

JUNE 2023

HEALTHY FAMILIES

FAMILY & COMMUNITY HEALTH NEWSLETTER
TEXAS A&M AGRILIFE EXTENSION - HALE COUNTY



WELCOME FRIENDS!

There are many reasons to celebrate the month of June, but staying cool seems to be all I can keep my mind on! Anyone else feeling the summer heat? In this issue, we offer some ideas for keeping cool. Some of those tips include recipes for ice tea and strategies on how to be active without compromising your health and safety! Eating smaller meals and choosing cooler foods to eat is also important! "Cooler foods" includes things like cucumbers, salads, vegetables and fruits. And be sure you are drinking plenty of fluids even if you don't feel thirsty. Thanks for joining us in this edition of "Healthy Families"! It's never too late to make a healthy change. ♥

NATIONAL ALZHEMIERS MONTH

The Alzheimer's Association has declared June Alzheimer's & Brain Awareness Month, a time for everyone to show support and raise awareness about the disease.

As stated by the Alzheimer's Association:

- More than 6 million Americans of all ages have Alzheimer's
- Seventy-two percent are age 75 or older
- One in nine people aged 65 and older (11.3%) has Alzheimer's dementia.

What are some simple ways to improve your BRAIN HEALTH?

- **Break a sweat!** Engage in regular cardiovascular exercise that elevates your heart rate and increases blood flow to the brain and body. Several studies have found an association between physical activity and reduced risk of cognitive decline
- **Hit the Books!** Formal education in any stage of life will help reduce your risk of cognitive decline and dementia. For example, take a class at a local college, community center or online.
- **Butt out!** Evidence shows that smoking increases risk of cognitive decline. Quitting smoking can reduce that risk to levels comparable to those who have not smoked.
- **Catch some Zzz's!** Not getting enough sleep due to conditions like insomnia or sleep apnea may result in problems with memory and thinking.

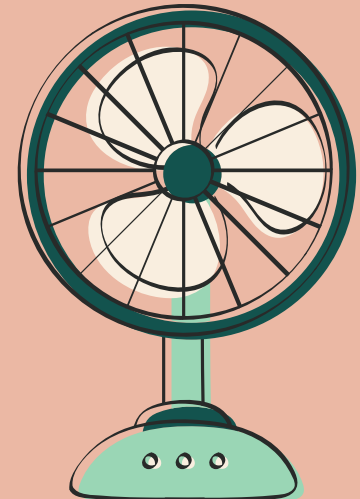
To find out more, check out this link:

<https://www.alz.org/help-support/brain-health/10-ways-to-love-your-brain>

STAY COOL AT HOME!

below is a link to a video with 10 tips to keep your house cool this summer AND lower your energy costs! Check out the video below by Mr. Build It. There were some great tips for windows, ceiling fans, and shades!

<https://youtu.be/svJGvBWtOWO>



THIS SEASON'S SPECIALTIES

MAIN DISH RECIPE

This is a simple meal to throw together during those late, summer nights! Watch how easily it comes together in this video (the recipe is below)!

<https://youtu.be/i53KeVXVZnA>



Taco Boats

Servings: 8

Ingredients:

- 8 ounces of lean ground beef
- 1/4 finely diced onion
- 1/2 cup diced tomato
- 1 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/2 teaspoon cumin
- 8 ounce tube of reduced fat crescent rolls
- 1 cup shredded reduced fat sharp cheddar cheese

Instructions

1. Preheat oven to 375 degrees.
2. Clean your hands and your preparation area.
3. In a large skillet brown lean ground beef for 4 – 5 minutes. Add finely diced onion, diced tomato, chili powder, garlic powder, and cumin. Stir together and continue cooking until beef is cooked through. Remove from heat. Food safety note: ground beef should be cooked to a minimal internal temperature of 160 degrees Fahrenheit.
4. On two large baking sheet, unroll crescent rolls and press seams together to make one large sheet. Cut sheet into 8 squares. Divide beef mixture evenly among all 8 dough squares and top with shredded cheese. Pinch crescent roll around filling and to make a cup (or boat!) to hold filling in.
5. Bake at 375 degrees for 12 minutes or until golden brown.

Nutrition Facts

8 servings per container
Serving size 1 pocket (86g)

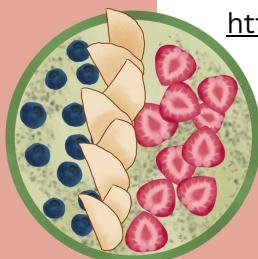
Amount per serving
Calories **170**

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 350mg	15%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mg	0%
Calcium 134mg	10%
Iron 2mg	10%
Potassium 154mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

IT IS HOT THIS SUMMER! TRY OUT THESE REFRESHING SNACKS!

- ZUCCHINI CHIPS AND RANCH DIP
[HTTPS://YOUTU.BE/-ZTU1IZ4LJO](https://youtu.be/-ZTU1IZ4LJO)
- FRO-YO BLUEBERRY LEMON BITES
[HTTPS://YOUTU.BE/H2FU58AI2F8](https://youtu.be/H2FU58AI2F8)
- MATCHA SMOOTHIE BOWL
[HTTPS://YOUTU.BE/FMIUWMOSYME](https://youtu.be/FMIUWMOSYME)



Find more snacks here:

<https://dinnertonight.tamu.edu/recipes/snack-recipes/>

TIPS FOR KEEPING COOL IN THE SUMMER HEAT

WHILE BASKING IN THE SUNSHINE IS A WONDERFUL THING, EXTREME HEAT CAN BE DEADLY, AFFECTING YOUNGER AND OLDER PEOPLE, PREGNANT WOMEN, AND THOSE WITH CHRONIC HEALTH CONDITIONS. BE SURE TO PROTECT YOURSELF AND YOUR LOVED ONES THIS SUMMER!



EAT LIGHTER MEALS

- Food with a high water content like strawberries, cucumber, celery, and lettuce, will help keep you hydrated and cool. Try a variety of salads with these foods to stay cool!
- Drinks like coconut water and flavored water also keep you hydrated. Adding berries and mint or cucumber and lime can make your water more enjoyable and flavorful! Give it a try!

KEEP YOUR HOME COOL

- During the hot weather, it's important to make your home a place you can escape to out of the heat, so keeping it cool is key to feeling comfortable.
- Keep doors and windows closed during the hottest parts of the day can help keep the cool air in and the hot air out.

DRINK PLENTY OF WATER

- As you sweat throughout the day, the liquids you are losing need to be replaced to avoid dehydration. Symptoms of dehydration include a dry mouth, dizziness or confusion, and headaches.
- Avoid caffeine and make sure you're drinking lots of water and, if possible, isotonic sports drinks to replenish the lost salts, sugars and fluids.

LIMIT PHYSICAL ACTIVITY TO COOLER PARTS OF THE DAY

- Limit physical activity to times of the day when it's cooler.
- If you do decide to workout or play sport, make sure to drink lots of water and take more breaks than usual to make sure you're not putting any extra stress on your body.

KNOW THE RISKS!

Heat exhaustion and heatstroke are two different things! Learn the symptoms by reading below. There is also a link for first aid tips!

- **Heat exhaustion** is caused when the body loses excess water, salt, and sugars through sweating. It can be treated by having plenty to drink, keeping out of the sun, and cooling down.
- **Heatstroke** occurs when the body's temperature becomes dangerously high and the body is no longer able to cool itself. Symptoms include confusion, headache, nausea, and muscle cramps.

JUNE IS NATIONAL ICED TEA MONTH!

There is nothing like a tall glass of cold iced tea on a hot **SUMMER** day.



Thanks to Marion Cabell Tyree, without her we would not be able to enjoy this luxury. In 1879, her recipe was published in Housekeeping in Old Virginia. This recipe called for green tea to be boiled and steeped throughout the day in order to be ready for dinner time!

Ms. Tyree called for the goblets to be filled with ice, put two teaspoonfuls of sugar in each glass, and then pour the tea over the ice and sugar. A lemon was also recommended!

WHY IS SWEET TEA ONLY IN THE SOUTH?

Sweet tea is considered a "Southern delicacy" because this characteristic has been so strongly established since the end of the 19th century. Southerners place huge importance on tradition, therefore having sweet iced tea is one of many.

Now, many people judge whether a particular location can be considered truly southern by whether there is sweet tea or not.

ICED TEA FUN FACTS

- Today, iced tea accounts for 84 percent of all the tea consumed in the United States.
- Recent studies on green tea show that "routine tea consumption of an average of about two cups a day is associated with a lower percentage of body fat and weight control" than non-tea drinkers.
- A British study found that people who drank tea were able to de-stress more quickly than those who didn't. As well, during the study the tea drinkers – who drank black tea four times a day for six weeks – had lower levels of the stress hormone cortisol in their blood after a stressful event.



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