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How are you?

I hope this newsletter finds you doing well and that you have had a great summer! The year is quickly passing away and fall will be here before we know it. (It begins September 22nd.) We have a few activities in the remaining months that you may like to participate in…fair, fall council meeting, president’s day and the Christmas council meeting. I have included EHC news, educational information and a few “make you smile” tidbits. Hopefully, you will find something of interest.

Mark your calendars….

October 9th – EHC Fall Council Meeting
October 23rd – Ouachita District AEHC President’s Day
November 7th – Holiday Craft Workshop (I will let you know details later.)
November 4th – Daylight Savings Time Ends
December 4th – Christmas Council Meeting
January 15th – EH Council Executive Board & Board of Directors Meeting

Community Service Projects

CASA can use school supplies at this time.

The Sunshine House can always use volunteers.

Saving Tip

Keep your plastic wrap cold! If you have space, your plastic wrap can live in your freezer full time for static-free use. If you’re short on time, a few minutes in can help, but might not eliminate it completely. If you know you’ll be wrapping up leftovers after a meal, try tossing it in earlier in the night.

The U of A Cooperative Extension Service offers all meetings and activities announced in this newsletter to all eligible persons without regard to 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. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the Dallas County Extension Office as soon as possible prior to the activity.
Whoever said “nothing is impossible” never tried to nail Jell-o to a tree.
~ Lisa Bryant

Who doesn’t need a reason to smile throughout the day! Here are a few free small pleasures.
1. Ever found a couple of forgotten dollars in your pocket?
2. Think about a funny thing a child has said.
3. Recall a special memory as you look at old photographs.

EH Fall Council Meeting…
The meeting will be held on October 9th at the Tulip Community Building. Tulip EHC will host the meeting this year. Fordyce EHC will provide a fun Relaxer and Fairview EHC will present the Devotional. Door Prizes will be provided by the Pine Crest & Manning EH Clubs. This year’s Theme will be about Women’s Health. Our guest speaker will be Margaret Gray, Senior Circle Advisor from Medical Center of Arkansas. Some of you may remember her from the 2012 Women’s Health Tea held at the Fordyce Senior Center and/or the DASH meeting.

Saving Tip
To shorten your commute time by 10 percent, avoid time-consuming left-hand turns on busy two-way streets by taking right turns instead. "Minimizing left-hand turns reduces time spent idling at stoplights. "Doing this shaved 29 million miles off UPS routes last year," says spokesperson Dan McMackin.

Dallas County Fair & Livestock Show was held September 12th – 15th. I can’t THANK the Dallas County EH ladies enough for the hard work and wonderful food you supplied. A “BIG THANK YOU” for stepping in and taking over when I was not there and for all the thoughts and prayers that went up for my mom.

2012 Fall Walk Across Arkansas will be Sunday, October 7th through Saturday, December 1st. Registration will open September 23rd. Walk Across Arkansas and Small Steps Challenge are overlapping on purpose to increase participation in both. You can find this at www.arfamilies.org.

Registration (September 23rd) and reporting will be online. There will be a link on the www.uaex.edu web page. You will need a team captain and 2 to 10 team members.

Ways to Increase Your Steps
- Walk the dog
- Walk on your breaks & lunch hour
- Park farther away from entrances
- Take a 3 minute walk every hour
- Deliver things to coworkers in person
- Take the stairs instead of the elevator
- Vacuum your house more often
- Pace while you’re on the phone
- Take several 10 minute walks

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If you have applied for the Drought Assistance Program and you need more information please don’t hesitate to contact Keith Gresham, CEA-Staff Chair at 870-352-3505 or come by our office at 203 N. Clifton St. in Fordyce.
**3, 2, 1 Cake**

These individual little cakes are amazing and ready to eat in one minute! They are perfect for whenever you feel like a treat without all the fat and calories.

**Ingredients:**
- 1 box Angel Food Cake Mix
- 1 box Cake Mix- any flavor

**Directions:**
In a Ziploc bag, combine the two cake mixes and mix well. For each individual cake serving, take out 3 Tablespoons of the cake mix combination and mix it with 2 Tablespoons of water in a small microwave-safe container. Microwave on high for 1 minute, and you have your own instant individual little cake.

Keep remaining cake mixture stored in the Ziploc bag and use whenever you feel like a treat! You can top each cake with a dollop of fat free whipped topping and/or fresh fruit.

This recipe is called **3, 2, 1 Cake** because all you need to remember is:

- “3 Tablespoons mix,
- 2 Tablespoons water,
- 1 minute in the microwave!”

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**Corn Chowder**

**Ingredients:**
- 1 T. vegetable oil
- 2 T. finely diced celery
- 2 T. finely diced onion
- 2 T. finely diced green pepper
- 1 (10 oz.) pkg. frozen whole kernel corn
- 1 c. peeled, diced, ½ in. raw potatoes

**Preparation:**
Heat oil in medium saucepan. Add celery, onion and green pepper, sauté for 2 minutes. Add corn, potatoes, water, salt, pepper and paprika. Bring to a boil, reduce heat to medium and cook, covered, about 10 minutes or until potatoes are tender. Place ½ c. milk in a jar with tight fitting lid. Add flour and shake vigorously. Add gradually to cooked vegetables and remaining milk. Cook, stirring constantly until mixture comes to a boil and thickens. Serve garnished with chopped fresh parsley.

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**Christmas Council Meeting**

**When:** Tuesday, December 4th  
**Where:** Kathy’s home  
**Time:** 11a.m. - ?

Instead of an ornament exchange this year we are going to have a **COOKIE/CANDY EXCHANGE.**

If you would like to participate, please bring 25-30 snack bags. Each bag is to have two (2) cookies/candy pieces.

Attach the recipes to each little bag.

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**Ouachita District AEHC President’s Day**

**Subject:** Ouachita Presidents’ Day  
**Date:** Tuesday, October 23, 2012  
**Time:** 9:30AM – 3:00PM  
**Theme:** “Back to the Future”  
**Place:** Garland County EHC Building,  
Garland County Fairgrounds  
**Cost:** $10.00 (Lunch $ Refreshments)

**Registration Deadline: Friday, October 5, 2012**

- County Council Presidents give county membership goal for 2012-13.
- Each County is to bring a Fall centerpiece for a door prize giveaway.
- Each County is bring (2) items for the silent auction.

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Agent’s Notes:
I hope you found something in this newsletter that brought a smile. I am certain that I have forgotten something so just let me know if you have any questions. Please know that you are in my thoughts and prayers and I always look forward to seeing you. Feel free to call or come by to see me anytime.
Sincerely,

Kathy May
County Extension Agent
Family & Consumer Sciences

“Keep your face to the sunshine and you cannot see the shadow.”
by Helen Keller
It’s what sunflowers do.
FALLS and HIP FRACTURES

Falls are common, often dreaded events in the lives of older people. Falling can cause wide-ranging consequences, including loss of independence, mental decline and decreased activity and mobility.

You might expect most falls to occur with risky activities, such as walking outdoors or in bad weather. Actually, most falls (60 percent) happen in the home. Only 30 percent of falls occur while out in the community and only 10 percent occur in institutions such as nursing homes.

Follow the guidelines listed below to lower your risk of falling:

- **Regular follow-up visits.** Get proper medical evaluation and treatment for conditions causing physical changes. Do not assume you are just "getting older".

- **Floors.** Remove all loose wires, cords and throw rugs. Minimize clutter. Make sure rugs are anchored and smooth and keep furniture in its usual place.

- **Bathroom.** Install grab bars and non-skid tape in the tub or shower.

- **Lighting.** Make sure halls, stairways and entrances are well-lit. Install a night light in your bathroom and turn lights on if you get up in the middle of the night.

- **Kitchen.** Install non-skid rubber mats near the sink and stove.

- **Stairs.** Make sure treads, rails and rugs are secure.

- **Other precautions.** Wear sturdy, rubber-soled shoes. Ask your health care provider whether any of your medicines might cause you to fall.

- **Take action.** Inactivity is dangerous. Exercise improves strength, balance, coordination and flexibility, which can help you avoid falling in the first place.

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**Turkey & Balsamic Onion Quesadillas**

**Ingredients:** 1 small red onion, thinly sliced; ¼ c. balsamic vinegar; 4 (10-in.) whole-wheat tortillas; 1 c. shredded sharp Cheddar cheese; 8 slices deli turkey, preferably smoked (8 oz.)

**Preparation:** Combine onion and vinegar in a bowl; let marinate for 5 minutes. Drain, reserving the vinegar for another use, such as salad dressing. Warm 2 tortillas in a large nonstick skillet over medium-high heat for about 45 seconds, then flip. Pull the tortillas up the edges of the pan so they are no longer overlapping. Working on one half of each tortilla, sprinkle one-fourth of the cheese, cover with 2 slices of turkey and top with one-fourth of the onion. Fold the tortillas in half, flatten gently with a spatula and cook until the cheese starts to melt, about 2 min. Flip and cook the other side.

**Nutrition Facts**

Per serving: 328 calories; 12 g fat (6 g sat, 0 g mono); 56 mg cholesterol; 30 g carbohydrates; 24 g protein; 2 g fiber; 871 mg sodium; 33 mg potassium

Exchanges: 1 1/2 starch, 3 lean meat
7 TIPS FOR HEALTHY BONES

Take these steps to halt the thinning of your bones as you age.

As we age, our bones become thinner and lose their density. But there are steps we can take to halt the “thinning” of our bones, called osteopenia, and prevent osteoporosis.

✓ **Eat calcium-rich foods.** Besides dairy products, choose fish with bones (such as salmon, sardines or whitebait), and serve them with a side of dark leafy green vegetables or broccoli. For a calcium boost, snack on almonds or dried figs.

✓ **Take calcium supplements.** The U.S. recommended daily allowance for calcium is 1,000 mg a day during our 20s, 30s and 40s. But our need for calcium rises as we age. Before starting supplements check with your doctor about the amount that’s right for you. Your body only absorbs 500 mg of calcium at a time. So spread the calcium you consume over the course of the day for the greatest benefit, and take calcium with meals to maximize absorption.

✓ **Add some D to your day.** To help absorb calcium, most adults need 1,000 to 2,000 IU of vitamin D daily. Combined calcium-vitamin D pills usually do not contain enough D to meet this requirement. Vitamin D deficiency is far more common than previously thought, and affects everyone, young and old.

✓ **Start weight-bearing exercises.** For bone strength and new bone cell formation, try **strength training** plus exercises that “load” or compress your bones. These are exercises like jogging, aerobics, repetitive stair climbing and dancing. If you have osteoporosis or arthritis, just try walking or using a stair stepper. Your doctor can give you an exercise plan that is right for you.

✓ **Avoid smoking and drinking to excess.** Loss of bone mineral density is associated with tobacco use and excessive alcohol intake.

✓ **Get your bone mineral density tested.** Doctors can get a quick and painless “snapshot” of bone health using a simple X-ray test called DXA. This test measures bone mineral density (BMD) and helps determine risks of osteoporosis and fracture.

1. **If necessary, consider medication.** Women and men diagnosed with osteopenia or osteoporosis can take various medications to prevent dangerous hip and spine fractures. Bisphosphonates prevent further bone loss and are taken by mouth once a week or once a month or, if side effects occur, once a year by IV infusion. Teriparatide, a medication similar to a natural human hormone, rebuilds bone when given by daily injection but can be taken safely for just two years. The newest medication for osteoporosis is called denusomab. It is given via a shot every six months. However, none of these medications works without calcium and vitamin D as building blocks.