

# PANHANDLE PATH TO HEALTHY LIVING



## May is Mental Health Month

Mental Health America (MHA) is proud to have started May is Mental Health Month in 1949, and since then has led the observance by reaching millions of people through the media, local events and online mental health screenings. Over the past seventy years, it has become the most widely recognized mental health awareness effort in the world.

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions.

For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both the physical and mental health concerns can be daunting – but critically important in achieving overall wellness. Humor, spirituality, recreation, animal companionship, and work-life balance are important for everyone, but may be of special importance to people also living with chronic health conditions and those who care for them

# Path to Wellness.....

## Do You Focus on #4Mind4Body?

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

Did you know that Mental Health America (MHA) founded May is Mental Health Month back in 1949? That means this year marks MHA's 70th year celebrating Mental Health Month!

Mental Health Month is expanding its focus from 2018 and raising awareness about the connection between physical health and mental health, through the theme #4Mind4Body. We are exploring the topics of animal companionship, spirituality and religion, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. The company of animals – whether as pets or service animals— can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

Mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing both #4Mind4Body.

For more information, visit [www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may).



Path to Youth Development.....



June 3-4 FISH N FUN CAMP

June 6-7 Cooking Camp

June 11-13 Texas 4-H Roundup

June 17 Recordbooks Due to Office

June 24-26 Senior Leader Lab/Power Camp

If you are interested in 4-H, now is the time to get involved!! We have a lot of upcoming projects and activities! Look for the 4-H Newsletter or call the office at 806-537-3882 for more information!!

## May

### Important Dates:

#### **Healthy Aging with Senior Citizens**

**May 1st**—1:30PM Groom Community Center

**May 7th**- 1:30PM Groom Community Center

**May 14th** -1:30PM Groom Community Center

**May 21st** -1:30PM Groom Community Center

**May 28th** -1:30PM Groom Community Center

#### **Fresh Start to a New You**

**May 9th**- Carson County War Memorial 6PM

**May 16th** - Carson County War Memorial 6PM

**May 23rd** – Carson County War Memorial 6PM

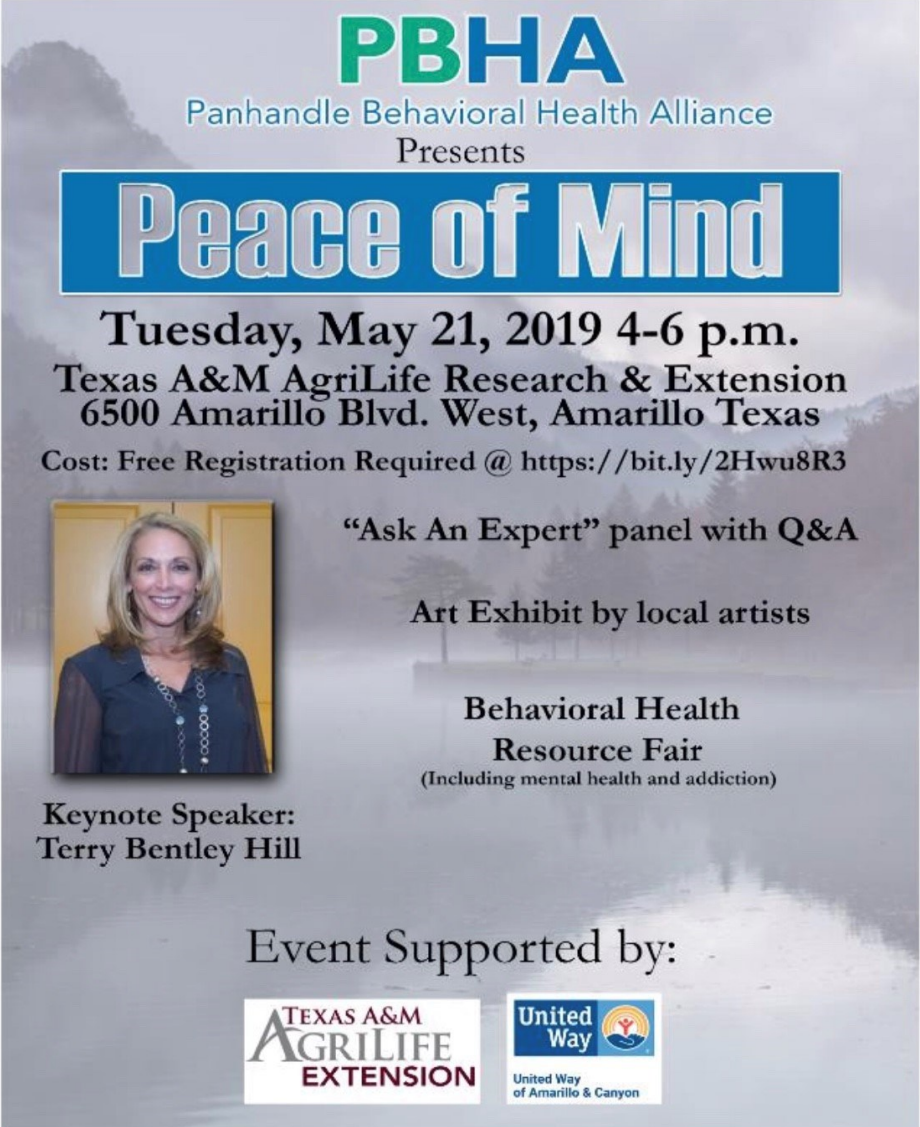
**May 30th** – Carson County War Memorial 6PM

#### Watch KAMR Studio 4

From 4:00 to 5:00 PM

*Studio 4 highlights events happening in our panhandle region. You might even see someone you know!*

## Path to Carson County




**PBHA**  
Panhandle Behavioral Health Alliance  
Presents

# Peace of Mind

**Tuesday, May 21, 2019 4-6 p.m.**  
**Texas A&M AgriLife Research & Extension**  
**6500 Amarillo Blvd. West, Amarillo Texas**

Cost: Free Registration Required @ <https://bit.ly/2Hwu8R3>



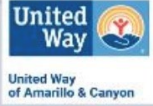

**“Ask An Expert” panel with Q&A**

**Art Exhibit by local artists**

**Behavioral Health  
Resource Fair**  
(Including mental health and addiction)

**Keynote Speaker:**  
**Terry Bentley Hill**

**Event Supported by:**



Registration required at <https://bit.ly/2Hwu8R3>

Texas A&M AgriLife Extension has begun offering Mental Health First Aid courses in the panhandle. If you are interested in this course contact your local county agent.

### It's Storm Season!

Knowing what to do when you see a tornado, or when you hear a tornado warning, can help protect you and your family. During a tornado, people face hazards from extremely high winds and risk being struck by flying and falling objects. After a tornado, the wreckage left behind poses additional injury risks. Although nothing can be done to prevent tornadoes, there are actions you can take for your health and safety.

#### **Tornado Watch**

A tornado watch is issued when weather conditions favor the formation of tornadoes, for example, during a severe thunderstorm.

During a tornado watch, stay tuned to local radio and TV stations or a National Oceanographic and Atmospheric Administration (NOAA) Weather Radio External for further weather information.

#### **Tornado Warning**

A tornado warning is issued when a tornado funnel is sighted or indicated by weather radar. You should take shelter immediately.

#### **Important Measures To Take**

- ♦ Take a few minutes with your family to develop a tornado emergency plan. Sketch a floor plan of where you live, or walk through each room and discuss where and how to seek shelter.
- ♦ Show a second way to exit from each room or area. If you need special equipment, such as a rope ladder, mark where it is located.
- ♦ Make sure everyone understands the siren warning system, if there's such a system in your area.
- ♦ Mark where your first-aid kit and fire extinguishers are located.
- ♦ Mark where the utility switches or valves are located so they can be turned off—if time permits—in an emergency.
- ♦ Teach your family how to administer basic first aid, how to use a fire extinguisher, and how and when to turn off water, gas, and electricity in your home.

<https://www.cdc.gov/disasters/tornadoes/prepared.html>

# TEXAS A&M AGRI LIFE EXTENSION

Panhandle Path to Healthy Living is a Family and Community Health information resource for area families in the Texas Panhandle Counties. The newsletter is published monthly. Readers are encouraged to read the newsletter and then pass it on. Any information may be reproduced for education purposes in any form and credit cited appropriately.

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## Path to Plate.....

### *Chicken Florentine*

#### Ingredients

- 4 cups firmly packed baby spinach leaves, washed with stems removed, or 1 (10 oz.) package frozen, chopped spinach
- 1 tablespoon olive oil
- 1 teaspoon dried and crushed or 2 teaspoons fresh thyme
- 2 cloves garlic, peeled and chopped
- ½ cup onion, finely chopped
- 1 tablespoon flour
- 1 cup low-sodium chicken broth
- 4 grilled or roasted skinless chicken breasts, shredded or chopped
- 2 lemons, to yield 2 tablespoons grated lemon peel and 4 lemon wedges for garnish

#### Directions

- Place spinach in a large skillet over medium heat. Cover and cook until spinach is wilted or frozen spinach is heated through. The spinach should be a dark, rich green color. Do not overcook. Remove spinach and drain well.
- In the same skillet, heat oil, thyme, garlic, and onion. Sauté until onion is transparent. Stir in flour until it disappears. Add broth and stir continuously until a thickened sauce is formed. Return chopped spinach to the sauce and mix well. Heat through.
- Stir half the chicken into the sauce.
- To serve, spoon equal amounts in four small casseroles. After portioned, top each with part of the remaining chicken and ½ Tbsp grated lemon peel. Place in preheated 300°F oven for 10 minutes. Serve each with a lemon wedge.

