A splendid piece of work author to be in Marion County

Elizabeth Griffin Hill, who researched our history and wrote *A Splendid Piece of Work 1912 – 2012: One Hundred Years of Arkansas’s Home Demonstration and Extension Homemakers Clubs*, will be speaking at the Marion County Library on May 5th.

Since 2014, Elizabeth’s goal has been to ensure that copies of this vital piece of Arkansas women’s history are in libraries in every county. Mrs. Hill has spoken at several state AEHC meetings as well as many local appearances around the state. All Extension Homemakers are encouraged to come to Elizabeth’s presentation and support her as she introduces our history to our fellow Arkansans.

A meet-and-greet hour will start at 5:00 pm on the 5th with refreshments provided. The program will begin at 6:00 in Yellville.

If you are interested in reading her book, it is available on Amazon for around $16.00.
Heart disease is the #1 killer of American women. Almost 8 times more women die of heart disease than breast cancer. Heart disease kills more women than all forms of cancer combined.

But heart disease doesn’t just result in death. It also can damage your heart—and your life. If it’s not treated, heart disease can lead to serious complications, including angina (chest pain), heart failure, and heart attack. About two-thirds of the women who have heart attacks do not make full recoveries.

What is heart disease?
Most people only have a vague idea. To understand why this campaign is so important, you need to know how heart disease develops first.

Your heart is about the size of a fist. Your heart is a hard working muscle. It contracts and releases 24 hours a day, every day, no time off. To work effectively, your heart needs a steady supply of blood, which feeds the heart oxygen and nutrients. Without nourishment, heart cells die—and the loss is permanent. There are many forms of heart disease. Coronary Heart Disease (CHD) is the main form.

Heart disease develops gradually over time and can start at a young age. Atherosclerosis, “hardening of the arteries,” is when plaque (cholesterol, calcium, and other substances) builds up in the walls of blood vessels. This can happen anywhere in the body. Coronary heart disease occurs if plaque builds up in the coronary arteries of the heart.

The plaque buildup narrows the arteries and reduces blood flow to your heart muscle. The plaque can rupture and cause a blood clot to form, further narrowing the artery, and then the process repeats itself.

When the blood flow to your heart is reduced or blocked, it can lead to angina, which is chest pain. Eventually, an area of plaque can rupture, causing a blood clot to form. If the clot becomes large enough, it can mostly or completely block the flow of oxygen-rich blood to part of the heart muscle, causing a heart attack.

It’s critical to realize that there’s no quick fix for heart disease. And if heart disease is not treated, it can worsen, leading to disability or death.

The good news is that heart disease can be prevented or controlled by making lifestyle changes, and, if prescribed by a doctor, by taking medication.

Women too often put off taking action for many reasons, including being so wrapped up in caring for other family members. Also, many falsely believe that doing making one healthy change takes care of all their risks.

The good news is that, no matter what your age, no matter how many risks factors you have, it’s never too late to improve your heart health. If you just make two healthy changes—eating right and getting active—you’ll reduce five of the risk factors for heart disease.

Remember you are a top priority! It can sometimes be difficult to start living a heart-healthy lifestyle. But with a little motivation and support from your friends and family, you can reduce your risk of heart disease up to 82%. Just take it one step at a time. If you get off track, learn to recognize your mistakes and jump back on the healthy train. Small steps make a big difference!
Officer Training

- March 9, 2016; 4-H Center, Ferndale, AR

Open to all Council and Club officers, and members interested in becoming officers. Information about this training and registration will be available soon. The 4-H Center is located west of Little Rock, nestled in a wooded serene country setting, which makes for a wonderful, short vacation get-away. Affordable lodging is available for those wishing to come the evening before the Training. Registration will begin at 8:00 am and the program will start at 9:30. Registration is $15.00 per person and lunch is $8.00. Registration is due in the Extension Office by February 16th. If you are interested in lodging Tuesday night, please contact Julie.

Annual State Meeting

- June 7-9, 2016; Hot Springs

Celebrating the year’s achievements and projecting for the future, AEHC meets at Hot Springs each June. Mark your calendars now with this date! Around mid March information about this year’s State Meeting will appear at www.uaex.edu with online registration and instructions for paper registration. Deadline for registering for State Meeting will be May 1. Educational, How-to, Creative Skills and Subject Matter classes, as well as the annual State Meeting, are scheduled for this week.

Leader Training

The next leader training meeting will be Tuesday, February 25th at 4:00 pm at the Extension office. We will cover lessons for March, April, May, and June.

Please send at least one representative from each club to the meeting. All are welcome to attend.

We will practice the art of “upcycling” and have a “Go Green for Spring” themed party. Don’t miss it!

In the event of bad weather, we will reschedule for Thursday, March 3rd at 4:00.

Annual State Meeting

- June 7-9, 2016; Hot Springs

We need your volunteer time!

Don’t forget about turning in your volunteer hours each year. Our reporting year goes from October 1st through September 30th. Hours are due to be entered in the state system by October 5th of each year.

Why are these important?

Each county figures up the value of all the volunteer hours each year. This year, the monetary value of a volunteer hour was $23.07. The value of volunteer hours spent on advisory councils is actually more.

The total of these hours is then taken to state legislatures to show how powerful the AEHC program is across the state. AEHC is consistently one of the leading volunteer organizations in the state.

What counts as volunteer time?

Time spent for club meetings including drive time; any time spent volunteering for other organizations (unless that organizations reports volunteer time); time spent preparing a dish for fundraiser including shopping and cooking time; time spent calling club members about meetings; and much more.

Be the Change you wish to see in the world.
Dates for 2016

- 3rd Wednesday of each month—Master Gardeners meeting, 10:00 Extension Office
- 3rd Thursday of each month—Growing a Healthy Searcy County Health Coalition meeting, 12:00 Marshall Methodist Church
- February 25th—Leader Training, 4:00 Extension Office
- April 2nd—Homestead Days, Dogwood Hills Farm
- April 7th-9th—Searcy Co. Quilt Show
- April 30th—Searcy Co. Health & Safety Fair and MES Color Run

AEHC is on Facebook! Look for Arkansas Extension Homemakers Club—UAEX and like their page.
You can also go like our office pages as well:
- UAEX Searcy County Family & Consumer Sciences—Julie Blair, Agent
- Searcy County 4-H
- UAEX Searcy County Agriculture-Skip Armes, Agent

For more information on AEHC, go to www.uaex.edu.
Go to the Health & Living section and then click on Extension Homemakers.

Julie Blair, CEA-Staff Chair

EHC is 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. The Arkansas Cooperative Extension Service is an equal opportunity/equal access/Affirmative Action/Equal Opportunity Employer.