

# Healthy HAPPENINGS

September 2023/ Vol 03, Issue 07

**Texas A&M AgriLife  
Extension Service  
Hidalgo County  
Family & Community  
Health**

Welcome to the September 2023 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.

September is  
**SUICIDE  
AWARENESS**  
Month



We can all help prevent suicide. Every year, the 988 Lifeline and other mental health organizations and individuals across the U.S. and around the world raise awareness of suicide prevention during September, National Suicide Prevention Month. Learn more about the warning signs of suicide at [988lifeline.org](https://www.988lifeline.org). You might be the one to save a life.



## CHICKEN GYRO SHEET PAN MEAL

*by Dinner Tonight Healthy Cooking School*

Sheet pan meals are perfect for busy nights with simple recipes and minimal dishes. The chicken in these Chicken Gyros can marinate for up to 24 hours making it even easier when you're ready for dinner. Try this easy one pan meal today!

Click below for the Recipe:  
[Chicken Gyro Sheet Pan Meals](#)



# #BeThe1To

#BeThe1To is the 988 Suicide & Crisis Lifeline's message for National Suicide Prevention Month and beyond, which helps spread the word about actions we can all take to prevent suicide. The Lifeline network and its partners are working to change the conversation from suicide to suicide prevention, to actions that can promote healing, help and give hope.

## About National Suicide Prevention Month

**September is National Suicide Prevention Month.** All month, mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

**National Suicide Prevention Week** is the Monday through Sunday surrounding World Suicide Prevention Day. It's a time to share resources and stories, as well as promote suicide prevention awareness.

**World Suicide Prevention Day is September 10.** It's a time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most.



# Mindfulness CORNER

## When Mindfulness Works Best

When you have no control!

MAY I HAVE THE:  
SERENITY TO ACCEPT THE THINGS I CANNOT CONTROL,  
COURAGE TO CHANGE THE THINGS I CAN, AND THE  
WISDOM TO KNOW THE DIFFERENCE



## FAMILY & COMMUNITY HEALTH

Welcome to the September 2023 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.

## ARE YOU PREPARED?

June 1st is the start of Hurricane Season. Anytime but especially now is the time to prepare your go bags and food supply for you and your family!

## SUN SAFETY

Our temps have been skyrocketing this Summer! Don't forget to use sunscreen everyday and stay out of the heat as much as possible. Don't forget about your pets! Our furry friends need sun safety too! Stay hydrated and cool!

## Family & Community Health Programs

- Cooking Well with Diabetes
- Cooking Well for Healthy Blood Pressure
- Food Handler Certifications
- Stress Less with Mindfulness
- Mindful Self (Youth)
- Mental Health First Aid Certification (available upon request for groups)



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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](mailto:andrea.valdez@ag.tamu.edu).