


Healthy Happenings

September 2022

 @AgrilifeExtensionHidalgoFCH
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FAMILY & COMMUNITY HEALTH

Welcome to the September 2022 issue of "Healthy Happenings"! This is a monthly newsletter with healthy tips, recipes, and information on the Family & Community Health programs of the Texas A&M AgriLife Extension Service in Hidalgo County.



HURRICANE PREPAREDNESS

We are still in hurricane season and need to prepare for emergencies. Are you prepared? If you need some resources to get prepared, please visit texashelp.tamu.edu for information on how to prepare you and your family for any natural disasters!



NATIONAL PREPAREDNESS MONTH

September is National Preparedness Month and a great reminder that Hurricane season is not over! From prepping your go bag to ensuring your pets are safe, texashelp.tamu.edu has all the resources to get you prepared for any storm.

PUMPKIN PIE OATMEAL

by Dinner Tonight Healthy Cooking School

Are you team PSL? We are! And we are ready for Fall and all the pumpkin flavors that come with it! If you are starting your pumpkin carving early, this is a great recipe to use those leftovers. Simply place all the ingredients into your slow cooker for 6-8 hours and let your house begin to smell like Fall!

Click below for the Recipe:
[Pumpkin Pie Oatmeal](#)



National FOOD SAFETY MONTH

CLEAN

Remember to wash your hands and forearms for at least 20 seconds with warm water and soap before food prep.

SEPARATE

Separate all ready to eat foods from all meats using different cutting boards and utensils.

COOK

Cook all food to proper internal temperatures. Check internal cooking temperatures often with a thermometer.

CHILL

Refrigerate foods promptly and never thaw foods at room temperature.

Rx MEDICATION ASSISTANCE
TEXAS A&M HEALTH

ENROLL FOR FREE!

Medication Assistance Program

If you have little or no prescription coverage, we can help with FREE or LOW-COST PRESCRIPTION MEDICATIONS to treat most chronic conditions.

The Medication Assistance Program helps those without insurance and limited or no prescription coverage obtain their prescribed medications at an affordable cost.

Requirements for Assistance

State issued ID

- Driver's license
- Identification card

Proof of income

- Tax return
- Paycheck stubs
- Social Security award letter
- Letter of support, if currently living with a caretaker

Prescribing physician

- Physician must sign application and provide a valid prescription

Assistance is available for

- Uninsured
- Medications not covered by insurance
- Extremely high co-pays

Assistance covers most maintenance medication.

CALL NOW 1-866-524-1408

PROTECT YOURSELF AND
YOUR COMMUNITY FROM
COVID-19

TEXAS A&M
AGRI LIFE
EXTENSION



Stay home when you are sick. Plus, stay home for at least 24 hours of no fever without fever-reducing medications.



Cover your coughs and sneezes. Use a tissue, or cough or sneeze into your sleeve at the elbow.



Disinfect. Use a household spray or wipe to disinfect surfaces and objects that are frequently touched.



Wash your hands. Scrub with soap and water for at least 20 seconds after you cough, sneeze or blow your nose; touch food, feed or animals; or use the restroom.



Dr. Andrea A. Valdez
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Community Health
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Hidalgo County

Welcome to the new "Healthy Happenings!" You have received this newsletter because you have registered or attended an AgriLife Extension Program in Hidalgo County. Thank you so much for your support of our educational programs and I hope you enjoy this newsletter. If you have any questions or would like more information on our programs please contact me at 956-383-1026 or andrea.valdez@ag.tamu.edu.