

TEXAS A&M AGRI LIFE EXTENSION

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HOW CAN WE HELP? HUTCHINSON COUNTY EXTENSION NEWSLETTER



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Summer Sun Safety

Whether you call them “The Dog Days of Summer” or describe it as an “Indian Summer,” we are about to enter one of the hottest parts of the year. As you go outdoors to enjoy the sun and blue sky, the Texas A&M AgriLife Extension Service wants to remind you to take a few precautions when exposed to the sun and heat. When working outdoors, you should always protect yourself from the harmful Ultraviolet (UV) rays being emitted by the sun. Over time, these UV rays cause damage to the skin making it less elastic and contribute heavily to the development of skin cancers. In fact, about 90% of all skin cancers occur on sun-exposed skin. The American Academy of Dermatology suggests wearing a hat, sunglasses, and protective clothing when exposed to the sun. While you should avoid deliberate sunbathing, you should use a sunscreen with a sun protection factor (SPF) of at least 15 while in the sun. Apply sunscreen 20

OLDER DRIVERS

Recently, there have been a couple of incidents that have brought the issue of the older driver into the spotlight. Having a license and the ability to drive a car gives a sense of power and freedom that cannot be equated with any other. Unfortunately, as we age, response times slow and dull, vision and hearing may begin to fail, and we must seriously evaluate our ability to drive a vehicle. Here are a few questions for self-evaluation or, for those of you in the caregiver role may be asked of the older adult in your life. **How is my vision?** Of all the senses involved in driving, vision would have to be of the utmost importance. Regular eye exams can help detect these conditions and others that may affect your ability to see well. When changing eyewear, you should give yourself plenty of time to try out the new prescription to make sure you adjust fully to it. A new or wrong prescription can seriously affect your vision. **Did I take my medication?** Medications are enabling us all to live longer and better but may affect how we function in daily

life. Some side effects of medications include sleepiness, dizziness, and lapses in memory – very dangerous if that person is behind the wheel of a car. If your medications cause these and other side effects, talk to your healthcare provider about alternate medications that may not have side effects. **Should I be driving?** Many times the hardest decisions are best made by yourself, rather than letting a situation get to where someone else must take action for you. If you question your abilities behind the wheel, the Texas Department of Public Safety has a program in place that will still allow driving privileges on a restricted basis. Too often the response from healthcare providers and family members is to take away the keys without looking at ways that the older driver may stay behind the wheel. There are many other things to consider when evaluating whether or not someone should drive. For more information about driver safety and education, you should contact the Department of Public Safety office in your area.

minutes before going out into the sun and reapply every 2 hours. Another summertime concern is dehydration, not enough water in your body. When your body loses too much fluid, it begins to take fluid from the blood, which leads to cramping in the muscles and may result in shock. Early symptoms of dehydration are dry mouth and sticky saliva in addition to dark urine and reduced urine output. To reduce the risk for dehydration, drink plenty of fluids, water or sports drinks, especially when working outdoors in the heat. You should also avoid drinks containing caffeine and alcohol – they increase urine output and make you dehydrate faster. Should you start to notice cramping or feel dizzy or fatigue, stop whatever activity you are doing and rest somewhere out of direct sunlight. Everyone should be able to enjoy a sunny day. By taking a few simple precautions while in the sun, you won't have to pay for your day of play.

Exercise: It Does a Body Good!

Exercise can be done at any age! It is a vital part of everyday life and has many important benefits. Each month, we will be featuring a new low impact exercise that anyone can do, at any age. This month's feature exercise is the **Leg Raises**. For side leg raises, stand behind a chair and hold on for better balance. Lift one leg out to side, keeping it completely aligned from heel to hip, while maintaining a straight back and a slight bend in the supporting leg, then slowly lower the leg. For back leg raises, use the same chair for balance and slowly lift one leg behind you, hold for a moment and lower leg. Do not bend the lifted leg or point the toes, and keep the standing leg slightly bent. For each exercise, complete 2 sets of at least 10 reps for each leg, alternating legs. Be sure to consult your doctor before engaging in any physical activity, as we do want you to injure yourself. Check back next month for the next monthly exercise!



Broccoli Salad

Ingredients:

10 slices of bacon
1 head fresh broccoli, cut into bite size pieces
1/4 cup chopped red onion
1/2 cup raisins
3 tbsp white wine vinegar
2 tbsp. white sugar
1 cup mayonnaise (or plain Greek yogurt)
1 cup sunflower seeds

Directions:

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. In a medium bowl, combine the broccoli, onion, and raisins. In a small bowl, whisk together the vinegar, sugar, and mayonnaise (or yogurt). Pour over broccoli mixture, and toss until well mixed. Refrigerate for at least 2 hours. Before serving, toss salad with crumbled bacon and sunflower seeds.

A Recipe for You!

Peanut Butter Smoothie

Ingredients:

1 banana, cut into chunks
1/2 cup fat-free cold milk
1/4 cup frozen unsweetened blueberries
1/4 cup frozen unsweetened strawberries
1 tsp peanut butter
1/2 tsp honey

Directions:

In a blender, combine the banana, milk, blueberries, strawberries, peanut butter, and honey. Process about 1 minute, or until the consistency of a thick milkshake.

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin.

The Texas A&M University, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.