

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

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

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## What exercises can I do without leaving my home?

You don't need to leave the house to be physically active. When the weather is too hot or too cold, or you don't feel like getting dressed to go out, there are ways you can exercise right in your own home.

You can:



- Dance to music on the radio or a CD
- Lift hand weights, soup cans, water bottles, or resistance bands while watching TV
- Do floor exercises like thigh stretches and hip stretches
- Do leg lifts while holding on to a sturdy chair, counter or wall for support (Watch the video to see this exercise performed.)
- March in place or walk around the room while talking on the telephone
- Walk on the treadmill

- Take a few extra trips up and down the steps at home to strengthen your legs and build endurance
- Work out with an exercise DVD.
- While putting your groceries away, strengthen your arms by lifting the milk carton or a 1-pound can a few times
- Vacuum, mop, sweep, or dust those hard-to-reach areas
- Play ping pong with the grandkids
- Take advantage of small bits of "down time" to do an exercise or two. For example, while you're waiting for the coffee to brew or for your spouse to get ready to go out, do a few wall push-ups or calf stretches.

## February— AMD Low Vision Awareness Month

February is National AMD/Low Vision Awareness Month. AMD or Age-Related Macular degeneration is the leading cause of vision loss affecting over 15 million adults over the age of 50. To understand how AMD affects your vision. Take your left hand and cover your left eye, now make a fist with your right hand. Take your right fist and place it directly in front of your right eye.

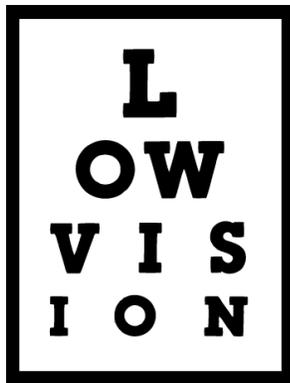


The only thing you should see is images in your periphery or side vision. Now imagine that this is how you are to function within the world.

**AMD**

Age-Related Macular degeneration can develop so slowly that it's not until the vision is getting

### AMD Low Vision Awareness *Continued...*



severely bad that the patient will notice. Age-Related Macular Degeneration primarily destroys the sharp central vision controlled by a spot at the back of the retina called the macula. Sharp central vision is needed to read, drive, identify faces, watch television and perform daily tasks.



#### Symptoms

AMD symptoms include blurriness, wavy lines, or a blind spot. You may also notice visual distortions such as:

- Straight lines or faces appearing wavy
- Doorways seeming crooked
- Objects appearing smaller or farther away

If you notice any of these symptoms, you should see

an ophthalmologist as soon as possible. If you are diagnosed with wet AMD, it is important to see a Retina Specialist for the most appropriate care



### Hot-Line Topic of the Month: Glaucoma

#### What is Glaucoma?

Glaucoma is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. However, with early detection and treatment, you can often protect your eyes against serious vision loss.



**Dilated eye exam.** In this exam, drops are placed in your eyes to widen, or dilate, the pupils. Your eye care professional uses a special magnifying lens to examine your retina and optic nerve for signs of damage and other eye problems.

#### How is glaucoma detected?

Glaucoma is detected through a comprehensive dilated eye exam that includes the following:

**Visual acuity test.** This eye chart test measures how well you see at various distances.

**Visual field test.** This test measures your peripheral (side vision). It helps your eye care professional tell if you have lost peripheral vision, a sign of glaucoma.



#### Can glaucoma be cured?

No. There is no cure for glaucoma. Vision lost from the disease cannot be restored.

Immediate treatment for early-stage, open-angle glaucoma can delay progression of the disease. That's why early diagnosis is very important.

Glaucoma treatments include medicines, laser trabeculoplasty, conventional surgery, or a combination of any of these. While these treatments may save remaining vision, they do not improve sight already lost from glaucoma.

For more info: [https://nei.nih.gov/health/glaucoma/glaucoma\\_facts](https://nei.nih.gov/health/glaucoma/glaucoma_facts)

## Protein 101—Healthy Snack— Smokey Edamame

### Ingredients:

- 1/4 Cup of Edamame
- 1/4 teaspoon of paprika
- 1/4 teaspoon of cayenne pepper
- 1 teaspoon of olive oil

### Directions:

- Mix the ingredients in a bowl
- Spread the Edamame out on a sheet of aluminum foil
- Bake on 350 degrees for 20 minutes

### Enjoy!



*Smokey Edamame*



## Flower of the Month! Knock Out Roses



### Care of Knock Out Roses:

The Knock Out® roses are easy to grow, not requiring much care. They are also very disease resistant, too, which adds to their appeal. Their bloom cycle is about every five to six weeks. The knockout roses are known as “self-cleaning” roses, so there is no real need to deadhead them. Several knockout rose bushes blooming along a fence line or at the edge of an island landscaping is a beautiful sight to behold.

When it comes to growing knockout roses, they can pretty much be listed as plant them and forget them roses. If they do get a little out of the shape you like for them along your fence line or

garden edge, a quick trimming here



and there and they are right back to the form you like blooming all the while.

If no rose bush forming pruning is done to adjust their height and/or width, the knockout roses can reach 3 to 4 feet wide and 3 to 4 feet tall. In some areas, an early spring pruning 12 to 18 inches above the ground works well, while in areas

with harder winters they may be pruned down to around 3 inches above the ground to remove the dieback of the cane.

When caring for knockout roses, feeding them a good organic or chemical granular rose food for their first spring feeding is recommended to get them off to a good start.

Visit: <http://aggie-horticulture.tamu.edu/>



[earthkindroses/files/2012/06/](http://earthkindroses/files/2012/06/)

**Bamboozable Answers:** 1. Over my Dead Body 2. Right Under the Nose 3. See Eye to Eye 4. Looking Out for Number One 5. Be-Line 6. Home is Where the Heart Is

**FEBRUARY**



**Black History  
MONTH**



**Sunday  
February 14, 2016**



**Monday  
February 15, 2016**

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**TEXAS A&M  
AGRILIFE  
EXTENSION**

### Bamboozable!!

**What's a bamboozable you ask?** A bamboozable is a saying/phrase that is made up of a display of words, in an interesting way. The object is to try to figure out the well-known saying, person, place, or thing that each bamboozable is meant to represent.

DEAD BODY MY	<b>NO NO RIGHT</b>	Ci ii
<b>1111</b>	BBBBBB	BRAIN KIDNEY HOME HEART

Answers on page 3

#### Upcoming Topics

- *Health Hints*
- *Kidney Awareness*
- *Daffodils*
- *Foot Care*



**Fruit of the Month —**



### Fun Facts about Strawberries:

- **Strawberries are the only fruit that wear their seeds on the outside**
- **Strawberries are members of the rose family.**
- **Belgium has a museum dedicated to strawberries.**
- **California produces some 80% of the strawberries in the U.S.**

