

BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans



MAKE A DIFFERENCE

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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

Dear Volunteer,

We still have two more virtual meetings left for this year. Oh what a year it has been! Texas A&M AgriLife Extension Service has suspended the implementation of face to face meetings and classes due to COVID-19 when a virtual means is appropriate. Otherwise, there are health protocols that must be met.

If you haven't done so already, please mark your calendars and plan to attend the meetings via technology (ZOOM). This next meeting, we will plan a virtual child care conference and discuss other programs and activities. I hope the new time works for everyone.

*July 27, 2020@12:30 pm (via Zoom) **NEW TIME**

*October 19, 2020@3:30 pm (via Zoom)

Thank you,

Flora Williams

County Extension Agent-FCH

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.

Car Seat Inspection Program Update

Please let Flora know if you are interested in becoming a technician!

April 3, 2020	<i>Cancelled due to COVID-19</i>
May 8, 2020	<i>Cancelled due to COVID-19</i>
June 5, 2020	<i>Cancelled due to COVID-19</i>
July 9, 2020	<i>Cancelled due to COVID-19</i>

New dates will be set once TxDOT gives the green light to continue.

More- Dinner Tonight Cooking with Flourish Events

Flourish at TAMU Zoom Cooking Sessions

April 28, 2020 menu-Mom's Chicken & Dumplings, Spicy Corn Muffins, & Grilled Watermelon

May 19, 2020 menu Mexican Roast Taco, Black Bean & Rice Salad, & Pomegranate Fruit Salad

June 30, 2020 menu-Three Cheese Spinach Roll Ups, Avocado Mandarin Tossed Salad, and Peach Cobbler

YOU ARE INVITED

July 16, 2020 @ 5:30 pm menu-Deep Dish Pizza Casserole, Roasted Carrots, Cherry Vanilla Ice Cream.

Here is the invitation to attend. Click [here](#)

BLT Series

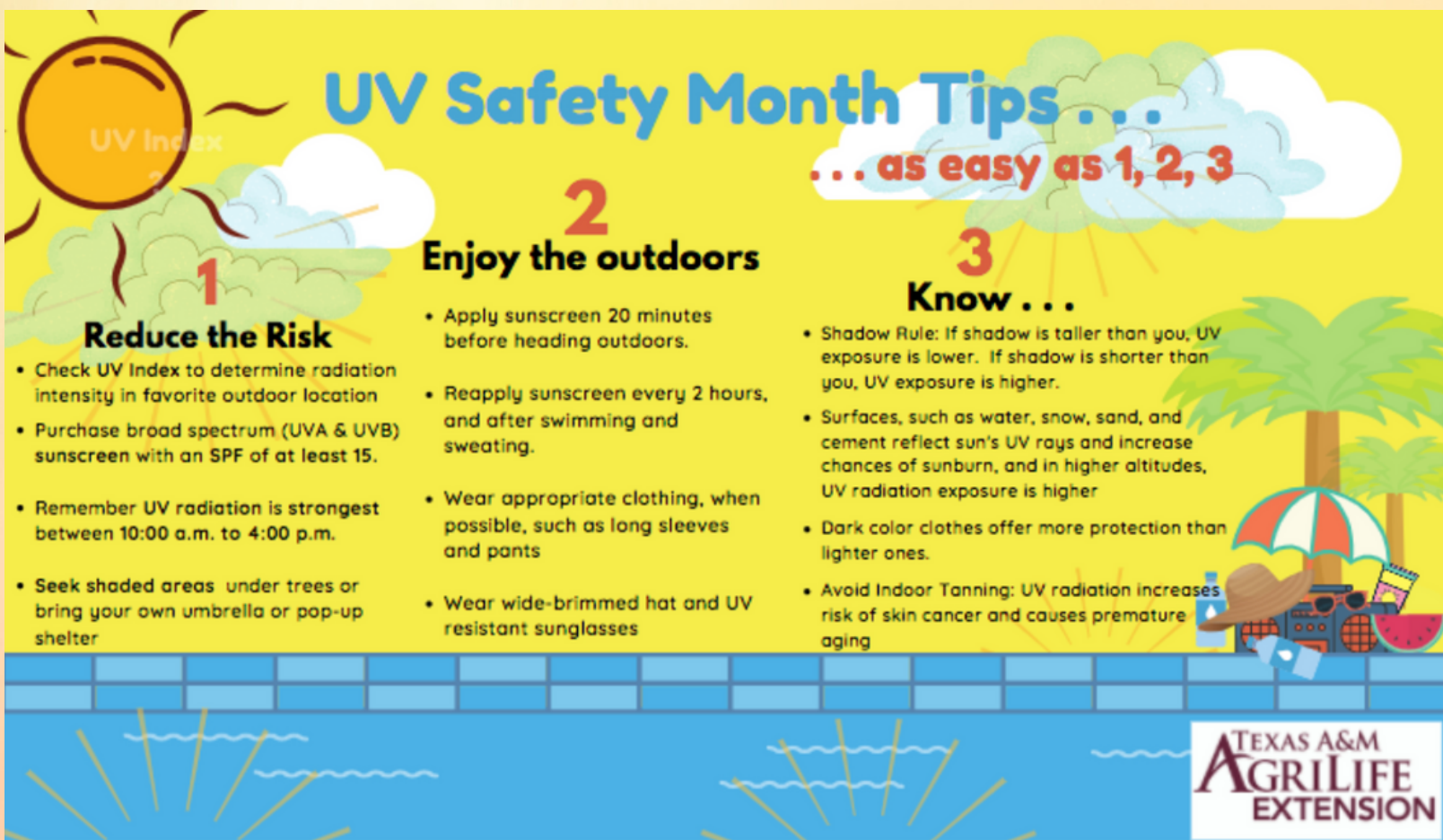
GET THE FACTS SERIES AND FOOD DEMOS

&

GROWING AND NOURISHING HEALTHY COMMUNITIES CLASSES

We will be scheduling these classes in the future. The senior meal site is not currently hosting any classes.





UV Safety Month Tips ...

... as easy as 1, 2, 3

1 Reduce the Risk

- Check UV Index to determine radiation intensity in favorite outdoor location
- Purchase broad spectrum (UVA & UVB) sunscreen with an SPF of at least 15.
- Remember UV radiation is strongest between 10:00 a.m. to 4:00 p.m.
- Seek shaded areas under trees or bring your own umbrella or pop-up shelter

2 Enjoy the outdoors

- Apply sunscreen 20 minutes before heading outdoors.
- Reapply sunscreen every 2 hours, and after swimming and sweating.
- Wear appropriate clothing, when possible, such as long sleeves and pants
- Wear wide-brimmed hat and UV resistant sunglasses

3 Know ...

- Shadow Rule: If shadow is taller than you, UV exposure is lower. If shadow is shorter than you, UV exposure is higher.
- Surfaces, such as water, snow, sand, and cement reflect sun's UV rays and increase chances of sunburn, and in higher altitudes, UV radiation exposure is higher
- Dark color clothes offer more protection than lighter ones.
- Avoid Indoor Tanning: UV radiation increases risk of skin cancer and causes premature aging

TEXAS A&M AGRILIFE EXTENSION

At the Intersection of Two Pandemics: COVID-19 & Obesity

July 16, 2020
10-11:15 a.m.



ATTEND THIS WEBINAR TO EARN MWV HOURS OR JUST TO KNOW

ORI Webinar At the Intersection of Two Pandemics: COVID-19 & Obesity

Zoom link: <https://bit.ly/TTU2Pandemic>

Organizing Committee: Dr. Naima Moustaid-Moussa, Dr. Jannette Dufour, Dr. Kembra Albracht-Schulte, Cristal P. Sanchez, Crystal Price, M.A., & Caroline Shipley

10-10:05	Welcome and Introduction from the Obesity Research Institute Naima Moustaid-Moussa, PhD, FTOS, FAHA, ORI Founding Director, TTU Jannette Dufour, PhD, ORI Associate Director, TTUHSC
10:05-10:10	COVID-19, A Brief Overview Ronald L. Cook, DO, MBA, FAAFP, FACOPF, TTUHSC
10:10-10:18	Can Smart Surface Slow the Contagion Halima Bensmail, PhD, Qatar Computing Research Institute
10:18-10:26	Estimating Severity, Case-Fatality, and Risk Factors of Severity of COVID-19 Using Meta-Analysis Methodology. Chanaka Kahathuduwa, MD (MBBS), PhD, TTUHSC
10:26-10:34	Texas A&M AgriLife Extension Service Response: Timely & Relevant Mandi Seaton, MS, Texas A&M AgriLife Extension
10:34-10:42	Cancer in the Time of COVID-19 Theresa Byrd, DrPH, MPH, RN, TTUHSC
10:42-10:50	Applying Nanotechnology in Combating COVID-19 and Obesity Shu Wang, MD, PhD, FAHA, TTU
10:50-11:15	Q&A Session

ZOOM LINK: [HTTPS://BIT.LY/TTU2PANDEMIC](https://bit.ly/TTU2PANDEMIC)

Exciting Opportunity in Suicide Prevention

Brazos County FCH has partnered with the Suicide Awareness & Prevention Office within the Counseling & Psychological Services department of TAMU. Each year they host the Not Another Aggie Suicide Awareness Walk in September to help prevent and bring awareness to suicide prevention. It's a safe place for people to come together, learn about reducing suicide stigma, and support this cause.

Unfortunately, due to the social distancing, they are getting creative since they may not be able to have the walk in the traditional way. Typically, they have been able to gather and walk through campus.

They reached out to form a partnership for this year's walk. Details will be released soon once they get all of the proper approvals to do the walk virtual using the Walk Through Texas History howdyhealthy.tamu.edu portal.

Each person that signs up will log in their steps and receive important suicide prevention information during the month of September, which is National Suicide Prevention Month. Please let Flora Williams know if you are interested in being a part of this effort.



CRISIS TEXT LINE |

Text HELLO to 741741

Free, 24/7, Confidential



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

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

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**For more information about
Family & Community Health
or
Better Living for Texans classes
contact
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Thank you!