EHC Focus
SEARCY COUNTY EXTENSION HOMEMAKERS CLUB

Spring 2015 Educational Opportunities

During the months of March and April, the Extension Office will host four educational workshops designed for Extension Homemakers members. This classes will also be open to the public, so this will be a great time to introduce others to EHC. The first workshop will be held on March 19th at the Extension Office and will begin at 4:00. This workshop is called “Clean and Green.” Many commercial cleaners are expensive and can be duplicated with products commonly found at home. The class will cover the potential hazards of commercial cleaners and teach you how to clean safer by creating homemade cleaners. Please bring 1 or 2 small containers if you would like to take some of the products home.

The next class, “Social Media Landscape,” will be held on Tuesday, March 24th beginning at 10:00 at the Extension Office. With the advent of online networking capability, social media is quickly becoming a large part of our daily lives—not only for personal use but for business use as well. This class will cover the top social networking sites and show you specific ways that EHC clubs can utilize these sites as well as simple, step-by-step, quick tutorials.

The next class, Effective Communication with the Media, will take place on Tuesday, March 31st at 10:00 at the Extension Office. With what seems like a never-ending number of blogs, social media, and news outlets competing for your attention, our communication networks are larger than ever before. This class will help you make sure your organization’s message won’t be lost in the crowd and will help you develop a communications plan, recognize behaviors that encourage trust, and interact with the media.

The last class, called “Making the Most of Your Health Care Dollar, will be held Tuesday, April 14th at 4:00 at the Extension Office. While the Affordable Care Act has drawn a great deal of media attention, many consumers still don’t have a basic understanding of health insurance. This class will cover some of that basic information that consumers need to know to make informed decisions about health insurance.

Remember all classes are open to the public, so come join us and bring a friend!
Leader Training

The next leader training will be Tuesday, March 17th at 4:00 located at the Extension Office. We will cover lessons for April and May. All are invited but please make sure all clubs have at least one representative present.

Walk Across Arkansas

Walk Across Arkansas starts February 16th!

It’s still not too late to sign your team up today for the 2015 Walk Across AR. As in the past, teams of 2 to 10 people are encouraged to sign up and record the number of minutes spent exercising during the 8-week program.

This is a statewide-program designed to get more Arkansans up and moving. Adults should get 150 hours of physical activity each week. Set a goal of reaching 150 hours and work towards it.

Remember any intentional physical activity that increases your heart rate and last at least 10 minutes at a time counts as exercise.

Club News

The Marshall I EH Club has decided to disband. Some of these ladies have been in EHC for forty or fifty (or more) years, and all are great assets to our community. Gerry Whyte has led this group as president and has been on the county council as treasurer for many years also. At this time, Gerry wishes to step out of her role as county treasurer. She will remain in her position as treasurer while a member-at-large until the May council meeting. At that meeting, we will need to vote in a new treasurer. Other members of the Marshall club will become members-at-large as well but are welcome to join another club.

Thank you each for your legacy!

Walk Across Arkansas

A statewide physical activity program

What do you need to participate?
- A watch
- A team of 2 – 10 people
- Team name
- Good pair of walking shoes
- A personal exercise goal

For more information contact your County Extension Agent.
www.uaex.edu

Everyone is a winner!

What past participants have said about WAA:
- Have more energy
- Control Stress
- Lowered blood pressure
- Improved my blood panel

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.