

November 2021

Hi there,

If you're like me then you're probably starting to make holiday plans with family and friends. I love planning holiday meals, decorating and buying gifts! Nothing says fall like a good Pumpkin dessert or cold winter nights like homemade pot of soup!

Council Officers

Happy Holidays!
Emilee Moody

Secretary
Shirley Evants

Treasurer
Thelma Gray

AEHC Website:
www.uada.edu/ehc

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DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System



Super Soft Pumpkin Cookies



Pumpkin Cookies



- | | |
|----------------------|---------------------|
| 1 cup shortening | 2 tsp cinnamon |
| 3 cups sugar | 2 tsp nutmeg |
| 2 eggs | 2 tsp baking soda |
| 1 tsp vanilla | 2 tsp baking powder |
| 5 cups flour | 1 tsp salt |
| 30 oz canned Pumpkin | |

Cream Cheese Frosting

- 2- 8 oz cream cheese softened
1/2 cup butter softened
2 cups sifted confectioners sugar
1 tsp vanilla

Instructions

1. Combine shortening and sugar. Blend in eggs. Once blended, mix in can of pumpkin.
2. Add vanilla, cinnamon, nutmeg, baking soda, baking powder, and salt.
3. When mixed well, mix in flour and combine thoroughly. Place heaping spoonful's of dough onto greased cookie sheet.
4. Bake at 350 degrees for about 10-12 minutes. Transfer to cooling racks and let cool.
5. Using a mixer on medium speed, combine cream cheese and butter. Gradually mix in confectioners (powdered)sugar and vanilla until well combined.
6. When cookies are cool, frost with Cream Cheese Frosting. Store in an air-tight container in the refrigerator.

Emilee's Tip

Sprinkle tops
with Cinnamon
or Nutmeg for
an added touch.

Reminders

Please remember to give Emilee the information from your Club Report Form after every monthly meeting!

Emilee needs to know the number in attendance, number of volunteers and total volunteer hours.

You can turn in the entire form or just tell Emilee the numbers. 😊

If you have questions call 870-998-2614

The Extension Office will be closed
November 24th-26th.

The Extension Office will be closed
December 23rd -January 3rd.

AEHC Spring Educational Workshop is
Wednesday, March 9th in Little Rock.



Help provide comfort,
hope, & healing to a
UAMS patient by
donating new blankets.
Accepting donations
now until December 10.

UAMS Annual Blanket Drive
University of Arkansas for Medical Sciences

Purchase new blankets
to be given to patients
during their stay.

You can drop
Blankets off at the
Extension Office.



we **AR** #CoveredInLove

Delta District Rally



9 members of Prairie County EHC attended the Delta District Rally in Searcy on October 21st.



There was a member from all 6 living generations at the Delta District Rally. Our very own Ms. Marie Price who turned 99 in September was featured on the AEHC Facebook page!

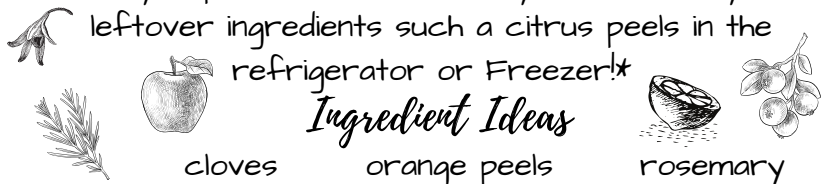
Fall Council



28 ladies attended the Prairie County Fall Council meeting on October 28th. Everyone seemed to enjoy our speaker Shannon Halijan from the AR Attorney Generals Office and the Silent Auction was a hit raising \$ 418.

Stove Top Potpourri

Stovetop potpourri is made with a mixture of fresh and/or dried ingredients and water. It also adds a bit of moisture to the air on drier days throughout fall and winter. To make your own scent, put together any combination of produce, spices and/or herbs that you prefer. *Remember you can save your leftover ingredients such as citrus peels in the refrigerator or Freezer!*



Ingredient Ideas

cloves	orange peels	rosemary
thyme	lemon peels	cranberries
figs	apples	cinnamon sticks
		nutmeg

It's fun to play around with mixtures to create an aroma the whole family enjoys.

Emilee's Favorite Combination



Orange Peel
Clove
Cinnamon Sticks

White Chicken Chili

Ingredients

- 2 large chicken breasts, raw
- 15 oz can black beans, drained and rinsed
- 15 oz can white beans, drained
- 1 medium onion, chopped
- 15 oz can corn with juice
- 10 oz can Rotel
- 1/2 cup chicken broth or stock
- 1 tsp chili powder, or to taste
- 1 tsp cumin powder
- 0.4 oz packet ranch dip (powder packet)
- 8 oz package cream cheese, cubed

Directions

1. Add chicken breasts to bottom of slow cooker, top with salt, pepper, cumin, chili powder, and ranch powder.
2. Top with diced onion, beans, Rotel, corn, and chicken broth. Stir.
3. Cover and cook on LOW for 8 hours or on HIGH for 3-4 hours.
4. Remove chicken to large mixing bowl, shred, then return to slow cooker.
5. Add cream cheese and half and half, stir, then cover and cook on HIGH for 15 minutes, or until chili is creamy and slightly thickened.
6. Stir well and serve with desired toppings.



Cook on the stove top using Rotisserie or boiled chicken for a quick fix on a cold day!

Emilee's Favorite Toppings

Avacado
Tortilla chips
Mexican Shredded Cheese
Sour Cream
Fresh Cilantro

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