



**Call for information on free & low-cost programs on these topics:**

- Nutrition
- Healthy Lifestyles
- Aging
- Family Life
- Eldercare
- Financial management
- Canning & Preserving
- Child care

**Inside this issue:**

December—AIDS Awareness	1-2
Health Hot-Line Topic of the Month: <b>Flu Prevention</b>	2
Poinsettia Care	3
No Bake Holiday Recipe	3
HUB WORDS!	4
Upcoming Topics	4
Fruit of the Month!	4

## The Benefits of Volunteering

Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country.

The intangible benefits alone—such as pride, satisfaction, and accomplishment—are worthwhile reasons to serve. In addition, when we share our time and talents we:

- Strengthen Communities
- Improve Lives
- Connect to Others
- Transform Our Own Lives



### Benefit Your Health

Over the past two decades we have also seen a growing body of research that indicates volunteering provides individual health benefits in addition to social ones. This research, which is presented by CNCS in a report titled “The Health Benefits of Volunteering: A Review of Recent Research,” has established a strong relationship between volunteering and health: those who volunteer have lower mortality rates, greater func-

tional ability, and lower rates of depression later in life than those who do not volunteer.

Comparisons of the health benefits of volunteering for different age groups have also shown that older volunteers are the most likely to receive greater benefits from volunteering, whether because they are more likely to face higher incidence of illness or because volunteering provides them with physical and social activity and a sense of purpose at a time when their social roles are changing.

Some of these findings also indicate that volunteers who devote a “considerable” amount of time to volunteer activities (about 100 hours per year) are most likely to exhibit positive health outcomes.

Visit: <http://www.nationalservice.gov/serve-your-community/benefits-volunteering>



## December— AIDS Awareness

### What is World AIDS Day?

World AIDS Day is held on 1 December each year and is an opportunity for people worldwide to unite in the fight against HIV, show their support for people living with HIV and to commemorate people who have died.

World AIDS Day was the first ever global health day and the first one was held in 1988.

*“World AIDS Day is an opportunity for you to learn the facts about HIV ...”*



### Why is World AIDS Day important?

Around 100,000 are currently living with HIV in the UK and globally an estimated 34 million people have HIV. More than 35 million people have died from the virus, making it one of the most destructive pandemics in history.

Today, many scientific advances have been made in HIV treatment, there are laws to protect people living with

### AIDS Awareness *Continued...*



HIV and we understand so much more about the condition. But despite this, people do not know the facts about how to protect themselves and others from HIV, and stigma and discrimination remain a reality for many people living with HIV.

World AIDS Day is important as it reminds the public and Government that HIV has not gone away – there is still a vital need to raise money, increase awareness, fight prejudice and improve education.

#### **What should I do on World AIDS Day?**

World AIDS Day is an opportunity for you to learn the facts about HIV and put your knowledge into action. If you understand how HIV is transmitted, how it can be prevented, and the reality of living with HIV today - you can use this knowledge to take care of your own health and the health of others, and ensure you treat everyone living with HIV fairly, and with respect and understanding.

You can also show your support for people living with HIV on World AIDS Day by wearing a red ribbon, the international symbol of HIV awareness and support.

Visit: <http://www.cdc.gov/hiv/library/awareness/wad.html>



### Health Hot-Line Topic of the Month: Flu Prevention for Seniors



Getting the flu can be a nasty experience, no matter what your age or general health, and each year flu shots are a major public health initiative. But, because of the risks to the elderly, senior flu prevention is especially important. According to the Centers for Disease Control (CDC), each year more than 200,000 people will be hospitalized because of the flu, and 36,000 of them will die.

"Disproportionately it's the elderly," explains Debra Beauchaine, MN, and geriatric services director at Virginia Mason Medical Center in Seattle. Seniors in their seventies and eighties are at higher risk from the flu than seniors in their sixties, because of declining immunity to illnesses as they age.

Flu symptoms include fever, chills, runny or stuffy nose, headache, sore throat, cough, extreme fatigue, and muscle aches. Nausea, vomiting and diarrhea are sometimes present, but rarely

prominent. Flu season typically runs from October through the end of February, but some years it runs into March and April as well. It is estimated that 10 to 20 percent of the U.S. population contracts influenza each year.

Staying away from work or crowded places while sick is important to prevent spreading the flu to others. But that's not an

***"There is no reason a healthy senior should defer a vaccine..."***

option for seniors living in nursing homes or assisted living facilities, making senior flu prevention that much harder at these communities. "When you congregate large numbers of people in close quar-

ters, transmission is a lot easier," McKinney says.

However, Beauchaine points out that nursing homes usually require all employees to be vaccinated, which is the single most effective way to guard against getting the flu. And, it's important to get a flu shot every year, because the virus changes slightly from year to year. Getting a flu shot one year and not the next, will not protect someone from that year's particular strain.

"There is no reason a healthy senior should defer a vaccine," McKinney says.

For more information visit: <http://www.flu.gov/at-risk/seniors/>



## No Bake Holiday Recipe: Angel Ambrosia

### Ingredients

- 3 oranges
- 2 ruby red or pink grapefruit
- 2 cups strawberry halves
- 2 kiwifruit, peeled and cut into wedges
- 1/4 cup flaked sweetened coconut
- 3 tablespoons brown sugar
- Store bought Angel food cake or pound cake



### Directions

Peel and section oranges and grapefruit over a bowl; squeeze membranes to extract juice. Add sections to bowl; discard membranes. Stir in strawberries and remaining ingredients. Cover and chill. Serve over pound cake or angel food cake.



*Ambrosia with pound cake*



## Poinsettia Care



### Christmas Care

Be sure the plant is well wrapped when you take it outside on your trip home because exposure to low temperatures for even a short time can injure leaves and bracts. Unwrap the plant as soon as possible because the petioles (stems of the leaves and bracts) can droop and twist if the plant is left wrapped for too long.

For maximum plant life, place your poinsettia near a sunny window or some other well-lighted areas. Do not let any part of the plant touch cold window panes. Poinsettias are tropical plants and are usually grown at tem-

peratures between 60 and 70 degrees F in greenhouses, so this temperature range in the home is best for long plant life. High temperatures will shorten the life of the bracts. Poinsettias do not tolerate warm or cold drafts so keep them away from radiators, air registers, and fans as well as open windows or doors. Place your poinsettia in a cooler room at night (55 to 60 degrees F is ideal) to extend the blooming time.

### Late winter and Early Spring Care

Poinsettias have long-lasting flowers - their bracts will remain showy for several months. During this time,

side shoots will develop below the bracts and grow up above the old flowering stems.

To have a well-shaped plant for the following year, you need to cut each of the old flowering stems or branches back to 4 to 6 inches in height. Leave one to three leaves on each of the old stems or branches - new growth comes from buds located in the leaf axils.

Cutting the plant back will cause the buds to grow and develop. This cutting back is usually done in February or early March. Keep the plant in a sunny window at a temperature between 60 and 70 degrees F and water as described above. Fertilize as needed every 2 weeks.

**Answer:** 9-letter word - IMPARTIAL

Some other words of five letters or more containing the hub letter A: alarm, altar, apart, atria, atrip, Maria, matai, plait, prima, raita, riata, tiara, tapir, tiara, trail, tramp, trial, armpit, impair, impala, impart, lariat, primal, air-mail, marital, martial, partial.



KEEP CALM AND ENJOY CHRISTMAS

Friday December 25, 2015



Friday January 1, 2016

Newsletter Created by: Gabrielle Washington, M.S. County Extension Agent—FCS, Limestone County

Texas A&M AgriLife Extension Service 200 West State St. G—14 Groesbeck, TX 76642

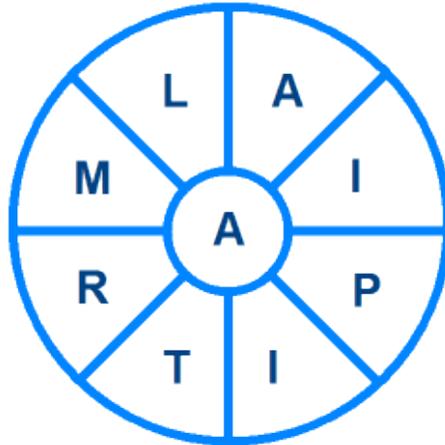
Phone: 254-729-5314 Fax: 254-7292540 E-mail: gabrielle.washington@ag.tamu.edu

Visit limestone.agrilife.org/

TEXAS A&M AGRILIFE EXTENSION

HUB WORDS!

How many words can you make from the letters in the wheel? Each word must contain the hub letter A. Can you find a 9-letter word and at least 20 other words of five letters or more avoiding proper nouns?



Answer on page 3

Upcoming Topics

- Financial Planning
- Brunch Recipe
- Goal Setting



Fruit of the Month — Fig



Fig Facts:

- The early Olympic athletes used figs as a training food. Figs were also presented as laurels to the winners, becoming the first Olympic “medal.”
- Figs made their first commercial product appearance with the 1892 introduction of Fig Newtons® cookies.
- The fig tree is a symbol of abundance, fertility and sweetness.

