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Program of the Month: Do Well, Be Well with Diabetes

Do Well, Be Well with Diabetes is a five-class series covering basic nutrition and self-care management topics. The program helps people with diabetes learn the skills needed to manage their disease successfully.

Diabetes is not curable, but it is manageable. While the skills needed to effectively manage diabetes are well documented, diabetes education is not readily available.

The burdens of diabetes mismanagement are disproportionately borne by those with little or no insurance coverage, lower literacy, poor or no English skills, lower educational and income levels, and poor access to transportation

The annual cost of diabetes in Texas in 2010 is estimated at \$28.8 billion. An estimated 1.8 million, or 9.7%, of Texans 18 years old or older are diagnosed with diabetes; another 440,468 have

diabetes but do not know it. Seventy-two percent of Texas seniors have either diabetes or pre-diabetes. Texas is projected to have a greater incidence rate and increased costs in the future due to the growing population of Hispanics/Latinos, who are at a greater risk for the disease

Extension health professionals developed Do Well, Be Well with Diabetes, a low-cost class series delivered in five sessions. The program was pilot tested in 2002 in 12 counties. Class materials include a curriculum consistent with the American Diabetes Association Standards of Care along with PowerPoint® presentations with presenter notes and activities, suggested practice activities each week, and an evaluation program. County agents are trained to organize local health professionals to help plan, market, and provide the class series. The program's primary goal is to improve blood glucose management.

For more information about Do Well, Be Well with Diabetes contact your local County Extension Office.



August– National Immunization Awareness Month

School is right around the corner. Do you know if you or your children are up to date on their vaccinations?

August is National Immunization Awareness Month (NIAM) The goal of NIAM is to increase awareness about immunizations across the lifespan, from infants to the elderly. August is an ideal

time to make sure everyone is up-to-date on vaccines before heading back to school and to plan ahead to receive flu vaccine. Getting vaccinated is an easy way to stay healthy all year round. During the month of August, take the time to make sure that you and your loved ones have received all of the

vaccinations you need. By making

“...make sure everyone is up to date on their vaccines”

sure your vaccinations are up to date, you can help prevent harmful diseases from affecting you and your family.

National Immunization Awareness Month *Continued...*



For more information

Visit:

www.vaccines.gov/

Getting vaccinated is important for people of all ages. Here's some information about vaccines that people need throughout their lives:

- Parents can protect infants and children from 14 serious childhood diseases by age 2.
- Preteens and teens need vaccines too! Getting adolescents vaccinated will

also protect their friends and their family members

- Seniors may need one or more vaccines, even if they received vaccines as a child or as a younger adult.



Vaccines are the best defense

we have against these and other serious diseases, and it's important to make sure that you're up to date on all recommended vaccines.

Use National Immunization Awareness Month as your chance to make sure that all your vaccinations are current.

Talk with your healthcare provider about what vaccines you and your family need, and keep putting your healthiest foot forward!



Health Hot-Line Topic of the Month: Colon Cancer



Colorectal cancer is cancer that starts in the colon or rectum. The colon and the rectum are parts of the large intestine, which is the lower part of the body's digestive system. During digestion, food moves through the stomach and small intestine into the colon.

The colon absorbs water and nutrients from the food and stores waste matter (stool). Stool moves from the colon into the rectum before it leaves the body. Most colorectal cancers are adenocarcinomas (cancers that begin in cells that make and release mucus and other fluids).

Colorectal cancer often begins as a growth called a polyp, which may form on the inner wall of the colon or rectum. Some polyps become cancer over time. Finding and remov-

"Colorectal cancer is the third most common type of cancer in men and women in the United States."

ing polyps can prevent colorectal cancer.

Colorectal cancer is the third most common type of cancer in men and women in the United States. Deaths from colorectal cancer have decreased with the use of colonoscopies and fecal occult blood tests, which check for blood in the stool.

Avoiding risk factors and increasing protective factors may help prevent cancer.

The following risk factors increase the risk of colorectal cancer:

- Age
- Family history of colorectal cancer
- Personal history
- Inherited risk
- Alcohol
- Cigarette smoking
- Obesity

The following protective factors decrease the risk of colorectal cancer:

- Physical activity
- Aspirin
- Polyp removal

For more information about Colon cancer visit: <http://www.cancer.gov/types/colorectal>

5 Minute Snack: Butternut Hummus!

Butternut Hummus!

Ingredients:

- 3/4 Pounds cooked butternut squash
- 2 Tablespoons lemon juice
- 2 Tablespoons tahini
- 8 pitted green olives
- 1 clove garlic



Directions:

Purée all ingredients in a food processor, adding 1 or 2 tablespoons water, if needed.

With the traditional flavors of hummus — tahini, garlic, and lemon juice — this butternut squash hummus is familiar in flavor, but surprisingly sweet and creamy.

Serve with pita chips or a mixture of your favorite vegetables.



Safety Tip: Fall Prevention



Did you know 1/3 of Americans over 65 fall each year? Falls are the leading cause of injury death in adults over 65.

A fall may be caused by many different things. Listed below are some things that can increase your risk of falling.

Vision

- Macular Degeneration
- Glaucoma , not wearing your glasses

or wearing a bad prescription

Environment

- Cluttered walking area
- Low lighting, Slippery floors

Medications

- Blood pressure medications, Sedatives , Muscle relaxers

Habits

- Lack of exercise , standing on chairs or stools to reach high items

Assistive Devices

- Shoes that don't fit
- Properly, not using an assistive device such as a cane, walker, or wheelchair

Here are a few things you can do in each room of your home to make it safer.

"Falls are the leading cause of injury death in adults over 65."

Bathroom

- Grab rails
- Non-skid rugs and bath mats

Bedroom

- Night light , Bed rails
- Bedside commode or urinal

Kitchen

- Non-skid flooring , Lower cabinet and storage space

Living Room

- Clear walking paths, Tape down loose cords

Doorways & Stairs

- Reflective tape for stairways

For more information visit: <http://fcs.tamu.edu/families/aging/>



KEEP
CALM
HUG A
SENIOR
CITIZEN



National Senior Citizens Day

Friday, August 21st!

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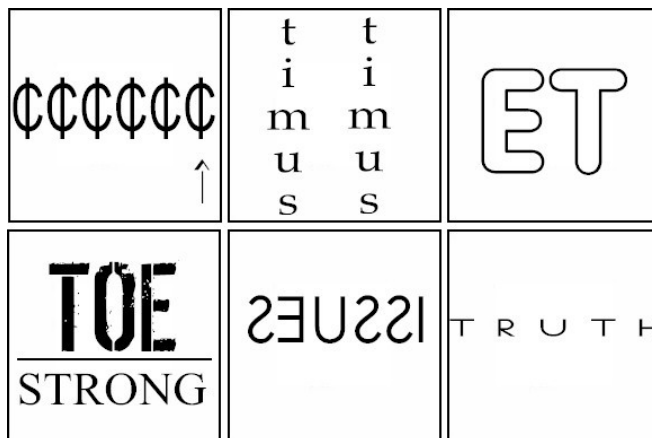
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BAMBOOZABLE!

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.



Hint: The definition of one of the phrases is: a past issue of a journal or magazine.

Answer on page 3

Upcoming Topics

- Dental Check-Ups
- Alzheimer's Awareness
- Fall is for Herbs

Fruit of the Month — Apricot

Apricots are those beautifully orange colored fruits full of beta-carotene and fiber that are one of the first signs of summer. Although dried and canned apricots are available year-round, fresh apricots with a plentiful supply of vitamin C and are in season in North America from May through August.

Apricots are rich in other antioxidants, too, including polyphenolic antioxidants like flavonoids. Diets rich in flavonoids and the other types of polyphenols found in apricots have been linked to reductions in heart disease in humans, as well as other potential health benefits.

Apricots are a good source of dietary fiber. This overall fiber content should be helpful for most people in supporting digestive health.



Mango-Apricot Smoothie

Ingredients

1 cup plain soy milk, 4 teaspoons fresh lemon juice
1/4 teaspoon pure vanilla extract, 2 ripe mangoes, 10 to 12 ounces each, peeled and chopped (about 2 cups), 6 apricots, peeled, pitted, and chopped (about 2 cups), 8 ice cubes, lemon peel twists, for garnish

Directions

Place the soy milk, lemon juice, vanilla extract, mangoes, and apricots in a blender. Process for 8 seconds. Add the ice cubes and process 6 to 8 seconds more, until smooth. Pour into tall glasses, garnish with lemon if desired, and serve immediately.

Enjoy!