

Healthy Living,

Happy Homes

in Lonoke County

Summer 2012

University of Arkansas
Research and Extension

Lonoke County
Cooperative Extension
Service

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Food & Nutrition

Financial Management

Health & Aging



Make Meals a Family Affair

There are many benefits of family meals. Families are more likely to eat a nutritious meal when most or all of the family eats together. Families who eat at home have control of portion sizes and ingredient choices. Children who eat with their families are likely to consume more fruits, vegetables, and whole grains. Research shows that adolescents are also less likely to smoke, drink, and use illegal drugs during their teen years. Enjoying meals together enhances family communications and improves manners, too. And, of course, there is a lifetime of positive memories that sharing meals together creates.



Engage your children in age-appropriate mealtime tasks when possible. The family meal does not have to be a formal dinner. A family meal can be a breakfast or even lunch. In fact, nutrition experts say that family meals don't even have to be enjoyed around a table. The important factor is to eat together. If your schedule won't accommodate a family meal around the kitchen table, opt for something different. In warm months, plan a picnic lunch before or after a game; have lunch at the park; plan a meal with grandparents or friends; or have family cook-outs. The important thing is to do it together as a family.

Resource: extension.org

FINANCIAL



Protecting Arkansans

Consumer Protection Town Hall

Wednesday, August 1, 2012

8:15 a.m. —12:00 p.m.

Grand Prairie Center
Phillips Community College
2709 Highway 165 South
Stuttgart, Arkansas



AARP

Register Today!

Call toll-free 1-877-926-8300

Attendance is limited
Advanced registration required

Event is Free.

Coffee and Lunch provided.

Please RSVP by Noon, July 30, 2012

Program Schedule

8:00 **Registration**

8:15 **Welcome and Opening Remarks**

Moderator, Jerry Lancaster, AARP AR Executive Council Member

8:30 **Stretch Your Retirement Dollars**

Hank Klein, AARP AR Lead Volunteer for Financial Security

9:00 **Medicare Fraud Prevention—What You Can Do**

John Pollett, Arkansas Senior Medicare Patrol (SMP) Project Administrator

9:30 **Most Popular Frauds**

Jim DePriest, Arkansas Office of the Attorney General - Deputy Attorney General

10:00 **Break**

10:15 **Legal Planning**

Jim DePriest, Arkansas Office of the Attorney General - Deputy Attorney General

10:45 **Securities Fraud – Scams, Schemes and Deceptions**

A. Health Absure, Arkansas Securities Department, Commissioner

11:15 **Understanding the Mysteries of Medicare**

Melissa Simpson, Arkansas Insurance Department, SHIP (Senior Insurance Information Program) Director

11:35 **Health Insurance Changes**

Janice Hatridge, Arkansas Insurance Department, Consumer Assistance Program Manager

11:55 **Closing Remarks**

12:00 **Lunch**

Protect your financial security

All meetings and activities announced in this newsletter are open to all eligible persons regardless of 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 as soon as possible prior to the activity.

ANNOUNCEMENTS

2012 ARKANSAS RICE EXPO



U of A DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System

*Join us as we bring the outside inside
at the Grand Prairie Center:*

- Recipe contest
- Food demonstrations
- Free rice cookbooks
(while supplies last)
- Virtual and live field tours
at Rice Extension &
Research Center

And don't miss Janet Carson:

- In the garden - what's in bloom
- Preparing for fall gardening

AUG. 3, 2012 • 8 A.M. – 1 P.M.

GRAND PRAIRIE CENTER, 2807 HWY. 165 SOUTH, STUTTGART



Lonoke County Fair

It's fair time again, or at least time to begin planning and preparing for fair. The Lonoke County Fair dates are September 16-22. Begin planning now for your entries into the fair. Family and Consumer Science exhibit categories include clothing, household art, quilts, crafts, home furnishings, fine arts, creative writing, and photography, food preparation, food preservation & honey and horticulture. There are divisions for youth, ages 9-12, junior, ages 13-18, and senior, ages 19 and older. Check-in day for entries will be Tuesday, September 18. Fair catalogs with more specific information will be out closer to fair time.

Interested in learning more about using Super Tracker? I am planning to do a class demonstrating how to use Super Tracker. Contact Lonoke County Extension Office to get your name on the list.

If you would like to receive this newsletter electronically, send me an email at dbowen@uaex.edu. If you know someone who is not getting this newsletter and would like to receive it please have them contact my office.