

Lubbock County Family Network



Texas A&M AgriLife Extension Service-Lubbock County * PO Box 10536 * Lubbock, TX 79408
916 Main, Suite 401 Lubbock, TX 79401 * 775-1740 * Fax 775-1758 * <http://lubbock.agrilife.org/>

June / July 2019

HOW TO MANAGE STRESS

Stress

Everyone experiences stress every now and again. As we age, stressors may change as well as our body's response to stress.

Stress Response:

Aging cells decrease the body's ability to handle a large stress response. Heart and lung capacities decline as we age and activity levels decrease.

Stressors:

When we were young, stressors may have included unruly children or a hard day at work. Triggers tend to change as we age. These may include:

- Loss of a loved one
- Loss of independence
- Change in relationships with children
- Loss of vision
- Loss of hearing
- Loss of balance
- Financial challenges
- Caring for a loved one
- Medical crisis

Symptoms of stress may include:

- Tension headaches
- Indigestion
- Heart palpitations
- Poor concentration
- Anxiety
- Over eating
- Sleep difficulties
- Crying
- Irritability



What to do:

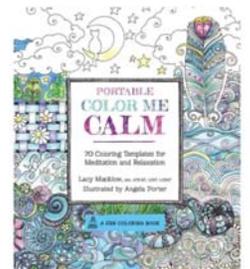
- Speak with a loved one
- Get a medical check up
- Eat a healthy balanced diet
- Get plenty of exercise
- Do things that bring you joy
- Find a hobby to pass time
- Spend time with friends and family



Relaxation techniques:

Identify relaxation techniques to fight the effects of stress for examples:

- Yoga
- Tai-chi
- Meditation
- Deep breathing
- Coloring
- Reading
- Slow breathing



Managing chronic diseases may help to reduce the stress on the body. It is important to seek the advice of your physician before beginning any exercise or diet regiment.



Sources:

<https://www.health.harvard.edu/aging/how-stress-affects-seniors-and-how-to-manage-it>
<https://www.judsonsmartliving.org/blog/5-ways-older-adults-can-reduce-stress/>

THE CARE & STORAGE OF QUILTS

Quilts are admired for their beauty and provide a function in the home as well. They are valued for many reasons including age, design, and sentiment. With proper care and a certain amount of caution, we can preserve a treasured heirloom or insure the life span of a well-used quilt. It is important to know that there is a distinction between the preservation care given by a museum staff and general care that can be handled in the home. However, both the museum staff and the homeowner share similar concerns. To prevent undue damage from cleaning, storage, and display both must develop a system of protective housekeeping. The way you clean a quilt depends on its age, condition and fiber content. If you have a quilt that is more than 50 years old or one that is showing signs of wear, it is best to have a trained conservator clean or mend the quilt. Generally, wool, rayon, and silk quilts should be dry cleaned; cotton and linen quilts should be wet cleaned or washed, provided that the dyes are fast and the filling or padding is also washable. Dry cleaning and wet cleaning should always be handled by a reputable cleaner who has experience with perishable materials. If you have a combination of fibers, a glazed fabric, or a specialty fabric such as velvet or brocade, consult your cleaner to determine the best cleaning method. A very sturdy, newer quilt might be able to withstand laundering in the washer and dryer but this laundering method is seldom recommended. However, for sturdy quilts that receive everyday wear the following steps are advisable:

1. Make sure your dyes are fast by putting a few drops of water on a small area and blotting with a white blotter. You may have to test more than one spot, depending on your design and any repairs that have been made.
2. If the dyes are fast, use a neutral detergent in a large tub of warm water. A bathtub allows you to gently agitate the quilt, let the cleaning solution drain, and then let in new rinse water without straining the fibers. Make sure the detergent is thoroughly rinsed out. Squeeze out all excess water and gently lift the quilt out.
3. It is best to dry the quilt outside on a clean sheet or towel. If this is not possible use a grid of clothesline under the quilt that will evenly distribute the weight to avoid stress on the stitching and fabric. Do not expose it to sunlight directly. If the quilt needs mending it should be done by a good seamstress. A hand-sewn quilt should always be repaired by hand, and if fabrics are worn away, or torn, they should be strengthened by re-weaving or darning. If replacement is necessary, be sure that the contemporary replacement fabric resembles the original. Bindings often become worn first and it spruces up your quilt to re-cover frayed edges with hand stitching. Keep the original edge for documentation.

Many quilts look handsome when hung on a wall. One of the most important considerations in hanging is to distribute the weight evenly so that the quilt does not tear or weaken. It is recommended that a sleeve be made along the top back of the quilt to house a wooden or metal rod. The quilt can then be hung on prepared wall supports. Velcro tape can also be fastened to the back of the sleeve and pressed to the wall. Old and delicate quilts would need to be handled a little differently. Another backing can be sewn to an older quilt and basted thru the front, thereby giving it overall support. In general it isn't a good idea to handle these older and more fragile quilts. Lighting must be considered when displaying your quilts since light can cause textiles to dry out or fade. Do not hang your quilt in the path of direct sunlight. Blinds can be drawn to cut down on the amount of light. Both sunlight and fluorescent lighting can be filtered by the use of ultra violet shields. Incandescent lighting is less damaging, but should be used at low levels and at a distance away from the quilt to prevent damage (drying out) from heat radiation. You should also position your quilt so air quality, temperature, and humidity are somewhat controlled. Avoid displaying your quilt on a damp wall or near kitchen cooking areas. Since both humidity and pollution cause deterioration, it is a good idea to limit display time, especially if the quilt is old or worn. You might choose to store your quilt and this must be done correctly to avoid unnecessary deterioration. To effectively preserve textile fibers, one must consider the environment in which they are stored. A combination of common sense and knowledge of the most common methods available for preventing or minimizing the degradation of fibers is necessary. First make sure your quilt is clean before you store it. Then choose a place where temperature, light, and humidity can be regulated. Never use a plastic bag for storage since textiles need to breathe and an excess of humidity may accumulate. Ideally a bed quilt should be hung over a wooden or aluminum rod or in the case of single layered, finely quilted pieces rolled on a tube. Both the rods and the tube should be covered with an acid free barrier. Then cover the quilt with clean 100 percent cotton sheeting and store it out of direct sunlight. The quilt should not be in direct contact with wood. If you plan to use a cedar chest for storage, line it with acid free paper. Since many people do not have the space to roll or hang large quilts and they are too large to store flat, they must fold them. These folds must be loose and padded with acid free paper so that the fibers are not strained. Some experts recommend refolding every few months to prevent permanent creases. However, be sure to clean your hands thoroughly before handling since your fingers contain natural oils that can leave unsightly stains. With the proper care you can continue to use and enjoy your quilt. In the process of caring for it, you will probably also develop a greater appreciation of quilt making and its history.

HAPPY NATIONAL FRESH FRUIT AND VEGETABLE MONTH!

While June is best known for its scorching temperatures and the beginning of summer, did you know that June is also National Fresh Fruit and Vegetable Month? Fruits and vegetables are not only a great way to incorporate beautiful colors into our meals but they are also an important part of a healthy and balanced diet and help us perform our day to day activities.

Many of us are familiar with the slogan “An apple a day keeps the doctor away” and while this may not be entirely true, eating our fruits and vegetables does have many health benefits that can help keep the doctor away, says Amy Valdez, a health specialist with AgriLife Extension. Overall a healthy diet filled with fruits and vegetables can help to reduce the risk of various chronic diseases such as heart disease and type 2 diabetes. Fruits and vegetables contain a variety of nutrients such as potassium, folate, dietary fiber, and vitamins A and C. A healthy, well balanced diet including foods such as spinach, bananas and sweet potatoes, which contain potassium, can help to maintain a healthy blood pressure. Folate or folic acid aids in the formation of red blood cells and can help reduce the risk of neural tube defects during fetal development. Dietary fiber found in fruits and vegetables can help reduce the risk of cardiovascular disease and can aid in reducing cholesterol levels. Vitamin A plays a role in eye and skin health while both Vitamin A and C can help boost the immune system and help fight against infections. Fruits and vegetables are also great to eat as a snack or a side as a majority of them are low in calories, sodium, and fat and they add vibrant colors to our meals making them more appealing to eat.

To celebrate National Fresh Fruit and Vegetable Month, Valdez recommends trying out these four ideas:

- **Build a Garden** - Whether you are growing a large garden with raised beds or working with a smaller container garden, planting and growing your own produce can help increase your consumption as this may increase your excitement to try new fruits and vegetables that you personally grew.
- **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.
- **Visit a Farmer’s Market** - Taking a stroll at the farmer’s market can help you explore all of the fresh produce that is available. Local farmers can also be a great source to learn about the benefits of their produce and they can help you with ideas on how to cook them. Some are open year round and others will open through the summer.

- **Learn about Path to the Plate** - Visit Texas A&M AgriLife Extension’s Path to the Plate website at <https://pathtotheplate.tamu.edu/> to learn about making the connection between agriculture and health.

Texas A&M AgriLife Extension Service offers some simple recipes that include fresh produce to help you incorporate fruits and vegetables, such as Dinner Tonight’s Summer Veggies with Bow Tie Pasta or Fresh Berry Caprese Salad recipes. To learn more about the recipes, visit <https://dinnertonight.tamu.edu/>

For more information on National Fresh Fruit and Vegetables Month contact your Lubbock county extension agent at 806-775-1740.

Source: Amy Valdez, Extension Program Specialist, 956-383-1026, Amy.Valdez@ag.tamu.edu, <https://www.choosemyplate.gov/fruits-nutrients-health> <https://www.choosemyplate.gov/vegetables-nutrients-health>

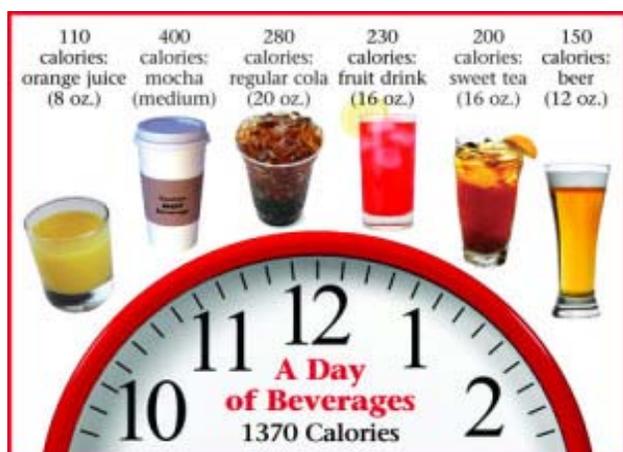
COOKING TIPS AND TRICKS

How Your Body Uses Water.



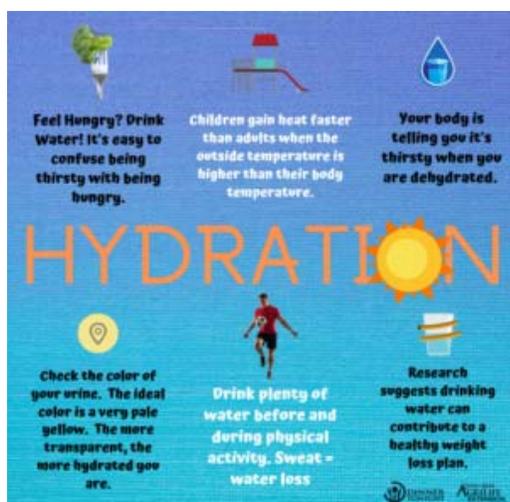
The human body is made up of approximately 60% water, and has numerous vital functions in the body. Take a look at some of the amazing vital functions of H₂O. <https://dinnertonight.tamu.edu/water/>

Rethink Your Drink



Caffeinated and sugary beverages do contribute to dehydration. Choose your beverages wisely when getting enough water in your body daily. Don't forget that water is not only available from the obvious source, it is also the major component in some foods, such as fruit and vegetables. Learn more at:

<https://dinnertonight.tamu.edu/rethink-your-drink/>



To prevent dehydration you need to drink an adequate amount of water per day. The recommended amount of water per day is EIGHT, 8 ounce glasses which is 2 liters, or half a gallon. If you are not drinking enough water, your body will begin to give you some warning signs. Some of the most common signs of dehydration are feeling tired, overheated, chronic joint pain, and headaches. Keep hydrated, especially during the summer heat.

Recipe Corner



Aguas Frescas Cucumber and Lime

Have you had aguas frescas before? Aguas frescas or "fresh waters" are a light refreshing beverage made from blended ripe fruit usually with sugar and water. The Cucumber and Lime aguas frescas is a light beverage to help hydrate and add more flavor than your usual infused water. The great thing about this recipe...NO SUGAR only natural freshness!

- 2 medium Cucumbers, peeled and sliced
- 5 cups water, divided
- 1 lime with peel, wedged
- 1 cup ice

1. Combine cucumbers with 3 cups of water in blender until liquefied.
2. Using a strainer over the mouth of a 2 quart pitcher, pour half of cucumber mixture slowly to strain the liquid.
3. Add the wedges of a lime to the other half of cucumber mixture in blender. Blend together for a few seconds until chopped up into medium pieces. ****Note:** Blending the lime longer or into smaller pieces may give a bitter taste.
4. Pour the remaining mixture over strainer.
5. Add 2 cups of water and ice into the pitcher and stir well.
6. Serve or store in refrigerator up to 2 days.

Servings: 8



Nutrition Facts	
8 servings per container	
Serving size 1 cup (78g)	
Amount per serving	
Calories	10
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 104mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Watermelon and Lime Aguas Frescas

Did you know that watermelon is made of 96% water and a great way to hydrate these hot summer days? The Watermelon and Lime Aguas Frescas recipe is full of natural sweetness and will be a great way to keep hydrated. Make for your next barbeque or just keep in the fridge for the family to enjoy.

- 5 cups seedless watermelon, cubed
 - 3 cups water, divided
 - 5-6 mint leaves
 - 1 lime, sliced for garnish
 - 1 cup ice
1. Combine watermelon, 1 cup of water, and mint leaves into a blender until liquefied.
 2. Pour the watermelon mixture into a 2 quart pitcher, add 2 cups of water and ice, stir together.
 3. Garnish the drink with thinly sliced lime rings and enjoy.
 4. Serve or store in refrigerator up to 2 days.
 5. Tip: Use a strainer when pouring the liquefied watermelon into the 2 quart pitcher for a thinner consistency.

Servings: 8



Nutrition Facts	
8 servings per container	
Serving size	1 cup (96g)
Amount per serving	
Calories	30
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 94mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

July is National Ice Cream Month. Enjoy this refreshing healthy version of a seasonal favorite and get almost ½ a serving of calcium per 1 cup serving. (One serving of calcium = 300 mg of calcium. This is the amount in 1-8 oz. glass of milk).

Cherry Vanilla Ice Cream

- 2 cups frozen dark cherries
 - 1 teaspoon vanilla extract
 - 2 cups nonfat vanilla Greek yogurt
 - 1 cup fat free half & half
1. Blend frozen cherries, vanilla extract, Greek yogurt, and half & half in a large blender.
 2. Pour in a baking loaf pan.
 3. Cover and press against surface with wax paper and freeze until solid (1-2 hours).
 4. Serve and enjoy! Top with a few pitted fresh cherries.

Servings: 5



Nutrition Facts	
5 servings per container	
Serving size	1 cup (193g)
Amount per serving	
Calories	140
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 1mcg	6%
Calcium 125mg	10%
Iron 0mg	0%
Potassium 200mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Sincerely,

E. Kay Davis, M.S.
County Extension Agent -
Family and Community Health
Lubbock County

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made. The information given herein is for educational purposes only. References to commercial products or trade names is made with understanding that no discrimination is intended and no endorsement by Texas A&M AgriLife Extension Service is implied.