

Buffalo Current



Newton County Chatter

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Inside this issue:

Tax Time	2
EHC President's Day	2
Apple Cider Safety	2
Upcoming Dates	2
Strongwomen	3
Arkansas SHIPP	3
Minute Chocolate Mug Cake	3

BRRR!!! I'm sure you all have noticed the chill in the air – in fact, for a few days it was downright COLD! Winter weather is well on its way—if it's not already here. With all the bundling up, hot chocolate, hot tea, and apple cider will be in high demand. Check out our Apple Cider Safety Tips on page two.

November 15 is the last day to file your Annual Electronic Notice Postcard with the IRS. Clubs that do not file this card will lose their nonprofit status. If you need assistance, please contact the office! Also on page two, there are some upcoming December dates to go ahead and put on your calendar. December is a month that fills up fast! On page two you will also find information about EHC President's Day, held in Clarksville. If you were not able to attend the meeting, you missed a great presentation!

On page three, there's a yummy recipe for Chocolate Mug Cake. It's just enough so you can indulge and not have a whole cake left over to torment you! Also on that page is information concerning Arkansas SHIPP. This is a very valuable service to many people; I encourage you to take advantage of it... and better yet... it's FREE!

StrongWomen is back in the newsletter again this month. If you are interested in joining the class, you need to pre-register. Class size is limited, and it seems to be filling up rather quickly! Call the office for more information.

Warmest regards,

Leadra L. Martin
County Extension Agent
Family and Consumer Sciences

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Postcards are due by November 15 to the IRS. Every club must file the tax exempt status for the 2007 - 2008 EHC year. Look for an Annual Electronic Notice (e-postcard) in the mail. File the Form 990-N, Electronic notice (e-postcard)

at www.irs.gov/eo and click on "Annual Electronic Filing Requirement for Small Exempt Organizations - Form 990-N (e-postcard)." Then, go down to the box that says "How To File," and click the word "here," which is underlined. If you have any questions or need assistance, please contact the IRS or Leadra.



Apple Cider Safety

It's time to get out your sweaters. That means heated beverages are soon to follow. Here are a couple of things to keep in mind when serving cider this fall: Not all fruit ciders are pasteurized, and those that aren't may contain harmful bacteria. People at a higher risk for serious foodborne illness, including young children, older adults, and people with weakened immune systems, should be careful to drink only pasteurized cider. Unpasteurized cider is not always labeled. So if you or someone in your family is in one of the at-risk groups and you cannot determine if a cider has been pasteurized to destroy harmful bacteria, either don't use the product or bring it to a boil to kill any possible harmful bacteria.



Upcoming Dates... Mark Your Calendar

- December 5—Newton County EHC Christmas Party
- December 9—Deer Ladybugs Christmas Party
- December 9—Set Up for Toy Drive
- December 11—Bag Up Toys
- December 12—Toy Delivery/Pick Up

EHC

President's

Our theme for the year's President's Day meeting was "Back to The Basics: EHC Refreshes, Regains, Retains." Johnson County EHC members hosted the event and provided brunch refreshments, as well as a spaghetti lunch. Carol Banfield and Jan Doud attended the meeting.

We had two panel discussions at the meeting. One discussion addressed a panel of healthcare professionals including Kim Garner, M.D., Margaret Harris, assistant professor from the University of Arkansas who spoke about MedWise (a new program teaching people about medicines and how to talk to your doctor about them), and Melissa Shipman, SHIP Program Director. SHIP is an acronym for Senior Health Insurance Information Program; it is a FREE education and information program for Arkansans with Medicare.

The second panel was on the three R's. Suggestions to retain members included that we know our members, their talents, and their names; have icebreakers at meetings; spend extra time with new members; and praise members. Things not to do included showing up late, sticking to the past (but to be creative and try new ideas), and to not tell others how to do their jobs. For refreshing members: Come to as many meetings as possible; for example, making plans to attend the President's Day meeting, state meeting, etc. We should also make our meetings special. Try assigning different months with different themes, and center your meeting on that theme. For regaining members: Try to reach people at fairs, church, and in your neighborhood. Also, try recruiting present members' children, new people in town, or just strike up a conversation with people while waiting in line. For more information about the Extension Homemaker's Club President's Day Meeting, ask Jan or Carol, or call the Extension office at 870-446-2240.



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LIFTING WOMEN TO BETTER HEALTH



Community Strength Program for Women

The University of Arkansas Cooperative Extension Service will be offering the StrongWomen Program, a 12-week exercise program for middle-aged and older women beginning in January.

There is a participant fee of \$12.

The StrongWomen Program was developed at the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy at Tufts University. The StrongWomen Program is based upon years of research on how strength training and proper nutrition improve the health of women of all ages.

Research shows that a program of strength training not only improves bone density but reduces falls, improves arthritis symptoms, and increases flexibility and strength. The program is appropriate for both sedentary and very active women. For more information on the class starting in Jasper, contact the Extension office. Class size is limited, and names will be taken on a first-come, first-served basis. So call today, and preregister for STRONGWOMEN!

MINUTE CHOCOLATE MUG

- 1 coffee mug (large mug)
- 4 tablespoons flour (that's plain flour, not self-rising)
- 4 tablespoons sugar
- 2 tablespoons baking cocoa
- 1 egg
- 3 tablespoons milk
- 3 tablespoons oil
- 3 tablespoons chocolate chips (optional)
- Nuts (optional)
- Small splash of vanilla

Add dry ingredients to mug, and mix well. Add the egg, and mix thoroughly.

Pour in the milk and oil, and mix well.

Add the chocolate chips (if using) and vanilla, and mix again. Put your mug in the microwave, and cook for 3 minutes on high.

The cake will rise over the top of the mug, but don't be alarmed! Allow to cool a little, and tip out onto a plate if desired.

EAT! (This can serve two if you want to share!)

Arkansas SHIPP

Senior Health Insurance Information Program

The Senior Health Insurance Information Program is a division of the Arkansas Insurance Department. It is a FREE education and information program for Arkansans with Medicare.

SHIPP can help with:

- Original Medicare A and B
- Medicare Part C Advantage Plans
- Medicare Part D Prescription Drug Plans
- Medicare Supplemental Insurance (Medigap)
- Medicare Claims
- Medicare Complaints
- Long Term Care Insurance
- Medicare Savings Programs = QMB, SLMB, QI-1
- Medicare Extra Help

SHIPP does not:

- Provide legal assistance
- Make decision for Medicare beneficiaries
- Promote specific products or offer policies for sale

If you need assistance, or if your organization would like to host a SHIPP speaker to discuss Medicare-related topics, then call the toll-free number to schedule. 1-800-224-6330