

# — LIVING WELL —



## Raising Kids, Eating Right Spend Smart, Live Well

### Tips to Encourage Kids to Eat Healthy

With Halloween right around the corner, now is a great time to think about serving healthy snacks at your upcoming holiday celebrations to encourage good health for the children in your care. Eating healthy and being physically active are necessary pieces of holiday celebrations. Also, remember that snacking is an important part of a child's day. Their bodies need refueling with healthy foods to keep them energized through the day. Utilizing snack time to include nutritious foods from MyPlate's food groups is a great way to plan snacks, even during a celebration. During snack time, plan to include food items from two or three food groups.

There are many great ideas to include more healthy treats and fewer non-healthy treats for celebrations and parties. Begin with a plan for the party and include the children in helping you make choices about what will be served and what activities you will do. To assist parents who will be sending items in from home, consider creating a menu or food list of items

you would like brought in and have parents sign up for what item they will bring. Your goal does not have to be cutting out all treats, but to make sure they are eaten in moderation and do not become the focus of parties or celebrations. The focus should be on fun and physical activity, not food. The list below provides some healthy suggestions for celebrations. Some healthier food items to consider are 100 percent juice, 100 percent fruit juice freezer pops, trail mix, fruit or vegetables, popcorn (minimal salt and butter), dried fruits, low-fat yogurt products, fruit leather, string cheese or pretzel products.

You could also plan to prepare a snack food item with the children during the party and could request parents send in the ingredients. For example, to make and serve yogurt parfait, you could request parents send in yogurt, different kinds of cut fruit, granola or cups. Feel free to divide the ingredient list amongst multiple people.

More fun food tips for your celebrations

Make food look festive! Sprinkle coconut, sliced almonds, green onions or herbs on food.

Decorate foods so they look interesting and appealing.

Use new shapes for sandwiches, vegetables, and fruits (for example, by using cookie cutters).

Make your own mini sweet treats. Offer kid sized two-bite treats, mini cupcakes, or frozen fruit popsicles.

There is also a wide variety of creative ideas for non-food treats to consider sharing with parents. They may choose to send in items like party hats, decorative pencils or plastic rings.

Lastly, don't forget to add some fun, physical activity to your celebration. Get kids moving and keep them moving all throughout the party, start a conga line, do the limbo, take a walk, bounce a balloon and then dance. Find activities that fit your space, the weather and ages of the children in your care.

Source: Michigan State Extension

OCTOBER 2017

TEXAS A&M  
AGRILIFE  
EXTENSION

604 North Main St  
Suite 200  
Weatherford TX 76086  
817.598.6168

We are on the Web:  
<http://parker.agrilife.org>

#### INSIDE THIS ISSUE:

CREDIT FREEZE 2

IMPORTANCE OF SLEEP 3

MINDFUL MOMENTS 4

DINNER TONIGHT 5

UPCOMING EVENTS 6

## CREDIT FREEZE INFORMATION IN THE WAKE OF THE EQUIFAX HACK



“THERE ARE  
SOME THINGS  
THAT YOU CAN  
DO TO PROTECT  
YOUR IDENTITY”

Most everyone knows by now, about the 145 million Americans had key pieces of their personal identification information stolen in the Equifax hack. There are some things that you can do to protect your identity.

Credit experts recommend that consumers freeze their credit to reduce their risk of becoming an identity theft victim. This has to be done individually with each of the “Big Three” credit reporting agencies (Equifax, Experian, and TransUnion), plus some experts also recommend doing a freeze with a lesser-known credit reporting agency called Innovis to “cover all the bases.” That means making 4 separate freeze requests per person or 8 requests for a couple.

By freezing your credit, you prevent potential creditors from accessing your credit file, thereby preventing identity thieves from opening accounts in your name. However, credit freezes will not

deter non-credit related frauds such as tax refund identity theft and health insurance fraud. For that, consumers are simply told to “be vigilant.”

Credit freeze requests can be made

online, by phone, or by certified U.S. mail. Expect to devote some time to this task. Below is contact information for each credit reporting agency for each method of contact to request a credit freeze:

### Online

Equifax: [https://www.freeze.equifax.com/Freeze/jsp/SFF\\_PersonalIDInfo.jsp](https://www.freeze.equifax.com/Freeze/jsp/SFF_PersonalIDInfo.jsp)

Experian: <https://www.experian.com/freeze/center.html>

TransUnion: <https://www.transunion.com/credit-freeze/place-credit-freeze>

Innovis: <https://www.innovis.com/personal/securityFreeze>

### Telephone

Equifax: 800-685-1111  
Experian: 888-397-3742  
TransUnion: 888-909-8872  
Innovis: 800-540-2505

### U.S. Mail

Equifax: Equifax Security Freeze, P.O. Box 105788, Atlanta, GA 30348  
Experian: Experian, P.O. Box 9554, Allen, TX 75013  
TransUnion: TransUnion LLC, P.O. Box 2000, Chester, PA 19016  
Innovis: Innovis Customer Assistance, P.O. Box 26, Pittsburgh, PA 15230-0026

The costs of security freezes vary from state to state. Fees may or may not be charged to add a credit freeze, temporarily lift (thaw) a credit freeze (e.g., when you need to apply for a loan), and remove a credit freeze. Different fees for credit freezes may also apply depending on whether someone is or is not a victim of identity theft.

For mailed security freeze requests, include the following information in a cover letter format:

- Full name (with middle initial) and former name, if applicable
- Current address and former addresses within the last five years
- Social Security number
- Full date of birth (month, day, year)
- Signature
- Photocopies of two forms of identification such as a government-issued identity card and proof of residence such as phone bill or utility company bill.



## DON'T UNDERESTIMATE THE IMPORTANCE OF SLEEP

Sleep...most of us are not getting enough of it. According to the Centers for Disease Control and Prevention (CDC), a third of adults in the United States and nearly forty percent living in Texas, report they usually get less than the recommended amount of sleep.

Fatigue, inability to concentrate and irritability are common symptoms associated with lack of sleep, but did you know that not getting enough sleep contributes to many chronic diseases and conditions such as chronic pain, diabetes, heart disease obesity and depression? Poor sleep is also linked to motor vehicle crashes and machinery-related injuries.

According to "Living a Healthy Life with Chronic Conditions" by Kate Lorig, sleep is a basic need just like food and water. Good quality sleep not only helps you feel rested, refreshed and ready to face the day, it also helps heal and repair muscles and tissues

and provides energy to your vital organs, including the brain.

How much sleep do you need?

The amount of sleep needed varies with age, but adults should try to get seven or more hours per day. Living A Healthy Life with Chronic Conditions provides the following self-management techniques that might help improve sleep quality:

- Develop a regular routine rest and sleep schedule.
- Get a comfortable bed.
- Warm your hands and feet.
- Find a comfortable sleeping position.
- Elevate the head of your bed to make breathing easier.
- Keep the room at a comfortable temperature.
- Use a vaporizer if you live where the air is dry.
- Make your bedroom safe and comfortable.

It is also important, late in the day, to avoid eating and drinking caffeine or alcohol. Smoking (to help you sleep), taking pills such as diet and/or diuretics and screen time should also be avoided before bedtime.

If you are experiencing sleep problems it is recommended that you consult your healthcare provider. Before visiting your physician, consider keeping a sleep diary. Record when you go to bed, sleep, wake up and get out of bed.

It's also helpful to keep track of naps, exercise and when alcohol and/or caffeinated beverages are consumed.

Adapted: Michigan State Extension Service



"SLEEP IS A BASIC  
NEED JUST LIKE  
FOOD AND  
WATER."



## FINDING MINDFUL MOMENTS IN ORDINARY ACTIVITIES

Tips for fitting mindfulness practices into your busy day.

According to Jon Kabat-Zinn, founder of Mindfulness Based Stress Reduction, “Mindfulness means paying attention in a particular way, on purpose, in the present moment, and non-judgmentally.”

Practicing mindfulness has proven to bring improvements in both physical and psychological symptoms as well as positive changes in health attitudes and behaviors. However, many people struggle to make time to find a quiet space to sit or lay down to practice mindful breathing, a body scan or other typical mindful practices. For some, even when they do find the space, it is often too difficult to keep their mind from wandering, and they spend much of the practice distracted with attempts to redirect focus.

The good news is that mindfulness practice does not have to be done in a quiet, dark space and it certainly would seem counter-active if it were considered a burdensome addition to your day. Fortunately, mindfulness can be practiced during everyday activities. When Jon Kabat-Zinn says mindfulness means paying attention, it can be paying attention to anything as long as it is intentional, keeps you in the present moment, and you are nonjudgmental with yourself when any thoughts or emotions may arise. So, how can an ordinary

activity become a mindful activity?

You can turn any ordinary act of doing something into a mindful experience. One such a thing recalled by the writer of this article was while brushing her daughter’s hair. “It was just the two of us together; she was sitting down in front of me and I began to brush her hair. I was intentional in noticing every detail I could about the experience. She sat in an upright position, her shoulders relaxed. As I ran the brush through her hair, I noticed how her long curls seemed to unwrap as the brush traveled through them and then spring back to life once they were released. Snarls began to untangle and each stroke became easier than the one before it. I saw how the ends of her blonde hair still held the summer sun and her darker autumn hair was beginning to grow out. I felt her breath slow as she leaned back into my knees. My breath slowed – my in-hales became deep and my exhales elongated. I noticed the faint scent of her shampoo and her homemade mint tea she had carefully harvested that afternoon.

Neither of us spoke. We were there, together, in that present moment. There were no distractions. My mind was not wondering what to make for dinner, or replaying any incidences from earlier in the day. It was just that moment. I observed how long her hair

had become over the summer; how shiny and silky it looked when the light from the window shone in on it. I paused to run my hand over her hair and felt the soft curls as they twisted through my fingers. I could sense her enjoyment of the process and I could feel my heart swell with love for my little girl.

I told myself that being here, in this precise moment, was exactly where I needed to be. I’m not sure how much time had passed before she stood up, turned around, kissed and thanked me before skipping out of the room, hair swinging, but it felt like the perfect amount. I was calm, relaxed and ready to carry that feeling with me into the rest of my day.”

Though this may seem an informal way to practice mindfulness, through repeated conscious efforts we still gain the benefits of paying mindful attention such as:

- Decreased stress, anxiety and depression
- Improved memory and concentration
- Lower blood pressure
- Better sleep
- Increased immunity
- Inclination towards positive emotions

What everyday activity can you turn into a mindful practice to improve your social emotional and physical health? Washing dishes? Folding laundry? Gardening?





*Are you looking for ways to prepare easy, nutritious, and economical meals for your family?  
Live cooking demonstrations will teach you how to prepare fast & fresh meals.*



## Monday, October 23, 2017

### First United Methodist Church

301 South Main • Weatherford • Texas 76086

Exhibits & Doors open at 5:00 p.m.      Cooking School: 6:00—8:30 p.m.

#### Cooking Demonstrations & Presentations by:

County Extension Agents & Parker County 4-Hers

Local Celebrity Donna Tillman & Others

Fitness Activities by: Texas Health Willow Park

Breakout sessions for youth including: 5210 by Cooks Children's Coalition and More

**Please pre-register by phone: 817-598-6168**

\$8.00 per person (children free) - if registered by October 20th

\$10 at the door if not pre-registered - with limited seating available



***Includes Dinner Tonight recipes, door prizes, taste samples, and a goody bag***

For more information contact:

Parker County Office of Texas A&M AgriLife Extension Service at 817-598-6168

Kathy Smith, County Extension Agent—Family & Consumer Sciences

604 North Main,

Suite 200 • Weatherford, Texas 76086

**Healthy Recipes  
for Healthy Families**



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

*The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating*



**Do Well Be Well with Diabetes II**

October 10, 16, 24 and November 7  
\$10.00 per person

**Dinner Tonight Healthy Cooking School**

October 23  
First United Methodist Church  
6:00 p.m.—8:30 p.m.  
\$8.00 per person pre-reg / \$10.00 at the door

**Community Healthy Fair**

October 21  
First United Methodist Church  
8:00 a.m.—12:00 noon

**Certified Food Managers Class and Exam**

October 30  
8:30 a.m.—6:00 p.m.  
\$115.00 per person

**Parenting Classes—Becoming a Love & Logic Parent**

November 1 & 2  
9:30 a.m. - 1:30 p.m.  
\$10.00 per person

**Home for the Holidays**

November 9  
Couts United Methodist Church  
10:00 a.m.—1:30 p.m.  
\$12.00 per person

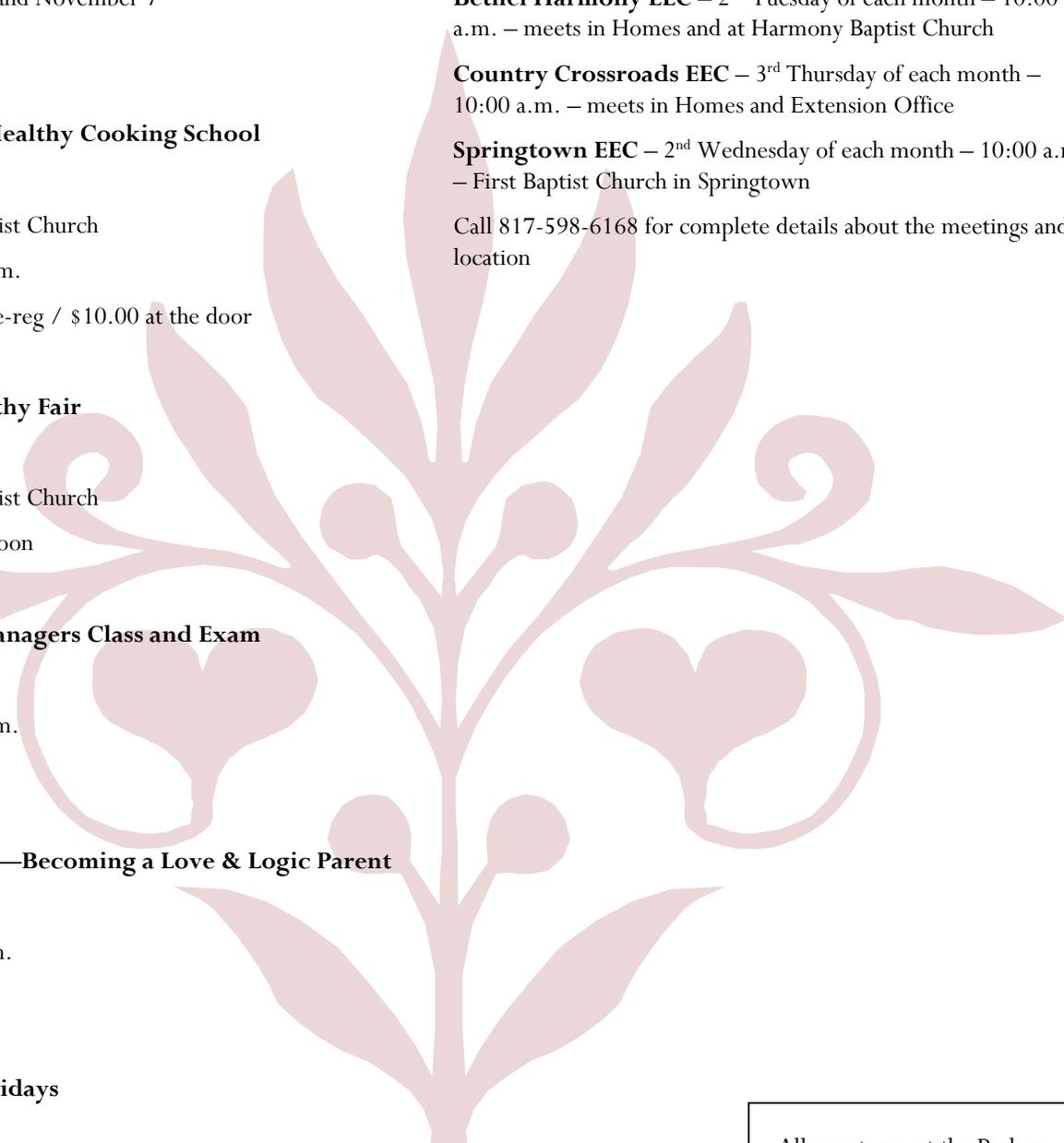
**Visit and/or Join an Extension Education Club**

**Bethel Harmony EEC** – 2<sup>nd</sup> Tuesday of each month – 10:00 a.m. – meets in Homes and at Harmony Baptist Church

**Country Crossroads EEC** – 3<sup>rd</sup> Thursday of each month – 10:00 a.m. – meets in Homes and Extension Office

**Springtown EEC** – 2<sup>nd</sup> Wednesday of each month – 10:00 a.m. – First Baptist Church in Springtown

Call 817-598-6168 for complete details about the meetings and location



For more information or to register for these classes call 817.598.6168

All events are at the Parker County Extension office unless otherwise noted.

**Kathy Smith,**  
County Extension Agent—Family & Consumer Sciences  
Parker County

**Jessica McGee,**  
Better Living for Texans Program Assistant  
Parker County