



The Link

connecting Coffee County fce clubs through UT Extension

January 2017
1st Quarter



1st Quarter Calendar

January

Date	Activity	Time	Location
2	New Year's Holiday, Extension office closed		
6	County Council Officer's Meeting	9:30 a.m.	UT Extension office
13	County Council Meeting	9:30 a.m.	CCAP meeting Room
16	Martin Luther King Jr. Day, Extension office closed		
20	Central Region Leadership Training Day	9:00 a.m.	UT-TSU Extension-Rutherford County Office, Murfreesboro
27	Snow date for Leadership Day		

February

13	Fundraiser Dinner	6:00 pm	Farm Bureau, Manchester
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March

16	Recognition Luncheon	11:00 a.m.	Farm Bureau Building, Manchester
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2017 Education Leader Lessons

If your club has not requested leader lessons for next year, there is still time to do so. Lessons currently available online from Extension specialists are:

- Importance of Physical Activity
- Reverse Mortgages
- Car Seat Safety
- What is Safe to Eat?

Four additional lessons will be presented by agents at the education leader training during the Central region, Leadership Day on January 20. Club Presidents will receive a list of those topics afterward.

The Health and Safety Workgroup, a team of Central region FCS agents will be presenting Stayin' Alive, Hands-Only CPR. This is the same Hands-Only training you received last year. Since you have experience with this program, please contact Belinda if you would be willing to assist.

Friendly Reminders

- Due January 15-County Council meeting:**
- ⇒ State Reports (club community service for 2016)
 - ⇒ Recognition Luncheon Award Form
 - ⇒ Heart of FCE Award, Best of the Best Award & Scholarship applications

- Due March 31 to Treasurer, Marilyn Bryan**
- ⇒ Retreat registration, fee, and scholarship application

STAY CONNECTED

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 State: <http://fcs.tennessee.edu>

Resolution Solutions

When setting your new year's resolutions, consider these three healthy options:

New Year's Resolution #1: Promote healthier indoor air and a fresh home with green cleaning recipes for the surfaces in your home. If you attended the county-wide workshop last year, you're all set. If not, go to this link. <https://extension.tennessee.edu/publications/Documents/W318-A.pdf>

New Year's Resolution #2: Make this the year you help a friend or family member to quit smoking. Remember the flyer you received during the Small Starts @ Club challenge about the free tobacco quit line? Share it. People who participate in a program enjoy greater success. Check out this link: <https://www.tn.gov/health/topic/FHW-tobacco>

New Year's Resolution #3: If a winter storm leaves you without electricity, are your flashlight batteries up to the challenge? Resolve to purchase batteries for your flashlights, smoke detectors, and carbon monoxide detector. A good routine is to change batteries every January. Stock up on furnace filters, as well.

Beat the Winter Blues with a Smile

It has been said that a smile is worth a thousand words. One thing is for sure, it conveys a message that everyone understands. It can be a message of joy, happiness, appreciation, amusement, excitement, or contentment.

When you are upset and don't feel like smiling, doing so may be the best thing you can do to get to feeling better again. Scientists have found that smiling on purpose changes brain chemistry and can lead to actual happiness and joy. It can be a big help to people who are dealing with depression and anxiety. So how do you smile when you really don't feel like it?

Fake It Till You Make It. Our body language can influence our emotions. A smile helps you feel happier and being happier helps you keep the smile going in a genuine way. Your fake smile will turn into a real one!

Smile Like You Mean It. A true, genuine smile is called a Duchenne smile. It uses all the muscles in the face, including the "laugh lines" around your eyes. If you're smiling on purpose to help your mood, you want to smile until your cheeks lift and you feel your laugh lines crinkle. (it's worth the wrinkles)

Smiling and Laughing Reduce Stress

Since body language is linked to mood, laughing on purpose helps us too. Smiling relaxes the facial muscles and calms the nervous system. Laughing sends more oxygen to the brain, triggering the release of endorphins, which are brain chemicals that help us feel positive. Laughing can lower blood pressure, relieve stress, and boost mood.

Smiling Helps Us Bond with Others. Just like "fake" smiling, "fake" laughing turns into real laughter. Try this: When your club meets in January, have everyone fake laugh, all at the same time and see if everyone can keep a straight face. It's energizing! Think of it as "laughter yoga."

Because smiling and laughing are contagious, they help people bond. Smiling sends a friendly message that usually results in the other person smiling right back. So, the next time you're in a low mood, try smiling at someone. Your shared happiness might end up making that person feel happier too.

