

BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans

TEXAS A&M
AGRI LIFE
EXTENSION

Volunteers

MAKE A DIFFERENCE



2021 FCH/BLT COMMITTEE MEETING DATES

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Dear Volunteer,

Happy Summer! Take the time to ENJOY every second of it. Be the life of the party. As always, Texas A&M AgriLife Extension is positioned to make an impact on the lives in individuals, families, and communities across the lifespan. It is amazing that you choose to help fulfill the mission of our agency.

Please mark your calendars and plan to attend committee meetings. We will look at new and existing opportunities for the remainder of 2021. The next two meetings are set for:

***July 26, 2021 (via Zoom) *October 25, 2021** (new Extension Office)

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. THANK YOU Julie and Pat for reporting.

CAR SEAT INSPECTION PROGRAM RESUMES

Hurray! The Brazos County Extension Office has resumed car seat inspections by appointment. The technicians mask up and the appointments are as contactless as possible. To assist with seats at this time we will only use certified technicians who are available. Spread the word...passenger safety presentations are available for groups. See tentative dates later in this newsletter.

UPCOMING DINNER TONIGHT & COOKING EVENTS

Cooking with Flourish at TAMU

Texas A&M Rec Center; Room 2229A

11:30 AM-1:00 PM; September 23

Menu: Cheese Spinach Roll Ups , Avocado Mandarin Tossed Salad, Peach Cobbler

Volunteers needed for prep, set up, implementation, clean up

Cooking with Flourish at TAMU

Texas A&M Rec Center; Room 2229A

11:30 AM-1:00 PM; October 21

Deep Dish Pizza Casserole, Roasted Carrots , Cherry Vanilla Ice Cream

Volunteers needed for prep, set up, implementation, clean up

Cooking with Flourish at TAMU

Texas A&M Rec Center; Room 2229A

11:30 AM-1:00 PM; November 11

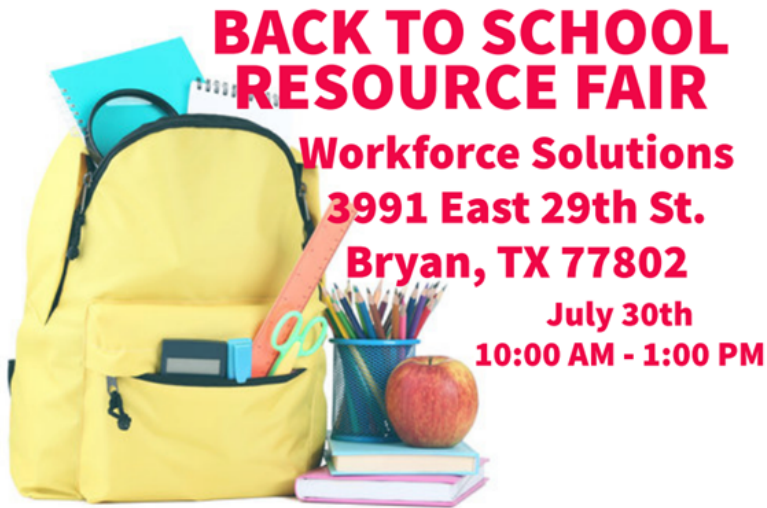
Mom's Chicken & Dumplings, Spicy Corn Muffins, Pomegranate Fruit Salad

Volunteers needed for prep, set up, implementation, clean up

UPCOMING OPPORTUNITIES

Back to school resource fair–July 30 from 10:00 am to 1:00 pm at Workforce Solutions

Volunteers needed to operate an Extension booth (Brazos County Extension staff will be out of town.)



ATTENTION

Starting August 1st, 2021, Health and Human Services is reinstating the participation requirements for the Choices Program. Mandatory recipients of Temporary Assistance for Needy Families (TANF) are required to participate in order to continue receiving TANF and Adult Medicaid benefits. Failure to participate in the Choices Program may result in a loss of your TANF and Adult Medicaid benefits.

To start your participation contact your Choices Outreach Specialist or Choices Career Navigator.

When setting up your appointment, ask for more information on school supplies, the vaccine drive, and other resources that are available at the event hosted by Workforce Solutions.

COVID VACCINE

Workforce Solutions
3991 East 29th St.
Bryan, TX 77802
July 30th 10:00 AM - 1:00 PM

Choices Outreach Specialist
Tamara Wilson

Phone: 979-279-0940 ext. 3646

Email: tamara.wilson@bvcog.org

Text: 979-557-2373

Choices Career Navigator
Crystle Darnell

Phone: 979-595-2801 ext. 2142

Email: crystle.darnell@bvcog.org

Text: 979-476-9806



Equal Opportunity Employer/Program

Auxiliary aids and services are available upon request to individuals with disabilities. Deaf, hard-of-hearing or speech-impaired customers may contact Relay Texas: 711 (Voice).

FCH/BLT Committee Meeting–July 26 at 4:00 pm via Zoom. (invite a friend or potential committee member)

FCH/BLT Committee Meeting–October 25 at 4:00 pm at the new Brazos County Extension Office. (invite a friend or potential committee member)

UPCOMING OPPORTUNITIES

It's Time Texas Booth–September 16, 2021

Volunteers needed to operate an Extension booth



September 16, 2021
Bryan, Texas

September 21, 2021
Harlingen, Texas

September 28, 2021
Tyler, Texas

Join It's Time Texas for a series of free workshops designed to empower local health champions with the skills, knowledge, resources, and connections to improve health within their schools, workplaces, and communities.

Workshops will emphasize local health needs and provide participants with professional education, networking opportunities, and strategies for reducing the burden of obesity, poor nutrition, and physical inactivity. Participants are invited to stay for a community health fair following each workshop.



LEARN

about skills, resources, and tools
you can apply directly to your work



CONNECT

with subject matter experts and
like-minded leaders working to solve
local community health challenges



DEVELOP

a deeper understanding of how to
advance health-promoting policies,
systems, and environmental change

WHO SHOULD ATTEND

- Community Health Workers (CHWs)
- Community Health Collaborative (CHC) & coalition members
- Social Workers

- School Health Advisory Council (SHAC) members
- K-12 Educators & Administrators
- Human services & nonprofit professionals

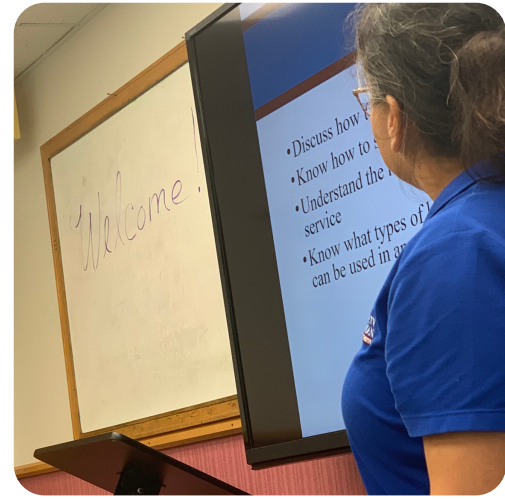
- Employers & community leaders
- Anyone interested in improving community health

VOLUNTEER ASSISTED

Certified Food Managers Classes

April, May, June, and July Brazos County Certified Food Managers Classes are 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. Classes will be held in August, September, October, and November.



Car seat Inspections and Virtual Conference

Julie Prouse saves the day! Or shall I say days. May 27, June 23, and July 22, inspections were offered and nine little ones are riding safer than they were upon arriving at the car seat fitting station.



Thank you

More Volunteer Assist since last newsletter:

- Paid bills (Martha Sanders and Sara Mendez)
- Managed accounts (Martha Sanders and Sara Mendez)
- Serves as an officer on the Leadership Advisory Board (Sara Mendez, Pat Pierson, Julie Prouse)
- Attended the last FCH/BLT Committee (Flora Williams, Martha Sanders, Mary Parrish-Iles, Priscilla Ofori, Katie Zender, Julie Prouse, Marita Astle, Sam Wyrick, Sara Mendez, Pat Pierson, Marisa Montelongo)
- Presented to committee on human trafficking (Mary Parrish)
- Assisted with car seat inspections (Julie Prouse)

*Thank you to all of the amazing FCH
volunteers for all you do!*

Assistant Family and Community Health Extension Agent

Meaghan Threadgill is here and ready to work. Her email address is meaghan.threadgill@ag.tamu.edu. Meaghan is a 2018 graduate of Texas A&M University and is currently pursuing a Masters in Public Health from St. George's University.



Welcome

SAVE THE DATES

- Leadership Advisory Board @ Brazos County Extension Office–August 20 & October 15 (for members only)
- Pizza Ranch@ Brazos County Expo–October 13&14 (all hands on deck)
- 4-H Food Challenge @ Brazos County Extension Office (judging opportunity)–October 28
- Elected Officials & Volunteer Appreciation Banquet @ Traditions Club (Committee and LAB members in December 2
- Brazos County 4-H Food Show @ Brazos County Extension Office–January 27

BLT UPDATES

BLT Current Programs:

- Walk N Talk: Catholic Charities – St. Gabriel’s Parenting and Pregnancy Program (11AM)
11 AM (virtual)
Dates remaining: 7/26, 8/2, 8/9, 8/16, 8/23, 8/30
- Be Well, Live Well – Crestview Retirement Community
10 AM
Dates remaining: 8/5, 8/19, 8/26 (help needed), 9/9
- Be Well, Live Well – Senior Citizens Association of Brazos County
2 PM
Dates remaining: 8/5 and 8/12 (help needed)

BLT Upcoming Programs:

- Walk N Talk – Larry Ringer Library (see flyer)
10 AM
Dates: 9/7, 9/14, 9/21, 9/28 (help needed), 10/5, 10/12, 10/19, 10/26
- Walk N Talk – Lincoln Recreation Center
11 AM
Dates: 8/26, 9/23, 10/21

Katie also will be starting GNHC at Crestview in the fall but the dates are TBD...



WALK 'N TALK

RETHINK YOUR DRINK!

Take a walk with us!

During this Walk 'N Talk series, friends, family, and others from the community come together to support one another in a fun, simple way.

Those who participate:

Enjoy walking with friends

Build confidence in choosing healthy beverages

Develop healthy habits with ease

Have a great time!

Walk 'N Talk is an 8-week series; each session lasts 45-60 minutes. Topics focus on beverages that support hydration, nutrition, and healthy weight.

For more information,
contact:

Katie Zender
katie.zender@ag.tamu.edu
979-823-0129

or

Ashley Reed
areed@bryantx.gov

Time:

10:00 AM

Location:

Larry J Ringer Library
College Station, TX



BETTER LIVING
FOR TEXANS
TEXAS A&M AGRILIFE EXTENSION



USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

2021 Parenting Connections Classes



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

**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

or

Meaghan Threadgill

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