

EH NEWSLETTER

January 2024

EHC Ends 2023 in Style!



Winners of the Christmas Attire Contest held at our Christmas Council Meeting.



True to their style of a giving heart, Howard County EHC members donated several new blankets to the UAMS Blanket Drive

Howard County Extension Office

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Jean A. Ince –
CEA-Staff Chair

Samantha Horn –
CEA-4-H

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New Year – New You!

As we began 2024, many people made the commitment to improve their overall health through eating healthy and exercise. A regular exercise program can help with weight management, reduce diabetes, stroke risk, increase energy levels, and improve overall sense of well-being.

Extension Get Fit is a group fitness program designed to help adults increase strength, flexibility, and balance. The program uses low weights and low impact exercises in a fun and relaxed environment.



Extension Get Fit meets on Monday and Wednesday mornings at 10:00 a.m. at the EH Center in Nashville. Each class meets for approximately 1 hour. If you are interested in participating, please call the Howard County Extension Office at 870-845-7517 to register for the program. The cost of the program is a one-time charge, per year of \$20. All classes are led by trained/certified individuals.

The group will be starting on January 22 and will welcome any new participants who want to join. If you would like to improve your health and fitness, consider being a part of Extension Get Fit. All interested persons are being asked to pre-register by January 17.

January Board Meeting

Several items will be on the agenda for the January Board meeting scheduled for Tuesday, January 24 at 10:00 a.m. (Please note: The board meeting will be held before the leader training.) All council officers, club leaders and/or their representatives are expected to attend. Any member may attend, but only voting members will be allowed to vote. Items on the agenda include:

- 4-H Commodity Contests and activities to assist with
- Upcoming state meetings
- Possible Mind Diet program (see information in this newsletter)



Please make plans to attend this very important meeting!

Heart Healthy Seasonings – Cooking with Herbs

Researchers are finding that many herbs have antioxidants that may help protect against such diseases as cancer and heart disease. Has your doctor told you to “watch” your salt intake? According to the American Heart Association, 1 in 3 adults in the United States has high blood pressure, which increases the risk for heart disease and stroke. One change you can make is to reduce the amount of sodium consumed.

“Heart Healthy Seasonings – Cooking with Herbs and Spices” is the scheduled leader training for January. It is scheduled for Tuesday, January 24 at 11:00 a.m. following the monthly board meeting.

The training will be held at the Howard County EHC Educational Center in Nashville. All Foods and Nutrition leaders are encouraged to attend this training. Any EHC member is welcome to attend.



In order to have enough materials available for participants, please call the office at 870-845-7517 by January 19 to let us know you plan to attend. Take “thyme” to attend this training and learn more about cooking with herbs.

Quilt Day

Cold weather makes a person want to stay inside and be creative! A quilt day has been scheduled for Friday, January 26 at 9:00 a.m. Participants should bring a project you are currently working on, equipment and sewing supplies and a sack lunch. This is a great opportunity to learn more about piecing quilts and making simple projects. For more information, contact the office. There is no scheduled project. Part of the day will be set aside to plan what projects the group wants to work on for the next few months.

Howard County 4-H BBQ Bowl

Imagine juicy, perfectly seasoned ribs while enjoying this year's Super Bowl. Back by popular demand the 2024 4-H BBQ Bowl will be held on Saturday, February 10. A full slab of ribs will be available along with (new this year) whole chickens, approximately 7 lbs. Cornish hens will not be available. Ribs are \$30 a slab and hens are \$10. If you would like to order either ribs or chickens, or both, contact the Howard County Extension Service at 870-845-7517. Orders will be taken until January 26.



This is a major fundraiser for Howard County 4-H youth. All proceeds will go to help Howard County 4-H members attend state and national events and contests. It is not too early to place your order! A limited number of ribs and chickens will be available that day. However, if you want to be guaranteed to receive ribs and/or chickens, place your order early!

Walk Across Arkansas

Congratulations to EH Steppers who came in 4th this past fall in the EHC category. They scored 1505 points! Corliss Lewis was the leader!

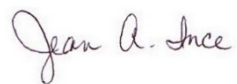
Mind Your Diet – Potential Program

Can the foods we eat affect our brain health? Research shows that some foods, like leafy green vegetables, nuts, and berries, to name a few, have been associated with less cognitive decline as people age. Some studies suggest that dietary changes made during middle age – before a person develops cognitive problems – can improve your chances of remaining dementia-free into later life. Want to learn more?

Mind Your Diet is a 5-session program that would meet February through mid-April. The program is designed to have a session once every two weeks to allow participants to incorporate changes in their current diet and to track those changes throughout the program.

Right now, I am trying to determine if there is enough interest to offer and conduct the program. If you are interested, please contact the Extension Office at 870-845-7517. Let me know what day of the week works best for you and what time of the day you prefer. A decision will be made whether to conduct the program or not by February 1. Please call before that date.

Sincerely,

A handwritten signature in cursive script that reads "Jean A. Ince".

Jean A. Ince
County Extension Agent - Staff Chair

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