



San Patricio Extension Education Association News



Sharing is caring with TEEA

May 2022

Mark Your Calendar

May 12, 2022
Car Seat Safety Inspection Clinic



May 30, 2022
Extension Office closed



National High Blood Pressure Awareness Month

According to the Center for Disease Control, blood pressure is defined as "the pressure of blood pushing against the walls of your arteries. Arteries carry blood from your heart to other parts of your body. High blood pressure, or otherwise known as hypertension, is when your blood pressure is higher than normal and can lead to additional health issues. High blood pressure is known as a "silent killer" since there are no symptoms or warning signs.

Blood Pressure is measured by two numbers; Systolic and Diastolic blood pressures. Systolic blood pressure identifies the blood pressure measured in the arteries when the heart beats. Diastolic blood pressure identifies the blood pressure that is measured in between heart beats when the arteries are at rest. Guidelines set by The American College of Cardiology/ American Heart Association for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults categorize blood pressure readings as normal, elevated, high blood pressure stage 1, high blood pressure stage 2, and hypertensive crisis. They are as follows:

- **Normal** - Systolic: Less than 120 mm Hg and Diastolic: Less than 80 mm Hg
- **Elevated** - Systolic: 120 -129 mm Hg and Diastolic: Less than 80 mm Hg
- **High Blood Pressure Stage 1** - Systolic: 130-139 mm Hg or Diastolic: 80-89 mm Hg
- **High Blood Pressure Stage 2** - Systolic: 140 mm Hg or higher or Diastolic: 90 mm Hg or higher
- **Hypertensive Crisis** - Systolic: Higher than 180 mm Hg and/or Diastolic: Higher than 120 mm Hg

It is imperative to check with your health care team to accurately identify your blood pressure readings. Knowing your readings can identify if your blood pressure is within normal ranges or in the elevated or high ranges; and if a medical treatment plan is needed to manage or prevent any further health issues.

There are steps that individuals can take in order to help prevent or reduce our risk of high blood pressure. These steps include modifying lifestyle habits such as getting sufficient sleep, limiting alcohol consumption, eliminating smoking, keeping weight in a healthy range, incorporating physical activity (recommendations suggest adults get at least 150 minutes of moderate activity each week), and eating healthy well-balanced meals incorporating different food groups such as vegetables, fruits, grains, dairy, and protein.

Kathy Farrow
County Extension Agent
Family and Community Health
219 N. Vineyard
Sinton, TX 78387
361/587-3400 • office
361/364-6237 • fax
k-farrow@tam.u.edu
<https://sanpatricio.agrilife.org>



2022 Extension Education Association Scholarship Winners

Mason Fishbeck is a West Sinton 4-H Club member and plans to attend Texas State University in San Marcos and major in Criminal Justice and **Landon Southern** is a West Sinton 4-H Club and Sinton FFA member and plans to attend Texas A&M University in College Station and major in Animal Science.



A very special thanks to all who served on the **Pink Event Committee** members.

It was a great success!



Focus on Flexibility

Loss of flexibility is a normal part of aging, but it can be improved with regular stretching.

Stretching exercises can be done almost anywhere and anytime.

Be flexible with fresh, frozen and canned fruits and vegetables. All can be healthy!

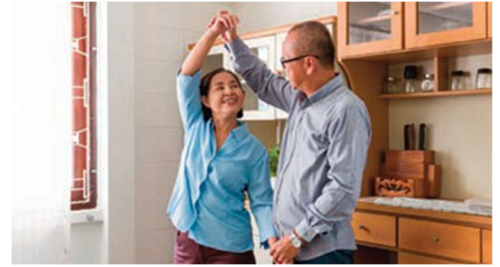
Try making meals ahead & freezing them in single serving sizes to save time and energy.

Herbs and spices add flavor and color to food without adding extra salt, sugar and fat.

Flexibility allows your joints to move through their full range of motion without discomfort. Stretching exercises can increase flexibility. Examples include:



Daily Activity



Being Physically Active



Yoga or Tai Chi



Stretches Before and After Exercise

Benefits of Flexibility

- Improves blood flow to your organs and body parts.
- Helps with your posture, balance and muscle strength.
- Helps you move with ease for daily tasks & reduces chronic joint & muscle pain.
- Helps reduce your risk of strains and injuries from falls.

Add flexibility to your meals

Enjoy being flexible with your food choices and how you prepare them.

My Personal Pizza

Ingredients:

- 1 English muffin (try whole grain)
- 3 Tablespoons tomato sauce or bean dip
- 2 Tablespoons grated cheese
- ½ cup chopped vegetables, fruit or cooked meat (try a combination)

Directions:

Preheat oven to 400 degrees F. Lightly toast English muffin halves. Spread half the sauce on each muffin half. Add cheese and toppings of your choice. Bake for 5 to 7 minutes until cheese is melted and lightly browned.



Types of Everyday Stretches

Use dynamic stretches, such as shoulder stretches, before physical activity to help you warm up.

Use static stretches, such as a hamstring stretch, after physical activity when your muscles are warm.

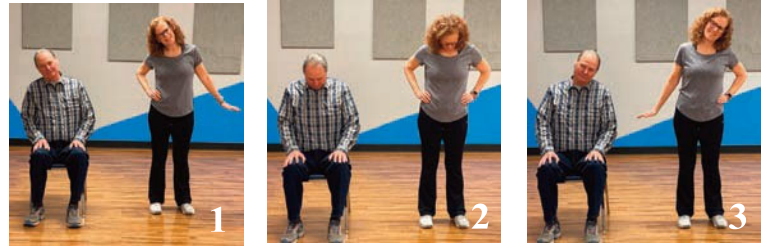
Many stretches can work for different abilities by using a chair, step or towel.

Stretch all muscles and body parts, such as your ankles, legs, hips, wrists, arms, shoulders and neck.

Talk to your healthcare provider if you have questions about doing flexibility exercises.

Neck - Sit or Stand

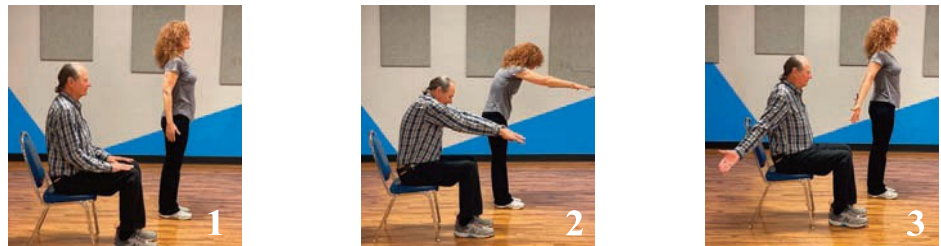
Dynamic stretches allow your muscles to loosen up gradually. Do a stretch for a few seconds and repeat it 8 to 12 times.



Shoulder - Sit or Stand



Back and Chest - Sit or Stand



Static stretches allow your muscles to stretch longer. Hold a stretch for at least 30 seconds. Based on your comfort level, choose a standing, seated or floor position.

Hamstring - Sit or Stand



Calf - Stand



Quad and Hip Flexor - Sit



Tips

- Stretch gradually to let your joints and muscles adjust without pain.
- Breathe normally while stretching; avoid holding your breath.
- Stretch until you feel mild tension but not until you feel pain.
- Do not bounce while stretching because it increases your chance of injury.

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.

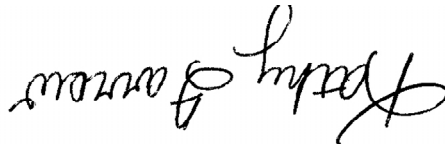
Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.

San Patricio County
Family & Community
Health & Ag/Natural
Resources

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Kathy Farrow
County Extension Agent
Family and Community Health
San Patricio County
219 N. Vineyard, Sinton, Texas 78387
361-587-3400 ★ 361/364-6234-fax
k-farrow@tamu.edu



For additional information contact:

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2022 Friend to Friend "Pink" Event

THANK YOU
FOR
all that you do!



L'Ella Andrews, Mistress of Ceremony



San Patricio County EEA members



Monica Dietz, Keynote Speaker



L'Ella Andrews and Cynthia Gonzales

2022 TEEA Spring Conference



Barbara Kain, D11
Cultural Arts Winner



San Patricio County EEA members