

Cory's Corner

ISSUE

11

Jun '23- Jul '23

10 steps to Approach Memory Concerns in Others

Assess the Situation

1 What changes in memory, thinking or behavior do you see? What's the person doing — or not doing — that's out of the ordinary and causing concern?

2 What else is going on? Various conditions can cause changes in memory, thinking and behavior. What health or lifestyle issues could be a factor? E.g., family stress or health issues like diabetes or depression.

3 Learn about the signs of Alzheimer's and other dementias and the benefits of an early diagnosis. Visit alz.org/10signs to educate yourself. Do you notice any of the signs in the person you're concerned about?

4 Has anyone else noticed the change(s)? Find out if friends and family have seen changes. What are they?

Take action through conversation

5 Who should have the conversation to discuss concerns? It could be you, a trusted family member or friend, or a combination. It's usually best to speak one-on-one so that the person doesn't feel threatened by a group, but use your best judgment to determine what will likely be most comfortable for the individual. (con't on pg. 2)



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June Is Alzheimer's & Brain Awareness Month

Worldwide, 55 million people are living with Alzheimer's and other dementias.

Alzheimer's disease is a degenerative brain disease and the most common form of dementia. Dementia is not a specific disease. It's an overall term that describes a group of symptoms.

Signs of Alzheimer's and Dementia	Typical Age-Related Changes
Poor judgment and decision-making	Making a bad decision once in a while
Inability to manage a budget	Missing a monthly payment
Losing track of the date or the season	Forgetting which day it is and remembering it later
Difficulty having a conversation	Sometimes forgetting which word to use
Misplacing things and being unable to retrace steps to find them	Losing things from time to time

Source: www.alz.org

Memory Concerns, con't

6 What is the best time and place to have the conversation?

Have the conversation as soon as possible. In addition to choosing a date and time, consider where the person will feel most comfortable.

7 What will you or the person having the conversation say?

Try the following:

» I've noticed [change] in you, and I'm concerned. Have you noticed it? Are you worried?

» How have you been feeling lately? You haven't seemed like yourself.

» I noticed you [specific example] and it worried me. Has anything else like that happened?

8 Offer to go with the person to the doctor. Ask the person if he or she will see a doctor and show your support by offering to go to the appointment. Some words of encouragement may include:

» There are lots of things that could be causing this, and dementia may or may not be one of them. Let's see if the doctor can help us figure out what's going on.

» The sooner we know what's causing these problems, the sooner we can address it.

» I think it would give us both peace of mind if we talked with a doctor.

9 If needed, have multiple conversations.

The first conversation may not be successful. Write down some notes about the experience to help plan for the next conversation.

» Location:

» Date/time of day

» What worked well?

» What didn't?

» What was the result?

» What can be done differently next time?

Reach out for help

10 Turn to the Alzheimer's Association for information and support.

JULY IS NATIONAL GRILLING MONTH!

It is a time to celebrate with your favorite food, alongside family and friends. This month, go outdoors! Breathe fresh air and enjoy what nature has to offer with flavors from the grill.

Grilling offers the opportunity to eat a varied selection of proteins such as beef, chicken, wild game, and seafood. Maybe you fancy grilled fruits and vegetables? You can experiment with rubs, herbs, or marinades. Smoked or not? Direct or indirect heat? Perhaps, a grilled salad? Tofu anyone? The options are endless. One tool all grillers should have in their toolbox is a thermometer. According to the Centers for Disease Control and Prevention, "foods should be cooked hot enough to kill harmful germs and be maintained at 140°F until grilled food is served".

Recommended internal temperatures are:

- | | | | |
|--------------------------|-------|---------------------------|-------|
| • Beef, pork, lamb, veal | 145°F | • Hamburgers, Ground Beef | 160°F |
| • Fish | 145°F | • Poultry, Hot Dogs | 165°F |

Other tips for grilling safely are to wash your hands before and after handling raw meat, keep raw meats, poultry, and seafood separate from ready-to-eat foods, refrigerate leftovers within 2 hours, and discarding leftovers after 4 days. Grilling food is a healthier option than frying as fat contained in or on the food drips out; vitamins and minerals are preserved, and calories are lowered.

This July, take advantage of all the benefits that grilling has to offer.

- Grilling brings family and friends together.
- Grilling brings out smiles, cheerfulness, stress-relief, and uplifted moods.
- Grilling provides entertainment, time to visit with loved ones, and time to make memories.
- Grilling provides fresh air and Vitamin D (sunshine).
- Grilling provides an opportunity for children and teens to learn about cooking.

NATIONAL Grilling MONTH

Grilling Safely

Prevent Cross - Contamination

ENJOY THE BARBECUE

🍴

BEEF UP YOUR FOOD SAFETY

HELPFUL TIPS

- THROW MARINADES/SAUCES THAT TOUCHED RAW MEAT JUICES
- USE CLEAN UTENSILS/PLATE TO REMOVE COOKED MEAT FROM GRILL
- WASH HANDS BEFORE & AFTER HANDLING RAW MEAT/CHICKEN/SEAFOOD
- REFRIGERATE LEFTOVERS WITHIN 2 HOURS OF COOKING

TEXAS A&M AGRILIFE EXTENSION source: <https://www.cdc.gov/foodsafety/communication/bbq-ig.html-month>

Beef Kabobs

1 lb extra lean beef steak
1/4 tsp sea salt
1/4 tsp minced garlic
1 medium green bell pepper cut into 20 squares
10 cherry tomatoes
10 small, fresh mushrooms
2 small, yellow squash cut into 10 slices
Non stick cooking spray
Cut meat into 20 (1-inch) cubes. Thread meat, green pepper, tomatoes, mushrooms, and squash alternately onto five (12-inch) skewers. Sprinkle evenly with salt and garlic.
Coat grill rack with cooking spray; place on medium hot grill (350° to 400°F). Place kabobs on rack and grill uncovered, turning once for 10 minutes or until beef reaches a minimum of 145 degrees F.
<http://dinnertonight.tamu.edu>

YES YOU CAN!

Home food preservation remains an important and popular cultural activity. It is critical that those who practice preserving and processing foods at home have access to the most reliable information available concerning food safety and food quality. The National Center for Home Food Processing and Preservation was established with funding from the Cooperative State Research, Education and Extension Service (CSREES-USDA) in 2000 and is a great source of research, evidenced based food preservation information. <https://nchfp.uga.edu/>

Pack it right

Use only

- Mason-type canning jars
- Two-piece metal lids

Headspace is critical

- 1 inch for meats and vegetables in a pressure canner
- ½ inch for fruits and pickles in a boiling water canner
- ¼ inch for jams and jellies in a boiling water canner

Follow directions

- Choose fresh, high-quality foods.
- Prepare jars and flat lids as in directions.
- Clean, peel, cut, and cook food as in directions.
- Fill clean jars quickly, leaving
- headspace.
- Release trapped air bubbles.
- Wipe jar rim and threads clean.
- Place flat lid on jar; screw band down evenly and firmly, just until resistance is felt.



Can it right

Pressure Canning (240 degrees F)

- Vegetables
- Meats
- Poultry
- Seafood
- Any other low-acid food or mixture

Boiling Water Canning (212 degrees F)

- Fruits & fruit juices
- Tomatoes
- Pickles
- Sauerkraut
- Jams & jellies
- Any other acid food or mixture

Follow directions

- Place filled jars into canner quickly.
- For pressure canning, start with 2 to 3 inches of water in the canner. Start counting process time only after pressure canner has been vented 10 minutes and then brought to desired pressure.
- For boiling water canning, make sure jars in boiling water canner are covered by 1 to 2 inches of water. Start counting process time only after water boils.
- Water must boil, or pressure canner must be at stated pressure, for the entire process time.

Store it right

If lid seals

- Remove metal screw bands.
- Wash off any food or sticky juices.
- Rinse and dry.
- Label jars (content & date).
- Keeps jars in a clean, cool, dry, dark place.
- 50 to 70 degrees F is best.
- Check for loss of seals or signs of spoilage before using.
- Use food within 1 year.

Do your canned foods pass the test?

- Overall appearance
 - Good proportion of solid to liquid
 - Full jar with proper headspace
 - Liquid just covering solid
 - Free of air bubbles
 - Free of stems, cores, seeds
 - Good seals
 - "Practical" pack that is done quickly & easily
- Fruits & vegetables
 - Pieces uniform in size and shape
 - Characteristic, uniform color
 - Shape retained, not mushy or broken
 - Proper maturity
- Liquid or syrup
 - Clear
 - Free from sediment



Cory Edwards
 County Extension Agent
 Family & Community Health
 Lubbock County

WORLD FOOD SAFETY DAY

In the United States, 48 million people will experience foodborne illness and about 3,000 people die every year (CDC). Globally, an estimated 600 million people — almost 1 in 10 people in the world — get sick after eating contaminated food and 420,000 people die every year (WHO). World Food Safety Day is on June 7, 2023! Here are some tips:

- ✓ **Cleaning & Sanitizing** Clean surfaces with a solution of 1 tablespoon unscented liquid chlorine bleach and 1 gallon of water. Air dry or pat dry with clean paper towels
- ✓ **Babies & Toddlers** Children younger than age 5 have an increased risk for food poisoning and related health complications because their immune systems are still developing
- ✓ **Fridge & Freezer** Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Keep a constant refrigerator temperature of 40 °F or below to reduce the risk of food poisoning.
- ✓ **Microwave** Many households enjoy cooking frozen and ready-to-eat convenience foods in a microwave oven.
- ✓ **Fruits & Vegetables** Fruits and vegetables are an important part of a healthy diet, but it's important to handle and prepare them safely.
- ✓ **Meat & Poultry** Raw meat and poultry can spread harmful germs to fresh produce and ready-to-eat foods unless you keep them separate. Cook meat and poultry until it reaches a safe internal temperature on a food thermometer.
- ✓ **Food Delivery** The use of grocery delivery, meal kits and restaurant delivery services has increased. The core food safety practices remain essential to protecting your household from harmful germs.

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www.worldfoodsafetyday.org

Food Managers 2-Day Certification Training

ServSafe Exam Offered

Date
August 8 - 9, 2023

Time
8:30 am - 5:00 pm

Location
Extension Office
Ste 401 - Meeting Rm
916 Main, Lubbock, TX

County
Lubbock

Cost
\$125.00

Deadline to register is
Monday, July 24, 2023!

How can this course help you?

- Understand the major causes of foodborne illness and how to prevent them
- Increase the food safety knowledge of your employees
- Improve relationships with health officials
- Upon passing the certification exam, you will fulfill state requirements for *Certified Food Manager* status.

Topics covered include:

- Foodborne illnesses and how they are caused
- Food safety hazards
- Sanitation regulations
- HACCP
- AND MORE!

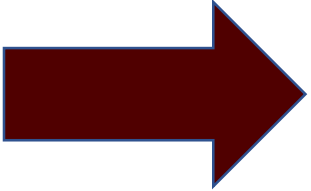
Registration Information

Included with your registration:

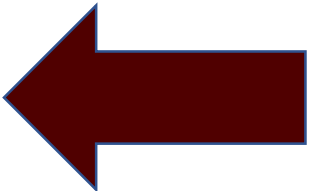
- 2-Day Course
- ANSI-CFP Accredited Certified Professional Food Manager exam (CFM) - ServSafe
- "Food Safety: It's Our Business" course book in English or Spanish

You must bring an acceptable photo ID to be able to take the exam. Register here: <https://forms.gle/Sq43LRmZdex8eqJA9>

For more information and class details:
call 806-775-1740 or email cory.edwards@ag.tamu.edu



Upcoming Events



Food Handlers CLASS

2-year Certification COURSE

WHEN: THURSDAY, JUNE 29, 2023, 5 - 7 PM

WHERE: LUBBOCK COUNTY EXTENSION OFFICE
916 MAIN, STE 401, LUBBOCK, TX

All TEXAS food employees, except for the certified food protection manager, shall successfully complete an accredited food handler training course, within 30 days of employment.

COST: \$20, PAY AT THE DOOR
 CALL 806-775-1740 FOR MORE INFORMATION
 PRE-REGISTER BY CALLING OR FILLING OUT THE GOOGLE FORM
[HTTPS://FORMS.GLE/URWURL3HRMF6CSDA](https://forms.gle/URWURL3HRMF6CSDA)

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