

July 2023

7/4/23: Have a safe 4th

The 4th of July is one of our favorite holidays of the year! It's the quintessential American, and Texas, holiday. Grilling, swimming, watching stuff blow up, what's not to love? Well, I don't think I need to tell you that plenty can go wrong with any of those activities, but especially the one that involves pyrotechnics. I'm Clarissa Moon here with a quick message on celebrating the 4th safely.

If you ask the experts what the safest way to enjoy fireworks is, they would say to enjoy the professional displays. But let's be honest, we all know you're still going to enjoy your own fireworks at home, too. So please follow these tips before getting started:

- Light fireworks outside, one at a time, and without placing your body directly over the device. Move away as quickly as possible. Don't try to relight a firework that doesn't ignite the first time.
- Never hold fireworks in your hand, or point or throw them at any person, pet or piece of property.
- Have a water source nearby in case of emergency.
- Soak used and unused fireworks in water before throwing them away.
- Don't let young children play with fireworks.
- Don't use fireworks if you're impaired by drugs or alcohol.

For more information, visit [npr.org](https://www.npr.org) or panola.agrilife.org. Thanks for listening to the Moon Minute and Happy 4th of July!

<https://www.npr.org/2022/07/02/1108578711/july-4th-fireworks-safety-tips>

7/11/23: 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.

<https://www.nia.nih.gov/health/infographics/six-tips-long-distance-caregiving>

7/18/23: Hydration

When the temperatures rise, it's critical that you remember to stay hydrated regardless of what you're doing outside.

- 1) Hydration is critical to heart health! It's easier for your heart to pump blood everywhere when you are hydrated. Dehydration can cause serious health issues.
- 2) How much to drink? This will vary from person-to-person depending on perspiration, medications and other things. A good rule of thumb is to take your body weight in pounds, divide it by half, and then that's how many ounces you need to drink each day. Also remember that when you get thirsty, that means you're already dehydrated!
- 3) Water is the best drink of choice, but it's ok to get some electrolytes too, especially if you're exercising out in the sun. Many fruits and vegetables also contain a lot of water- so you can eat your water too!
- 4) Finally, hydration is not just important for athletes. Even sitting outside on a hot day can increase your fluid needs.

For more information on hydration and health, visit heart.org or panola.agrilife.org Thanks for listening to the Moon Minute!

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/staying-hydrated-staying-healthy>

7/25/23: 3 Tips for Better Sleep

Your body naturally craves sleep, but it can still be tough to get the recommended 7-8 hours every night. I'm Clarissa Moon here with 3 tips for better sleep.

1. Set an alarm. By alarm, I mean a bedtime alarm. Set it for one hour before you want to be down and you can begin winding down. Plus, going down and rising at the same time each day will help your body's sleep schedule and rhythm as well.
2. Signal your brain. When that bedtime alarm goes off, do something your brain associates with bedtime such as washing your face, showering or just putting on pajamas. Routines aren't just for toddlers!

3. Relax and unwind. Do something to help you unwind whether it's a bath, reading, journaling, or my favorite, listening to an audiobook!

I hope these tips can help you catch some zzz's! If you have trouble sleeping on a regular basis though, please talk to your doctor. For more information, visit heart.org or panola.agrilife.org. Thanks for listening to the Moon Minute.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/sleep/3-tips-for-better-sleep-infographic>