

PANHANDLE PATH TO HEALTHY LIVING



How Does Laughter Help?

And although it's never definitively been proven that humor and laughter will cure disease or prolong life, research has shown that laughing more stimulates several positive physiological changes in the body, including:

Reduces Stress: Scientists have determined that the “stress hormone” cortisol is found in lower amounts in the bodies of seniors who feel happier and laugh more often. As a result, they're less likely to feel negative emotions like worry, anxiety or depression.

Increases Blood Flow: Laughter slightly decreases blood pressure, which is a positive for most adults. And, it also promotes better blood circulation throughout the body, which is good for overall health.

Boosts Immunity: Aging weakens the immune system, which places seniors at higher risk for illnesses like the flu. But laughter boosts a person's immunity by increasing blood flow and oxygen intake, along with reducing cortisol levels.

Provides Exercise: Notably for an elderly person who's less mobile, laughter is an effective form of exercise for the diaphragm, abdominal muscles and heart. This notably benefits seniors with asthma or bronchitis.

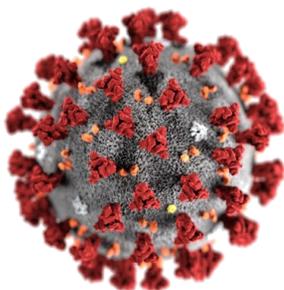
Improves Memory: When the human brain is stressed out it can't repair itself, which can worsen cognitive impairment like dementia or Alzheimer's. Laughter causes the brain to be less stressed, thus allowing healing to take place so that new memories can be stored and accessed.

Kelli Lehman

Path to Wellness.....

LAUGHTER DOES A BODY GOOD.

1. I have cities, but no houses. I have mountains, but no trees. I have water, but no fish. What am I?
2. What is seen in the middle of March and April that can't be seen at the beginning or end of either month?
3. You see a boat filled with people. It has not sunk, but when you look again you don't see a single person on the boat. Why?
4. What word in the English language does the following: the first two letters signify a male, the first three letters signify a female, the first four letters signify a great, while the entire word signifies a great woman. What is the word?
5. What English word has three consecutive double letters?
6. A woman shoots her husband, then holds him underwater for five minutes. Next, she hangs him. Right after, they enjoy a lovely dinner. Explain.
7. I come from a mine and get surrounded by wood always. Everyone uses me. What am I?
8. A girl has as many brothers as sisters, but each brother has only half as many brothers as sisters. How many brothers and sisters are there in the family?
9. What disappears as soon as you say its name?
10. How can the number four be half of five?
11. I have keys, but no locks and space, and no rooms. You can enter, but you can't go outside. What am I?
12. What gets wet while drying?
13. How many letters are in the alphabet?
14. A is the brother of B. B is the brother of C. C is the father of D. So how is D related to A?
15. What are the next three letters in this combination? OTTFSS
16. This belongs to you, but everyone else uses it.



COVID-19

Texas A&M AgriLife Extension agency
COVID-19 web hub [https://
agrilifeextension.tamu.edu/
coronavirus/](https://agrilifeextension.tamu.edu/coronavirus/)

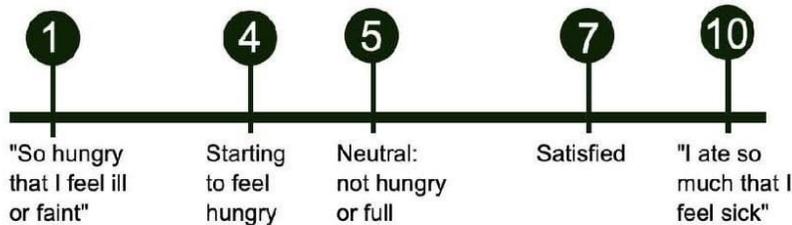
Boosting Your Immunity to Infections

The nutrients that relate to immunity include vitamins A, C, D, and E, and the minerals zinc, selenium, and magnesium.

- The carrot (*Daucus carota*) is a root vegetable often claimed to be the perfect health food.
- Carrots are found in many colors, including yellow, white, orange, red, and purple.
- Orange carrots get their bright color from beta carotene, an antioxidant that your body converts into vitamin A.
- Vitamin A: Carrots are rich in beta carotene, which your body converts into vitamin A. This nutrient promotes good vision and is important for growth, development, and immune function.
- Biotin: A B vitamin formerly known as vitamin H, biotin plays an important role in fat and protein metabolism.
- Vitamin K1: Also known as phylloquinone, vitamin K1 is important for blood coagulation and can promote bone health.
- Potassium: An essential mineral, potassium is important for blood pressure control.
- Vitamin B6: A group of related vitamins, B6 is involved in the conversion of food into energy.

Cake, Carrot or Casserole? How to Manage Stress Eating

1. Get in tune with your hunger



2. Remove foods that tempt you to eat



Out of sight— out of mind!

3. Keep healthy foods available



Healthy foods can:

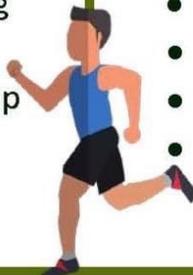
- Provide comfort during stressful times
- Be beneficial to an overall healthy diet

4. Stick with your usual meals and snacks if possible

- Eat regular meals and snacks
- Try new recipes with ingredients you have
- Get reacquainted with kitchen appliances

5. Stay active

- Regular exercise has many health benefits
- Physical activity can be a healthy alternative to eating when bored
- Regular, restful sleep has short-and long-term benefits



6. Stay busy

- House projects you have put off
- Organizing kitchen cupboards
- Cleaning closets
- Reading a book
- Crafts
- Family game night

7. Stay connected

- Use technology to reach out to family, friends, and support groups
 - Phone
 - Text
 - Email
 - Video chat
 - Social media



Path to Better Living

JOIN US MONDAYS

starting April 13th at
1:30 PM for live
series featuring
mind-body health
practices to support
a healthy lifestyle.

Mindful
WELLNESS

TEXAS A&M
AGRI LIFE
EXTENSION



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program

Released April 9: *Pre-recorded*
Introduction to Mindfulness
April 13: Mindful Foundations
April 20: Mindful Breathing
April 27: Mindful Eating
May 4: Mindful Living
Sessions will be recorded.

**FREE
ONLINE
SERIES**

register

BY APRIL 8, 2020

**SERIES INFORMATION WILL BE
SENT TO PARTICIPANT AFTER
REGISTRATION**

<https://amarillo.tamu.edu/facultystaff/mandi-seaton/mindful-mondays-registration/>

Texas A&M AgriLife Extension Service, North Region Family and Community Health Agents would like to invite you to join us for Mindful Mondays. During this time, we will be addressing mindfulness with the Mindful Wellness program. Mindful Wellness is designed to equip healthy adults with practice and skills to strengthen the mind and body connection and promote holistic health and wellness across the lifespan. It is not a substitute for medical care, counseling, or treatments.

To register visit: <https://amarillo.tamu.edu/.../m.../mindful-mondays-registration/>

Path to Better Living



a community challenge to be active.

Take the 8-week challenge to become a healthier you during COVID-19.
Receive weekly educational materials and motivational tips and tricks to get moving.

Team captains register teams of 8 at the
following link by April 13, 2020

https://agrilife.azure.us/qualtrics.com/jfe/form/SV_egSahyvnu75cRjr

TEXAS A&M
AGRILIFE
EXTENSION

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.

Take the 8-week challenge to become a healthier you during COVID-19.

Join Texas A&M AgriLife Extension for 'a community challenge to be active by WALKING ACROSS RANDALL COUNTY' April 13th - June 8th. Open to all ages. Adult and youth teams are encouraged. Social distancing and safety best practices are required.

Participants will receive weekly educational materials and motivational tips and tricks to get moving.

Team captains register teams of 8 at the
following link by April 13, 2020. https://agrilife.azure.us/qualtrics.com/jfe/form/SV_egSahyvnu75cRjr

Volunteer

If you are interested in serving on the **Family and Community Health Program Area Committee** or becoming a trained Master Wellness Volunteer contact Kelli Lehman @ 806.468.5543 or klehman@ag.tamu.edu



Like us on

“Texas A&M AgriLife Extension Service - Randall County FCH”

Page offers program information and daily educational resources

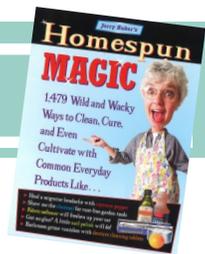
Find us on the web at



<https://randall.agrilife.org/>

Path to County

A Word to the Wise



Never, never, NEVER , mix household ammonia with bleach. It creates very toxic fumes.

Clean with soap and water then disinfect.

To make a bleach solution, mix:

5 tablespoons (1/3rd cup) bleach per gallon of water OR

4 teaspoons bleach per quart of water.

Use alcohol solutions with at least 70% alcohol.

Thank you to the Randall County TEEA members and community volunteers that are making masks for Texas Oncology and other entities.



Step Up Scale Down is a research-based program designed to help you achieve and maintain a healthy weight in **12 weeks**. The USDA Dietary Guidelines inform the program, which focuses on forming habits to promote health and reduce your risk for chronic disease. **Randall County will be offering Step Up Scale Down online starting April 13, 2020!** Visit agrilifelearn.tamu.edu to register. You'll be able to set up a new account, register and pay for the course all through this website. You can find the Step Up Down course by using the search function, or it is listed under the “Family and



Quilt Fundraiser

Support District 1 TEA-FCS!

Drawing will be held July 30, 2020 at the State TEAFCS Annual Conference

\$1 Each Handmade quilt constructed by the Potter County Quilt Mafu

See your local FCS Agent for tickets

41 1/2" X 51 1/2" R

If you'd like to reserve tickets, contact Sue Walker at sewalker@ag.tamu.edu

Tickets can be claimed and paid for when the Extension office reopens to the public.

TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.



Kelli D. Lehman

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Randall County, Panhandle District 1

County Extension Agent –
Family & Community Health

<http://randall.agrilife.org/>

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TEXAS A&M AGRILIFE EXTENSION SERVICE
Randall County
Herbert F. & Jeanine Kuhlmann Extension Center
200 N. Brown Road
Canyon, Texas 79015

Return Service Requested

Path to Plate.....

Carrot Raisin Salad Recipe

Ingredients

- 4 cups carrot shredded
- 2 cups pineapple chunks cut into small piece
- 1 cup raisins
- 1 cup mayonnaise
- 1 Tablespoon sugar or honey
- ½ teaspoon salt

Instructions

- Drain any excess liquid from the carrots.
- Drain the can of pineapple and cut them into a small dice.
- Add the raisins and mix everything well. In a small bowl, combine the lemon juice, salad dressing, sugar and salt. Mix well and pour on top of the carrots. Combine everything until it's well incorporated. Refrigerate for at least 30mins.



Nutrition Information:

Calories: 363kcal (18%)
Carbohydrates: 44g (15%)Protein:
2g (4%)Fat: 21g (32%)Saturated Fat:
3g (15%)Cholesterol: 11mg (4%)
Sodium: 373mg (16%)Potassium:
535mg (15%)Fiber: 4g (16%)Sugar:
25g (28%)Vitamin A: 10780IU
(216%)Vitamin C: 18.6mg (23%)
Calcium: 51mg (5%)Iron: 1.1mg (6%)