

VOLUNTEER CONNECTION

Spring, 2015

TEXAS A&M
AGRILIFE
EXTENSION

Volunteers in the Spotlight!

Thanks to **Nell Shipp** and **Doris Counts** for their assistance with the first session of the 2015 Master Wellness Volunteer training.

Thanks to **Nell Shipp** and **Susie Faltese** for their assistance with programs for the Delta County Senior Citizens group in January and February, respectively.

Thanks to **Nell Shipp**, **Joan Brennan**, and **Wendy Johnson** for serving as judges at the District 4-H Food Show, held on March 6.

Kim Sellers is serving on the Hopkins County Memorial “i3” project. We hope to hear good news in the coming weeks!

Sylvia Millsap was selected as the Outstanding Better Living for Texans supporter by the Texas Extension Association of Family & Consumer Sciences and will be recognized at the March 13th Leadership Advisory Board. Sylvia serves on numerous boards with Johanna, and has been an integral part of education in Hopkins County.

Thanks to **Linda Tanton** for her assistance with a workshop at the Extension Office in January.

Julie Walter is out-and-about. We hope you can join us on April 10th, Julie!

Be sure to read upcoming opportunities! Call if you can assist—903-885-3443

2015 Master Wellness Volunteer Training

Wow! We have a great group of newly trained Master Wellness Volunteers! The five-day series ended on March 3, and they are ready to jump in and get involved in various events.

Completing the training were: (pictured left to right) LaTarra Young, Jody Young, Nancy Ferguson, Extension agent Johanna Hicks, Joan Brennan, and Wendy Johnson. Not pictured, but also completing the course is Susie Faltese.

LaTarra will be getting married in April, which means Jody will be busy helping with wedding preparations! We wish LaTarra the very best, and we wish Jody strength and joy as she adds a new family member!

These ladies join our current Master Wellness Volunteers: Kim Sellers, Linda Tanton, Nell Shipp, Doris Counts, Sylvia Millsap, and Julie Walter.



READ THIS!

A World of Opportunities!

The following list of events serves as an invitation to you. I might not be able to contact each of you in person, so please accept this as a personal invitation to be involved. Contact my office and let me know with which event(s) you would be willing to assist.



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

March

- ◇ **Tuesday March 10:** Community Health/Wellness Alliance meeting to discuss Kids' Camp, 10:00 a.m., Extension Office (**LaTarra** signed up to attend. Others welcome!)
- ◇ **Thursday, March 12:** Delta County Senior Citizens' program—meet me at the Extension Office at 9:30 a.m. or there at 10:00 a.m. (**LaTarra** signed up to assist. Others welcome!)
- ◇ **Friday, March 13:** Leadership Advisory Board/Committees/Volunteer luncheon—Extension Office, noon (see page 3 for more details)
- ◇ **Tuesdays/Thursdays, March 24, 26, 31, April 2, 7:** “Do Well, Be Well with Diabetes” series, Extension Office, 1:30 p.m. Help especially needed on March 24 and April 7, but you are welcome to assist each day! (**Nancy Ferguson, Wendy Johnson, and Joann Brennan** volunteered to assist, but others are welcome.)
- ◇ **Saturday, March 28:** County 4-H Contests (Fashion Show, Educational Presentations, Public Speaking, Share-the-Fun talent contest), ROC, 2:00 p.m. Judges and tabulations volunteers needed—arrive at 1:30. (**Wendy, Joann, Jody, and LaTarra** volunteered, but others are welcome!)

April

- ◇ **Friday, April 3:** Good Friday. Extension Office closed.
- ◇ **Sunday, April 5:** **Happy Easter!!**
- ◇ **Tuesday, April 7:** 55+ Health Fair, Recreation Outreach Center (ROC), 9:00 to noon. Help needed sitting with the exhibit, and take-down. (**Nancy, Wendy, and LaTarra** volunteered to assist.)
- ◇ **Friday, April 10:** Master Wellness Volunteer Celebration Luncheon, Extension Office, noon. Come enjoy food, fellowship, and updates. See page 3 for more details!
- ◇ **Saturday, April 18:** Kids' Safe Saturday, Buford Park, 9:00 a.m. to 1:00 p.m. (**Wendy** volunteered to assist, but more are welcome!) See information on page 3.
- ◇ **Friday, April 23:** “Book Cooks” program, Early Childhood Learning Center, set up at 10:30 a.m. (**LaTarra and Joann** volunteered to assist) You may meet me at the Extension Office or at ECLC.
- ◇ **Tuesday, April 30:** Delta County Senior Citizen's Program, (tentative) Meet me at the Extension Office at 9:30 a.m. or there at 10:00 a.m., but call Johanna first to make sure it is confirmed.

May

- ◇ **Friday, May 1:** District 4-H Fashion Show, at the ROC (Sulphur Springs), 9:00 a.m. registration followed by judging. Need judges, runners, time keepers, and tabulators.
- ◇ **Saturday, May 2:** Delta County Community Baby Shower & Parenting Expo, Delta County Civic Center, 2:00 to 4:00 p.m.. Johanna will have exhibits ready to set up, but can't actually be there. Volunteers needed to set up at 1:00 and stay with exhibit until the event is over. (Exhibits on nutrition, food safety, and BLT newsletter)
- ◇ **Sunday, May 10:** **Happy Mother's Day!**
- ◇ **Thursday, May 20:** Planning meeting for Fabulous Fall Friday, Wood County Extension Office. Volunteers may meet 9:15 a.m. at the Hopkins County Extension Office to ride with Johanna
- ◇ **Monday, May 25:** Extension Office closed for Memorial Day
- ◇ **Thursday, May 28:** Dairy Recipe Contest planning meeting, Extension Office, 1:30 p.m.—volunteers needed

Kids' Safe Saturday

One of the popular events for Hopkins County children is the annual ***Kids' Safe Saturday***. Please make note of this year's event, and call the Extension Office if you can assist:

- ◆ When: Saturday, April 18
- ◆ Where: Buford Park
- ◆ Time: 9:00 a.m. to 1:00 p.m.
- ◆ How you can help: The Extension exhibit will feature sun safety. We will be helping the children make UV bead bracelets. We'll also have plastic visors for children to decorate, so this will require lots of help! Please call to volunteer!
- ◆ Free hot dogs for all!



Leadership Advisory Board/Committee Luncheon

Each spring, the Extension staff meets with our Leadership Advisory Board, program area committees, coalitions, and Master Volunteers to review past programming and to identify emerging issues that need to be addressed.

We hope you will join us, but PLEASE CALL so we can make adequate meal arrangements:

- Date: Friday, March 13
- Time: 12:00 noon
- Where: Extension Office
- Meal provided, but we need a head count.
- RSVP: 903-885-3443

*I've learned
that the
easiest way for
me to grow as
a person is to
surround
myself with
people smarter
than I am.*

Master Wellness Volunteer Luncheon

- ◆ Date: Friday, April 10
- ◆ Time: 12:00 noon
- ◆ Where: Extension Office
- ◆ Bring: your favorite healthy main dish, side dish or salad, along with the recipe to share! Johanna will provide drinks, paper goods, and dessert.
- ◆ We'll also have a brief professional development topic to count toward your hours.

**You're invited to
Lunch Bunch!**



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to socioeconomic level, race, color, sex, disability, religion, age or national origin.

Johanna Hicks
Family & Consumer Sciences
1200-B W. Houston Street
P.O. Box 518
Sulphur Springs, TX 75483

903-885-3443—telephone
903-439-4909—fax

Preventing Measles

Most people today have never experienced caring for a child with measles. It is very contagious and dangerous for infants and young children—28% must be hospitalized. Possible complications include pneumonia, lifelong brain damage, deafness and even death.

The American Academy of Family Physicians, American Academy of Pediatrics, and the Centers for Disease Control and Prevention strongly recommend children receive all vaccines, including Measles, Mumps, Rubella (MMR) shot, per the recommended schedule.

In spite of this recommendation, some parents still choose not to immunize their children. Anyone fearing the MMR or any other immunization should talk to their doctor to get the facts about safety. Making this type of decision without all the facts can be very dangerous. For more information, visit <http://www.cdc.gov/measles/index.html>

Summer Youth Program

Due to previous success, "**Kids' Camp: Fun, Food, Fitness**", sponsored by the Community Health/Wellness Alliance of Hopkins County, has been planned for another summer camp program, for 2015. The camp targets students who will have completed grades 1 thru 4.

The focus will be on fitness and health, with activities in four areas:

- 1) Nutrition/food preparation/healthy food choices
- 2) Physical activity
- 3) Safety
- 4) Gardening

The four-week program will be held on Mondays, Wednesdays, and Fridays, from 9:00 to noon, at the Ag Workers'

Building in Buford Park, beginning on June 22 and ending on July 17. We will skip the week of July 4th.

Fridays will be led by Extension Master Gardeners, as they conduct container gardening and other plant/gardening activities.

Mondays & Wednesdays will focus on nutrition and physical activity, with 30 minutes allotted for sessions on safety. I need your assistance in leading sessions on nutrition, selecting healthy foods, simple hands-on food preparation activities, and other related topics.

The next meeting for the Alliance is **March 10**, 10:00 a.m. at the Extension Office. Please come if you can!!

