Scoop

Arthritis and Exercise

The old adage that exercising causes further joint damage if you have arthritis has been dispelled. In fact, doctors and therapists believe exercising a little bit every day can actually do quite a bit to help arthritis. Some of these benefits include:

- Reducing the stiffness in your joints, making them more flexible
- Stabilizing your joints by making the muscles around them stronger
- Slowing down the deterioration of your bones and cartilage
- Improving your bone strength

As a result of these benefits, exercising will also help to:

- Boost your mood and reduce depression
- Increase your ability to do normal daily activities
- Enhance your overall health and fitness by -
  - Increasing your energy
  - Promoting better sleep
  - Promoting weight loss
  - Strengthening your heart

Of course, before you start a new exercise program, be sure to check with your doctor — especially if you have not already been exercising on a regular basis.

See EXERCISE on page 5.
Garland County EHC is busily planning for the "old timey" lunch that will be served to the school children who will come to Pioneer Days on Thursday, May 1 and Friday, May 2. If you can help cook, serve, and clean up, contact Phyllis Pipkin at 762-2701.

If your club would like to have a space during Pioneer Days in the EHC Building or in a building on the Fairgrounds to have a manned pioneer life exhibit or a heritage teaching station, let Jessica know as soon as possible. You are encouraged to "dress the part" if you have a booth.
Relay for Life Luncheon

The Relay for Life Luncheon registration will begin at 10:00 a.m. on April 26 at the EHC building. This year’s Garland County theme is MARGA-RELAY-VILLE. Clubs that sponsor a table should follow this theme with tropical colors and decorations that represent tropical ideas.

A beach hat parade is planned, so come with a hat decorated to represent this theme or a hat related to the beach. If you would like to participate in a beach fashion show and have an article of clothing that you have from a vacation or cruise, let Wilma Blair know if you would be willing to model it. We have several volunteers and would welcome more to take part.

Tickets have been given to club presidents and table sponsors. Please try to sell all of your tickets so we can have a big donation to present to the American Cancer Society. Money for the tickets should be turned in to Judy Brink the day of the luncheon and not turned in to the office. Set-up day for tables will be after the Board Meeting on April 25 at approximately 11:30 a.m.

Each table sponsor is asked to bring an item for the Tea Cup Auction. You might like to think of something that goes along with the theme such as a plant or beach related item. Gift baskets are always popular. You should have your item in place on the auction table no later than 10:00 a.m. on the day of the luncheon and are encouraged to bring it the day of set-up.

Cancer survivors present at the luncheon will be honored. We hope to see a large group there. If you need information call Wilma Blair, 767-6956 or 627-5547.

Fun on St. Patrick’s Day

Our EHC Council was represented on March 17th at the First Ever 11th Annual World’s Shortest St. Patrick’s Day Parade by the "HOT Irish Potatoes". They were one of forty groups who participated in the parade. The "potatoes" were (from top left) Judy Brink, Sally Patterson, Peggy Barnett and Phyllis Pipkin. They were accompanied by leprechauns Jeffrey and James. The parade, whose route is the 98 feet of Bridge Street, featured grand marshal Jim Belushi, the Dallas Cowboys Cheerleaders, and "Duck Dynasty’s " Mountain Man.

Makeover planned

Watch for the new "Nutrition Facts" labels on packaged foods. They are getting a new look. They will be easier for you to read and to understand the calories, fats and sugar grams, and serving sizes. Calories will be in larger, bolder type, and consumers will know whether foods have added sugars. Also, serving sizes are to be updated to make them more realistic. A serving of ice cream, for example, would double to a full cup, closer to what people actually eat.

- Wilma Blair, Health & Wellness Leader

Eddie McDougal

Eddie McDougal passed away on January 17, 2014. She was an active member of Garland County EHC for many years, and most recently was a member of Park Club. She enjoyed working in the Home Economics/Creative Arts Building during the Garland County Fair. Her ready smile of encouragement for everyone will be greatly missed.
Making memories

Lakeside said good-bye to one of its most talented and creative members when Clarice Sandberg moved to California in early February. She and her husband Sandy Sandberg, who was the leader of the Upholstery Club for many years, will be missed by all of us in Lakeside. They will be living and working along-side Clarice’s daughter at Love Apple Farms which grows fruits and vegetables and offers specialty classes. Check it out on the internet!

As a parting "gift" to her fellow Lakeside members, Clarice left lots of unsold garage sale items with Katy Weaver and Marilyn Fendley for us to claim and use and cherish. There were scissors, pins, fabric, paint, knitting needles, ribbon, candy bags and lots more at our February and March meetings. We looked forward from one month to the next for what we would find during our next round of picking through the treasures she left us.

Also, at the February meeting, each member received an antique wire-top canning jar and an old feed sack to wrap it up in for safe transport on the way home. Members carried home glass telephone insulators with wooden holders from the March meeting. The antiques were found stored in the attic of a member’s mother-in-law after she moved to a retirement community. It makes us wonder what common items our relatives will find in our attics and closets that they will treasure someday.

We can remember the past we have shared with our friends when we see the familiar items we were given, and we can imagine the past we have not known as we look at our interesting antiques.

– Janie Woods

In remembrance

Loretta Johnston, president of Crazy Quilters and former member of Lakeshore Club for many years, recently added the names of three of her friends from the Lakeshore group to our memorial plaque. Pauline Holin was an excellent loom weaver, Marcelle Janske was a master at needlework, and Mary Watson was a notable record keeper. They are remembered with love and appreciation for their contributions to Garland County EHC.

Presidental Pointers from Jane Oliver

With the arrival of Spring comes a busy EHC schedule. The workshop on Wednesday, April 9 will be a Community Service Project. We will be making tote bags and there will be a variety of jobs available. All help will be welcome!!!

The Relay for Life Luncheon will be held on Saturday, April 26. Plans for a great program are underway. The Spring Council Meeting is scheduled for Friday, May 30. A style show from Christopher & Banks is being planned for this event.

Be sure to get your registration information from Jessica for the 2014 AEHC State Meeting which will be held at the Hot Springs Convention Center on June 3 -5. There will be a variety of educational classes along with a lot of fun. I hope that many of you will make plans to attend.

Check your Yearbooks for regularly scheduled meetings. Your presence at these meetings is greatly appreciated.
Loyal Ladies have a heart

Loyal Ladies started off 2014 with a new project. The club filled Valentine Gift Bags for the residents of Potter’s Clay Center for Women in Crisis. Decorated house slippers were sewn from wash cloths by Dona Smith, Frances Bateman, Ann Sutton, Becky Smith and Joy Martsching. Mittens were made from old sweaters by Bobbi Taylor and Bert Manning. In addition to these items, Loyal Ladies’ hand cream, shower rub and potpourri sachets were placed in the gift bags. The club delivered forty-nine gift bags to the residents. While we were there, we were given a tour of the public areas of the center. The club hopes to continue the Valentine Project in years to come.

February 2014 brought another milestone in the coupon program. Joy Martsching reported that we now have sent in coupons valued at more than $200,000. The club is now collecting coupons for RAF Lakenheath in the United Kingdom. Also in February, the club learned how to use clay flower pots for a variety of items such as wind chimes, gum ball machine decoration and decorated flower pots. Nancy Say demonstrated how to make these items. In March, Kay Bradford hosted the club at the Oaklawn races.

EXERCISE cont. from page 1

So….what types of exercises are safe? When you check with your doctor, he/she may design a plan for you to meet your specific needs. Otherwise, choose a program that has a balance of exercises that focus on flexibility, balance, strength and aerobics. Gentle stretches, flexibility exercises, and balance exercises are generally safe to do every day. They will also help to prevent falling. Some good exercises that cover both flexibility and balance are Tai Chi and Yoga. Walking backwards and standing on one foot are good for improving balance.

Strength training should not be done on consecutive days. Allow a day of rest so your muscle tissue will have time to heal. Start out with a weight you can lift with minimal effort at least 10 times. For example, for a biceps curl, you may start with three pounds or less. You can also build strength without any equipment. Getting up and down from a chair using only your legs (not your hands and arms) will help to build strength in your lower body.

Some of the best aerobic activities for arthritis are walking and water exercises. Walking puts less stress on your joints than a lot of other aerobic exercises such as jogging. Water exercises are beneficial because the water helps to support your body – putting less stress on your hips, knees, feet, and spine. Be sure to do water exercises in warm water.

If you would like to start exercising, have an okay from your doctor, and if you need help getting started, let me know.

DEEP DISH HOT FUDGE BROWNIE SUNDAE FOR TWO

(Original recipe from Chocolate Moosey)

1/4 cup (1/2 stick) unsalted butter 1/3 cup granulated sugar
1/2 ounce unsweetened chocolate 1/8 teaspoon salt
1/2 cup semisweet chocolate chips 1/2 teaspoon vanilla extract
1 egg 1/4 cup flour

Preheat oven to 350 degrees. Have two (ungreased) 6-ounce ovenproof ramekins (or custard dishes) ready. In a medium heat-proof bowl, add butter, chocolate and chocolate chips. Place bowl over saucepan of barely simmering water—don’t let pan touch the water (if you have a double boiler, you may use it instead). Stir until everything is melted and smooth. Remove from heat and let cool. (Note: I use my microwave to melt my chocolate and butter. I use high power at 30-second intervals, stirring in between, until melted. Time will vary depending on the power of your microwave. DO NOT OVERHEAT or the chocolate will harden on you!)

In a medium bowl, whisk together egg and sugar until light and thickened. Whisk in the cooled chocolate mixture. Whisk in vanilla, salt and flour until smooth. (Note: If you like nuts, throw some in, or change out the vanilla with a different flavoring, or substitute dark chocolate chips for the semisweet chips). Put half of the mixture into each of the ramekins. Bake for 15 to 20 minutes, or until tops look dry and crisp. Remove from oven. Let cool 15 minutes.

Top with ice cream. If you want to really be decadent, use chocolate swirl ice cream and add caramel sauce. Experiment and enjoy.
Jessica’s Schedule

**APR**
Every Monday – Adult Yoga Class at 4:45 & 6:00 at Oaklawn Baptist Church
Every Tuesday & Thursday – Yoga for Kids at 8 – 9 at Lake Hamilton Intermediate School

1  Meeting in Conway
3  District Conference Meeting
4-5 SGS Conference in Little Rock
8  Leonard Street Strong Women, 8:00 – 10:00 a.m.
9  EHC Spring Workshop
10 4-H Banquet
11 EHC Executive Committee Meeting, 9:00 a.m.
14 4-H Big B O’Rama
15 Growing Healthy Communities Training in Bryant
16 Ag Safety Day, Lake Hamilton Intermediate School
21 Ag Day at Cutter Morning Star School
22 Extension Wellness Ambassador Trng in Arkadelphia
24 Extension Wellness Ambassador Trng in Batesville
25 EHC Board Meeting
26 Relay for Life Luncheon
28 4-H Big T O’Rama
29 Extension Wellness Ambassador Training in Marianna

**MAY**

Every Monday – Adult Yoga Class at 4:45 & 6:00 at Oaklawn Baptist Church
Every Tuesday & Thursday – Yoga for Kids at 8 – 9 at Lake Hamilton Intermediate School

1-2 Pioneer Days
7 EHC Yearbook Completion Meeting, 9:00 a.m.
20 Extension Wellness Ambassador Training, Little Rock
21 Mountainside Strong Women, 8:00 – 11:00 a.m.
22 Cooking Class with Lake Hamilton Intermediate
30 EHC Spring Council, 10:00 a.m.

**JUNE**

Every Monday – Adult Yoga Class at 4:45 & 6:00 at Oaklawn Baptist Church

3-5 EHC State Meeting in Hot Springs
17 4-H District O’Rama in Malvern
19 Horticulture Field Day in Hope
27 EHC Officer and Leader Training, 10:00 a.m.

EHC Dates to Remember

**APR**
9:00 a.m.
9  Special Interest Workshop, 9 a.m.
18  Leader Lesson, “How to Get Along with Yourself-Living Alone”(Family & Human Development) 10 a.m., EHC Bldg.
25  Spring Board Meeting, 9 a.m., EHC Bldg
26 Set-up for Relay Luncheon after Board Mtg.
26 Relay for Life Luncheon, registration begins at 10:00 a.m., EHC Bldg.

**MAY**

16 Leader Lesson, "From Land Lines to Cell Phones"(Resource Management) 10 a.m., EHC Bldg.
23 Registration deadline for Spring Council
30 Spring Council, 10:00 a.m., EHC Bldg.

**JUNE**

3-5 AEHC State Meeting at the Hot Springs Convention Center
27 Officer & Leader Training, 10 a.m., EHC Bldg

The deadline for articles for the next SCOOP is June 15, 2014.

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The meetings listed in this newsletter are open 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. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office (or other appropriate office) as soon as possible prior to the activity.