

# BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans



## Volunteers

MAKE A DIFFERENCE



## 2021 FCH/BLT COMMITTEE MEETING DATES

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Dear Volunteer,

Happy holidays! What an interesting year 2020 has been! Through it all, we managed to make a difference. Texas A&M AgriLife Extension Service is closely monitoring the COVID-19 pandemic. Program implementation regarding virtual and in-person program guidance will be based on agency and county directives.

Please mark your calendars and plan to attend committee meetings via technology (ZOOM). At the next meeting, we will look back at 2020 results and highlights and look ahead to 2021. My hope is that you will each remain a part of this committee if it still suits you. We make a great team!

**\*January 25, 2021**

**\*July 26, 2021**

**\*April 26, 2021**

**\*October 25, 2021**



Thank you,

*Flora Williams*

*County Extension Agent*

*FCH Brazos County*

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 hours to <http://agrillife.org/mwv> by the 2nd of each month. **What should you report?** Meetings, classes, events, training, worksite wellness using Extension resources.

**REMEMBER!**

## ● ● ● ● ● CAR SEAT INSPECTION PROGRAM UPDATE

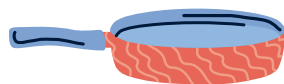


The Brazos County Extension Office is no longer offering car seat inspections or appointments. Our office will refer families to other fitting stations in Brazos County. Passenger safety presentations will still be offered to groups.

Our committee has two passenger safety instructors and one technician. They are Priscilla Offori, Flora Williams, and Julie Prouse, respectively.

## ● ● ● ● ● ● ● DINNER TONIGHT & COOKING EVENTS

In 2020, seven Dinner Tonight Cooking classes were hosted by Flourish at TAMU. One was in person and the other six were via Zoom. Menus taught included: Pecan-crusted Mahi-Mahi, Caprese Spaghetti Squash, Berry Compote; Grilled Steak-Pineapple Skewers, Lemon Rice, Red, White, & Blue Fruit Trifle; Mom's Chicken and Dumplings, Spicy Corn Muffins, Grilled Watermelon; Mexican Roast Tacos, Black Bean & Rice Salad, and Pomegranate Fruit Salad; Three Cheese Spinach Roll ups, Avocado Mandarin Tossed Salad, and Peach Cobbler; Deep Dish Pizza Casserole, Roasted Carrots, Cherry Vanilla Ice Cream; Spinach Quesadillas, Cauliflower Fried Rice, and Blueberry Apricot Yogurt Parfaits. During September through Flourish at TAMU was supplied with weekly recipes.



**Moving forward in 2021**



Cooking events will be held virtually. Events booked currently for 2021:

- January 28-Jar Meals for AgriLife Employee Wellness @11:30 am
- March 23-Dinner Tonight for TAMU students @11:30 am

**All committee members are welcome to attend.**

## **BETTER LIVING FOR TEXANS**

# **WELCOME**

### **BLT Extension Agent on board**

Help me to welcome our newest staff member aboard. Catherine Zender will join the Brazos County Extension team being January 11, 2021. She comes to us with a wealth of experience and is a registered dietitian.

Catherine hails to us from Minnesota. This position in the past was an Extension Assistant. Catherine's title is Extension Agent.

## **VOLUNTEER OPPORTUNITIES**



- Master Wellness Volunteer class-January 19 and March 3; 9:00-4:00; Brazos County Extension Office (guest speakers needed)
- Brazos County 4-H Food Show-February 4; 5:00-7:30 p.m.; Brazos County Expo (volunteers needed as interview judges)
- Brazos County 4-H Fashion Show-February 9; 4:30-6:30 p.m.; Brazos County Expo (volunteers needed as judges)
- Walk Across Texas Taskforce members (see flyer for details; volunteers needed to help plan and implement events)

**Texas A&M AgriLife Extension Service  
would like to express our sincerest  
gratitude to each volunteer.**

25 YEARS OF WAT IN TEXAS

## BV WALK ACROSS TEXAS 2021 CHALLENGE

February 13, 2021-April 9, 2021

### ABOUT WALK ACROSS TEXAS! (WAT)

Walk Across Texas! is a fun, free and flexible way for the community to get active. Participate on a team of up to eight.

1. Grab your friends, family, and colleagues and get registered.
2. Keep track of your physical activity in miles.
3. See if your team can walk the 833 miles “across Texas” in 8 weeks.
4. Report your miles weekly or daily at [howdyhealth.org](http://howdyhealth.org).

### WAT REGISTRATION & START DATE

Go to [howdyhealth.org](http://howdyhealth.org) and register online by February 17, 2021  
Select February 13, 2021 as the start date.

NEW IN 2021



@walk.across.texas.bv

### WEEKLY VIRTUAL INSTRUCTOR LED WORKOUTS

February 24, 2021

March 3, 2021  
March 10, 2021  
March 17, 2021  
March 24, 2021

March 31, 2021  
April 7, 2021

Strengthening  
and toning  
Dance Party  
Pilates  
Yoga  
Foam Roller  
Stretching  
TBD  
Zumba



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## ***Holiday Travel—Make sure children are riding safely! Baby It's Cold Outside-Heavy Coats + Car Seats Don't Mix!***



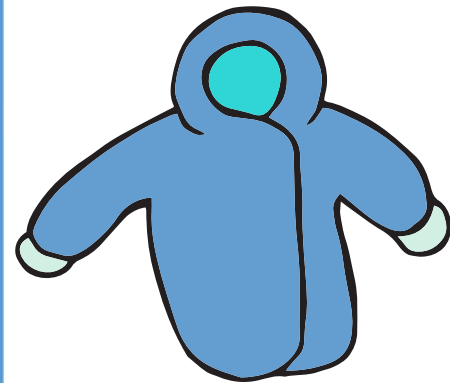
- **Rear-facing**—Keep children in a rear-facing car safety seat as long as possible, until they reach the highest weight or height limit allowed by their car seat manufacturer. Most convertible seats have limits that will permit children to ride rear-facing for 2 years or more.
- **Forward-facing**—Keep children in a forward-facing harness seat until they reach the highest height and weight limit of the seat.
- **Booster Seat**—When child outgrows the limits of the forward-facing harnessed seat they should ride in a booster seat until they fit the lap/shoulder belt. This is usually between the ages of 8 and 12.
- **Children under 13** should always ride safely restrained in the back seat.

**Padding from puffy coats will compress in a crash causing slack in the harness system. This can cause injury.**

### **Safety Tips:**

- **Dress child in layers**
- **Prewarm up the vehicle**
- **Remove heavy coat before securing the harness**
- **Cover child with a blanket on top of harness or put the jacket on backwards on top of child.**

## **Holiday Car Seat Safety Tip**



**Remove children from puffy coats before placing them in a car seat.**

**TEXAS A&M  
AGRI LIFE  
EXTENSION**

**PASSENGER SAFETY**  
KidSafe Initiatives

*in cooperation with*  
**Save a Life™**  
Texas Department of Transportation



**The new Extension building is under construction.**





# VOLUNTEER SPOTLIGHT SINCE LAST NEWSLETTER

Thank you for all you do!



**THANKYOU**

Martha for being an instructor at the virtual child care training, making car seat referrals, delivering PPE to child care centers, paying our bills



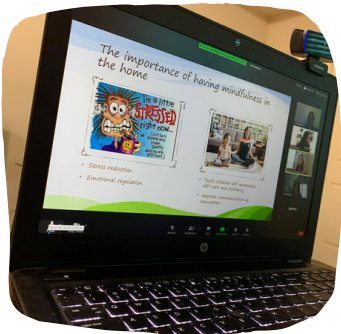
**THANKYOU**

Sara for attending the volunteer luncheon and Elected officials luncheon, for being a LAB member, and for paying our bills



**THANKYOU**

Julie for being a LAB member and MWV, assisting at 4-H food challenge and the 4-H grilling and gardening workshop, attending the breast health Zoom, teaching at the virtual child care conference, and delivering PPE to child care centers



**THANKYOU**

Ana Teresa for providing an awesome speaker for the virtual child care conference and for being a MWV



**THANKYOU**

Mary for attending the volunteer luncheon and Elected officials luncheon, and being named the Outstanding FCH volunteer



**THANKYOU**

Diana for attending the volunteer luncheon, serving on the WAT taskforce, for being a MWV, and including AgriLife in the ALP



**THANKYOU**

Pat for being a LAB member and MWV, and for serving on the WAT Taskforce

**THANKYOU**

for attending committee meetings: Ana Teresa Dengo, Julie Prouse, Marita Astle, Martha Sanders, Mary Parrish, Morayo Suara, Pat Pierson, Priscilla Ofori, Samantha Wyrick, Sara Mendez!



**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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**love, peace, and joy**