

VOLUNTEER CONNECTION

Spring, 2016

TEXAS A&M
AGRILIFE
EXTENSION

Master Wellness Volunteer Newsletter



Volunteers in the Spotlight!

Wendy Johnson and **Joan Brennan** assisted with the 4-H Clothing Project Field trip and Sewing Fun Day. A fun day was had by all!

Sylvia Millsap and Johanna each had exhibits at the Sulphur Bluff School parent fair in March.

Thanks to **Susie Faltesek**, **Joan Brennan**, and **Wendy Johnson** for serving as judges at the County 4-H Roundup contests held on March 5.

Kim Sellers is working with the Multi-county FCS team of Hopkins, Rains, and Wood Counties to plan the upcoming "Cooking Through the Seasons" event. Kim will serve as a presenter.

Sylvia Millsap busy with the Community Health/Wellness Alliance to plan the 2016 Kids' Camp and Skills Camp. **Susie Faltesek** and **Wendy Johnson** have both attended meetings and provided feedback. Wendy has taken a lead in helping plan portions of the gardening sessions.

Susie Faltesek and **Joan Brennan** assisted with the Extension exhibit at Taste of Home Cooking School.

Joan Brennan has started a quilt project. She and Johanna are part of the "Block of the Month" project.

Sylvia Millsap attended the annual Spring Extension Leadership Advisory Board luncheon. An overview of 2015 programs, and a glimpse of 2016 events were presented by Extension staff.

Nell Shipp had a little spell of the "bug," but is now back in full form and ready to help.

Condolences to **Linda Tanton** on the loss of a family member. We love you Linda, and hope to see you soon!

Doris Counts, **LaTarra Young**, and **Julie Walter** are staying busy with work and family. Hope to hear from you!



**DINNER
TONIGHT**
HEALTHY COOKING SCHOOL



**MASTER
WELLNESS**
VOLUNTEER PROGRAM
TEXAS A&M AGRILIFE EXTENSION



**WALK
ACROSS TEXAS!**

Extension logos get a new look! The marketing department gave all program logos an update so that they are more similar. What do you think?

A World of Opportunities!



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

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.

April

- April 4, 7, 11, 14, 18: “Do Well, Be Well with Diabetes” series, 1:30 p.m., Extension Office. **Susie and Wendy** volunteered to assist. Did I leave anyone off?
- Tuesday, April 5: 55+ Health Fair, 9:00 a.m. to 12:00 noon., ROC. **Nell** volunteered to assist.
- Saturday, April 9: Kids’ Safe Saturday, 9:00 a.m. to 1:00 p.m., Buford Park
- Friday, April 15: District 4-H Food Show, 12:00 noon; Consumer Decision Making, 4:00 p.m., TAMU-Commerce Student Center. **Susie** volunteered to help with Consumer Decision Making Contest.
- Saturday, April 15: District 4-H Fashion Show, 9:00 a.m., TAMU-Commerce Student Center.
- Wednesday, April 20: Community Health/Wellness Alliance meeting, 12:00 to 1:00 p.m., Extension Office—discussion will be Kids’ Camp and Skills Camp. **Sylvia** will be there—others welcome!
- Wednesday, April 27: Exhibit at Region 8 Service Center, Mt. Pleasant, 9:00 a.m. to 2:00 p.m. Anyone is welcome to assist with the exhibit.

May

- Throughout the month: help needed gathering items for goody bags!!
- Friday, May 20: “Cooking Through the Seasons” cooking show, 9:00 a.m. to 12:00 noon, ROC . Help needed with set up, registration, tray preparation/clean-up, keeping refreshment area clean, etc. **Sylvia** and **Wendy** volunteered to assist. Did I miss anyone?
- Saturday, May 21: Twogether in Texas marriage education workshop, Extension Office. Help needed in serving lunch to couples—arrive at 11:30 a.m.
- Wednesday, May 25: Ag-in-the-Classroom meeting with volunteers, Extension Office. If you would like to assist with this event, scheduled for October 4 & 5 at the Civic Center, join us for this meeting.
- Thursday, May 26: FCS, Master Wellness Volunteers meeting, 12:00 noon, Extension Office (following Master Gardeners). Discussion will focus on Kids’ Camp and Tomato Festival.

June

- Throughout the month: help needed preparing handouts, purchasing ingredients, etc. for Kids’ Camp.
- Saturday, June 19: my son is getting married!!
- June 20, 22, 27, 29, July , 11, 13, 18, 20: Kids’ Camp, Ag Workers’ Building, Buford Park, 9:00 a.m. to 12:00 noon. I would love to have assistance in leading the nutrition and hands-on cooking segments! Call me! **Wendy** will be assisting with some of the gardening sessions July 1 and 15.

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 9
- ◆ Where: Buford Park
- ◆ Time: 9:00 a.m. to 1:00 p.m.
- ◆ How you can help: The Extension exhibit will feature the Nutrition Spin Wheel game. Please call if you would like to assist!
- ◆ Free hot dogs for all!



Cooking Through the Seasons

- When: Friday, May 20
 - Where: ROC (Recreation Outreach Center)
 - Time: 9:00 a.m. to 12:00 noon
- If you want to attend, registration forms are available at the Extension office or on our website under 'publications.'
- If you want to assist, here is a list:
- 1) acquire goody bag items
 - 2) Distribute marketing flyers & registration forms
 - 3) Fill goody bags (date to be determined)
 - 4) Assist at the actual event with set-up, registration, tray preparation, clean-up, etc.

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: Thursday, May 26
- ◆ Time: 12:00 noon
- ◆ Where: Extension Office
- ◆ Bring: your favorite salad—either sweet or savory
- ◆ We'll also discuss upcoming events and celebrate accomplishments!

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



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

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Top 10 Foods with Health Benefits: Texas A&M University

- 1) Almonds can reduce risk of heart disease, diabetes, and cancer
- 2) Apples are a good source of dietary fiber and can help slow aging
- 3) Avocados are a great source of fat that lower cholesterol and reduce heart disease if substituted in place of other dietary fats.
- 4) Beans contain protein, fiber, vitamins, and minerals that help reduce risk of heart disease and diabetes.
- 5) Blueberries are rich in anthocyanins which help reduce and prevent chronic inflammation and can help short-term memory
- 6) Broccoli is high in Vitamin C, folic acid, fiber, and potassium and can help fight cancer and reduce inflammation.
- 7) Cranberries are well known for treating urinary tract infections, but also keep bacteria from sticking to your teeth. They also reduce risk of cardiovascular disease, inflammatory bowel disease, some cancers.
- 8) Leafy Greens contain vitamin C, K, E, folate, fiber and may help prevent cancer.
- 9) Fish is a great source of protein, low in fat and high in omega-3 fatty acids which decrease risk of heart disease and rheumatoid arthritis, lower blood pressure.
- 10) Sweet Potatoes provide anti-cancer, anti-diabetic, anti-inflammatory benefits

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 2016. The camp targets students who will have completed grades 1 thru 4.

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

- 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 20 and ending on July 22. We will skip the week of July 4.

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 **April 20**, noon, at the Extension Office. Hope to see you there!

