

Healthy Living in Lipscomb

NEWSLETTER



**Miquela
Smith, MPH**

Greetings! My name is Miquela Smith and I am the newest County Extension Agent in Lipscomb County. I am originally from Albuquerque but my husband and I live out in the country outside of Higgins. I have my bachelor's degree in psychology and Spanish and earned my Master of Public Health from the University of New Mexico. I look forward to serving Lipscomb County residents and know that you will have a lot to teach me, too! If you have questions or need information please contact me. Our number at the Texas A&M AgriLife Extension Service office is (806)862-4601 or you are welcome to drop in and say hi anytime. Please 'Like' our page on Facebook for more frequent updates on nutrition, child and adult development, family economics, and general health improvement.

Find us on 

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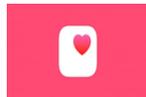
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What You Need to Know About the iPhone's New Medical ID Feature



You don't have to admit how much time you've spent using your iPhone's Health app to date — but you should get on board with the app's latest feature. While some people put "ICE," which stands for In Case of Emergency, next to contacts in their phone, Apple's new Medical ID takes this concept to a whole new level.

Introduced as part of iOS 8, the Medical ID feature is an easy way to access your important medical info, regardless of whether your phone is locked with a pin. This could potentially save your life in an emergency, allowing people like paramedics access to your information

How to set up your Medical ID:

1. Open the Health" app on your iPhone.
2. Click the asterisk (*icon at the bottom right of the screen that says "Medical ID" underneath it.
3. Next, you'll get a blank screen that says "Create New Medical ID."
4. Here you can enter all your information, including your name, DOB, medical conditions, allergies, medications, emergency contacts, blood type, and whether or not you're an organ donor.

Good Housekeeping; by Vicky Chandler, April 12, 2016.

Cooking Tips for One or Two

- Frozen meals require little preparation; however, you may need to add fruit, vegetable, bread, tossed salad, or milk to a frozen meal to make it well-balanced.
- Take turns preparing and sharing meals with family or friends.
- Plan to use leftovers.
 - * Left over ham can be used in an omelet, a sandwich, or in scalloped potatoes.
 - * Left over baked chicken can be chopped up on a salad or used for a chicken salad sandwich.
 - * Left over chili can be used on a baked potato.
- If you prepare larger amounts of meat, soup, stew, chili or casseroles freeze smaller portions for later.
- When keeping leftovers it is important to date and store them properly.
 - * Leftovers should be refrigerated within two hours.
 - * Use food storage containers or storage bags that seal.
 - * Always date leftovers so they will not be kept too long and spoil.
 - * A general rule of thumb is refrigerated leftovers may be kept for one to three days and frozen leftovers may be kept for one to three months.
- Look for cookbooks that have recipes designed for one or two.
- Most recipes can be cut in half or in thirds.

<http://osufacts.okstate.edu>

