BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans



Volunteers

MAKE A DIFFERENCE

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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

2020 FCH/BLT COMMITTEE MEETING DATES

Save -the-Dates

Dear Volunteer,

We have three meetings left for this year. Even though it is early in the year, we have already completed some of our wellness work (insert applause). You will see the details as you read about them on page four of this newsletter. If you haven't done so already, please mark your calendars and plan to attend the meetings at the Brazos County Extension Office located at 2619 Highway 21 West in Bryan. This next meeting we will revamp the programs and activities that need revamping so that we can implement them in high-quality fashion.

*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

Monthly Master Wellness Volunteer Reporting

Report hours to http://agrilife.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 March 3 between 9:30 am-3:30 pm to come say hello to the new MWV class. Thank you Pat Pierson for reporting your hours.

March-April Car Seat Inspection Days

@ the Extension Office 9:00 am-3:00 pm

March 6, 2020

April 3, 2020

May 8, 2020

June 5, 2020

July 9, 2020



Sign up to help scribe or install by emailing Flora!

Upcoming February EventsA FRESH START TO A HEALTHIER YOU SERIES

Catholic Charities; 9:30 am

February 21, 2020

(volunteers signed up Pat Pierson and Diana Gaytan to help with set up, serving food, and clean up; show up at 9:20)

DINNER TONIGHT COOKING WITH FRIENDS: FOOD IS LOVE! Flourish at TAMU Kickoff

February 27, 2020@ 11:30 am to 1:00 pm; TAMU Rec Center RM 2229A (Volunteers needed to assist with plating and serving beginning at 10:30)

More- Dinner Tonight Cooking with Friends Events

Flourish at TAMU Cooking Sessions TAMU Rec Center RM 2229A

March 26, 2020@ 5:30 to 7:00 pm Quick Meals

April 28, 2020@TBA Saving on the Food Dollar

May 19, 2020@5:30 pm

June 30, 2020e11:30 am





BLT Series

GET THE FACTS SERIES AND FOOD DEMOS





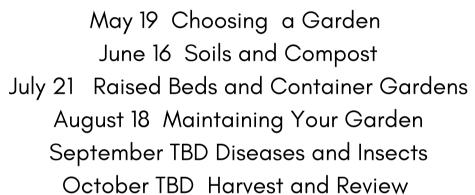
February 19 Get the Facts on Nutrition Labels March 11 Get the Facts on Fat March 17 Get the Facts on Sodium

April 21 Get the Facts on Added Sugars

(volunteers needed to help with set up, serving food, and clean up; show up at 10:50)

GROWING AND NOURISHING HEALTHY COMMUNITIES CLASSES

Lincoln Recreation Center @ 11:00



(Volunteers needed to assist with activities; show up at 10:50)

COOKING WELL FOR HEALTHY BLOOD PRESSURE AgriLife Employee Wellness @ 12 noon

Part 2

March 25 A Virtual Grocery Store Tour-AgriLife Admin Services

March 26 A Virtual Grocery Store Tour-AgriLife TVMDL

Part 3

April 14 Cooking with Spices and Herbs-AgriLife Admin Services April 16 Cooking with Spices and Herbs-AgriLife TVMDL (Volunteers needed to assist with activities; show up at 11:30)

> Sign up to help by emailing Flora!



Volunteer-Assisted Presentations/Programs/Events since Last Newsletter

- A Fresh Start to Healthier you Food Safety-January 15, 2020 @ the VA Clinic; Julie Prouse
- Master Wellness Volunteer Class-January 21, 2020; Diana Gaytan and Julie Prouse
- FCH Committee meeting-January 27, 2020; Diana Gaytan, Julie
 Prouse, Martha Sanders, Pat Pierson, Sara Mendez, and Sydney
 Brown
- Brazos County 4-H Food Show-January 30, 2020; Priscilla Ofori and Julie Prouse
- Car seat referrals-Martha Sanders
- Bill paying-Martha Sanders and Sara Mendez
- Walk Across Texas Taskforce-Diana Gaytan, Mary Parrish, Pat Pierson, and Sara Mendez

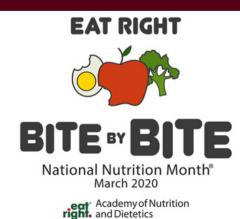
According to ChooseMyPlate.gov, a healthy eating pattern should include a variety of foods including:

- Fruits such as bananas, strawberries, apples, pears, grapes,
- Vegetables such as carrots, onions, green peppers, eggplants, corn
- Grains such as oats, rice, bread, pasta, popcorn
- Dairy such as milk, cheese, yogurt
- Protein such as chicken, beef, seafood, eggs, nuts and seeds

A well-balanced eating pattern can provide us with a variety of nutrients, such as fiber, potassium, calcium, protein and carbohydrates, that are needed for our body's day to day activities.







On February 11, 2020 the World Health Organization announced an official name for the disease that is causing the current outbreak of coronavirus disease, COVID-19. CDC will be updating their website and other CDC materials to reflect the updated name.



What you need to know about 2019 Novel Coronavirus (2019-nCoV)

What is 2019 novel coronavirus?

The 2019 novel coronavirus (2019-nCoV) is a new virus that causes respiratory illness in people and can spread from person to person. This virus was first identified during an investigation into an outbreak in Wuhan, China.

Can people in the U.S. get 2019-nCoV?

The 2019-nCoV is spreading from person to person in China and limited spread among close contacts has been detected in some countries outside China, including the United States. At this time, however, this virus is NOT currently spreading in communities in the United States. Right now, the greatest risk of infection is for people in China or people who have traveled to China. Risk of infection is dependent on exposure. Close contacts of people who are infected are at greater risk of exposure, for example health care workers and close contacts of people who are infected with 2019-nCoV. CDC continues to closely monitor the situation.

Have there been cases of 2019-nCoV in the U.S.?

Yes. The first infection with 2019-nCoV in the United States was reported on January 21, 2020. The current count of cases of infection with 2019-nCoV in the United States is available on CDC's webpage at https://www.cdc.gov/coronavirus/2019-ncov/cases-in-us.html.

How does 2019-nCoV spread?

This virus probably originally emerged from an animal source but now seems to be spreading from person to person. It's important to note that person-to-person spread can happen on a continuum. Some viruses are highly contagious (like measles), while other viruses are less so. At this time, it's unclear how easily or sustainably this virus is spreading between people. Learn what is known about the spread of newly emerged coronaviruses at https://www.cdc.gov/coronavirus/2019-ncov/about/transmission.html.

What are the symptoms of 2019-nCoV?

Patients with 2019-nCoV have reportedly had mild to severe respiratory illness with symptoms of

- fever
- cough
- shortness of breath



What are severe complications from this virus?

Many patients have pneumonia in both lungs.

How can I help protect myself?

The best way to prevent infection is to avoid being exposed to this virus.

There are simple everyday preventive actions to help prevent the spread of respiratory viruses. These include

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Wash your hands often with soap and water for at least 20 seconds. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

If you are sick, to keep from spreading respiratory illness to others, you should

- · Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces.

What should I do if I recently traveled to China and got sick?

If you were in China within the past 14 days and feel sick with fever, cough, or difficulty breathing, you should seek medical care. Call the office of your health care provider before you go and tell them about your travel and your symptoms. They will give you instructions on how to get care without exposing other people to your illness. While sick, avoid contact with people, don't go out and delay any travel to reduce the possibility of spreading illness to others.

Is there a vaccine?

There is currently no vaccine to protect against 2019-nCoV. The best way to prevent infection is to avoid being exposed to this virus.

Is there a treatment?

There is no specific antiviral treatment for 2019-nCoV. People with 2019-nCov can seek medical care to help relieve symptoms.

For more information: www.cdc.gov/nCoV

