Pike County EHC Members Attend the “MY AEHC LEGACY” AEHC Education Workshop at C.A Vines 4-H Center

FRONT ROW: Patsy Morpew-Langley EHC, Faddie Gentry-Diamondettes, Etta Teeter-Pisgah, Bessie Harris-Pisgah, Catherine Reid-Diamondettes, Jeannette Deaton-Pisgah


What: EHC Spring Council Meeting
When: Thursday, April 16
Time: Registration starts at 9:00 a.m.
Where: Church Of Jesus Christ of Latter Day Saints
Glenwood, AR

~ Just past the Church of Christ where we met last year ~

Guest speakers will be Glenna Ewing, Owner of Blooming Baskets for a “Plant Question and Answer Session”, and Gracie Andrews with a presentation on “Decorating Flower Pots”.

Be sure to bring your pot luck, your healthy baby baskets, and your door prize.
Board members will meet after the council meeting & need to bring their
RONALD McDONALD HOUSE PACKETS PACKAGED & DELIVERED

Eleven club members met at the Pike County Extension Office on March 21 to put together Ronald McDonald House care packets. Pike County EHC president Janette Deaton complimented all of the clubs for collecting and donating the many items for this cause. She said “Our goal for the Ronald McDonald House packets was fifteen. You exceeded that by providing enough supplies for twenty-five!” Leftover items were packaged to be used as single supplies.

Charlene Owens and Jeanette traveled to Little Rock on March 23 to deliver the collected items for the Ronald McDonald House. The load completely filled Jeanette’s vehicle. When she saw all the items from Pike County, the Director of the McDonald House said "You brought me everything I asked for!" The entire staff and the residents that they met were very appreciative of your generosity. Charlene and Jeanette also toured the facility before heading home.

CLOCKWISE PHOTOS: 1) Statue of Ronald at Ronald McDonald House, 2) Jeanette Deaton and Charlene Owens deliver packages, 3) Cheerful volunteers and cheerful packages at the end of a pleasant, busy morning at the Extension office, 4) Members sort and package items donated by each of the county EHC clubs

“Thank you to everyone in Pike County EHC for your donations and to the ones who gathered on March 18 to assemble the individual bags.”

~Jeanette Deaton~
EAST DELIGHT CLUB March Meeting

East Delight club members are enjoying meeting each month at the Delight Branch Library. At the March meeting they finalized plans for putting together Baby Baskets to bring to the Spring Council Meeting and discussed club project ideas. **PHOTOS: Top Left: Delight Branch Library Top Right: Charlene Owens, Zenobia Craig, Gwen Doss, Jinny Evans, Barbara Denny, Barbara Genung**

Pajama Pants Delivered to Arkansas Children’s Hospital

Pisgah EHC cut out and made 79 pairs of pajama pants of various sizes for Arkansas Children's Hospital. These pants along with many preemie caps and baby quilts were delivered to the hospital on March 23 by Jeanette Deaton. The Hospital has already responded with a wonderful thank you note showing their appreciation for the hard work the Pisgah Club put forth.

GLENWOOD EHC HOSTS STROKE EDUCATION CLASS

The Glenwood EHC Club hosted a AR SAVES Stroke Education Program during their March meeting and invited local residents to attend. Scotty Rowton, son of Louella Hawthorn, did a great job teaching the importance of immediately calling 911 and getting to the hospital without delay in order to receive a clot-busting medicine that has to be administered within 3 hours of the onset of a stroke. You can help get the word out about AR SAVES by hosting a Stroke Education presentation at your church, workplace or club by calling Scotty Rowton at 870-245-1280. **PHOTO: Scotty Rowton - RN Baptist Health Medical Center, Louella Hawthorn, Eva Langley, Sara McWhorter, Cynamon Burnett - RN Baptist Health Medical Center, Sharon Robertson, Carolyn Monroe, Priscilla Owens, Helen Leamons, and Joyce Parker - visiting member of Langley EHC**
Decisions about next year’s Major and Minor focus were made at the March AEHC Educational Meeting in Ferndale. The minor focus for 2015-2016 will educate members on recognizing and avoiding Financial Fraud.

The Major Focus will be Aging and Health and the program that will be used next year is titled “Keys to Embracing Aging”. This program has an overview lesson and then 12 individual lessons on specific topics. Each lesson has its own handout and suggested activities.

The first key is having a positive attitude. A positive attitude affects our overall happiness, health and well-being and can also help us better manage life’s transitions and challenges. One way to change our attitude to being more positive is by being more positive to others.

One of the activities that we did at the Ferndale meeting was called “You Don’t Say”. We were asked to pay at least two specific, sincere compliments to one or two other people in the room. We could not give a vague compliment like “You look nice today,” but had to focus in on what we liked about that other person and say something specific like: “You look very nice in your blouse. It is a pretty color.”

In return, we had to accept sincere compliments. During this activity, we had to practice saying, “Thank you” and not respond with a negative comment about ourselves. Within moments, the room was filled with laughter, smiles, and friendship proving once again that a positive attitude makes all the difference!
President’s Memo ~ Jeanette Deaton

Isn't this spring weather wonderful? I cannot seem to get enough of the outside. Of course my chores have piled up, and I seem to have trouble quitting as I work even to the point of overdoing.

Our project for the year was a resounding success and each of you came through with more than we had set for our goal. Thank you! I hope all of the clubs are working on your projects. The Pisgah group has virtually finished theirs, but they plan to perhaps make pajama pants for DHS also. Congratulations!

I hope to see all of you at the meeting on April 16. Be sure to bring you pot luck, your healthy baby baskets, and your willingness to learn something new. Gracie Andrews will speak and demonstrate how to decorate flower pots, and Glenna Ewing from Blooming Baskets Nursery will enhance our knowledge of plants with a question and answer session.

Also, take a look at the state meeting agenda and plan to attend this. I know that we have at lease five going. Have a great day and I plan to see all of you on April 16.

Jeanette

“Spring is when you feel like whistling even with a shoe full of slush.”
~ Doug Larson ~

Have a Great Day!
Remember to send me photos and news of your club meetings so I can share it with the other clubs in our county. THANKS!

Eva Langley
Pike County Extension Agent
Family & Consumer Sciences

CALENDAR OF EVENTS
April 9—Janet Carson speaking in Glenwood
April 16—Spring Council and Board Meeting at Glenwood
May 1—Deadline for registering for the state meeting
June 2-4—State EHC Convention at Hot Springs

“You don't stop laughing when you grow old, you grow old when you stop laughing.”
~ George Bernard Shaw ~