

EH NEWSLETTER

May 2020

Annual Meeting

The AEHC Annual Meeting scheduled for June 2-4 has been postponed until June 30-July 2. No final plans have been made yet due to Covid-19 shutdown. Plans are to have it at the Hot Springs Convention Center. It will all depend upon how fast businesses open back up.

There are several items that will need to be voted on. Alternative plans are also being considered. As they are made available, I will let you know. In the meantime, check out the AEHC website for the latest information. You can also text EHC to 474747. You will be added to a group text.



If you are interested in going, let me know and I will contact you when final plans are made.

One Million Meals Project

Howard County
Extension Office
421 N. Main Street
Nashville, AR 71852
870-845-7517

Jean A. Ince –
CEA-Staff Chair

Samantha Kroll –
CEA-Agriculture

Deb Kreul –
4-H Program Assistant

Cecilia Harberson –
Administrative Specialist III

The Arkansas Extension Homemakers Council is raising money to provide 1 million meals. It's part of the "Nourishing our Roots; Nurturing our Future" campaign to help fellow Arkansans. We're partnering with food banks across the state to leverage our food buying power. Just \$1 can help provide anywhere from 4 to 10 meals. Please consider making a donation today. Your gift will go directly to the food bank of your choice and may just mean the difference between someone having a meal or going without. Learn more at the AEHC page <https://www.uaex.edu/life-skills-wellness/extension-homemakers>. You may prefer to donate locally. Contact the office at 870-845-7517 to learn how to make your money work locally.



Facemasks Are Still Needed

It has been six weeks since the first case of Covid-19 was reported in Arkansas. Hundreds of face masks have been made and distributed since then. However, requests are still being made for masks. Arkansas Children's Hospital, UAMS and St. Vincent's are all needing masks. The cloth masks are being worn over surgical masks. As hospitals open up for surgeries, masks are needed for patients.

The masks are easy to make. I understand materials for making the masks are limited. Cutting strips of t-shirt type material and using in place of elastic seems to be working. Other creative ideas include using elastic headbands in place of regular elastic.

If you would like to make and donate facemasks, I will be glad to provide a pattern. There are several variations on Pinterest and Youtube videos to follow. I can provide some fabric, if needed and possibly some elastic. Just call the office at 870-845-7517.

If you are making masks, even for yourself and your family, please let me know. We are keeping track of the number of masks made across the state. To date, over 20,000 have been made.

Tina C. made these masks in just a few hours. They were donated locally to the Surgical Clinic.



Yearbook Committee

The yearbook committee has met and are in the process of choosing some really great programs for 2020-2021. Topics will include: Let's Get Outside, Mixes in a Jar, As the Band Marches On – Embracing Aging, Homemade Cleaners-How to Make Them, The Witch is Back!, Get Online with Technology and four from the state office. They are Maximizing your Walk Across Arkansas Experience Using Technology, Fad, Fiction, or Fact? What's in Your Diet?, Loneliness, and Personal Finance. As you can tell, there is something for just about anyone! I am looking forward to a year of great educational programs.



Exercises to Do at Home

Are you bored? Wish you could exercise more? If so, check out the exercise videos from nih.gov workout 4life. They have several workout videos that you can follow along with all designed for older adults. Workouts range from 15 minutes to 60 minute videos. They are easy to do and you don't really need any special equipment.



At Home with UAEX

If you haven't liked the "At Home with UAEX" Facebook page, you need to. Daily updates and posts are being made from Family Consumer Science agents from across the state. There are videos, flyers, lessons and a wealth of other information. Not all posts pertain to Covid-19. Be sure to check it out, like the page and start following it!



Phone a Friend



While we may not be able to get out and be in social gatherings, we can still be social by picking up the phone and calling someone. Each Friday is "Phone a Friend" day. However, you don't have to call on just Friday. Check on your members and see how they are doing! We all love to hear from each other every now and then.

National Volunteer Month

May is National Volunteer Month and I just want you to know how much I appreciate you and miss you all! Hopefully things will return to normal soon and we can all be together! Until then, stay safe and well!



Just a reminder...all meetings and activities are still cancelled until further notice. The office is still open and we're still working! If you have questions, please call the office at 870-845-7517.

Berry Dairy Dessert

Garrett W., a member of Super 4-Her's 4-H Club, prepared this recipe for the Virtual Dairy Foods Contest held recently. Garrett placed 1st in Party Ideas, Junior Division.

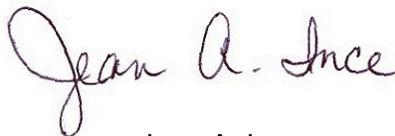
2 lbs. strawberries
2 sleeves graham crackers
1 (8-oz.) pkg. cream cheese, room temperature
1 (14-oz.) can sweetened condensed milk
2 (3.4-oz.) pkgs. Instant cheesecake flavored pudding
3 cups milk
1 (12-oz.) carton whipped topping, divided

Wash, cut tops off of strawberries and slice them ¼ inch thick; set aside. Line bottom of a 3-quart 13x9 baking dish with graham crackers and set aside. Combine cream cheese and sweetened condensed milk in a large bowl and beat with a mixer until smooth and creamy. Add pudding mixes and milk, then continue mixing on low for 4-5 minutes or until mixture starts to thicken. Fold in 2 cups whipped topping until smooth. Pour half of the cream cheese mixture over graham crackers. Arrange a single layer of strawberry slices over cream cheese mixture. Top strawberries with another layer of graham crackers then cover with remaining cream cheese mixture. Top cream cheese mixture with another layer of strawberries. Cover and refrigerate for 6-8 hours.

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 cursive script that reads "Jean A. Ince". The signature is written in dark ink and is centered on the page.

Jean A. Ince
County Extension Agent - Staff Chair

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