

Jefferson County

Family & Consumer Sciences

Spring Newsletter

February, 2020



Healthy Eating for an Active Life

It's summer time! The days are long and there is plenty of sunshine. It's a great time of year to get outside and get moving with activities you enjoy, especially with your family!

"For youth and adults participating in physical activity like hiking, swimming, or various sports, healthy eating is essential for optimizing performance. Combining good nutrition and physical activity can lead to a healthier lifestyle," says Texas A&M AgriLife Extension Agent Paula Tacker. Use these tips from the United States Department of Agriculture's MyPlate website (www.choosemyplate.gov) to combine good nutrition and physical activity to make the most of your summer!

First, maximize with nutrient-packed foods. Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat fewer foods high in solid fats, added sugars, and sodium (salt).

Next, energize with grains! Your body's quickest energy source comes from grain foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread, tortillas, pasta and brown rice.

Power up with protein. Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef and pork, and skinless chicken or turkey. Choose seafood protein sources twice a week.

Quality protein choices come from plant based foods, too! Choose beans and peas (kidney, pinto, black or white, beans, chickpeas, hummus), soy products (tofu, veggie burgers, tempeh), and unsalted nuts and seeds.

Don't forget the fruits and vegetables! Get the nutrients your body needs by eating a variety of colors. Try blue, red, or black berries; red, green, or yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, and 100% juice options.

Be sure to also include dairy foods such as fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) to build and maintain strong bones needed for everyday activities.

Hydration is critical in the warm summer months! Stay hydrated by drinking water instead of sugary drinks. Keep a filled reusable water bottle with you to always have water on hand.

Want to learn more? For personalized nutrition information based on your age, gender, height, weight, and current physical activity level visit www.SuperTracker.usda.gov

Remember, physical activity is essential for good health. Aim for at least 2 ½ hours of physical activity each week that requires moderate effort. A few examples include brisk walking, biking, swimming, and skating. Spread activities over the week, but do that at least 10 minutes at a time.

For information about nutrition education program in your local area, contact your local Texas A&M AgriLife Extension Service county office at 409-835-8461.

Caregiving: Putting Together a Care Team

Andrew B. Crocker – Gerontology Health Specialist

As caregiving is such a monumental task, no one person can be expected to handle the situation alone. Truly, it takes a team of individuals, both professional and non-professional, to provide the support needed to care for another person. Putting together this “care team” is not as easy as it may sound. The following information will help you decide whom you need on your care team. Health professionals should be key members of your care team. This means involving more than just a physician; health professionals include nurses, pharmacists, dentists, therapists and nutritionists, among others. With your care recipient’s permission, you should feel free to discuss health concerns with these professionals. Health professionals may want to have insight into the life and health of your care recipient, so you should be prepared to answer questions. Also, remember to ask questions. The health of your care recipient will be best served if discussions with health professionals are “active” conversations – both parties discussing issues.

Here are some tips to help you before, during and after your appointment with a health professional:

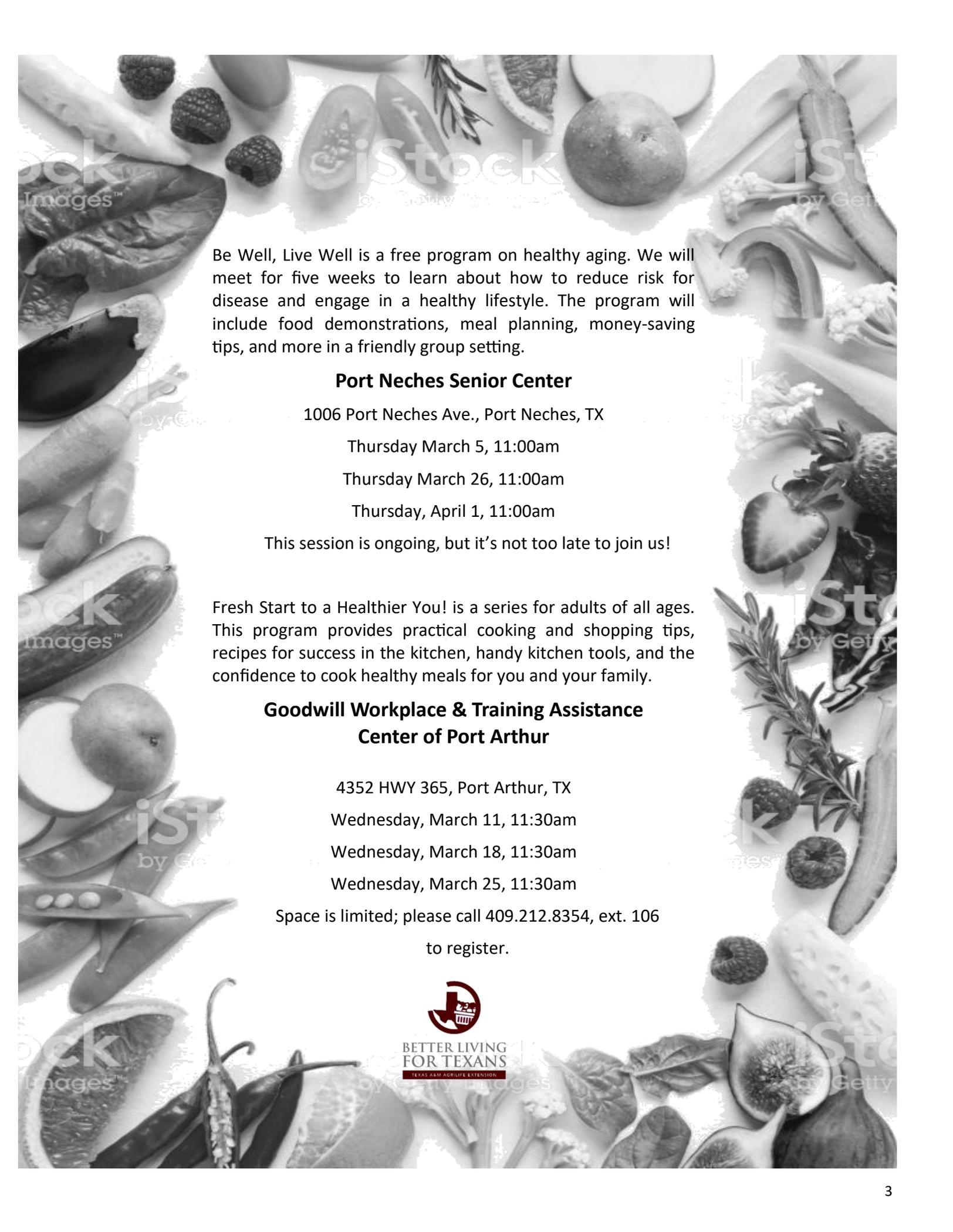
- Make a list of concerns. This will help you remember to address all issues.
- Update the health professional on any changes since the last visit. Make notes between visits so that you are sure to remember everything and take them with you to your visit.
- Be honest and stick to the point. Your health professional is only as good as the information he or she is provided.
- Share your point of view and ask questions. Remember that health professionals do not know everything.

Take notes and/or ask for a written copy of recommendations.

A part of your healthcare team should also be someone who represents social services, such as home care, home delivered meals and financial support, among others. These professionals may help identify resources to aid in implementing the recommendations of your health professionals. A social services professional may also be able to help you locate other members of the community who should be included on your care team. An excellent place to start looking for help in the social services arena is your local Area Agency on Aging (AAA). In Texas, you may find the nearest AAA by calling 800.252.9240 or <http://www.dads.state.tx.us/contact/aaa.cfm> on the internet. Some AAAs in Texas have caregiver specialists who may best assist you with your questions – be sure to ask when you call if your AAA employs such a person. While it is important to include professionals in your caregiving, you should not overlook the value of using other family members to help you. Service professionals certainly have a deep interest in your care recipient but it often pales in comparison to the interest that a family member may have. You and your family should discuss the strengths, weaknesses and individual ability of each other concerning the care of your loved one. A plan should then be devised to best approach the caregiving situation, taking into consideration what contributions may be made by the group in addition to those that may be made individually. If the group of caregivers plans an approach to the caregiving situation in advance where tasks and responsibilities are pre-assigned, there is less likelihood that strife will emerge later. If other family members are unable or reluctant to be a part of your care team, you may choose to request financial support in lieu of hands-on help.

Always remember that there is a job for everyone – you do not need to do it all. You should be ever searching for someone or some group who may help you provide the best care possible for your care recipient in addition to helping provide for your self-care. Your role as a caregiver will also include being a coordinator of services and team leader for your care team. For more information on putting together your care team or general caregiving issues, please contact your Jefferson County Extension Agent at 409-835-8461.





Be Well, Live Well is a free program on healthy aging. We will meet for five weeks to learn about how to reduce risk for disease and engage in a healthy lifestyle. The program will include food demonstrations, meal planning, money-saving tips, and more in a friendly group setting.

Port Neches Senior Center

1006 Port Neches Ave., Port Neches, TX

Thursday March 5, 11:00am

Thursday March 26, 11:00am

Thursday, April 1, 11:00am

This session is ongoing, but it's not too late to join us!

Fresh Start to a Healthier You! is a series for adults of all ages. This program provides practical cooking and shopping tips, recipes for success in the kitchen, handy kitchen tools, and the confidence to cook healthy meals for you and your family.

**Goodwill Workplace & Training Assistance
Center of Port Arthur**

4352 HWY 365, Port Arthur, TX

Wednesday, March 11, 11:30am

Wednesday, March 18, 11:30am

Wednesday, March 25, 11:30am

Space is limited; please call 409.212.8354, ext. 106

to register.



**BETTER LIVING
FOR TEXANS**
TEXAS A&M AGRILIFE EXTENSION

Goodwill WorkPlace

Training & Assistance Centers of SETX

March 2020 Calendar of Events

- 3.11, 3.18, & 3.25: Fresh Start to a Healthier You Series
1130am-1230pm, Port Arthur
- 3.13 & 3.16: AHLEI Certified Housekeeper Attendant Course
1-3pm BOTH days, Beaumont
- 3.19: The Importance of Social Media for Job Hunters
1-2pm, Beaumont
- 3.26. Communication 101
10am-1130am, Beaumont
- 3.27: Intro to Computers
930-1130am, Theodore Johns Public Library
- 3.31: Work Readiness Workshop
3-4pm, Theodore Johns Public Library
- Job Coaching Wednesdays:
9am-1pm, Port Arthur
- DAILY: Computer Classes
Monday-Thursday: 930-1130am & 2-4pm, Beaumont
- Resume Assistance & Job Coaching:
Monday-Thursday: 9am-12pm & 1-4pm, Beaumont & Silsbee



1180 S. 11th St., Beaumont, TX 77701
409.212.8354, ext. 106, michelle@goodwillbmt.org

COPING **2** CONTROL

Living positive with diabetes

**A 4 week program on coping with diabetes stress.
Each session is 1½ to 2 hours long**

Enroll Now!



Class Dates:

**April 1, 8, 15, and 22
11 AM — 1 PM
To register, call:
409-835-8461**

Class Location:

**1225 Pearl Street
Suite 200
Beaumont, TX 77701**

- **Learn how to deal with the emotional side of diabetes.**
- **Develop positive coping and problem-solving skills.**
- **Build healthy, supportive relationships.**

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

**TEXAS A&M
AGRI LIFE
EXTENSION**

GOODWILL WORKPLACE &
TRAINING ASSISTANCE
CENTER OF PORT ARTHUR
PRESENTS

A FRESH START TO A HEALTHIER YOU

WITH SPECIAL GUEST
LECTURER, GRACE BATES,
FROM BETTER LIVING FOR
TEXANS



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

A THREE-PART SERIES
MARCH 11, 18, & 25, 2020

1130AM-1230PM

4352 HWY. 365. PORT ARTHUR, TX

For more information about this
COMPLIMENTARY course series, please contact
michelle@goodwill.bmt.org or
call 409.212.8354, ext. 106.



Celebrate National Nutrition Month[®] by Eating Right, Bite by Bite

The Academy of Nutrition and Dietetics invites you to celebrate National Nutrition Month[®] with this year's theme of **Eat Right, Bite by Bite!** According to the Academy of Nutrition and Dietetics this year's theme "not only appeals to kids and kids-at-heart, but "bite by bite" also supports the philosophy that every little bit (or bite!) of nutrition is a step in the right direction. Small goals/changes can have a cumulative healthful effect." Amy Valdez, Extension Program Specialist with AgriLife Extension, shares that "National nutrition month is a great way for us to start our year off right and focus on the importance of making healthy food choices and incorporating physical activity into our routine."

According to ChooseMyPlate.gov, a healthy eating pattern should include a variety of foods including:

- Fruits such as bananas, strawberries, apples, pears, grapes
- Vegetables such as carrots, onions, green peppers, eggplants, corn
- Grains such as oats, rice, bread, pasta, popcorn
- Dairy such as milk, cheese, yogurt
- Protein such as chicken, beef, seafood, eggs, nuts and seeds

A well-balanced eating pattern can provide us with a variety of nutrients, such as fiber, potassium, calcium, protein and carbohydrates, that are needed for our body's day to day activities. Valdez explains that "using nutrition tools like ChooseMyPlate.gov can help us personalize our nutrition goals and understand that there is not a "one plan fits all" approach and everyone's way to "eat right, bite by bite" will look different!"

To celebrate National Nutrition Month, we recommend trying out these ideas below:

- **Try New Produce Each Week** – Each week or each day, try to incorporate a new fruit or vegetable into your meals. Create a challenge amongst your family members to see who has tried the most variety of fresh fruits and vegetables.
- **Healthy Family Fun**- Celebrate with your family by shopping and meal prepping together or trying new outdoor activities such as hiking or riding bikes! This is a great way to get the entire family involved and maybe start some healthy family traditions!

Visit Texas A&M AgriLife Extension's Dinner Tonight program- Dinner Tonight offers delicious and budget-friendly recipes that are a great way to begin your journey to eat right, bite by bite, such as our Strawberry Oatmeal Cookie Balls, which highlights fresh strawberries and whole grain oats! To learn more about the recipes, visit <https://dinnertonight.tamu.edu>

For more information on National Nutrition Month visit EatRight.org or contact your Jefferson county extension agents at 409-835-8461.

Sources:

<https://www.eatright.org/food/resources/national-nutrition-month>

<https://dinnertonight.tamu.edu/recipe/strawberry-oatmeal-cookie-balls/>

ZUMBA

Dance it out with us at UT Physicians Multispecialty Beaumont!

Come move your feet and lose your seat!

Relieve stress and burn up calories!



ZUMBA is a fitness program inspired by dance. Improve your flexibility and strengthen your body. Our instructor makes this class easy and fun!

Monday, February 10 and 24, 2020

5:30pm—6:30pm

Class is offered at no cost.

To Register Call Carmen Castro (409) 730-4714

UT Physicians Multispecialty– Beaumont

3610 Stagg, Beaumont, TX 77701

(409) 730-4714 | www.utphysicians.com/beaumont

Powerful Tools FOR Caregivers

Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for a friend or relative. Whether you provide care for a spouse, partner, parent, friend, or a child with special needs; at home or in a care facility; whether down the block or miles away, yours is an important role. This course is for family caregivers like you!

The classes give you tools to help:

- Reduce stress
- Improve self-confidence
- Manage time, set goals, and solve problems
- Better communicate your feelings
- Make tough decisions
- Locate helpful resources



UT Physicians Multispecialty – Beaumont

Wednesdays, March 4 – April 8, 2020

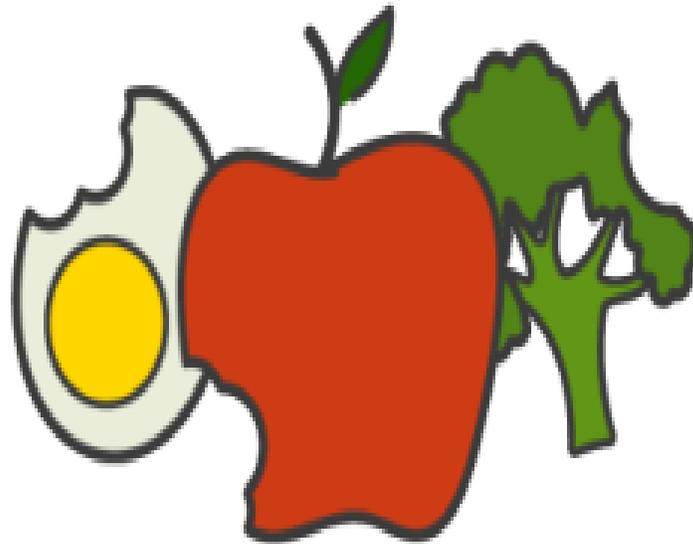
2:00PM—4:00PM

This six-week class series gives you the confidence and support to better care for your loved one and yourself. The program is offered at no cost.

To register, call Carmen Castro at (409) 730-4714.

UT Physicians Multispecialty — Beaumont
3610 Stagg Dr., Beaumont, TX 77701
UTPhysicians.com/Beaumont | 409-730-4714

EAT RIGHT



BITE BY BITE

National Nutrition Month®
March 2020

eat
right. Academy of Nutrition
and Dietetics

2020 National Nutrition Month Eat Right, Bite By Bite



TEXAS A&M
AGRILIFE
EXTENSION

TEXAS A&M AGRI LIFE EXTENSION



Catch Us on the Web!

<http://Jefferson-tx.tamu.edu>

Paula Tacker

Paula Tacker, CEA/FCH
1225 Pearl Street, Suite 200
Beaumont TX 77701

"A flower blossoms for its own joy."

Oscar Wilde

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