

**May 2022**

## **5/2/2022: Memory Loss- What's normal and What's Not**

Is it normal to be forgetful as you age? It does happen to many people, but isn't always a cause for concern necessarily. I'm Clarissa Moon with Texas A&M AgriLife Extension, here to provide some clarity.

What's normal?

- Making a bad decision occasionally
- Missing a monthly payment
- Forgetting what day it is, and remembering later
- Sometimes having trouble finding the right word to use
- Losing things from time to time.

What's Not:

- Making poor judgment calls a lot of the time
- Problems managing money
- Losing track of the date or time of year
- Problems tracking during a conversation
- Losing items on a regular basis, and being unable to find them

When is it time to visit the doctor?

- Having more problems than normal
- Being concerned on a regular basis

Family doctors can do simple memory tests during an office visit; and can provide more insight as to what's cause for concern.

To learn more about aging and forgetfulness, visit the National Institute on Aging at [nia.nih.gov](http://nia.nih.gov) or you can always visit [panola.agrilife.org](http://panola.agrilife.org). Thanks for listening to the Moon Minute! Stay well.

<https://www.youtube.com/watch?v=wX68gvahj9Q>

## **5/9/2022: How Loud is Too Loud?**

Can you hear me now?...Good.

We live in a noisy world. Between traffic, sirens, dogs barking, bullfrogs belching, and the sweet serenade of KGAS radio; there's always something going on!

Most of the time, these everyday noises aren't loud enough to bother us or our ears. However, sometimes these noises can cause lasting damage.

Nearly 1 in 4 people in the US between the ages of 20 and 69 have some degree of hearing loss from exposure to loud noises.

So, how loud is too loud? 60 decibels is about the top of the safety zone. That's about as loud as typical conversation or a sewing machine!

Then when you approach motorcycles, chain saws, or my husband's snoring- then you need to look out! A good rule of thumb- if you have to shout to be heard by someone an arm's length away, then that's too much noise.

While unfortunately there is no way to repair this type of hearing loss, you can prevent it. Here's how:

- Wear ear plugs/muffs
- Use snug-fitting headphones that block background noise
- Place pads under noisy appliances
- Use carpet or rugs to absorb sound.

If you want to learn more on ear health, visit Mayo Clinic.org. If you want more on health in general, I'm your gal! Visit panola.agrilife.org and tune in for another Moon Minute...whenever Mark calls me next.

<http://app.e.response.mayoclinic.org/e/es?s=74881809&e=709166&elqTrackId=efd74c1a1b7a40299e524d6e5aa03bea&elq=53007a1a9769415bae417251b6472cc5&elqaid=9408&elqat=1>

## **5/17/2022: Get Kids in the Kitchen**

With summer quickly approaching, you may be wondering about how to engage your children and keep them learning while school isn't in session. I'm Clarissa Moon here with some tips on getting kids in the kitchen!

- 1) Engage all the senses

- a. We grown-ups can sometimes forget how intimidating tasting food can be. Instead of forcing a child into eating it, let them first explore it using their other four senses. A few suggestions: rinsing produce, tearing lettuce, kneading dough.
- 2) Teach STEM in the kitchen
  - a. Science, Technology, Engineering and Math are pivotal in education, and in life! Cooking and baking are perfect activities that put these concepts into practice. Do some science experiments, read recipes, calculate fractions, and more.
- 3) Make it a Family Affair
  - a. Food is central to our culture and relationships. Involve children in the process and teach them that family time and togetherness are important.
- 4) Keep it safe
  - a. Always use your intuition and only let kids do age-appropriate tasks in the kitchen. For example, a four year old probably shouldn't be in charge of slicing vegetables, but he could arrange them on a plate and stir ingredients together for a dip.
- 5) Ask for input
  - a. If you want to truly involve your child, ask for his ideas. Let him pick out which fruit to eat at snacktime or have him set the table for dinnertime.

Lastly, take a deep breath. Remember that the goal is learning, not perfection. Just relax and have fun with it.

If you'd like to learn more visit [panola.agrilife.org](http://panola.agrilife.org) or [food.unl.edu](http://food.unl.edu). Thanks for listening to the Moon Minute!

<https://food.unl.edu/article/family-fun-run/get-kids-kitchen>

## **5/23/2022: Feed your Soul with Gardening**

Do you like the idea of gardening but either have a brown thumb or don't know where to start? You are not alone. I'm Clarissa Moon here with some inspiration and practical tips for getting your hands dirty and soul clean.

Why garden? There are many physical and mental health benefits. physical health benefits include vitamin D, burning calories, building hand strength, and consuming the fruits and veggies you grow.

For mental health- It's a fun way to get outside and take a break from screens. You can bond with your family by working together toward a common goal. Gain and sense of accomplishment and self-esteem boost by watching your handiwork grow. Being outdoors is quite literally a "breath of fresh air", and studies show that time in nature reduces stress.

So how can you get started?

I recommend starting small with an herb garden or container garden. They are so easy to get started, plus you can move them around your yard/home until you find the right spot for them!

Contact your friends at the Panola County AgriLife Extension Office for more tips and suggestions on getting started. You can find us at [panola.agrilife.org](http://panola.agrilife.org) or learn more about this message at [fruitsandveggies.org](http://fruitsandveggies.org).

<https://fruitsandveggies.org/stories/feed-your-soul-with-gardening/>