EHC Newsletter
February 2017

Best Care

The second session of Best Care will be held this Saturday, February 18. Thank you to Hillcrest EHC for helping to host in January. Uncommon Threads has volunteered to host this session. Claudia and Judy will help. Please be at the EH Center by 8:15. Again, I appreciate the clubs helping with the program!

Arkansas Flower and Garden Show

It’s time for a road trip to the 2017 Arkansas Flower and Garden Show! Gather inspiration and learn more about gardening to help you create gracious outdoor living spaces in your backyard.

The Statehouse Convention Center will be filled with beautiful display gardens featuring live plants and showcasing the latest garden and patio design trends. There will be over 75 different vendors offering everything from gardening tools, yard art, and plants to skin care products, outdoor furniture, and grills. There will be gardening seminars and educational gardening how-to’s throughout the show on a variety of gardening subjects that you won’t want to miss.

If you are interested in attending this event, you must preregister by calling the Extension Office at 870-845-7517. Please register by February 20. The group will carpool to Little Rock on Friday, February 24. We will leave the EH house at 8:00 a.m. Cost for the event is $10.00. It must be paid by February 20 as tickets will need to be ordered online. This will be a full day. Wear comfortable clothes and shoes. There is walking involved! We will return late that day.

Flag Retirement Ceremony

Super 4-Hers Club will be having a flag retirement ceremony at 6:00 p.m. on April 4 at the EH Center in Nashville. They are partnering with Boys Scouts for this event. This is a solemn ceremony where old, tattered flags are retired. This is an appropriate way to “bury” the American flag or Arkansas flag. If you have a flag that needs to be retired, please bring it to the EH Center by April 4 to be a part of the ceremony. If you would like to attend the ceremony, feel free to do so!
Butterfly Gardening

The Nevada County Master Gardeners are sponsoring a Butterfly Gardening Class to be conducted by Ms. Kitty Sanders of Fayetteville, Arkansas at the Prescott Nevada County Library on Tuesday, February 21 at 6:00 p.m. Ms. Sanders is a member of the Washington County Master Gardeners and a volunteer at the Botanical Gardens of the Ozarks where she was instrumental in the creation of the Butterfly House. She will cover butterfly gardening in Southwest Arkansas, plant selections that attract butterflies and “How to become a Monark Nanny”. There is no charge for this class. If you have any questions concerning this opportunity, please contact Claudette Harris at claudetteharris@centurylink.net or call 870-403-4121.

Walk Across Arkansas

The spring edition of Walk Across Arkansas is just around the corner. Dates have been set for February 26-April 22. Walk Across Arkansas is an 8 week program designed to improve fitness benefits, including: increased energy, stress relief, weight loss, and social engagement. Consider forming a team and participating in this event.

To register your team, log in at www.uaex.edu/health-living/health/fitness/walk-across-arkansas or to learn more. This past fall, Howard County had seven teams who exercised over 116,510 minutes! That computes to an estimated healthcare savings of $11,651. Howard County came in fourth place statewide with these minutes. Spring is a perfect time to get in shape and enjoy the great outdoors!

Fast and Easy Housekeeping Tips

We all know that well-managed home helps create a healthy home environment. However, it is sometimes hard to have a clean and organized home. The trouble is trying to “keep up with it all”. It is a challenge, and the biggest frustration is it’s never finished. Just when you think you’ve made it to the end it’s time to start over!

This month’s leader training lesson will look at ways to make housekeeping easier and to do it in less time! The training is scheduled for Tuesday, February 28 at 10:00 a.m. at the EH Center in Nashville.

To help with the program, each club is being asked to submit five of their best tips to the office prior to the program. You may bring them with you! The goal is to compile a list of tried and true housecleaning tips that really work! Participants are also asked to bring a set of bed sheets to learn how to fold them properly. Folding sheets can be a challenge, but when you know how to do this job, it becomes easy!

All Home and Community Environment leaders are encouraged to attend this training. Anyone is welcome to attend! For more information, call the office at 870-845-7517.
**February Board Meeting**

The February Howard County EHC monthly board meeting is scheduled for **Tuesday, February 28 at 1:00 p.m.** at the EH Center. Items on the agenda include:
- Catering events
- 4-H programs
- Spring Education Workshop & State Meeting
- EH house projects

As you can see, we will have a full agenda. Your help is needed to conduct the business of your organization. All executive board members, educational chairmen, and club presidents are encouraged to attend. Any member may attend, but only voting members will be allowed to vote.

**AEHC Spring Education Workshop**

The AEHC Spring Education Workshop is scheduled for **Wednesday, March 8** at the Arkansas 4-H Center in Ferndale. The purpose of this meeting is to determine the Major and Minor Program Emphases for the next two years. Participants will learn about possible programs to conduct, vote on the emphasis area, renew and make new friendships from members across the state, plus much more.

Dr. Rick Cartwright, Interim Associate Director with the University of Arkansas Cooperative Extension Service will be the guest speaker. You will enjoy listening to Dr. Cartwright as he shares his vision for Extension. There will also be a dedication ceremony for the Betty Oliver Memorial Drapes at the 4-H Center.

A registration fee of $15 will be charged for the workshop. Lunch will be cost $8.00; therefore, total fees will be $23 per person. We will leave the EH house at 7:00 a.m. that day. The program starts at 9:30. We should return to Nashville by 5:30 p.m. If you are interested in attending this workshop, you must preregister by **February 20**. You can register online or call the office at 870-845-7517 and I will be glad to help you. Payment for the workshop must reach the state office by February 24.

**Lap Robes for UAMS**

Last month, Uncommon Threads EHC was featured with lap robes they had donated to UAMS. After the initial donation from across the state, it has come to our attention that UAMS has an ongoing need for lap robes. If your club would like to be a part of this community service project, this would be a great opportunity.

The robes can be made from fleece, flannel, quilted, crochet, or knitted. The dimensions can vary, but should be able to wrap around a person in a wheelchair. Robes are used for patients who are admitted through outpatient or ER, who don’t necessarily have family. The robe is given to the patients and stays with them throughout their stay in the hospital and when they go home. According to the volunteer coordinator at UAMS, the lap robe brings brightness to their room and the thought that someone made it for them is heartwarming for the patients.

Lap robes are being collected now to be delivered during the AHEC Spring Meeting on March 8. We will make another delivery at the state meeting.
**AEHC Annual Meeting**

Plans are underway for the Annual AEHC State Conference **June 6-8, 2017** at the Hot Springs Convention Center. Mark your calendar now with the date and plan to attend! This three-day meeting is packed full of educational programs and workshops. The deadline for registering will be May 1.

Three rooms have been reserved at the Hotel Hot Springs for the meeting. The cultural arts project for this year will be a table runner. The table runner can be any length because everyone has a different size table. The runner can be made or purchased. If you make it, it can be pieced or made of whole cloth.

The table runner will be used as an AEHC-NVON fundraiser and will be sold at the state meeting. If you do not want it to be sold, please let me know when you check your table runner in at the state meeting.

Howard County will have a local contest at the Spring Council meeting to determine the table runner that will represent our county at the meeting. It will be determined by voting with pennies, which will then be used for the Pennies for Friendship project.

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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 your County Extension office as soon as possible. Dial 711 for Arkansas Relay.

Sincerely,

Jean A. Ince
County Extension Agent - Staff Chair

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