

BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans



MAKE A DIFFERENCE

IN THIS EDITION

- Dear Volunteer 1
- MWV Reporting 2
- Car seat dates 2
- Upcoming Events 2
- Volunteer-Assisted 4
- National Volunteer Month 4
- Scrub Up Tune Up 5
- Contact Info 6



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*

2020 FCH/BLT COMMITTEE MEETING DATES

Save -the-Dates

Dear Volunteer,

We still have three meetings left for this year. My prayer is that you are taking care of yourselves and your families. Texas A&M AgriLife Extension Service has suspended the implementation of face to face meetings and classes due to COVID-19. If you haven't done so already, please mark your calendars and plan to attend the meetings via technology or at the Brazos County Extension Office located at 2619 Highway 21 West in Bryan when we are permitted to do so again. This next meeting, we will look at the game plan to offering programs and activities.

**April 27, 2020@3:30 pm (via Zoom)*

**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!*

Report hours to <http://agrilife.org/mwv> by the 2nd of each month.

What should you report? Meetings, classes, events, training, worksite wellness using Extension resources. Thank you **Diana Gaytan, Julie Prouse, and Pat Pierson** for reporting your hours for February and March.



Congratulations

On March 3, 2020 **Julie Prouse and Marita Aste** completed their requirements to move from Master Wellness candidates to Master Wellness Volunteer trainees. Their next step is to giveback 40 hours of volunteer time. Best wishes ladies!

Tentative Car Seat Inspection Days

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

April 3, 2020 *Cancelled due to COVID-19*

May 8, 2020

June 5, 2020

July 9, 2020

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

If you sign up and class is cancelled I will notify you.

More- Dinner Tonight Cooking with Friends Events

Flourish at TAMU Cooking Sessions

April 28, 2020 @ noon via Zoom

May 19, 2020 @ 5:30 pm

June 30, 2020 @ 11:30 am

*Sign up to help
by emailing Flora!*



Location will be at TAMU Rec Center or Via Zoom in May and June classes.



BLT Series

GET THE FACTS SERIES AND FOOD DEMOS

Lincoln Recreation Center @ 11:00

March 17 Get the Facts on Sodium *Cancelled due to COVID-19*

April 21 Get the Facts on Added Sugars *Cancelled per City of College Station*



(We will be rescheduling these classes. The senior meal site will not host any classes until the end of May for now.)

GROWING AND NOURISHING HEALTHY COMMUNITIES CLASSES

Lincoln Recreation Center @ 11:00

May 19 Choosing a Garden *Cancelled per City of College Station*

June 16 Soils and Compost

July 21 Raised Beds and Container Gardens

August 18 Maintaining Your Garden

September TBD Diseases and Insects

October TBD Harvest and Review



(Volunteers needed to assist with activities; show up at 10:50; stay tuned for updates on these classes.)

COOKING WELL FOR HEALTHY BLOOD PRESSURE

AgriLife Employee Wellness @ 12 noon

Series cancelled due to COVID-19

Part 3

April 14 Cooking with Spices and Herbs-AgriLife Admin Services

April 16 Cooking with Spices and Herbs-AgriLife TVMDL

(Look for future dates for this series.)

Volunteer-Assisted Presentations/Programs/Events since Last Newsletter

- Brazos County 4-H Food and Nutrition Tour-February 3; **Julie Prouse**
- A Fresh Start to Healthier You @ Catholic Charities-February 5; **Julie Prouse**
- A Fresh Start to Healthier You @ Catholic Charities-February 21; **Diana Gaytan, Pat Pierson, and Sydney Brown**
- Dinner Tonight Kickoff @ Flourish at TAMU-February 27; **Martha Sanders**
- Master Wellness Volunteer Final Class-March 3; **Julie Prouse and Marita Aste**
- 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**



Julie Prouse assisting
at the 4-H Food and
Nutrition Tour at
Ronald McDonald
House



Julie Prouse, Pat Pierson, Sydney
Brown, and Diana Gaytan assisted at
Catholic Charities as facilitators and
translators (Pictured is Diana)



Sara Mendez assisting
at the Walk Across
Texas Amp it up! Event

**APRIL IS NATIONAL
VOLUNTEER
MONTH**

Thank you!

Texas A&M AgriLife Extension Service would like to
express our sincerest gratitude your volunteerism.

Texas A&M AgriLife Extension's New Campaign

Hand washing is one of the best ways to protect yourself and your family from getting sick by preventing the spread of 'bad' germs that cause disease, such as COVID-19 and influenza (the flu). Visit the Scrub Up, Tune Up Program resource for prevention information. See how your hand washing skills measure up. Visit <https://howdyhealth.org/scrubup>. Master Wellness Volunteers can count this as training if you go through the website.



RESOURCES VIDEOS



Clean Hands Save Lives

Handwashing is one of the best ways to protect yourself and your family from getting sick by preventing the spread of 'bad' germs that cause disease, such as [COVID-19](#) and [influenza](#) (the flu).

Unfortunately, few people wash their hands *WHEN* they are supposed to. Worse — even fewer wash their hands *HOW* they are supposed to.

Give your
scrub up
a tune up.

BEGIN >

Scrub Up Videos



**Brazos County Extension Office
Texas A&M AgriLife Extension Service**

**2619 Highway 21 West
Bryan, Texas 77803**

Phone: 979-823-0129

Fax: 979-775-3768

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

E-mail: fewilliams@ag.tamu.edu

Thank you!