

VOLUNTEER CONNECTION

June/July, 2015

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Master Wellness Volunteer Newsletter

Summer Check-up

School is out, and summer is in full swing! Before you know it, school will be starting again! Our Hopkins County Master Wellness Volunteers have been involved in a variety of activities.

Events included:

- 1) District 4-H Fashion Show
- 2) Delta County Parent Fair exhibit
- 3) Dairy Festival Recipe Contest planning meeting
- 4) Tomato Festival Planning meeting
- 5) Kids' Camp planning

meeting

- 6) Kids' Safe Saturday
- 7) Delta County Senior Citizen's program
- 8) TOPS program
- 9) Head Start parent program
- 10) 55+ Health Fair

I'm sure I have probably left something out, but I truly thank each of you for your contributions in making each of these a success!

See page 2 for more options to volunteer!

Ag-in-the-Classroom

Do you like children?

Do you enjoy interacting with them?

Do you feel a sense of satisfaction when you teach children something new?



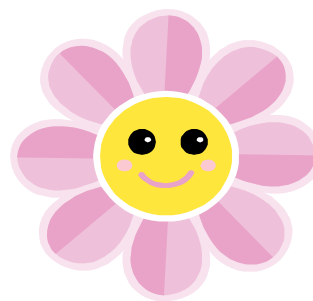
If you answered "yes" to any of these, I have the perfect project for you!

The annual Ag-in-the-Classroom will be held in October 6 & 7 at the Hopkins County Civic Center from 9:00 a.m. to noon.

Volunteers are needed to assist with various tasks. Call my office if you are available.

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A World of Opportunities

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

Please contact me if you are available to assist with any of these.

June

- **Saturday, June 20:** 2015 Hopkins County Dairy Festival Recipe Contest—assistance needed with judging, assisting judges, ribbon placings, clean-up—arrive at Extension Office no later than 12:45 p.m. for registration to begin at 1:00 p.m. (**Susie, Sylvia, and Wendy have volunteered to assist, as well as other volunteers, Audrey Greenway, and possibly Wilma Johnson**)
- **Tuesday, June 23:** Assistance needed in preparing fabric for Multi-county 4-H Camp (will be cutting fabric and putting kits together), arrive between 8:30 and 9:00 a.m. and stay as long as you can.
- **Saturday, June 27:** 3rd annual Hopkins County Tomato Festival, City Hall Courtyard—possible assistance needed for judging and assisting judges. Also need someone to distribute goody bags. (**Sylvia, Wendy, and Susie have volunteered to assist, along with Donnie Faltesek, Audrey Greenway and possibly Pauline Aguilar**)
- **Tuesday, June 30:** assist in judging 4-H awards applications and 4-H Record Books, 1:30 p.m., Extension Office

July

- **Monday, Wednesday, July 13 & 15:** Not crucial, but if you would like to assist with Kids' Camp nutrition segment, arrive at the Ag Workers' Building at 8:45 a.m. and I'll go over the projects with you.
- Much of July, I'll be away at Youth Skills Camp, Multi-county 4-H Camp, District Record Book Judging, much-needed vacation, and my state Extension Family & Consumer Sciences Conference (I'll be receiving an award!), so I won't be in the office much!

August

- **Thursday, August 13:** Leadership Advisory Board, Youth Board, **Master Wellness Volunteers**, Master Gardeners, 4-H Club Managers, and Program Area Committees will meet for an overview of Extension programs, upcoming multi-disciplinary programs, best practices in cash management, reaching diverse audiences, etc., 6:30 p.m., Extension Office, refreshments provided. Separate notice to be mailed.
- **Mondays & Thursdays, August 17, 20, 24, 27:** "Cooking Well with Diabetes" series, 1:30 p.m., Extension Office—assistance needed with registration, tray preparation, and cooking demonstrations—arrive no later than 1:00 p.m.
- **Mondays & Thursdays, August 17, 20, 24, 27, 31:** "Do Well, Be Well with Diabetes", 6:00 p.m., Extension Office—assistance needed with registration, handout distribution—arrive no later than 5:30 p.m.
- **Friday, August 28:** Fall Festival Creative Arts Contest meeting, 12:00 noon (lunch provided)- please call so adequate lunch preparations can be made. **LOTS of volunteers needed** to assist with various tasks on October 22, 23, and 24.

Thanks to each of you who assist in some way with conferences, events, and other functions throughout the year. You are a huge asset to our community!

3rd Annual Hopkins County Tomato Festival

There are two components to the festival: Tomato Growing Contest, and Tomato Recipe contest. Here's where you come in! The Tomato Recipe contest and Tomato growing Contest will take place at the City Hall Courtyard (by the water fountain). Entries for both of these contests may be taken directly to the Extension exhibit, starting at 5:30 p.m. If everyone who volunteered to assist follows through, we should have plenty of help, but anyone may enter! Age categories for all contests are:

- Children: 12 & under
- Youth: 13-18
- Adult: 19 & over

Entry divisions in the Tomato Recipe contest are: Main Dish, Side Dish, and Salsas.

We'll also have publications on "Canning Tomatoes and Tomato Products" to distribute to visitors, along with other Extension publications. So, as you can see, we'll need lots of help!



2015 Creative Arts Contest

The Creative Arts Contest is part of the Hopkins County Fall Festival. It takes many volunteers—registration, room coordinators, sitters, lunch and refreshment assistants, and judges' assistants. Even though the contest doesn't start until Friday, October 23, there is MUCH to do on Thursday, October 22, starting at 3:45 p.m.! Then, we'll jump in bright and early on Friday morning, October 23 and won't slow down until 2:30 p.m. on Saturday, October 24.

Please come to the planning meeting on Friday, August 28, noon, at the Extension Office!

Do Well, Be Well & Cooking Well with Diabetes

The two diabetes series are extremely helpful not only to individuals who are trying to manage the disease, but to their spouses and other loved ones who assist them on a daily basis.

"Cooking Well with Diabetes" is a four-lesson series, focusing on recognizing carbohydrate foods, reducing fat and sodium, increasing fiber, and celebrating sensibly with diabetes. I will conduct cooking demonstrations and participants have the opportunity to sample the dishes!

"Do Well, Be Well with Diabetes" is a five-lesson series. It focuses on nutrition and self care, such as checking blood glucose, recommended results for doctor visits, recommended A1c, and signs of high and low blood glucose.



These series will take place on the same dates (DWBW has an additional day), but at different times. Please contact my office if you can assist with either or both series!

Johanna Hicks
Family & Consumer Sciences
1200-B W. Houston Street
Sulphur Springs, TX 75482

Phone: 903-885-3443
Fax: 903-439-4909
jshicks@ag.tamu.edu



We're on the web!
<http://hopkins.agrilife.org>

Active at Any Size!

Would you like to make physical activity a part of your life, but are not sure how to do it?

Good news—you can be active at any size—and have fun and feel good doing it! Physical activity may seem difficult for those who are overweight or obese. They may get short of breath quickly. Feet or joints may hurt. It may be hard or costly to find the right clothes and equipment. And many may feel self-conscious working out in front of others.

Facing these challenges may be hard—but it can be done! Physical activity may help you live longer and protect you from developing serious health problems, like type 2 diabetes, heart disease, and stroke. Regular physical activity is linked to many health benefits. It helps you feel better because it may:

- lower blood pressure and blood sugar
- help build healthy bones, muscles, and joints
- help your heart and lungs work better
- boost energy during the day, aid in sleeping at night, and improve mood

When combined with a healthy eating pattern, regular physical activity may also help control weight.

Being active with others can be a lot of fun! It may give you a chance to meet new people or spend more time with family and friends. Most of you participated in the Walk Across Texas program as part of the 2015 Master Wellness

Volunteer training. If you would like to conduct the program with your church group, friends, or neighbors, contact me and I'll help you get started!

By the way, we didn't quite reach 833 miles, but we were close!

Educational programs of Texas A&M AgriLife Extension Service are open to all people regardless of race, color, sex, religion, national origin, age, disability, or veteran status.

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