



Sharing is caring with TEEA

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August 2021



Mark Your Calendar

County Extension Education
Association Meeting

Monday, September 27, 2021

San Patricio County Extension Office



Disaster Supplies Kit

Why is a disaster supplies kit important? If you are forced to evacuate from your home or shelter-in-place, you will not have time to gather the necessary supplies. Assembling a disaster supplies kit will help your family stay safe and be more comfortable after a disaster.

What should your disaster supply kit contain? It should contain enough supplies to enable you and your family to take care of yourselves without outside help for at least three days.

Supplies List

- ◆ **Water** – Three-day supply of bottled water. Pack 1 gallon for each person per day.
 - ◆ **Water Purification Tablets** – May be purchased at any store that carries camping supplies (Wal-Mart/Target, for example).
 - ◆ **Food** – Three day supply. Choose foods your family will eat and that do not require refrigeration. Examples include protein and fruit bars, dried fruit, nuts, peanut butter, crackers, canned juices, and canned food.
 - ◆ **First Aid Kit** – Include two pairs of sterile gloves, gauze, soap, antibiotic wipes and ointment, burn ointment, adhesive bandages, aspirin, thermometer, and sunscreen SPF 30.
 - ◆ **Cash** – You may not be able to access a bank or ATM machine for days.
 - ◆ **Extra Clothing** – Gather one complete change of clothes, a pair of sturdy shoes, and one blanket per person.
 - ◆ **Prescription Medications** – Include medications such as heart and high blood pressure, insulin, and other drugs prescribed by your doctor.
 - ◆ **Special Needs Items** – Baby formula, diapers, bottles, powered milk, baby wipes, rash ointment, foods for special dietary needs (diabetics), supplies for dentures and contact lenses.
 - ◆ Battery Powered Radio
 - ◆ Flashlights
 - ◆ Extra Batteries
 - ◆ Basic Tool Kit
 - ◆ Whistle
 - ◆ Garbage Bags
 - ◆ Toilet Paper
 - ◆ Hand-held, Manual Can Opener
 - ◆ Disposable Eating Utensils
 - ◆ State Map
- Note** Store items in a waterproof container or a rubber trash can with a lid

The Benefits of Balance

Balance is controlled by your brain with information from your eyes, ears, muscles and joints.

Balance helps you do activities of daily living with less dependence on others.

Aim to mix balance with other types of activity on at least 2 days a week. Try dancing, yoga, gardening or sports.

Test your balance: stand on one leg; aim for 30 seconds. Switch legs. Use a chair or nearby wall for safety.

Dehydration, medications and blood pressure can affect balance. Talk to your healthcare provider if you have questions.

1

Move with ease

Activities such as walking, gardening, dancing and carrying groceries are easier with balance.

3

Reduce your risk of falling

Falls are the leading cause of injury-related deaths among adults age 65 and older.



2

Move with confidence

Balance makes it safer to walk on uneven surfaces, walk in the dark and get up from sitting down.

4

Reduce your risk of injury

Balance makes everyday movements safer, resulting in fewer sprains, strains, slips and trips.

Balance your plate

Making healthy food choices plays a role in balance by providing nutrients that support healthy bones, muscles, vision and blood pressure.



Be Active with Others

Have a friend, neighbor or family member join you during physical activity to make it safe and fun! Your local community center may have activity groups you can join.

Physical Activity Guidelines for Adults 65+

- Sit less and move more!
- At least **150 minutes a week** of moderate intensity activity such as **brisk walking**.
- At least **2 days a week** of activities that **strengthen muscles**.



Classics Stay Strong

Remember to stay hydrated while moving your body! Keep water near you while exercising.

Foods high in calcium and vitamin D, such as dairy products and canned salmon, work together to support healthy bones and muscles.

Measure your progress! How long can you hold a position before losing balance or getting tired?

If you are just getting started with balance activities, do what you can and build up to more over time.

Frozen vegetables can be an easy and low-cost way to add vitamin A to support healthy vision.

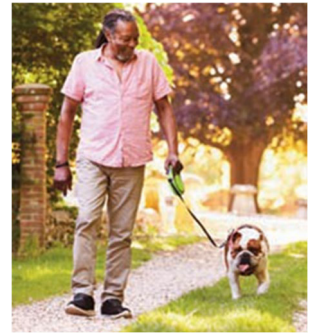
How to Improve Balance



1

Stretch

Stretching keeps your blood flowing and your joints flexible.



2

Daily Activity

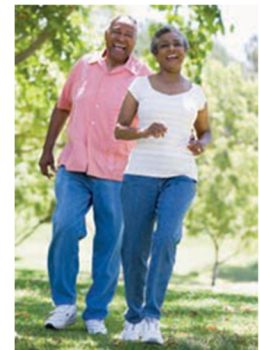
Standing up from sitting, reaching and walking keep your balance muscles strong.



3

Yoga

Yoga combines stretching, balance and strengthening movements.



4

Be Physically Active

Sit less and move more each day by doing activities that you enjoy.



Watermelon Basics

Shop and Save



- ✿ Choose a watermelon that feels heavy for its size.
- ✿ Look for a creamy yellow spot on the underside. It becomes more yellow as the melon ripens.
- ✿ Avoid melons with bumps, soft spots, dents or cracks.
- ✿ The flesh of cut watermelon should look juicy and smooth.
- ✿ Pre-cut melon can be found in some stores. These often cost more per pound than whole melons but can save time and space.

Watermelon contains lycopene, which gives it its red color and is a powerful antioxidant that helps keep you healthy!



**About 3/4 of a whole watermelon is edible flesh.
One pound = about 3 1/4 cups.**

Types of Watermelon

Seeded Watermelon can be round or oval and weigh from 15 to 45 pounds. The flesh is usually red with black seeds.



Seedless watermelon are the most common type. They can be round or oval and weigh from 10 to 25 pounds. The flesh is usually red but can be yellow, orange or white. They may have soft, edible white seed coats but rarely contain black seeds.



Mini or personal watermelon are usually seedless and weigh 1 to 7 pounds. They may have more flesh and less rind than larger watermelons.



Store Well Waste Less



- Whole melons can be kept at room temperature for 7 to 10 days. They ripen very little after picking and begin to lose flavor and texture with longer storage. Refrigerate just before eating if desired.
- Rinse under running water before cutting.
- Cut watermelon can be kept in the refrigerator for 3 to 4 days. Put in a covered container or cover the cut surface.



Enjoy Watermelon

Watermelon Salsa

Makes: 2 cups
Prep time: 15 minutes

Ingredients:

- 2 cups small cubes of watermelon, seeds removed
- ¼ cup sliced green onion
- ¼ cup finely chopped onion (try red or sweet)
- 1 Tablespoon vinegar
- 1 Tablespoon chopped cilantro
- ¼ teaspoon cumin



Directions:

1. Wash hands with soap and water.
2. In a medium bowl, mix all ingredients.
3. Refrigerate leftovers within 2 hours.

Notes:

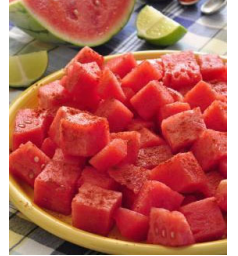
- ✿ Serve with burritos, tacos, fish, grilled meat, fresh vegetables or baked tortilla chips.
- ✿ Try lemon or lime juice instead of vinegar.
- ✿ Try adding corn, hot pepper or avocado.

Watermelon with Lime and Chili Powder

Makes: 2 cups
Prep time: 10 minutes

Ingredients:

- 2 cups cubed watermelon, seeds removed
- ½ lime
- ¼ teaspoon chili powder (or more to taste)
- ¼ teaspoon salt (optional)



Directions:

1. Wash hands with soap and water.
2. Put watermelon cubes in a serving bowl. Squeeze lime juice over watermelon.
3. Sprinkle with chili powder and salt, if desired. Stir gently and serve right away.
4. Refrigerate leftovers within 2 hours.

Notes:

- ✿ Try with a mix of fruit and veggies such as other melons, pineapple, cucumber and mango.
- ✿ No lime juice? Try a spice mix that combines lime and chili powder.

Watermelon Cooler

Makes: 3 cups
Prep time: 5 minutes

Ingredients:

- 3 cups cubed watermelon, seeds removed
- ½ cup orange juice



Directions:

1. Wash hands with soap and water.
2. Place watermelon and juice in blender. Blend until smooth and serve right away.
3. Refrigerate leftovers within 2 hours.

Notes:

- ✿ Juice from 2 oranges (about 1/2 cup)

Fruit Salad

Makes: 5 cups
Prep time: 10 minutes

Ingredients:

- 2 cups strawberries
- 1 cup blueberries
- 1 cup grapes
- 1 can (8 ounces) pineapple chunks
- 6 ounces nonfat lemon yogurt



Directions:

1. Wash hands with soap and water.
2. Drain juice from pineapple. Cut grapes and strawberries into halves.
3. Combine strawberries, blueberries, grapes and pineapple chunks in a large bowl.
4. Drizzle yogurt over fruit. Toss lightly to coat.
5. Refrigerate leftovers within 2 hours.

Notes:

- ✿ Try with different fruit and yogurt flavors

Quick Fix:

- ✿ Watermelon is a classic summer treat. Just slice into triangles and eat.
- ✿ Cut into bite-sized pieces and add to fruit salads.
- ✿ Freeze chunks of watermelon to use as edible ice cubes in water, lemonade or iced tea.

Preparing Your Evacuation “Grab and Go” Box



Recent natural disasters have emphasized the importance of emergency preparedness. Everyone should have individual and family evacuation

plans in place. Extensive planning should include all members of the family. Keep in mind that an emergency plan may be different for every family, yet there are common elements. It is critical that each family have a planned evacuation arrangement and an evacuation “to-go” box ready for emergencies.

Steps to Creating Your “Grab and Go” Box

► **Step 1**

- Place papers in sealed, waterproof plastic bags.
- Store in a durable, sealed box. (A portable, fireproof and waterproof box or waterproof backpack is recommended.)

► **Step 2**

- Store box/backpack at home in a secure, easily accessible location.

► **Step 3**

If you must evacuate:

- Grab box and take with you.
- Keep the box with you at all times.
- Do not leave box unattended in your car.

Your “Grab and Go” Box Should Include:

- ◆ Cash or traveler’s checks for several days living expenses.
- ◆ Rolls of quarters.

- ◆ Emergency phone numbers:
 - Doctors, pharmacies.
 - Financial advisors.
 - Clergy.
 - Repair contractors.
 - Family.
- ◆ Copies of important prescriptions:
 - Medicines.
 - Eyeglasses.
- ◆ Copies of children’s immunization records.
- ◆ Copies of health, dental, and/or prescription insurance cards or numbers.
- ◆ Copies of auto, flood, renter’s or homeowner’s insurance policies (at least policy numbers).
- ◆ Insurance company telephone numbers, including local agent and company headquarters.
- ◆ Copies of :
 - Deeds.
 - Titles.
 - Wills and/or trust documents.
 - Durable power of attorney.
 - Healthcare directives.
 - Stock and bond certificates.
 - Recent investment statements.
 - Home inventory.
 - Birth, death, adoption, and marriage certificates.
 - Passports and other identity documents.
 - Employee-benefit documents.
 - First two pages of previous year’s federal and state income tax returns.
- ◆ Back-up copies of computerized financial records.
- ◆ Keys to safe deposit box.
- ◆ Combination to safe.
- ◆ Negatives for irreplaceable personal photos.
- ◆ Computer user names and passwords.
- ◆ List of numbers:
 - Social Security
 - Bank account
 - Loan
 - Credit card
 - Driver’s license
 - Investment account
- ◆ List of debt obligations, due dates, and contact information.

It is important to have a safe deposit box to protect your important papers. These boxes are located at local financial institutions. Securing important papers located in a safe deposit box will help to eliminate potential stressful situations if you are unable to take your “grab and go” box with you during a disaster. For added security, it is recommended that original documents, other than wills, be housed in your safe deposit box. For additional security, these documents should be photocopied or digitally scanned and secured with a trusted out-of-state friend or family member.

Secure in Your Safe Deposit Box:

- Copies of will/trust.
- Copies of power of attorney.
- List of insurance policies.
- List of financial account numbers.
- Family birth, marriage, and death certificates.
- Adoption papers.
- Citizenship papers.
- Military service records.
- Loan agreements.
- Certificates of deposit.
- Real estate deeds.
- Vehicle titles.
- Mortgage paperwork.
- Stock and bond certificates.
- Inventory of home contents.
- Jewelry/precious metals.
- Employment contracts, business agreements.

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This document was developed by Jeanette A. Tucker, Ph.D., Associate Professor–Family Economics, LSU Ag Center Research and Extension. Pub. 2949-I (100M) 5/06. <http://www.lsuagcenter.com/NR/rdonlyres/405B7245-4746-4480-9578-F3CE54172F2B/25562/Pub2949IEvacuationGrabBoxFINAL.pdf>. Permission to reprint granted to Texas AgriLife Extension Service by Dr. Tucker. August 2007.

Inform Others:

Informing friends and family about your evacuation plan is beneficial in case of injury or if families become separated. Having other people aware of your plan will reduce anxiety during stressful situations. It is also beneficial to prepare an emergency contact card for each family member to keep on their person. This card should contain contact information for all household members, an out-of-town contact, and other key emergency and medical providers. A printable form for preparing emergency contact cards can be downloaded at <http://www.redcross.org/prepare/ECCard.pdf>

Ask an Out-of-State Friend or Relative to Secure:

- Paper or digital copies of documents in your “grab and go” box.
- Emergency contact information (including e-mails and cell phone numbers).
- Contact list for heirs and advisers.
- Copies of documents in safe deposit box.

Planning and preparation can prevent the unexpected from becoming a harsh reality. Taking the time prior to the emergency to prepare and organize important papers and documents will save you from unwanted stress and chaos in the case of a disaster.

TEXAS A&M AGRI LIFE EXTENSION

San Patricio County
219 N. Vineyard
Sinton, Texas 78387-2613

Return Service Requested

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information or veteran status. sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Articles and recipes from Foodhero.org, Learning Zone University of Nebraska-Lincoln Extension, Geniuskitchen.com, fruitsandveglessmorematter.org, Produceforkids.com and Eatright.org. The content of this newsletter is not intended to provide medical advice; this should be obtained from a qualified health professional. References to commercial product or trade name are made with the understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

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