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Sharing is caring with TEEA

Kathy Farrow, Family and Community Health Agent

November 2021



Mark Your Calendar

**County Extension Education
Association Meeting
November 29, 2021
San Patricio County Extension Office
9:30 am**



Caladium Bulb Fundraiser



Every member is encouraged to sell as many caladium bulbs as possible to assist with the 2021-2022 Association budget. All forms must be submitted at your November Club meeting. For your convenience, I have attached is an order form.

**Please sell, sell, sell for Scholarship Dollars
and State Meeting Expenses!**



**The San Patricio County
Extension Office will be closed
the following days
November 11, 25 & 26, 2021.**



Like us on
Facebook
San Patricio County
Family & Community
Health & Ag/Natural



The following resources and
information are available on
our Facebook page.

- COVID-19 information
- Healthy recipes
- Disaster information
- Exercise ideas
- Texas Commodity facts

Turkey Thawing Chart: Approximate Timelines

Turkey Size	In the Refrigerator (Approximately 24 ours for every 4 to 5 lbs.)	In Cold Water (Approximately 30 minutes per lb.)
4 to 12 pounds	1 to 3 days	2 to 6 hours
12 to 16 pounds	3 to 4 days	6 to 8 hours
16 to 20 pounds	4 to 5 days	8 to 10 hours
20 to 24 pounds	5 to 6 days	10 to 12 hours

Glazed Squash



Ingredients

- 2 pounds winter squash (try acorn, butternut, delicata, or others)
- 3 Tablespoons brown sugar
- ¼ teaspoon each salt and pepper

Directions

1. Preheat oven to 400 degrees F. Line a rimmed baking sheet with foil. Lightly grease the foil.
2. Rinse the squash, cut in half and scoop out seeds. Cut squash into 1-inch thick slices and lay on baking sheet.

3. In a small bowl, combine brown sugar, salt and pepper.
4. Sprinkled squash with half the seasoning mixture.
5. Bake until sugar has melted, about 4 to 6 minutes. Remove baking sheet from oven and turn squash slices over. Sprinkle remaining seasoning mixture over squash and return to the oven. Bake until squash is tender, about 15 to 20 minutes. Serve warm.
6. Refrigerate leftovers within 2 hours.

Notes

- Try adding other seasonings such as cinnamon, nutmeg, cayenne or cumin

Prep time: 5 minutes / **Cook time:** 20 minutes / **Makes:** 6 cups

Focus on Aerobic Activity

Every minute of aerobic activity counts! Start with five minutes and add time as your fitness improves.

Doing aerobic activity with others can be fun, motivating and increase safety.

Include everyday activities, such as gardening or climbing stairs, to increase aerobic fitness.

Enjoy a variety of fruits, vegetables and whole grains for a healthy heart.

Talk to your healthcare provider if you have concerns about your ability to do aerobic activity.

Aerobic activities are those that use large muscles (legs, hips, shoulders, arms) for an extended length of time, such as 10 minutes or more. They are also called cardiorespiratory (or cardio) activities because they work your heart and lungs. Examples of aerobic activities include:



Walking, hiking



Jogging



Swimming



Biking



Dancing



Fitness Classes

Benefits of Aerobic Activity

- ◆ Allows you to perform activities of daily living more easily.
- ◆ Reduces your chances of falling or being hurt by a fall.
- ◆ Prevents or helps you manage heart disease, diabetes and other conditions.
- ◆ Improves your brain's functioning, your memory and your mood.
- ◆ Helps you enjoy more independence.

Fueling your Fitness: Plan ahead to have simple and nutritious snacks handy if you need them between meals. Combine two food groups to give you energy for exercise and help meet your daily protein needs.

Examples of healthy snacks include:

- Yogurt or cheese stick and banana (dairy + fruit)
- Toast and egg or sliced turkey (grains + protein)
- Celery and peanut butter or hummus (veggie + protein) Go to FoodHero.org for easy, tasty recipes.



Classics Stay Strong

Stay hydrated while moving your body! Fill a water bottle before exercise.

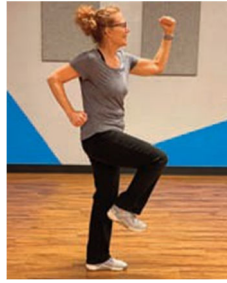
Warm up before activity. Walk or march in place for 5 to 10 minutes to gradually increase your heart rate.

Cool down after activity. Slow your movements to gradually reduce your heart rate and breathing.

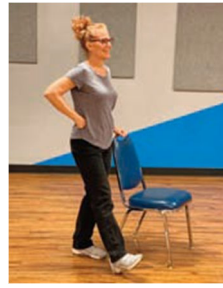
Notice how hard you are exercising by using the Rate of Perceived Exertion Scale. Improve aerobic fitness by exercising between levels 4 and 8.

If you are new to aerobic activity, start with what you can comfortably do and gradually increase your effort over time.

Low-Impact Cardio Routine



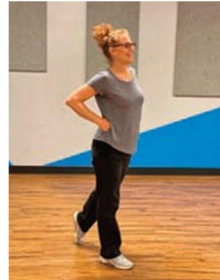
March with Knees High



Forward Heel Taps



Step Jacks



Backward Toe Taps



March with Big Arm Circles



Leg Curls

TIPS

- Have a chair nearby for balance or to rest between exercises if needed.
- If standing is not possible or is uncomfortable, you can do the cardio exercises while seated in a chair.
- Remember to warm up before and cool down after the routine.
- Repeat each exercise for 1 minute before moving on to the next one.
- To enjoy the benefits of aerobic fitness, start with one round of the cardio routine, then work your way up to 5 rounds for a total of 30 minutes.
- Add arm movements, like arm curls or shoulder presses, for an extra challenge that will increase your heart rate and breathing.

Rate of Perceived Exertion Scale

1-3	Light Intensity: Can sustain for a long time, can easily carry on a conversation or sing
4-6	Moderate Intensity: Increased breathing, can hold a short conversation, can't sing
7-8	Vigorous Intensity: Breathing is faster and deeper, challenging to talk
9-10	Max Effort: Breathing at a rate you can maintain for only a short time, can't talk

Physical Activity Guidelines for Adults 65+

- Sit less and move more!
- At least **150 minutes a week** of **moderate intensity** activity.
- At least **2 days a week** of activities that **strengthen muscles**.
- Include activities that **improve balance**, such as standing on one foot.

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. 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. The content of this newsletter is not intended to provide medical advice; this should be obtained from a qualified health professional.

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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For additional information contact:

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