



Brazos County Family & Community Health Better Living for Texans Newsletter

Summer 2023 Edition ~ July-August

We are hiring
for a part-time
Administrative
Secretary



Texas A&M AgriLife Extension's Family and Community Health (FCH) unit helps Texans better their lives through science-based educational programs designed to improve the overall health and wellness of individuals, families, and communities.

COMMITTEE MEMBER SEARCH ONGOING

Dear Family and Community Health/BLT Friends,

The Brazos Family and Community Health/Better Living for Texan Committee is actively seeking new members who are committed to health and wellness. Anyone interested should contact Flora Williams or Katie Zender-McGill to see if you are a good fit. We offer our high quality evidence-based programs mostly Monday through Friday between 8 am-5 pm.

Our next FCH/BLT committee meetings are set for the year. Our meetings will take place at the Brazos County Extension Office or may be attended virtually at 3:30 p.m.

July 17, 2023

October 16, 2023

JOIN OUR TEAM



WHAT WE'VE BEEN UP TO

DINNER TONIGHT HEALTHY COOKING EXPERIENCE

Thank you Christina Bookout and Living Well at Texas A&M for offering a Dinner Tonight Healthy Cooking Experience on April 5, 2023. The menu consisted of Spicy Lentil and Quinoa Bowl, Creamy Avocado Veggie Dip, and Almond Butter Cookies. Agents Flora Williams (Brazos County), Katie Zender McGill (Brazos County), Z'Aundria Warren (Waller County), Andrea Ryan along with Master Wellness Volunteer and FCH Administrative Assistant Julie Prouse and Maria Benavides worked together for this fun culinary experience.



DINNERTONIGHT.TAMU.EDU



WHAT WE'VE BEEN UP TO

DO WELL BE WELL WITH DIABETES CLASSES

Agent Flora Williams was completely blown away by the students in the Friday classes held May 5-June 2, 2023 Do Well Be Well with Diabetes series. The six individuals were very dedicated to setting their goals and meeting them. Best wishes on everyone continuing to use the information learned in class and on self-management of diabetes.



Topics included: How food affects your blood glucose, Are you eating the right number of carbs?, Improving your blood glucose control with physical activity, Improving your blood glucose control with medication, Celebrating diabetes control while avoiding complications.

MANAGING TYPE 2 DIABETES IS POSSIBLE

Do Well be Well with Diabetes

Burleson County Extension Agent Holly Narro served as a co-instructor for one of the classes. Holly and Flora have a combined total of 40 years of helping people living with diabetes.

HOW DID WE GET THE WORD OUT?

Texas A&M AgriLife Extension offers resource for those with type 2 diabetes

Updated: May. 1, 2023 at 4:00 PM CDT
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WHAT WE'VE BEEN UP TO

PRESERVING THE HARVEST

Apple jelly and zesty salsa making oh what fun! On May 31, a water bath canning class was a hit. Students worked together to make some tasty canned treats.

Extension staff members who shared their expertise and helped Brazos County Extension Agent Flora Williams make the class a great learning experience were Extension Specialist Dr. Jenna Anding, Extension Associate Julie Prouse, and Extension agents Andrea Ryan (Grimes County), Holly Narro (Burleson County), Z'Aundria Warren (Waller County).



WHAT WE'VE BEEN UP TO

PARENTING CONNECTIONS PARENTING CLASSES

The June 12 Parenting Connections class provided insight on child growth and development, parent-child communication, positive discipline, building healthy self-esteem, nutrition basics, and car seat safety. The class equipped a couple of fathers with some extra tools to add to their toolboxes to strengthen and enhance their current practices. Best wishes to them on their parenting journey.



4-H FCH: FOOD AND NUTRITION DAY CAMP

Friday June 17, 4-H Family and Community Health Day Camp focused on food and nutrition subject matter. We had 23 AWESOME young people attend. Agents Flora Williams, Katie McGill, and Matt Pfeifer were assisted by Food and Nutrition Ambassadors Carson Dodd, Ethan Long, Jake Long, Lainey Dodd, Olivia Davis, Virginia Williams; Council Officer Makenna Johnson; teen leader Aubrey Smith; and interns Maddie and Grace.

Topics addressed: cooking basics, path to the plate of food ingredients, food safety, food waste reduction, lemonade stand 101, food science

HANDS ON ACTIVITIES: cooking, team presentations, butter making and pie making, and how to operate a lemonade stand. A special thank you to Julie Prouse on teaching about and assisting with the lemonade stand.



WHAT WE'VE BEEN UP TO

HEALTH AND SAFETY DAY

It's that time of year to remind everyone about sun safety and kids in cars! Members of the Brazos County FCH/BLT Committee spent June 15 at Brazos County, City of College Station, and City of Bryan Employee's Health and Safety Day. Thank you Nurse Martha Sanders and Julie Prouse for helping Agent Flora Williams with these important messages.

Stay in the shade:

- Stay out of direct sun between 10 am to 4:00 pm, UV light is strongest.
- Use the shadow test. If your shadow is shorter than you are, the sun's rays are strongest.

Wear clothes to cover your skin:

- Long-sleeved tops, long pants, or skirts cover the most skin and are protective.
- Some clothing is made with UV protection.

Use sunscreen and apply it correctly:

- Use a broad-spectrum sunscreen with SPF 30 or higher.
- Check the expiration date.
- Use at least 1 ounce to cover arms, legs, neck, and face.
- Protect your lips too.
- Don't forget to reapply at least every two hours. Check label.

Wear a wide brim hat:

- Be sure your hat protects the eyes, forehead, nose, scalp, and ears.
- A hat with a 2- or 3-inch brim all around is best.

Wear sunglasses that block UVA and UVB rays:

- Large-framed and wraparound sunglasses protect best.
- Children need protective sunglasses too-do not use toy sunglasses.

Avoid tanning beds and sun lamps:

- Tanning devices can cause long-term skin damage and increase your risk for skin cancer.



WHAT WE'VE BEEN UP TO

ETIQUETTE LUNCHEON

Good manners matter. Be natural without drawing attention to yourself when dining. It is best to give the appearance of being confident and comfortable.

Agent Flora Williams had the honor of teaching the art of social graces of dining etiquette at the Bethune Woman's Club Etiquette Luncheon on June 17. Nine



young adults and their loved ones attended. This was in preparation of the upcoming Sweetheart Ball where the young people will be honored.

DINNER TONIGHT HEALTHY COOKING EXPERIENCE PART II



It was a productive lunch hour (and a half) learning about Dinner Tonight, MyPlate, and food safety at Texas A&M Rec Center. The Dinner Tonight cooking experience hosted by Living Well at TAMU included preparing Cajun Salmon Tacos, Lemon Rice, and Red White and Blue Fruit Salad. Agent Flora Williams included Cajun spice mix making and appreciates all of the employees who attended. A special thank you to Sarah Boreen and the team at Living Well and the Rec Center for making the magic happen.



WHAT WE'VE BEEN UP TO

CERTIFIED FOOD MANAGERS CLASS

The FIFTH certified food managers course and exam of 2023 was held on June 26. The next class is set for August 14. Registration is required. Course books can be picked up once payment is received.



A special thank you to Harris County Extension Agent Amanda Krippel, Extension Associate Julie Prouse, and Health inspector Holly Ulbrich Brazos County Health District for helping Agent Flora Williams instruct the course. Best wishes to the school district employees and diner staff who attended.



PRESERVING THE HARVEST

Fun! Fun! Fun! Who knew that pressure canning green beans and tomato sauce could be so much fun? It's always more fun with friends both familiar and new! The June 27th class was the fourth of the year. The July 19th class will mark the final of this series. All spots have been filled for that class. The Fall/Winter class dates will be announced soon. Our classes are posted at brazos.AgriLife.org under the events tab.

Agent Flora Williams was beyond grateful to have Extension Associate Julie Prouse, Waller County Extension Agent Z'Aundria Warren as part of the teaching team. They rocked!



WHAT WE'VE BEEN UP TO

PASSENGER SAFETY BOOTH AT FIRST FRIDAY

Agents Flora Williams and Katie Zender McGill had a blast partnering with TxDOT's Julia Davies to promote car seat safety and end the streak of fatalities on Texas roadways. Thank you is in order for Master Wellness Volunteer/FCH/BLT committee member, Julie Prouse who is a certified passenger safety technician. This is the second event she's organized during the last few weeks. Thank you to the parents and caregivers who took the time to bring the little ones by. It was great seeing former committee member and a big supporter of Texas A&M AgriLife Extension Dr. Sara Mendez. She barely surpassed the 4'9" mark. Our booth was also featured on AgriLife's instagram page.

Remember to buckle every passenger every trip. Help end the streak. TxDOT created #EndTheStreakTX in an effort to raise awareness about the long streak of traffic deaths in Texas and how this is an issue that impacts every Texan. The reality is this: Texas has lost at least one person every day on Texas roads since Nov. 7, 2000. We need to end the streak of daily deaths on Texas roads! This goal is big, but it's possible. It's going to take every single driver to do their part behind the wheel.



HELP
#EndTheStreakTX
End the streak of daily deaths on Texas roadways.

UPCOMING OPPORTUNTIES

DO WELL BE WELL WITH DIABETES CLASSES

Agent Flora Williams is proud to announce another set of Do Well Be Well with Diabetes Friday classes to be held August 18–September 8, 2023 from 10:00–12:00 noon. This series is intended for people and caregivers of persons living with Type 2 Diabetes. Registration closes on August 4. Call 979–823–0123 prior to that date to get registered.

Students are asked to bring their own drinks and snacks. Students will get to practice goal setting and other behavior changes over the five week span of the classes.

Topics will remain the same:

- How food affects your blood glucose
- Are you eating the right number of carbs?
- Improving your blood glucose control with physical activity
- Improving your blood glucose control with medication
- Celebrating diabetes control while avoiding complications.

Texas A&M AgriLife Extension offers diabetes resource class

Updated: Jul. 5, 2023 at 12:50 PM CDT



KBTX News 3 at Noon(Recurring)



Here is the recent interview on the KBTX noon show.

Visit our website at <https://brazos.agrilife.org/event/do-well-be-well-with-diabetes-a-program-for-people-with-type-2-diabetes-and-their-caregivers/>

UPCOMING OPPORTUNITIES

PARENTING CONNECTIONS PARENTING CLASSES

Come and learn skills to enhance your parenting skills at Texas A&M AgriLife Extension Brazos County's Parenting Connections Class! The class is set for Tuesday August 8, 2023 from 1:00 PM-5:00 PM at the Brazos County Extension Office located at 4153 County Park Court Bryan, TX 77802).

Learn more about:

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



Registration required by August 1st, 2023. Sign up by calling 979-823-0129 or emailing fewilliams@ag.tamu.edu. The registration cost of this class is \$30. Payable to Brazos FCS.

VOLUNTEER SAVE THE DATES

Diabetes classes—Fridays in August–September–10:00 am–12:00 pm

Pizza Ranch–October 12, 2023

FCH/BLT Committee meeting–October 16, 2023 @ 3:30

Volunteer Appreciation Luncheon–November 1, 2023 @12:00 noon

Elected Officials Luncheon–December 7, 2023

*Congratulations Julie Prouse on exceeding 40
volunteer hours in 2023!*

BERRY TIPS

KBTX INTERVIEW ON BERRIES

Using blackberries with Flora Williams, Texas A&M AgriLife

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