

# Extension Homemakers

## Arkansas County Newsletter

October, 2020



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How are you or how are you doing? It's a standard greeting in our society. Often a response is not needed or given other than fine, how are you?

Well-being is an indicator of how people perceive their life is going. Sometimes we even say, how's it going? There are many factors influencing a person's well-being such as age, gender, genes, personality, income, work, and relationships. And there are many aspects of well-being including physical, emotional, social, economic, psychological, etc.

The COVID-19 pandemic has had a profound effect on our well-being. What are some ways we can improve well-being while coping with the stress of COVID-19?

Researchers have determined some ways to avoid a negative impact from COVID-19 include:

- Focus on making healthy food choices by eating more fruits and vegetables and meeting daily nutritional needs. These practices are associated with better health.
- Find healthy ways to de-stress such as exercising daily and getting adequate sleep.
- Keep in touch with family and friends observing appropriate social distance guidelines. Be an encourager while practicing social distancing – call a friend every day to beat isolation and overcome loneliness. Check on an Extension Homemaker, childhood friend, a friend from church, or a neighbor.

For more healthy life resources contact the Arkansas County Cooperative Extension Service or visit our website at:  
<https://division.uaex.edu/employees/covid-19/mental-health.aspx>.  
We care and hope it's going well for you and your family!

## NOVEMBER EH PROGRAM

The November EH Program is *Fixins & Nibbles for the Holidays*. I have enclosed the program materials along with some Thanksgiving Trivia and *A Thanksgiving Feast* word search that I hope you will enjoy!

Look us up on Facebook at: [www.facebook.com/ArkansasCountyEHC](https://www.facebook.com/ArkansasCountyEHC)

## UAMS BLANKET DRIVE

For the past few years, Arkansas Extension Homemakers have donated blankets at Christmas for UAMS cancer patients. Blankets are given to patients who have to be in the hospital over the Christmas holiday. Blankets donated to UAMS must be store bought for health reasons. The \$5-\$10 rolled up blankets can be purchased at many locations (Dollar General, Family Dollar and Walmart have them). EH members, who would like to donate blankets, can drop them off at the Arkansas County Extension Office by **December 1**. This is one of the many excellent community service projects that EHC members are helping with around the state this holiday season. Thanks so much for all you do in helping to support EHC.



**UAMS Blanket Drive**  
November 1-December 11  
This Holiday season help us cover UAMS patients in love!

Drop off new blankets to the Center for Patients & Families Suite across from the UAMS Medical Center Gift Shop or at the front Entrance of UAMS!

we **AR** #CoveredInLove



## ONE MILLION MEALS

Many families are struggling with food insecurity because of income loss due to the COVID-19 Pandemic. Food Insecurity is the statewide EHC service project for the 2019-20 year. EHC members and friends are encouraged to make a monetary donation as their budget permits. Please take this opportunity to support one of our local food pantries or the state food bank at [www.uaex.edu/ehc](http://www.uaex.edu/ehc).

## THANKSGIVING TRIVIA

1. How many days did the first thanksgiving feast last?  
a. Seven b. Five c. Three
2. What is a baby turkey called?  
a. Chick b. Poult c. Nestling
3. What utensil was not used by the Pilgrims to eat Thanksgiving dinner?  
a. Knife b. Fork c. Spoon
4. Which of the following was NOT served at the Pilgrims Thanksgiving meal?  
a. Cranberries, corn, and mashed potatoes  
b. Rabbit, chicken, wild turkey, and dried fruit  
c. Venison, fish, and goose
5. The Pilgrims came to the New World seeking religious freedom and were also called?  
a. The Puritans because they wanted to purify the teachings and ceremonies of the Church of England  
b. The Great Explorers  
c. The Wanderers
6. Thanksgiving occurs on the  
a. Fourth Thursday of November  
b. Third Thursday of November  
c. November 26 each year



Adapted from: [www. MyPartyGames.com](http://www.MyPartyGames.com)

Visit our website at: <http://www.uaex.edu/counties/arkansas>