



# Building Strong Families

2022

## IN CALDWELL COUNTY



**Ashley Board**  
County Extension Agent,  
Family and Consumer  
Sciences Education

### OUR FOCUS

Family and Consumer Sciences (FCS) Extension is committed to improving the health and well-being of individuals and families throughout Kentucky. Our educational programs focus on making healthy lifestyle choices, nurturing families, embracing life as we age, securing financial stability, promoting healthy homes and communities, accessing nutritious food, and empowering community leaders.

### OUR SUCCESS

In 2020-2021,  
Family and Consumer  
Sciences Extension made

**1,202**

direct and

**76,272**

indirect contacts with  
individuals and families in  
Caldwell County.

### SPOTLIGHT: CALDWELL COUNTY

## Technology adds digital element to estate planning



In the modern age of technology, the nature of estate planning has changed. Because so much personal information is stored online, new strategies must be undertaken to protect one's digital assets. Digital estate planning helps loved ones to locate and access important digital information, it may clarify disputes regarding final will and testament, and it may simplify the transition for family members. To introduce this concept, the Caldwell County FCS Extension agent offered a virtual lesson. The lesson included information about the difference between traditional estate planning and digital estate planning, how to take inventory of digital assets, and how to write a digital estate plan. After the program, more than half of the participants planned to take inventory of their digital estate and write a digital estate plan within the next six months.



## CALDWELL COUNTY'S EXTENSION PROGRAMMING COMMUNITY IMPACT

Family and Consumer Sciences (FCS) Extension professionals actively work to reach our goals by offering educational programs that serve to improve the quality of life for individuals and families in our Commonwealth.

Caldwell County's FCS Extension programming in 2020-2021 led to the following results.



**365**

youths  
participated in local  
Extension programming



**\$98**

increase in sales  
because of  
Plate it Up!



**\$150**

in EBT, WIC, or senior benefits  
were redeemed  
at farmers' markets



**150**

volunteer hours were  
reported by FCS Extension  
program volunteers



**156**

program participants  
increased their  
physical activity



**84**

participants made  
lifestyle changes  
to improve their health

### Connect with us!



WEBSITE  
**FCS.uky.edu**



FACEBOOK  
**Facebook.com/  
UKFCSExt**



INSTAGRAM  
**Instagram.com/  
UKFCSExt**



PODCAST  
**UKFCSExt  
.podbean.com**



### Plate it Up!

Browse and download more than  
100 delicious, healthy recipes  
from Plate it Up Kentucky Proud.

**PlateltUp.ca.uky.edu**



### Listen. Learn. Live Well.

University of Kentucky Family and  
Consumer Sciences Extension brings  
you a podcast focusing on nutrition,  
health, resource management, and more.  
Available on Apple Podcasts, Google  
Play and **UKFCSExt.podbean.com**.

Source: Kentucky Cooperative Extension Reporting, FY2021  
Download this and other county profiles at [hes.uky.edu/StrongFamilies](https://hes.uky.edu/StrongFamilies)

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability.



University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service