

BRAZOS COUNTY VOLUNTEER NEWS

Family and Community Health/Better Living for Texans



Volunteers
MAKE A DIFFERENCE



IN THIS EDITION

- Dear Volunteer
- MWV reporting
- Car seat Update
- Dinner Tonight Updates
- Volunteer Opportunities
- Volunteer Assisted
- Save the Dates
- BLT Updates
- Contact Info

Dear Volunteer,

Happy spring! There is nothing like springtime in the Brazos Valley. The days get longer, the weather warms up, and colorful flowers bloom. Hopefully, we can get outside and enjoy the season.

One committee meeting is in the books for 2022. There are three more to go! Please save the dates so that we can continue to make a difference. Bring your ideas. Our meetings will take place at the Extension office at 3:30 p.m.

- April 18, 2022 (corrected date)
- July 18, 2022
- October 17, 2022



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 and Katie Zender
*County Extension Agents
FCH & BLT Brazos County*

MONTHLY MASTER WELLNESS VOLUNTEER REPORTING

Report hours to <http://agrillife.org/mwv> by the 2nd of month. **What should you report?** Meetings, classes, events, training, wellness using Extension resources, Walk Across Texas management. Thank you to Julie Prouse and Pat Pierson for reporting. Our MWVs are under reporting.

CAR SEAT INSPECTIONS BY APPOINTMENT

The Brazos County Car Seat Fitting Station continues inspections by appointment. The magic number of far for 2022 is 22. We have inspected 22 seat in 2022 and visited one school. Spread the word...passenger safety presentations and inspections are available.



NEW DIRECTOR



Rick Avery, Ph.D. is the new director of the Texas A&M AgriLife Extension Service. Avery brings extensive backgrounds in government relations and in government. His career also includes serving as county relations officer for the Texas Association of Counties. Most recently, he served as deputy director of the Brazos Valley Council of Governments.

At Texas A&M AgriLife, Avery previously served as the V.G. Young Institute director and AgriLife Extension specialist.

Avery earned his bachelor's and master's degrees in political science from Austin College and Texas A&M University, respectively. He earned a doctorate in educational administration from Texas A&M.



FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER



Fitness and Health Expo

Flora Williams, Katie Zender, and Meaghan Threadgill had booths at the City of College Station Parks and Recreation's MLK Dreamworks Fitness and Health Expo. Information was provided on building healthy traditions and soulful eating and increasing fruits and vegetables featuring the blender bike.

FFA Presentation

Leading a healthy lifestyle was the topic presented at the A&M Consolidated High School FFA meeting in January. Flora Williams and Meaghan Threadgill addressed the importance of eating healthy, exercising regularly, drinking lots of water, and getting rest. The 42 FFA members were welcoming and took part in a "draw your favorite food on a plate on your head" icebreaker, a short presentation, and a word scramble wrap up. A special thank you to the officer team and advisors for thinking about Texas A&M AgriLife Extension.



FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER

Certified Food Managers



February 2022 marked the first food managers course of 2022. Weather conditions cancelled the January class. Thank you to AgriLife's Extension Associate Julie Prouse and Brazos County Health District's Health Inspector Shelly Cmajdalka for co-instructing.

The next class is April 7, 2022 from 9:00 am to 6:00 pm.

College Station High School

On March 2, 2022 Master Wellness Volunteer, Julie Prouse, offered car seat instruction to four parents and parents to be at College Station High School. We are thankful to FCH/BLT committee member Nurse Martha Sanders for setting up the class. May the mothers have a safe delivery.



EXTENSION



Master Wellness Volunteer

Welcome aboard to our newest Master Wellness Volunteer intern Morgan Bradley. We look forward to Morgan giving back 40 hours of volunteering this year.

Six were trained from Brazos County. We look forward to the other five completing the process. The MWV will be creating mile markers for the Extension building as a project.

FCH/BLT HAPPENINGS SINCE LAST NEWSLETTER

Car Seat Inspections

On February 24, 2022, three families braved the elements and had their children's car seats inspected. The children were cute as can be and now they are safer too.

Parents were reminded to keep children's car seats rear facing as long as possible based on the manufacturer's instructions. No manufacturers recommend turning the child forward facing before age two.



Booster seats are appropriate for mature children beginning at four years old and 40 pounds. Texas law requires a child to be properly restrained in a car seat until age eight or 4 feet 9 inches. Best practice is to keep them boosted until they pass the seat belt test.



Heart Health Month



February is annually recognized as Heart Health month. On February 15, AgriLife Employee Wellness hosted a webinar. Thirty-three joined to learn about heart disease prevention, risk factors, signs and symptoms, and how heart disease is diagnosed. If you would like the recording, email Flora Williams at fewilliams@ag.tamu.edu. MWV can earn hours by viewing.

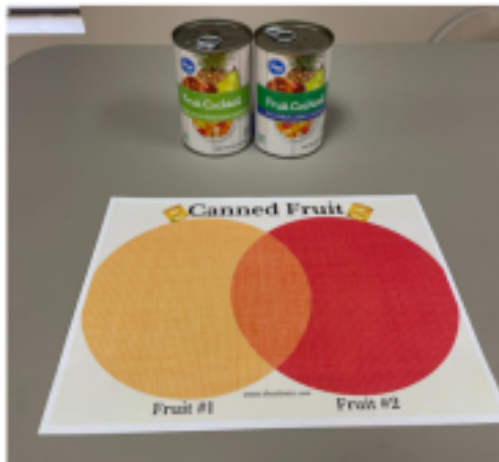
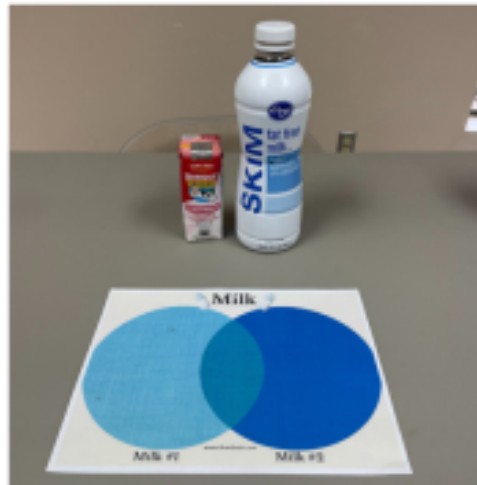
Committee Meeting

The FCH/BLT Committee met on January 24, 2022. In attendance were Julia Davis, Katie Zender, Gabby Sells, Priscilla Ofori, Mary Parrish, Diana Gaytan, Courtney Reina, Pat Pierson, Z'Aundria Warren, and Flora Williams. Topics included: Civil rights/affirmative action, 2021 highlights, and upcoming classes and ideas.



Recent BLT Highlights

Healthy Carbohydrates Brazos County Senior Citizens Association



Meet our intern!



Gabby Sells is a Community Health student at Texas A&M University. She will be graduating in May and has been assisting with BLT and FCH programs this semester.

A fun fact about Gabby is that she has danced twice for the Spurs halftime show!

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)
- Secured host for Walk Across Texas Workout (Mary Parrish)
- 4-H Consumer Decision Making Contest, FCH and Livestock Quiz Bowl, 4-H Fashion Day Camp, and 4-H Fashion and Food Show (Julie Prouse)
- Helped with installations and presented car seat presentation to high school students (Julie Prouse)
- Secured a car seat presentation for students (Martha Sanders)
- Attended Master Wellness Volunteer Class



UPCOMING OPPORTUNITIES

Spring Community Health Fair (Car Seat Booth)

March 26, 2022

Lincoln Recreation Center

10:00 am-2:00 p.m. (Assistants needed)

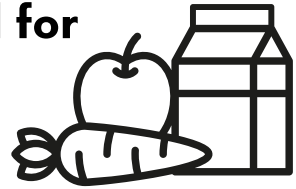
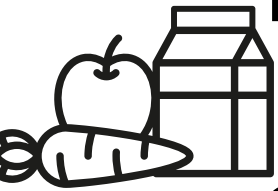


National Nutrition Month Dinner Tonight School for TAMU Division of Student Affairs

March 30, 2022 noon

Onsite set up at 10:00 am (Strict food safety guidelines)

Signed up: Mary Parrish, Priscilla Ofori, Courtney Reina, Gabby Sells



Car Seat Installations

April 11, 2022

May 9, 2022

May 19, 2022



Walk Across Texas Taskforce Meeting

April 19, 2022

Brazos County Extension Office

4153 County Park Court

Bryan TX 77802

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

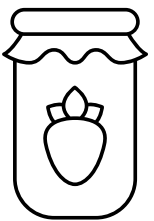
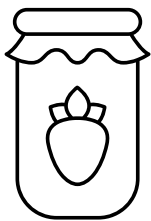


Canning Class

May 31, 2022

Brazos County Extension Office

10:00 am-2:00 p.m. (Assistants needed)

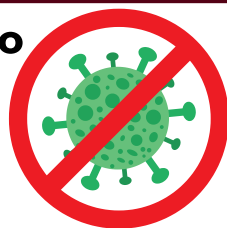
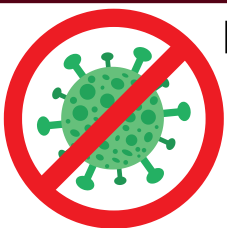


Bryan/College Station Employee Health & Safety Expo (Food Safety Booth)

June 23, 2022

Brazos Center

10:00 am-2:00 pm (Assistants needed; Flora cannot stay)



SAVE THE DATES

2022 Leadership Advisory Board Meetings-May 27, Aug 19, Oct 19

Pizza Ranch October 12 & 13, 2022

Volunteer Appreciation Luncheon-November 2, 2022

Elected Officials Luncheon-December 1, 2022

FLYERS AND ANNOUNCEMENTS



BRAZOS COUNTY HEALTH DISTRICT & ALBERT SCHWEITZER FELLOWSHIP HOUSTON GALVESTON PRESENTS

SPRING INTO COMMUNITY CARE HEALTH FAIR

Join us for a safe, fun community health fair!

MARCH 26, 2022 • 10 A.M. - 2 P.M.
LINCOLN CENTER
1000 ELEANOR ST.
COLLEGE STATION, TX 77840

Join us for an excellent day full of free health and wellness activities for the whole family and community! See back of flyer for event details.



Don't miss this community event!

What to expect:

- Free health screenings
- Free COVID-19 vaccines and boosters
- Free exercise classes
- Cooking classes and demonstrations
- Health fair vendors
- Social service vendors
- Health talks and workshops

For inquiries, contact:
Jacquita N. Johnson, Albert Schweitzer Fellow at johnsonjn@tamu.edu
Felicia Benford or Sara Mendez, Brazos County Health District, 979-361-4440 or healthdept@brazoscountytexas.gov



HEALTH FAIR

FLYERS AND ANNOUNCEMENTS



***THERE IS A SUPERHERO IN ALL OF US!
GRAB YOUR CAPE AND JOIN US AT THE
2022***

**CITIES OF BRYAN/COLLEGE
STATION & BRAZOS COUNTY
EMPLOYEE
HEALTH & SAFETY EXPO**

**JUNE 23, 2022 10 AM - 2 PM
BRAZOS CENTER
3232 BRIARCREST DRIVE**



**PLEASE SEE VENDOR REGISTRATION
INFORMATION BELOW.**

FLYERS AND ANNOUNCEMENTS



TEXAS A&M
AGRILIFE
EXTENSION

TEXAS A&M AGRILIFE EXTENSION SERVICE

PARENTING CONNECTIONS CLASS

Learn skills to enhance your parenting skills!

MAY 24, 2022

9:00 AM-1:00 PM

4153 COUNTY PARK COURT BRYAN, TX 77802

\$30

**REGISTRATION REQUIRED ONE WEEK BEFORE CLASS
SIGN UP AT 979.823.0129**

Each class addresses:

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



TEXAS A&M
AGRILIFE
EXTENSION

TEXAS A&M AGRILIFE EXTENSION SERVICE

PARENTING CONNECTIONS CLASS

Learn skills to enhance your parenting skills!

JUNE 23, 2022

1:00-5:00 PM

4153 COUNTY PARK COURT BRYAN, TX 77802

\$30

**REGISTRATION REQUIRED ONE WEEK BEFORE CLASS
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- Positive discipline
- Building self-esteem
- Recognizing child abuse
- Passenger safety and healthy eating tips

Celebrate a World of Flavors

Celebrating flavors from cultures around the world is a tasty way to nourish ourselves and appreciate our diversity. We are all unique with different bodies, goals, backgrounds and tastes! A Registered Dietitian Nutritionist can help you create healthy habits that celebrate your heritage and introduce you to new foods and flavors.



COOK & PREP

INCORPORATE YOUR
FAVORITE CULTURAL
FOODS AND
TRADITIONS.



VISIT AN RDN

SEE A REGISTERED
DIETITIAN
NUTRITIONIST.



MEAL PLANNING

MAKE HEALTHFUL
CHOICES WHEN AT
HOME AND AWAY.



VARY YOUR DIET

TRY NEW FLAVORS
FROM AROUND THE
WORLD.

FLYERS AND ANNOUNCEMENTS



WE CAN
WORK to END
CHILD ABUSE and NEGLECT

April is National Child Abuse Prevention Month.

The most important thing we can do to help children thrive is to support families before they reach a crisis. Learn more. #ThrivingFamilies



TEXAS A&M
AGRILIFE
EXTENSION

TEXAS A&M AGRILIFE EXTENSION SERVICE

PARENTING CONNECTIONS CLASS

Learn skills to enhance your parenting skills!

AUGUST 16, 2022
1:00-5:00 PM

4153 COUNTY PARK COURT BRYAN, TX 77802
\$30

REGISTRATION REQUIRED ONE WEEK BEFORE CLASS
SIGN UP AT 979.823.0129

TEXAS A&M
AGRILIFE
EXTENSION

TEXAS A&M AGRILIFE EXTENSION SERVICE

PARENTING CONNECTIONS CLASS

Learn skills to enhance your parenting skills!

OCTOBER 18, 2022
9:00 AM-1:00 PM

4153 COUNTY PARK COURT BRYAN, TX 77802
\$30

REGISTRATION REQUIRED ONE WEEK BEFORE CLASS
SIGN UP AT 979.823.0129

Each class addresses:

- Child growth and development
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WE ARE HIRING



Job Description

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.

**Great second
job
opportunity!**



BLT RECIPE TIME!



f @BETTERLIVINGFORTHANS

@BETTERTEXANS

March 2022

Recipe of the Month

Adapted recipe and photo source: <https://www.myplate.gov/myplate-kitchen>

Argentinean Grilled Steak or Chicken with Salsa Criolla

Enjoy a flavorful homemade Argentinean-style Salsa Criolla with your favorite grilled meat!

Serves: 4

Ingredients:

For the Salsa Criolla:

- | | |
|--|---|
| 1 tomato, finely chopped, remove seeds | 1/2 teaspoon minced garlic |
| 1/4 cup finely chopped red onion | 1/4 teaspoon ground oregano |
| 2 tablespoons fresh chopped parsley | 1/8 teaspoon low sodium adobo seasoning |
| 2 teaspoons olive oil | 1/8 teaspoon crushed red pepper |
| 2 teaspoons red wine vinegar | |

For the meat:

- 1 pound skirt steak or thinly sliced chicken breasts
- 1/8 teaspoon low sodium adobo seasoning

Directions:

1. In a small bowl mix all salsa ingredients. Cover and refrigerate for at least 1 hour or up to 48 hours.
2. Lightly grease grill grates and turn grill to medium-high heat. Sprinkle adobo seasoning on both sides of the chosen meat. Grill meat until desired color and proper internal temperature is met (beef 145 °F, chicken 165 °F).
3. Thinly slice meat and top with Salsa Criolla.



Fun fact: Season blends can vary from culture to culture! Adobo seasoning may include garlic, onion, black pepper, oregano, cumin, and red pepper powder.

Nutrients Per Serving (for steak): 220 calories, 11 g total fat, 4 g saturated fat, 70 mg cholesterol, 80 mg sodium, 5 g carbohydrates, 1 g fiber, 3 g total sugar, 0 g added sugar, and 25 g protein

Total Cost: \$\$\$\$

TEXAS A&M
AGRI LIFE
EXTENSION

BETTER LIVING FOR TEXANS

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

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.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

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



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