

BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans



Volunteers

MAKE A DIFFERENCE

IN THIS EDITION

- Dear Volunteers 1
- MWV Reporting 2
- Car seat dates 2
- Upcoming Events 2
- Volunteer-Assisted 4
- Volunteer Spotlight 5

2020 FCH/BLT COMMITTEE MEETING DATES

Save -the-Dates

Dear Volunteers,

The happiest of New Year's and Decade to you! I simply cannot thank you enough for sharing your talents and expertise to improve health and wellness in 2019. We have four meetings set for this year. Please mark your calendars and plan to attend at the Brazos County Extension Office located at 2619 Highway 21 West in Bryan. The first meeting we will review the roles and responsibilities of program area committees, civil rights and affirmative action statements, best management practices, and conduct business. I hope to see you soon!

**January 27, 2020@ 3:30 pm*

**April 27, 2020@3:30 pm*

**July 27, 2020@3:30 pm*

**October 19, 2020@3:30 pm*

See you soon,

Flora Williams

County Extension Agent-FCH

Brazos County



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

Monthly Master Wellness Volunteer Reporting *Report!*

Certified MWVs expand the reach of health programs. MWVs receive 40 hours of education. In return, volunteers give 40 hours of volunteer service by teaching that subject matter and reporting it. Report hours to <http://agrillife.org/mwv> by the 2nd of each month.

What should you report? Meetings, classes, events, trainings, worksite wellness using Extension resources. Please let me know if you are available January 21 or March 3 between 9:30 am-3:30 pm to come say hello to the new MWV class.

January-April Car Seat Inspection Days **@ the Extension Office 9:00 am-3:00 pm**

*Sign up to help scribe or install
by
emailing Flora!*

January 10, 2020

February 7, 2020

March 6, 2020

April 3, 2020



Upcoming January Events

A FRESH START TO HEALTHIER YOU FOOD SAFETY

January 15, 2020; BCS MOVE! Group; 9:00-10:30 am; VA Clinic 1651 Rock Prairie Road Suite 100 College Station (volunteers needed to help with set up, serving food, and clean up)

A FRESH START TO HEALTHIER YOU NUTRITION

January 16, 2020; Parent's Academy Neal Elementary 801 W MLK Jr Bryan; 12:00 noon and 5:30 pm; (volunteers needed to help with set up, serving food, and clean up) This will be two small groups.

DINNER TONIGHT WELLNESS WORKS! COOKING CLUB REUNION

January 23, 2020@ 12:00 noon; TAMU Reed Arena
(Volunteers needed to assist with event beginning at 10:30)

BRAZOS COUNTY 4-H FOOD SHOW JUDGE

January 30, 2020@ 5:00-7:00 pm (judging time); Brazos County Expo (Volunteers needed; must have nutrition knowledge and ability to judge at a fast pace)

Sign up to help by emailing Flora!

FCH/BLT covers the cost of the class, if needed

Thank you Diana and Julie for signing up! I will send more information when registration closes.

Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same.

Receive 40 hours of training and give back 40 hours of service!



**MASTER
WELLNESS**
VOLUNTEER PROGRAM

allows those who have a passion about health and wellness to share that passion with others via worksite wellness programs, community events and more!

2020 Series Dates:

January 21 - First Session
February - Online Study
March 3 - Final Session

Cost: \$75
College Student: \$25

Session Times:
9:30 AM - 3:30 PM

Registration Opens: November 15, 2019 at <https://agrilife.org/mwv>
Registration Deadline: January 14, 2020

For More Information Contact

Flora Williams at fewilliams@ag.tamu.edu

First and Final Session location:

Brazos County Extension Office
2619 Highway 21 West
Bryan, Texas 77803

TEXAS A&M
AGRI LIFE
EXTENSION

Texas A&M AgriLife Extension is an equal opportunity employer and program provider. Reasonable accommodations are provided upon request and in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call at least 48 hours in advance.

Upcoming February Events

A FRESH START TO HEALTHIER YOU SERIES

Catholic Charities; 10:00 am

February 5, 2020

February 10, 2020

February 21, 2020

(volunteers needed to help with set up, serving food, and clean up; show up at 9:50)

DINNER TONIGHT WELLNESS WORKS! COOKING CLUB REUNION

February 27, 2020 @ 12:00 noon; TAMU Reed Arena

(Volunteers needed to assist with event beginning at 10:30)

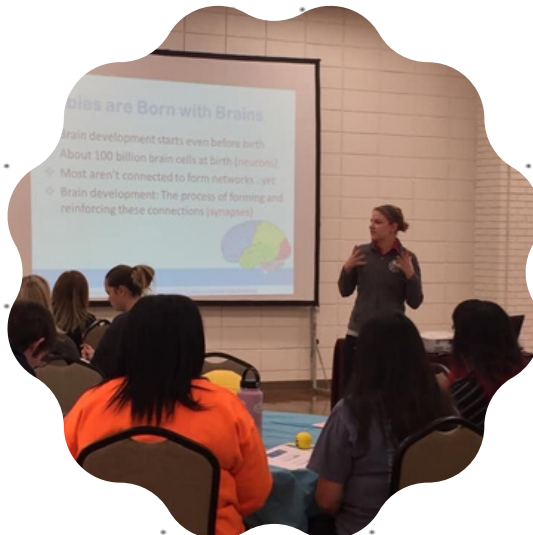
*Sign up to help by
emailing Flora!*

Volunteer-Assisted Presentations/Programs/Events since Last Newsletter

- Pizza Ranch-October 9-10; Sara Mendez, Julie Prouse, Morayo Suara, and Diane Gaytan, Mary Parrish
- Leadership Advisory Board-October 25; Julie Prouse, Pat Pierson, Sara Mendez
- Brazos County 4-H Food Challenge-Oct 22, 2019; Julie Prouse, Sara Mendez; Cierra Johnson, Khaja Siddiqui
- Volunteer Appreciation Luncheon-November 6; Julie Prouse, Pat Pierson, Priscilla Ofori
- Childcare Provider Training-November 16; Julie Prouse, Martha Sanders, Mary Parrish
- Elected Officials Luncheon-December 11; Julie Prouse, Sara Mendez
- Walk Across Texas Taskforce-Mary Parrish, Pat Pierson, Sara Mendez
- Paid bills-Martha Sanders and Sara Mendez
- Car seat referrals-Martha Sanders



Spotlight on Volunteers in Action





A KINDER NEW YEAR'S RESOLUTION

- Set an attainable weight loss goal, like 5 pounds.
- Examine your habits without judgement to determine where YOU can make the best change.
- Notice that another 5 pounds is still attainable.
- Prepare yourself for the long game....you're worth it!

TEXAS A&M
AGRI LIFE
EXTENSION

Brazos County Extension Office Texas A&M AgriLife Extension Service

2619 Highway 21 West
Bryan, Texas 77803

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For more information about
Family & Community Health
or
Better Living for Texans classes
contact
Flora Williams