



Winter 2020

Arkansas County Offices

1009 Liberty Drive
DeWitt, Arkansas 72042
(870)946-3231
Fax: (870)946-3061
arkansas-dewitt@uaex.edu

2900 Highway 130 East
Stuttgart, Arkansas 72160
(870)673-2661, Ext. 254
Fax: (870)673-4315

County Extension Agent –
Family and Consumer Science
Arkansas County Extension

DIVISION OF AGRICULTURE
RESEARCH & EXTENSION

University of Arkansas System



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

Public health recommendations may still limit in-person contact, but the Cooperative Extension Service is here to help you. If you have questions, please call our office at (870)946-3231 or contact me by email alockley@uaex.edu or phone (870)946-6160.

DELTA DAY TO DAY WITH DIABETES

Nearly 15 percent of Arkansans — about 360,000 people — have diabetes, and 800,000 more residents have pre-diabetes, according to the American Diabetes Association’s Arkansas Chapter.

The Cooperative Extension Service will offer an 8-week online support group for people living with diabetes. Participation is free, and registration is open at

https://uaex.co1.qualtrics.com/jfe/form/SV_eaJQYv1rDIWcsUI.

The group - “Delta Day to Day with Diabetes” - will meet from January 11-February 28, 2021. Virtual meetings will be offered on Mondays with additional resources in health, wellness, nutrition and fitness posted throughout the week. Some of the features will include a Monday meeting, Tasty Tuesday for sharing recipes, Wellness Wednesday, Think about it Thursday, Fitness Friday, and Wonderful Weekends. Meeting times will be based on participants’ availability.

Dallas County Extension Agent Crystal Johnson, Jefferson County Extension Agent Mary Ann Kizer, and Arkansas County Extension Agent Alta Lockley who specialize in family consumer sciences, are co-hosting the online meetings, but participation is not limited to those counties. The group is free and open to anyone with diabetes or anyone living or caring for someone with diabetes. For more information contact Alta Lockley, CEA-4-H/FCS in Arkansas County at (870)946-6160.

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

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.

Family



EARLY CHILDHOOD PROFESSIONAL DEVELOPMENT TRAINING

Due to the COVID-19 pandemic only online classes will be offered for now. Please see all the online options available for you at <https://courses.uaex.edu>. In class training will be revisited when the situation changes.

Top 5 Reasons to Participate in Best Care

1. Training classes are registered with PDR & Supports Better Beginnings
2. Training is offered ONLINE at <https://courses.uaex.edu/>
3. New curriculum developed every year
4. Continuing Education Units (CEUs) available
5. **FREE!**

Should you have any questions, feel free to contact the Extension Office. Please stay safe and healthy!

Health



REDUCE YOUR RISK OF GETTING SICK

Follow CDC and Arkansas Department of Health recommendations:

- Stay home if you are sick.
- Wear a face mask.
- Use social distancing (stay at least 6 feet away from others).
- Wash your hands with soap and water for at least 20 seconds.

WALK ACROSS ARKANSAS

The Arkansas County Walk Across Arkansas participants did a great job! There were a total of seven teams with 57 members. Together Arkansas County teams walked 106,841 minutes. I hope you will join us for the Spring 2021 Walk Across Arkansas.

CREATIVITY & CALM

Do you need a reason to craft more? Sometimes we don't realize that even daily hassles can be overwhelming. They can wear us down and stress us out.

Stress is one of our leading health problems. Its effects range from migraines and fatigue to heart failure and early memory loss. Reducing stress reduces disease. Creativity and calm are leading benefits of crochet and knitting.

While COVID-19 may limit in-person contact, you can still crochet caps for Arkansas Children's Hospital. Patterns are available from the Extension Office.

Nutrition



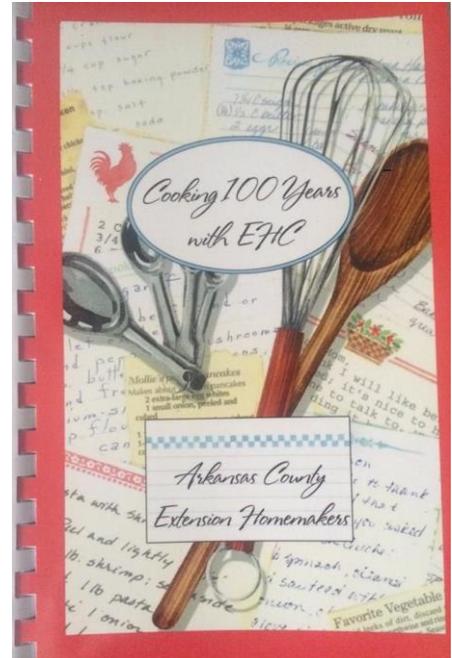
HOLIDAY PECANS

- 3 c. pecan halves
- 1 c. sugar
- 1 egg white
- 1 tsp. salt
- 2 tsp. cinnamon
- 4 Tbsp. melted butter

In a small bowl stir together sugar, salt and cinnamon, set aside. In another bowl, whisk egg white and 1 Tbsp. water until foamy. Add pecans to bowl and stir until coated. Add sugar mixture and melted butter, stir well to combine. Spread mixture in an even layer on rimmed baking sheet lined with nonstick foil and bake in a 300° preheated oven for 25 minutes, stirring occasionally. Remove from oven and cool completely.

Calories: 100, Fat: 5.6g, Protein: 0.8g, Fiber: 0.6g, Carbohydrate: 13.4g, Sodium: 160mg, Cholesterol: 4 mg.

Recipe from: "Cooking 100 years with EHC" cookbook (copyright 2017) submitted by Shirley Fread, Prairie Gems EHC.



"Cooking 100 years with EHC" cookbooks are available for \$12 each at the Arkansas County Extension Service, 1009 Liberty Drive, DeWitt. For more information call (870)946-3231 or (870)673-2346.



Arkansas County Extension Service Holiday Schedule

*The Extension Office will be closed so employees can enjoy the holidays with their families
December 24, 2020 – January 1, 2021.*

