

BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans



IN THIS EDITION

- Dear Volunteer
- MWV reporting
- Car seat Update
- Dinner Tonight Updates
- Volunteer Opportunities
- Volunteer Assisted
- Well Church Initiative
- Save the Dates
- Year at a glance
- BLT Updates
- Refrigerator Safety
- 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

Volunteers

MAKE A DIFFERENCE



Dear Volunteer,

Happy holidays to you and your family! Let us rejoice for 2021 was a busy year for us. If I could use just one word to describe 2021, ENDURE would be it for me! We are enduring or have endured a global pandemic, a historic winter storm, among other personal hurdles. We adjusted based on the guidance we were given. Thank you for making a difference through virtual programs, hybrid programs, and face-to-face programs. A-M-A-Z-I-N-G! We've endured some good times too!

As we conclude 2021 and venture into 2022, let's do so with anticipation and expectancy. Cheers to a year that will be filled with great accomplishments!

**Merry Christmas
& A Happy New Year!**

Thank you,
Flora Williams
County Extension Agent
FCH Brazos County

MONTHLY MASTER WELLNESS VOLUNTEER REPORTING

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. In 2022, we will change the reporting system in Brazos County. MWVs are under reporting!

CAR SEAT INSPECTION PROGRAM BOOMING

At the Brazos County Extension Office, we have resumed car seat inspections by appointment. Despite the slow start, Master Wellness Volunteers Julie Prouse and Diana Gaytan, AgriLife's Priscilla Ofori, and TxDOT's specialists Julia Davies and Lauren Blackman helped to complete 50 inspections this year. Spread the word...passenger safety presentations and inspections will continue in 2022.



DINNER TONIGHT COOKING EVENTS SINCE LAST NEWSLETTER

Cooking with Flourish at TAMU

Texas A&M Rec Center; Room 2229A

10:00 AM-1:30 PM **October 21**

Deep Dish Pizza Casserole, Roasted Carrots,

Cherry Vanilla Ice Cream

Volunteers who assisted (18 attended):

Julie Prouse & Diana Gaytan



Cooking with Flourish at TAMU

Texas A&M Rec Center; Room 2229A

10:00 AM-1:30 PM; **November 11**

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

No volunteers available (23 attended)



VOLUNTEER ASSISTED EVENTS



Car Seat Inspections

October 8 & 18

November 12 & 22

Volunteers: Julie Prouse, Diana Gaytan,
Julia Davies, Lauren Blackman

FCH/BLT Committee Meeting October 25

Present: Flora Williams, Martha Sanders,
Mary Parrish-Iles, Katie Zender, Sara
Mendez, Meaghan Threadgill, Priscilla
Ofori, Diana Gaytan, Julie Prouse

Next Meeting

January 24, 2022



Thank you for attending!
Annual Volunteer Appreciation Lunch
held on November 1, 2021

Nurse Martha Sanders, Dr. Sara Mendez, Lindsey Armstrong, Leslie Martinek,
Alice Kirk, Dorithie Thomas, AND the award winning Julie Prouse all attended!



More Volunteer Assisted since last newsletter:

- Paid bills (Martha Sanders and Sara Mendez)
- Managed accounts (Martha Sanders and Sara Mendez)
- Serves as an officer or member on the Leadership Advisory Board (Sara Mendez, Julie Prouse, Priscilla Ofori)
- Serves on Walk Across Texas Taskforce (Diana Gaytan, Mary Parrish, Sara Mendez/honorary)
- 4-H Food and Nutrition Day Camp and Fashion Workshop (Julie Prouse)
- Writing scenarios for 4-H Consumer Decision Making Contest (Julie Prouse)
- Presented car seat presentation to high students (Julie Prouse)
- Secured a car seat presentation for students (Martha Sanders)



- Attended elected Officials Luncheon (Sara Mendez, Priscilla Ofori, Julie Prouse)

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



UPCOMING OPPORTUNITIES

Car Seat Installations

January 5, 2022

January 13, 2022



Walk Across Texas Taskforce Meeting

January 11, 2022

Brazos County Extension Office

4153 County Park Court

Bryan TX 77802

3:30 p.m. (**Members needed**)



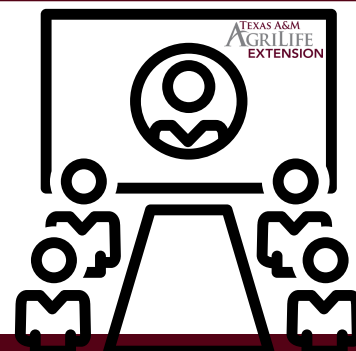
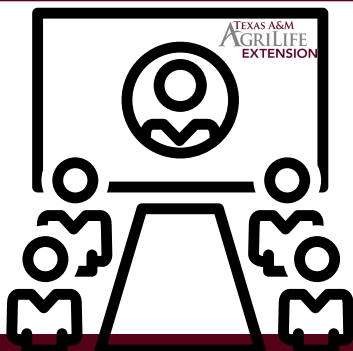
FCH/BLT Committee Meetings

January 24, 2022

April 25, 2022

July 18, 2022

October 17, 2022



Brazos County 4-H Food Show

January 27, 2022

Brazos County Extension Office

4153 County Park Court

Bryan TX 77802

4:30-7:30 p.m. (**Judges and tabulators needed**)

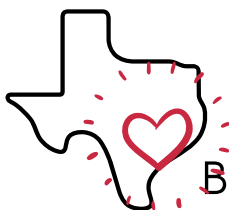


Walk Across Texas Kickoff

February 12, 2022

Brazos County Extension Office/Park Hudson Trail

10:00 am

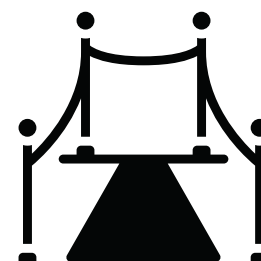
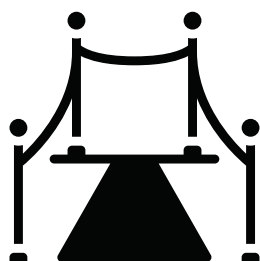


Brazos County 4-H Fashion Show

February 17, 2022

Brazos County Extension Office

4:00-7:00



UPCOMING OPPORTUNITIES

National Nutrition Month Dinner Tonight School for TAMU Division of Student Affairs

Set of noon on March 30, 2022

More details to follow!

Email Flora at fewilliams@ag.tamu.edu if you are available to assist.

NEW MASTER WELLNESS VOLUNTEERS CLASS IN JANUARY 2022



SAVE THE DATE

MASTER WELLNESS VOLUNTEER

2022 Virtual Live Statewide Training

FIRST SESSION, JANUARY 18, 9 AM - 4 PM
ONLINE COURSE INTERVENING WEEKS
LAST SESSION, MARCH 1, 9 AM - 4 PM

REGISTRATION OPENS NOVEMBER 15, 2021

TEXAS A&M
AGRILIFE
EXTENSION

For More Information and Session Location
Contact Your Local County Extension Agent
<https://agrilifeextension.tamu.edu>



MASTER WELLNESS VOLUNTEER

BE ABUNDANT IN HEALTH

Allows those who have a passion about health and wellness to share that passion with others via worksite wellness programs, community events and more!

REGISTRATION FEE: \$75
COLLEGE STUDENTS: \$25

Receive 40 hours of training and give back 40 hours of service! Obtain knowledge and skills to live a healthier lifestyle and encourage others to do the same.

MASTER WELLNESS VOLUNTEER
RECERTIFICATION: \$0

Attend first and last training days to satisfy annual 10 hour training requirement. Give back 20 hours of service annually.

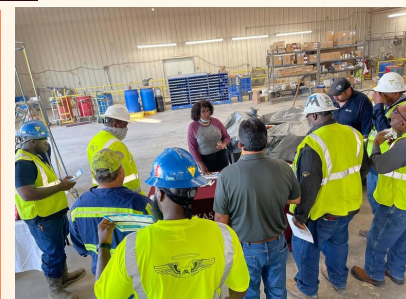
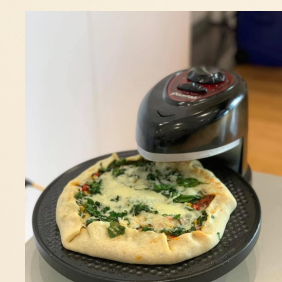
For More Information and Session Location
Contact Your Local County
Extension Agent
<https://agrilifeextension.tamu.edu>

Texas A&M AgriLife Extension is an equal opportunity employer and program provider. Reasonable accommodations are provided upon request in accordance with the Americans with Disabilities Act. For assistance or to request a reasonable accommodation, please call at least 48 hours in advance.

Current Master Wellness Volunteers can earn 10 hours!

- Full Registration (\$75): https://agrilifelearn.tamu.edu/s/product/from-setup/01t4x000002ciPy_
- Student Registration (\$25): <https://agrilifelearn.tamu.edu/s/product/from-setup/01t4x000002dfDN>
- Existing Master Wellness Volunteer Registration (\$0, no online course work, first and last days only): https://agrilife.az1.qualtrics.com/jfe/form/SV_087wwkgM4WcBwGi

2021 FCH/BLT PROGRAMS AT A GLANCE



Well Church Initiative

NEW



TEXAS A&M
AGRI LIFE
EXTENSION



WELL CHURCH INITIATIVE

We are so excited to partner with churches to promote wellness through this initiative.

The Well Church Initiative of Texas A&M AgriLife Extension's Family & Community Health Unit provides health education, resources, and support for churches, and in their transformative role in serving the health and wellness of their communities. With the complexities and confusion of health information in today's world, we aim to be your trusted source, who value your religious beliefs and values.

Like and follow our Facebook page, and visit <https://wellchurch.tamu.edu> for more information.

FAREWELL

Z'aundria Warren was an asset her short time here. Help me wish her well on her teaching endeavors in Austin, Texas.



Job Description

WE ARE HIRING

Administrative Secretary - Part-time - Extension

General Summary:

General administrative duties

Essential Duties:

Prepare invoices, reports, memos, letters, financial statements and other documents, using word processing, spreadsheet, database, or presentation software, Answer phone calls and direct calls to appropriate parties or take messages, Attend meetings to record minutes, Greet visitors and determine whether they should be given access to specific individuals, Read and analyze incoming memos, submissions, and reports to determine their significance and plan their distribution, Perform general office duties, such as maintaining records management database systems, File and retrieve extension documents, records, and reports, Open, sort, and distribute incoming correspondence, including faxes and email
Other Duties as assigned.

Interviews are set for mid-January



BLT RECIPE TIME!



Chicken Apple Salad

Ingredients

- 2 apples, chopped
- 2 celery stalks, diced
- ½ cup raisins
- 2 chicken breasts, cooked, diced (about 2 cups)
- ¼ cup plain non-fat Greek or regular yogurt
- ¼ cup light mayonnaise
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- 1 head romaine, green or red leaf lettuce



Instructions

In a medium size bowl, mix all ingredients, except lettuce.

To serve, arrange lettuce on serving plates, then top with chicken salad mixture.

Tip: Shorten prep time by using canned chicken.

Nutrition Facts serving size 1 ½ cups, 290 calories, 8 g total fat, 2 g saturated fat, 0 g trans fat, 65 mg cholesterol, 330 mg sodium, 34 g total carbohydrate, 4 g dietary fiber, 12 g total sugars, 0 g added sugars, 25 g protein

Source: fruitandveggies.org

Contact Katie Zender at katie.zender@ag.tamu.edu if you would like to help with BLT classes!

YOUR FRIDGE + FOOD SAFETY

Keeping your refrigerator clean and organized helps to minimize food spoilage and reduces your risk of foodborne illness.

COOKED LEFTOVERS

Leftovers are safe for 3 to 4 days in the refrigerator.

TEMPERATURE

An appliance thermometer lets you know your fridge is set to 40 °F or below.

RAW MEAT

Prevent juices from leaking by storing on a wrapped plate or in a sealed container.

DOORS

Temperature changes frequently—avoid storing perishable foods here.

SEALED DRAWERS

Drawers are the best storage option for fruits and vegetables.

MAIN COMPARTMENT

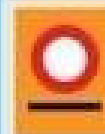
Temperature is more stable—store perishable foods like raw meat, dairy, and eggs here.

FREEZER

Set to 0 °F or below. Frozen food is safe forever though quality may suffer with lengthy storage.

ADDITIONAL TIPS

Clean refrigerator surfaces with hot, soapy water and diluted bleach solution.

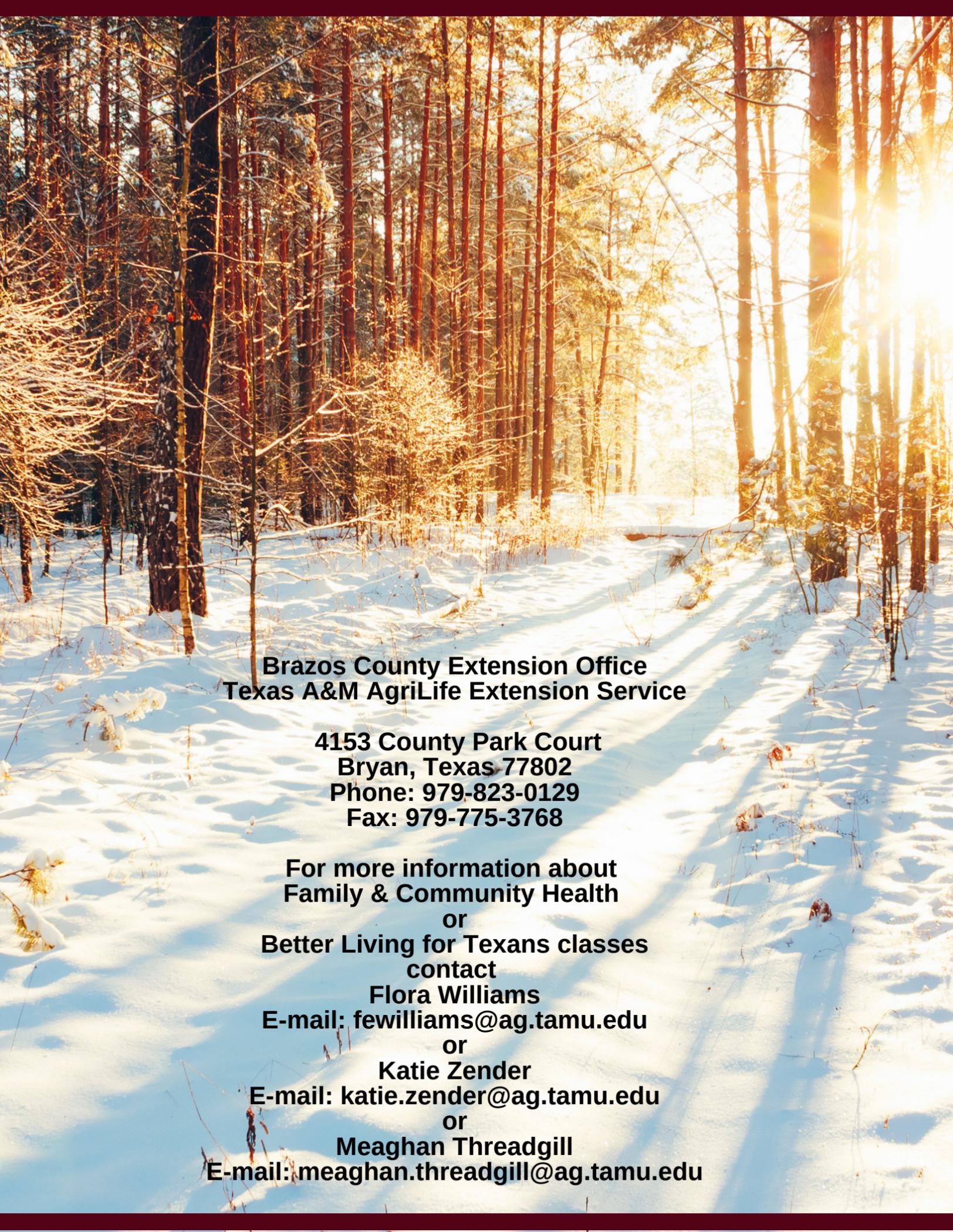


Keep fridge smelling fresh by placing an opened box of baking soda on a shelf.



For more food safety tips, go to
FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER



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

**4153 County Park Court
Bryan, Texas 77802
Phone: 979-823-0129
Fax: 979-775-3768**

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

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E-mail: fewilliams@ag.tamu.edu
or**

**Katie Zender
E-mail: katie.zender@ag.tamu.edu
or**

**Meaghan Threadgill
E-mail: meaghan.threadgill@ag.tamu.edu**