

Family and Community Health “Connections” in Lampasas County



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April is ‘Stress Awareness Month’

So, is stress a friend...or a foe? According to the Texas A&M AgriLife Extension Service’s **Health Talk Express**, stress is a friend because some amount of stress keeps us motivated and productive, BUT too much stress can harm our health. It is the amount of stress that causes concern. In the Stress in America study, 44 per cent of adults stated their stress levels increased in the last five years.

We are confronted with work-family issues, caring for aging parents, job loss due to corporate downsizing, and other issues brought on by our fast-paced, technology-driven lives. Stress is a complex biological response to a perceived threat from which all functions are aimed at survival, but a mostly constant state of stress is hard on the body that can eventually cause physical problems. Actions to guard against too much stress are:

- Practice using positive self-talk at least once a day.
- Engage in physical activity as a way to relieve stress.
- Spend at least 15 minutes every day finding pleasure in something.
- Find ways to connect with others to share feelings, hopes, joy, and struggles.
- Get six to eight hours of sleep each night.

More information about stress can be found in the Health Talk Express Stress: Friend or Foe., by Ninfa Pena-Purcell, Associate Professor and Health Specialist at Texas A&M AgriLife Extension.

Other Health Talk Express topics:

Get Screened, No Excuses

Go-4-30! Take Action to be Active

Power to Prevent Diabetes

Take Action: Be Medicine Smart

Cholesterol Matters: Be Heart Healthy

Act F.A.S.T. to Prevent a Stroke

Pressure Down: Controlling Blood Pressure

Stress Less: Mind Matters

Ask your local family and community health county agent for presentations on any of these topics!



Report signs of child abuse



Texas Department of
Family and Protective Services

The Texas Department Family and Protective Services (DFPS) has a central place to report child abuse, neglect, self-neglect, and additionally, exploitation of the elderly or adults with disabilities living at home or people with mental illness or intellectual disabilities.

Texas law says anyone who thinks a child, or person 65 years or older, or an adult with disabilities is being abused, neglected, or exploited must report it to DFPS. A person who reports abuse in good faith is immune from civil or criminal liability. DFPS keeps the name of the person making the report confidential. Anyone who does not report suspected abuse can be held liable for a misdemeanor or felony. Contact numbers are:

- **By Phone: 1-800-252-5400**
- **Online: <https://www.txabusehotline.org/Login/Default.aspx>**

Take responsibility for the health and safety of children!

Please speak up and REPORT it!

Visit the website for Texas DFPS: https://www.dfps.state.tx.us/contact_us/report_abuse.asp

April is Child Abuse Prevention Month!

Thousands of Texans will wear blue, the official color of prevention, to show their support for children. Many community events and activities are scheduled throughout the month to emphasize the critical importance of preventing child abuse and neglect and keeping children safe. Join us and GO BLUE on

FRIDAY, APRIL 6—TEXAS GO BLUE DAY!!!

SUNDAY, APRIL 29—NATIONAL BLUE SUNDAY!!!

For resources or to download the Blue Sunday flyer, click on news and events at: <http://www.tccwb.org/>



texas council of child welfare boards

Praying For Abused Children Since 1994

BLUE SUNDAY DAY OF PRAYER

Always the Last Sunday in April

The day when churches take time in their service to pray for the victims of child abuse and for those who rescue them.

We pray because they shouldn't have to pray alone.

Won't you ask your church to join in this life-changing effort?

It's free.
Nothing to join.
Just prayer.

WHOEVER RECEIVES ONE LITTLE CHILD
LIKE THIS IN MY NAME RECEIVES ME.
MATTHEW 18:5

Did you know there are over 3 million confirmed cases of child abuse in our nation annually?

Did you know that of the 1640 child deaths from child abuse that most were under the age of 3?

Did you know your church can make a difference? It can and it starts by praying.

Blue Sunday

Register your church at: WWW.BLUESUNDAY.ORG

Did you get a Tax Refund ?



Use it wisely by considering some of the possible options:

- *First, always consider needs versus wants.*
- *Pay off high interest credit cards or other loans.*
- *Put in savings account or purchase a U.S. Savings Bond*
- *Choose to have your tax refund via direct deposit. You can split it up into a maximum of three different accounts.*

More tips can be found in the AgriLife Extension Money Smart Lessons!

Federal Trade Commission warns: Beware of scammers!

If someone uses your Social Security Number to get a job, the employer reports that person's income to the IRS using your SSN. When you file your tax return, you don't include those earnings. The IRS doesn't know those wages were reported by an employer you don't know, so the agency would send you a notice or letter saying you didn't report that income.

If this happens to you — or if the IRS sends you any notice or letter indicating a problem — contact them immediately. Visit the [IRS](https://www.irs.gov) online or call [1-800-908-4490](https://www.irs.gov). Specialists will help you get your tax return filed, get you any refund you may be due, and protect your IRS account from identity thieves in the future.

Resource: <https://www.consumer.ftc.gov/>

Diet for diabetes = Page 3 healthy diet for anyone!

Cooking Well with Diabetes is a AgriLife Extension Program that offers a healthy eating plan and recipes for anyone, but especially for those who have been diagnosed with diabetes.

Suggestions to reduce added sugars in recipes are:

- *Reduce sugar in recipe by 1/4 to 1/3.*
- *Add extra flavoring/spices.*
- *For cookie or cake recipes, substitute 1/4 of the sugar with sugar-free pudding mix.*

Suggestions to reduce fats in recipes are:

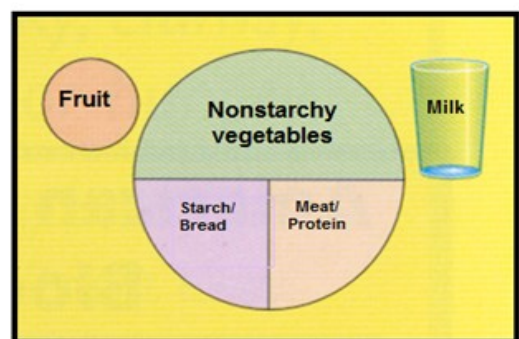
- *Remove skin on poultry and buy lean cuts.*
- *Reduce fats in recipes by 1/4 to 1/3.*
- *Use broiling, baking, roasting, grilling, poaching, steaming and sautéing instead of frying.*

Suggestions to reduce sodium are:

- *Substitute salt with herbs and spices.*
- *Store salt shaker in cabinet, not on table.*
- *Go easy on the condiments.*

There are many more healthy tips in the Cooking Well with Diabetes lessons! Ask your FCH agent!

Plate Method of Meal Planning



Resource: AgriLife Extension Cooking Well with Diabetes

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Easy, fast recipe....and soooo GOOD!



Amazing Coconut Pie - Cooking Well with Diabetes Recipe

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Ingredients:

- 2 cups skim milk.
- 3/4 cup sucralose.
- 1/2 cup biscuit mix.
- 2 eggs.
- 2 egg whites.
- 2 tablespoons reduced fat margarine.
- 1 1/2 teaspoon vanilla.
- 1 cup coconut.
- Nonstick cooking spray.

Directions:

1. Pre-heat oven to 350 degrees.
 2. In a large bowl, combine milk, sucralose, biscuit mix, eggs, egg whites, margarine and vanilla. With an electric mixer, mix on low speed for 3 minutes.
 3. Spray a 9 inch pie pan with nonstick cooking spray and pour mixture in. Let stand for 5 minutes. Sprinkle with coconut.
 4. Bake at 350 degrees for 40 minutes or until middle is set.
 5. Serve warm or cool.
- Makes 10 servings.

Nutrients per servings:

- Calories: 160
- Fat: 5 grams
- Carbohydrates: 25 grams
- Dietary fiber: 1 gram
- Protein: 5 grams
- Sodium: 135 milligrams



Lampasas County News

Dinner Tonight! Healthy Cooking

School: Thursday, April 12th at Burnet County Extension Office, 607 N.

Vandever St., Burnet. Doors open at 5:30.

Vendors welcome. Theme is Healthy Eating for Healthy Living. The demonstration recipes with tastings will be cost effective, easy to prepare, and fit into a healthy meal plan for special events. Cost is \$15 in advance or \$20 at the door. Pre-registration deadline is April 9th.

Upcoming **Food Handlers** class is April 14th at St. Mary Catholic Church in Lampasas. Cost is \$20.

Anyone interested in helping with **4-H Sewing** please contact Karen.

Family and Community Health "Connections" is provided by the following AgriLife Extension

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

Kim Miles, Jones County

Karen DeZarn, Lampasas County

Jacque Behrens, McCulloch County

Jane Rowan, Taylor County

Courtney Redman, Tom Green County

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