



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

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

Inside this issue:

Fall Cleaning Tips	1
Memory Strategies	1-2
Hotline Topic: Foodborne Illness	2
Dinner Tonight: Nutty Apple Rings	3
Flower of the Month— Red Spider Lily	3
Upcoming Topics	4
Vegetable of the Month!	4

Fall Cleaning Tips!

Everyone is familiar with spring-cleaning, but in actuality, more people do a fall cleaning! Here are five tasks to add to your fall check-list.

- **Perform a pantry audit.** Remove everything from the shelves, then vacuum up any dust and crumbs with your attachment brush. If you don't want to remove the canned goods, just dust around them. Inspect each item before placing it back into the pantry.
- Besides replacing your smoke alarm and carbon monoxide batteries on Daylight Saving Time Day, **test and clean your detectors.** Dust can accumulate around them, causing them to not perform as well. Using your vacuum cleaner's soft brush attachment, clean in and around the alarm openings. If any units are more than 10 years old, replace them entirely.
- When you turn back your clocks, **turn your mattress over** also. Flip it over and then rotate it 180 degrees to prevent body impressions from setting-in. Sprinkle the mattress with baking soda to neutralize odors, and then vacuum it up.
- Get a jump on the holidays and **give your carpeting a shampooing.** You can have your plush flooring professionally cleaned, rent a carpet shampooer.
- **Vacuum all the surfaces of your upholstery,** including both sides of the cushions, the back, sides, arms, and even the platform underneath the cushions.



Memory Strategies



Tying a string around a finger may work for some but it is probably not an effective strategy for most people. Concentration, association, repetition and relaxation may be ways to help you remember almost anything from names to where you left your keys to reciting Lincoln's Gettysburg Address. You may need to blend two or more of these strategies to be effective. You will have to try different methods and see which works best for you.

Remember:

1. While some change may be expected as you age, that doesn't mean you can't do something about it – you can be proactive in using some strategies and lifestyle adaptations.
2. If you don't learn or receive good information, you can't remember it.

Memory Strategies Continued...

Concentration

- Try adding the following numbers while reciting the months of the year
 - $8 + 5 + 9 + 3 + 7 + 2$
- You probably can't do either well because your concentration isn't focused

Association

- Turner Medical Clinic
- Rose Campbell's name
- Your white-haired neighbor, Marsha



Repetition

- Order
- Lists
- Notes
- Rehearsal



Think about some associations that might help you remember these things.

How would you remember the name of this medical clinic? For Turner Medical Clinic you could use the association "Turner turned my health around."

What about remembering Rose Campbell? You might think about a Campbell's soup can. The label is red and rose is a shade of red. Voila! Rose Campbell.



Hot-Line Topic of the Month: Preventing Foodborne Illness

Cleanliness is a major factor in preventing foodborne illness. Even with food safety inspection and monitoring at Federal, State, and local government facilities, the consumer's role is to make sure food is handled safely after it is purchased. Everything that touches food should be clean. Listed below are steps we can take to help prevent foodborne illness by safely handling food in the home:

REMEMBER: Always wash hands with warm, soapy water for 20 seconds:

- Before and after handling food
- After using the bathroom
- After changing a diaper
- after handling pets
- After tending to a sick person
- After blowing your nose, coughing, or sneezing
- After handling uncooked eggs or raw meat, poultry, or fish and their juices



Nutty Apple Rings!

Ingredients

- 1 medium apple
- 2 tablespoons of peanut butter
- 1 tablespoon of walnuts
- 1 tablespoon of raisins

Directions

1. Wash and core the apple.
2. Cut horizontal through the apple.
3. Spread the peanut butter evenly on the apple slices and top with raisins and walnuts.



Step 2



Nutty Apple Rings



Flower of the Month! - Red Spider Lily

About:

Similar to tulips, the Red Spider Lily (*Lycoris radiata*) does not produce seeds to start new plants. Instead, you'll be planting bulbs, with the optimal time to plant usually being spring, although you can plant the bulbs during the summer months.

Care:

Once the bulbs are planted, water them about once a week unless you live in an area where it rains frequently. When the plants are in full bloom, you should increase the watering to every day or every other day to extend the life of the blooms.



Bamboozable Answers: 1. Throw in the Towel 2. All Eyes are on You 3. High Tide 4. Hands on Experience 5. Miniature Golf 6. Cutting Corners



**Monday
September 5, 2016**



**Monday
September 11, 2016**

Newsletter Created by:
Gabrielle Washington, M.S.
County Extension Agent—FCS,
Limestone County

Texas A&M AgriLife Extension
Service
200 West State St. G—I4
Groesbeck, TX 76642

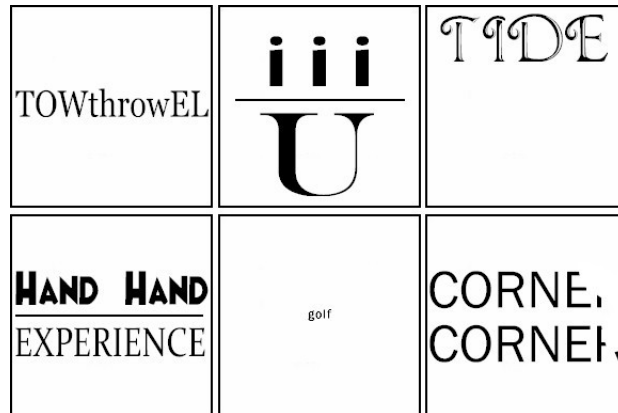
Phone: 254-729-5314
Fax: 254-729-2540
E-mail:
gabrielle.washington@ag.tamu.edu

Visit
limestone.agrilife.org/

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.



Answers on page 3

Upcoming Topics

- *Halloween Treats*
- *Breast Cancer Awareness*



Vegetable of the Month — Broccoli



Fun Facts About:

Broccoli!

1. Broccoli originated in Italy off of the Mediterranean.
2. Broccoli is a member of the cabbage family, making it a cruciferous vegetable.
3. 4. Broccoli is also very high in Vitamin A.
4. 5. Broccoli is high in fiber. Not only in soluble fiber but insoluble as well.

