

Family and Community Health "Connections" in Lampasas

April is National Stress Awareness Month

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Everyone feels stressed from time to time. Stress can also lead to a number of major health problems, ranging anywhere from anxiety to severe depression and from mild acne to life-threatening heart attacks.

1. **Make Up Your Mind to Get and/or Stay Healthy**—taking control of your personal health can make a great difference in the amount of stress you feel. You can do this by taking charge of your body through diet, exercise, or simply getting that checkup that you have been putting off.

2. **Make a Change**—this can be as simple as clearing the clutter off your desk or as elaborate as taking a well-deserved vacation. Any small change can make a difference when it comes to stress.

3. **Focus on Now**—Most people live their lives in yesterday or tomorrow. However; there is only NOW.

4. **Talk to Yourself**—sometimes a good pep talk is all that is needed to keep stress at bay. Maybe it's high time you gave yourself one by affirming what is

right with your life instead of dwelling on what's wrong.

5. **Get the Giggles**—Laughter really is the best medicine. Watch a funny show, video, tell a funny joke; give yourself time for laughter each and every day.

6. **Meditate**—a still mind is a stress-free mind. So take a deep breath, quiet your thoughts and let the stress melt away. Even ten minutes of meditation done daily for the next 30 days will do wonders for releasing stress in your life.

Believenet.com/wellness



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A Look at Child Abuse

Each year there is an estimated 3.4 million referrals of child abuse and neglect that are reported to Child Protective Services.

April was first declared Child Abuse Prevention Month by presidential proclamation in 1983. It has been encouraged to acknowledge the importance of families and communities working together to prevent child

abuse.

Although the definition of child physical abuse varies among states, everyone agrees that physical abuse occurs when a parent or caregiver commits an act that results in physical injury to a child or adolescent, such as red marks, cuts, welts, bruises or broken bones, even if the injury was unintentional.

Physical abuse affects

both boys and girls



across neighborhoods, communities and countries around the world. Children ages four to seven and twelve to fifteen are at the greatest risk of being physically abused. Very young children are most susceptible to receiving serious injuries.

Can Child Abuse Always Be Detected?

It can be very difficult to determine from a child's behavior or emotional state whether abuse has occurred. The best way to know if a child has been abused is if the child tells an adult. It is also very possible for a child to be physically abused without anyone noticing if the child's injuries are hidden by their clothing.

There are several indicators that strongly suggest a child is being abused:

- Frequent physical injuries that are attributed to the child's being clumsy or accident prone
- Injuries that do not seem to fit the

explanation given by the parents or child

- Conflicting explanations provided by child and/or caregivers, explanations that do not fit the injuries, or injuries attributed to accidents that could not have occurred given the child's age
- Habitual absence from or lateness to school with a credible reason. Parents may keep a child at home until the physical evidence has healed. One should also be suspicious if a child comes to school wearing long-sleeved or high-collared clothing on hot days, attempting to

hide injuries.

- Awkward movements or difficulty walking; this may suggest that the child is in pain or suffers from the after effects of repeated injuries.

If you know or suspect a child is being or has been physically abused, please call 911 for immediate assistance or contact the ChildHelp-National Child Abuse Hotline at 1-800-4-A-Child (1-800-422-4453).



Hopeful signs of spring are everywhere, with birds chirping, bluebonnets blooming and plenty of activities with school and community events. For many of us, all these things are also a sign that it is time to get started on the annual spring cleaning.

This year, along with yard work and house cleaning, resolve to add the refrigerator and freezer to your spring-cleaning list. Lurking deep inside them could be a “scary experiment” or an ice-encrusted mess begging to be thrown away. Add cleaning out our freezer and fridge means more than just a tidier-looking kitchen. Food kept too long or at improper temperatures can become contaminated with bacteria, which can cause illness.

Most people do not understand the dangers of improper food storage. The American Dietetic Association found that only 40% of consumers knew that eating food that has been stored in refrigerators warmer than 40 degrees Fahrenheit can increase the risk of food-borne illness. Food poisoning and other food-borne illnesses are very common. Last year, there were an estimated 76 million cases of food-borne illness in the United States, according to the CDC.

10 Tips On How to Clean Fridge:

1. Always unplug your refrigerator before cleaning.
2. Check expiration labels as you work and toss expired foods into the trash. Keep meat separate from other items to prevent cross-contamination.
3. Remove shelves and baskets. Wash in soapy water and rinse well. Let air dry.
4. Treat tough spills with baking soda. Rinse with warm soapy water followed by clean water. Wipe dry.
5. Clean gasket and hinges with scrub brush and warm soapy water. Rinse with clean damp cloth and then wipe dry.
6. Clean exterior door with all-purpose spray. Be sure to get the underside of the handles, too.
7. Clean coils. Use the vacuum’s dust attachment to remove dust bunnies.
8. Clean area around the refrigerator, especially the wall and baseboard behind the fridge. Use baking soda to scrub any stubborn food spills.
9. Return refrigerator to its proper location. Put in shelves and baskets back inside. You can line your produce and meat drawers with paper towels to make future clean-up easier.
10. Plug in fridge and let it cool for an hour before putting food back in. You can also wipe condiment jars when you are putting them back in as well.



Make sure your refrigerator is at 40 degrees or less and your freezer 0 degrees or less. The only sure way to check the temperature is by putting a clearly visible thermometer inside each compartment (but not on the door). Check your thermometer often as temperatures can fluctuate, especially in warm weather.

Wipe spills immediately and once a week, wipe down the interior walls, shelves and rubber gaskets with a weak cleaning solution.

When in Doubt, Throw It Out!

Spoiled food can not always be smelled or seen, which can affect your health. The advice from FDA: When in doubt, throw it out. If food looks or smells strange, don’t even risk tasting it—just toss it. Mold you can see on the surface is just the tip of the iceberg; there could be poisons under the surface of the food that are not detectable by the naked eye.

But what about those jars of condiments that have been open and around for years? Most will stay fresh for two months on the door of the refrigerator. That part of the fridge is designed for storing condiments, because their acidic content tends to make them more resistant to bacterial contamination than other foods. Still, their quality is likely to decrease with time.

How Long Can I Freeze It?

Food kept in the freezer for so long that ice crystals dominate its appearance is safe to eat, since no organisms can live in subzero temperatures but the quality will certainly be less than ideal.

To prevent freezer burn, make sure that food is tightly wrapped or shrink wrapped with freezer-quality wrap and get as much air out between the food and the food wrap.

Source: www.webmd.com

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I hope you're preparing to enter the Lampasas County Fair. It takes place during Spring Ho— July 10-12. Enter items Wednesday July 10 4-7 p.m. at the County Annex. Viewing is Thursday 3-5:30 and Friday 10-2. (We need helpers if interested.)

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

Grilled Peach

2 medium peaches, pitted and sliced in half

1 cup low-fat vanilla Greek yogurt

4 tablespoons slivered almonds

4 teaspoons Agave Nectar or honey to drizzle

Heat the grill. Wash and slice peaches in half and remove pits. Brush with olive oil and place cut side down on the grill. Grill for 4 minutes.

Remove peaches and place 1 slice in a small bowl. Top with 1/4 cup of yogurt, almonds and drizzle with 1 teaspoon Agave Nectar or honey. Makes 4 servings.

Nutrition Facts:

1 serving = 1/2 peach

Calories: 167

Total Fat: 8 g.

Cholesterol: 3 mg.

Sodium: 39 mg.

Potassium: 223 mg.

Total Carbohydrates: 20 g.

Protein: 6 g.

Vitamin A: 3%

Vitamin C: 6%

Calcium: 15%

Iron: 5%

*Percent Daily Values are based on a 2000 calorie diet.

Recipe from:
dinnertonight.tamu.edu

