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programs on these
topics:**

- Nutrition
- Healthy Lifestyles
- Aging
- Family Life
- Eldercare
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Program Spotlight: Master of Memory!

Many people believe that memory loss and aging go hand-in-hand: as a person gets older his or her memory begins to fail. While some change may be expected as you age, that doesn't mean you can't do something about it, in the absence of a brain disease, such as Alzheimer's Disease – you can be proactive in using some strategies and lifestyle adaptations.

Texas A&M AgriLife Extension Service in Limestone County will begin offering *Master of Memory*, a six-lesson class series that will help you understand how your memory works and what may affect your memory. Medical conditions, medications, diet and exercise, among other things, may all play a role in how your memory works. *Master of Memory* will also help you identify and use strategies to improve your memory function.

What Can Affect My Memory?

In the absence of some brain disease or disorder, memory may be affected by many different things, including:



Vision

- Not wearing your glasses or wearing a bad prescription

Hearing

Not wearing your hearing aid

Environment

- Moving to a new living space
- Moving to a new town or different area of town

Medications

- Blood pressure medications
- Sedatives
- Muscle relaxers

Emotions

- Stress
- Grief
- Depression

Nutrition

- Dehydration



For class schedules contact the county Extension office.

April— Alcohol Awareness Month

Each April since 1987, the National Council on Alcoholism and Drug Dependence, Inc. (NCADD) has sponsored Alcohol Awareness Month to increase public awareness and understanding, reduce stigma and encourage local communities to focus on alcoholism and alcohol-related issues.

Alcohol use by young people is extremely dangerous—both to

themselves and to society, and is directly associated with traffic fatalities, violence, suicide, educational failure, alcohol overdose, unsafe sex and other problem behaviors, even for those who may never develop a dependence or addiction.

Adolescence is a time of heightened risk-taking and as alcohol and drugs enter the picture, parents



did you know?

All the above contain the same amount of absolute alcohol!

Alcohol Awareness Continued...

are faced with a unique set of challenges. They can simply sit back and hope their kids will "get through it," or they can take an active role in learning about alcohol and drugs and helping their kids do the same.

conversations with their parents and learn a lot about the dangers of alcohol and drug use are 50% less likely to use these substances than those who don't have such conversations.

make a difference. The longer children delay drinking and drug use, the less likely they are to develop any problems associated with it. That's why it is so important to help your child make smart decisions about alcohol and drugs."



It can be daunting to talk with children about drinking and drug use, but it is well worth the effort parents put into it. In fact, research has shown that kids who have

"Alcohol and drug use is a very risky business for young people," says Andrew Puncher, President and Chief Executive Officer of NCADD, "and parents can

For more information visit:
<https://www.ncadd.org/>

**Hot-Line Topic of the Month: Pest Prevention**

Pests and rodents aren't simply a nuisance - they can severely affect your health and the health of your family. This is why bug and insect prevention is critical in protecting homes, businesses, schools and any other place where human beings live, work or play from a pest infestation.

Here are some general tips to prevent household pests and rodents from entering your home:

- Seal cracks and holes on the outside of the home including entry points for utilities and pipes.
- Keep tree branches and shrubbery well trimmed and away from the house.
- Keep basements, attics, and crawl spaces well ventilated and dry.
- Store garbage in sealed containers and dispose of it regularly.
- Repair fascia and rotted roof shingles; some insects are drawn to deteriorating wood.
- Replace weather-stripping and repair loose mortar around basement foundation and windows.
- Store fire wood at least 20 feet away from the house and five inches off the ground.
- Call a qualified pest professional for additional advice and treatment if necessary.



**PEST
CONTROL**



Zucchini and Chicken Pie!

Ingredients

- 1 cup cooked, skinless chicken breasts (diced)
- 1 cup sliced zucchini (1 cup of corn optional)
- 1/2 cup chopped onion
- 1 cup sliced tomatoes
- 1 (9 inch) pie crust
- 1/4 cup reduced fat, shredded cheddar cheese

Custard

- 3/4 cup fat free egg substitute
- 1 cup skim milk 1/4 tsp pepper

Instructions

Place zucchini, tomatoes, onions and chicken in pie crust. Prepare custard by mixing eggs, milk, and pepper. Pour custard over ingredients already in pie crust. Sprinkle with cheese. Place in oven at 375 degrees for 30 to 35 minutes.



Zucchini Chicken Pie with corn



Flower of the Month! - Lily of the Nile



Lily of the Nile, also known as Agapanthus or the African Blue Lily, is a genus of perennial flowering plants originating from South Africa. Agapanthus plants may have 20 to 100 flowers depending on the variety, and from May through June, they produce beautiful clusters of blue, white, or violet-blue flowers that resemble lilies.

These plants are easy to maintain and are very popular because of their hardiness and attractiveness. Follow these steps to grow your own African Blue Lily and keep it in beautiful condition.

Step 1 – Choose a Healthy Specimen

- Avoid plants that look dull and those that do not have many flowers or buds.

Step 2 – Find a Good Planting Location

- An Agapanthus should only be planted in areas with full sun.

Step 3 – Prepare Your Soil

- After choosing the planting spot, dig a hole that is not too deep. Mix compost or fertilizer with the dug-out soil. The soil must be rich and



well-drained.

Step 4 - Planting

- When transferring from a container, try to place the roots at the same depth as they were at in the pot or container. Even when plant-

ing directly, the roots should be placed no more than 1 foot from the soil surface.

Step 5 – Mulching and Watering

- Apply a couple of inches of organic mulch around the plant. Water the plant thoroughly, taking care not to flood the roots since the rhizomes can rot easily when things are too wet. You want to make sure the soil is always moist but not soaked.

Step 6 – Fertilization

- During the growing stage, it is beneficial to fertilize the plant twice a month. For established plants, fertilizing is only required twice a year, once in the beginning of spring and again towards the end of fall.

Step 7 – Pruning

- Every spring, prune the plant by removing any dead foliage and stems.

Bamboozable Answers: 1. Cry all the way to the bank 2. The stakes are high 3. That's too bad 4. Eyes in the back of my head 5. Miniskirt 6. All in All



Friday
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Friday
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TEXAS A&M
AGRI LIFE
EXTENSION

Bamboozable!!

What's a bamboozable you ask? A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

crycrycrycryBANK	stake stake	BAD BAD
DAEHiiYM	skirt	AALLLL

Answers on page 3

Upcoming Topics

- Tulips
- Sit and be Fit!
- Stroke Awareness



Fruit of the Month — Pineapple



Fun Facts About: Pineapple!

1. It takes almost 3 years for 1 pineapple fruit to grow.
2. Europeans thought they were pine cones when they first saw them.
3. Once harvested pineapples don't continue to ripen.
4. Pineapples are used to make wine
5. Pineapples are a natural meat tenderizer

