

Healthy Happenings

October 2022

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FAMILY & COMMUNITY HEALTH

Welcome to the October 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!



BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness month and we encourage all to schedule their yearly exams. Support all breast cancer awareness survivors and fighters by wearing pink this month and donating to a breast cancer awareness charity or research organization.

ROASTED POBLANO AND CREAMY CORN SOUP

by Dinner Tonight Healthy Cooking School

Pass the poblano soup por favor! This soup is creamy, smooth, and has just the right amount of spice. The roasted poblano peppers blend deliciously well with sweet corn. A delightful meal for staying warm during the winter or using up the corn from the garden during the summer. This perfect soup can also be stored and packed for lunch with a salad or sandwich!

Click below for the Recipe:

[Roasted Poblano and Creamy Corn Soup](#)



DINNER
TONIGHT
HEALTHY COOKING SCHOOL
TEXAS A&M AGRILIFE EXTENSION



Breast Cancer AWARENESS

There is a better chance at survival if caught early.

Make an appointment. If you still have periods, schedule it for 1 week after your period, when your breasts hurt less.

According to the American Cancer Society, women over 40 years old should have a screening mammogram every year as long as they are in good health.



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat 988lifeline.org to reach the 988 Suicide & Crisis Lifeline.



1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year



1 in 5 U.S. adults experience mental illness each year

Mental Illness

AWARENESS

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.



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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.