



San Patricio Extension Education Association News



Sharing is caring with TEEA

July 2022



Mark Your Calendar



Monday, July 4, 2022
Extension Office closed



Monday, July 18, 2022
EEA Yearbook Committee Meeting



October 13, 2022
Public Health Fair
7:00am-2:00pm

Public Health
Prevent. Promote. Protect.

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TEXAS A&M
AGRILIFE
EXTENSION



Extension Education Association Yearbook Committee Meeting

Monday July 18, 2022
10:00am

San Patricio County Extension Office



★ Club President ★ Association Officers ★ Club Members

ALL ARE WELCOME!



Public Health
Prevent. Promote. Protect.

2022 San Patricio County Department Public Health Fair

October 13, 2022
7:00am - 2:00pm

Portland Community Center Ballroom
2000 Billy G. Webb
Portland, Texas



Public Health
Prevent. Promote. Protect.

- ❖ Over 50 vendors
- ❖ Register for door prizes
- ❖ Health Services and Screenings



Healthy Vision Awareness



Taking care of your eyes can be a priority just like eating healthy and physical activity. Healthy vision can help keep you safe each day. To keep your eyes healthy, get a comprehensive dilated eye exam: an eye care professional will use drops to widen the pupils to check for common vision problems and eye diseases. It's the best way to find out if you need glasses or contacts, or are in the early stages of any eye-related diseases.

Some eye conditions can cause vision loss and even blindness. These include

- Cataracts, a clouding of the eye.
- Diabetic retinopathy, which causes damage to the blood vessels in the back of the eye.
- Glaucoma, damage to the optic nerve, often with increased eye pressure.
- Age-related macular degeneration, which gradually affects central vision.

Other eye conditions, such as refractive errors, which happen when the shape of your eye doesn't bend light correctly, are common problems easily corrected with glasses, contact lenses, or laser surgery. An estimated 11 million Americans aged 12 years and older could see better if they used corrective lenses, or eye surgery, if appropriate.



WATER AND HEALTHIER DRINKS



BENEFITS OF DRINKING WATER

Getting enough water every day is important for your health. Drinking water can prevent dehydration, a condition that can cause unclear thinking, result in mood change, cause your body to overheat, and lead to constipation and kidney stones. Water has no calories, so it can also help with managing body weight and reducing calorie intake when substituted for drinks with calories, such as sweet tea or regular soda.

Water helps your body:

- Keep a normal temperature.
- Lubricate and cushion joints.
- Protect your spinal cord and other sensitive tissues.
- Get rid of wastes through urination, perspiration, and bowel movements.

Your body needs more water when you are:

- In hot climates.
- More physically active.
- Running a fever.
- Having diarrhea or vomiting.

EVERYONE SHOULD CONSUME WATER FROM FOODS AND BEVERAGES EVERY DAY.

Although there is no recommendation for how much plain water everyone should drink daily, there are recommendations for how much daily total water intake should come from a variety of beverages and foods.

Daily total water intake (fluid) is defined as the amount of water consumed from foods, plain drinking water, and other beverages. Daily water intake recommendations vary by age, sex, pregnancy status, and breastfeeding status. Most of your fluid needs are met through the water and other beverages you drink. You can get some fluids through the foods that you eat—especially foods with high water content, such as many fruits and vegetables. Drinking water is one good way of getting fluids as it has zero calories.

TIPS TO DRINK MORE WATER

- Carry a water bottle with you and refill it throughout the day.
- Freeze some freezer safe water bottles. Take one with you for ice-cold water all day long.
- Choose water over sugary drinks.
- Opt for water when eating out. You'll save money and reduce calories.
- Serve water during meals.
- Add a wedge of lime or lemon to your water. This can help improve the taste.
- Make sure your kids are getting enough water too.

HEALTHIER DRINK OPTIONS

Of course, there are many other beverage options besides water, and many of these can be part of a healthy diet.

- **Low- or no- calorie beverages:** Plain coffee or teas, sparkling water, seltzers, and flavored waters, are low-calorie choices that can be part of a healthy diet.
- **Drinks with calories and important nutrients:** Low-fat or fat-free milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice contain important nutrients such as calcium, potassium, or vitamin D. These drinks should be enjoyed within recommended calorie limits.

OTHER BEVERAGES

- **Sugary drinks:** Regular sodas, fruit drinks, sports drinks, energy drinks, sweetened waters, and sweetened coffee and tea beverages, contain calories but little nutritional value.
- **Alcoholic drinks:** If you choose to drink alcohol, do so in moderation.
- **Caffeinated drinks:** Moderate caffeine consumption (up to 400 mg per day) can be a part of a healthy diet. That's up to about 3 to 5 cups of plain coffee.
- **Drinks with sugar alternatives:** Drinks that are labeled "sugar-free" or "diet" likely contain high-intensity sweeteners, such as sucralose, aspartame, or saccharine. According to the Dietary Guidelines for Americans, "replacing added sugars with high-intensity sweeteners may reduce calorie intake in the short-term...yet questions remain about their effectiveness as a long-term weight management strategy."
- **Sports drinks:** These are flavored beverages that often contain carbohydrates, minerals, electrolytes, and sometimes vitamins. The average person should drink water, not sports drinks, to rehydrate.

Returning Home after a Disaster: Supply List

*Lisa Norman, Extension Assistant
The Texas A&M University System*

Cleaning up after a disaster can be a long, difficult task. If your home has been flooded, everything touched by water is considered contaminated. You should either throw out the damaged items or disinfect them. It will be helpful to get the following before you return home:

Water: Take at least a three-day supply of bottled water. Pack 1 gallon for each person per day. Do not use well water until your local health department representative or another professional has tested it.

First aid kit: Include two pairs of sterile gloves, gauze, soap, antibiotic wipes and ointment, burn ointment, adhesive bandages, aspirin, a thermometer, first aid booklet and SPF 30 sunscreen.

Prescription medications: Include heart and high blood pressure medicine, insulin and other drugs prescribed by your doctor.

Hand sanitizer: Any type of alcohol-based hand sanitizer will work.

Basic tool kit: Include a screwdriver, hacksaw, axe, wrench, hammer and pliers.

Personal hygiene items: Include a washcloth, bath towel, soap, toothbrush and toothpaste.

Sturdy shoes: To avoid injury from debris, use closed-toe shoes.

Insect repellent: Any brand will work.

Cleaning supplies:

- 5-gallon bucket with lid
- Bleach, 82 ounces
- 5 scouring pads
- 7 sponges
- 1 scrub brush
- 18 cleaning towels
- Liquid laundry detergent, 50 ounces
- Household cleaner, 12- to 16-ounce bottle
- Disinfectant dish soap, 16- to 28-ounce bottle
- 50 clothes pins
- Clothesline, 100 feet
- 5 masks, N-95 rating
- 2 pairs of latex gloves
- 1 pair of work gloves
- 24-bag roll of heavy-duty trash bags, 33- to 45-gallon
- Air freshener, 8- or 9-ounce can

(Cleaning items adapted from the UMCOR relief supply needs list. www.umcor.org)

TEXAS A&M AGRI LIFE EXTENSION

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

Return Service Requested

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.

Articles and recipes from Foodhero.org, cdc.gov, Learning Zone University of Nebraska-Lincoln Extension, fruitsandveglesmorematter.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.

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For additional information contact:

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