

# Extension Homemakers Winter Newsletter

October 2014

**Special points of interest:**

- A Tremendous Tea Party!
- Ouachita District Rally
- 2014 EHC Meetings
- Holiday Food Shows across the Ouachita District
- 2014 Project Ideas
- Become a Wellness Ambassador

## A Time for Tea

The Nevada County Fairhills Extension Homemakers Club hosted an afternoon tea for the ladies of Hempstead County. There were 25 ladies present. The ladies were from our very own Fairhills Club and the Hempstead County clubs, Sunshine, DeAnn, Shover Springs, Crossroads and Blending Eras. The ladies were dawning in their best attire from beautiful hats on the tops of their heads to graceful gloves on their delicate hands. The tea topics of conversation were project ideas for the new year and trading family recipes. Laughter could be heard from all corners of the room. The ladies drank black tea flavored with orange and spices. There was honey, lemon, sugar and cream available to make your drink to your liking. Many of the ladies drank the



tea as is, remarking on its delicate flavor. Snacks were provided by the Fairhills EHC ladies. There were cookies of all variety, scones with lemon curd and clotted cream, tea sandwiches, muffins and breads, fresh fruit and vegetables, and tiny cakes. Linda Gilbert from the DeAnn Club in Hempstead county said, "The tea was wonderful. It was so nice to visit with EHC ladies from my county and Nevada County. Thank you for hosting such a wonderful event." I'm pretty sure all of the ladies felt the same way. There was good food with even better company. What more can you ask for? For more information about the Fairhills Extension Homemakers Club, contact the Nevada County Cooperative Extension Office at 870-887-2818.

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## Ouachita District Rally

**“The silent auction went well raising \$615 dollars in the Ouachita District.”**

The 2013 Ouachita EHC District Rally was held October 22, 2013 at the Garland County Fairgrounds. The theme for this years meeting was “Reaching Your EHC Dreams.” Extension Homemaker Members from all over the District gathered to discuss the projects going on in their counties as well as projects they would like to accomplish during the 2014 year. Our AEHC President, Kaye Green gave a presentation on the NVON ( National Volunteer Outreach Network) she was able to attend in South Carolina and represent Arkansas by attending. The most inter-

esting tidbit she took away from the meeting was there is a new water purifier that takes contaminated water from a water source and makes it clean enough to drink safely. There will be an exhibit on the water purifier at the State AHEC Meeting in June. The silent auction went well raising \$615 dollars in the Ouachita District. The money goes into a travel budget for our state officers to travel and represent us nationally around the country. UAMS gave a presentation about Stroke. Stroke is the fourth leading cause of death in the United States and Arkansas is leading state in

deaths caused by a stroke. Read more about stroke later in this newsletter. Our AHEC President would also like you to remember to do a project book for your club, increase memberships in your clubs and to complete your EIN reports.



## Warning Signs of a Stroke

A stroke is a lack of blood flow to the brain caused by a clot or rupture of a blood vessel. When a stroke occurs, it kills brain cells in the area surrounding where the clot or breakage occurs. Stroke is the fourth leading cause of death in Arkansas and Arkansas ranks first in the nation for stroke deaths. Many of the

risk factors for stroke can be prevented and /or treated. These risk factors include high blood pressure, high cholesterol, heart disease, diabetes, smoking, heavy alcohol or drug use, physical inactivity and obesity, atrial fibrillation and sleep apnea. Some of the risk factors that can not be controlled are age,

gender, race, prior stroke, and family history. In order to remember the warning signs of a stroke remember the acronym ACT FAST.

F - FACE—Facial droop or uneven smile

A- ARM—Arm numbness or arm weakness

S-SPEECH—Slurred speech, difficulty speaking or understanding

T-TIME- Call 911 and get to the hospital immediately

## Stroke Prevention Guidelines

1. Know your blood pressure. Have it checked at least annually. If it is elevated, work with a healthcare professional to control it.
2. Find out if your have atrial fibrillation—a type of irregular heartbeat. If you have it, work with a healthcare professional to manage it.
3. If you smoke, stop.
4. If you drink alcohol, do so in moderation.
5. Know your cholesterol numbers. If it is high, work with your health care professional to control it.
6. If you have diabetes, follow a healthcare professional’s recommendations carefully to control your diabetes.
7. Include exercise in your daily routine.
8. Enjoy a lower sodium (salt) and lower fat diet.
9. If you have circulation problems, work with a healthcare professional to improve your circulation.
10. If you experience any stroke symptoms, call 911 immediately! Every minute matters. Remember Time Lost is Brain Lost.

Know the sudden signs of stroke with

# ACT FAST

**F**ACE Facial droop or uneven smile

**A**RM Arm Numbness or Arm Weakness

**S**PEECH Slurred speech, difficulty speaking or understanding

**T**IME Call 911 and get to the hospital immediately

# Dates to Remember

**October 29th—Holidays Food Show Jefferson County**  
**November 16th—Cajun Christmas Union County**  
**November 21st—EHC Meeting—Addie Wilson - Sweater Stocking Project**  
**December 12th—EHC Potluck-Everybody bring some yummy food!**  
**January 7th—EHC Council Meeting**  
**January 16th— EHC Meeting—Mittie Malone—Heart Disease**  
**February 20th-25th— EHC Powerpoint Lessons**

## AEHC STATEWIDE MEETING JUNE 3rd - June 5th 2014

Mark your calendars for the AEHC Statewide Meeting June 3 - 5, 2014. The meeting will be held in Hot Springs, AR. There will be food, fun and education. What more can you ask for? The theme for this years meeting is Celebrating EHC Members. Tuesday night there will be a line

dancing class. Make sure to bring some shoes you can boot scootin' boogie in! There will also be a talent show Wednesday night. Each club is asked to put together an act for the talent show. It can be dancing, singing, a skit or anything you can

imagine. Be creative ladies! There will also be lots of creative classes for you to attend. There will be an exhibit on the water purifier that takes contaminated water and makes it clean. The cost of the water purifier is \$60.00. More information will be provided closer to the date.

**“Make sure to bring some shoes you can boot scootin' boogie in!”**

## November 21st EHC Meeting - Sweater Stockings!

Join your Family and Consumer Sciences Agent, Addie Wilson, and the rest of your Fairhills club members for a fun project day November the 21, 2013. Christmas is just around the corner and what would Christmas be without a new EHC craft to share with your family and friends. This Christmas project will be making a Christmas stocking out of a Christmas sweater. It's an easy project that looks like you took a lot of work and effort to complete. (Those are some of my favorite ones!)

Addie will be showing you the basic idea of the stocking and there are a million and one ways that you can make it your own. So, join Addie at 2pm November 21st for this fun project day.



**“Learn how to be healthy and then go out and teach others.”**

## Wellness Ambassadors

Are you interested in health, nutrition, and being physically active? Do you want to help others be healthier? The University of Arkansas Cooperative Extension Service is now taking applications for a new Extension Wellness Ambassador Program. The first of its kind offered in the state, this program will teach participants simple strategies to improve their own health and the health of their neighbors in Nevada County.

The Extension Wellness Ambassador training program will be offered over five sessions held January

15, 22, 29 and February 5 and 12 from 9:00 AM to 3:30 PM. Sessions will rotate among locations in Arkadelphia, Hope, and Magnolia.

Training begins on January 15th with instruction on healthy eating and weight management. Other training sessions include: strength training; exercise to improve balance and flexibility; preventing and managing chronic disease; avoiding portion distortion; health behavior change strategies that stick; understanding personality types; and other special topics. Participants will receive

free cholesterol, blood pressure, blood glucose, and fitness screenings.

Cooperative Extension Service professionals, health professionals, and other specialists in their field will conduct all training. The **\$30 registration fee** covers all training materials, meals, health screenings and t-shirts.

Apply by **December 10th** to be considered for the program. For details, contact the Nevada County Extension office at 870-887-2818, or email [awilson@uaex.edu](mailto:awilson@uaex.edu).

## Powerpoint Lessons

February 20th-25th the Cooperative Extension Office will provide laptops to use in order to learn how to use Power point. If you have picture that you can retrieve from a USB drive or from your email or off of Facebook please have them available 2pm February 20th. Some of the topics covered in these lessons will be

“How to insert text into PowerPoint,” “How to insert pictures into PowerPoint,” “How to present a PowerPoint Presentation,” and “How to save a PowerPoint Presentation” plus many more useful tips.

We will also be setting up Pintrest accounts that day. Pintrest is a program that allows you to look up

recipes, arts&crafts, sewing and crocheting patterns and much much more. This will be a valuable source that we can use to obtain project ideas from and that you can learn ideas from.

This is sure to be a fun and educational day.

Please refer to the schedule below to find out when the laptops will be available for use and assistance.



## Powerpoint Lesson Schedule

Date	Time
February 20th	2:00pm - 4:00pm
February 21st	1:00pm - 4:00pm
February 24th	1:00pm - 4:00pm
February 25th	1:00pm - 4:00pm

The lessons will not last the entire length of time provided on the schedule. There has been extra time allotted for those who wish to practice using Powerpoint.

# Project Ideas

Want to do more projects in EHC and help the community? Well this year will kick off the start to EHC seasonal projects. Each season the EHC group will collectively work on a project for the community. For example, the nursing home and hospital residents and patients may appreciate colostomy covers for their colostomy bags they have to wear. Nursing home residents may enjoy cushions for their wheel chairs. Be thinking of projects that will benefit the club and the community and we will start in the Spring to complete these tasks. It will be a lot of fun and giving so much back to our community.



Picture of young girl with colostomy bag covering.



An example of a wheel chair with a wheel chair cushion made for it.





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### *Addie's Advice*

This holiday season, enjoy the foods you don't normally get to enjoy, but do so in moderation. Make sure to eat lots of fruits and vegetables as well. Fruit and vegetable trays, don't have to be boring. Just take a look at some of the festive array of fruits and vegetables below. Be safe and have fun with your family and friends.



All meetings and activities announced in this newsletter are open to all eligible persons without regard to race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status. Persons with disabilities who require alternative means for communication of program information (large print, audiotapes, etc.) should notify the county Extension office (or other appropriate office) as soon as possible prior to the activity.