

# EH NEWSLETTER

January 2022

## EHC Bake Sale Was Successful!

The recent bake sale was a huge success! Thanks to everyone who donated items, purchased or helped the day of the sale. We made around \$1500.00.



## ReShape Yourself

**ReShape Yourself** will be offered in January 2022 starting Wednesday, January 26 at 11:00 right after Extension Get Fit. This program runs for 15 weeks and will meet each Wednesday through May.

ReShape Yourself is a healthy weight program that targets behavior changes to help you achieve and maintain a healthy body. It uses a three-part approach to weight management:

1. Choose a sensible, balanced diet that fits individual lifestyles
2. Engage in regular, enjoyable physical activity
3. Make long-term diet-related behavior changes

It supports the idea that people of all sizes and shapes can improve health by adopting healthy lifestyles.

A \$15 program fee will be charged to cover costs. If you were part of the group in 2020, there will be no charge to you! If you are interested in this program, please call the office at 870-845-7517 to register. You must register by January 21, 2022.

### Howard County Extension Office

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## Extension Get Fit

**Extension Get Fit** – will start on Monday, January 24 at 10:00 a.m. We will exercise for about an hour on Monday and Wednesday mornings.

What is Extension Get Fit? It is a research-based, safe, structured, and affordable strength training program targeted to midlife and older adults. The program is designed to:

- Improve strength, balance and flexibility
- Reduce the risk of falls
- Help maintain independence
- Increase energy
- Help manage your weight
- Decrease pain
- Help you feel better!



When the program ended abruptly in March 2020 due to Covid, the group was doing Circuit Training. Plans are to resume this type of exercise program. In circuit training, you will exercise at a station for no longer than 2 minutes and then move to another station until you complete 10-12 different exercises.

If you are interested in participating in the Extension Get Fit program, you must call the office at 870-845-7517 to register. A program fee of \$20 will be charged to cover program costs. In order to keep everyone as safe as possible, you will be encouraged to bring a set of 3 lb. and a set of 5 lb. dumbbells to the class. For more information or to register, call the office at 870-845-7517. Please register by January 21.

We will be practicing social distancing during the exercise classes.

## Chocolate – A Functional Food

Following the dietary guidelines and planning eating patterns based on MyPlate is necessary for maintaining an overall healthy diet. Does that mean we can't enjoy a chocolate indulgence occasionally? NO! Most foods can be included in a healthy meal plan including chocolate. And the good news is that chocolate does have some health benefits that may not be found in other foods.

To learn about the benefits of chocolate and how to include it in your diet, you will want to attend this month's leader training lesson, *"Chocolate-A Functional Food"* scheduled for Tuesday, January 25 at 10:00 a.m. at the EH Center in Nashville. All health and wellness leaders are encouraged to attend this lesson. Any EH member may attend.



This training will discuss the different types of chocolate, explore the health benefits of chocolate, including why chocolate can be considered a functional food. For more information, contact the Howard County Extension Office at 870-845-7517.

## January Board Meeting

The January Board Meeting is scheduled for Tuesday, January 25 at 1:00 p.m. at the EH Center in Nashville. Several items will be on the agenda including:

- A Chocolate Affair Program
- Spring AEHC Meeting
- Plus, much more!

Please make plans to attend this meeting and help take care of the business of your organization. All board members are encouraged to attend. Any member may attend, but only voting members may take part in the business.

## Quilting Group Will Meet

The quilting group has scheduled a meeting date of January 28 at 9:00 a.m. to meet at the EH Center in Nashville. Interested persons should bring supplies, sewing machine, and lunch. You are welcome to bring your own projects to work on, or you may choose to do the project, "Ribbons Quilt". It looks like a fun, easy project. The finished size for this pattern is 50 x 60, but I believe it can be easily adapted to other sizes. It uses one layer cake, a set of coordinating 10-inch pre-cut blocks. For a complete list of supplies, contact the office.



## A Chocolate Affair

Due to the rise in Covid cases in our area, *A Chocolate Affair* has been rescheduled to allow for a return to somewhat normal. The event is now scheduled for Saturday, March 12, 2022, from 1:00 to 3:00 at the EH Center in Nashville.

Your help is needed to prepare for this special event. We will be meeting several days before the event to decorate and prepare tastings. Help is also needed the day of the event with serving and clean up. Ticket sales are starting now. If you can help with sell tickets, please call the office.

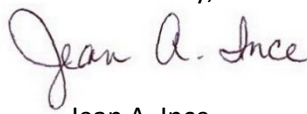
There will be over 17 chocolate items to sample at this special event. All participants will receive recipes, tips and tricks for using chocolate and much more! You must purchase a ticket to the event. Tickets are on sale now at the Extension Office or from EH members.

## 4-H BBQ Bowl

The 4-H BBQ Bowl has been cancelled for this year due to the rise in Covid cases. We are looking at other fund-raising options for this year.

**\*\*Note:** All meetings and activities will follow current Covid guidelines. Mask wearing and social distancing will be encouraged. Please stay safe out there!

Sincerely,

A handwritten signature in dark ink that reads "Jean A. Ince". The signature is written in a cursive style with a large, looped initial "J".

Jean A. Ince

County Extension Agent - Staff Chair

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