**Program Information**

**Announcements**  - Cherry Kay Smith

The Building Strong Families county data profiles will focus on the availability, affordability and safety of housing and the impact on families and community. You will be asked in July to submit a success story of any county program you want to highlight, whether it relates to the home environment or focuses on another initiative.

Specialists and district contact agents are working together to identify a week that will be reserved for FCS Content training, to begin in 2015. Periodic web conferences are being scheduled as well to provide additional opportunities for content updates and improved communication between specialists and agents.

**FCS Centennial Update**  – Kim Henken

The July FCS Centennial media materials will focus on food preservation and farmer’s markets. The PR Committee will be finalizing these materials soon with plans to post to the FCS Internal website on or before June 12. The August materials focusing on Plate It Up! Kentucky Proud are also in development and should be available by the end of June.

The PR Committee is detailing plans to highlight the FCS Centennial at several upcoming events, including the Kentucky State Fair, Ag & HES Roundup and the UK Robinson Center Field Day. Additional details about these events and a request for assistance will be sent via email this month.

Limited quantities of the FCS Centennial materials are available for order. Please access the order form on the internal website for a list and additional details.

**Making Healthy Lifestyle Choices**  – Ingrid Adams

**What's Appening?** Are you working with individuals in your county to help them manage their diabetes? Please find a review of ten apps to help individuals manage their diabetes.

- [http://www.eatright.org/Media/content.aspx?id=6442467022&terms=diabetes#.Um7nlBDOS-A](http://www.eatright.org/Media/content.aspx?id=6442467022&terms=diabetes#.Um7nlBDOS-A)

- Find reviews on Gluten Free Apps [http://www.eatright.org/Media/content.aspx?id=6442467101#.Ungy-OLOS-A](http://www.eatright.org/Media/content.aspx?id=6442467101#.Ungy-OLOS-A)
• Find reviews on weight management Apps  
  http://www.eatright.org/Media/content.aspx?id=6442467101#.Ungy-OLOS-A

Health Care Profiles - The newly updated health care profiles by county could be found on the following website. This site is useful for county planning, grant writing, etc.  
http://cedik.ca.uky.edu/data_profiles/healthcare

Nurturing Families - Carole Gnatuk

Ready Kids Conference registration onsite! - The Ready Kids Conference, planned for Community Early Childhood Council members as well as all people interested in school readiness, early childhood care and education, child development, and parenting of young children, will be held at the Galt House, Louisville, June 16-18, 2014. Online registration closes on June 6 (go to http://kidsnow.ky.gov to access the conference registration information). However, the Governor’s Office has told me there will also be onsite registration for all three days or just one or two days. Hope to see you there!

Navigating Kentucky’s early childhood online resources - Finding what you need among the various Web sites related to early childhood development, education and training for professionals, parents and child care providers? Here is a quick guide to help answer your and your county residents’ questions.

*** Governor’s Office of Early Childhood
Home page: http://kidsnow.ky.gov; located in Frankfort. There are links for school readiness tips, families, professionals, child care providers, communities and Community Early Childhood Councils, and health and safety information.

Also on the home page are monthly messages on child development for parents and professionals, short reports of exciting research on early childhood, access to the state and county Early Childhood Profiles, the comprehensive state Ready Kids Conference June 16-18, and more.

*** Kentucky Partnership for Early Childhood Services
Home page: www.kentuckypartnership.org. This is one of the functions of the Interdisciplinary Human Development Institute at the University of Kentucky. Its services most relevant to FCS Extension agents are listed here:

• Child Care Aware of Kentucky: Coordinates the Kentucky child care resource and referral system.
• Kentucky Early Childhood Data System: Provides assessment instruments and assistance to measure preschoolers’ ability to meet the Kentucky Early Childhood Standards.
• Annual Infant-Toddler Institute: Fields the annual event that informs professionals, paraprofessionals and families about quality services for infants and toddlers in Kentucky.
• Quality Enhancement Initiative: Provides assistance to child care providers in accessing KIDS NOW scholarships for professional advancement and offers technical assistance for participation in the Stars for KIDS NOW Quality Rating System.
• Training Into Practice Project (TIPP): Supports effective and accessible training opportunities and coordination of the Kentucky Early Childhood Trainer’s Credential.
Visit http://kentuckypartnership.org/General/About.aspx to access the websites of each category.

*** Early Care and Education Training Records Information System (ECE-TRIS)***

ECE-TRIS (https://tris.eku.edu/ece), located at Eastern Kentucky University, is a centralized database which maintains training records for Early Care and Education professionals in Kentucky. When you have earned your Early Care and Education Trainer’s Credential and are planning a training session for child care providers, you register your upcoming training session at this website. After you have completed a training session, you find the forms to complete and send them to ECE-TRIS.

**Keys to Great Parenting booklets available by request: First come, first served** - I have miscellaneous copies of some of the colorful English version Keys to Great Parenting 9-inch-by 4-inch booklets available. Just let me know how many of each booklet you would like. When they are gone, there will be no more, so you may want to stock up. Please refer to the list below for total copies currently available. Remember that all seven Keys to Great Parenting publications are available online for download and printing on the FCS Master Resource List and at http://www2.ca.uky.edu/hes/fcs/keys/pubs.htm.

Key #1, “Care for Yourself” (orange), adult self-care – 25 copies
Key #4, “Be Playful with Your Child” (green), children’s learning through play – 41 copies
Key #5, “Show Your Child the World” (turquoise), children’s sensory learning – 546 copies
Key #6, “Teach Self-Control” (blue), positive discipline, both preventive and after misbehavior – 297 copies

Please note that there are many copies of each of the booklets in Spanish, which you may order from Ag Distribution. There is also a good supply of the seven full color, 11-inch by 17-inch educational posters, representing each of the Keys. You may order sets of those from Ag Distribution also.

These resources are great for teaching parents and caregivers of very young children about child development, positive guidance and discipline, and developmentally appropriate learning activities. You may find the publications, facilitator’s guides, posters and additional resources at http://www2.ca.uky.edu/hes/fcs/keys/.

**Embracing Life as We Age**

Take advantage of the following FREE national webinars on caregiving. Note, while these are specific to military family caregiving, the content is generalizable to all caregivers.

- **Title:** Hidden Heroes: America’s Military Caregivers (*RAND Corporation presenters*)
  - **Date:** June 19, 2014 @ 11:00 am EDT
  - **Location:** https://learn.extension.org/events/1601

- **Title:** Caregiver Identity Discrepancy
  - **Date:** July 23, 2014 @ 11:00 am EDT
  - **Location:** https://learn.extension.org/events/1631

- **Title:** Caregiver Compassion Fatigue
  - **Date:** August 20, 2014 @ 11:00 am EDT
  - **Location:** https://learn.extension.org/events/1604
Securing Financial Stability – Robert Flashman

New Data-Mining Tool Used Against Consumers Who Do Not Shop Around for Insurance - “Consumer Federation of America (CFA) and the Center for Economic Justice (CEJ) said that price optimization violates state laws that prohibit insurance companies from unfairly discriminating against customers even though they have the same risk profile as others who are charged lower premiums. The practice also ignores the actuarial requirement that insurance rates are based on risk, the groups wrote.

“‘Price optimization is a new strategy to overcharge Americans who have to buy auto and home insurance policies,’ said Bob Hunter, CFA’s Director of Insurance and former Texas Insurance Commissioner.”

The bottom line is that consumers who do not shop around for the best rate, or who cannot because of location or income, are out of luck.


Americans’ Opinions of the Affordable Care Act - The Henry J. Kaiser Family Foundation and the Journal of the American Medical Association have produced an infographic on the Affordable Care Act, available at JAMA’s Web site. It looks at public opinion of the ACA, “including the persistent deep partisan divisions, the sources of people’s impressions, and the favorable views towards many of the ACA’s least well-known provisions. Further, more people want Congress to improve the ACA than to repeal it.”

The infographic is available on the JAMA Web site at http://jama.jamanetwork.com/article.aspx?articleid=1872822&utm_campaign=KFF:%20General&utm_source=hs_email&utm_medium=email&utm_content=12839082&hsenc=p2ANqtz-9DU6X4yXiWGwPXCPjzQrqUmoEJXUzWi0wBV5jzJaQMPUtmtK194i7vBb9QwwYdCjFvd7_o65jm0BoUcN0ahPs1v2QfUQ&hsmi=12839082, and also in the print edition of the journal.


Accessing Nutritious Foods – Jackie Walters

New LEAP Materials - I am happy to report that four new LEAP units have been posted to the master resource list on the internal web site. You will find facilitator guides and parent newsletters for the following books:

- Amelia Bedelia’s First Apple Pie
- Dumpling Soup
- Golden Delicious
- Green Eggs and Ham
There are new features on the facilitator guides. Discussion questions which relate directly to evaluation questions used by NEP to evaluate youth programs are highlighted in green. Also, there is an evaluation section on each facilitator guide, which complements revisions in the Overview materials to address evaluation for a series of LEAP units. Be on the lookout for posting of the revised Overview materials in the future.

**New MyPlate Materials** - On May 21, 2014, USDA launched a new section on ChooseMyPlate.gov- Healthy Eating on a Budget. Healthy Eating on a Budget is designed to help consumers make cost-conscious choices as they plan, purchase, and prepare healthy foods. New resources include: 2 printable meal-planning worksheets, 10-tips to “Save More at the Grocery Store,” budget-friendly menus, and much more! Links and promotional materials will be made available soon.

**MyPlate is turning three!** - MyPlate will celebrate its 3rd birthday on June 2, 2014. To help CNPP recognize this milestone, the following resources may be used in birthday messaging:
- MyPlate Birthday Coloring Sheet
- 10 tips to make celebrations fun, healthy & active
- 10 Tips to a great plate
- Become a MyPlate Champion!
- MyPlate birthday images

**Empowering Community Leaders**

**KEHA Updates, Kim Henken, KEHA State Advisor**
- The 2014 KEHA Membership Contest will continue the E G O theme – Everyone Get One. During the KEHA State Meeting, a video showcasing Ms. E. Go’s year in Martin County was shared. The video is available on the KEHA website. Ms. E. Go was awarded to Wolfe County for their 96% increase in membership last year. A new traveling trophy, Ms. Way To Go, was awarded to Madison County for increasing membership by 60 people. Both of these traveling trophies come with a $100 special award. All counties can compete to have Ms. E.GO or Ms. Way To Go in your county for one year beginning in May 2015. The county with the largest percentage increase in membership based upon dues paid to state in December will receive Ms. E.GO with a $100 check. The county with the largest increase in number of members will receive Ms. Way To Go and a $100 check. Read the membership contest details on the KEHA website – www.keha.org.
- NVON – The National Volunteer Outreach Network Conference is scheduled for July 21-23, 2014 in Indianapolis, Indiana. Details are available at www.nvon.org/events.html. Please share this information with your county members. Registration forms postmarked after June 20, 2014 are subject to a late fee.
- “Turn the Page ~ The Future is Now” is the theme for the 2014-2015 KEHA year. Materials are being finalized that can be used for club, county and area leadership trainings and kick-off meetings. Watch for an email with further details and links to resources later in June.
- 2013-14 KEHA Program of Work Reports – Please remind your clubs and county chairman of the due dates for the program of work reports. Club reports are due to county chairmen by July 1. County reports are due to area chairmen by August 15. Area reports are due to the state educational chairmen by September 15. The report forms
will be posted to the KEHA website ‘home page’ as fillable PDF’s (www.keha.org) by June 11.

- Volunteer Service Unit report deadlines are the same as program of work reports. VSU logs should be turned into the county chairman by July 1. County VSU reports should be submitted to the area Leadership Development Chairman by August 15. Area VSU reports should be submitted to the state Leadership Development Chairman by September 15. The VSU log and VSU report forms will be posted to the KEHA website ‘home page’ as fillable PDF’s (www.keha.org) by June 11.

- 2014-2015 KEHA Club Materials - The 2014-2015 KEHA Book List, Recreation and Inspiration booklets will be posted online by mid-June. Once all three publications are printed, counties will receive one copy per club plus one additional office copy. An email will be sent when distribution takes place. If you need access to the booklets before the copies arrive at county offices, go to www.keha.org and click the link for “Club Materials." The Record of Meetings is also posted online with the club materials. This publication will not be printed for distribution.

- 2015 KEHA State Meeting – The 2015 KEHA State Meeting will be May 4-7, 2015 at the Crowne Plaza Louisville Airport in Louisville, Kentucky. The lodging room rate is $104 + tax (1-4 people). Reservations may be made beginning June 3, 2014 by calling (888) 233-9527. Request the KEHA rate. If your county plans to reserve a block of rooms, please be realistic in your planning to avoid high levels of cancellations just before the meeting.

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### Check List Items for June:

- Be thinking about a success story you want to highlight in the 2015 Building Strong Families profiles
- Mark your calendars for upcoming dates:
  - June 16-18, 2014 – Ready Kids Conference
  - June 25-28, 2014 - American Association of Family and Consumer Sciences National meeting in St. Louis
  - July 1, August 15, Sept 15 – KEHA Program of Work and VSU reports due
  - July 17-27 – International Federation of Home Economists Ontario, Canada
  - September 15-18 – National Extension Association for Family and Consumer Sciences National meeting in Lexington
  - October 30 – Appliance and Home Equipment Program – Louisville
  - December 2 – FCS Extension Centennial Luncheon - Lexington
  - December 3-4 - KEAFCS annual meeting – Lexington
  - May 4-7, 2015 – KEHA State Meeting/FCS Inservice