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Garland County Extension Homemakers

April 2013

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Arts & Crafts Fair honored
The Hot Springs Arts and Crafts Fair, sponsored by the Garland County Extension Homemakers, was honored at the Arkansas Department of Parks & Tourism awards banquet on March 5, 2013. The Fair was one of three finalists for the "Grand Old Classic Special Event Award". Peggy Barnett (right), chairman, and Phyllis Pipkin, treasurer, accepted the framed certificate for the committee during the 2013 Henry Awards Ceremony which featured Miss Arkansas, Sloane Roberts. The banquet was the culmination of the three-day Arkansas Governor’s Conference on Tourism that the two attended.

Jessica’s Jottings

Preventative Health for Older Adults

What are preventative services? Preventative services are important for everyone, but especially for older adults. This is because your risk for developing health problems increases as you age. You can prevent health problems or detect them early on if you see your doctor regularly. Your doctor can provide screening tests, vaccinations, and health advice that is appropriate for your age, gender, medical history, and family history. Here is a list of the preventative services that are especially important.

• Influenza Vaccine (Flu Shot)
  This vaccine can help prevent you from catching the flu and you should get it every year because flu strains change. About 85% of all deaths from the flu are in adults 65 years of age or older.

• Pneumococcal Vaccine (Pneumonia Shot)
  The pneumococcal polysaccharide vaccine (PPSV) can help prevent pneumonia. For those who already have pneumonia, it can help prevent life-threatening complications. This is especially true for older adults because they are more likely to actually get pneumonia and develop complications.

• Breast Cancer Screening (Mammogram)
  Almost half of all new breast cancer cases are in adult women 65 years of age or older. Normal recommendations are for women between the ages of 50 and 74 to have a mammogram every two years. Depending on your breast cancer risk factors, your doctor may recommend you have a mammogram more often.

See Health on Page 5
The **Copper Jewelry Workshop** has been moved to **Pioneer Days** on May 2,3,4,5. Pictured are the copper tubes, hammer and anvil that Nancy Say will be using to demonstrate the making of the copper jewelry. Anyone stopping by the demonstration booth will be able to make a copper bracelet, copper ring or copper earrings if they so desire. Loyal Ladies will be helping Nancy with the workshop.

The "School Days" part of Pioneer Days is on Thursday, May 2 and Friday, May 3 from 9 am - 2 pm. EHC will be serving a beans and cornbread lunch to the school kids on Thursday and Friday. Right now there are 1,000 kids registered to come between the two days.

Educational/Demonstration booths are encouraged from each of the clubs. They only have to be on display from 9-2 on Thursday and Friday. They can be inside the EHC building or outside. If you would like to be outside, please let Jessica know. The schools that are attending will be there all day as a field trip. They will be led through each station by an adult and there will be between 25-40 kids in each group. The amount of time the kids have at each booth will be determined by the total number of stations. Our educational/demonstration booths will be part of the rotation schedule as well as the beans and cornbread lunch. The kids will also have a free time in the afternoon where they can play pioneer themed games and go to the petting zoo.

The fairgrounds will be set up similar to an actual pioneer settlement with a mercantile, homestead, blacksmith, church, jail, etc. If you have a pioneer "costume", please wear it.

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**Relay for Life luncheon**

The Relay for Life luncheon will be at 11:00 a.m. on Saturday, April 20, in the EHC building. Registration and teacup auction ticket sales will begin at 10:15 a.m. Cost of a ticket is $17.00 and includes the price of the meal and a $10.00 donation to The American Cancer Society. Please have one person collect money for your group and turn it in to Judy Brink on the day of the luncheon.

Tables are to be decorated to represent a nursery rhyme or a fairy tale story to fit with the "Once upon a Cure" theme. Tables may be decorated on April 19 after the leadership training program that begins at 10:00.

Each table is asked to donate a plant or gift basket to be used for the "tea cup" auction.

- Wilma Blair

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**Food safety class offered**

Jessica Vincent is conducting a ServSafe® Essentials class for preregistered representatives of the Extension Homemaker clubs in the county on April 22-24. ServSafe® has been the industry national standard for years, training more than one million managers and employees how to receive, store, prepare and serve food safely.

Those receiving the training are to share the information they learn with their club members so we will have a better functioning kitchen during the fairs and at events throughout the year.

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**Sharing Our Skills**

April 29th  **Diabetic Health** (Jessica Vincent, presenter, with Loyal Ladies as host club)
May 20th  **Canning** (Phyllis Pipkin, presenter, with Park/Heights as host club)

The SOS classes will be held in the EHC building at the Garland County Fairgrounds. They will start at 9:30 a.m. and include a light lunch. The duration of each class will vary. Registration deadline will be one week prior to the class. The fee for each class is $10 and must be paid BY CHECK at the time you are registering. For more information, contact the Extension Office at 501-623-6841.
A report from the St. Patrick's Day Parade

Our theme was "I'm looking over a four leaf clover". On the float were Peggy Barnett, Judy Brink, Betty Middleton, and Johnnie Peoples. We held up signs when they sang – "One is for sunshine, two is for rain, third is the roses that grow in the lane and no need explaining the one remaining is someone I adore" (I used a picture of a baby).

The banner was carried by the Clever Clovers 4-H club. Their leader, one mother, and 8 members helped to pass out candy and beads. The rain stopped just before parade time so that a good time was had by all. It was chilly but that didn’t stop the people from coming out. (Forgot to mention Tom Brink was driving the truck).

-Judy Brink

Presidential Pointers from Joan Rich

A nice addition to the EHC building is the planter outside the entrance we all use. The Arts & Crafts Fair Committee has provided funds for the project and Master Gardeners the labor. It really looks nice and a huge thanks to both groups.

If your club hasn’t signed up for the monthly cleaning of the building, the sign-up sheet is in the hallway by the Ladies' restroom. We all need to help maintain the building and keep it looking nice.

The AEHC State Convention is happening in June and the registration deadline is approaching. What a wonderful opportunity for learning and renewing friendships from other counties. A "bargain" convention as you can go home each night.

It's time for each club to ELECT A NEW PRESIDENT for the 2013-14 year and turn in his or her name, address, phone number and email address to Jane Oliver. She needs this information before May 5 (when the Executive Committee will be completing work on the Yearbook).

Successful project continues

The Loyal Ladies recently met at the First Lutheran Church fellowship hall to work on our coupon project. In 2012, $32,592.86 of coupon value was mailed to the Marine Corps base in Iwakuni, Japan. So far in 2013, $41,038.05 worth of coupons has been mailed making the overall total $73,000.

-- Bert Manning

Wilma Blair, Dona Kunstman, Nancy Say and Jane Kunstman sort coupons according to their value.
Quilting for the Cure
Crazy Quilters Extension Homemakers Club has made a Relay for Life Donation Quilt. All proceeds go to the American Cancer Society. Tickets for the Razorback quilt are $1.00 each or 6 for $5.00. If you wish to be entered in the drawing, please make a check payable to "Crazy Quilters" and send to Nancy Seaton, P.O. Box 2423, Hot Springs, Arkansas 71914. You will receive your ticket stubs in the mail. You may also buy more tickets on the day of the luncheon (April 20) before the drawing.

- Susie Bishop

Pictured are Nancy Seaton, Crazy Quilters president (left) and Susie Bishop.

Sweet dreams for Safe Haven
Members of Lakeside Extension Homemakers Club made and delivered thirty-two colorful pillowcases to Safe Haven Shelter for Women and Children. Steve Willis, Chairman of the Board for Safe Haven, accepted the pillowcases from the president of Lakeside EHC, Linda Bernard (left), Janie Woods, and Frances Bateman. The shelter is in a renovated former office building on Highrise Circle. It features several bedrooms and a bunkroom and will be able to house up to thirty-six individuals at a time.

- J.W.

Reaching out to the homeless
At the Cooks R Us Club monthly meeting on February 26th, the special meal was Cajun Delight. Chef Dick Hill (above, center), along with other club members, prepared a delicious entree of "Red Beans and Rice". After the meeting, Dick delivered the meal to the Samaritan Ministries for their lunch.

- Sally Patterson

A report from La Casa
La Casa's community service project is making walker bags with donated materials and then giving them to the Good Samaritan Therapy Center and to anyone who uses a walker. Our club held a workshop to cut up the fabric and make kits so each member could take them and sew them for more walker bags.

- Yolanda Earley
The **AEHC State Meeting** is June 4-6, 2013, at the Hot Springs Convention Center. "EHC - The Next 100 Years" is the theme for the meeting. Tuesday, June 4 will be "Red T-Shirt Day" and delegates are asked to wear their shirts all day to show their pride and support of AEHC.

Your registration forms and a check to cover fees are to be turned in to the Garland County Extension Office no later than close of business on Friday, April 12, 2013. If that deadline has passed, and you still wish to attend the meeting, you may pay a late fee of $10 and still register. Registration is $30, and the Tuesday and Wednesday lunches are $19 each. Creative Skills Class fees vary.

If you would like to register on line, go to [http://arextensionhomemakers.org/](http://arextensionhomemakers.org/) Click on the Next 100 Years logo, then on "Delegate Registrations". Questions? Contact Jessica Vincent at the Garland County Extension Office.

The **Craft and Trade Show** will be in the front lobby of the Convention Center. The hours are 8:30 a.m. to 5:00 p.m. on June 4th and 5th. Everyone is invited to come and shop, even if you are not a registered delegate of the convention. If an individual or a club would like to rent a space and sell their crafts, they may contact Peggy Barnett or Janie Woods for more information.

The **Silent Auction** will feature items furnished by each county. **Curtain Calls** will be on display, and booklets will be for sale.

The **Cultural Arts Display** in Horner Hall will feature knitted, crocheted, or quilted lap robes brought by each county. The lap robes will be given to the Rockefeller Cancer Research Institute at UAMS.

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**2013 AEHC State Meeting**

**June 4-6**

**Five How-To Classes** cover topics from "How to Talk to Your Doctor" (taught by Dr. Lisa Washburn) to "How to Get Your Heart Right". **Five Creative Skills Classes** that take only an hour include a "wood carved corn-dog" and "pen and ink basics". **Seven Subject Matter Classes** include line dancing, yoga (taught by Jessica Vincent), and smart phone and iPod basics. **Seven Education Classes** include "Everlast Gardening" taught by Jessica Vincent and "Healthy Lifestyles Curriculum" taught by Dr. Lisa Washburn.

**HEALTH (Cont. from page 1)**

- **Colorectal Cancer Screening**
  2 out of every 3 new colorectal cancer cases are in adults 65 years of age or older. Starting at age 50, it is recommended you have regular screenings. Your doctor will recommend the screening test that is appropriate for you.

- **Diabetes Screening**
  Diabetes is very common in older adults, affecting around 1 out of 4 adults age 60 and older. Even if you don’t have any symptoms, your doctor may test you for diabetes if your blood pressure is regularly higher than 135/80 mm Hg.

- **Cholesterol Screening**
  High cholesterol is a risk factor for both heart disease and stroke. Men 35 years of age and older and women 45 years of age and older should be checked on a regular basis.

- **Osteoporosis Screening (Bone Mass Measurement)**
  The risk of developing osteoporosis increases as you age. Women 65 years of age and older should get a bone mass or bone density test.

- **Skin Cancer Checks**
  There are many warning signs of cancer. Most can be successfully treated if they are caught early enough. Check with your doctor to discuss your risk factors and how often you should be checked.

- **Prostate Cancer Screening**
  Prostate cancer is the most common cancer in men and it is recommended that men of all ages have regular screenings. The main risk factors include your age, family history, and race.
Jessica’s Schedule

Every Monday and Wednesday – 4:30-5:30
Get Fit Garland County at Oaklawn Baptist Church

APRIL
1  Fountain Lake School Parent Fair (all day)
2  Little Rock State Office (all day)
4  4-H Banquet
8  Farm Bureau Women’s Committee Mtg, 6:00
9  Program Planning Meeting (all day)
11 Sr Nutrition Program 11:00 – Mountainview Towers
12 EHC Executive Committee Meeting 9:00
16 Little Rock State Office (all day)
19-20 4-H State Camp Leadership Workshop, 4-H Center
24  ServSafe Training
25  Extension District Meeting (all day)
26  Ag Safety Day at Lake Hamilton (all day)
27  EHC Board Meeting 9:00
29  EHC SOS Diabetic Nutrition
30  Nutrition Lesson for Drug Court 8:30
30  EHC Kitchen Committee Meeting 10:00
30  4-H Big “T” County O’Rama, Centerfork Church

MAY
1  EHC Yearbook Meeting 9:00
2  Nutrition Lesson for Drug Court 8:30
2-3  Pioneer Days at Fairgrounds
6-16  Physical Activity Program, Lake Hamilton School 8-12
7  Farm Bureau Meeting 7:00
9  Nutrition Lesson for Drug Court 8:30
10  Ag Day at Cutter School (all day)
10  EHC Leader Training 11:00
17  EHC Spring Council 10:00
20  EHC SOS, Canning
21  Horticulture Field Day Planning, Magnolia (all day)
22  Strong Women Assessments – Mountainside 8-12
23  Program Planning Meeting (all day)
27  Memorial Day (Extension Office Closed)
30  Horticulture Field Day in Hope (all day)
31  Strong Women Rally in Searcy (all day)

EHC Dates to Remember

Please note changes from information in Yearbook.

APRIL
5  Fabric Purse Workshop, 9 a.m.
19 Leader Training, “Controversy”, 10 a.m.
Relay Luncheon Set-up, 12:00 noon
20 Relay for Life Luncheon, 11 a.m.
26 Quarterly Board Meeting, 9 a.m.

MAY
2-5  Pioneer Days
6  Registration deadline for Lunch ’n Learn
10  Lunch ’n Learn, 11 a.m.
13  Registration deadline for Council Mtg.
17  Spring Council Meeting, 10 a.m.

JUNE
4-6  AEHC State Meeting, Convention Cntr
14-20  Upholstery Class
28  Officer and Leader Training, 10 a.m.

JULY
1-5  Vacation