

PANHANDLE PATH TO HEALTHY LIVING



November 2020

NATIONAL DIABETES MONTH

In November, National Diabetes Month focuses attention on the growing cost of diabetes on American's health. From the physical, emotional and social effects to financial and damaging health, diabetes impacts more than 30 million people in the United States. Also known as American Diabetes Month, the month focus on making healthy changes and reducing the risk of type 2 diabetes.

- Get a physical. Regular checkups let us know where we stand and what changes we need to make. Ask questions, too!
- When we make small changes, we are more likely to stick when them. So, add one or two small changes at a time, instead of huge sweeping changes.
- Keep track of your goals. We are more likely to be honest if we write down our daily intake than if we just guess.
- Get a buddy. It's more fun when we make changes together than if we go it alone.
- Learn more from the American Diabetes Association.

Kay Rogers

DIABETES



What is TYPE 2 DIABETES?

► A condition that occurs when your body **CAN'T PROPERLY PROCESS SUGAR INTO ENERGY.**

- The body fails to use insulin correctly, or
- The pancreas fails to make enough insulin



About
1 in 4 adults
with diabetes
don't know
they have it.

More than
30 million
adults in the U.S.
have diabetes

What are the SYMPTOMS?



Feeling hungry
even while eating

Extreme thirst



Frequent
urination



Slow-healing cuts

Numbness in
hands or feet



Blurred vision

What Parts of Your Body Can BE AFFECTED BY DIABETES?



Nervous System



Eyes, Teeth & Gums



Coronary Arteries



Kidneys



Blood Vessels



Feet & Skin

Why is it DANGEROUS?

High blood sugar can:



Increase risk of
heart disease or
heart failure



Lead to
stroke



Threaten vision,
limbs & extremities

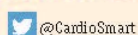


**KEEP UP WITH
HEALTH VISITS**
to find & treat
problems early.

With help, **YOU CAN
CONTROL DIABETES.**

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

► Go to **CardioSmart.org/Diabetes** to learn more about making healthier choices.



If you would like to download or order additional posters on various topics, visit CardioSmart.org/Posters

Path to Mindfulness.....

MINDFULNESS FOR CHILDREN: GRATITUDE TREE FOR THANKSGIVING

Here's the perfect mindfulness activity for Thanksgiving or a rainy day. It's called the gratitude tree.

The gratitude tree activity teaches children to: appreciate the small things in life, be grateful for everything they have, be mindful of the things that are going right in their lives and the people they hold closest to their hearts.

GRATITUDE PRACTICE IS EASY, HEARTWARMING AND FUN TO DO

It even comes with science-backed benefits. According to research, gratitude practice decreases stress and negative thinking as it increases happiness and social intelligence. You can go from spending your day wallowing in negative thoughts to actually immersing yourself in life's joys. There is so much good in each day, but we are usually just too distracted to see it.

Spend some time talking about gratitude with your child, and think about all the blessings in your lives. See if it becomes a new family tradition in your home.

Purpose: Gratitude, Positivity, Connection

Best for ages: 3+

What you need:

Colored paper to cut out leaves (double sided is nice for colorful leaves), String or ribbon to hang the leaves on the tree branches, Scissors, Twigs or tree branches, Rocks to add stability to the tree, and Vase.

Directions

The project is pretty simple and lots of fun.

1. Make a leaf cutout (or a few for variety) to use as your template. Trace the rest of the leaves on a bigger sheet and cut them out.
2. Punch a hole at the top of each leaf and loop a piece of string

IDEAS OF THINGS TO BE GRATEFUL FOR

Family

Friends

A quality about yourself

A talent

Something in nature

Something you love to do

Something you love to eat

Something you've learned this year

Gratitude can be about anything, really. The roof over your head, your child. Your senses. The beauty of an evening sky. The bird song you heard today. The scent of flowers. .

3. Put stones in a vase and stick the tree branch there.

4. Have your child draw or write about things he is grateful for on the

leaves. If they are too young, you can write for them or use old pictures.

6. Hang the leaves from the branches.





Path to Youth Development.....

Dallam & Hartley Counties

4-H ENROLLMENT FEE GOES UP ON NOVEMBER 1

If you have not enrolled, please be aware that the enrollment fee goes up to \$30.00 on November 1. Also, if you have not enrolled by November 1, you will stop receiving 4-H emails.

LIVESTOCK ENTRIES DUE BY NOVEMBER 10

Please come to our office to sign up for Bi-County Stockshow and all majors by November 10th, 5pm. Payment is required with entries. 4-Hers who have never shown before need to complete Quality Counts. 4-Hers entering a new age division (juniors 3rd-5th grade, intermediates 6th-8th grade and seniors 9th-12th grade) will also need to retake Quality Counts. Quality Counts numbers are required with entries. Exhibitor social security numbers are also required when filling out entries.

RABBIT VALIDATION

Validation for all rabbits to be shown at Bi-County or any major shows need to be validated on Tuesday, November 10th from 4-6pm in the annex behind the Extension Office in Dalhart. Please plan to bring your pedigree and \$15.00 per rabbit to fill out entries for Bi-County.

COMMUNITY SERVICE OPPORTUNITIES

We will be sewing **pillowcases** for CASA kids on Tuesdays after school until 5pm each Tuesday beginning November 3. We will also be making **Christmas wreaths** for residents of Coon Memorial and "The Legacy" after school on Thursdays beginning November 5. Please join us and assist in completing these items. Pillowcases will be sent to the CASA kids in February, wreaths are for Christmas. ALSO – if you have 1 yard pieces of broadcloth that would be suitable to make pillowcases for babies through 18 year old boys & girls, we are taking donations. You can also purchase fun fabrics – Walmart in Amarillo (S. Coulter) location has some nice 1 yard pieces that are already cut in 1 yd. pieces and they cost about \$4.50 each. That is a pretty good price for pillowcase fabric. If you would like to help sew on Tuesdays, please call and RSVP. That way, we know how many to plan on.

Dallam & Hartley Counties Club Meetings

Mean Green Scientists

November 2nd @ 6:00pm

Boomer Consumer

November 5th @ 6:00pm

Leaders & Feeders

November 10th @ 7:00pm

Top of Texline

November 12th @ 4:00pm

Channing 4-H Club

November 12th @ 5:00pm

Hartley Plainsmen

November 13th @ 4:00pm

If you are interested in 4-H, now is the time to get involved! We have a lot of upcoming projects and activities! Check the

Dallam & Hartley Counties 4-H and Extension Facebook pages or call the office at 806.244.4434 for more information!



Path to Protection..... Food Safety



Slow cookers are a convenient way to whip up a delicious dish with minimal effort. Just throw all of the ingredients in the pot, turn it on, head to work, come home and dinner is ready to be served. But that's not all you can do with a slow cooker. It is perfect for making overnight oatmeal, a game-day dip or even a winter stew. This is a dream come true for any multitasker, but if you neglect food safety rules, this dream could quickly turn into a nightmare.

Follow these 10 tips to ensure any dish you slow cook is safe to eat:

1. **Start with a clean space.** Make sure the cooker, utensils and work area are clean. And don't forget to wash your hands.
2. **Keep perishable foods refrigerated as long as possible.** Bacteria multiply rapidly when at room temperature. To avoid this, keep your food refrigerated until it's time to add it to the pot.
3. **Prepare meat and vegetables separately.** If you prep your meat and vegetables beforehand, store them separately in your fridge in order to avoid cross-contamination.
4. **Always defrost meat or poultry before putting it in the slow cooker.** Defrosting will ensure your food cooks all the way through to the safe internal temperature. Defrost in the refrigerator, never at room temperature.
5. **Pay attention to temperature.** It is important to make sure your slow cooker reaches a bacteria-killing temperature. Start your slow cooker on the highest setting for the first hour and then switch it to low for longer cooking. However, it is still safe to cook foods on low the entire time — for example, if you are leaving for work. Just make sure your food reaches the proper internal temperature (see number 9).
6. **Make sure your foods fit.** The slow cooker should be half to two-thirds full to ensure your food cooks thoroughly. Don't overstuff it!
7. **Cut up your meat.** Large chunks of meat may take too long to cook all the way through. Cut meat into smaller pieces before adding to the slow cooker.
8. **Keep the lid on.** It is important to retain the heat when making a slow cooker meal, so avoid taking off the lid. Only remove the lid to stir or check for doneness.
9. **Use a food thermometer.** The *only* way to know for sure that your food is safe to eat is with a food thermometer. Consult the Is My Food Safe? app or an internal temperature guide to determine the proper internal temperature.
10. **Store leftovers in shallow containers and refrigerate within two hours.** One of the best parts of your slow cooker meal is the leftovers. But you must make sure you are storing them safely and eating them in a timely manner to reduce your risk of food poisoning. Store leftovers in shallow containers and refrigerate within two hours of removing from the pot.

TEXAS A&M AGRI LIFE EXTENSION

"Panhandle Path to Healthy Living" is a Family Community Health Information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

Editors include: Kay Herron-Rogers, Jill Pronger-Killian, Joy Koonin, Carolyn Bennett, Eadie Bradford, Tanya Holloway, Chelsey Rash, Elizabeth Gresham, Sidney Atchley, Joan Gray-Soria, Wendy Hazzard, Amalia Mata, Kelli Lehman, Billie Peden & Molly Forman, D1 County Extension Agents-Family & Community Health

TEXAS A&M AGRILIFE EXTENSION SERVICE
Dallam & Hartley Counties
401 Denrock Ave
Dalhart, TX 79022

Postage

Return Service Requested

Kay Rogers is a Family and Community Health Agent with Texas A&M AgriLife Extension **Dallam & Hartley** Counties. Family and Community Health helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities. FCH focuses on topics such as child and adult health, nutrition, child care, financial management, passenger and community safety, and building strong families. Our goal is to encourage lifelong health and well-being for every person, every family, and every community. [https://\(county\).agrilife.org](https://(county).agrilife.org)

Path to Plate.....

Ingredients:

Slow Cooker Pumpkin Oatmeal

- 1 cup old fashion oats
- 2½ cups water
- 1½ cups unsweetened almond milk
- 1 cup pumpkin
- 3 Tablespoons maple syrup
- 1 teaspoon vanilla
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- ¼ teaspoon salt



Directions: Add all the ingredients into slow cooker and mix well. Cook on low for 6-8 hours. If you have a programmable slow cooker, set it to cook on low for 7 hours and then switch to warm. After cooking, give the mixture a good stir as the oats will settle to the bottom. Portion into a bowl to serve and top with pecans, maple syrup and almond milk.