

**A publication linking the community to programs by
The University of Arkansas – Division of Agriculture**

November / December 2016

The Gift You Give Yourself and those you love – a flu shot!

Shorter days and cooler evenings are here, a sign that influenza (flu) season is upon us! It's time to take your best shot in the fight against flu! Protect yourself and your loved ones by getting your flu shots!

Getting vaccinated is the best way to reduce the chances that you will get seasonal flu and spread it to others. Everyone 6 months and older should get a flu vaccine each year. It takes about two weeks after vaccination for your body to develop protection against the flu.

The Center for Disease Control recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common.

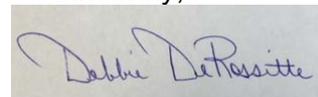
Everyone 6 months of age and older should get a flu vaccine by the end of October, if possible. Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

Vaccinations are particularly important for people at high risk of serious flu complications. These include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

With the holidays approaching it is even more important that you are not sidelined with flu and miss enjoyable activities with your family. Take care of yourself so that you can continue to care for those you love!

Have a happy and healthy holiday season!

Sincerely,



Debbie DeRossitte

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Upcoming Community Programs

Extension Wellness Ambassadors Training Set For January in Jonesboro

The 2017 Extension Wellness Ambassador training has been set for consecutive Tuesdays in January. Classes will be held on January 10, 17, 24 and 31 at the Craighead County Extension office, 611 East Washington, Suite A, Jonesboro, AR. Classes will begin at 9:00 a.m. and will end at 4:00 p.m. Lunches will be provided.

A new format has been adopted for the January sessions. Each training day will focus on one area of Extension wellness:

January 10th session will center on Extension wellness programs for youth. Participants will learn to present the Kids in the Kitchen nutrition programs for school-aged children and will learn the basics of the 4-H Yoga for Kids program.

January 17th session will provide training for Extension Get Fit exercise classes. Note: This session will also be open to persons interested in leading group exercise.

January 24th session focuses on basic nutrition concepts for adult audiences using the Eating Smart, Being Active curriculum. Participants will learn how to live healthier and learn effective ways to share that knowledge with their communities.

January 31st session deals with lowering risks for chronic disease. Heart disease, cancer and stroke are the top killers of Arkansans each year.

Ambassadors will learn how healthy lifestyle choices can make a difference.

Cost for the program is \$40.00, however there are a limited number of scholarships available. Applications are being accepted now. For more information contact Debbie DeRossitte, CEA-FCS at dderossitte@uaex.edu or at 870-933-4565.

All meetings mentioned in this newsletter are open to all eligible persons without regard to race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the Craighead County Extension Office (870-933-4565) as soon as possible.

Mark Your Calendar!

Date	Event
Nov 24 & 25	Extension office closed - Thanksgiving Holiday
Dec 2 9:30 a.m.	Winter Council Meeting
Dec 23 – 30	Extension office closed- Christmas holiday

Make plans now to attend and invite
a prospective member!

Program Announcements for Extension Homemakers & the Community

Winter Council Meeting Set for December 2nd

Craighead County Extension Homemakers will come together for their annual Winter Council meeting on Friday, December 2nd at the Craighead County Extension office, 611 East Washington, Suite A in Jonesboro. Registration begins at 9:30 a.m.

Speaker for the event is Hailey Knight with the Jonesboro Downtown Association.

The menu includes baked potatoes provided by the council with assorted toppings provided by each of the clubs. Each club is also to provide two desserts. This year there will be a Soup and Chili Cook-off in conjunction with the council meeting. This will take the place of the traditional silent auction. Cook-off information was distributed to club presidents.

Hostesses for the meeting are members of Valley View Modern and Otwell EH clubs. Clean-up will be handled by Oak Grove EH Club members.

In addition to the program there will be recognition for Gold star clubs, Star Volunteers and Club Members of the Year.

The beautiful table decorations used for the centennial event will be used for the Winter Council meeting so clubs are not asked to provide table decorations for this meeting.

Plans for Red Beans and Rice Fund-raiser Finalized

For everyone who missed the opportunity to enjoy EHC's signature Red Beans and Rice at the NEA District Fair, here's your chance!

Craighead County Extension Homemakers will be hosting a luncheon on February 21, 2017 featuring red beans and rice, soup beans, cornbread, "made from scratch" desserts and a drink.

Temple Baptist Church at the corner of Red Wolf and Race Street will be the location for the 11:00 a.m. to 2:00 p.m. event. Club members are asked to pre-sell tickets so that a head count can be estimated. Tickets will be available at the Winter Council Meeting.

Betty Oliver Memorial Announced

Betty Oliver, the University of Arkansas' longest term employee and advisor for Arkansas Extension Homemakers died in April this year. It was recently announced that since Betty loved the 4-H program and was particular supportive of the 4-H Center that draperies for the stage at the center was the project chosen to honor her memory.

Extension Clubs and Councils across the state are contributing to the memorial fund to make this a reality before

the March 2017 EHC rally at the 4-H Center. Donations can be brought to the Winter Council meeting on December 8th and



Volunteering: That's What We Do?

The theme for the 2017 Arkansas Extension Homemakers State Conference is "Volunteering: That's What We Do!" This year each edition of Connections will feature projects of EH clubs and club members. Please EMAIL your information and photos to dderossitte@uaex.edu. They will be included as time and space permit.



Oak Grove EHC hosted a sewing day on November 9th to make comfort pillows for Arkansas Children's Hospital. They completed 60 pillows to help pad young patients for what can be a long trip home. An additional 20 pillows were sewn and are ready to be stuffed with fiber filling.



Michael Sullivan, Habitat for Humanity of Greater Jonesboro Director, poses with Carolyn Thompson, chair for the Oak Grove EHC project which provided desserts for Souper Sunday on November 6th. This has become a yearly tradition for the club. They provided over 360 desserts for the organization's fundraiser to help build houses for appreciative families.

Previous issues of Connections can be found on the Craighead County Cooperative Extension website

www.uaex.edu/craighead