



Call for information on free & low-cost programs on these topics:

- Nutrition
- Healthy Lifestyles
- Aging
- Family Life
- Eldercare
- Financial management
- Canning & Preserving
- Child Care

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Functional Fitness: Sit and be Fit!

Sit and Be Fit is a non-profit organization committed to healthy aging advocacy. We believe everyone has the right to feel good and age well. We empower people to improve their lives through safe, effective, media-based health and wellness programming.

Background

Sit and Be Fit was founded by registered nurse, Mary Ann Wilson. In 1985, after observing older adults in her high impact aerobics classes become injured and frustrated Wilson designed an exercise program that addressed their specific needs. She called the program Sit and Be Fit.

Focus on Functional Fitness

The most important type of exercise for healthy aging is expressed as “functional fitness” which means maintaining the ability to carry out the activities of daily life. Sit and Be Fit has been developed around the theme of

the body in good working order so that you can feel and function well.

Balancing the Muscles

The muscles were designed to work as a team to carry out movements. When one set of muscles does all the work the opposing set becomes lazy and the muscles may not hold the joints in proper alignment. This creates an imbalance which damages our skeletal structure. How can we avoid the wear and tear of this harmful dynamic?



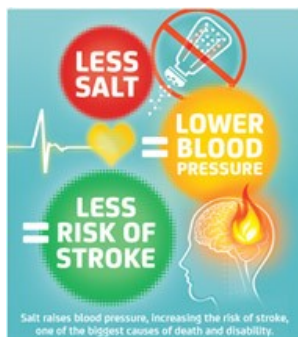
- Stretch the tight muscles
- Strengthen the weak muscles
- Move each joint through a range of motion daily

May— Stroke Awareness Month

ACT FAST at the First Sign of STROKE



Stroke Awareness Continued...



A stroke occurs if the flow of oxygen-rich blood to a portion of the brain is blocked. Without oxygen, brain cells start to die after a few minutes. Sudden bleeding in the brain also can cause a stroke if it damages brain cells.

If brain cells die or are damaged because of a stroke, symptoms occur in the parts of the body that these brain cells control. Examples

of stroke symptoms include sudden weakness; paralysis or numbness of the face, arms, or legs (paralysis is an inability to move); trouble speaking or understanding speech; and trouble seeing.

A stroke is a serious medical condition that requires emergency care. A stroke can cause lasting brain damage, long-term disability, or even death.

If you think you or someone else is having a stroke, call 9-1-1 right away. Do not drive to the hospital or let someone else drive you. Call an ambulance so that medical personnel can begin life-saving treatment on the way to the emergency room. During a stroke, every minute counts.

Visit: <https://www.nhlbi.nih.gov/health/health-topics/topics/stroke>



Hot-Line Topic of the Month: Mosquito Control!

Limit still water on your property to reduce mosquito larvae

The first thing you should do to cut back on mosquitoes is to eliminate their breeding grounds. Mosquitoes need water to breed. Stagnant water or moist soil is where adult mosquitoes lay eggs. By limiting water on your property, you'll be less likely to be bothered by these pests. After a heavy rain walk around your property and make sure there isn't any obvious standing water. If you have an area with standing water (more than a day or so after it rains) consider leveling off that area so the water drains.

Clean up places where water can build up and you'll clean up mosquitoes

Keep all containers, such as recycling bins, garbage cans and other storage containers dry. Make sure to put holes on the bottom of the containers for drainage and not on the sides. Check your gutters to make sure they are free from debris so water does not build up in them. Also make sure the gutter drain is free from debris and standing water cannot build up around the drain. Check flower pot bases; water sitting in the bases is an often overlooked mosquito paradise. Change water in animal dishes outside and birdbaths at least once a day.



5 D's to Help "Fight the Bites"

- 1) **DRAIN** any standing water
- 2) **DEET** repellent works best
- 3) **DRESS** defensively outdoors
- 4) **DUSK** & **DAWN** are active times
- 5) **DOOR**—Check door & window screens often



Frozen Greek Yogurt Snack Bars!

Ingredients

2 cups—Low fat vanilla Greek yogurt

1 1/2 cup of any trail mix or fresh fruit

Directions

1. Combine ingredients in a large bowl
2. Line a 9X13 baking pan with parchment paper and spread the mixture evenly
3. Place in the freezer for 3 hours

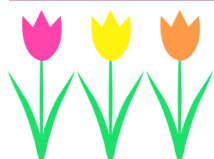
Enjoy!



**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION



Yogurt Bars



Flower of the Month! - Tulips



About Tulips!

Tulips do best in areas with dry summers and cold winters. The brightly colored, upright flowers may be single or double, and vary in shape from simple cups, bowls, and goblets to more complex forms. They are excellent in beds and borders; many types are good for forcing into bloom indoors, and most are excellent for cut flowers.

Although tulips are a perennial, many gardeners treat them as annuals, to be planted anew each year. The North American climate and soil can't replicate the ancient Anatolian and southern Russian conditions of their birth. Gardeners in our western mountain regions come

Tulip Tips!

- Water tulips during dry spells in the fall; otherwise, do not water.
- Compost annually.
- Deadhead tulips after flowering.
- Allow the foliage to yellow for about 6 weeks after flowering before removing it.
- The bulbs of Species tulips may be left in the ground for several years; others may be lifted annually, once the leaves have died down, and ripened in a warm, dry place.
- Replant the largest bulbs; smaller bulbs may be grown in containers in a bulb frame, in mix of equal parts loam, leaf mold, and sharp sand. When in growth, water moderately, applying a balanced liquid fertilizer weekly for 3 or 4 weeks after flowering; keep dry in summer, and replot annually.



Bamboozable Answers: 1. One step forward, two steps back 2. Double or nothing 3. Peppermint twist 4. Forefathers 5. Enroll 6. Addresses



**Sunday
May 8, 2016**



**Monday
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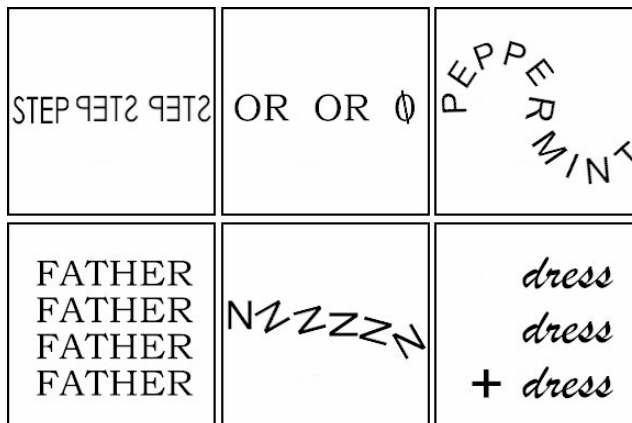
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**TEXAS A&M
AGRI LIFE
EXTENSION**

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.



Upcoming Topics

- *Summer Safety*
- *Carpet of Snow Alyssum*
- *Migraine Awareness*

Answers on page 3



Fruit of the Month — Raspberries!



Fun Facts About:

Raspberries!

1. The raspberry belongs to the same botanical family as the rose and the blackberry
2. There are over 200 species of raspberries
3. An average raspberry has 100 to 120 seeds.
4. They don't ripen when picked.

