

Wishing You a Healthy

H-A-P-P-Y N-E-W Y-E-A-R!



Alice Henneman, MS, RDN
Extension Educator

H-ealth

"The first wealth is health," (Source: Ralph Waldo Emerson)

Make health a priority this year.

Health should be more than the absence of disease — read on for ideas.

A-ttitude

"Health and cheerfulness naturally beget each other." (Source: Joseph Addison)

A positive attitude may not cure a disease. However, thinking positive can help you deal with misfortune, make the most of your situation and enjoy life more.

P-hysical activity

"A man's health can be judged by which he takes two at a time — pills or stairs." (Source: Joan Welsh)

The U.S. Department of Health and Human Services 2008 Physical Activity Guidelines for Americans recommends for adults: "Most health benefits occur with at



least 150 minutes (2 hours and 30 minutes) a week of moderate intensity physical activity, such as brisk walking. Additional benefits occur with more physical activity. Both aerobic (endurance) and muscle-strengthening (resistance) physical activity are beneficial."

P-people

"Love cures people — both the ones who give it and the ones who receive it..." (Source: Dr. Karl Menninger)

Numerous studies indicate social networks, whether formal (such as a church or social club) or informal (such as meeting with friends), make people less vulnerable to ill health and premature death. Be wary, however, of social support that drains you through people being too demanding or encouraging you to engage in harmful behaviors.

Y-our body

"Take care of your body. It's the only place you have to live." (Source: Jim Rohm)

Schedule physical checkups as needed: eyes, teeth, mammogram, colonoscopy, general physical, etc.

N-O!

"Half of the troubles of this life can be traced to saying yes too quickly and not saying no soon enough." (Source: Josh Billings)

Rather than adding "take a time management class" to your "todo" list, consider starting a "don't do" list.

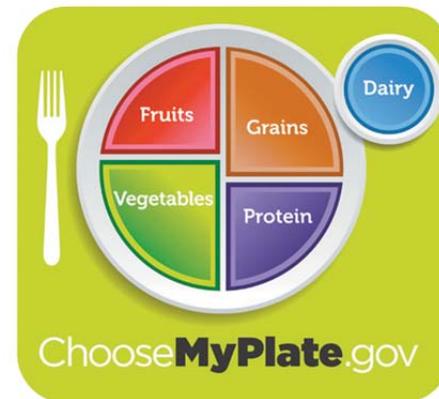
You may discover doing LESS can bring

Especially if doing less allows you to spend time doing more to contribute to your health and happiness and that of family and friends!

E-at healthy

"Rich, fatty foods are like destiny: they too, shape our ends." (Source: Author Unknown)

ChooseMyPlate.gov recommends: "Calories are the fuel you need to work and play. You even need calories to rest and sleep! Foods and beverages vary in how many calories and nutrients they contain. When choosing what to eat and drink, it's important to get the right mix — enough nutrients, but not too many calories."



For more information on planning healthy menus, visit www.ChooseMyPlate.gov.

W-isdome

"A wise man makes his own decisions; an ignorant man follows public opinion." (Source: Chinese Proverb)

Continued on next page

Take time to listen to your own body. Rather than set your goals based on how fast other people walk or jog, how little sleep others can get by on or how much someone else eats, concentrate on what makes YOU healthy.

Y-ourhands

“Keeping hands clean is one of the most important ways to prevent the spread of infection and illness.” (Source: Centers for Disease Control and Prevention)



Here's how to wash your hands from the Centers for Disease Control and Prevention.

When washing your hands with soap and water:

- **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- **Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
- **Scrub** your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- **Rinse** your hands well under clean, running water. Dry your hands using a clean towel or air dry them.

E-nough sleep

“A good laugh and a long sleep are the best cures in the doctor's book.” (Source: Irish Proverb)



According to a December, 2015 Gallup Poll, 43% of Americans say they would feel better if they got more sleep.

“Insufficient sleep is a public health epidemic,” according to the Centers for Disease Control and Prevention (CDC). Insufficient sleep is linked to motor vehicle crashes, industrial disaster, medical and other occupational disorders. People who don't get enough sleep also are more likely to suffering from chronic diseases such as hypertension, diabetes, depression and obesity, as well as from cancer.

The U.S. Department of Health and Human Services offers these tips to help you get a good night's sleep:

- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends. Try to avoid napping in the late afternoon or evening, as it may keep you awake at night.
- Develop a bedtime routine. Take time to relax before bedtime each night. Some people watch television, read a book, listen to soothing music or soak in a warm bath.
- Keep your bedroom dark, not too hot or too cold and as quiet as possible.
- Have a comfortable mattress, a pillow you like, and enough blankets for the season.
- Exercise at regular times each day but not within 3 hours of your bedtime.
- Make an effort to get outside in the sunlight each day.
- Be careful about when and how much you eat. Large meals close to bedtime may keep you awake, but a

light snack in the evening can help you get a good night's sleep.

- Stay away from caffeine late in the day. Caffeine (found in coffee, tea, soda and hot chocolate) can keep you awake.
- Drink fewer beverages in the evening. Waking up to go to the bathroom and turning on a bright light break up your sleep.
- Remember alcohol won't help you sleep. Even small amounts make it harder to stay asleep.
- Use your bedroom only for sleeping. After turning off the light, give yourself about 20 minutes to fall asleep. If you're still awake and not drowsy, get out of bed. When you feel sleepy, go back to bed.

A-void portion distortion

“Never eat more than you can lift.” (Source: Miss Piggy, muppet character)

Rather than worry so much about “what” you eat, consider “how much” you eat. Downsize your portion sizes. Serve food on smaller plates. Eat from plates and bowls rather than packages and bags, so you see how much you're eating.

R-eading materials

“Be careful about reading health books. You may die of a misprint.” (Source: Mark Twain)

Consider the source before starting a new drastic diet or exercise plan. Beware of plans that:

- Promise quick, dramatic results.
- Charge large fees for consultations, equipment, supplements, etc.
- Rely solely on testimonials and statements from “professionals” with unusual-sounding degrees.



This year will be different

On a regular basis, I read a lot of information or participate in money management trainings. The other day, I got a piece from my Money Talks News subscription that I think offers good advice for those of you who have made eliminating—or reducing—debt as your new year’s resolution. The article offers 10 tips to find free or low-cost help. What I liked most about the article was the helpful advice for you to choose “*wisely*” among the many companies/organizations that claim they can help you. “Beware bad actors,” the article warns. Debt settlement companies often achieve little relief. The federal Consumer Financial Protection Bureau explains how to tell the difference between a credit counselor and a debt management company. The article recommends getting financial counseling from a nonprofit agency and suggests finding one through *the National Foundation for Credit Counseling, the Association of Independent Consumer Credit Counseling Agencies*. Additionally, the Federal Trade Commission says: Many universities, military bases, credit unions, housing authorities, and branches of the U.S. Cooperative Extension Service operate nonprofit credit counseling programs. I am a *certified financial educator* and would be happy to work with you. The full article can be found at: <http://www.moneytalksnews.com/2015-the-year-tackle-your-debt-10-tips-find-free-low-cost-help/?all=1>

The reasons Texans become Master Wellness Volunteers are as varied as the opportunities to volunteer:

- ✓ Give back to the community.
- ✓ Meet people.
- ✓ Live a healthier lifestyle.
- ✓ Learn nutrition and wellness facts.
- ✓ Receive training and tools.
- ✓ Support a particular workplace, group, or organization.
- ✓ Have fun!
- ✓ Each participant receives a binder with copies of all presentations.



**Master Wellness
Volunteer Program**

A certification exam on the final day of training assures that each proud volunteer has the tools and knowledge needed to represent the Texas A&M AgriLife Extension Service. The training focuses on nutrition and dietary guidelines, food safety and food demonstrations, healthy lifestyle choices, and children’s health. In return, the volunteers agree to give back 40 hours of service to the community. ***Call in today and say you will volunteer!***

**M a k e A H e a l t h y
D i f f e r e n c e**



Here's a New Year's Resolution to save lives, including your own!

While eating more fruits and vegetables and parking as far away from the supermarket as possible will help improve your health in 2015, here's a resolution that can impact the lives of others, as well as your own life. Make a resolution in 2015 to put down the phone when you are driving and to not drive distracted! While all notions of self-improvement have their value, driving is one area where our actions can affect not only ourselves but other drivers and passengers on the road. Motor vehicle crashes continue to take their toll. According to the Texas

Department of Transportation, in 2013 there was an increase in the number of crashes caused by distracted driving – especially fatal crashes caused by cell phone use.

Cell phones are a major distraction, but not the only distraction to drivers. Adjusting radios and GPS devices, loose pets, eating in the vehicle, and applying makeup are just some of the other distractions in your car. However, research shows that texting is among the most dangerous forms of distracted driving. Sending or reading an average text takes drivers' eyes off the road for 4-5 seconds. That means at 55 miles per hour, a texting driver would travel the length of a football field without looking at the road – as if blindfolded! That's something none of us would consciously consider doing! Any time you take your hands off the wheel, your eyes off the road, and especially your mind off your driving, you put yourself, your passengers, and others on the road at risk.

"Making a resolution to not drive distracted in 2015 can very well mean saving a life!" Some of the leading causes of traffic deaths are distracted driving, impaired driving, and people not wearing seat belts. Resolve to give driving your full attention, and protect yourself and others on the road. Although young drivers are at greatest risk from distraction, parents and other adults should set the example by not using a cell phone in the car.

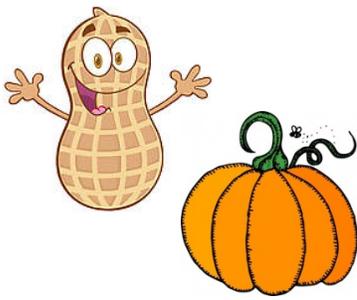
Follow the Governors Highway Safety Association's tips to prevent distracted driving (<http://www.ghsa.org>):

- **Turn it off and stow it.** Turn your phone off or switch it to silent mode before you get in the car. Then stow it away so that it's out of reach.
- **Spread the word.** Record a message on your phone that tells callers you're driving and will get back to them when you're off the road, or sign up for a service that offers this feature.
- **Pull over.** If you need to make a call, first pull over to a safe area.
- **Use your passengers.** Ask a passenger to make the call or respond to a text for you.
- **X the text.** Don't ever text and drive, surf the web, or read your email while driving. It's dangerous and against the law in most states. Even voice-to-text isn't risk-free.
- **Prepare.** If using a GPS device, enter your destination before you start to drive. If you prefer a map or written directions, review them in advance. If you need help while driving, ask a passenger to assist you, or pull over to a safe location to change your GPS or review your map/directions.
- **Secure your pets.** Unsecured pets can be a big distraction in the car.
- **Mind the kids.** Pull over to a safe place to address situations involving children in the car.
- **Focus on driving.** Multi-tasking behind the wheel is dangerous. Refrain from eating, drinking, reading, grooming, smoking, and any other activity that takes your mind and eyes off the road.

Make a commitment to not drive distracted. Go to <http://www.distraction.gov/content/take-action/take-the-pledge.html> to download a pledge and share it with friends and family.

Make 2015 the year you quit the distraction habit and help save lives on our roads!

And while you're at it buckle up and live!



Pumpkin Peanuty Spoons

What you need:

Utensils:

- Measuring cups and spoons
- Stirring spoon
- Mixing bowl
- Knife
- Cutting Board

Ingredients:

- ½ cup canned pumpkin
- ½ cup creamy peanut butter
- 2 tablespoons honey
- ¼ teaspoon cinnamon
- 2 tablespoons chopped peanuts

What to do:

1. Wash hands and clean your cooking area.
2. Combine pumpkin, peanut butter, honey, and cinnamon; mix well.
3. Chill.
4. Before serving dip, top with nuts.
5. Serve with sliced fruit or vegetables such as apples, celery or carrots.

Prep Time: 10 minutes

Cost per serving: \$0.12

Nutrition Facts

Serving Size 2 Tablespoon of dip
Servings Per Container 8

Amount Per Serving

Calories 130 Calories from Fat 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 80mg **3%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **8%**

Sugars 6g

Protein 5g

Vitamin A 50% • Vitamin C 2%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less Than | 65g | 80g |
| Saturated Fat | Less Than | 20g | 25g |
| Cholesterol | Less Than | 300mg | 300 mg |
| Sodium | Less Than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

MyPyramid:

1 ounce Meat & Beans

Note: If you have crunchy peanut butter on hand, then this can be substituted for the creamy peanut butter and chopped peanuts.



Depending on age, children can help wash, measure, or mix the ingredients. Talk to children about the how orange vegetables help you see because they are a good source of Vitamin A.

This material was funded by USDA's Food Stamp Program

Educational programs of the Texas 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.





10 tips

Nutrition Education Series

with protein foods, variety is key



10 tips for choosing protein

Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources. We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces* of protein foods each day.

1 vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

2 choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



3 make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

4 have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

5 eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



6 nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

7 keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

8 make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



9 think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

10 check the sodium

Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 6
June 2011
USDA is an equal opportunity provider and employer.

Water Savings Associated with the Toilet

Standard toilets manufactured prior to the 1980's usually require five to seven gallons per flush. Toilets sold during the 80's and early 90's use 3.5 gallons per flush. Since 1992 in Texas and 1994 nationally, new toilets must use 1.6 gallons of water per flush. Replacing older, larger-use toilets with a 1.6 gallon per flush unit can result in significant water savings and savings on your water and sewer bill.

Some devices, such as those outlined below, can be placed in older, larger-use toilets to reduce the amount of water used by the toilet for each flush. These devices include a toilet dam, plastic bottle, or a toilet bag. These devices either trap or block part of the water in the tank from escaping during the act of flushing the toilet or take up space in the tank to reduce the amount of water required filling the tank. Please note that these devices may not work well in the 3.5 gallon toilets.

Also remember, never use the toilet as a trash can to flush paper or facial tissue, make sure all components in the tank work properly, and that the toilet does not continue to run after flushing. Toilet leaks can waste as much as one cup of water per minute and waste up to 2,700 gallons of water per month.

Toilet leaks occur in two ways and are often very difficult to detect.

The most common toilet leak and often hardest to detect is caused by a deteriorated or defective flush valve (flapper) ball at the bottom of the toilet tank. If the flapper or ball valve does not seat properly and form water tight, seal water will leak around it into the toilet bowl. Often, this leak will occur without being heard. To test for this type of leak, add a few drops of food color or place a colored dye tablet (available from many hardware stores or possibly your water utility) in the toilet after it has stopped filling. Do not flush the toilet. Wait about ten minutes. If the food coloring or dye appears in the toilet bowl, the flapper or ball valve is leaking and needs to be replaced.



The second most-common type of leak is caused by an improperly adjusted or broken fill (ball cock) valve. If the float is set too high or if the shut-off valve fails to close completely, water will continue to enter the tank and flow into the overflow tube. This type of leak can be seen simply by taking the tank top off and observing if water is flowing into the overflow tube once the tank is full.

Preserve foods at home? Yes you can but do it safely.

An abundance of home grown fruits and vegetables often triggers the desire to can foods home. While this can be a fun and rewarding way to keep foods long after the season ends, care must be taken to assure that foods canned at home are safe to eat.

Not all recipes for home canning have been tested for safety. Sources of tested recipes include the National Center for Home Food Preservation (<http://www.uga.edu/nchfp/>), USDA, and manufacturers of home canning equipment and supplies. Recipes from cookbooks, out-dated publications and the Internet should not be used.

Using the right equipment when canning is also important. Some foods can be preserved using a water bath canner but others must be processed in a pressure canner. If the right canning method is not used, then the finished product could make people very sick. Also, make sure that the equipment you have is in good working order. Experts advise that dial gauges on pressure canners be tested annually to make sure they are accurate. I can do the test here. In addition, canners should be checked to make sure they are in good working order.

There are many other aspects to canning that one needs to consider, including jar size, headspace, and recommended processing (canning) times. All of these can influence the safety of the final product. If you are interested in the *“Preserving the Harvest” workshop*, call the office and ask to be placed on the class waiting list. We will notify you a date as soon as we have enough people on the list. Call Mercy or Barbara, 409-835-8461.



FREE TAX HELP



TAX returns for 2014
FAST REFUND ELECTRONIC FILING
FOR FAMILIES EARNING UP TO \$50,000
Beginning January 31, 2015 at the
Neighborhood Resource Center
2850 Gulf Street in Beaumont
9:00 am – 1:00 pm

FREE TAX ASSISTANCE TO QUALIFYING FAMILIES & INDIVIDUALS THROUGH THE COMMUNITY TAX CENTER PROGRAM (LAMAR UNIVERSITY AND IRS/VITA)



Texas Rural Leadership Program

**TEXAS A&M
AGRI LIFE
EXTENSION**

Jefferson County "Leaders in Action"

Do you have great ideas for changes in your community? Are you looking for ways to develop your leadership skills and also be more involved in the economic development of your community? Are you interested in enhancing the leadership skills that you already have by networking and partnering with other leaders within the community? Are you looking to be a better leader within your company?

If you answered yes to any of these questions, then join us for training (dates to be announced later) and learn how you can take the lead. You will be able to better identify and effectively utilize community assets, work together on projects identified as important to your community and build a dialogue among residents and organizations toward a cohesive goal. This is a great opportunity to network with other leaders around the state, gain Continuing Education Credits and receive a certificate from Texas A & M University's Texas Rural Leadership Program and become recognized as a leader in your community.

Leaders in Action is a seven-series curriculum of informative and interactive lessons on: Asset-based community development, appreciative inquiry, leadership competencies, management functions, systems thinking, non-violent communication, community engagement, group dynamics, deliberative dialogue, building trust and shared vision, and designing and implementing asset-based projects.

To deliver this program a team of leaders are needed to work with me to be trainers for class sessions and to coordinate class recruitment and management. I am hosting a "Training of Trainers" to be conducted by the Texas Rural Leadership Program leaders. The eight hour class will give you an understanding of the program content and you will be able to decide which lesson(s) you would want to teach and what leadership responsibilities you could accept to help coordinate the classes.

**Help improve the quality
of life in your community!**

**Become a trainer for your community!
"Leaders in Action" Train-the-Trainer**

When: Thursday, January 29, 2015

**Where: Texas A & M AgriLife Extension Office
1225 Pearl Street, Suite 200 in Beaumont**

Time: 8:00am 5:00pm

Take the lead!

Call to reserve your seat--Barbara Evans at the Texas A & M AgriLife Extension Office:
409-835-8461, or email: baevans@ag.tamu.edu

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas.



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

| CLASS DATE | 6:00 p.m. - 7:00 p.m. | 7:00 p.m. - 8:00 p.m. |
|------------|-------------------------------------------------------------------|-----------------------------------------------------|
| Jan 13 | What is Diabetes? | Nutrition: First Step in Diabetes Management |
| Jan 20 | One Diabetes Diet No Longer the Sole Option Nutritional Labels | Managing Your Blood Sugar and Diabetes and Exercise |
| Jan 27 | Susan Ludwig/ Carbohydrate Counting | Diabetes Meds |
| Feb 3 | For Good Measure at Home & Eating Out | Diabetic Foot Care Dr. Neil Burrell, DPM |
| Feb 10 | Prevention & Managing Complications | GRADUATION DAY!!! Nutrition Review |

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



<http://texasextension.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.



Catch us on the web! Jefferson.agrilife.org