dense foods. Most plant-based foods are naturally low in calories and fat but have high amounts of antioxidants and other healthful phytochemicals, as well as fiber.

**Educational Goals:** As a result of participating in this educational program, the learner will be able to:

- Describe several health benefits associated with eating a more plant-based diet.
- Understand how adding more whole grains, vegetables, legumes, and fruits to their diet may help reduce consumption of solid fats, and added sugars.
- Identify a number of plant foods that can contribute protein to the diet.
- Increase knowledge about cooking techniques for preparing whole grains, beans, and legumes and fruits and vegetables.
- Discover how eating a diet rich in plant-based foods can be satisfying and delicious.