



EHC Newsletter

January 2021

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Agent Update

Happy New Year! January is here which means it's time to reflect, set goals and intentions, and start fresh. 2020 was full of challenges, but those challenges led to a tremendous amount of growth and blessings. Here are just a few ways Arkansas Extension Homemakers positively impacted our state over the past year:

- Over 60,000 face masks were made and donated to local emergency services, postal workers, medical field workers, the high-risk population, schools, and many more.
- When many Arkansans lost their job due to the pandemic, the need for food increased even more. Clubs responded to the need by filling up food banks and food pantries.
- During the holiday season, over 300 blankets were donated to UAMS for patients.
- Homemakers learned how to embrace technology to stay in touch with friends, family, and club members.

In this newsletter, you'll also find pictures of local club projects. You all never stopped serving and your work has not gone unnoticed. As we step into 2021, I'd encourage you to continue giving your time and talents to those in need. Arkansas Children's Hospital and UAMS still need mask donations for patients. Food banks still need food. Schools still need hand sanitizer and disinfecting wipes.

However, please use your best judgement when deciding if it is a good idea for your club to meet. We are still in Phase II of the state plan which means only **groups of 10 or less people should meet, provided there is enough room for 6 ft. social distancing and masks are worn.**

If your club is meeting **safely** or working on projects individually be sure report those accomplishments to the office – volunteer hours, the state food insecurity project, and donated masks should all be included. This is such an important way to show our stakeholders the impacts you all are making in our county.

As always, let me know if you need anything. I am still on the job working for you!

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.

Delta Day to Day with Diabetes

Are you Diabetic? Do you have a loved one that is Pre-Diabetic or Diabetic? If so, consider joining Extension's online **Delta Day to Day with Diabetes Support Group**.

The group will meet online (via Zoom and a private Facebook group) January 11-February 28, 2021. Virtual meetings will be offered on Mondays and additional resources in health, wellness, nutrition, and fitness will be shared throughout the week. Meetings will be short and sweet with a variety of topics.

A few features:

- ❖ Meeting Monday
- ❖ Tasty Tuesday
- ❖ Wellness Wednesday
- ❖ Think about it Thursday
- ❖ Fitness Friday
- ❖ Wonderful Weekends

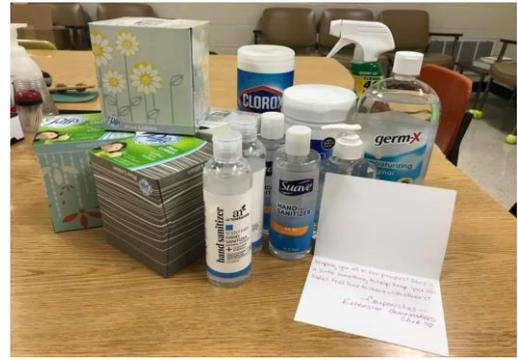
If you or someone you know is struggling with diabetes, this is a great opportunity to share recipes and discuss management strategies. Participation is free and meeting times will be based on participants' availability.

Register online at https://uaex.co1.qualtrics.com/jfe/form/SV_eaJQYv1rDIWcsUI by January 15.

Join the Facebook Group: *Delta Day to Day with Diabetes*. For more information visit www.uaex.edu/diabetes or contact our office.



Busy Hands helped a family in need during Christmas with a food basket.



Couponista's donated cleaning supplies to Des Arc Elementary School.

Tips to Protect our Immune System

As we head into flu season with COVID-19 cases on the rise, we are all concerned with ways to stay healthy. Staying home, maintaining social distance, regular handwashing, and wearing masks are the best ways to protect ourselves until most of the population is vaccinated. In the meantime, here are a few tips to build immunity with diet and lifestyle:

- Include a variety of fruits and vegetables in your diet daily. Sources of **vitamin C** include peppers, berries, broccoli, citrus fruits, and spinach.
- Obtain **protein** in your diet with lean cuts of meat, low-fat dairy products such as Greek yogurt or string cheese, or dried beans and lentils.
- Add whole grains to your diets such as oatmeal, whole-wheat pasta, bran cereal, or quinoa for adequate **zinc** and fiber.
- Add berries to iron-fortified cereals to boost **iron** absorption or include peppers and tomatoes in bean dishes.
- Drink plenty of **water**. Water helps keep mucous membranes moist, which helps protect the lining of our lungs and gut from harmful bacteria. Aim for at least 6 to 8 cups of water daily.
- Get enough **vitamin D** in your diet through dairy products, fatty fish, or dietary supplementation (if needed).
- Get enough sleep, reduce stress, and exercise regularly.



Biscoe donated to the UAMS Blanket Drive.

Battle the Loneliness Blues

2020 was certainly a “different” year. There were restrictions and many people couldn’t be with family and friends. It’s easy to feel lonely when we are practicing social distancing, being self-quarantined, and isolating ourselves from others. When you experience those days follow these tips to help bring yourself out of it:

- **Call a friend.** Make it a point to call a friend or fellow EHC member just to check in. If you are feeling lonely, chances are they are too. Your call might just be what they need to bring a sense of joy to their day.
- **Listen to uplifting music.** Music can brighten up the day and may even get you up and moving.
- **Engage your brain.** Read a book, work a puzzle, or start on a craft or quilting project you have put off.
- **Get active.** Go for a walk even if it is to the mailbox or through your house, do some chair exercises, do a little extra cleaning, anything that will get you moving. Walk Across Arkansas will launch soon, and is a great way to stay active!
- **Go for a drive and enjoy the scenery.** You can pack a lunch or go through a drive through and eat in the car.

EHC Virtual Book Club

If you're on the hunt for a new way to spend your time in 2021, join our brand-new book club! We will be reading *"A Splendid Piece of Work: 1912 - 2012: One Hundred Years of Arkansas's Home Demonstration and Extension Homemakers Clubs"* by Elizabeth Hill. This book shares present-day memories of Extension work and home demonstration clubs. The bright, shrewd, energetic, sometimes heroic young county agents taught Arkansas's rural women to be self-sustaining through two world wars, devastating droughts, floods, and the Great Depression of the 1930s. Arkansas's isolated farm women took leadership roles and embraced their communities and later manned canning centers to help neighbors slaughter and can starving livestock during the darkest days of the 1930s. As the history travels from decade to decade, it allows the reader to see nuanced changes taking place in Arkansas's rural women.

Meetings will be held online via Zoom at 10:00 a.m. on Tuesday mornings. Tentative schedule is:

- Tuesday, February 2 – Meet the Author
- Tuesday, February 9 - Chapters 1-4
- Tuesday, February 16 – Chapters 5-8
- Tuesday, February 23 – Chapters 9-12
- Tuesday, March 2 – Chapters 13-16

Contact the Extension office to sign up by January 25. A book, zoom link, and password will be provided upon registration. If you’ve never been on zoom but want to participate, we will help you!

This month’s club lesson material is enclosed. ***Loneliness and Social Isolation: Guarding the Mental Health of Older Adults.***

*Note, January and February lessons have been swapped.



Couponista's adopted 3 nursing home residents and showered them with Christmas gifts.

Meals in a Mug

If you enjoy cooking, but only need to cook for 1 or 2 people, here are a few ideas for quick and easy breakfast meals in a mug!

Breakfast Casserole

Ingredients:

- ¾ c. frozen hash browns
- 1 egg, large
- 1 smoked breakfast sausage, diced (or ham)
- 2 T. low-fat cheese, shredded
- 1 T. fat-free sour cream

Directions:

1. In the mug, microwave hash browns on High for 1½ - 2 minutes or until warmed through.
2. Using a fork, beat in egg. Stir in sausage, cheese, and sour cream until blended. Microwave for 1 – 3 minutes until just set.
3. Let stand 5 minutes.

Granola

Ingredients:

- 1 T. honey or maple syrup
- 2 tsp. water
- 1 tsp. vegetable oil
- Pinch salt
- ½ c. oats – quick cooking or old-fashioned oats
- 1 T. chopped nuts or seeds
- 1 T. dried fruit (optional)

Directions:

1. In the mug, combine honey or maple syrup, water, oil and salt until blended. Stir in oats and nuts until coated.
2. Microwave on Medium (50% power) for 2 minutes. Stir, making sure to stir up any honey or syrup on the bottom of the mug. Microwave on Medium for 1½ - 2½ more minutes or until mixture appears somewhat dry. Stir in dried fruit (if using). Let cool 2 - 3 minutes or completely before eating.

**Make sure mugs are microwave safe.*

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.***



In the Spotlight



Like everything else, the Delta District EHC Rally looked a little different this year. There was social distancing and mask wearing, but there was also an excellent program, a delicious grab and go lunch, and lots of fun!



The 2020 Operation Christmas Child Packing Party was a success! 10 gift-filled shoeboxes were stuffed during the packing party, plus an additional 16 from club members who could not attend. 26 total boxes were provided for children in need around the world.