

VOLUNTEER CONNECTION

January, 2016

TEXAS A&M
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EXTENSION

Master Wellness Volunteers Invitation!

Hope you all have a blessed Christmas and start to a new year! We had a great year, and it doesn't stop here!

There are numerous events and opportunities coming up, so you'll have plenty to keep you busy!

I usually try to have a special luncheon this time of year to show my appreciation and to allow us to all meet face-to-face. So, please put this date on your calendar and let me

know if you can come. No need to bring anything! I'll provide the meal.

What: MWV luncheon

When: Tuesday, January 5

Time: 12:00 noon

Where: Extension Office

Call: 903-885-3443 to RSVP

Happy
New Year!

Volunteer Connection

is published six times per year. Contact my office with news and comments for inclusion in the newsletter.

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Volunteer Involvement

- ◆ *Joann Brennan, Nell Shipp, Sylvia Millsap, Wendy Johnson, and Susie Faltesek* assisted with registration, and/or book assembly & goody bags for the 2015 "Christmas Joys" holiday program at the Southwest Dairy Museum.
- ◆ *Nell Shipp & Sylvia Millsap* assisted with the Christmas Joys Mini session.
- ◆ *Wendy Johnson* filled in for Barbara at the Extension Office, answering calls.
- ◆ *Susie Faltesek and Joann Brennan* agreed to audit the accounts for the Extension Office.
- ◆ *Sylvia Millsap* and Johanna have been busy with the Community Resources for Children Group, the Community Health & Wellness Alliance, and other boards.
- ◆ *Sylvia Millsap, Kim Sellers, Nell Shipp, Wendy Johnson, Joann Brennan, and Susie Faltesek* attended the annual Extension Leadership Advisory Board Banquet. Susie won a beautiful door prize!
- ◆ *Kim Sellers* will be assisting with "Cooking Through the Seasons" as one of the presenters on the topic of Healthy & Unhealthy Fats and Label Reading on Friday, April 1st. Keep watching for more details. Other assistance will be needed!
- ◆ *Julie, Linda, Doris, and LaTarra*, we've been missing you! Hope you can join us for the luncheon!



A world of Volunteer Opportunities

*Consider the world of good we can do
by simply being involved!*

Please contact me if you are willing and available to
attend or assist with any of the following:

January

- Tuesday, January 5: Master Wellness Volunteer Luncheon, 12:00 noon, Extension Office—please call to RSVP. Meal provided!
- Thursday, January 7: Community Health/Wellness Alliance, 12:00 noon, Extension Office. (Bring your lunch or eat before you come!) We'll discuss Kids' Camp, Skills Camp, and other projects.
- Sunday, January 10: Assist with Extension exhibit at "A Formal Affair", Hopkins County Civic Center, 2:00 to 4:00 p.m.
- Saturday, January 23: assist in providing refreshments and/or lunch for Twogether in Texas Marriage Education workshop (Johanna will let you know how many couples have signed up)
- Sunday, January 24: Judges and other volunteers needed to assist with the County 4-H Food Show (postponed from November), Extension Office, 2:00 p.m.
- Saturday, January 30: Assist with 4-H Sewing Fun Day and Field Trip, 10:00 a.m. to 2:00 p.m., meet at Extension Office, bring sack lunch

Looking Ahead

- ◆ March 5 or 12 (depends on when our 4-H leader can get the facility) - judges needed for County 4-H Educational Presentations, Public Speaking, Fashion Show, and Share-the-Fun
- ◆ Friday, March 11: Extension Spring Luncheon/meeting for all committees, Master Volunteers, and others, noon, Extension Office—you are all invited!!
- ◆ Tuesday, March 22: assist with Extension exhibit at Taste of Home Cooking School, Civic Center, time? - probably 6:00 p.m.
- ◆ April 4, 7, 11, 14, 18: Assist with "Do Well Be Well with Diabetes" series, Extension Office, 1:30 p.m.– help needed with registration, evaluation, setting out refreshments, etc.
- ◆ Saturday, April 9: Assist with annual Kids' Safe Saturday, Buford Park, 9:00 a.m. to 1:00 p.m.

5 Simple Steps You Can Take to Avoid Germs at the Holidays

Source: Cleveland Clinic

Spending time with others brings a lot of joy during the holiday season, but it can also bring germs along the way. The first rule of protecting yourself against picking up bacteria and viruses is: Be smart about what you do. That means you should consider everything you touch to be something that could transmit a virus or bacteria to you.

1. Keep your hands away from your face

Washing your hands or applying an alcohol-rub hand cleaner every five minutes is what it would take to keep your hands germ-free. That just isn't possible. But, you have another option: Decrease your chances of transmitting whatever virus or bacteria you've touched to your body by keeping your hands away from your eyes, nose and mouth. Of course, currency and credit cards, which get handled by numerous customers and salespeople, are also flying fast and furious between hands throughout the holidays. So, again, keep your hands away from your face and wash them when you can whenever you've been shopping.

2. Stay home if you're sick

Another important piece of advice from Dr. Taege: When you do feel yourself becoming ill, just stay home. This helps everyone. There's no reason to make a bunch of other people sick with whatever it is that you've contracted.

3. Be germ-aware while traveling

If you're traveling during the holiday season, follow the same suggestions to minimize your risk. With filtration systems, airplane air is better than it used to be. But it's not perfect. So, keep your hands away from your face and wash your hands or use a hand sanitizer when you can. Stay home if you're sick, or at least cover your mouth with a tissue when you cough or sneeze. The same holds true on any public transportation.

4. Take in holiday joy, not germs, at a party

That buffet spread at your neighbor's house looks delicious, and so do the cookies your coworkers brought to the office. But wait a minute. If you're at a party where common serving utensils are being shared, don't use your fingers to eat. Get your own utensils, and don't share glasses.

5. Strengthen your immune system to fight off illness.

Start by getting plenty of rest. After all, you can't drive yourself 20 hours a day, get no rest and expect to stay healthy. Getting your flu vaccine shot every year is also a great step toward staying healthy. "Anybody over the age of 6 months, unless there's some absolute contraindication, should consider getting an influenza vaccine," Dr. Taege advises.



Periodic Assistance Needed

From time to time, we need assistance in the office, answering the phone, taking messages from walk-in clients, or just helping with various tasks. If you would be willing to help out on Tuesdays and/or Thursdays occasionally, give us a call!

One Flaw in Women

Women have strengths that amaze men. . .

- They bear hardships and carry burdens, but they hold happiness, love and joy.
- They smile when they want to scream and sing when they want to cry.
- They cry when they are happy and laugh when they are nervous.
- They fight for what they believe in.
- They stand up to injustice.
- They don't take "no" for an answer when they believe there is a better solution.
- They love unconditionally.
- They go without so their family can have.
- They go to the doctor with a frightened friend.
- They cry when their children excel and cheer when their friends get recognition.
- They are happy when they hear about a birth or wedding.
- Their hearts break when a friend dies.
- They grieve at the loss of a family member, yet they are strong when they think there is not strength left.
- They know that a hug and a kiss can heal a broken heart.
- The heart of a woman is what makes the world keep turning.
- Women come in all shapes, sizes and colors.
- They'll drive, fly, walk, run or send a special message to show how much they care about you.
- They bring joy, hope, and love. They have compassion and ideas.
- They give moral support to their family & friends.
- Women have vital things to say and everything to give.

*However, if there is one flaw in women,
It is that they forget their worth!*

You are priceless! Merry Christmas and Happy New Year!