



Living Well in Cleveland County

Extension Homemaker News

January-February 2019

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

NEW HABITS FOR A NEW YEAR –MAKE THEM STICK!

Adapted from *Navigating Life's Journey*, www.uaex.edu/nlj

Routines or habits are easy to start; the challenge is sustaining them. In *The 7 Habits of Highly Effective People*, Steven Covey states, "You are not your habits. You can replace old patterns of self-defeating behavior with new patterns, new habits of effectiveness, happiness, and trust-based relationships."

As you begin the New Year, sustaining new habits may be daunting. Here are tips for maintaining routines or habits as you begin your journey through 2019.

Shift your perspective. Recognize that a new habit or routine does not happen overnight. You must view it as a process, rather than something that is just going to happen because you've decided to make it happen.

Plan before you begin. Take time and write down your plan. Make sure you think through the changes and adjustments you and those close to you will need to make in order for the new habit to work.

Start really small and keep it simple. Pick one thing-like changing your diet. Take that idea and break it down into something even smaller, like adding more veggies to your diet. Break that idea down into adding a red or green veggie at lunch. Starting off with a really small habit will allow you to practice the method successfully before you take on more difficult habits.

Make it really easy. When you first begin your new habit, begin doing your habit for 5 minutes only. Sticking to five minutes, even if you feel you could go longer, makes it so easy you won't feel resistant to doing it. Once you feel the habit is becoming automatic, then slowly increase your time.

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EHC Reminders



- Mar 6** AEHC Workshop Ferndale 4-H Center
- Jun 4-6** AEHC State Meeting, Hot Springs
- Jul 22-25** NVON Conference, Springdale
- Oct 29** Ouachita District Meeting

January EHC lesson packets on Winter Storm Safety were sent to Home and Community Environment leaders or club presidents in December before Christmas holiday.



AEHC Workshop, Ferndale, March 6

\$15 Registration

\$10 lunch

Total Due: \$25

Total amount due at Extension office by February 15.



Fair Board Volunteer Appreciation Dinner



NEW HABITS (continued from page 1)

Have accountability. Create a daily system of reporting your progress to a family member, friend, online app, etc.

Have a support system. This will keep you motivated and engaged in the work of your habit, especially if you start to get bored or tired of the work.

Reward yourself. Decide what feels like a reward to you, and give that to yourself after your habit or routine. Change up the reward if it starts to feel rote.

Expect setbacks. Plan ahead for as many potential setbacks as you can and have a back-up plan. For unexpected setbacks, just start again as soon as you can. Don't use setbacks as an excuse to stop your work.

Remember, "Motivation is what gets you started. Habit is what keeps you going."
–Jim Ryun

To find out more, read *The 7 Habits of Highly Effective People* by Steven Covey and check out our website at www.uaex.edu/nlj

February is Heart Health Month



Knowing how to prevent or manage heart disease can save your life or the life of someone you love. Test your knowledge about heart disease with this quiz from the Centers for Disease Control, www.cdc.gov.

- 1. True or False? Heart disease is the second leading cause of death in the U.S.**
(False: it is the leading cause of death—1 in every 4 deaths)
- 2. High blood pressure, high cholesterol, and smoking tobacco are risk factors for heart disease. What percent of Americans have at least 1 of these risk factors?**
a. 24%, b. 37%, c. 47%, d. 76%
(c. 47%-the more risk factors you have, the more likely you are to develop the disease)
- 3. How many Americans will have a heart attack for the first time this year?**
a. Less than 50,000, b. 100,000, c. 500,000, d. more than 600,000
(d. More than 600,000 --People who have the first heart attack are more likely to have another one.)
- 4. Which of these is a warning sign of a heart attack?**
a. pain or discomfort in jaw, neck, or back, b. shortness of breath, c. feeling weak, light-headed, d. all of the above
(d. all of the above. Other symptoms can include chest pain or discomfort, unexplained tiredness, pain in upper abdomen, nausea, or vomiting.)
- 5. True or False? Heart disease can run in a family.**
(True: Your risk can increase more when inherited traits combine with unhealthy lifestyle choices.)
- 6. Which of these is not considered part of a healthy lifestyle?**
a. being physically active, b. taking medicine prescribed by your doctor, c. smoking tobacco, d. eating a healthy diet
(d. smoking tobacco-raises blood pressure and greatly increases your risk for heart disease.)

*Kale was eaten in the Middle East over 2,000 years ago and has been popular in Europe for centuries. It is an excellent source of vitamin C and vitamin K. Purchase kale fresh or frozen.

To prepare Savory Kale:

2 pounds fresh kale
2 teaspoons chopped onion
½ teaspoon sugar
½ cup water
½ teaspoon marjoram
pepper to taste
1 tablespoon vegetable oil (optional)

Wash kale and cut off tough stems. Place in saucepan with water, onion, marjoram, sugar, and pepper. Cover and cook 10 minutes or until tender. Add oil, mix well and serve. Serves 6.

White Bean and Kale Soup

From Arkansas Foods Recipe Calendar

Yield: 6 servings, Serving size: 1 cup

½ pound lean turkey Italian sausage
2 cups frozen carrot, onion, and celery blend
1 (15.5 oz.) can no salt added or low-sodium white beans
12 ounces frozen chopped kale (or one bunch fresh kale, chopped)
1 (15.5 oz.) can no salt added or low-sodium diced tomatoes
4 cups low-sodium chicken broth
1 tablespoon Italian seasoning

1. In a soup pot, brown sausage over medium-high heat. Drain any excess fat left after cooking.
2. Add the remaining ingredients and bring to a boil.
3. Reduce heat to a simmer and cover pot. Allow to cook 20-30 minutes.

Nutrition Information per Serving:

Calories 196, Fat 5g, Protein 17g, Fiber 6g, Sodium 321mg, Carbohydrate 24g



January is National Soup Month