

Jefferson County
Family & Consumer Sciences
Newsletter
April 2013



*Spring is the season I like most
With the flowers blooming on the rocky coast
March, April, May, are the months of spring
With the tune, flowers and life on the swing
The kites flying high in the sky
With its string pulling and stretching
Spring is when the air is cool
The birds chirping on the pool
Spring gives the feeling of existence and life
Not like the autumn, when plants die
Walking around in the garden
Shovel in the hand digging the soil harden
Removing the weeds, growing the seeds
With the determination and the ambition
Making the environment green
with the joy and happiness evergreen
Spring is the season I like most.*

--author unknown.

“What lies before us and what lies behind us are tiny matters compared to what lies within us”
Ralph Waldo Emerson

Q & A: Safety of Microwaving Vegetables in Steamable Bags



Question: Can I microwave in steamable, plastic bags?

Answer: If a plastic container is labeled for microwave oven use, then it should be safe.

There was an interesting article from Harvard Health letter and here is what they said: <http://www.health.harvard.edu/fhg/updates/update0706a.shtml>

USDA has similar recommendations from their website:

http://www.fsis.usda.gov/factsheets/Cooking_Safely_in_the_Microwave/index.asp

- Only use cookware that is specially manufactured for use in the microwave oven. Glass, ceramic containers, and all plastics should be labeled for microwave oven use.
- Plastic storage containers such as margarine tubs, take-out containers, whipped topping bowls, and other one-time use containers should not be used in microwave ovens. These containers can warp or melt, possibly causing harmful chemicals to migrate into the food.
- Microwave plastic wraps, wax paper, cooking bags, parchment paper, and white microwave-safe paper towels should be safe to use. Do not let plastic wrap touch foods during microwaving. Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers, or aluminum foil in the microwave oven.

Jenna Anding, PhD, RD, LD, AgriLife Extension Program Leader and Associate Professor Department of Nutrition and Food Science



TEXAS A&M AGRI LIFE EXTENSION



“Stitchin’ Saturday” with American Sewing Guild Instructors FREQUENTLY ASKED QUESTIONS TIPS & TRICKS

Are you having difficulty with your new machine? Have you been wondering: How do I use all of these attachments/presser feet? Which needle to use for knits? Which seam finish is best? Why threads break with twin-needle sewing? What kinds of things can you do with a serger? Which accessories are really necessary? These and many more questions will be answered and demonstrated. If you want to construct garments that don’t look “home-made”, this is the class for you.

This class is best suited for the intermediate sewer (you have been through beginner’s class and made at least one garment/home décor item), and own your sewing machine. Bring a current project you may be having difficulty with, or are a little afraid of starting (*remember, fabric should be washed before cutting*).

Bring your sewing machine manual and attachments.

Saturday, May 11, 2013 at 9:00am (until 1:30ish)

Texas AgriLife Extension 1225 Pearl Street, Suite 200 Beaumont, TX 77701

We have a few machines available, and we have carts to help you get your machine and supplies inside.

Pre-registration required; Deadline is May 3, 2013

Return form below with payment to address above

409-835-8461; baevans@ag.tamu.edu

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact Cary Erickson, Jefferson County Human Resources Director at (409) 839-2391, five working days prior to the meeting so appropriate arrangements can be made. Programs conducted by the Texas A&M AgriLife Extension Service serves people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A & M University System, U.S. Department of Agriculture and the County Commissioners’ Court of Texas Cooperating.



Name	Address	City; Zip Code
<hr/>		
Telephone:	Email:	
<hr/>		
Make checks (\$25.00) payable to: FCS Committee of Jefferson County (snacks included)		
Do you own a sewing machine? Yes <input type="checkbox"/> What type and brand? _____		No <input type="checkbox"/>

Tips for Parents – Ideas to Help Children Maintain a Healthy Weight

You've probably read about it in newspapers and seen it on the news: in the United States, the number of obese children and teens has continued to rise over the past two decades. You may wonder: Why are doctors and scientists troubled by this trend? And as parents or other concerned adults, you may also ask: What steps can we take to help prevent obesity in our children? This page provides answers to some of the questions you may have and provides you with resources to help you keep your family healthy.

Why is childhood obesity considered a health problem?

Doctors and scientists are concerned about the rise of obesity in children and youth because obesity may lead to the following health problems:

- Heart disease, caused by:
 - high cholesterol and/or
 - high blood pressure
- Type 2 diabetes
- Asthma
- Sleep apnea
- Social discrimination

Childhood obesity is associated with various health-related consequences. Obese children and adolescents may experience immediate health consequences and may be at risk for weight-related health problems in adulthood.

Type 2 diabetes is increasingly being reported among children and adolescents who are overweight. While diabetes and glucose intolerance, a precursor of diabetes, are common health effects of adult obesity, only in recent years has Type 2 diabetes begun to emerge as a health-related problem among children and adolescents. Onset of diabetes in children and adolescents can result in advanced complications such as CVD and kidney failure.

In addition, studies have shown that obese children and teens are more likely to become obese as adults.^{9, 10}



What can I do as a parent or guardian to help prevent childhood overweight and obesity?

To help your child maintain a healthy weight, balance the calories your child consumes from foods and beverages with the calories your child uses through physical activity and normal growth.

Remember that the goal for overweight and obese children and teens is to reduce the rate of weight gain while allowing normal growth and development. Children and teens should NOT be placed on a weight reduction diet without the consultation of a health care provider.

Balancing Calories: Help Kids Develop Healthy Eating Habits

One part of balancing calories is to eat foods that provide adequate nutrition and an appropriate number of calories. You can help children learn to be aware of what they eat by developing healthy eating habits, looking for ways to make favorite dishes healthier, and reducing calorie-rich temptations.



Encourage healthy eating habits.

There's no great secret to healthy eating. To help your children and family develop healthy eating habits:

- Provide plenty of vegetables, fruits, and whole-grain products.
- Include low-fat or non-fat milk or dairy products.
- Choose lean meats, poultry, fish, lentils, and beans for protein.
- Serve reasonably-sized portions.
- Encourage your family to drink lots of water.
- Limit sugar-sweetened beverages.
- Limit consumption of sugar and saturated fat.

Remember that small changes every day can lead to a recipe for success!

Look for ways to make favorite dishes healthier. The recipes that you may prepare regularly, and that your family enjoys, with just a few changes can be healthier and just as satisfying.



Remove calorie-rich temptations!

Although everything can be enjoyed in moderation, reducing the calorie-rich

temptations of high-fat and high-sugar, or salty snacks can also help your children develop healthy eating habits. Instead only allow your children to eat them sometimes, so that they truly will be treats! Here are examples of easy-to-prepare, low-fat and low-sugar treats that are 100 calories or less:

- A medium-size apple
- A medium-size banana
- 1 cup blueberries
- 1 cup grapes
- 1 cup carrots, broccoli, or bell peppers with 2 tbsp. hummus

Balancing Calories: Help Kids Stay Active

Another part of balancing calories is to engage in an appropriate amount of physical activity and avoid too much sedentary time. In addition to being fun for children and teens, regular physical activity has many health benefits, including:

- Strengthening bones
- Decreasing blood pressure
- Reducing stress and anxiety
- Increasing self-esteem
- Helping with weight management

Help kids stay active.

Children and teens should participate in at least 60 minutes of moderate intensity physical activity most days of the week, preferably daily.¹¹ Remember that children imitate adults. Start adding physical activity to your own daily routine and encourage your child to join you.

Some examples of moderate intensity physical activity include:

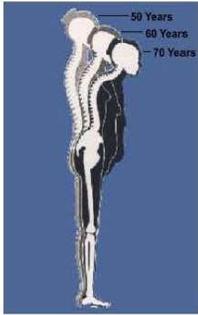
- Brisk walking
- Playing tag
- Jumping rope
- Playing soccer
- Swimming
- Dancing



Reduce sedentary time.

In addition to encouraging physical activity, help children avoid too much sedentary time. Although quiet time for reading and homework is fine, limit the time your children watch television, play video games, or surf the web to no more than 2 hours per day. Additionally, the American Academy of Pediatrics (AAP) does not recommend television viewing for children age 2 or younger.¹² Instead, encourage your children to find fun activities to do with family members or on their own that simply involve more activity.





Invest in Your Bones
Osteoporosis—The Silent Disease
Leaflet 2

Osteoporosis, a painful and disfiguring disease, weakens bones and makes them break or fracture easily. Some 1.9 million Texans have low bone mass, resulting in 80,000 fractures of hips, wrists, and vertebrae annually (Texas Department of State Health Services, 2008). Osteoporosis is preventable and/or treatable. Accordingly, osteoporosis occurs when bone formation is inadequate, bone removal is excessive, or a combination of the two. Fractures occur most often in the hip, spine, and wrist. Spinal fractures cause a stooped posture, loss of height, and chronic back pain. Hip fracture, the most serious consequence of osteoporosis, threatens one’s independence and life.

So what are the bone health robbers that accelerate bone loss?

- | | | | |
|--------------------|-------------------|------------------|-------------------|
| calcium deficiency | family history | aging | excessive alcohol |
| lack of exercise | being underweight | loss of estrogen | |
| caffeine | being female | smoking | |

What are some important steps that need to be taken by all of us to protect our bones?

- Eat a balanced diet rich in calcium foods—milk foods; deep green, leafy vegetables; and some canned fish products.
- Estrogen replacement therapy is recommended for women during menopause.
- A regular program of exercise and, in some cases, medication may slow bone loss.
- Fall-proofing the home and changing one’s lifestyle to avoid fracturing fragile bones is recommended.

Are you at risk of developing the disease? You may be at risk if you:

- drink less than 2 servings of milk or eat other calcium-containing foods daily,
- drink alcohol in excessive amounts or smoke,
- don’t exercise at least 30 or more minutes daily, or
- have a family history of osteoporosis.

Bone Density Testing

Osteoporosis may go undetected for decades until a fracture occurs, so early diagnosis is important. A bone mass measurement allows physicians to identify areas in the body with low bone mass to determine the type of medication or therapy to be used to prevent further bone loss. Safe, accurate, and noninvasive tests are available for measuring bone mass. Ask your doctor if you need a bone density test – the most practical way to accurately measure your current level of bone density and predict risks of future bone breaks. Call the [National Osteoporosis Foundation](http://www.nof.org) at (800) 223-9994, or see their website <http://www.nof.org/prevention/calcium2.htm> for additional information about your investment in your bones and where to locate bone density testing in your area.

For additional information, contact your local county Texas A&M AgriLife Extension Agent – Family and Consumer Sciences. Resources: Mary Kinney Bielowicz, Ph.D., R.D., L.D., Regents Fellow, Professor & Extension Nutrition Specialist; and Sharon Francey Robinson, Ph.D., R.D., Associate Professor & Extension Nutrition Specialist; Nutrition & Food Science Department, Texas A&M AgriLife Extension Service, Texas A&M System, College Station, Texas.

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.

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

Making it pay to be frugal

By Ruth Susswein

Consumer Action News • Winter 2012-2013

Stretch your resources and stay within your budget with these tips:

Cut the cord. Cancel paid cable TV and save a bundle each month. You may still be able to see favorite shows for free online, via Hulu, for example. Or, keep basic cable and cancel paid subscriptions to “premium” channels (HBO, Showtime, etc.) and save almost \$20 per channel, per month.

Movie night freebies. Avoid the cost of Netflix or Redbox by borrowing DVDs of movies and favorite series from your public library. You may have to summon up some patience while you wait for newer shows to become available, but the price is right.

Trim your tresses for less. Try a local beauty school for a free or low-cost haircut. Or ask your hairdresser if the salon features any special discounts you can take advantage of. At some salons, skip the blow-dry and save up to half.

Beauty on the cheap. Cut out brand name beauty supplies. Use baby oil or sweet almond oil as eye makeup remover and olive or almond oil for baths and hair conditioning.

Skip the Starbucks. The savings can really add up when you brew your own coffee at home or work. Pour it into a to-go cup and you’re on your way. At \$3- \$4 per daily cup you could save \$780 or more per year.

Brown bag it. Prepare your own lunch and bring it to work. You could save \$5-\$10 dollars a day, or between \$1,300 and \$2,600 per year.

Tweak the cell phone plan. Shifting your cell phone service to a slightly different plan could save you bucks each month. (Switch when your contract is up, or you may have to extend your contract.) If your kids have cell phones, sign up for unlimited texting, as this is the way kids communicate. Also, consider prepaid cell phones and service—the industry offers data (Web-enabled) phones and the

Cut text, data usage. You can text for free with WhatsApp Messenger (www.whatsapp.com) for the iPhone, Android and other smartphones (99¢ after the first year). Users generally give the app high marks. Whenever possible, set your phone to Wi-Fi—available free in many libraries, cafés and other public spaces—which doesn’t use your wireless data plan.

Clip this. Only use coupons for items you were monthly cost has dropped in recent years. planning on buying anyway. Some large supermarkets allow you to claim coupons online that are added to shop shows that allow local residents to call in to broadcast what they have and what they want. To find out if such a radio show exists in your area, do an online search for “swap shop radio” plus the name of your city or town. (When meeting a swapper or seller in person, choose a public place and let someone else know where you are going, or bring a friend.) The holidays are bound to bring gift cards for stores and restaurants you don’t love. Numerous websites exist for buying, selling and trading gift cards. Use Gift Card Granny (www.giftcardgranny.com) to compare card swap values at various sites.

Share There’s no reason every family in the neighborhood has to have its own lawnmower or snow blower. Why not start a neighborhood cooperative to share big-ticket, space-hogging, rarely used-but-necessary tools? A co-op can be formed to meet virtually any need, such as child care (trade babysitting hours), cooking (prepare meals to share) and garden produce (share what you grow). All you need to form a co-op is a common need and agreement on how to meet it together. Even non-gardeners can share in the bounty through community supported agriculture programs. CSA members subscribe to receive weekly fresh produce (or eggs, meat, flowers, etc.) from local farms. Locally produced food conserves energy because it doesn’t have to be shipped hundreds or thousands of miles, and it is typically free of packaging. (It also tastes better.) LocalHarvest offers a directory of more than 4,000 CSA farms (localharvest.org/csa). While you’re at it, search for a local food co-op ([bit.ly/ UU015g](http://bit.ly/UU015g)), which is a worker- or customer-owned grocery store.

A credit union is an entirely different type of money-saving co-op. Credit unions do most of the same things banks do—offer checking and savings accounts, make loans, issue credit cards and more. But because their members own them, they charge lower account fees and interest rates on loans and tend to pay higher rates on savings. To find a credit union you can join, use the online search tool (creditunion.coop) or call 800-358-5710.

Save. Sometimes you just can't avoid buying new. In those cases, look for sales and coupons. The 2013 Online Coupon Service Comparisons report from TopTenREVIEWS (bit.ly/SRgTZJ) lists coupon websites that might meet your needs. (Usually, grocery coupons are just for brand names—so compare prices on store brands, too.) If you've ever watched the reality television show "Extreme Couponing," you know it's possible to get carried away. Shopping carts piled high with years' worth of products and things that aren't truly needed represent anything but simple and sustainable living. The Coupon Project (thecouponproject.com) blog might keep you grounded: It's not only another source for coupons, the woman behind the posts says she practices "ethical, common sense couponing." If you're looking for a percentage-off discount code for a particular online merchant, do an online search for the name of the retailer along with the words "discount code" or "coupon."

Do it yourself. DIYers almost always save money, and they often help the environment, too. But what if you don't know how to change the oil in your car or unclog a drain? To learn, visit sites such as About.com (bit.ly/W69Mxh), the DIY Network (www.diynetwork.com) and DoItYourself.com (www.doityourself.com).

Continue your quest for frugal, sustainable living ideas and inspiration online and in your community.



Diabetes Management Schedule

Adults with diabetes should receive medical care from a physician-coordinated team of health care professionals. Referrals to team members should be made as appropriate.

At each regular diabetes visit:

- Measure weight and blood pressure.
- Inspect feet if one or more high-risk foot conditions are present.
- Review self-monitoring glucose record.
- Review/adjust medications to control glucose, blood pressure, and lipids. Consider low-dose aspirin for CVD prevention.
- Review self-management skills, dietary needs, and physical activity.
- Assess for depression or other mood disorder. Counsel on smoking cessation and alcohol use.

Quarterly:

Obtain A1C in patients whose therapy has changed or who are not meeting glycemic goals (twice a year if at goal with stable glycemia).

Annually:

- Obtain fasting lipid profile (every 2 years if patient has low-risk lipid values).
- Obtain serum creatinine to estimate glomerular filtration rate and stage the level of chronic kidney disease.
- Perform urine test for albumin-to-creatinine ratio in patients with type 1 diabetes > 5 years and in all patients with type 2 diabetes.
- Refer for dilated eye exam (if normal, an eye care specialist may advise an exam every 2–3 years). Perform comprehensive [foot exam](#).
- Refer for dental/oral exam at least once a year.
- Administer influenza vaccination. Review need for other preventive care or treatment.

Source: National Diabetes Education Program (NDEP)-US Department of Health and Human Services'

"Advice is what we ask for when we already know the answer and wish we didn't"

Erica Mann Jong

Leveraging Credit Wisely

By Linda Sherry

Consumer Action News • Winter 2012-2013

Credit is a tool to help you achieve financial goals, not a way to buy things you can't afford and don't need. Using credit strategically can help you reach major financial goals such as buying a home or car, making home improvements or paying for education expenses. Before you use credit you don't intend to pay off at the end of the billing cycle, ask yourself:

- Will using this credit help me achieve a sound financial goal?

If no, then don't do it.

- Can I comfortably afford this item without using credit?

If yes, pay cash or pay off your credit card balance in full when the bill arrives. If no, ask yourself: Do I really need it?

'Good' vs. 'bad' credit

Not all credit is bad credit. For example, for most people, a mortgage (home loan) is necessary to achieve homeownership. This puts mortgages in the "good" category as long as you get the other loan details right: You have to be able to comfortably make the monthly mortgage payment, have good prospects for future income, and choose a home that you could sell relatively quickly without losing money if your life takes a different path. But if these factors don't exist, a mortgage can quickly turn into bad credit. An example of bad credit is "buy here, finance here" auto loans. Car loans can be good credit, but some used car dealerships target low-income buyers with poor credit histories and prey on uninformed consumers. Such dealers sell used cars for far beyond their value and extend credit

at very high "subprime" interest rates—a double rip-off. Your best defense against predatory car loans is to visit a local bank or credit union to inquire about a car loan before buying. The lending institution will check your credit history and let you know how much you could borrow and at what rate. If possible, get a pre-approved loan. Before buying an auto, check Kelley Blue Book (kbb.com) for the value of the vehicle model you're considering.

Be prepared for emergencies

Saving for emergencies can help you pay for unexpected expenses—your car breaks down or your fridge goes on the fritz—with cash instead of credit. Start saving today to build up a cushion to cover the financial curve balls that life throws at you. Schedule automatic transfers from your checking to your savings account. If you have access to a credit card, develop a plan to pay off charges in the shortest amount of time possible. For example, if you charge a new fridge at \$900, aim to pay it off in three to four months, or sooner. This way you'll save on interest charges and keep your credit line available if you need it in the future. Or, use your credit card only for emergencies.

Build good credit

Paying down your credit balance as quickly as you can is a good way to have credit available when you need it. It's also good for your credit history. A good credit history can help you qualify for more than just additional credit. Many landlords, insurers and employers check your credit to determine if you are a responsible

individual who pays your bills on time. Bonus: A good credit history means lower interest rates on loans. Have you checked your credit report this year? If not, go to AnnualCreditReport.com. This is the official site built by the big three U.S. credit reporting agencies to furnish free annual credit reports, as required by federal law. You can obtain all three reports at once, but it's a better idea to stagger the three over the year so you can monitor your credit report at regular intervals for fraud and mistakes.

More information

Credit Reports and Credit Scores (bit.ly/credit_reports_scores). In this Consumer Action guide, you'll learn what information is collected about you, how to interpret and improve it and what your rights are.

Questions and Answers About Obtaining and Managing Credit (bit.ly/credit_score_QA). Dozens of Q&As developed by Consumer Action help you understand how to use credit to your advantage.

Improve Your Credit: Put Bad Credit Behind You (bit.ly/improve_credit). This easy-to-read brochure from Consumer Action's MoneyWi\$e series explains why having good credit is important, what your rights are if your credit application is rejected, how to check your credit report, how to dispute mistakes and how to begin to rebuild good credit.

Credit flash

- Not everyone can qualify for all loans.
- It pays to get all the facts before you borrow.
- Loans are legal contracts.
- Read all the fine print.



Cheesy Chicken Spaghetti

Prep time: 30 minutes

Cook time: 3 hours

Serves: 12

Cost per Serving: \$1.40

Utensils Needed:

Stirring spoon

Knife

Cutting Board

Slow Cooker

Ingredients:

12 ounces Whole Wheat Penne Pasta, cooked

1 can 98% FF and reduced sodium cream of chicken soup

1 can 98% FF and reduced sodium cream of mushroom soup

1 can diced tomatoes with green chilies

1/2 cup red bell pepper, diced

1/2 cup green bell pepper, diced

1/2 cup onion, diced - or less, to taste

1 - 4 ounce can mushroom stems and pieces, drained

2 cups cooked, chopped chicken

1 pound American Processed Light (2%) Cheese

1/2 cup water

Directions:

1. Spray slow cooker with non-stick cooking spray.
2. Combine all ingredients in slow cooker and stir to mix well.
3. Cook on LOW for 2-3 hours. Stir before serving.

NUTRITION FACTS	
Calories	149
Fat	5 g
Cholesterol	6 mg
Sodium	843 mg
Total Carbohydrate	15 g
Dietary Fiber	2 g
Protein	12 g



Families with Children

THE TOP FIVE THINGS YOU NEED TO KNOW ABOUT THE AFFORDABLE CARE ACT

The Affordable Care Act – the health care law – gives hard working families the security they need and important new benefits. Signed into law in March of 2010, the law holds insurance companies accountable, gets rid of the worst insurance industry practices and puts patients first.

Here are five ways the law helps you and your family:

1. Insurance companies are held accountable. If insurance companies don't spend at least 80 percent of your premium dollar on medical care rather than advertising and bonuses for executives, they will have to provide you a rebate. The first



rebates will be made in the summer of 2012. And starting

September 1, 2011, in every State and for the first time ever, insurance companies are required to publicly justify their actions if they want to raise rates by more than 10 percent.



2. Insurers can no longer refuse to insure children with serious illnesses. Insurance companies are no longer allowed to deny or exclude coverage for your children (under age 19) based on a pre-existing condition such as asthma, diabetes or other disability.

3. Free preventive services. All new health plans must now cover preventive services ranging from mammograms to vaccinations for your child, without any additional cost to you. For more details, visit www.healthcare.gov/prevention.

4. Insurers can't limit your care. In the past, some people with cancer or other chronic illnesses ran out of insurance coverage because their health care expenses reached a dollar limit imposed by their insurance company. Under the health care law, insurers can no longer impose lifetime dollar limits on essential health benefits and annual limits are being phased out by 2014.

5. You can keep any child under age 26 on your insurance. Even if your children are married or live on their own, if your insurance plan covers dependents, your children can



stay on your plan until they turn 26. Your child may also be eligible for the Children's Health Insurance Program (CHIP) or Medicaid coverage through your state.

Visit <http://www.healthcare.gov/families> for more information.



**A PROGRAM FOR PEOPLE
WITH TYPE 2 DIABETES**

**BEAUMONT
LOCATION**

**Free
&
Open To
The Public**

Do Well, Be Well with Diabetes is **FREE** educational program for people with Type 2 diabetes. The primary goal is to help participants learn how to manage their blood glucose in the ranges recommended by the American Diabetes Association.

TEXAS A&M AGRILIFE EXTENSION SERVICE
1225 Pearl, Suite 200 Beaumont, TX
Classes: Tuesday - 6:00 p.m. to 8:00 p.m.
 For More Information Contact:
 409-835-8461 or Toll Free 409-727-2191 ext. 8461

*To find out how you
can do well and be
well with diabetes,
call your
county office of
Texas A&M AgriLife
Extension*

Barbara A. Evans,
County Extension Agent-FCS
Jefferson County

<http://texasextension.tamu.edu>

CLASS DATE	6:00 p.m. - 7:00 p.m.	7:00 p.m. - 8:00 p.m.
May 7	What is Diabetes?	Nutrition: First Step in Diabetes Management
May 14	One Diabetes Diet No Longer the Sole Option Nutritional Labels	Managing Your Blood Sugar and Diabetes and Exercise
May 21	Susan Becker/ Carbohydrate Counting	Diabetic Foot Care Dr. Neil Burrell, DPM
June 4	For Good Measure at Home & Eating Out	Diabetes Meds
June 11	Prevention & Managing Complications	GRADUATION DAY!!! Nutrition Review

BEAUMONT DIABETES SUPPORT GROUP
To Be Announced

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact Cary Erickson, Jefferson County Human Resources Director at (409) 839-2391, five working days prior to the meeting so appropriate arrangements can be made. Programs conducted by the Texas A&M AgriLife Extension Service serves people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A & M University System, U.S. Department of Agriculture and the County Commissioners' Court of Texas Cooperating.





A PROGRAM FOR PEOPLE WITH TYPE 2 DIABETES

PORT ARTHUR LOCATION

Free & Open To The Public

Do Well, Be Well with Diabetes is **FREE** educational program for people with Type 2 diabetes. The primary goal is to help participants learn how to manage their blood glucose in the ranges recommended by the American Diabetes Association.

PORT ARTHUR PUBLIC LIBRARY
 4650 Ninth Ave @ Hwy 73 Port Arthur, TX
 Classes: Thursday - 5:30 p.m. to 7:30 p.m.

For More Information Contact:
 409-835-8461 or Toll Free 409-727-2191 ext. 8461

To find out how you can do well and be well with diabetes, call your county office of Texas A&M AgriLife Extension

Barbara A. Evans,
 County Extension Agent-FCS
 Jefferson County

<http://texasextension.tamu.edu>

CLASS DATE	5:30 p.m. - 6:30 p.m.	6:30 p.m. - 7:30 p.m.
Feb 7	What is Diabetes?	Nutrition: First Step in Diabetes Management
Feb 14	One Diabetes Diet No Longer the Sole Option	Managing Your Blood Sugar and Diabetes and Exercise
Feb 21	Nutritional Labels and Advanced Carbohydrate Counting	Diabetic Foot Care
Feb 28	For Good Measure at Home & Eating Out	Diabetes Meds
Mar 7	Prevention & Managing Complications	GRADUATION DAY!!! Nutrition Review

PORT ARTHUR DIABETES SUPPORT GROUP
 2555 Jimmy Johnson Blvd.
 2nd Thursday of each month

Persons with disabilities who plan to attend this meeting and who may need auxiliary aids or services are requested to contact Cary Erickson, Jefferson County Human Resources Director at (409) 839-2391, five working days prior to the meeting so appropriate arrangements can be made. Programs conducted by the Texas A&M AgriLife Extension Service serves people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A & M University System, U.S. Department of Agriculture and the County Commissioners' Court of Texas Cooperating.



TEXAS A&M AGRI LIFE EXTENSION

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409-835-8461



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