

## DELTA DISTRICT AEHC RALLY 2015 HELD IN ARKANSAS COUNTY

The Delta District AEHC Rally was held in Arkansas County at the Grand Prairie Center in Stuttgart on Thursday, October 22, 2015. The theme was "It's Tool Time-AEHC Style." Over 150 were in attendance. Thanks to Prairie Gems for the wonderful desserts and all the fabulous AR County EH ladies that helped out. A special shout out to Mrs. Margie Hackney for your acts of kindness and endless hand in helping out!



### Save the Date 2016 AEHC OFFICER TRAINING!



Tuesday, March 9<sup>th</sup>  
4-H Center  
Ferndale, AR

**Friday, February 19, 2016 is the deadline  
for registration of \$19.00  
(Includes registration & lunch)**

More information will be available by contacting the county extension office.

### EH CLUB COMMUNITY SERVICE OPPORTUNITY

There is opportunity for club(s) to individually or collectively sign up to participate in Walker Basket Workshop for DeWitt Nursing Home and possible other nursing homes in the county. This will be a continuous project that can be used for project book submission for this year. This project will be every Monday of March from 9-12. Please bring sewing machine. You are welcome to bring snacks, but drinks will be provided. Please contact the Arkansas County office for details 870-946-3231 or 870-673-2346.

### STRENGTH TRAINING CLASS

MEETS EVERY TUESDAY AND THURSDAY @ 5

CLARENDON CHURCH OF CHRIST

532 N. SECOND ST, CLARENDON

FOR MORE INFORMATION CALL MONROE COUNTY  
EXTENSION OFFICE 747-3397

### Early Childhood Training 2016

The Lee, Monroe and Phillips County Cooperative Extension Services will be conducting a free child care training on:

Saturday

January 16 & January 30

8:00 a.m. – 1:30 p.m.

Trainings will be at Phillips Community College fine Arts Center, Helena. These are verified trainings through Traveling Arkansas' Professional Pathways (TAPP). Continuing Education Units are available. Call Monroe County Office, 747-3397, to register.



"Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain loving one another." ~Erma Bombeck

# MONROE FCS/EHC NEWS

WINTER 2016



**WAA 2016  
REGISTRATION BEGINS  
FEBRUARY 8<sup>TH</sup>  
START WALKING  
FEBRUARY 15<sup>TH</sup>  
ENDS  
APRIL 10<sup>TH</sup>**

Walk Across Arkansas (WAA) is a physical activity campaign designed to get Arkansans moving more. Each spring, individuals gather a team, put on their walking shoes and walk their hearts out for 8 weeks.

Sign up can be found on the main page of: [www.uaex.edu](http://www.uaex.edu) by clicking the WAA logo.

## IT'S SIMPLE, FUN AND REWARDING!

- Uses a watch
- Log in minutes walked or exercised
- 2-10 people teams in categories
- Set your own personal goals
- Everyone is a winner
- Online data entry

**If you do not have access to a computer or smartphone, you can sign up and log minutes weekly by calling or stopping by the County Extension office.**

## Get Up, Get Moving!

Heart disease is one of the leading causes of death in the United States, and lack of physical activity is a major risk factor for heart disease. Regular exercise can reduce the risk of heart disease and other health problems like diabetes and obesity. Even a moderate activity like walking is helpful when done regularly for at least 30 minutes on most days.

If you aren't used to walking for longer periods, try walking just 10 minutes at a time. Add 10 minutes each month until you are walking for 30-40 minutes. You can also take two walks a day for 15 minutes to reach your goal of 30 minutes per day on most days.

Try to find a partner who will exercise with you. Making exercise fun is key to reaching your goals.

### Salmon & Rice Bake

**Yield:** 8 servings    **Serving size:** 1 cup

#### Ingredients:

- ¾ cup American cheese, crumbled
- 2 cups uncooked rice
- 1 can low-sodium cream of mushroom soup
- 1 ½ cups 1% UHT milk
- 1 can low-sodium peas, drained
- 1 can salmon (around 14.5 ounces)

#### Directions:

- Preheat oven to 350 degrees F.
- Cook rice according to package directions.
- Drain salmon. Remove large, round bones and skin.
- Place all items in a 9x13-inch baking or casserole dish and mix well.
- Bake for 45 minutes to 1 hour until bubbling.
- Tip: Try with other canned vegetables, or substitute chicken or tuna for salmon.

#### Nutrition Information per Serving:

Calories 333, Fat 7 g, Protein 21 g, Fiber 2 g, Sodium 579 mg  
Carbohydrate 46 g Adapted from: *USDA Mixing Bowl*