

PANHANDLE PATH TO HEALTHY LIVING



Stress and Coping

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Coping with stress will make you, the people you care about, and your community stronger.**

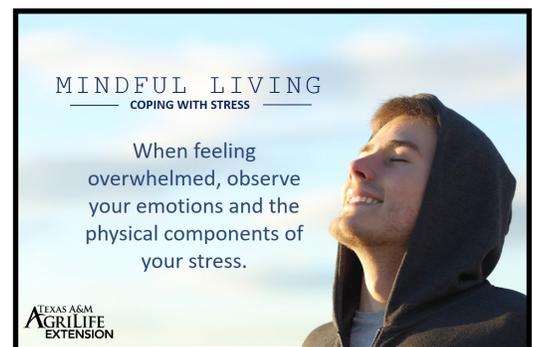
Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Everyone reacts differently to stressful situations

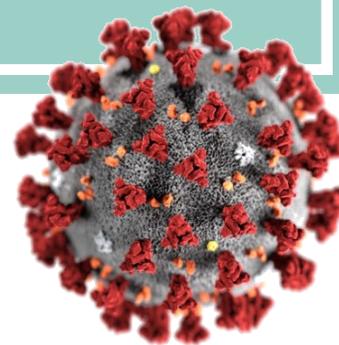
How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in.

(Continued on page 2)



Kelli Lehman

Path to Wellness.....



People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are at higher risk for severe illness from COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
- People who have mental health conditions including problems with substance use

Take care of yourself and your community Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress

- **Take breaks from watching, reading, or listening to news stories**, including social media. Hearing about the pandemic repeatedly can be upsetting.
- **Take care of your body.**
 - Take deep breaths, stretch, or meditation.
 - Try to eat healthy, well-balanced meals.
 - Exercise regularly, get plenty of sleep.
 - Avoid alcohol and drugs.
- **Make time to unwind.** Try to do some other activities you enjoy.

Connect with others. Talk with people you trust about your concerns and how you are feeling.

Check in with your loved ones often. Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

- Telephone
- Email
- Mailing letters or cards
- Text messages
- Video chat
- Social media

Help keep your loved ones safe.

- **Know what medications your loved one is taking.** Try to help them have a 4-week supply of prescription and over the counter medications. and see if you can help them have extra on hand.
- **Monitor other medical supplies** (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- **Stock up on non-perishable food** (canned foods, dried beans, pasta) to have on hand in your home to minimize trips to stores.
- If you care for a loved one living in a care facility, monitor the situation, and speak with facility administrators or staff over the phone. Ask about the health of the other residents frequently and know the protocol if there is an outbreak.

Take care of your own emotional health. Caring for a loved one can take an emotional toll, especially during an outbreak like COVID-19. There are ways to support yourself.

Stay home if you are sick. Do not visit family or friends who are at greater risk for severe illness from COVID-19. Use virtual communication to keep in touch to support your loved one and keep them safe.

COVID-19

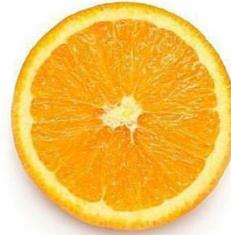
Texas A&M AgriLife Extension agency
COVID-19 web hub [https://
agrilifeextension.tamu.edu/coronavirus/](https://agrilifeextension.tamu.edu/coronavirus/)

Path to Better Living

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.

Bell peppers are very high in vitamin C, with a single one providing up to 169% of the RDI. Other vitamins and minerals in bell peppers in-



100g

VITAMIN C =
53 mg

47 calories



100g

VITAMIN C =
140 mg

29 calories

- Did you know that a red pepper has nearly 3 times more Vitamin C per gram than an orange!?
- VITAMIN C is vital for the growth and repair of tissues in all parts of our body. It is also needed for repairing and maintaining bones and teeth.
- The minimum recommended daily intake is between 75mg (women) to 90mg (men) of Vitamin C for normal growth and development. Even though oranges are well known for being high in Vitamin C, an orange will only cover half your daily needs.
- All bell peppers contain more vitamin C than an orange, ranging from 95 mg in a green to a whopping 341 mg in a yellow. They also contain just 45 calories per cup, making them the perfect snack with hummus, peanut butter or chopped up in a stir fry!
- Bell peppers (*Capsicum annuum*) are fruits that belong to the nightshade family.
- They are related to chili peppers, tomatoes, and breadfruit, all of which are native to Central and South America.
- Also called sweet peppers or capsicums, bell peppers can be eaten either raw or cooked.
- Like their close relatives, chili peppers, bell peppers are sometimes dried and powdered. In that case, they are referred to as paprika.
- They are low in calories and exceptionally rich in vitamin C and other antioxidants, making them an excellent addition to a healthy diet.
- Bell peppers come in various colors, such as red, yellow, orange, and green — which are unripe.
- Green, unripe peppers have a slightly bitter flavor and are not as sweet as fully ripe ones.
- Red peppers are also a great source of vitamin A, which promotes eye health.

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

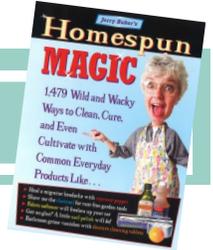
Find us on the web at



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

Path to County

Old-Time Temperatures



In the old days folks didn't refer to cooking temperatures when talking about preparing something in the oven. Instead, they used phrases like bake in s slow oven until done. So in case you are using a really old cookbook, here's how to translate the old time phraseology:

Very slow oven: 250 F to 300 F

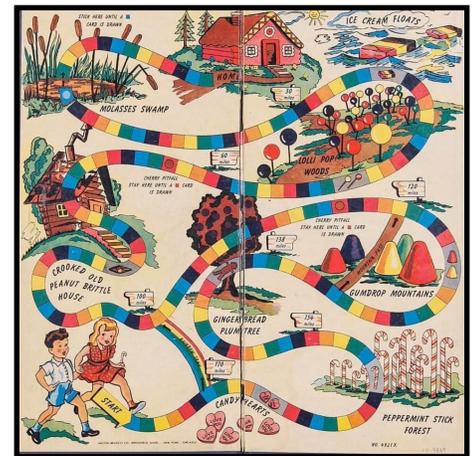
Slow oven: 300 F to 325 F

Hot oven: 400 F to 425 F

Very Hot oven: 450 F to 475 F

Extremely hot oven: 500 F to 525 F

Fun fact: 1949--In the midst of the polio epidemic--a disease that placed tens of thousands of children inside iron lungs, and many thousands more around the country quarantined at home--a young San Diego schoolteacher named Eleanor Abbott invented Candy Land, one of the most popular board games of all time. Abbott created the game inside a polio ward, as a patient herself, with the hope of giving the immobilized children around her a momentary sense of freedom and mobility. As a way of further connecting with the kids, Abbott featured on the game board an illustration of a boy with a leg brace. Milton Bradley was quick to buy the game from Abbott. And to this day, Candy Land continues to be popular, more than 65 years after the disease was eradicated. Of course so many of us played this game as kids, but I found the back story fascinating. Who knew ? Makes me wonder ...what will be invented from this pandemic?



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

Texas A&M AgriLife Extension Service –
Randall County, Panhandle District 1

County Extension Agent –
Family & Community Health

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

806.468.5543

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.....

Broccoli Cheddar Egg Muffins

Nonstick cooking spray

8 large eggs

1/4 cup water

1/4 tsp salt

1/4 tsp black pepper

1/4 tsp garlic powder

1 head broccoli or 10-ounce bag frozen broccoli

1 cup reduced fat cheddar cheese

Wash your hands and clean your cooking area and utensils. Rinse fresh broccoli head under cool running water.

Preheat oven to 350 degrees F. In a bowl, combine eggs, water and seasonings (salt, pepper, garlic powder) and whisk until well combined and smooth.

Prepare broccoli. If using fresh, cut into florets and place in microwave safe container with 1/2 cup water. Cover with microwave safe covering and steam for 4 minutes. When done, drain the broccoli and wait until cool enough to handle, chop into small pieces. If using frozen, follow package directions to steam, drain, and wait until cool enough to handle, chop into small pieces.

Spray a nonstick muffin tin with nonstick cooking spray. Evenly distribute broccoli among muffin cups, pour egg mixture over broccoli up to about 2/3 full. Top with cheddar cheese.

Bake for 14-16 minutes or until egg is done but cheese is not burnt.



Nutrition Facts	
12 servings per container	
Serving size	1 muffin (78g)
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 170mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 1mcg	6%
Calcium 119mg	10%
Iron 1mg	6%
Potassium 152mg	4%
<small>*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.</small>	