From the Pen of your President

Fellow Homemakers,

Hope all of you have had a good start for the New Year! Like cold weather…you got it!

- Snow
- Warm/hot
- Rainy

Like the weather differs, so do we. We EHC members are uniquely created with our different personalities, abilities, and skills. Many are creative, resourceful, and effective leaders. Thankfully some are well organized, especially Shea! We grow in volunteering, education, and leadership through working together in EHC. We need all kinds of members in our organization. It takes us all to have effective clubs. I am grateful for all of our clubs members who are wonderful volunteers. I’m honored to be your president.

WORKING TOGETHER ACCOMPLISHES MORE!

~Mitzi Osborne, Prairie County EHC President

Upcoming EHC Events:

Monday, February 25
Chair Yoga Class

February 25-March 2
America Saves Week

Tuesday, February 26
Leader Training

Wednesday, March 6
AEHC Education Workshop

March 25
Walk Across Arkansas

Tuesday, March 26
EHC Board Meeting

April
EHC Excursions

Raising kids, Eating right, Spending smart

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, sex, gender identity, sexual orientation, national origin, religion, age, disability, marital or veteran status, genetic information, or any other legally protected status, and is an Affirmative Action/Equal Opportunity Employer.
Agent Update

Happy New Year! I don’t always get to come to your club meetings, but I do want you all to know what I’ve been up to. Here are a few program highlights from last Fall!

EHC Highlights:
- Fall Council Meeting
- District Rally
- Project Books
- Heifer International Farm Tour
- Club meetings

FCS Highlights:
- SNAP Ed nutrition displays and food tastings at Commodity Distribution
- SNAP Ed nutrition displays at DHS
- SNAP Ed school enrichment with K-2
- Chair Yoga classes with Hazen Sr. Center
- Local Extension Get Fit classes
- District Extension Get Fit volunteer trainings
- Living Well on the Prairie Blog
- FCS Dining In Day

4-H Highlights:
- Enrollment
- National 4-H Week
- Achievement Banquet
- Life Skills Workshop for Teens
- Yoga for Kids Trainings
- Record Books
- Club meetings

~ Shea

Walk Across Arkansas

The 2019 Spring edition of WAA starts March 25. Form a team and get those walking shoes ready! For more information, visit the website www.uaex.edu.

AEHC Education Workshop

Learn, Laugh, and Live Well

Save the date for Wednesday, March 6! We will travel to the 4-H Center for a day of fellowship and education with members throughout the state. Registration is $25, which includes lunch.

Registration will begin at 8:30 a.m. The workshop will start at 10:00 a.m. and should conclude no later than 2:30 p.m. Extension Family and Consumer Sciences faculty and staff will present focus subject areas and hot topics in Health, Nutrition, Personal Development/Family Life and Personal Finance.

Dr. Laura Hendrix, state AEHC advisor, will present results of recent AEHC strategic planning meetings. Your state officer team has been working hard for you, come hear all about it!

Representatives from UAMS and Arkansas Children’s Hospital will give updates on work being done for their patients. You will hear about the impact our organization has made in patient lives and learn about their future needs. A new and exciting statewide community service project will also be announced!

This workshop is open to all members and we would like for each club to be represented. If you plan to attend, please register no later than Monday, February 20 so we can meet the state deadline. Those who would like to carpool, we will leave the gazebo in Hazen by 7:15 a.m.

Upcoming Leader Training

Tuesday, February 26
Topic: Creative Skills

Janice Corpier will be demonstrating how to make Cookie Sheet Chalkboards.
Chair Yoga

If you’ve been wanting to try yoga, I’ll be teaching a free class on Monday, February 25 at 10:30 at the Hazen Senior Health and Wellness Center (607 McDonald Drive, Hazen). I try to visit the center once a month as my schedule allows and would love for you to join me. I’ll guide you through gentle poses designed to reduce stress while stretching and strengthening the body. The goal is to feel relaxed and peaceful. Bring a friend! No yoga experience is needed.

America Saves Week

Americans are behind when it comes to savings. This could be because few people prioritize saving money over other goals. If you want the security and benefit that comes from making saving a priority, take the America Saves Pledge. America Saves Week starts February 25 and is a national effort to set a savings goal, make a plan, and save automatically. Whether you are saving for retirement, a vacation, an emergency fund, or to pay off debt, this is a great way to help reach your goals. Visit https://americasaves.org/for-savers/pledge to sign up!

NVON National Conference

Today’s Woman Striving to Strengthen Her Community

The Arkansas Extension Homemakers Council will host the 21st annual conference of the National Volunteer Outreach Network (NVON) July 23-25, 2019, at the Holiday Inn at Springdale.

NVON is made up of eight states – Arkansas, Illinois, Indiana, Kentucky, North Carolina, South Carolina, West Virginia and Wisconsin. The mission of the organization is for member organizations to work together to promote communications, education and volunteerism for all people.

Since the state Council is a member of NVON, all Extension Homemakers are associated with the organization. Arkansas has hosted two earlier NVON conference, in 2006 and 2010, both at Hot Springs.

Information about NVON is available by visiting the website at http://www.nvon.org.

If you’re interested in attending this conference, the registration form is enclosed. The deadline is June 17.

April EHC Excursions

It’s time to start thinking about your April club excursion. Be creative! Enjoy this opportunity to do something different. Try a new restaurant, go to a show or play, or maybe even take a tour.

America Saves

Start Small. Think Big.
**American Heart Month**

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions.

To lower your risk:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

Here’s a heart-healthy salad recipe to try!

**Apple Waldorf Salad**

**Ingredients:**
- 2 medium apples
- 1/2 cup celery, chopped
- 1 tbsp orange juice
- ¼ cup low-fat vanilla Greek yogurt
- 1/2 cup raisins
- ¼ cup walnuts, chopped

**Instructions:**
Wash, core, and dice the apples. Place the apples in a large mixing bowl with the orange juice and mix well. Add all other ingredients to the apples and toss gently.

Serves 6. ½ cup per serving.

**Mission Statement**

The mission of this organization shall be to empower individuals and families to improve their quality of living through continuing **EDUCATION, LEADERSHIP DEVELOPMENT, and COMMUNITY SERVICE.**