



Building Strong Families

IN WOLFE COUNTY



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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 2019-2020,
Family and
Consumer Sciences
Extension made
129,296
direct and indirect contacts
with individuals
and families in
Wolfe County.

SPOTLIGHT: WOLFE COUNTY

Estate Planning series reduces stress around retirement planning



According to the 2019 Kentucky Extension Community Assessment, residents in Wolfe County identified improving family skills in reducing debt, increasing savings, and financial planning as an issue of high importance. A properly executed estate plan can reduce family stress, reduce federal and state tax obligations, and allow the estate to be settled in an expedient fashion saving both time and money. In response to these issues, the Wolfe County Family and Consumer Sciences Extension agent and the Agriculture and Natural Resources agent, offered an Estate Planning series. The topics in the series included Preparing for Retirement Budget, Basics of Estate Planning, and a question and answer session on estate planning. Following the program, participants reported an increase in their knowledge related to financial management and in their ability to prepare a retirement budget.

WOLFE 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.

Wolfe County's FCS Extension programming in 2019-2020 led to the following results.



1,281

youths participated in local
Extension programming



1,992

participants used
access points that offered
healthy foods



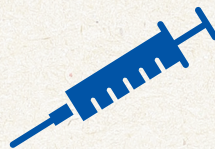
300

participants gained
financial management
knowledge



341

adult volunteers



315

participants implemented
personal health
protection practices



614

participants reported
making positive
behavior changes

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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, FY2020
Download this and other county profiles at 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.



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