

# Healthy HAPPENINGS

November 2023/ Vol 03, Issue 09

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

Welcome to the November 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.



*November is*  
**DIABETES  
AWARENESS**  
*Month*

November is the time to bring awareness to diabetes as it is National Diabetes Month. Diabetes affects 37 million Americans, both adults and youth. If you or someone you love has diabetes, the good news is that taking charge of your health may help you prevent diabetes and the complex health problems it may cause.

## **SLOW COOKER TACO SOUP**

*by Dinner Tonight Healthy Cooking School*

Its getting a little cooler and now, it's time for soup! Try this easy slow cooker soup for dinner. Just add your ingredients, set the clock and go!

Click below for the Recipe:  
[Slow Cooker Taco Soup](#)



# Preventing Diabetes Health Problems



Manage your blood glucose, blood pressure, and cholesterol levels.

Take small steps toward healthy habits.



Take your medicines on time.

Take care of your mental health.



Source: National Institutes of Health



# Mindfulness CORNER

## Have a Good Laugh! The Multiple Benefits of Laughter



- Relaxes tense muscles
- Helps regulate heart rate
- Lowers blood pressure & blood sugar
- Softens anger and resentment
- Combats stress
- Provides joy
- Eases anxiety
- Lifts depression
- Increases kindness to ourselves and others



## FAMILY & COMMUNITY HEALTH

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## FRESH AIR

Studies show that levels of anxiety, stress, and others are reduced by being outdoors. When you are outside, the fresh air can help raise oxygen levels in your brain. Getting some fresh air is a simple way to improve your mood!

## THANKSGIVING

We have entered the 2023 Holiday season and Thanksgiving is a time to gather around the table with family. If you or someone you love has diabetes, remember to eat a regular times during the holidays to avoid that blood sugar drop!

# 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).