## BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans







MAKE A DIFFERENCE

## 2021 FCH/BLT COMMITTEE MEETING DATES

Dear Volunteer,

Happy Spring! 2021 is proving to be an interesting year. In just these few months, there have been fluctuations in the pandemic cases, COVID-19 vaccines approved, a historic winter storm that produced both beautiful snowfall and rolling power outages.

Texas A&M AgriLife Extension leadership has mapped out a new strategic plan, a new mission and a new vision for the agency. The Texas Speaks survey is being circulated to help get a grasp on the strengths and needs of Texas communities.

Please mark your calendars and plan to attend committee meetings via technology (ZOOM). We will look at some new opportunities available for us to implement with schools.

\*April 26, 2021 \*July 26, 2021 \*October 25, 2021

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Volunteer Spotlight

Contact Info

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



Thank you,

Flora Williams

County Extension Agent

FCH Brazos County



## Strategic Plan 2021-2025 AGRILIFE EXTENSION – HELPING TEXANS THRIVE

The Texas A&M AgriLife Extension Service Strategic Plan builds upon our values and mission to focus on our strengths and utilize innovative technology to serve many Texans in impactful and lasting ways.

## **Mission**

Texas A&M AgriLife Extension Service works daily to make Texas better by providing innovative solutions at the intersection of agriculture, natural resources, youth and health, thereby improving the well-being of individuals, families, businesses and communities through education and service.

## **Vision Statement**

Texas A&M AgriLife Extension Service will be the leader in providing science-based information and solutions in agriculture and health to every Texan.

## View the Strategic Plan

https://cdn-ext.agnet.tamu.edu/wpcontent/uploads/2021/03/AgriLifeExtension\_StrategicPlan\_Final.pdf



## WHAT IS TEXAS SPEAKS?

TexasSpeaks is a state-wide online survey conducted by Texas A&M AgriLife Extension Service with the purpose of listening to Texas citizens as they identify the strengths and needs of their communities.

Data from the survey will be aggregated at local levels and provided to local stakeholders. Additionally, statewide data will be aggregated and made available to state agencies and decision makers.

## WHAT IS THE GOAL?

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To engage as many Texas citizens as possible to create the most accurate and helpful data to support Texas communities at both the state and local levels.



## QUICK FACTS ABOUT THE SURVEY

- Online
- Open to the public
- Anonymous
- Takes 10 minutes
- Includes an opportunity to collect open-ended feedback



PARTICIPATE TODAY! http://tx.ag/texasspeaks







#### MONTHLY MASTER WELLNESS VOLUNTEER REPORTING

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

**What should you report?** Meetings, classes, events, training, worksite wellness using Extension resources. THANK YOU Julie and Pat for reporting in January and February.

### **CAR SEAT INSPECTION PROGRAM RESUMES**

The Brazos County Extension Office will resume car seat inspections in May by appointment. The appointments will be contactless. Passenger safety presentations will still be offered to groups as well. To assist with seats at this time we will only use certified technicians who are available. Tentative May dates are May 6 and May 27.

### **DINNER TONIGHT & COOKING EVENT HIGHLIGHTS**

## January 28-Jar Meals for AgriLife Employee Wellness

Texas A&M AgriLife Employee Wellness hosted a Meal Preparation in a Jar lunch and learn! This event consisted of precautions to take when prepping in canning jars, food safety practices to consider, and using jar prep as a healthy option for busy families for meals on the go and gift giving dry mixes. Presenters were Brazos County Extension Agents Flora Williams, Katie Zender, and Hendrix Broussard. Working behind the scenes were Avery Martin and Makayla Cruz.

## Yummy recipes:

- Breakfast parfaits
- Oatmeal Smoothies
- Chicken and Fruit Salad
- Chipotle Chicken Taco Salad
- Instant Chicken Ramen
- Country Chili Mix

- Homemade Cornbread Mix
- Friendship Soup Mix
- Double Chocolate Peppermint Candy Hot Cocoa Mix
- Spiced Tea Mix
- French Vanilla Coffee Mix

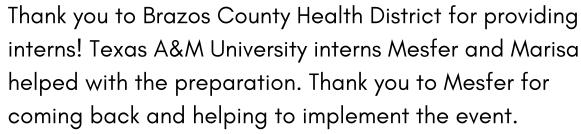


#### **DINNER TONIGHT & COOKING EVENT HIGHLIGHTS**

## National Nutrition Month® Dinner Tonight Event

The second virtual healthy cooking class is IN THE BOOKS. Thank you to Texas A&M University Division of Student Affairs for hosting the National Nutrition Month® Dinner Tonight event on March 23 during the lunch hour.

Students, faculty, and staff watched three recipe demonstrations. Creamy Spinach Chicken, Roasted Rosemary Sweet Potatoes, and Berry Cherry Tarts are three simple, nutritious, and quick dishes that families can prepare in less than 45 minutes. The official taste testers gave the recipes a big thumbs up.



If you know of groups interested in hosting healthy cooking events, please have them contact me at fewilliams@ag.tamu.edu. Visit our website dinnertonight.org and follow Dinner Tonight on Facebook

https://m.facebook.com/DinnerTonightTx/, Twitter, Pinterest, instagram, youtube for yummy recipes.

Master Wellness Volunteers can earn hours by exploring and preparing Dinner Tonight recipes.

















#### **VOLUNTEER ASSISTED**

### 4-H Food Show

Sixteen AMAZING Brazos County 4-H Food Show contestants have qualified for the District 9 4-H Food Show set for May 1st in Conroe. The Food Show was February 4. The youth were interviewed by a panel of judges, completed a 5 minute presentation on their dish, a skill's test, and a quiz. Thank you Julie Prouse for serving as a judges and Martha Sanders as a tabulator.



## Southwood Learning Center Handwashing Superstars

Students at Southwood Learning Center had a class on how to be SUPERSTAR hand washers. Oh what fun learning why, what, how, and when to of proper hand washing.



Thank you to Southwood Learning Center for partnering with Texas A&M AgriLife Extension. Thank you to Master Wellness Volunteer, Julie Prouse, for making it a fun experience. I will like to have FCH/BLT volunteers going into schools and childcare centers teaching this lesson when it is safe to do so.



## **4-H Fashion Show**

The Brazos County 4–H Fashion Show is where eight young people showcased the shopping and sewing skills on February 9. Each contestant completed an interview and modeled their entry for the the judges. All eight contestants advance to the District Fashion Show. Thank you Martha Sanders for serving as a judge.



### **VOLUNTEER ASSISTED**

## **Certified Food Managers Classes**

A January and March Brazos County Certified Food Managers Class is in the books! Thank you to Julie Prouse and Health Inspectors from with the Brazos County Health District for sharing each of their expertise.

Certified Food Manager classes are held monthly at the Brazos County Extension Office. Please direct individuals to AgriLife to get signed up.

### **Walk Across Texas Taskforce**

Walk Across Texas 2021 kicked of February 13 and concludes April 9. This year's theme is Mission: Possible. This year's change includes a commissions court proclamation, kick off event, and weekly virtual workouts. Over 180 teams signed up! Thank you to everyone who has helped: serving on taskforce (Diana Gaytan, Mary Parrish, Pat Pierson, and Sara Mendez), attending the proclamation (Mary Parrish) securing sponsorships (Pat Pierson) securing a virtual instructor (Diana Gaytan), assisting at the kickoff event (Mary Parrish, Pat Pierson), paying bills (Sara Mendez)

## 4-H Family and Community Health Quiz Bowl

Two teams battled in the Brazos County 4-H Family and Community Health Quiz Bowl on March 1. The Brazos County -Seniors won the best of three matches 2-1. Thank you Julie Prouse for serving as a timekeeper.













### BETTER LIVING FOR TEXANS

## WELCOME

## **BLT Extension Agent is here!**

Catherine "Katie" Zender is here and ready to work. If you know of any limited resource youth or adult audiences needing a one shot presentation, a series, or a day camp, Katie needs to know. Her email address is katie.zender@ag.tamu.edu . If you know of any rural community centers in Brazos County, we would love to have any contact information to get classes going.

## **VOLUNTEER OPPORTUNITIES**

- National Public Health Week Drive Thru Health Fair-April 10, 2021;
   First Baptist Church 3100 Cambridge Drive in Bryan; 11 am-1 pm (Flora not available; 2-4 volunteers needed to set up and man the booth)
   FLYER ATTACHED
- FCH/BLT Committee Meeting-April 26 at 4:00 pm via Zoom. (invite a friend or potential committee member)
- Walk Across Texas prize sorting-needs to be completed by April 9 at the Extension office. (it will probably take an hour or less)
- 2020 Dietary Guidelines for Americans Revisions and Uses Video-Anytime virtual at your convenience (Training hour opportunity for Master Wellness Volunteers ) <a href="https://www.youtube.com/watch?">https://www.youtube.com/watch?</a> <a href="https://www.youtube.com/watch?">v=PWzSq08aG8o</a>
- District 9 4-H Round Up-April 30 (Fashion Show, Education presentations, Food Show) or May 1 (Food Challenge), Location: Lone Star College Montgomery Campus 3200 College Park Drive Conroe, TX 77384-4500, (Judges needed, judging time depends on contest, you will be contacted by the contest coordinator once I submit your name Contest website <a href="https://d94-h.tamu.edu/eventsandcontests/bigtime/">https://d94-h.tamu.edu/eventsandcontests/bigtime/</a>

## **Upcoming Committee Project-Teen Driving Safety**

Our Passenger Safety and KidSafe Initiatives Project on the state level is receiving a grant from State Farm to increase teen driving safety. Counties will be hosting a competition at high schools that will include each participating school receiving \$750 in prizes.

Passenger Safety will be teaming up with SAFE2SAVE which produces the phone app by the same name that tracks in car phone use and award points redeemable for free items and discounts at popular food chains. The purpose of the competition is to spread awareness about driving safe and incentivize schools to get students to put the phone down behind the wheel as well as buckle up and know the dangers of impaired driving. The requirements are minimal and the initiative is proven to reduce phone usage behind the wheel by using positive reinforcement. Competitions last 4–6 weeks long and can be held any time before September 15th!

Please let me know if you are interested in helping with them project. Bev Kellner will then send out more detailed information that I will share with you in the near future.

# Congratulations! Sara Mendez was elected as chairman of the Brazos County Extension Leadership Advisory Board

This is the highest volunteer leadership position in Extension the county level.



P R O M O T E





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CELEBRATE NATIONAL PUBLIC HEALTH
WEEK WITH US!

## FREE!

## DRIVE-THRU HEALTH FAIR

Join us from the comfort of your car to receive community health resources, including Personal Protective Equipment (PPE)

SATURDAY, APRIL 10TH, 2021 11AM - 2PM

> FIRST BAPTIST BRYAN 3100 CAMBRIDGE DR. BRYAN, TX 77802





## WISDOM, POWER, CONTROL

## **Free Virtual Diabetes Management Classes**

(This program is offered free due to support of grant funding.)



You've got the power to manage your diabetes!

Saturdays at 10:00 AM

April 10, 2021

April 17, 2021

April 24, 2021

May 1, 2021

Register by April 5, 2021

**Registration Link:** 

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https://docs.google.com/forms/d/e/1F AlpQLScYZHOBqqH3aL-

jNYp9M1aLV-2s1B60bYx2ir7-3x4icCyQ1A/viewform?usp=sf\_link



For more information contact: Brazos County Extension Agent: Flora Williams 979-823-0129

fewilliams@ag.tamu.edu



For individuals living with diabetes, prediabetes, caregivers and the general public

#### Session 1:

- · What is Diabetes?
- What are Carbohydrates?
- · Understanding How Carbs Work
- · Dispelling Myths

#### Session 2:

- · Using the Blood Glucose Meter
- · Blood Glucose Levels
- Carb Counting
- Portion Sizes

#### Session 3:

- Being Active with Diabetes
- Treating Low Blood Glucose
- Diabetes Emergency Preparedness
- · Healthy Plate Method

#### Session 4:

- · Being Active with Diabetes
- Food Labels and Carbohydrates

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- Stress Management and Diabetes
- Preventing Diabetes
   Complications

Educational programs of 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 of Texas Cooperating. Individuals with disabilities who require an auxiliary aid, service, or an accommodation in order to participate in the meetings are encouraged to contact Susan Hubert, Administrative Assistant ten days before the program at 713-274-0950.

https://docs.google.com/forms/d/e/1FAIpQLScYZHOBqqH3aLjNYp9M1aLV-2s1B6obYx2ir7-3x4icCyQ1A/viewform

## 2021 Parenting Connections Classes

## TEXAS A&M GRILIFE EXTENSION

#### Each 4 hour session addresses:

- Child growth and development
- Communicating with children
- Positive discipline
- Building self-esteem
- Recognizing child abuse
- Passenger safety and healthy eating tips

Learn tools to enhance your parenting skills!

## **Schedule of classes:**

- January 21, 2021
  1:00 p.m. 5:00 p.m.
- March 4, 2021
  1:00 p.m. 5:00 p.m.
- June 21, 2021
   9:00 a.m. 1:00 p.m.
- August 31, 2021
  1:00 p.m. 5:00 p.m.
- October 26, 2021
   1:00 p.m. 5:00 p.m.



## Registration is now open!

## \$30 per class

Pre-registration required one week before class.

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For more information contact:

Flora Williams

Brazos County Office of Texas A&M AgriLife Extension (979)823-0129









## TEXAS A&M AGRILIFE EXTENSION PRESENTS

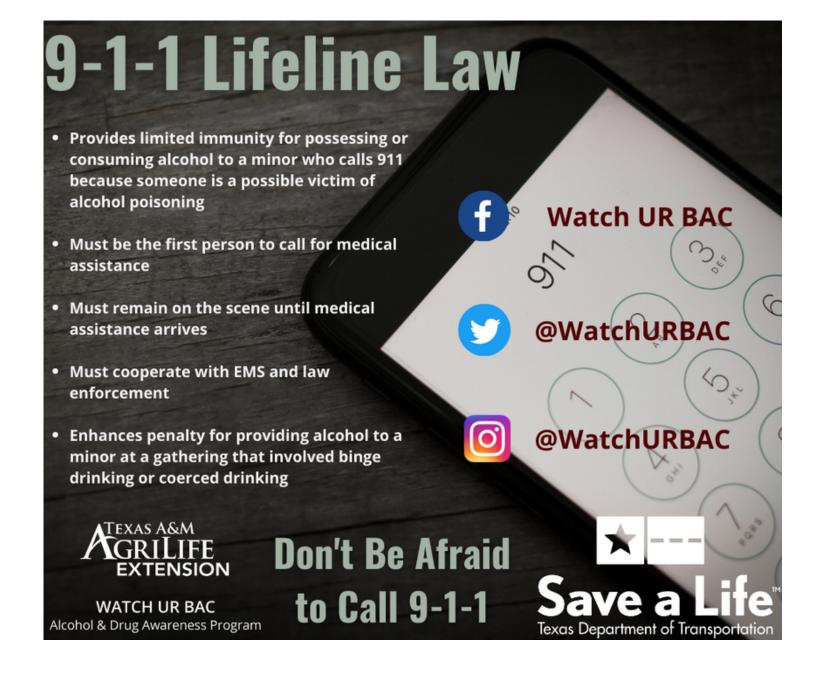
## Be Well, Live Well: A Program on Healthy Aging

A 5 SESSION SERIES FOR OLDER ADULTS
BEGINNING ON APRIL 5TH AT 2:00PM

HOSTED BY LARRY J. RINGER LIBRARY VIA ZOOM.
PLEASE EMAIL ASHLEY AT AREED@BRYANTX.GOV
TO REGISTER



Ringer Library is excited to collaborate with the Texas A&M AgriLife Extension department to bring you a 5 session series geared for older adults in our community. Be Well, Live Well: A Program for Healthy Aging begins on April 5th at 2:00PM and will run every Monday for five weeks. These sessions will meet via Zoom, please email Ashley at areed@bryantx.gov to register for the event.



Have you ever heard of the 9-1-1 Lifeline Law? If you ever see someone that needs medical assistance from an alcohol overdose or poisoning call 9-1-1. The risk of getting into trouble never outweighs saving someone's life! Be smart and safe!



With everything in Texas opening back up, more teens will be hitting the road especially for Spring Break and prom events. Vehicle crashes continue to be the leading cause of teen deaths, but there is a law in Texas just for teens to help save lives! It is called the Graduated Drivers License Law (GDL). One of the most important parts of the GDL is that it limits the number of teens that can ride with other teen drivers. Also, no cell phones and no driving from midnight – 5 am is allowed. If parents can become familiar with the GDL and make sure to enforce the GDL rules there is a very good chance they can save their teen from a needless tragedy.



## 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

or

Katie Zender katie.zender@ag.tamu.edu