

Clarissa's PSA Announcements on KGAS

JULY 2020

Posture:

According to the NIH, at least 1 in 4 adults will have at least one day of back pain Over a 3 month period. So, what's the big deal with posture? Little changes over time can add up over a lifetime. Years of slouching make your spine more fragile and prone to injury. Poor posture can also decrease your flexibility, joint mobility and balance. This is important later in life to help maintain one's balance and independence. Posture can even impact your ability to digest food and breathe comfortably. Straighten up, Panola County! For more information visit nih.gov.

Tips for long-distance caregiving:

The National Institute on Aging says anyone who cares for a friend, relative or parent from far away is considered a long-distance caregiver. Whether you're helping with finances, arranging for care or providing emotional support; long-distance caregiving brings many unique challenges. Here are a few tips to make this more manageable:

- Learn as much as you can about the person's health, treatment plan and available resources. Be proactive in trying to prevent crises and acute illnesses
- Organize important paperwork and provide copies to other caregivers
- Make sure at least one caregiver has written permission to receive medical and financial information
- Plan your visits. Spend relaxing time together
- Stay connected. Schedule calls with healthcare providers so then you can update other family members and caregivers
- Consider caregiving training. American Red Cross or other nonprofits may offer this training. It is sometimes reimbursed with Medicare and Medicaid.

For more information on caregiving, visit nia.nih.gov

Grilling Like a Texan

Lee and I are excited to bring you a new program this month called "Grilling Like a Texan!"

Each week during the month of July, we will share grilling tips and tricks as well as some delicious recipes for you and your family to try! Bring the kids, because we will learn where food comes from as we follow it from Path to the Plate.

We will feature grilling secrets and safety and focus on healthier meals that will give your whole family a chance to gather around the grill for delicious food and great conversation.

Be sure to check out our Facebook page “Panola County – AgriLife Extension Service” for all of the program materials coming out over the next few weeks. We’re looking forward to learning from one another and Grilling Like a Texan!