

— LIVING WELL —

Raising Kids, Eating Right Spend Smart, Live Well

Aging with Dignity

Life expectancy has increased dramatically in the past 100 years: 1 in every 8 Americans is age 65 or older. For most, this means an increase in the number of healthy years.

Chronological age differs from biological age. How will you age? What do you know about care options? Will you be responsible for others as they age?

Aging might affect:

- Communication.
- Memory.
- Physical abilities.
- Hearing, vision, teeth.
- Health and wellness, digestion, body mass.
- Sleep or mood.
- Balance.
- Happiness and attitude.

Planning for Late Life

We have no way of knowing how long we will live, what our health will be, or what type of family or financial support we will have. The transition from work to free time can be daunting and can bring many difficult decisions.

Planning ahead, however, is

important so that if we are unable to care for ourselves, others will know our wishes.

- Young adults should develop a broad set of interests and activities as sources of enjoyment so that later in life, those can be revisited.
- Even with sensory or mobility problems (e.g., walking with a cane) or memory, vision, or hearing problems, there are many interests that can be tapped.
- Aging is a lifelong process. Physical and psychological changes are inevitable but not necessarily detrimental.
- To begin planning, consider the areas of medical, legal, financial, family, and social relationships and personal preferences.

Have you considered:

- How you will support yourself after you retire or late in life?
- What will you do to stay active when you retire? Are there volunteer activities in the

county that interest you?

- What hobbies, volunteer activities, later-life careers, or companionship will sustain you?
- If you will need assistance, do you prefer to be at home or in a care facility? How will you pay for such care or does your insurance pay for it?
- Where will you live? Is there friend, family, or affiliate support nearby? Will your home need adaptations for reaching, pathways, railings, or toileting?
- If you have memory issues, who knows your interests and skills in order to suggest appropriate activities?
- Where are your important papers, and who else knows where they are.
- Have you designated a power of attorney?
- Have you written a will?

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FALL 2018

TEXAS A&M
AGRILIFE
EXTENSION

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Weatherford TX 76086
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We are on the Web:
<http://parker.agrilife.org>

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AGING WITH DIGNITY, CONT.

- Do you want to be buried or cremated? Have you made any advance arrangements?
- Is there a particular way you wish to be honored after you die?

Stay Active and Eat Well

A good diet in your later years reduces your risk of osteoporosis, high blood pressure, heart disease and certain cancers. Diets designed for older people should contain more high-quality proteins, vitamins, minerals, antioxidants, phytonutrients and dietary fiber than the diet of your younger adults. Limit foods with trans and saturated fats, salt and added sugar. Add whole grains.

Keep physically and mentally active to help preserve cognition. Maintain a good cardio-

vascular health and a healthy weight and eating a balanced diet can have many short and long term benefits.

This life is your life. Make sure you are doing the best you can with it.

Terms to Know

Assisted living – Housing for elderly or disabled people that provides nursing care, housekeeping, and prepared meals as needed.

Dementia – A general term that describes a group of symptoms affecting thinking, reasoning, and memory that are severe enough to interfere with daily functioning. Alzheimer's disease is the most common case of progressive dementia.

Elder caregiving – Fulfilling special needs and require-

ments for aging individuals.

Executor – A person or institution assigned to carry out the terms of a will.

Hospice – Professionally coordinated support services, including pain and symptom management, social services, and emotional and spiritual support for terminally ill people and their families. The care is provided at home and in other settings.

Living will – A legal document that communicates a person's wishes about lifesaving and medical treatments should he or she become unable to communicate health care wishes.

Medicaid – The federal- and state-funded health and long-term care program for people with limited income and assets.

Medicare – A national social insurance program, administered by the U.S. federal government since 1966, that guarantees access to health insurance for Americans age 65 and older who have worked and paid into the system, as well as for younger people with disabilities.

Person-centered care – The assurance of individuality, choice, privacy, dignity, respect, independence, a sense of being part of a community and connected to the larger community, and a home environment in which to reside.

Power of attorney – One acting on legal and financial authority for another person

ACTIVITY MATTERS

Technology has really changed our day-to-day lives. Think about just a few of the things we can do now while barely having to move. For example, we can change the channel on our televisions with the push of a button, turn the lights off in a room without walking to the light switch, buy a meal without leaving our cars, and buy groceries, clothing, furniture, and even cars without leaving the comfort of our homes.

The benefits of technological advances are great, but there are disadvantages too. One of those disadvantages is that we

are becoming less and less active as a society.

Why We Need to Move

The USDA reports that most people do not do enough physical activity. That's a problem because being physically active can improve your present health and positively impact your health as you age.

Anyone, no matter your size, shape, or age, can benefit from being physically active. In fact, the more physically active a person is, the better that person will feel.

How Much Activity Do You Need?

Adults, aged 18-64, should do at least two hours and 30 minutes per week of aerobic physical activity at a moderate level or work for one hour and 15 minutes at a vigorous level. Spreading

aerobic activity out over at least three days a week will maximize the effect of exercising on your body.

Children and adolescents, aged 6-17, need 60 minutes or more of physical activity each day. Activities like climbing and jumping should

be done at least three days per week to build bone and muscle strength. Activities should always be fun and age and developmentally appropriate.

Young children, aged 2-5, should play actively several times a day. As with older children, young children should be exposed to age and developmentally appropriate activities that are fun and contain variety.

Conclusion

Technology is great but activity matters!

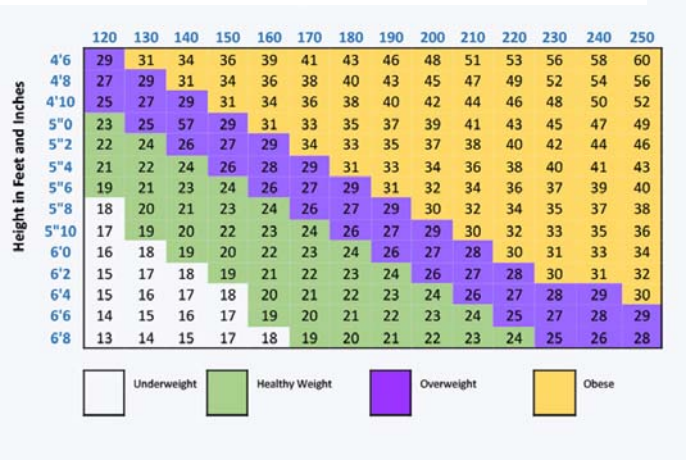
STOP DIABETES NOW—KNOW YOUR RISK

Being proactive with your health is easier than ever and starts with knowing your health risks. A recent report from the Centers for Disease Control and Prevention finds that 84 millions American adults (1 in 3 adults) have pre-diabetes, but that 90 percent of them don't know that they have it.

Prediabetes is a condition in which a person's blood sugar is high, but not high enough to be classified as type 2 diabetes. It is an important sign that a person is at risk for developing type 2 diabetes and is a risk factor for heart attack and stroke. The good news is that there are easy screening tests to tell if you have prediabetes and the condition can often be reversed through simple change in lifestyle. Who is at risk for prediabetes? In general, peo-

ple who are overweight or obese, and aren't regularly physically active. People who have a parent, brother, or sister with type 2 diabetes are also at higher risk, as are men over 40 years old. In addition, women with a history of gestational diabetes are at a greater risk for having prediabetes.

You can find out if you are at risk for prediabetes by taking a simple online risk test at DoIHavePrediabetes.org. If after taking the test, you find that you are at increased risk, make an appointment to see your doctor, who will do a blood test. Diagnosis is the key. Once you know where you stand, you can take steps to reduce your risk. The sooner people with prediabetes make healthy changes, the better their chance of reversing prediabetes. Now



there is a proven program to help people do that.

The National Diabetes Prevention program helps people with diabetes prevent or delay developing type 2 diabetes and lifestyle coach works with participants over an extended period and uses tested methods to help them learn to manage their weight, es-

establish a regular routine of physical activity and develop a healthy eating pattern. Texas A&M AgriLife Extension Service offers diabetes education classes and will offer classes offer prediabetes as well. Check the Parker County Extension website for future programs. Parker.agrilife.org.

PROTECTING KIDS FROM ENVIRONMENTAL EXPOSURE

Children's rapid development from before they are born through early childhood makes them more vulnerable to environmental exposures. Contact the experts at your nearest Pediatric Environmental Health Specialty Unit (PEHSU) to learn how to

protect your child from exposure to health hazards in the environment.

What do these situations have in common?

You're renovating an older home. While you're sanding window frames, some paint dust and chips fall on the floor. Your toddler puts them in his mouth.

You live near an abandoned old factory. Your child loves playing in the dirt—and you've caught her eating mud pies.

You enjoy gardening and use pesticides to protect your garden. But you're pregnant and wonder if pesticide exposure could harm your unborn child.

If you guessed that in each situation, children are exposed to harmful substances in their environments, you're right!

Children are especially vulnerable to environmental contaminants due to their rapid development from before they are born through early childhood. Children's

age-appropriate behavior also exposes them to hazards. They crawl and play on the floor or in the yard where they can come in contact with harmful substances and they put everything in their mouths.

Just their physical size puts children at greater risk for exposure. From birth, children breathe more air, drink more water, and eat more food per pound of body weight than adults.

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PROTECTING KIDS FROM ENVIRONMENTAL EXPOSURE, CONT.

An infant's breathing rate is more than twice that of an adult.

Children continue to be vulnerable as they go through the developmental changes of puberty.

In 2008, the U.S. economic cost for children's environmental exposures was estimated at \$76.6 billion. But has your child's pediatrician ever talked to you about environmental exposures? Has your obstetrician ever taken an environmental history and asked you about exposures around you?

Taking an environmental exposure history (asking about potential hazards around you) is essential for health care providers to understand patients' exposure risks and help reduce them, but most physicians and other health care providers are not taught the importance of an exposure history during their medical education.

But most doctors agree that counseling patients about environmental health hazards could prevent exposures. Patients can also learn to speak up about anything they are concerned about. The good news is that environmental health experts in Pediatric Environmental Health Specialty Units (PEHSUs) throughout North America can meet these needs. PEHSUs are commit-

ted to protecting children from exposure to harmful substances from the earliest stages of development before birth and throughout childhood. Protecting a pregnant woman from environmental exposures also protects the unborn child.

PEHSUs have addressed children's environmental health for 20 years. Findings from emerging research indicate that childhood environmental exposure can impact health throughout childhood and into late adult life, beginning with parental exposures prior to conception and mothers' exposures during pregnancy. So in recent years, PEHSUs have extended their outreach to reproductive health care providers as well as pediatric care providers.

PEHSU professionals provide consultation to doctors, nurses, parents, and childcare providers in schools and day-care facilities. They also offer professional education to physicians, nurses and nurse practitioners, physician assistants, and others in reproductive and pediatric environmental medicine and within schools of medicine and nursing. The New England PEHSU received a call from a primary care provider about a pregnant woman and her 15-month-old child who had both been exposed to mercury from a mercury heat generator. Staff investigated exposure levels and provided

medical monitoring and follow-up recommendations to the patients and their physicians.

After sleeping in a vacation condominium where pesticides had been used improperly, a family suffered methyl bromide poisoning. The Region 2 PEHSU assisted the family, and to prevent future poisonings, PEHSU staff developed fact sheets for the area hospitality industry on using pesticides safely. They also drafted a proposal for integrated pest management and pesticides training for the hospitality industry, health care providers, and condominium owners.

Focused on providing health care for underserved patients likely to be exposed to hazardous substances, the Southeast PEHSU, in cooperation with Emory University School of Nursing, took a group of student nurses and nurse practitioners to serve migrant workers and their children in Colquitt County, Georgia. In the previous year, pesticide burns had been identified, so staff distributed boots to protect workers from exposure in the field.

They also educated workers about pesticide exposure and safe practices when returning home from work. Additionally, 628 children of migrant workers received medical care. Source: Centers for Disease Control.



"IN 2008, THE U.S. ECONOMIC COST FOR CHILDREN'S ENVIRONMENTAL EXPOSURES WAS ESTIMATED AT \$76.6 BILLION. BUT HAS YOUR CHILD'S PEDIATRICIAN EVER TALKED TO YOU ABOUT ENVIRONMENTAL EXPOSURES?"



HEALTHY HALLOWEEN TREATS AND EATS

Halloween is just around the corner, but that doesn't mean you have to be spooked by the sweets your child will be consuming. With preparation and help from Healthy Texas' Dinner Tonight, you can ensure that your child makes smart, healthy choices this Halloween.

The holidays are a perfect time to have valuable teaching lessons with your child about the importance of eating in moderation and what can happen if you consume too many sweets. This Halloween, explain to your child that the candy they receive while trick or treating does not have to be eaten all at once, but can be spread out over time. Rather than keeping all the candy, you can also have your child pick out their personal favorites and then donate the rest to a food bank or put in a care package to be sent to those serving our country overseas.

Not all Halloween treats have to be candy, either. Instead offer something that provides health benefits and has nutritional value. The Academy of Nutrition and Dietetics recommends mixing in healthy alternatives in your candy bowl that are full of whole grains, vitamins, 100 percent fruit juice, and fiber. Below are some examples you can find at your local grocery store:

Whole-grain cheddar flavored crackers

Fruit snacks made with 100 percent fruit with added vitamin C

Fruit leathers made with 100 percent fruit

Sugar-free gum

Animal crackers made without trans fat

Mini rice cereal bars

Cereal bars made with real fruit

Individual fruit cups

Mini 100 percent fruit juice boxes

Low-fat pudding

Mini bags of pretzels

The Academy of Nutrition and Dietetics also recommends avoiding snacks that contain nuts in case a child suffers from food allergies. In such circumstances, non-food treats such as pencils, erasers, stickers, or tattoos can act as a fun alternative.

In addition to limiting the amount of sweet treats your child eats this Halloween, finger foods are also a great option and help to encourage healthy eating,

Source: Healthy South Texas



Spooky Halloween Dessert

36 chocolate wafer cookies, finely crushed

1/2 cup sugar

1/4 cup margarine or butter

1 8-oz low fat cream cheese

1 8-oz. tub of whipped topping

2 cups boiling water

2 pkg. orange flavored gelatin

Ice cubes

1/2 cup cold water

3 oblong vanilla crème-filled sandwich cookies

Decorating icings

10 pieces candy corn

3 pumpkin shaped candies.

Mix 1-1/2 cups wafer crumbs, sugar and butter in 13x9-inch pan; press onto bottom of pan. Refrigerate until ready to use. Beat cream cheese in medium bowl until well blended. Gently stir in half the COOL WHIP; spread over crust.

Add boiling water to gelatin mix in medium bowl; stir 2 min. until completely dissolved. Add enough ice cubes to cold water to measure 1-1/2 cups. Add to gelatin; stir until slightly thickened. Remove any unmelted ice. Spoon gelatin over cream cheese layer. Refrigerate 3 hours or until firm.

Spread remaining whipped topping over gelatin just before serving; sprinkle with remaining wafer crumbs. Decorate cookies with icings to resemble tombstones; insert in top of dessert. Add candies.

Texas A&M AgriLife Extension Service of Parker County Presents:



PATH TO THE PLATE

2018 Healthy Cooking School



Tuesday, October 23, 2018

Doors open at 5:45 p.m.—program begins at 6:30 p.m.

Couts United Methodist Church, 802 North Elm Street, Weatherford, 76086

\$20 per person - children under 18 Free

Join us for a fun exciting evening showcasing live cooking demonstrations with delicious samples, recipes, cooking tips and learn how to prepare easy, nutritious and economical meals at home.

Local agricultural commodities will be featured throughout the evening as we connect agricultural production to health and nutrition. We will talk about the important role agriculture plays in providing proper nutrition and dispel some common myths about the production of our food supply.

There will be great door prizes, vendors and healthy handouts.



To register or for more information contact:
Parker County Extension office at 817-598-6168



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Save the Date!

November 8, 2018

Couts United Methodist Church
 802 North Elm, Weatherford, 76086
 10:00 a.m.—1:30 p.m.
 \$12.00 per person
 Includes a lite lunch, program, and recipes.
 Lunch will be served from 12:00 –1:00 p.m.



Cooking Well with Diabetes

A cooking school designed to help people with diabetes and anyone that prepares food for them. Three fun, interactive classes packed with research based information and delicious diabetes friendly recipes. Lunch will be provided.

Fridays, November 2, 9, & 16 from 12-1:00p.m. at the Parker County Extension office.

\$20 per person - Call 817-598-6168 to register

Pressure Cooker Workshop

Learn how to safely prepare food in the latest trending cooking appliances. We will have hands on activities and prepare a meal using electric and stove top pressure cookers.

Thursday, November 29 from 6-8:00p.m. at the Parker County Extension office.

\$20 per person - Call 817-598-6168 to register



Every Tuesday & Thursday

Oct 9 - Nov 28
 8:30—9:15 a.m.

Sessions will be at:
 Holland Lake Trail

We will meet at:
 Heritage Park
 379 Jack Borden Way
 Weatherford, TX

For more information, contact
 The Parker County Extension
 Office at
 817-598-6168

This program is presented
 by the
 Texas A&M
 AgriLife Extension Service
 604 North Main, Suite 200
 Weatherford, Texas 76086



**Come Walk & Talk
 with us . . .**

- Friendly competition
- Improve your health
- Establish the habit of regular physical activity
- Increase fruit and vegetable intake
- Keep track of your weekly progress
- Free gifts



Twogether in Texas Marriage Education Class

Planning to say "I do" soon? Want to save money for your big day? Want to learn to love for life? If you answered "yes" to any of these questions, The Twogether in Texas marriage education class is perfect for you. Couples who complete a class will save \$60 on their marriage license. The classes are 8 hours long and focus on helping couples develop communication and conflict resolution skills and other tools for a strong relationships. After completing the class you get a certificate that you can take to your county clerk to save \$60 on a marriage license. And you won't have to wait 72 hours to be married. The waiting period is waived for couples who complete the course.

Saturday, October 27, 2018
 8:30 a.m.—4:00 p.m.

Hosted by: Parker County & Texas AgriLife Extension Service

Class Location:
 Parker County Agricultural Services Center
 604 North Main Street, Weatherford, Texas

Free of Charge



To Register call:
 817-598-6168



The members of Texas A&M AgriLife will provide equal opportunities in programs and activities. Disabilities and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, gender, 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.



TEXAS A&M
AGRI LIFE
EXTENSION



**Workshop
Location**

Parker County
Agricultural Service Center
604 North Main Street
Weatherford, TX 76086



**Date and
Time**

Wednesday,
October 17, 2018
9:00am - 3:00pm



**Who
Attends**

Human resources and
benefits, insurance, and
safety/risk management
professionals

Building a Healthy Workplace: A HOW-TO BLUEPRINT

Register Now at worksitewellness.tamu.edu



Learn how to improve employees' health and produce measurable results

Get a blueprint for a wellness program that meets your group's specific needs

\$60 early registration by **September 28, 2018**
\$110 registration after **September 28, 2018**

Fee includes Lunch and Worksite Wellness Guidebook and Materials



Ninfa Peña-Purcell, PhD, MCHES

Key Presenter Dr. Purcell is an Extension Health Specialist with more than 25 years of experience in helping to build worksite wellness programs.

Questions?

Contact Kathy Smith, County Extension Agent - Family and Community Health, at kl-smith@tamu.edu or call 817-598-6168.

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.

Visit and/or Join an Extension Education Club

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

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

Springtown EEC – 2nd 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

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.

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