



San Patricio Extension Education Association News



Sharing is caring with TEEA

June 2022



Mark Your Calendar

June 7, 2022
Diabetic Support Group Meeting

June 20, 2022
Extension Office closed



July 4, 2022
Extension Office closed



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EXTENSION



San Patricio Diabetic Support Group Zoom or in-person meeting

Tuesday, June 7, 2022
10:00 to 10:45a.m.

San Patricio County Department of Public Health
Training Room #101
313 N. Rachal Street, Sinton TX 78387



“Healthcare and Hospice Services Overview and Dementia Risk for Individuals with Diabetes”

Presented by:

Sydnee Cissna, Marketing and Social Media Coordinator
Devoted Healthcare and Hospice Services

*Please RSVP to: Virginia Lopez (361) 587-3541, or
vlopez@sanpatriciocountytx.gov

Zoom link : <https://us02web.zoom.us/j/85281772529?>

Meeting ID: 852 8177 2529

Passcode: 593103

Steps to Creating Your “Grab and Go” Box

(See enclosed Preparing Your Evacuation “Grab and Go” Box publication)

► 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.

Calcium, vitamin D and physical activity work together to support healthy bones and muscles

To get enough calcium each day, turn to foods before supplements.

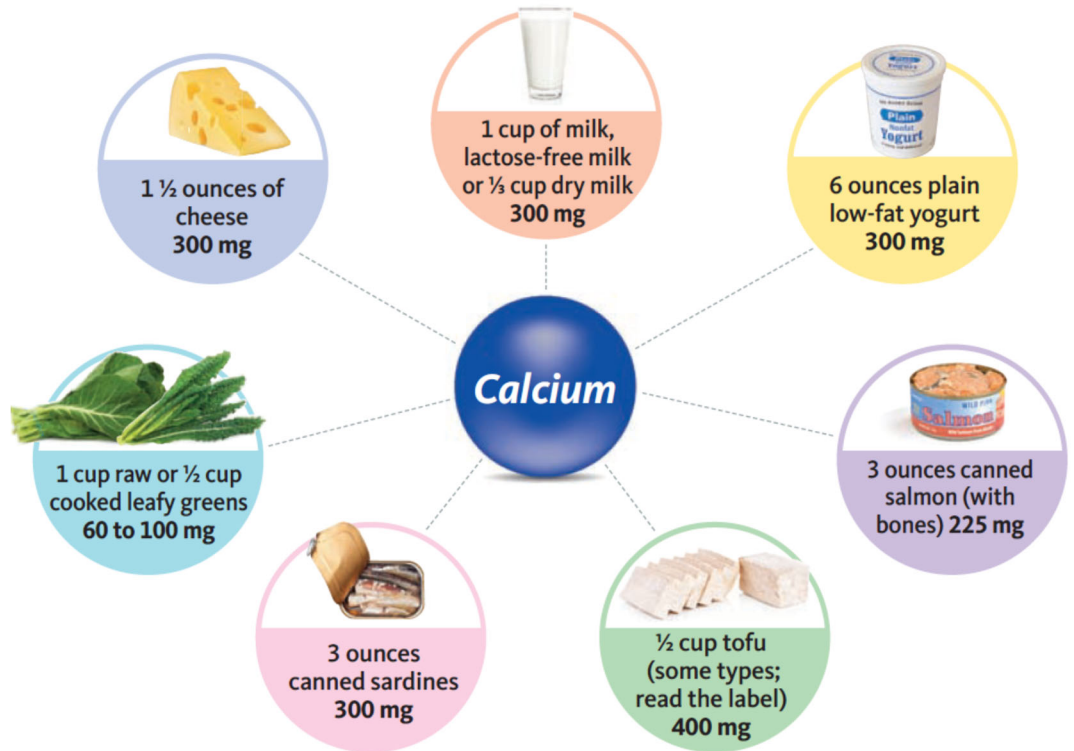
Kale, bok choy, collards & mustard and turnip greens provide calcium that is well absorbed by the body.



Fortified foods such as cereal, plant milks and orange juice also provide calcium and vitamin D. Read each label for the amount in a serving.

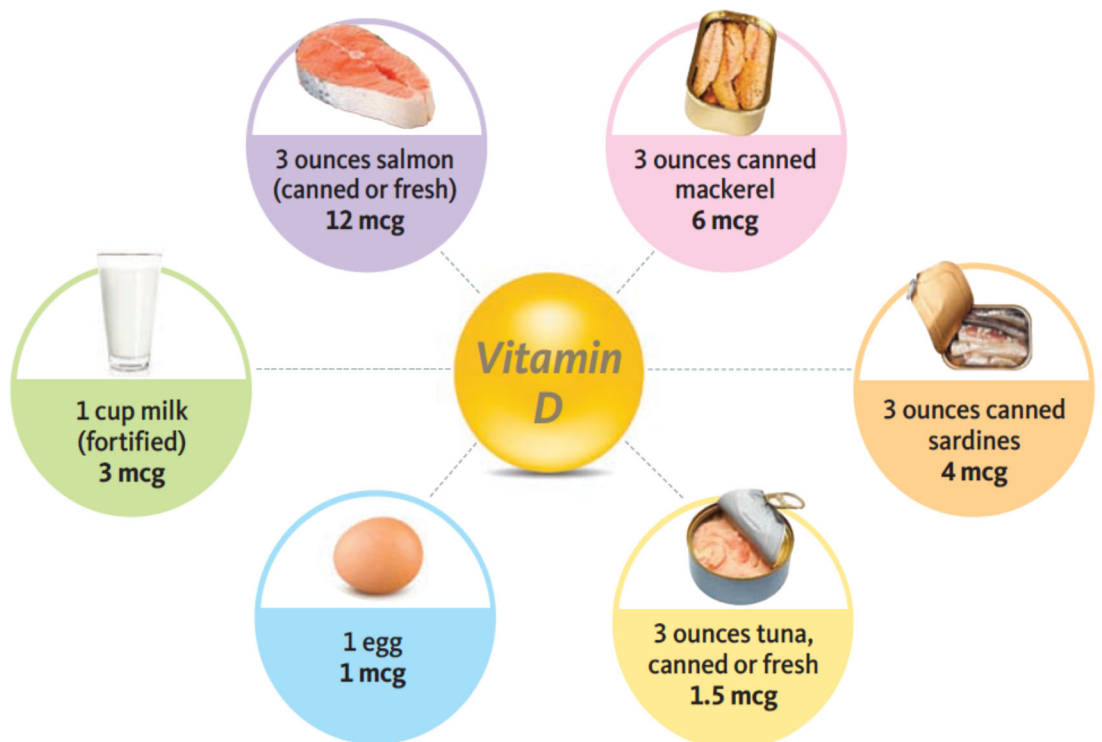
Vitamin D is in a few foods and our skin can make it using the energy from sunlight. If you do not get enough, you may need a supplement.

Before adding supplements, talk to a healthcare provider to know what is right for you; too much can be harmful.



How much calcium and vitamin D do you need each day?

Women over age 50: aim for 1,200 milligrams (mg) of calcium.
Men age 50 to 70: aim for 1,000 milligrams (mg) of calcium.
All adults at age 70: increase vitamin D from 15 mcg to 20 mcg.





June is National Men's Health Month!



June is Men's Health Month, and every year Men's Health Week is celebrated in the week leading up to and including Father's Day. The purpose of Men's Health Month is to increase awareness of preventable health problems and encourage early detection and treatment of disease among men and boys.

Tips for men on how to take better care of themselves:

Get Regular Check-ups.

- Did you know men are half as likely to visit a doctor for a check-up as women, and over 7 million men have not seen a doctor in over 10 years?
- If you cannot remember the last time you had a complete physical, call your doctor and make an appointment. (You would not let 10 years go between oil changes, would you?)

Be More Physically Active.

- June is a great time to start a healthier lifestyle by being more physically active.
- Research shows exercise helps prevent heart disease and obesity, and lowers blood pressure.
- Aim for 30 to 60 minutes on most days. You can even spread it out over the course of your day.

Improve the Nutritional Quality of your Diet.

- Some tips on how to improve the nutritional quality of your diet include eating a varied diet rich in fruits, vegetables, whole grains and low-fat foods.
- Especially limit cholesterol intake and avoid saturated fats.

Pay Attention to Warning Signs.

- When a warning light flashes on the car dashboard, most men take the car to the shop. But when warning lights flash on their body, most men do not (or will not) notice.
- Examples of flashing lights to look for are changes in bowel or bladder habits, persistent backaches, recurrent chest pains, and extreme fatigue.

Men's health issues significantly impact everyone around them, and far too many men never see a doctor unless there is something seriously wrong or a partner or spouse makes the appointment for them. Women and men should educate themselves about potential male health problems. Check out www.menshealthnetwork.org for resources and health facts.

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, Learning Zone University of Nebraska-Lincoln Extension, Geniuskitchen.com, fruitsandvegsglossary.com, 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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