

EH NEWSLETTER

November 2023

Ouachita District Rally

“Growing for Our Future” was the theme of the Ouachita District EHC Rally. EH members Joy Barr, Pam Wynn and Corliss Lewis attended the meeting. Dr. Bryan Madar, Extension Public Health Specialist presented “*Better Together: The Healing Effects of Social Connection and Community.*”

Participants learned about plans for AEHC state meeting, June 4-6 at Wyndham Riverfront in North Little Rock. More information will be shared soon.

The date for Spring AEHC Workshop has been set for March 6. Programs for the day include *Productive Meetings, Planning, and Implementing Community Events, Healthy Eating on a Budget, and Mental Health.* More information will be shared after the first of the year.

The meeting wrapped up with a look back at how EHC started in Arkansas. Avonne Petty, a Pike County EHC member presented the program



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Ol' Fashioned Christmas

After several weeks of hard work, the Ol' Fashioned Christmas was a huge success!

Thank you to all who volunteered their time and labor to making the event a memorable one. The day was filled with reminiscences of days gone by, learning to make salt dough ornaments, the perfect pie crust and delicious recipes and tastings.



EHC T-Shirt Design Contest



Howard County EHC would like to have their own t-shirt to wear to events inside and outside the county. They can be worn to district and state meetings, fairs, and educational events. The t-shirt should identify both EHC and Howard County. Ideas are needed! Sketch your idea on a sheet of paper and bring it to the November board meeting. Designs collected will be voted on at the Christmas Council meeting and t-shirts will be made locally.

Get Real – Here’s the Deal

The financial program, “Get Real-Here’s the Deal” has been scheduled for Wednesday, November 29 at Nashville Junior High with 8th Grade students. This program gives students the opportunity to experience real life financial decisions families must make each month. Students learn basic budgeting and maintaining a checking account by making financial transactions which provide necessary needs like housing, transportation, food and clothing, insurance and more. Each student is given an occupation and a family. They make monthly financial decisions and learn to stay within their budget. They also learn the role education plays in determining future wealth.

Volunteers have been secured to man one of 12 stations ranging from housing to possible “bumps” that occur in family finances; however, if you would like to help or learn more about the program call the office at 870-845-7517 to volunteer. There are usually one or two volunteers who have a conflict arise.

EHC Christmas Council Meeting

Mark your calendar for Monday, December 4 for the annual EHC Christmas Council meeting. The meeting will be held at the Howard County EHC Center in Nashville from 2:00 – 4:00 pm. Moonlighters EHC will register guests at the door.

All members are being asked to bring a favorite Christmas finger food and to dress in their Christmas attire. A contest will be held to determine the best dressed, tackiest Christmas attire, funniest attire, best themed, and most creative.

There will be a “white elephant” gift exchange. Re-gift an item you received. This should be a fun activity. The idea is not to spend money on buying a gift to exchange. Be creative! It can be something you no longer want or need.

This meeting will help you kick off the holiday season. Make plans to attend this fun, social event! All members are welcome to attend. Feel free to bring a prospective member as a guest.



Christmas Bake Sale

Howard County EHC will be having a bake sale on Friday, December 15 starting at 8:00 a.m. Each member is being asked to donate 3 recipes of baked goods. Cookies, cakes, candy, muffins, quick breads, pies are all great items. No refrigerated items. Please package the items in festive wrapping. Items should be dropped off at the EHC center between 2:00 – 4:00 p.m. on Thursday. Your help is needed on Friday to assist with the sale of the items.

Please spread the word and support the best bakers in Howard County. This is a great opportunity for you to pick up freshly baked items for your Christmas parties. All proceeds will go towards upkeep on the EH Center, especially the upstairs heating and air system so those rooms can be used for 4-H meetings, etc.



Extension Office to Close for the Holidays

The Howard County Extension Office will be closed December 22 – January 1 so employees can spend time with their families during the holiday season. We will reopen on January 2. Our wish is that everyone will have a very Merry Christmas and Happy New Year!

EHC Nametags

Do you have an EHC nametag? If not, now is the time to order them. Orders must be turned in to the office by January 2. There are two options to choose from. One in the shape of the State of Arkansas with a Razorback hog and AEHC logo on it and the other is a rectangular shape with the AEHC logo. Both have magnetic backs. For more information or to place your order, contact the Howard County Extension Office at 870-845-7517.

Alternatives to Prescription Drugs for Arthritis Relief

Do you wake up in the morning stiff? Do your joints ache when the weather changes? Do you have issues with arthritis or joint pain? How does it affect your quality of life? If you answered yes to any of these questions, you would want to attend your January club meeting. The lesson, “Alternatives to Prescription Drugs for Arthritis Relief” will address tips and techniques to help you manage the pain, fatigue, and frustration from lack of mobility.

Being active and participating in a regular exercise program is one of the best medicines for arthritis; however, exercise does not necessarily mean going to the gym. Simple, easy-to-do exercises at home can keep joints flexible and provide some relief.

In lieu of having a formal leader training lesson in December, Jean will be attending club meetings to teach this lesson. Be sure to attend your January club meeting to learn more about managing arthritis.

*Merry
Christmas*
AND HAPPY NEW YEAR

Sincerely,

Jean A. Ince

Jean A. Ince
County Extension Agent - Staff Chair

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