PURCHASE LESSON SCHEDULE 2020-2021

	Lesson Hubs	Graves	Hickman	Marshall	McCracken
Lesson	**Visioning: Setting the Future for Your Organization**				
SEPT	Melissa Goodman	Aug. 28	Aug. 24	Aug. 27	Aug. 25
Materials Distributed by: August 17		Virtual Release Date: August 24			
Lesson	**Pest Management**				
OCT	Brooke Hogancamp	Sept. 29	Sept. 28	Oct. 1	Sept. 24
Materials Distributed by: September 17		Virtual Release Date: September 24			
Lesson	**Fundamentals of Fermented Foods**				
NOV	Denise Wooley	Oct. 28	Oct. 26	Oct. 30	Oct. 29
Materials Distributed by: October 19		Virtual Release Date: October 26			
Lesson	**Exercise for Everyone**				
JAN	Kelly Mackey	Nov. 24	Nov. 23	Nov. 30	Dec. 1
Materials Distributed by: November 16		Virtual Release Date: November 23			
Lesson	**Genealogy**				
FEB	Vicki Wynn	Jan. 27	Jan. 25	Jan. 28	Jan. 29
Materials Distributed by: January 18		Virtual Release Date: January 25			
Lesson	**Addiction 101**				
MAR	Anna McCoy	Feb. 23	Feb. 22	Feb. 25	Feb. 24
Materials Distributed by: February 15		Virtual Release Date: February 22			
Lesson	**Air Fryers**				
APR	Sarah Drysdale	Mar. 30	Mar. 29	Mar. 26	Mar. 31
Materials Distributed by: March 19		Virtual Release Date: March 26			
Lesson	**Mental Health Awareness**				
MAY	Community Partners	Apr. 28	Apr. 26	Apr. 27	Apr. 29
Materials Distributed by: April 19		Virtual Release Date: April 26			
Lesson	**Meal Kits: Are They Worth It**				
JUNE	Materials Distributed by: May 18				

2020-2021 Lesson Descriptions

Addiction 101- Anna McCoy
Drug addiction is a devastating disease that affects individuals, families, and even entire communities. Despite the fact that much research has been conducted on addiction, it is not well understood by the general public. Frequently, family members and friends will want to know "Why don't they just stop?" Addiction 101 provides basic instruction on what addiction is, what causes addiction, how people recover from addiction, and what families and friends can do to help
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Digging up Roots: How to Start your Genealogy Search - Vicki Wynn
Genealogy is defined as the "account of the descent of a person, family, or group from an ancestor or from older forms." If you are interested in genealogy, then you probably want to know who you are, where you came from, how your family came to settle in Kentucky, and those long-hidden family stories. So, what better place to start than with you! When beginning a genealogy "dig," the best place to start is with a full accounting of everyone in your family. Join us as we discover how to uncover the stories of your ancestry.

Visioning: Setting the Future for Your Organization- Melissa Goodman
In order to effectively address the future, an organization cannot underestimate the important role of developing a vision statement. This program will teach the difference between a vision statement and a mission statement and provide a step-by-step process for developing a vision statement.

Pest Management- Brooke Hogancamp
Everyone needs a healthy home and prefer that home to be pest free! All too often, people reach for the pesticides first, but pest management options are more than just the use of pesticides. Knowing these options may help you to reduce you and your family's exposure to annoying pests and toxic pesticides. We will cover pest management in the indoor environment, pest identification and discuss various management options.

Fundamentals of Fermented Food- Denise Wooley
You have probably consumed a fermented food this week without even realizing it. Some common fermented foods are yogurt, soy sauce, and sauerkraut, along with some types of pickles. All fermented foods have one thing in common: good bacteria. Fermented foods are foods that have been aged in a way that allows good bacteria to develop. Consuming this good bacterium is excellent for your health. Join us for the Fundamentals of Fermented Foods lesson to learn how to include them in your meals, and why they are so healthy.

Air Fryers- Sarah Drysdale
Air fryers cook by circulating extremely hot air around the food. A heating element, much like a stove top burner, is situated above the food and then a fan is used to rapidly move the air around the food. Food comes out crispy on the outside while moist and tender on the inside. Air fryers provide a healthier alternative to conventional frying because they use very little or no oil during the cooking process. Join us for an Air Fryers lesson to learn about this new appliance and how to include them in your weekly meal plan.

Mental Health Awareness- Community Partners
Mental health refers to overall emotional well-being, including how we think feel, and act as we cope with life. People who are emotionally healthy are better able to cope with life's challenges, build strong relationships, and lead productive fulfilling lives. Join us as we learn how mental health affects our physical health, sleep, appetite, concentration, and recovery from illness and disease.

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Exercise for Everyone- Kelly Mackey

Want to reduce your risk of dementia in older age? Move as much as you can! An estimated 67% of older adults report sitting for more than eight hours per day, and only 28% to 34% of adults ages 65 to 74 are physically active, according to the United States Department of Health and Human Services. Exercise or movement doesn't have to be intense to be effective. There are many ways and opportunities in your daily life to add extra movement in. Join us to learn about how you can make active choices to improve our health.

Meal Kits: Are They Worth It- Mailout

There is high demand for convenience in our society. As a result, meal-kit services have become increasingly popular. Participants in this program will learn the benefits and drawbacks of meal kits and determine whether they are an appropriate use of food dollars for their lifestyle. Program materials include a publication, facilitator's guide, PowerPoint slides, activity tools, marketing materials, and evaluation tools.