

Lubbock County Family Network



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Oct/Nov 2020

Your Skin and Healthy Aging

Our skin is the largest and fastest growing organ in our body. It is imperative that we focus on taking care of our skin just like we focus on our overall health. As we age, our skin becomes drier and we lose elasticity in our skin, which may cause sagging and fine lines to appear. The most helpful tips to keep in mind when preventing skin damage are:

- Limit direct sun exposure for longer periods of time and use at least a SPF30 sunscreen.
- Wash and moisturize your skin regularly.
- Sleep for 7-8 hours daily to boost a clear complexion.
- Stop tobacco use and limit alcohol consumption.
- Drink plenty of water to keep hydrated.
- Eat a healthy diet with a variety of fruits, vegetables, whole grains, and beans.

“A healthy diet shows with healthy skin”, says Elaine Montemayor-Gonzales, Extension Program Specialist with Texas A&M Extension. Montemayor-Gonzales continues, “What we put in our bodies greatly affects the aging of our skin, so foods with antioxidants and essential fatty acids are the most important foods to consider for keeping your skin healthy.” Antioxidants help prevent free radical damage, which can lead to skin problems such as sagging, wrinkled, or blemished skin. Some of the best antioxidant rich foods are berries, beets, spinach, kale, and 70% cocoa dark chocolate.

Other antioxidant rich foods that are also beneficial for healthy skin are loaded with fatty acids and vitamins A, C, and E.

These essential nutrients all work together to help support, protect, and produce new skin cells for your body.

- **Omega 3 Fatty Acids** are healthy fats that naturally help moisturize your skin, keep skin flexible and protect from sun damage. Try foods such as salmon, walnuts, and flaxseeds.
- **Vitamin A** can be sourced from food we eat through beta carotene. Vitamin A helps with new cell production, growth, and helps prevent wrinkled skin. Excellent sources to include in your diet are sweet potatoes, broccoli, carrots, and mango.
- **Vitamin C** is an antioxidant that protects your skin from oxidative damage caused by the sun, which can lead to visual signs of aging. It also helps support collagen formation to keep skin strong and firm. Vitamin C is added to many topical serums and creams due to its superpower to help reduce the appearance of brown spots, red marks, and skin irritations. Top foods high in vitamin C include chili peppers, yellow bell peppers, tomato, lemons, oranges, and strawberries.
- **Vitamin E** is an essential nutrient with anti-inflammatory properties that aids in supporting cell function and skin health. Vitamin E is beneficial at reducing UV damage to skin and with the help of nutritious foods, can be absorbed better when combined with vitamin C. Vitamin E is also available for topical use in anti-aging creams, eye serum, sunscreens, and makeup. Sunflower seeds, avocado, salmon, trout, nuts, and olive oils are some of the foods with vitamin E.

Keep your skin and body healthy by adding a variety of foods to get the best all-around nutrition. Your skin will age with time but preventing skin damage is key to a longer radiant glow.

Try new recipes that incorporate more antioxidants and fatty acids, visit <https://dinnertonight.tamu.edu/> to help you plan your meals.

Source: Elaine Montemayor-Gonzales, Extension Program Specialist
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October is Child Health Awareness Month

In October, celebrate Child Health Awareness Month by becoming more aware of children’s health issues and evidence-based strategies to prevent them. These issues are preventable by educating and instilling healthy habits at an early age.

The unprecedented COVID-19 pandemic has shifted the way children are interacting with their peers, participating in activities, and receiving education. The school health non-profit organization, Action for Healthy Kids, recommends for kids to stay connected with their pediatrician, stay active, and eat healthy. These actions have proven to fight against health disparities, strengthen the child’s immune system, and mental well-being.

FOODS FOR HEALTHY SKIN



Most Texas schools are conducting distance learning, so staying active will help children to learn better and reduce their stress levels. “Physical activity and play are still

important parts of the curriculum”, says, Erica Reyes, Extension Program Specialist with Texas A&M AgriLife Extension. Reyes continues, “engagement needs to include lessons about getting up from the computer screen and doing brain breaks that are action based”.

Parents also play a vital role in maintaining a healthy lifestyle for their child. At home, parents are encouraged to implement sitting less and moving more along with discussing the benefits of healthy eating.

Physical activity and healthy eating can be combined during virtual learning to provide education, movement, and fun! Studies show that incorporating movement into learning can assist a child in gaining and retaining knowledge. Action for Healthy Kids reports, “taking an unstructured approach and allowing children to move while they learn is a great way to get the brain stimulated and promote exercise - it also allows for a deeper dive into the mind-body connection”.

While any activity has benefits, Reyes promotes simple and accessible movement. She adds, “Walking is one of the easiest and least expensive ways to stay healthy.”

Another way to help form a sustained habit of walking/activity is by participating in any local Extension Walk Across Texas (WAT) programs. Walk Across Texas! Is a FREE, 8-week program designed to help Texans establish the habit of regular physical activity. A new online feature Walk Through Texas History is a four-week program designed to help Texans establish the habit of regular physical activity while learning the rich history of Texas.

For more information please contact your Lubbock County Extension Agent at 806-775-1740

Source: Erica Reyes, 959-969-5656 Erica.reyes@ag.tamu.edu



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TRAVELING DURING PANDEMIC CHECKLIST

As COVID-19 affects communities across the U.S., Texans should consider having readily accessible supplies in their vehicles to reduce risk of exposure while traveling, going to work, school, or running errands. When traveling, consider COVID spread at destination and consider packing meals and snacks to reduce frequent stops.

FOLLOW SAFE DISTANCING & FACEMASK GUIDELINES

Before leaving your home, ensure adequate supplies are available for all family members in a simple vehicle supply kit. Remember to maintain <-6ft-> distance from others, wear face masks, wash hands with soap and water, and avoid touching eyes, nose, and mouth.



SUPPLY KIT

- Utility Storage box
- Masks - Disposable, bought, or hand-sewn
- Hand sanitizer (with at least 60% alcohol)
- Paper bags or small plastic bag
- Marker
- Mask Filters/coffee filter (optional)

HOW TO:

- Inside utility box, place clean masks and mask filters.
- In vehicle, keep frequently used items such as hand sanitizer and disinfectant wipes. Remember to Wash hands as soon as you get home or are able to..
- Dispose safely of disposable masks. Avoid cross-contamination, place used washable masks in a bag labeled "used" or "dirty" and safely wash them. Do not place dirty masks in clean utility box.



Sources: CDC (Travel during Pandemic) & MayoClinic (Coronavirus travel advice)

October is National Breast Cancer Awareness Month

October has become a time in our country to focus on Breast Cancer Awareness. According to the Center for Disease Control (CDC), breast cancer is the second most common cancer among women in the United States (some kinds of skin cancer are the most common). Currently, the average risk of a woman in the United States developing breast cancer sometime in her life is about 13%. This means there is a 1 in 8 chance she will develop breast cancer. This also means there is a 7 in 8 chance she will never have the disease.

Each year in the United States, about 250,000 cases of breast cancer are diagnosed in women and about 2,300 in men. About 42,000 women and 510 men in the U.S. die each year from breast cancer. Black women have a higher rate of death from breast cancer than White women.

So what can we do to decrease our risk of dying of breast cancer? Early detection via health screenings, such as mammography, is an important step. Screening examinations can detect breast cancers early, before symptoms occur, which may make it easier to treat the disease. Screening involves getting mammograms, clinical breast exams, and self breast exams, which are optional. There are many factors in predicting the chances of survival of a woman who is diagnosed with breast cancer, but finding the cancer as early as possible greatly improves the likelihood that treatment will be effective. Visit the

American Cancer Society's web site: <http://www.cancer.org> to determine when you should be screened based on your risk factors.

Risk Factors You CANNOT Change

- Getting older.
- Genetic mutations.
- Reproductive history.
- Having dense breasts.
- Personal history of breast cancer or certain non-cancerous breast diseases.
- Family history of breast or ovarian cancer.
- Previous treatment using radiation therapy.

Risk Factors You CAN Change

- Not being physically active.
- Being overweight or obese after menopause.
- Taking hormones.
- Reproductive History.
- Drinking alcohol.

Research suggests that other factors such as smoking, being exposed to chemicals that can cause cancer, and changes in other hormones due to night shift working also may increase breast cancer risk.

Remember that taking charge of your health now can lead to a healthier tomorrow. Start by getting screened this month in recognition of National Breast Cancer Awareness Month.

Source: Center for Disease Control, American Cancer Society

COVID-19 Recalls & Scam Highlighted by Consumer Action

According to the August, 2020 Consumer Action newsletter, since COVID-19 began impacting the world, consumers have been subjected to a number of scams taking advantage of people through scare tactics and fraudulent, dangerous or inadequate products and services and product recalls.

One such dangerous recall involves hand sanitizer. While more recalls seem to be announced regularly, the following is a list of some of the sanitizing products that the FDA is alerting consumers to avoid:

According to the FDA recommendations, Saniderm and UVT are voluntarily recalling all Saniderm Advance Hand Sanitizer packaged in 1-liter plastic bottles with a label indicating "Made in Mexico" and "Produced by: Eskbiochem SA de CV."

- The UVT hand sanitizer is labeled with lot number 0530 and an expiration date of 04/2022.
- The Saniderm Products hand sanitizer is labeled with lot number 53131626 and "Manufactured on April/1/20." On 6/19/20, the FDA advised consumers not to use hand sanitizer made by Eskbiochem SA de

CV in Mexico because of a potential presence of methanol (wood alcohol), which can be toxic if absorbed via the skin or ingested.

- The following products by Eskbiochem with the potential presence of toxic methanol include:
 - All-Clean Hand Sanitizer (NDC: 74589-002-01)
 - Esk Biochem Hand Sanitizer (NDC: 74589-007-01)
 - CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-008-04)
 - Lavar 70 Gel Hand Sanitizer (NDC: 74589-006-01)
 - The Good Gel Antibacterial Gel Hand Sanitizer (NDC: 74589-010-10)
 - CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-005-03)
 - CleanCare NoGerm Advanced Hand Sanitizer 75% Alcohol (NDC: 74589-009-01)
 - CleanCare NoGerm Advanced Hand Sanitizer 80% Alcohol (NDC: 74589-003-01)
 - Saniderm Advanced Hand Sanitizer (NDC: 74589-001-01)

The FDA tested samples and found that Lavar Gel contains 81 percent (V/v) methanol and no ethyl alcohol, and CleanCare NoGerm contains 28 percent (v/v) methanol. Because methanol has toxic effects, it is not an acceptable ingredient for hand sanitizers and should never be used.

Any consumer who has been exposed to methanol containing hand sanitizer should seek immediate treatment, which is critical for potential reversal of toxic effects of methanol poisoning. Substantial methanol exposure can result in nausea, vomiting, headache, blurred vision, permanent blindness, seizures, coma, permanent damage to the nervous system or death. Consumer Reports also states that “although all persons using these products on their hands are at risk, young children who accidentally ingest these products and adolescents and adults who drink these products as an alcohol (ethanol) substitute, are most at risk for methanol poisoning.”

The FDA contacted Eskbiochem on June 17, 2020 to recommend the removal of its hand sanitizer products from the market due to the risks associated with methanol poisoning. To date, the company has not taken action to remove these potentially dangerous products from the market. Therefore, FDA recommends consumers stop using these hand sanitizers and dispose of them immediately in appropriate hazardous waste containers. **Do not flush or pour these products down the drain.**

According to the Centers for Disease Control and Prevention, the FDA wants to remind everyone that proper hand washing procedures include washing hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after coughing, sneezing, or blowing one’s nose. If soap and water are not readily available, the Centers for Disease Control and Prevention

<https://www.cdc.gov/handwashing/show-me-the-science-hand-sanitizer.html>) (CDC) recommend consumers use an alcohol-based hand sanitizer that contains at least 60 percent ethanol.

FDA remains vigilant and will continue to take action when quality issues arise with hand sanitizers. There is no evidence to support the claims that hand sanitizers can provide protection against viruses including COVID-19 for up to 24-hours and such claims are considered false and misleading.

The FDA is not aware of any reports of adverse events associated with these hand sanitizer products to date. FDA encourages health care professionals, consumers and patients to report adverse events or quality problems experienced with the use of hand sanitizers to FDA’s MedWatch Adverse Event Reporting program: <https://www.fda.gov/safety/medwatch-fda-safety-information-and-adverse-event-reporting-program>

- Complete and submit the report online <https://www.accessdata.fda.gov/scripts/medwatch/index.cfm>; or
- Download and complete the form, then submit it via fax at 1-800-FDA-0178.

There is a lot of fear and confusion over COVID-19 and many people have purchased counterfeit and even dangerous products via the internet. These scammers are trying to obtain insurance information and more, according to Linda Williams, Consumer Action Community Outreach and Training Manager. Some of the criminal activity and schemes include:

- investments (in fake vaccines or drugs, companies selling “N95” masks, etc.);
- charitable giving/charities (allegedly set up to “help victims”);
- health care (especially identity theft targeting Medicare or Medicaid beneficiaries);
- government stimulus funds (e.g., check or debit card fraud); and
- dangerous or fake products (often sold online), such as toxic hand sanitizers or “personal protective equipment” that doesn’t act as a barrier against COVID-19.

According to reporting by Micki Nozake, project director for California Health Advocates’ Senior Medicare Patrol project, which helps state Medicare and Medicaid beneficiaries avoid, detect and report healthcare fraud, scammers are offering seniors free COVID-19 test kits in exchange for their Medicare numbers. Also involved in this scam are complicit healthcare providers who bill Medicare for the false claims and use COVID-19 as a diagnosis. If these scams weren’t bad enough, says Nozaki, some of these unscrupulous providers have been fraudulently enrolling non-terminal, vulnerable and scared seniors into hospice care with a COVID-19 diagnosis.

Do not believe these scammers intent on exploiting consumers. Recently, a ruling was made clear that Medicare covers the costs of both COVID-19 tests that determine if someone is sick AND to determine the presence of antibodies that indicate previous infection. These tests have NO out-of-pocket costs to beneficiaries. Nozaki implores everyone to BEWARE of anyone who attempts to charge for COVID-19 tests, claims that the government requires the antibody tests, offers money for taking the tests and/or contacts you (unsolicited) asking for personal information such as names, birth dates, Medicare or Social Security numbers, etc.

Source: Consumer Action INSIDER - August 2020. Information and educational events related to COVID-19 scams and healthcare fraud were made possible for Consumer Action with funding from Wells Fargo as well as support from AT&T, Bank of America, Capital One, Chase, and Square.

Color Your Life

Add some color to your life by eating a variety of fruits and vegetables every day. Aside from adding variety and making your plate appealing, eating different colors of fruits and vegetables adds unique nutrients to your diet. Each color contains different vitamins and minerals necessary to live a healthy life.

How?

To help your body get a complete range of nutrients, eat 4-5 servings per day of fruits and vegetables with varying colors.

Green

Foods: Grapes, kiwi, broccoli, cucumbers, kale, spinach, asparagus

Benefits: Growth and development, eye health, circulation

White

Foods: Ginger, jicama, onion, mushrooms, garlic, potatoes, cauliflower

Benefits: Heart health, HDL cholesterol

Blue/Purple

Foods: Blueberries, figs, grapes, eggplant, beets, beans, raisins

Benefits: Healthy aging, circulation, heart health

Red

Foods: Apples, strawberries, tomatoes, red peppers

Benefits: Heart health, memory, immunity

Yellow/Orange

Foods: Carrots, squash, lemons, bananas

Benefits: Eye health, heart health, immunity

Nutrition Tips:

✓ Make half your plate fruits and veggies

- ✓ All kinds count! - fresh, frozen, canned, dried, and 100% juice
- ✓ Make a rainbow on your plate - fruit salad, stir fry, Mexican bowl, sandwich, or wrap
- ✓ Blend it up! - eat some veggies in a fruit smoothie

Portion is Key!



Recipe Corner



Corn and Black Bean Salsa

- 1 can low sodium black beans, drained and rinsed
- 1 can sweet corn, drained and rinsed
- 1 can rotel
- 1 large lime
- 1 medium red onion, chopped (optional)
- Cilantro to taste (optional)

1. Mix all canned ingredients together
2. Squeeze lime juice over salsa and mix together
3. Add red onion and cilantro to taste

Serve with tortilla chips or on top of chicken breast or fish fillets as a flavorful and nutrient packed garnish!

Resources:

- http://www.foodinsight.org/Eat_a_Rainbow_Functional_Foods_and_Their_Colorful_Components
- <https://www.fruitsandveggiesmorematters.org/eat-a-colorful-variety-of-fruits-and-vegetables>
- <https://www.wholekidsfoundation.org/downloads/better-bites/better-bites-eat-a-rainbow.pdf>
- <https://www.thatswhatchesaid.net/corn-black-bean-salsa/>

Yanci Yeater, Texas Tech University Graduate Student, Dietetic Intern, April 2019

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.

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BUILDING STRONG FAMILIES



25TH ANNUAL CONFERENCE

25 years of Building Strong Families: Celebrating Success



SAVE THE DATE:

THURSDAY, OCTOBER 22, 2020

BROUGHT TO YOU VIRTUALLY VIA ZOOM

To register for this FREE event, please visit www.ahcplains.com/upcoming-events or use the QR code above. BSF will coordinate meeting locations for those that cannot access the ZOOM link. If you need assistance in finding a group location, contact Holly Ladd at (806) 219-0456.

25th Annual Building Strong Families Conference Agenda
Virtual Conference hosted from the Region 17 ESC
Thursday, October 22, 2020

Time	Session Title & Description	Presenter
8:30-9:00	Entertainment Celebrating the Diversity of Families and exhibitors Welcome & Announcements	
9:00-9:45	Opening Keynote: Let's Chat! Community Impact on Our Youth In this session, we will discuss how a child's environment can have a negative or positive impact in their life. We will explore how our youth feel about the community in which they live, along with how having a healthy home environment can influence the trajectory of where they go in the future. We will discuss the "school-to-prison pipeline" for students who come from some environments that are unhealthy and not what we call "up to standard". We will also explore how having positive mentors who give high expectations may change a students' and parents' thought process and how they can help students achieve more in life.	AJ McCleod & Youth Panel
9:50-10:35	This IS My Monkey...This IS My Circus: Parenting With Resiliency and Embracing the Challenge I remember hearing the news of both my pregnancies like it was yesterday. I purchased every book on what to expect DURING pregnancy, BUT the book that I really needed... was the one on how to raise them to adulthood. Well, there isn't one! Did I say that was twenty-seven years ago? Oh, how times and family systems have changed! In this session, I will be very open and sometimes raw on the challenges that parenting brings AND share with you the many celebrations that come alongside embracing those challenges.	Alicia Holligan
10:45-11:30	All in the Modern Family: Parenting Across the Continuum With adolescent behaviors emerging at pre-adolescent ages in our children... Aging parents living much longer than any previous generation of adults who need our care... The face of family having more differing characteristics than just Mom, Dad and the kids... The current generation of youth extending their presence in our homes beyond the turning of the tassel in high school and even college... We present and unpack together tried-and-true strategies to assist parents in the continuum of post used-to-be "All In The Family", ever-evolving "Modern Family", and day-by-day family life of "This Is Us".	Marty Groves & David Frazee

11:30-12:00	Lunch On Your Own	
12:00-12:15	Exhibitors Display – Introduction of BSF Planning Committee Organizations & Services Provided to Parents in Our Community	
12:15-1:00	Lunch Keynote: The Power of Music Music as a therapeutic modality holds its origins since early human civilization and continues in our day and age. This presentation will overview the elements of music as an art form and its function in health and healing from early childhood through older adulthood. Participants will learn practical ways to integrate music for personal well-being and social connection through demonstration and interactive musical experiences.	Christine Neugebauer, M.S., MT -BC, LPC
1:05-1:50	Parenting: Seeing the Treasure in the Challenge Our children are treasures not despite their challenges, but oftentimes because of them. In this session, we will explore how we parents can redefine our children's challenges as treasures in transition. We will consider the research and past experiences of some challenging children we've come to know and love.	Brandon Clayton
2:00-2:30	Closing Keynote: Don't Be a Loser--- Be a Learner! As young parents teaching our children to walk, we celebrated the "baby steps". We focused so little on the times our child fell because we had faith in the learning process. We understood that learning takes time and often requires failure. It is painful to watch those we love develop meaningful understanding in their own time and way. Come learn why it is important to celebrate every win and loss as a way to reframe the emotional challenge of loving our children as they navigate the waters of making tough decisions.	Dr. Lisa Ramirez

◆ Social Work CEU Qualifying Sessions

Please remember to complete your evaluation and turn it in. This helps the committee in planning for next year's conference.

Thank you for attending the conference this year. It is the committee's hope that you will walk away with new information and tools to be able to celebrate with your children the family you are together.

2020 Building Strong Families Conference Committee