

River Valley Healthy Living is a four-county effort focusing on nutrition, exercise, relationships and finance to help you and your family live healthy, well-balanced lives.

“Health is the thing that makes you feel that now is the best time of the year.”

— Franklin Pierce Adams

Also in this Issue:

**Be Ready Before
Disaster Strikes**

**Benefits of Aerobic
Exercise Abound**

Aging in Place

**Quick &
Healthy Recipes**

Upcoming Events

UofA

UNIVERSITY OF ARKANSAS
DIVISION OF AGRICULTURE

Cooperative Extension Service

University of Arkansas,
United States Department of
Agriculture and County
Governments Cooperating

healthy eating

Choose Fish for Great Taste and a Healthy Heart

by Jeri Vangilder

There's nothing fishy about the American Heart Association recommendation that Americans eat fish at least twice a week as a way to decrease the risk of heart disease.

Fish is a good source of protein and doesn't have the high saturated fat that fatty meat products do. Fish have another nutritional secret too. Fatty fish like mackerel, lake trout, herring, sardines, albacore tuna and salmon are high in omega-3 fatty acids that provide many heart benefits.

Omega-3 fatty acids regulate and stabilize the heartbeat. An irregular heartbeat is a frequent cause of sudden cardiac death, and fish consumption appears to protect against erratic heart rhythms.

These fatty acids are also beneficial for a person's cholesterol. They can lower triglycerides and increase levels of HDL – the good cholesterol.

Omega-3 fatty acids help us in other ways, too – they may reduce inflammation in the body, they make blood platelets less sticky, reducing the risk of clotting, and they make blood vessels more elastic and better able to relax, improving blood flow.

There's one more benefit to eating fish – it tastes great. Whether you catch it yourself or find it in the grocery store, fish can be quick and easy to prepare.

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Mark Your Calendar

Strong Women Classes:

ongoing: Conway Co.
2 pm, T/Th • Birdtown EHC Bldg
7:30 am, M/W/F • Downtown
Church of Christ, Morrilton

Johnson Co.
9 am, M/Th • 5 pm, T/Th
extension office, Clarksville

Pope Co. • 9 am, T/Th,
9, 10 & 11 am, M/W/F
Senior Center, Russellville

Yell Co. • 8:30 am, M/Th
Plainview Baptist Church,
Plainview

Yell Co. • 5 pm, M/Th
USDA Service Ctr, Danville

New Classes

starting Yell Co. • 10 am, T/Th
Jan. 8: Danville Community Ctr.
12:30 pm, T/Th
Dardanelle Sr. Citizen Ctr.

starting Johnson Co. • 10 am, M/Th
Feb 4: Hagarville Community Bldg.

ongoing: Diabetes Support Group
5 pm, Third Tues. • Marvin Vinson
Multipurpose Bldg, Clarksville

Feb. 8: EHC Officer training
9 am • USDA Service Ctr, Danville

Feb. 25 – Mar. 1: America Saves Week

Feb. 26 & 28: Parenting Journey
6:30-8 pm • Marvin Vinson
Multipurpose Bldg, Clarksville

Mar.19: Area EH leader training
9 am • Downtown
Church of Christ, Morrilton

For more info. contact your county extension office.
All of the programs listed in this newsletter are offered to
all eligible persons regardless of race, color, national ori-
gin, religion, gender, age, disability, marital or veteran sta-
tus, or any other legally protected status.

\$ healthy finances

Be Ready Before Disaster Strikes

by Gayla Taylor

If disaster struck your home, could you identify lost items? To recover stolen items or settle insurance claims, you must have a detailed list of items lost, proof of ownership and a record of their value. A home inventory will help.



It's easy to create an inventory. Go one room at a time and don't forget to itemize the items in closets, drawers, attic, basement and garage.

Use a tape recorder, pencil and paper or a computer to make your list. Use photographs to show the condition and value of the items. Keep one copy in a safety deposit box or a fireproof home safe. A second copy should be kept in a different location, such as a relative or friends house.

Keep the following information on items you inventory:

- **Purchase price and date**
- **Replacement value**
- **Serial number**
- **Model number**
- **Warranty**

Contact your county Extension office for the free publication "Household Inventory" to get started.

Benefits Abound

by Dora Dinnan

Aerobic exercise does a body good – strengthening the entire cardiovascular system. While most have heard the term, what exactly is aerobic exercise? It's commonly defined as a moderately intense exercise performed over an extended period of time. Examples include a brisk 30-minute walk or 60-minute fitness class like Tae Bo or Jazzercise. The best exercise is one you enjoy enough to stick with. To exercise safely:

- Start slowly, build up your activities
- Use proper equipment (shoes, helmets, etc.) and drink plenty of fluids
- Don't use pulse rate to judge how hard to exercise – some medicines and illnesses can slow heart rate
- Exercises should not cause pain or extreme fatigue

If you're over 50 and haven't been doing aerobic exercise, talk to your doctor before you start.

Aging in Place

by Susan Pickle

Aging in place is growing older without having to move. Universal design (products, services, or environments that are usable by people regardless of age, ability or circumstance) and assistive technology can allow individuals to stay independent and in their own homes.

One example of universal design and assistive technology that benefits everyone is curb cuts in sidewalks. Designed for wheelchair users, they also benefit people pushing strollers or shopping carts, riding on skateboards, bicycles and using roller blades.

There is a misconception that universal design and assistive technology are only for disabled individuals or the very old. 18% of the population over age 5 have

some disability, either permanent or temporary.

The need for universal design and assistive technology in our communities and homes is here and now. Incorporating small changes will provide a smooth transition as our needs change.

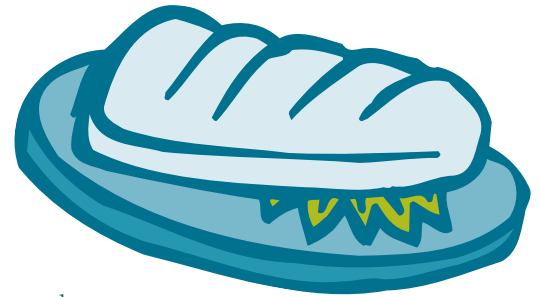
Get additional information on aging in place at www.uaex.edu. Click on health and nutrition, then click on aging in place.

Pan-Fried Orange Roughy

Try this easy recipe as a way to add more fish to your diet. It can be ready in less than 15 minutes.

INGREDIENTS:

- 4 (4-ounce) orange roughy fillets
- ¼ cup plain nonfat yogurt
- ½ cup fine, dry breadcrumbs
- 1 tbsp freshly, grated Parmesan cheese
- ½ tsp dried basil
- ½ tsp salt
- 1 tsp olive oil



DIRECTIONS:

Coat fish with yogurt, and set aside. Combine breadcrumbs, cheese, basil, and salt in a shallow dish. Dredge fish in breadcrumb mixture. Heat olive oil over medium-high heat in a non stick skillet. Place fish in skillet and cook until fish is brown on both sides or fish flakes easily when tested with a fork.

Cook Time: 15 minutes

Makes 4 servings

Nutrition Info

Serving Size: 1 fillet
Amount Per Serving
Calories: 159
Total Fat: 2g
Cholesterol: 24g
Sodium: 205mg
Total Carbs: 8g
Dietary Fiber: .5g
Protein: 25g



cut and fold for recipe card



river valley
healthy living

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Start Off the New Year Right!

The new year is a great time to take stock of your home and health. Inside this issue of River Valley Healthy Living are tips on taking a household inventory, planning for aging in place as well as ways to make 2008 your healthiest year ever.

Check the calendar for Strong Women classes coming to your county. Space is limited so we can spend more time on you! To enroll, contact your county extension agent.

For more information, contact your county Extension office or check out the website at www.uaex.edu/rvhl.



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