

2023-2024 Grayson County Homemaker Lesson Schedule

5.3.2023

<p>August 30th Hardin County Extension Office 9:30-11:30 AM CT</p>	<p>Identity Theft, Avoiding Fraud & Leadership Training - Identity theft is the most reported type of fraud complaint received by the Federal Trade Commission. Learn what identity theft is and how to reduce the risk, as well as what to do if it does happen to you. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, marketing tools, and evaluation. 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. Curriculum materials include publication, facilitator</p>
<p>September 26th Grayson County Extension Office 10:00 AM CT</p>	<p>Coping with Trauma After Natural Disaster - This lesson will focus on coping with trauma that may occur after a natural disaster. However, leaders should keep in mind that trauma can result from other forms of loss besides a natural disaster. Trauma is our body's response when we experience an event that is life-threatening or emotionally hurtful. A simple way to think about trauma is to consider the most stress you can handle in response to an uncontrollable event. In many cases, the event disrupts your ability to cope because of the significant loss of relationships and things necessary to meet your basic needs. For example, trauma can occur when lose loved ones, friends, personal possessions, or critical parts of your community. The lesson will provide valuable tips and skills to aid in recognizing and coping with trauma as well as how to help others in the community who might experience trauma.</p>
<p>October 24th Grayson County Extension Office 1:30 PM CT</p>	<p>Emergency Health Information Cards - An Emergency Health Information (EHI) Card can be a helpful tool to have. If you are ever in an emergency where you need immediate medical treatment, but are not able to communicate with first responders, an EHI Card can tell medical providers important information about how to help you. This lesson focuses on who can benefit from carrying an EHI card, information that should, and should not be included on an EHI Card, and where to put copies of an EHI Card. Curriculum materials include EHI Card template, participant handout, facilitator guide, PowerPoint slides, and evaluation. This lesson is part of the Management & Safety Program of Work for 2023-2026.</p>
<p>January 5th Grayson County Extension Office 2:00 PM CT</p>	<p>Organizing Tips for Increased Productivity - Productivity allows us to make progress on and complete necessary tasks. However, many people are not as productive as they would like to be. Through this lesson, you will learn how clutter and disorganization can negatively affect your productivity. You also will gain ideas for better ways to organize your time and workspace. Curriculum materials include publication, facilitator guide, PowerPoint slides, participant activities, and evaluation.</p>
<p>January 30th Grayson County Extension Office 1:30 PM CT</p>	<p>Healthy Eating Around the World - We'll take a trip around the globe to learn about dietary recommendations from other countries. Along the way, we'll learn about new foods and ways of eating. As we arrive back in the U.S., we'll reflect on what we learned and see how advice about a healthy diet is remarkably similar, no matter where on Earth we live. This lesson includes a facilitator guide, publication, training slides, leader lesson letter, activities, marketing pieces, and an evaluation. This lesson is part of the International Program of Work for 2022-2024.</p>

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<p>February 27th Grayson County Extension Office 1:30 PM CT</p>	<p>Self-Care - Self-care is about realizing and prioritizing one’s own importance and well-being. It means not ignoring individual needs, including things that feel good and spark happy feelings. Self-care is about extending the same time, kindness, and consideration to yourself as you do to those around you. This KEHA lesson will help participants take control of their own well-being beyond the basic self-care recommendations (eat, move, manage stress, sleep). This lesson will focus on self-pampering. It will highlight healthy adornment practices that can help us feel good in the moment – from sheets to hair accessories. Program materials will include a facilitator guide, training slides, publications, podcast recordings, mailbox club member materials, and an evaluation. This lesson is part of the Family and Individual Development Program of Work for 2022-2025.</p>
<p>March 26th Grayson County Extension Office 10:00 AM CT</p>	<p>Herbs & Spices - Individuals preparing meals at home are more likely to meet the daily recommendations for fruits, vegetables, and whole grains. However, individuals share they find it difficult to add flavor while keeping their meals healthy. This lesson encourages participants to use herbs to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of herbs and how to incorporate them into food preparation and cooking. Lesson materials include a publication, logo, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation, crossword puzzle, and five other activity options. Individuals preparing meals at home are more likely to meet the daily recommendations for fruits, vegetables, and whole grains. However, individuals share they find it difficult to add flavor while keeping their meals healthy. This lesson encourages participants to use spices to add flavor and make nutritious meals more exciting. The lesson goal is to increase knowledge about various types of spices and how to incorporate them into food preparation and cooking. Lesson materials include a publication, logo, facilitator guide, leader lesson letter, flyer, PowerPoint presentation, evaluation, word scramble activity, and five other activity options. This lesson supports the 2022-2024 Food, Nutrition, and Health Program of Work.</p>
<p>April 30th Virtual Time TBD</p>	<p>Understanding & Preventing Suicide - The thought of someone taking their own life is difficult to think about much less talk about. This is because the loss of someone in our family or community to suicide affects us, leaving us with questions or feelings of powerlessness. This lesson will focus on understanding some of the causes of suicide, the risk of suicide in farmers and rural communities, and how to recognize the warning signs for suicide. Additionally, the lesson will cover key tips on how to prevent suicide and what to do if someone you know is struggling with thoughts of suicide.</p>