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## Wednesday, July 21, 2021 - SEMINARS - 2:00 - 3:00 pm

### **P” is for “Pterodactyl”**

Rita Bloom  
Kentucky Extension Homemakers Association

This interactive and humorous session will examine the reasons why so many English words are hard to spell, and we'll discover some ways to make spelling easier. We will also look at some of the other oddities of our English language. There will be a little learning and a lot of fun!

### **Feed FeFe, Help the Iron De'fish'ent**

Jane Chapman  
Illinois Home and Community Education

Tired, pale, dizzy, short of breath, headaches, restless leg, loss of appetite? You could be iron deficient. Come and learn more about iron deficiency.

### **The Many Surprises of Thrift Shopping**

Sue Berry and Nell Jordan  
Kentucky Extension Homemakers Association

Do you like to save money? Come to this workshop and see the variety of items you can find at thrift stores. You will be surprised at what this lady has found and how little she has paid for home furnishings, antiques, toys, books, clothing, costumes, etc.

### **Fad, Fiction, or Fact: What's in your Diet?**

Karen Bell Fox and Cheryl Stewart  
Arkansas Extension Homemakers Council

Diet trends are constantly changing and shifting in the nutrition world. Learn about different diets (Keto, Gluten-restricted, and intermittent fasting, to name a few) and how to evaluate an eating plan for meeting health, lifestyle and weight management goals.

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## Wednesday, July 21, 2021 - SEMINARS - 3:30 - 4:30 pm

### **Smoothie Queens**

Henrietta Sheffel, KEHA member and Julie Hook,  
KEHA Food and Nutrition Chairperson  
Cost: \$10

Explore the ease and health benefits of making your own smoothies. How to customize to your health needs. Sample several smoothie recipes and receive a recipe booklet that includes all the recipes.

### **The Power of Many...Partnering with Alzheimer's Association**

North Carolina Extension & Community Association

The Alzheimer's Association leads the way to end Alzheimer's and all other dementia-by accelerating global research, driving risk reduction and early detection, and maximizing quality care and support.

Join the fight against Alzheimer's disease by becoming an Alzheimer's Association volunteer. This session will teach all you need to know on how you can partner with the Alzheimer's Association.

### **Ready or Not: Organizing Your Essential Documents**

Pam Hanfland and Pat Breznay  
South Carolina Family and Community Leaders

How prepared are you? What if an emergency requires you to evacuate your home in a hurry? You won't have much time. What important papers would you grab? Are they located in one place, or are they scattered around the house in different areas? Or what if you just need to be able to put your hands on a certificate or policy? Do you know where you saw it last? Learn how easy it is to organize your essential documents so that you can locate them when needed.

### **“Bee” A Leader**

Kim Henken, Senior Program Manager and KEHA State Advisor;  
and Sharon Wood, KEHA 1st Vice-President

Have you been asked to be a leader and you are not sure how? Come and learn all the “buzz” about leadership and how to develop your leadership skills.

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## Thursday, July 22, 2021 - SEMINARS - 2:00 - 3:00 pm

### Campfire Cooking

Amanda Hardy, Henderson County Extension Agent for Family and Consumer Sciences



Whether in the woods or in your backyard, learn how to cook outside using minimum supplies. Cook breakfast, lunch, dinner and snacks while outdoors

### What's Up with Succulents!

Annette Heisdorffer, Extension Agent for Horticulture Education, Daviess County, Kentucky



Succulents are all the rage right now. Attend this session and learn all about succulents...from the basics of how to take care of them to the different ways to display them.

### Butterfly Garden

Bonnie Nance and Glenda Burke, Green River Area Extension Master Gardener Association Members



Come and enjoy a presentation of the common butterflies. We have been studying and photographing butterflies for the past 5 years to learn where to find them and how to identify them in your landscape.

### Scam Red Flags and Avoiding Fraud

Dr. Nichole Huff, Assistant Extension Professor for Family Finance and Resource Management; and Kelly May, Senior Extension Associate for Family Finance and Resource Management.



Americans lose billions of dollars each year to fraud. Anyone could become a victim. Stay safe by learning to recognize red flags of a scam and take steps to protect yourself from fraud.

## Thursday, July 22, 2021 - SEMINARS - 3:30 - 4:30 pm

### Hospitality Kentucky Style

Becky Nash, Retired Taylor County Extension Agent for Family and Consumer Sciences

Are you getting ready to have a party? Do you have guests coming over? Come learn a "host" of ideas to make every visit and social event special for you and your guests.

### Communicate and Connect

Dr. Nichole Huff, Assistant Extension Professor for Family Finance and Resource Management; Kelly May, Senior Extension Associate for Family Finance and Resource management; and Kim Henken, Senior Program Manager and KEHA State Advisor

This session will share leadership skills related to communication and networking. Building relationships and social connections can help grow organizational membership, increase engagement, and forge new partnerships for activities. Whether by letter, email, telephone, or meeting in person, there are essential skills to ensure your message is received as intended. Learn to create positive impressions through communication etiquette and to network to make successful connections.

### It's All Fun and Games: Inspiring Healthier Eating and Activity Habits with Grandkids

Courtney Luecking, Extension Specialist for Food and Nutrition, UK FCX Extension

We will talk about ways adults influence children's eating and physical activity and ideas for how you can positively impact the children in your life. This session will give you time to practice and plan small steps to encourage and support good nutrition and physically active lifestyles.

### Fascinating Facts about Fibers and Fabrics

Jeanne Badgett, Senior Extension Associate Position for Clothing, Textiles, and Household Equipment.

#### Cost \$5

Can you tell the difference between a "woven" fabric or a "knit" fabric? Did you know that "satin" fabric isn't always made with silk? Explore the basics of fibers and fabric construction. Learn about the textile properties that affect the "look," feel, and durability of items such as clothing, linens, upholstered furniture, carpet and other home décor. Use this knowledge when assessing the quality of textile items and understand the variations in everyday fabrics.