

# EHC NEWSLETTER

January 2021

## Nametag Orders Are Due!

It is time to order the AEHC Nametags, if you do not have one. There are two styles to choose from. The most familiar one is shaped like the State of Arkansas and has the AEHC logo on it with a Razorback hog. The other option is a rectangular shaped nametag that has the AEHC logo and your name. The nametag is great to wear when working at the fairs, attending state EHC events, or when you do community service projects. If you would like to order one, please let the office know by January 31.



## Food Insecurity

Community service is a large part of the mission of Extension Homemakers. All clubs conduct community service projects locally. AEHC has chosen to address food insecurity as the Statewide Community Service project. The goal is to provide 1 million meals through this two-year project. Partnering with local Food Banks or Pantries is a great way to make a difference!

To get involved:

- Contact local food pantries or food distribution sites and find out how you can help.
- Buy specific food items needed and volunteer at the site.
- Host a food drive in your club and donate the items collected.
- Make financial contributions. The money collected can be used locally or statewide.



Finally, report your activities! There is a form, available [online](#). Complete the form and send to the statewide chairman, Roberta Shankles or bring it to the office to be forwarded. Remember to take pictures of collecting or donating items! Completing the form for each project, helps show the impact Extension Homemakers are making across the state.

## January Board Meeting and Leader Training

There will be no Board meeting or leader training this month due to meeting restrictions.

## Updating Mailing List

You should have received the update letter for our mailing lists. This is an annual requirement. If you have an email address, please add it to the form before returning it. With Covid affecting meetings, it may be an option to conduct programs and meetings through email messages. This was how the yearbook committee met last year to plan 2021 programs. Please call the office if you have already returned your form and need to add or update your email address.

## Maximizing Your Walk Across Arkansas Experience

Walking is inexpensive, safe, easy and a great way to be physically active. By adding regular walking into your routine, you can improve yourself both physically and mentally. Some of the benefits include:

- Decreases the risk of chronic diseases, including certain cancers
- Improves cholesterol levels, burns calories, improves weight loss, and physical mobility
- Lowers blood pressure, increases circulation, and strengthens the heart
- Improves sleep
- Increases energy levels and breathing
- Builds strong bones
- Slows down mental decline
- Improves your mood, reduces anxiety and depression
- Improves cognitive functions, concentration and mental sharpness.



Maybe you already have a walking routine. Here are some ways to add more steps to your day:

- Park further away from the entrance to stores.
- Take an extra lap around the perimeter of the grocery store or department store.
- Walk in place during commercials when watching television.
- Join a walking program such as Walk Across Arkansas!

Walk Across Arkansas is a free 8-week program sponsored by the U of A System Division of Agriculture Cooperative Extension Service. The program is offered in both the spring and fall. Participants create teams to help support and encourage each other. This helps keep everyone accountable to reach their activity goals. Teams can see not only their progress but that of other teams, adding in a bit of friendly competition.

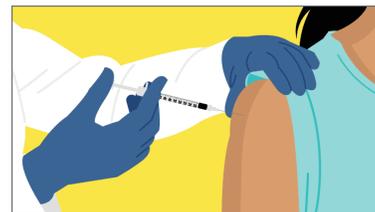
Everyone on the team needs an email address to register as part of the team. Members set individual goals and register the amount of physical activity completed each day of each week. Log in to [register here](#).

Once your team is registered, team members can enter their information and log their miles. If you have team members who do not have access to a computer or the internet, they can complete paper forms and have someone else, usually the team captain, enter their numbers.

For more information about Walk Across Arkansas or to receive a step-by-step handout on registering online, contact the Howard County Extension Office at 870-845-7517. The Spring walk will start soon!

## Get the Facts about Covid Vaccines

The Covid-19 Vaccine started being available within the past couple of months. Health care workers were first in line to receive it. Now, more people are being qualified to receive the vaccination. You have probably asked yourself if you should or should not receive the vaccination. It is a personal decision!



To help you learn the facts about the vaccination, Extension has put together a fact sheet outlining what we currently know. You can download a copy of [“A Primer on Covid-19 Vaccines”](#) or if you would like a paper copy, you can pick one up at the Howard County Extension Office or call our office and we will be glad to mail it to you!

## Howard County 4-H BBQ Bowl

The Howard County 4-H Foundation has made the decision to cancel this year’s 4-H BBQ Bowl due to Covid-19 concerns. Plans are to resume the BBQ Bowl in 2022.



The 4-H BBQ Bowl is the major fundraiser for Howard County 4-H youth. These funds help support local, district, state and national educational activities for youth across the county to participate in.

Thank you to all who have ordered ribs or Cornish hens in the past. Hopefully, the fundraiser can resume in 2022!

## Are You Interested in ReShaping Yourself?

ReShape Yourself is a 15-week healthy weight-loss program conducted by the Cooperative Extension Service. Participants meet once a week to learn weight-loss tips (that work!), support each other and track progress.



The program started in January of 2020 and then Covid hit! Who knew we would not be able to meet again during 2020? While restrictions are still in place for face-to-face meetings, would you be interested in participating in an alternative way?

Options would include weekly virtual meetings through Zoom, Facebook live or through a weekly mail out lesson. Participants could track their progress either at home or by coming to the office once a week.

If you would like to learn more about participating in this program, please let Jean know by February 1. Call the office at 870-845-7517.

## Diabetes Virtual Workshops are Being Offered

Nearly 15 percent of Arkansans — about 360,000 people — have diabetes, and 800,000 more residents have pre-diabetes, according to the American Diabetes Association’s Arkansas Chapter.

The Cooperative Extension Service, part of the University of Arkansas System Division of Agriculture, will offer a 8-week online support group for people living with diabetes. Participation is free, and registration is [open](#).



The group - “Delta Day to Day with Diabetes” - will meet from **January 11-February 28, 2021**. Virtual meetings will be offered on Mondays with additional resources in health, wellness, nutrition and fitness posted throughout the week. Some of the features will include a Monday meeting, Tasty Tuesday for sharing recipes, Wellness Wednesday, Think about it Thursday, Fitness Friday, and Wonderful Weekends.

The group is free and open to anyone with diabetes or anyone living or caring for someone with diabetes. It is not too late to join the group.

You might want to check out additional resources available on managing diabetes at [www.uaex.edu/diabetes](http://www.uaex.edu/diabetes).

## Don’t Throw Away Your Stimulus Debit Card by Accident

Congress voted last month to provide Americans with a second round of Economic Impact Payments, or stimulus payments, as part of the Covid-19 relief. Stimulus payments have begun going out. If you received your 2020 tax refund through direct deposit, you may have already seen it in your bank account. Those who did not receive payment through direct deposit will receive a check or a debit card as payment if you qualify.

The Arkansas Attorney General warns, “Do not accidentally throw the card away.” Here are tips on what to look for:

- The card will be sent in a white envelope that prominently displays the U.S. Department of the Treasury seal.
- Most individuals will receive \$600 and \$1,200 for married couples filing a joint return.

What if you haven’t received your stimulus payment? According to the Attorney General, you do not need to do anything yet. If you did not receive the first payment or the second payment, you can claim it on your 2020 tax return. If you do not normally file a tax return, and you haven’t received payment, you are being encouraged to file a 2020 tax return.

For more information about the latest stimulus payments, you can visit the Attorney General’s website at [www.ArkansasAG.gov](http://www.ArkansasAG.gov).

## AEHC Spring Workshop

The AEHC Spring Workshop has been pushed back to April. The meeting typically takes place in March at the Arkansas 4-H Center in Ferndale. The date for this year's meeting is **Wednesday, April 21, 2021**. Location for the event has not yet been determined. If you think you might be interested in attending the meeting, please let me know. That way, I can contact you directly as information becomes available.



## Bleach Do's and Don'ts

Bleach is a powerful and inexpensive disinfectant that can help prevent against the spread of Covid-19, but it needs to be used correctly. Always read the label and follow instructions for using the product correctly. Here are ten tips for using bleach to disinfect according to the American Cleaning Institute.

- Do dilute the bleach with water at room temperature unless otherwise stated on the label. Using hot water can destroy the effectiveness of bleach.
- Do pre-clean the surface with soap and water before disinfecting. Bleach becomes less effective when there's dirt on the surface.
- Do wear gloves to protect your skin and wash your hands with soap and water after you're done disinfecting.
- Do ventilate the room while you're using bleach. Opening a window is a good way to get the air flowing in the room.
- Do rinse food contact surfaces and toys with water after the bleach has been left on the surface for as long as recommended on the label.
- Do store the bleach out of reach of children and pets. This also applies to other cleaning products and hand sanitizer!
- Don't mix bleach with other cleaning agents, especially vinegar or ammonia. This can lead to a dangerous chemical reaction.
- Don't wash fruits, vegetables or other food products with bleach.
- Don't use bleach to clean or disinfect hands or bare skin.
- Don't drink or gargle bleach or a bleach solution.



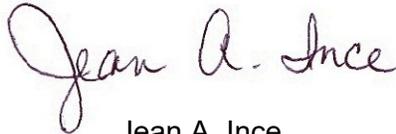
*Photo credit: Getty Images*

For more information on using bleach or tips on cleaning areas in your home, check out the website <https://cleanandhappynest.org>.

I hope everyone has a safe and healthy 2021! Remember, we are open! If we can assist you with consumer questions, gardening, health and nutrition don't hesitate to contact us! Hopefully, restrictions will lift soon, and we can resume life as normal!

The University of Arkansas System Division of Agriculture is an equal opportunity/equal access/affirmative action institution. If you require a reasonable accommodation to participate or need materials in another format, please contact the Howard County Extension office as soon as possible. Dial 711 for Arkansas Relay.

Sincerely,

A handwritten signature in black ink that reads "Jean A. Ince". The signature is written in a cursive, flowing style.

Jean A. Ince  
County Extension Agent - Staff Chair

The University of Arkansas System Division of Agriculture offers all its Extension and Research programs and services 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, and is an Affirmative Action/Equal Opportunity Employer.