



Living Healthy in Erath County

Spring 2024

A publication by Texas A&M AgriLife Extension Service



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Save the Date!

**March 4-March 31,
2024**

Walk Through Texas History Challenge
Virtual and On Your Own!

**Mondays March 4-
April 1, 2024
10:30-11:30am**

Stress Less with Mindfulness
Stephenville Senior Center

**March 20th and 27th,
2024, 9am-4pm**

Certified Food Manager's/Food
Protection Management Class
*Hood County Reunion Grounds
641 Reunion Ct., Granbury, TX*

April 1-May 26, 2024

Walk Across Texas 8-Week Challenge
Virtual and On Your Own!

**April 19, 2024
9am-12pm**

Canning 101: Under Pressure
County Annex II, 222 E. College St., Stephenville, TX

**May 18, 2024
9:00-11:00am**

Grow a Garden Program
Dublin Public Library

DEVELOPMENTAL DISABILITIES AWARENESS MONTH

Written By: Juliana Byrne, Tarleton State Public Health Intern

SOME DISABILITIES LOOK LIKE THIS



SOME LOOK LIKE THIS



Developmental Disabilities

Awareness month is observed for people with and without disabilities to come together and form strong communities. Developmental Disabilities Awareness Month helps to raise awareness on inclusion of people with developmental disabilities in all aspects of community life.



Why Developmental Disabilities Awareness Month Is Important

Over six million Americans have been recorded to have developmental disabilities, and is estimated by the Center For Disease Control and Prevention that in the U.S. one in six kids (17%) are dealing with Developmental disabilities.

Developmental Disabilities Awareness Month is observed Nationally in March in the United States. Developmental Disabilities is a group which has a broad spectrum of impairments in learning behavior, such as attention-deficit/hyperactivity disorder, autism, having physical and or intellectual impairments, functioning such as cerebral palsy, spina bifida Down syndrome, and impairments in physical, learning, language, behavior, and more. DDAM campaign hopes to raise awareness on inclusion of people with all developmental disabilities, and to increase the awareness of what people with disabilities face while trying to fit into the communities where they live.

History of DDAM and What To Know About People With Developmental Disabilities

Before the 19th Century people with developmental disabilities were treated unfairly and often lived in poor, unhygienic environments. As many were overlooked and forgotten about. The awareness of those with developmental disabilities didn't start to spread until the 20th Century within the United States and England.

Things to note about people with different developmental disabilities are that they're broad spectrums on where each person is and to note not all look or act in the same way. It is important to know to practice patience and kindness to those with developmental disabilities. Also, to engage and include them in your community and events.

1 in 6 children ages 3 - 17 years have one or more developmental disabilities



DEVELOPMENTAL DISABILITIES INCLUDE:

INTELLECTUAL
DISABILITY

LEARNING
DISABILITY

VISION
IMPAIRMENT

HEARING LOSS



ADHD

AUTISM SPECTRUM
DISORDER

CEREBRAL PALSY

AND MORE

Celebrate Every Kid Healthy Week **at Home or at School!**

Every Kid Healthy™ Week is an annual observance created in 2013 to celebrate school health and wellness achievements. Recognized on the calendar of National Health Observances and observed the last full week of April each year (April 22-26, 2024), each day of the week shines a spotlight on the great actions schools and families are taking to improve the health and wellness of their kids and the link between nutrition, physical activity, mental health, and learning – because healthy kids are better prepared to learn and thrive! We are encouraging families to continue this week with scheduled activities to complete and have fun while staying healthy and staying at home, but also provide schools with activities to do with their students safely!

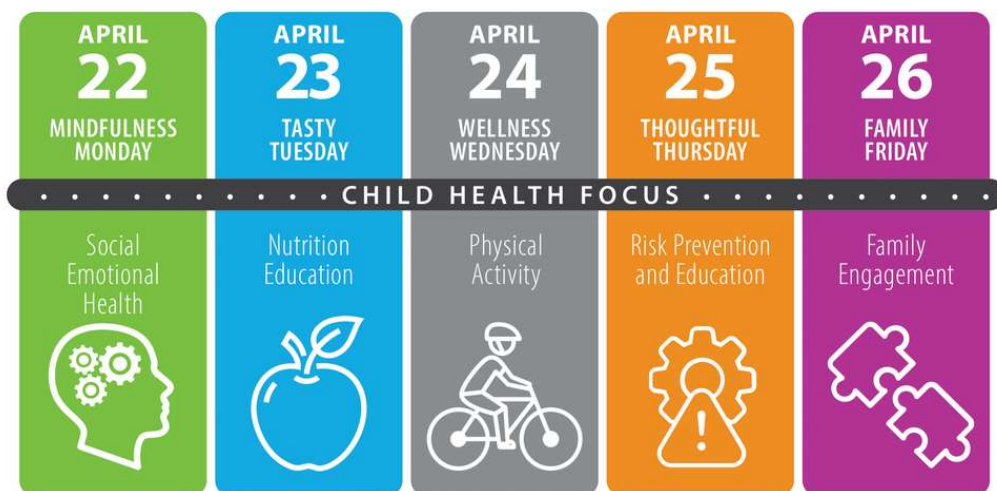
That is why Texas A&M AgriLife Extension Family and Community Health Educator , Andrea Brooks-Erath County reminds everyone that it is so very important to keep your family members and students healthy during this time which includes all health.

Here are the activities planned for Every Kid Healthy Week 2024:

- Mindfulness Monday: Get your kids or students practicing social emotional health and mindfulness skills to build resilience.
- Tasty Tuesday: Build lifelong healthy eating habits by exposing kids to new foods, healthy cooking, and growing their own produce.
- Wellness Wednesday: Explore with your kids or students what wellness means to them, and then develop self-care strategies.
- Thoughtful Thursday: Nurture kids' social health and positive relationships.
- Family Friday: Bring families and schools together to support child health at school and home.

If you need more resources on completing these activities, please contact Andrea Brooks at 254-965-1460 or stop by the extension office beginning the first week of April to pick up an Every Kid Healthy Bingo Card!

EVERY KID HEALTHY WEEK 2024 SCHEDULE



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.

May: High Blood Pressure Awareness Month

National High Blood Pressure Awareness Month

What do your blood pressure numbers mean?

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

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heart.org/bplevels

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Source: American Heart Association



Contact your primary care physician if you have any questions or concerns regarding your health.

National High Blood Pressure Awareness Month

LIFESTYLE HABITS TO HELP PREVENT HIGH BLOOD PRESSURE INCLUDE:



EAT A HEALTHY DIET



KEEP YOURSELF AT A
HEALTHY WEIGHT



BE PHYSICALLY ACTIVE



DO NOT SMOKE



LIMIT ALCOHOL INTAKE



GET ENOUGH SLEEP



Contact your primary care physician if
you have any questions or concerns
regarding your health.

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What You Can Expect:

Expect delays. Traffic backups are inevitable. Preparation ensures less frustration for visitors and residents alike.

Expect traffic changes. Normal travel paths may be disrupted.

Be prepared. If traveling, plan for your basic needs such as food, water, fuel for your vehicle, and bathroom breaks in case you are stuck in traffic.

Do what you can to HELP. Can you work from home or flex your work schedule when local roadways are full? Avoid roads being used to get people in or out of a local event.

Look out for each other. This is a rare opportunity, but it brings potential hazards. We must all do our part to be prepared. You may see travelers who are unfamiliar with the area. Be friendly, helpful, and patient.

If you have a fender bender, do not call 911 unless there are injuries, dangers, or leaking fluids. Move your vehicles safely to the side of the road and exchange insurance information.

Be mindful of Texas's "move over" law. Drivers in Texas are required to move over a lane or slow to 20 mph below the posted speed limit when approaching emergency vehicles, law enforcement, tow trucks, utility service vehicles, TxDOT vehicles, or other highway construction or maintenance vehicles using visual signals or flashing lights activated on the roadside. On roadways with posted speed limits of 25 mph or less, drivers must reduce their speed to 5 mph (Texas Transportation Code 545.157).

Keep emergency vehicles in mind when parking. Maintaining room for emergency vehicles is critical during large-scale events such as the eclipse. Inside the city limits, parking in your driveway or on your own property will help ensure first responders will not be impeded by parked vehicles on their way to an emergency call. In the county, this can be accomplished by parking completely off the paved portion of the roadway.

With so many people gathering in our rural areas to witness this monumental event, here are some tips to make sure the eclipse event is fun and safe for everyone.

- Do not trespass on private property.
- Do not trespass on public properties that are closed. Do not park in fire lanes or block driveways or roadways; doing so could hamper first responders from reaching those in need.
- Parking will be limited. Determine if there is public transportation where you plan to visit or be ready for long walks to where you are headed.
- Do not litter. This includes leaving trash or debris on either public or private property as well as throwing away any garbage from a vehicle.

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Texas Solar Eclipses - Fact Sheet

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Annular Solar Eclipse Begins:

Saturday, October 14, 2023
from 10:23 a.m. to 1:33 p.m. CT

Annular Eclipse visible at 11:54 a.m.
for 4 minutes and 21 seconds
from San Antonio, Texas

Total Solar Eclipse Begins:

Monday, April 8, 2024
from 12:15 p.m. to 2:56 p.m. CT

Total Eclipse visible at 1:32 p.m.
for 4 minutes and 25 seconds
from Kerrville, Texas

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What do Texans Need to Know?

Local Residents

The last solar eclipse on August 21, 2017 was best seen in a direct path from Oregon to South Carolina. Some counties, like Hart County, Kentucky, saw an increase in traffic by +222%, straining available county resources. Tennessee saw more than 1 million visitors to the state for the 2017 eclipse event. It is reasonable to believe that the impending eclipse will increase visitors and traffic in Texas, and the public will need to be aware and plan accordingly.

Be aware of the possibility of weather events and follow preparedness and safety guidance received from state, county, and local authorities.

- 1) Prepare for heavier than normal traffic on the roads, as well as at restaurants, gas stations, grocery and retail stores. Allow extra time to get to and from areas due to traffic delays.
- 2) Avoid distracted driving. The urge to view the eclipse will be strong and should not be done while driving. Defensive driving is required due to the increase in motorists and the possibility for distracted driving.

Advance considerations during the heaviest congestion periods:

- 1) Schedule errands and appointments 2-3 days prior to the eclipse.
- 2) Some services and businesses may be closed or have limited hours during the event. By scheduling your errands early, you can beat the crowds and give local businesses time to restock before eclipse visitors arrive. This includes grocery shopping, doctor/dentist appointments, picking up prescriptions, and banking necessities.
- 3) Consider filling up your gas tank a few days prior to the event to avoid possible long lines or fuel shortages.
- 4) With the increased number of visitors, local public safety officials anticipate cellular service may become overwhelmed and limited access may be available, especially during the eclipse event.
- 5) Know when it is appropriate to call 911 (true emergencies) and have the non-emergency phone number for your local Dispatch Center programmed into your phone ahead of time.

Boater safety: If you plan to be on the water during the eclipse, make sure that your boat has proper lighting. Be aware of your surroundings leading up to the eclipse. Keep a safe distance between yourself and other boaters.

Individual/Family Emergency Plans: Consider the eclipse event to be an opportunity to check your emergency kits and emergency plans. Develop a communication plan with family and friends just in case you lose or have limited cellular service. If you only have a mobile phone, find out which of your neighbors have a land-line number in case you need to call 911 for an emergency.

Visitors/Out of Town Guests:

Visitors must be prepared and ensure they have supplies available for the event. This includes cash, fuel, meals, etc. Businesses may have limited hours of availability and depleted supplies due to high demand.

- 1) Arrive at your destination well in advance of the eclipse event. Do not take photographs or attempt to watch the event while driving.
- 2) Ensure that vehicles/RV has recently been serviced and that you are fueled up and ready to go (gas, propane, etc.).
- 3) Develop a strong communication plan with family members. Cell service may be limited due to the volume of calls during the event. Designate an out-of-area friend or family member that can be a point of contact if you are separated. Choose a landmark where family can reunite if you get separated in a crowd.
- 4) Valuables should not be left in vehicles. Determine how you will keep your valuables secure (cell phones, telescopes, binoculars, wallets, etc.) Lock vehicles any time you are not inside it.

What to Bring with You:

- Eclipse viewing glasses
- Large amounts of drinking water
- First Aid Kit
- Necessary medications for you and your pets
- Cash (ATMs may be limited during this time)
- Sunscreen
- Sunglasses
- Hat/Visor
- Comfortable walking shoes
- Folding chairs
- Jacket or sweatshirt (Texas weather is unpredictable)
- Snacks/food
- Map / directions of the area. *Print these directions and bring them with you because cellular service may be limited during heaviest impact times.*

Industries/Business

Businesses should be prepared for an increase in customers, as well as the needs of staff members.

- Ensure needed supplies are available in advance of the eclipse event. Consider extending hours of operation to meet customer needs, and have a back-up plan if staff is delayed due to traffic.
- Encourage employees to think ahead about traffic, resources (cash, gas), and childcare needs. Make sure your staff can get to work and give them reminders to plan ahead.
- If your business uses cellular or wireless service for transactions, prepare for a back-up plan. State officials anticipate a high demand for cellular service during the impact period. Transactions may be slower at this time.
- Be prepared for more cash transactions just in case automated services are down. Consider having extra tills set up to accommodate these additional cash transactions. You may have larger than normal deposits over the weekend, so check ahead with your bank for hours of operation.
- Due to possible cellular service disruptions, visitors may have urgent requests to use your landline business phone. Decide how you will handle these requests, and make sure employees know what to do. If a 911 emergency arises, you may need to use the landline.
- Evaluate your delivery schedule on the day of the eclipse. This may be significantly delayed due to the overwhelming number of vehicles on the road.
- Have a plan to address visitors who park or camp in unauthorized locations. Expect customers whose primary interest is in the use of business restroom facilities. Public restrooms may be in short supply.
- Weather conditions may dictate visitor behavior. If conditions are cloudy, "day-trippers" may move to a location with better viewing conditions. Determine in advance how you will handle cancellations. Monitor the weather conditions at least 1 week to 10 days prior to the eclipse.

Eye Protection During Eclipse Viewing

Experts stress that the only safe way to look directly at the sun, except at the brief phase of totality (in the path of totality), is using a special-purpose solar filter, popularly known as eclipse glasses. Eclipse glasses block more UV rays than everyday sunglasses, protecting your retinas from burning even when you feel no discomfort looking at the sun through shades. This is the only safe way to view the uneclipsed or partially eclipsed Sun.

Homemade filters or ordinary sunglasses, even very dark glasses, are not safe for looking directly at the Sun. Eclipse glasses and hand-held solar viewers should meet the ISO 12312-2 international standards.

An alternative method for safe viewing of the partially eclipsed Sun is pinhole projection. For example, cross the outstretched, slightly open fingers of one hand over the outstretched, slightly open fingers of the other. With your back to the Sun, look at your hands' shadow on the ground. The little spaces between your fingers will project a grid of small images on the ground, showing the Sun as a crescent during the partial phases of the eclipse. Additional eye safety tips can be found on NASA's website.

Do NOT look at the uneclipsed or partially eclipsed Sun through an unfiltered camera, telescope, binoculars, or other optical device.

Travel & Parking

While the number of eclipse visitors is hard to estimate, both residents and visitors should expect increased activity on roadways, in neighborhoods, in public facilities, restaurants, parks, and retail stores. Hotels, short-term rentals, and campgrounds will be at peak capacity.

The large influx of people expected to visit Texas during this eclipse event will have a huge impact on highways, gasoline supply, and other basic needs. What you do to plan ahead will help your eclipse-viewing experience.



WALK *Through* TEXAS HISTORY



- ✓ Form your team (1-8 people), and sign up online at howdyhealth.org/programs/wtth by March 4th. Join the 2024 Erath County WTTH League and create a team or join an existing one at code: **wtthL-240215-80534** (or by scanning QR Code)

To download the app, go to

<https://howdyhealth.org/programs/wtth/wtth-faqs>

- ✓ Log your steps as you go to track your progress along the trail!
- ✓ Learn more about Texas History as you get more physically active each day!
Prizes will be awarded for team and individual accomplishments at a celebration event following the challenge.



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MARCH 4TH-
MARCH 31ST,
2024

JOIN US FOR 4
WEEKS OF FUN AND
FITNESS AS WE
TRAVEL THE 510
MILES OF THE
"TEXAS HISTORICAL
COMMISSION-STATE
HISTORIC SITES"
TRAIL, AND LEARN
MORE ABOUT
HISTORIC SITES
DURING TEXAS
HISTORY MONTH!



If you have any questions, please contact Andrea Brooks
andrea.brooks@ag.tamu.edu or 254-965-1460.
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**A FIVE-CLASS SERIES
at Stephenville
Senior Center,
10:30-11:30am**

SESSION 1 – March 4, 2024

SESSION 2 March 11, 2024

SESSION 3 March 18, 2024

SESSION 4 March 25, 2024

SESSION 5 April 1, 2024

**To register, contact Sandy
Morgan at 254-918-1288**

Join us for

Stress Less with Mindfulness

This program introduces participants to the experience and practice of mindfulness to reduce stress. Successful stress management has been found to be effective in reducing related symptoms such as worry, depression, and physical tension.

- > Learn about the benefits of mindfulness-based approaches to stress reduction
- > Understand how to recognize your personal stressors.
- > Experience mindful movement, mindful breathing, and other mindfulness skills as ways to relax and manage stress.

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





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FOOD PROTECTION MANAGEMENT

@ Hood County
Reunion Grounds



**\$125
PER
PERSON**

Two-day Course
March 20th & March 27th

9:00 AM - 4:00 PM

Hood County Reunion
Grounds
641 Reunion Ct,
Granbury, TX 76048



For more information contact
Andrea Brooks at 254-965-1460 or
andrea.brooks@ag.tamu.edu



APRIL 19, 2024

9:00am-12:00PM

County Annex II, 222 E. College St.,
Stephenville, TX

FOOD PRESERVATION
WORKSHOPS

Canning 101



\$20/class

Registration includes:

- Educational handouts
- Recipes
- 1 Prepared Jar to Take Home



SESSIONS AND
TOPICS:

Under Pressure!

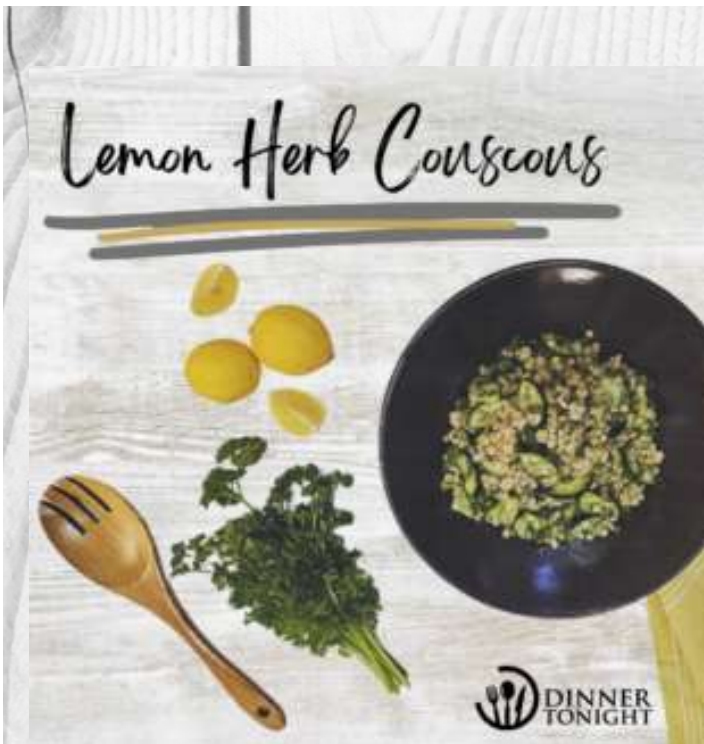
Come learn the basics of pressure canning, and become more comfortable using a pressure canner in this hands-on class.

Call 254-965-1460 to register
Limited to first 15 people

Full registration must be paid to
hold your spot!

If you require any accommodations to attend or participate, please contact the extension office at least 1 week prior to event start date.

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Ingredients:

- 1 cup dry pearl couscous
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 1 Tbsp. honey
- 4 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 medium cucumber, chopped
- 4 scallions, chopped
- 1/4 cup fresh dill, chopped
- 1/4 cup fresh parsley, chopped

Instructions:

1. Cook the couscous according to package instructions. Drain and rinse under cold water to fully cool; let drain and dry.
2. Whisk together the oil, lemon juice, honey, garlic, oregano, salt, and pepper.
3. Toss couscous in the marinade. Add the cucumber, scallions, dill, and parsley.
4. Refrigerate until ready to serve.

Nutrition Facts

2 servings per container	
Serving size	1/2 cup (272g)
Amount per serving	
Calories	660
% Daily Value*	
Total Fat 28g	36%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 89g	32%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 9g Added Sugars	18%
Protein 14g	
Vitamin D 0mcg	0%
Calcium 71mg	6%
Iron 2mg	10%
Potassium 304mg	6%

*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.



"The earth laughs in flowers."

-Ralph Waldo Emerson

Questions or Additional Information:

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Family and Community Health

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Facebook: www.facebook.com/livinghealthyinerath

Website: <https://erath.agrilife.org>

