

HELLO JUNE, HELLO SUMMER!

June is finally here, and we have officially made it to the middle of the year. 2023 has been great to the Texas A&M Extension family and we hope you have been enjoying the seasons as they change as well. This is a great time to look back and think about all the things you are grateful for and set new goals to continue achieving milestones. Whether it is a health goal or personal accomplishment it is always great to be mindful of how far you have come.



We want to share a few things to keep in mind this summer as hurricane season approaches and temperatures begin to rise. We also have many events coming up and would like to invite you to join us!



National Alzheimer's Awareness Month

While a frightening disease for the afflicted and their caregivers alike, there are changes in lifestyle that may reduce one's risk of developing Alzheimer's Disease and other forms of dementia. Doing our best to prevent Alzheimer's Disease and dementia involves keeping our brain healthy with good flow of blood and oxygen. So, one part of keeping our brain healthy is keeping our heart healthy too.

Not only can you feel assured that these improvements to your lifestyle will help reduce the risk of cognitive decline, they will likely improve other aspects of your health, as they encourage weight loss, reduce risk of cancer, and improve mental health. Continue reading...



- **Get Moving:** As mentioned, keeping the brain fed with oxygen and nutrients is important for brain health. We can keep our hearts strong enough to do that with regular physical activity or movement that increases our heart rate. Walking is a great way to start. Discuss your plan with your doctor.
- **Stop Smoking:** There are numerous negative affects of smoking from lung cancer to heart disease and high blood pressure. Also, research shows that smoking increases one's risk of cognitive decline. Quitting smoking would be very beneficial to your health.
- **Remember the Big Picture:** While we may be motivated to reduce our risk of Alzheimer's or dementia, we may forget about our other chronic health conditions. Managing several conditions like obesity, high blood pressure, and diabetes can be overwhelming, but each condition can affect your heart and brain health. If you have you have let yourself "slide" about your other health conditions, start over and talk to your doctor. Also, eating a nutritious diet that includes fruits and vegetables, whole grains, and foods rich in omega-3 fatty acids (tuna, sardines, nuts, seeds, canola oil , soybean oil, or flaxseed oil) could help control chronic disease.
- **Getting Enough Sleep:** Good News is that sleep is very important for overall health as it is important to manage stress, anxiety, and our appetite. Those that struggle with insomnia or sleep apnea need to discuss it with your health care provider to maintain their health as best they can.

There are changes we can make to keep our brain healthy and reduce our risk of Alzheimer's Disease and other forms of dementia. Fortunately, those same changes could have positive effects on the rest of our health.

Children and Sun Safety

A Brief Summary

Skin cancer is the most common form of cancer in the United States. Excessive and unprotected exposure to the sun's ultraviolet radiation (UV light) is the primary risk factor for skin cancer. However, skin cancer is one of the most preventable types of cancer!

The damaging and cumulative effects of UV light begin when an infant's or toddler's unprotected

skin is exposed to sunlight. Protecting the skin from ultraviolet radiation can prevent approximately 80% of skin cancers.

You, as a parent, are important to helping prevent skin cancer! Teach your children early about sun protection to decrease their potential for future skin cancers.



UVA and UVB Are Two Types of Radiation that Damage Skin



It's important to shield your children's skin from the damaging effects of the sun. No matter what they're doing or what time of year it is, if they're outside, your children need to be protected.

The sun's rays can penetrate deeply into skin and damage the skin's lower layers. It can cause sunburn, wrinkles, freckles, sun-tans, precancerous skin conditions, and skin cancer.

One severe sunburn early in life **doubles** the chances of future skin cancer!

Build Safe Sun Habits

Build safe sun habits into your family's daily routine. Lead by example—children will respond better when they see you protecting your skin. Begin by teaching them to:

- Use sunscreen.
- Wear protective clothing.
- Wear sunglasses.
- Wear a hat that shades the face, neck, and ears.
- Reduce time outdoors between 10 a.m. - 4:00 p.m.

Did You Know?

Children receive about 80% of their lifetime exposure to ultraviolet radiation during the first 18 years of life.

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CANCER PREVENTION &
RESEARCH INSTITUTE OF TEXAS

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

Sun Screen

Children and adults should use sunscreen every day—even on cloudy days. Seventy to 80% of the sun's damaging rays can penetrate though clouds and water.



Sunscreens work in two ways. The chemicals in most sunscreens absorb ultraviolet radiation before it can damage the skin. Some sunscreens block ultraviolet rays by scattering or reflecting them away from the skin.

Apply a sunscreen and lip balm with an SPF of 15 or greater every day!

Apply sunscreen at least 30 minutes before going out in the sun to allow time for it to work. Use broad-spectrum sunscreen products that block out both ultraviolet-A and ultraviolet-B rays.

Use waterproof sunscreens that will not be washed off through perspiration, and to be sure you're protected, **reapply sunscreen every two hours if swimming or sweating.**

Sunglasses

Overexposure to the sun can cause short- and long-term damage to the eyes. Protection of the eyes is especially important for young children since the lens of the eye is not able to completely protect the retina from the harmful effects of ultraviolet radiation.

Buy sunglasses that block 99 to 100 percent of UVA and UVB radiation.

Darker sunglasses are not necessarily better because UV protection comes from an invisible chemical applied to the lenses—not from the color or darkness of the lenses.

Buy large-framed wraparound sunglasses with velcro adjustable headbands to protect your child's eyes from all angles.



Did You Know?

Swimwear and outerwear are now being made with UV protection!

Clothing and Hats

Clothing can block out the sun's harmful rays and should be one of the first lines of defense against sun exposure.

Fabric is full of tiny holes that can allow ultraviolet light through. The fewer the number and the smaller the size of the holes in the fabric, the more it blocks ultraviolet radiation.

Lighter colors may feel cooler, but darker colors actually absorb ultraviolet light and promote more protection for the skin.

■ *Hats offer the best method of minimizing ultraviolet radiation to the face, head, ears, and neck.*

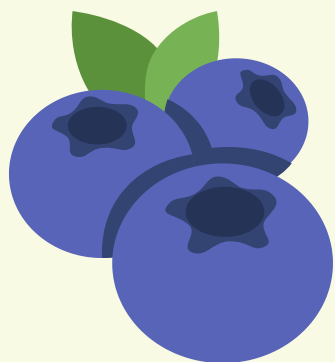
A hat with a wide brim that goes all the way around offers the best protection. The hat's brim should be at least 3 to 4 inches wide.

A wide-brimmed hat provides approximately 50 percent protection from direct exposure.

Written by:
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Extension Program Specialist
Health Education

<http://fcs.tamu.edu>

Check out
this recipe!



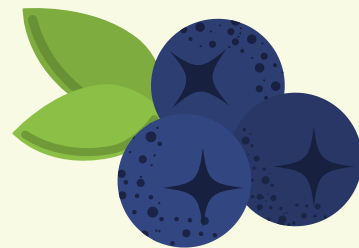
BLUEBERRY

Parfait Pops

Ingredients

- 3/4 CUP FRESH OR FROZEN BLUEBERRIES, RINSED, DIVIDED
- 1 TABLESPOON WATER
- 1 3/4 CUPS + 2 TABLESPOONS PLAIN GREEK YOGURT
- 1/4 CUP HONEY
- 1 CUP GRANOLA, DIVIDED
- 1/3 CUP FROZEN MANGO CHUNKS, FINELY DICED

CALORIES	100
TOTAL FAT	2G
SATURATED FAT	0G
CHOLESTEROL	<5MG
SODIUM	15MG
POTASSIUM	70MG
CARBOHYDRATES	18G
DIETARY FIBER	1G
SUGARS	11G
PROTEIN	5G
VITAMIN A	50MCG
VITAMIN C	4MG
CALCIUM	50MG

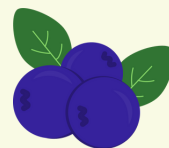
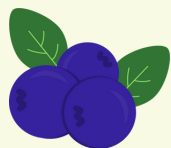


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BETTER LIVING FOR TEXANS

Recipe Credit: U.S. Highbush Blueberry Council

This institution is an equal opportunity provider. This material was funded by the USDA's Supplemental Nutrition Assistance Program - SNAP.



Instructions

- ADD 2 TABLESPOONS BLUEBERRIES AND 1 TABLESPOON WATER IN A SAUCEPAN. COOK OVER LOW/MEDIUM HEAT FOR 3-5 MINUTES, STIR UNTIL SOFTENED AND A CHUNKY SYRUP FORMS. USING FORK, MASH BLUEBERRIES; SET ASIDE.
- IN A MEDIUM BOWL, STIR TOGETHER YOGURT AND HONEY. RESERVE 2 TABLESPOONS OF YOGURT-HONEY MIXTURE AND SET ASIDE.
- SPOON BLUEBERRY SYRUP IN DOLLOPS OVER YOGURT-HONEY MIXTURE. USING BUTTER KNIFE, SWIRL TOGETHER.
- IN ANOTHER MEDIUM BOWL, STIR TOGETHER 3/4 CUP GRANOLA AND RESERVED YOGURT-HONEY MIXTURE.
- SPOON 1 TABLESPOON GRANOLA MIXTURE INTO BOTTOM OF EACH ICE POP MOLD. PACK DOWN WITH A SMALL SPOON. LAYER 1 TABLESPOON REMAINING BLUEBERRIES ON TOP OF GRANOLA, FOLLOWED BY 1/2 TABLESPOON MANGO AND 3 TABLESPOONS BLUEBERRY YOGURT SWIRL. TOP EVENLY WITH REMAINING GRANOLA.
- INSERT ICE POP STICKS AND FREEZE FOR 4 TO 6 HOURS OR UNTIL FIRM AND SET.

THE MISSION FOR A HEALTHY VISION



In the U.S., about 4.2 million adults over the age of 40 are either legally blind or suffer from impaired vision. Age-related eye disorders such as macular degeneration, cataract, diabetic retinopathy, and glaucoma are the leading causes of blindness and poor vision among Americans. An important aspect of disease prevention is being aware of the condition, the risk factors, and understanding the preventive measures, says Dr. Sumathi Venkatesh, a health specialist with Texas A&M AgriLife Extension Service. Many of these eye diseases can be detected early through annual comprehensive eye examinations allowing appropriate treatment to prevent vision loss and impairment. Being overweight or obese and having medical conditions such as diabetes or high blood pressure may aggravate your risk for eye problems. If you have any of these risk factors, talk to your physician about managing your weight and health. Several eye diseases can be prevented through a healthy lifestyle and by using proper protective eye gear.

**The National
Eye Institute
recommends
the following
preventive
measures to
protect your
eyes:**

FOCUS ON EYE HEALTH

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Routine Eye Care

Schedule annual comprehensive eye exams for early detection of eye diseases.

Good Nutrition

Eat a nutritious diet consisting of fruits and vegetables, whole grains, low-fat dairy, and various protein foods.

Quit Smoking

Smoking can damage several organs in our body including our eyes.

Limit Screen Time

Take breaks from screens every 20 minutes by looking at something that is 20 feet away for 20 seconds.

Be Active

Incorporate at least 30 minutes of physical activity into your daily routine on most days.

Protect Your Eyes

Use sunglasses and avoid looking directly at the sun.

UPCOMING EXTENSION PROGRAMS AND VOLUNTEER OPPORTUNITIES

June



Growing and Nourishing Healthy Communities

LOCATION: EVELYN MEADOR LIBRARY || 2400 N MEYER AVE, SEABROOK, TX 77586

Time: 1:00pm || Dates: June 6, June 13, June 20, June 27



Medication Management

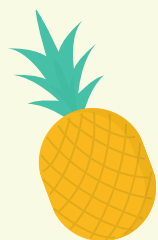
LOCATION: JW PEAVY CENTER || 3814 MARKET ST, HOUSTON, TX 77020

Time: 9:30AM || Date: June 8

Growing and Nourishing Healthy Communities

LOCATION: FONTENO SENIOR EDUCATION CENTER || 6600 BISSENET ST, HOUSTON, TX 77074

Time: 10:00AM || Dates: June 6, June 13



Popular Diets for Weight Loss

LOCATION: JW PEAVY CENTER || 3814 MARKET ST, HOUSTON, TX 77020

Time: 9:30AM || Date: June 15

Understanding Food Labels

LOCATION: JW PEAVY CENTER || 3814 MARKET ST, HOUSTON, TX 77020

Time: 9:30AM || Date: June 29



Healthy Carbs

LOCATION: GLAZIER SENIOR CENTER || 16600 PINE FOREST LN, HOUSTON, TX 77084

Time: 2:00pm || Dates: June 7, June 14, June 21, June 28

July

Summer



Mindful Eating

LOCATION: JW PEAVY CENTER || 3814 MARKET ST, HOUSTON, TX 77020

Time: 9:30AM || Date: July 6

Single Education Event: Added Sugars

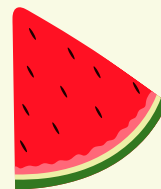
LOCATION: MAXWELL ADULT CENTER || 1201 CENTER ST, DEER PARK, TX 77536

Time: 9:30AM || Date: July 10

Dining at the Dollar Store

LOCATION: JW PEAVY CENTER || 3814 MARKET ST, HOUSTON, TX 77020

Time: 9:30AM || Date: July 13



My Plate to Healthy Aging

LOCATION: GLAZIER SENIOR CENTER || 16600 PINE FOREST LN, HOUSTON, TX 77084

Time: 10AM || Date: July 18

Eating Healthy When Eating Out

LOCATION: JW PEAVY CENTER || 3814 MARKET ST, HOUSTON, TX 77020

Time: 9:30AM || Date: July 21

Single Education Event: Good Meals, Good Deals

LOCATION: MAUD MARKS PUBLIC LIBRARY || 1815 WESTGREEN BLVD, KATY, TX 77450

Time: ??? || Date: July 17





August



Using Food and Behavior Modifications to Promote a Healthy Immune System

LOCATION: JW PEAVY CENTER || 3814 MARKET ST, HOUSTON, TX 77020

Time: 9:30AM || Date: August 3

Do Well, Be Well with Hypertension

LOCATION: STEVE RADACK COMM. CENTER || 18650 CLAY RD, HOUSTON, TX 77084

Time: 10:00 AM || Date: August 3

Master of Memory

LOCATION: GLAZIER SENIOR CENTER || 16600 PINE FOREST LN, HOUSTON, TX 77084

Time: 10:30AM || Dates: August 15, August 22, August 29

Walk N Talk

LOCATION: HCC ACRES HOME || 630 W LITTLE YORK RD, HOUSTON, TX 77091

Time: 2:00PM || Date: August 16, August 23, August 30

Master of Memory

LOCATION: LONE STAR COLLEGE NORTH HARRIS || 2700 W W THORNE DR., HOUSTON, TX 77073

Time: 10:00AM || Date: August 30

Walk N Talk

LOCATION: HCC NORTH FOREST || 6010 LITTLE YORK RD, HOUSTON, TX 77016

Time: 2:00PM || Date: August 17, August 24, August 31



September

Master of Memory

LOCATION: GLAZIER SENIOR CENTER || 16600 PINE FOREST LN, HOUSTON, TX 77084

Time: 10:30AM || Dates: September 5

Master of Memory

LOCATION: LONE STAR NORTH HARRIS || 2700 W W THORNE DR., HOUSTON, TX 77073

Time: 10:00AM || Date: September 5, September 12, September 19

Fresh Start

LOCATION: PILGRIM PLACE 1 HUMBLE || 4655 ALDINE MAIL RTE RD, HOUSTON, TX 77039

Time: 10:00AM || Date: September 6, September 13, September 20, September 27

Fresh Start

LOCATION: PILGRIM PLACE 2 HUMBLE || 4663 ALDINE MAIL RTE RD, HOUSTON, TX 77039

Time: 1:00PM || Date: September 6, September 13, September 20, September 27

Walk N Talk

LOCATION: HCC ACRES HOMES || 630 W LITTLE YORK RD, HOUSTON, TX 77091

Time: 2:00PM || Date: September 6, September 13, September 20, September 27

Walk N Talk

LOCATION: HCC NORTH FOREST || 6010 LITTLE YORK RD, HOUSTON, TX 77016

Time: 2:00PM || Date: September 7, September 14, September 21, September 28

Growing and Nourishing Healthy Communities

LOCATION: LONE STAR NORTH HARRIS || 2700 W W THORNE DR., HOUSTON, TX 77073

Time: 1:00PM || Dates: September 12, September 19, September 26

Healthy Carbs

LOCATION: ALEXANDER DEUSSEN PARK || 12303 SONNIER ST, HOUSTON, TX 77044

Time: 11:00AM || Dates: September 13, September 20, September 27

Walk N Talk

LOCATION: LONE STAR NORTH HARRIS || 2700 W W THORNE DR., HOUSTON, TX 77073

Time: 2:30PM || Dates: September 14, September 21, September 28



MENTAL HEALTH FIRST AID



Suicide accounted for,

1 DEATH EVERY 11 MINUTES

– Centers for Disease Control & Prevention, 2020

In 2021,

106,669

people died from drug overdose.

– Centers for Disease Control & Prevention

Nearly

1 IN 5

U.S. adults live with a
Mental Illness.

– National Institute of Mental Health via the National
Survey on Drug Use & Health & The Substance Abuse &
Mental Health Services Administration

**The Course will teach you how to
apply the ALGEE action plan:**

- Assess for risk of suicide or harm
- Listen non-judgmentally.
- Give reassurance and information.
- Encourage appropriate professional help.
- Encourage self-help and other support strategies.

Why Mental Health First Aid?

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This training gives you the skills you need to reach out and provide initial support to someone who may be developing a mental health or substance use problem and help connect them to the appropriate care.

Training Details

Dates: Saturday, July 8, 2023
Please register by July 1st.

Time: 8:15AM-4:00PM

Location:
13105 Northwest Freeway
1st Floor Conference Room
Houston, TX 77040

**Attendees are required to complete a 2-hour, self-paced, online class prior to the one-day training on July 8th.

Registration Details

❖ Cost: \$25.00 per person
**Price includes lunch & MHFA manual

❖ Class is limited to 30 participants!

❖ Register at the following link:
<https://MentalHealthFirstAid-July8.eventbrite.com>

❖ Direct questions to:
Sonja Davis, CEA-FCH
sonja.davis@ag.tamu.edu or
call (713)274-0950.

What Does the MHFA Training Cover?

- Common signs and symptoms of mental illness
- Common signs and symptoms of substance use
- How to interact with a person in crisis
- How to connect the person with help
- Expanded content on trauma, addiction and self-care

Mental Health First Aid in Rural Texas (MHFA_RTX) is sponsored by Texas A&M AgriLife Extension Service.

This Mental Health First Aid Training is available on July 8th in Northwest Houston,
<https://MentalHealthFirstAid-July8.eventbrite.com>

And also on July 22nd in the Barrett Station/Crosby area,
<https://MentalHealthFirstAid-July22-2023.eventbrite.com>

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MASTER WELLNESS VOLUNTEER TRAINING

Harris County

TWO IN-PERSON SESSIONS
JULY 11, 2023 & AUGUST 22, 2023
ONLINE COURSE DURING INTERVENING WEEKS

9:00AM - 4:00PM

13105 NORTHWEST FREEWAY SUITE 1000(10TH FLOOR)
HOUSTON, TX 77040

REGISTER ONLINE TODAY
STUDENT FEE: \$25
REGULAR FEE: \$75



MASTER WELLNESS VOLUNTEERS

Master Wellness Volunteers receive 40 hours of education and training related to health, nutrition, and food safety, among other topics, and serve a 40-hour internship alongside their local County Extension Agent. Once certified, Master Wellness Volunteers provide outreach and education with and through their local County Extension Agent to help Texans better their lives.

The link for students to register is
<https://agrilifelearn.tamu.edu/s/product/master-wellness-volunteers-students/01t4x000007zB5KAAU>

The regular registration link is
<https://agrilifelearn.tamu.edu/s/product/master-wellness-volunteers-2023/01t4x000007z7zXAAQ>

CONTACT US:

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Lora Jorgensen - Extension Agent – Better Living for Texans
email: lora.jorgensen-tjorn@ag.tamu.edu

Jasmine Carey - Extension Agent – Better Living for Texans
email: jasmine.carey@ag.tamu.edu

Sarah Ellis - Extension Agent – Better Living for Texans
email: sarah.ellis@ag.tamu.edu



Left to right: Sarah Ellis, Te'Anna Donaldson, Lora Jorgensen, Khadija Ghaffar, Sonja Davis, Amanda Krippel and Jasmine Carey



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