

Family and Community Health “Connections” in Lampasas County








February is “National Heart Month” Let’s Celebrate!!

Inside this issue:

- National HEART Month **1**
- Heart Attack Warning Signs **1**
- “Take 3 Action Steps” **2**
- Just for Today!! **3**
- Valentine “Food” for Thought” **3**
- Monthly Recipe **4**
- County News **4**

Heart disease is the leading cause of death for both men and women. To prevent heart disease and increase awareness of its effects, let’s join the American Heart Association and be advocates for being “**Good to our Hearts.**” There is no better time than the present for us to make healthy changes to lower our risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease. To lower your risk:

-  Watch your weight.
-  Quit smoking and stay away from secondhand smoke.
-  Control your cholesterol and blood pressure.
-  If you drink alcohol, drink only in moderation.
-  Get active and eat healthy.



aware of the HEART attack warning signs:

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are signs that can mean a heart attack is happening:

- **Chest discomfort.** Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** This feeling often comes along with chest discomfort. But it can also occur without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness.

If you or someone you are with has one or more of these signs, call 9-1-1 immediately. Get to the hospital right away. If you are the one having symptoms, and you can’t access the emergency medical services (EMS), have someone drive you to the hospital right away. Don’t drive yourself, unless you have absolutely no other option.

Source: *American Heart Association*
www.heart.org



NATIONAL WEAR RED DAY
Wear RED on
Friday, February 2, 2018 to
raise awareness about
cardiovascular disease &
save lives!!

Center for Disease Control Says “TAKE 3” Actions to Fight the Flu

Flu is a serious contagious disease that can lead to hospitalization and even death. The CDC urges you to take the following actions to protect yourself and others from influenza (the flu):

1 TAKE TIME TO GET A FLU VACCINE

- The Center for Disease Control (CDC) recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. While there are many different flu viruses, a flu vaccine protects against the viruses research suggests will be most common.
- Flu vaccination can reduce flu illnesses, doctors' visits and missed work and school due to flu, as well as prevent flu-related hospitalizations.
- Everyone 6 months of age and older should get a flu vaccine every year before flu activity begins in their community. CDC recommends getting vaccinated by the end of October, if possible.
- Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.
- People at high risk of serious flu complications include young children, pregnant women, people with certain chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.
- Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to them.
- Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for infants should be vaccinated instead.

2 TAKE EVERYDAY PREVENTIVE ACTIONS TO STOP THE SPREAD OF GERMS

- Try to avoid close contact with sick people.
- While sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu symptoms, CDC recommends you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of a fever-reducing medicine.)
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

3 TAKE FLU ANTIVIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM

- If you get the flu, antiviral drugs can be used to treat your illness.
- Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.
- Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications. For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness versus a very serious illness that could result in a hospital stay.
- Studies show flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person has a high risk factor or is very sick from the flu. Follow your doctor's instructions for taking this drug.
- Flu symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people also may have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

SPECIAL NOTE:

Visit CDC's website to find out more information about the flu.

Here is the website for your convenience: <https://www.cdc.gov/flu/takingcare.htm>

Article Source:

Center for Disease Control

Just for TODAY . . .

- ◆ **JUST FOR TODAY . . .** I will live through this day only. I will not brood about yesterday or obsess about tomorrow. I will not set far-reaching goals or try to overcome all of my problems at once. I know that I can do something for 24 hours that would overwhelm me if I had to keep it up for a lifetime.
- ◆ **JUST FOR TODAY . . .** I will be happy. I will not dwell on thoughts that depress me. If my mind fills with clouds, I will chase them away and fill it with sunshine.
- ◆ **JUST FOR TODAY . . .** I will accept what is. I will face reality. I will correct those things I can correct and accept those I cannot.
- ◆ **JUST FOR TODAY . . .** I will improve my mind. I will read something that requires effort, thought and concentration. I will not be a mental loafer.
- ◆ **JUST FOR TODAY . . .** I will make a conscious effort to be agreeable. I will be kind and courteous to those who cross my path, and I'll not speak ill of others. I will improve my appearance, speak softly, and not interrupt when someone else is talking. Just for today, I will refrain from improving anybody but myself.
- ◆ **JUST FOR TODAY . . .** I will do something positive to improve my health. If I'm a smoker, I'll quit. If I am overweight, I will eat healthfully, if only just for today. And not only that, I will get off the couch and take a brisk walk, even if it's only around the block.
- ◆ **JUST FOR TODAY . . .** I will gather the courage to do what is right and take responsibility for my own actions.

Dear Abby Column, January 1, 2007

Valentine "Food" for Thought

Page 3

*Cabbage always has a heart;
Green beans string along.
You're such a cute tomato,
Will you peas to me belong?*

*You've been the apple of my eye,
You know how much I care;
So lettuce get together,
We'd make a perfect pear.*

*Now, something's sure to turnip
To prove you can't be beet;
So, if you carrot all for me,
Let's let our tulips meet.*

*Don't squash my hopes and dreams now,
Bee my honey, dear;
Or tears will fill potato's eyes,
While sweet corn lends an ear.*

*I'll cauliflower shop and say,
Your dreams are parsley mine.
I'll work and share my celery,
So be my Valentine.*

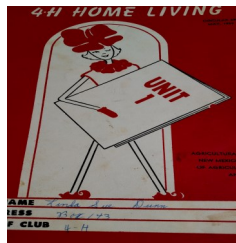
A "peachy" poem about "lovage," by Jeanne Losey, former poet laureate of the Indiana State Federation of Poetry Clubs (1925-2013) - courtesy of and with permission from Michael Losey, Greenfield, Indiana.



Happy Valentine's Day

Karen DeZarn, CEA/FCH
409 S. Pecan St.
Suite 102
Lampasas TX 76550

Phone: 512-556-8271
E-mail: kjdezarn@ag.tamu.edu



This recipe is near & dear to my heart! At age 9 it was the recipe I used as a first year 4-H member for my Foods Methods Demonstration — many years and many, many batches of cookies ago. This is a picture of my project book I still cherish!

OATMEAL DROP COOKIES



Ingredients:

1 cup sifted flour
1/2 teaspoon soda
1 teaspoon cinnamon
1/4 teaspoon salt
1/2 cup shortening
1/2 cup brown sugar
1 beaten egg
1/2 cup milk
1 cup raisin or nuts— OR
1/2 cup raisins & 1/2 cup nuts
1 cup quick rolled oats
1 teaspoon vanilla

Equipment:

Large bowl
Small bowl
Flour sifter
Fork for beating egg
Measuring spoons
Spatula
Mixing spoons
Measuring cups
Hot dish holder
Cookie sheets
Wax Paper
Nut chopper or sharp knife
Cutting Board

Source: 4-H Home Living I
Agricultural Extension Service,
New Mexico State University,
Circular 299, May, 1959

Order of Work:

1. Get equipment and supplies ready.
2. Set oven at 375° F. Turn on heat.
3. Sift flour and measure and add soda, cinnamon and salt to flour.
4. Measure the other ingredients.
5. Cream the shortening, then cream sugar into the shortening.
6. Beat the egg into creamed sugar and shortening.
7. Add vanilla to milk.
8. Add flour mixture about 1/3 at a time. Beat well after each time added. Add between each 1/4 cup milk.
9. Combine rolled oats, nuts & raisins, and fold into dough
10. Measure a rounded teaspoon of cookie mix, then drop from tip of teaspoon onto a greased cookie sheet about one inch apart.
11. Bake in preheated oven 375° F for about 15 minutes.
12. This recipe makes about 4 dozen cookies.

For a variety use: One 7 oz. package of chocolate chips or 1 cup chopped dates instead of nuts. The nuts may be peanuts, pecans, or walnuts. To make Raisin Spice Cookies add 1/2 tsp. ground cloves and 1/2 tsp. ground nutmeg and omit vanilla.



<http://walkacrosstexas.tamu.edu>

Join us for a free 8 week walking program to establish the “HABIT” of Regular Physical Activity for people of all ages. This is for teams up to 8 people or for individuals

February 9 - “Kick Off” Event at noon at the courthouse
Registration of teams and Team Captain training

If you can't attend kick-off pick up forms at office or call/email

February 12 - April 8 Walk Across Texas (WAT) - Week 1 - 8

April 20 - Celebration/Recognition Event - Courthouse (noon)

Please contact Karen for more information

If you are interested in becoming a **Master Wellness Volunteer** please call Karen. You will receive 40 hours of training focusing on physical activity, nutrition, food safety, food demonstrations, child health, various AgriLife Extension health programs and more.

Family and Community Health “Connections” is provided by the following Texas A&M AgriLife Extension Service

Family and Community Health Agents

Courtney Parrott, Brown County

Linda Wells, Burnet County

Kandice Everett, Coke/Sterling Counties

Janet Nelson, Coleman County

Milissa Wright, Concho County

Vacant, Irion/Schleicher Counties

Kim Miles, Jones County

Karen DeZarn, Lampasas County

Vacant, Llano County

Vacant, Mason/Menard Counties

Jacque Behrens, McCulloch County

Vacant, Nolan County

Vacant, Runnels County

Vacant, San Saba County

Jane Rowan, Taylor County

Courtney Redman, Tom Green County

Mandi Seaton, D7 Regional Program Leader