



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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Organization Tips for a Stress Free Thanksgiving

- **Make Lists**

– For Thanksgiving you should create a list of your menu items and create a list of ingredients you'll need to make recipes.



- **Shop Early and Purchase Extra**

– Make sure to shop a few days before Thanksgiving to get everything you need and buy just a bit more than you think you will need.

- **Pull Out and Sort Ingredients**

You'll Be Using – Take a few minutes and pull out all the ingredients before you start cooking. For refrigerated items, dedicate a shelf or 2 in the refrigerator to those items.

- **Set the Table the Day Before**- This is also a great way to make sure you have enough dishes, silverware, etc. for the amount of guests you have.

- **Get Your House Ready a Few Days Early**- Tidy up your house a bit, if needed.

- **Be Prepared to Keep Dishes Warm** – Use slow cookers to keep items like dressing, mashed potatoes, etc. warm. Use toaster ovens to keep smaller items warm, like casseroles

- **Have a Clean Up Plan** If you're nice enough to give your guests leftovers to take home, be sure to have some foil containers, disposable plates or cheap plastic-ware for them to use.

- **Don't Be Afraid to Ask for Help!**

November — National Family Caregivers Month



"Take Care to Give Care"

The first rule of taking care of others: *take care of yourself first*. Care giving can be a rewarding experience, but it is also physically and emotionally demanding. The stress of dealing with care giving responsibilities leads to a higher risk of health issues among the Nation's 90 million family caregivers. So as a family caregiver, remember to pay attention to your own physical and mental wellness, and get proper rest and nutrition. Only by taking care of yourself can you be strong enough to take care of your loved one. You really do need to "*take care to give care!*"

National Family Caregivers Month Continued...

Caregiving can be a stressful job. Most family caregivers say they feel stressed providing care for a loved one. With all of their caregiving responsibilities – from managing medications to arranging doctor appointments to planning meals – caregivers too often put themselves last.

Proper nutrition helps promote good health. Ensuring that you are getting proper nutrition is key to help maintain your strength, energy and stamina, as well as strengthening your immune system. Maintaining a healthy diet is one of the most powerful things you can do to take care of yourself and keep a positive attitude overall.

Ensuring good nutrition for your loved one helps make care easier. As many as half of all older adults are at risk for malnutrition. Good nutrition can help maintain muscle health, support recovery, and reduce risk for re-hospitalization – which may help make your care of a loved one easier.

Remember: “Rest. Recharge. Respite.” People think of respite as a luxury, but considering caregivers’ higher risk for health issues from chronic stress, those risks can be a lot costlier than some time away to recharge. The chance to take a breather, the opportunity to re-energize, is vital in order for you to be as good a caregiver tomorrow as you were today.



Hot-Line Topic of the Month: Hearing Loss Prevention

Noise-Induced Hearing Loss – Completely Preventable

A major cause of hearing loss in our society is noise exposure. Tiny hair cells in the ear are damaged when assaulted by loud noise. Once those hair cells are destroyed they cannot be replaced. A noise-induced hearing loss is the most common cause for its occurrence in our society and it's completely preventable. Repeated and lengthy exposure to loud sound – whether is it music or a jackhammer - will eventually produce a sensor neural hearing loss.

How to Reduce the Damage to Hearing from Noise

Your ears can be your warning system for potentially dangerous noises. The noise is too loud when:

- You have to raise your voice to be understood by someone standing nearby
- The noise hurts your ears
- You develop a buzzing or ringing sound in your ears, even temporarily (indicates some hair cells have died)
- You don't hear as well as you normally do until several hours after you get away from the noise.

How to Protect Yourself When Around Loud Noise

- Block the noise (wear earplugs or earmuffs)
- Avoid the noise (put hands over ears if you can't walk away)
- Turn down the volume



Thanksgiving Side Dish: Roasted Cauliflower and Grapes!

Ingredients

2lbs—Cauliflower florets
 1/2lb—Red grapes (halved)
 1tbsp—Minced garlic
 2tsp—Rosemary (fresh or dried) chopped
 1/4 cup—Olive oil

Directions

1. Cut cauliflower into florets and place in a large bowl
2. Slice grapes and place them in the bowl with the cauliflower
3. Mince garlic and chop rosemary and add to bowl with grapes and cauliflower
4. Pour olive oil over cauliflower mixture
5. Toss well. Spread cauliflower mixture onto a foil lined baking sheet, add a small pinch of salt and pepper, place in the oven at 425 degrees for 30 minutes.

Nutrition Facts

Roasted Cauliflower and Grapes	
Amount Per Serving	
Calories 231	Calories from Fat 135
% Daily Value*	
Total Fat 15g	23%
Saturated Fat 2g	10%
Polyunsaturated Fat 2g	
Monounsaturated Fat 11g	
Sodium 70mg	3%
Potassium 813mg	23%
Total Carbohydrates 24g	8%
Dietary Fiber 6g	24%
Sugars 14g	
Protein 5g	10%
Vitamin A	1%
Vitamin C	188%
Calcium	6%
Iron	7%

* Percent Daily Values are based on a 2000 calorie diet.



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



Roasted Cauliflower and Grapes

Flower of the Month! - Toad Lily

Toad Lily Care

1. Toad lilies like part sun to full shade. The further south they grow, the more shade they require.
2. The plants like consistent moisture, but well-drained soil. They don't like wet feet and will experience rot in standing water.
3. Toad lilies don't compete well with other plants, so keep their space weed free. They don't need fertilization, but a three inch layer of organic mulch will provide them a cool root run.
4. Toad lilies don't recover well from transplant shock, so plant them immediately if you've obtained them through mail order, and give them a permanent home in the shade garden.



Toad Lily



**Friday
November 11, 2016**



**Tuesday
November 8
2016**



**Sunday
November 6, 2016**

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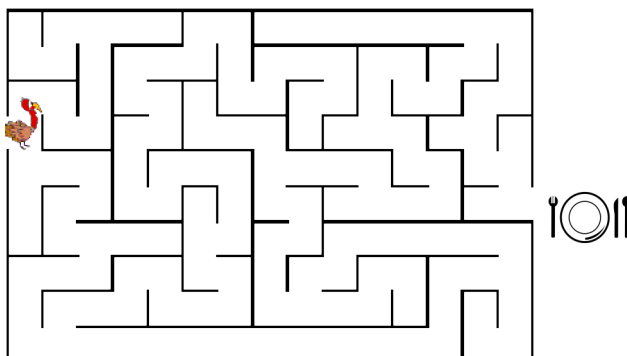
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**TEXAS A&M
AGRI LIFE
EXTENSION**

Thanksgiving Maze!

Help the turkey find his way to the dinner plate!



Upcoming Topics

- *Christmas Shopping*
- *Holiday Treats!*

Help the turkey find his way out!

**Happy
Thanksgiving**



Vegetable of the Month — Red Cabbage



Fun Facts About:

Cabbage!

1. 1 cup of cabbage has about 25 calories
2. There are two types of cabbage, red and green.
3. Cabbage may help reduce the risk of certain cancers
4. It is an excellent source of vitamin K and C.

