

VOLUNTEER CONNECTION

December/January, 2014-2015

TEXAS A&M AGRI LIFE EXTENSION

*Merry
Christmas*



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Greetings!

It's hard to believe that Christmas is practically upon us! I want to be the first to wish you a very Merry Christmas season.

Master Wellness Volunteers have been busy during the last few months. Here's a quick overview of what you have been doing:

- Nell Shipp—assisted with Hopkins County Fall Festival Creative Arts contest, assisted with registration for the “Christmas Joys” annual Extension holiday program, and participated in planning meetings.
- Doris Counts—assisted with Hopkins County Fall Festival Creative Arts contest and was instrumental in distributing flyers for the “Christmas Joys” program.
- Linda Tanton—assisted with the “Do Well, Be Well with Diabetes” series, Fall Festival, and “Christmas Joys”
- Kim Sellers—provided feedback for various events, and has been working with the hospital on a \$200,000 diabetes education grant—i3 initiative (identify, intervene, improve)
- Julie Walter—has been busy with Karate (her picture has been in the newspaper!) Congrats, Julie!
- Sylvia Millsap—assisted with a Health Fair for Ocean Spray employees, Hopkins County Fall Festival, “Christmas Joys”, and serves as co-chair of the Community Health/Wellness Alliance.



• Tracy Irby has moved to Kaufman County. We will miss her, but I know she will be an asset in her new surroundings!

I apologize if I've left out anyone's participation involvement!

2015 MASTER WELLNESS

VOLUNTEER TRAINING

Another series to train new Master Wellness Volunteers has been scheduled for 2015. If you work or are associated with anyone who might be interested in receiving the training, please tell them about this opportunity. Also, if you would like to attend as a refresher (no charge), you are welcome to come. Here are the details:

- What: 2015 Master Wellness Volunteer Training
- When: Tuesdays, February 3, 10, 17, 24, and March 3.
- Time: 9:00 a.m. to 3:00 p.m.
- Cost: \$50 (includes two lunches, materials, and notebook)
- Where: Hopkins County Extension Office
- Deadline to register: January 23, 2015.

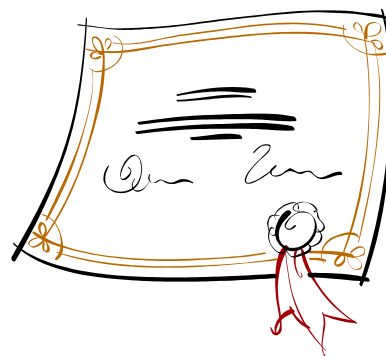
2014 Extension Leadership Advisory Board/Volunteer Banquet

Each year, we recognize our Extension Committees, volunteers, stakeholders, and 4-H honorees at this banquet. The event was held on November 13, at League Street Church of Christ. Many of our Master Wellness Volunteers were able to attend. The guest speaker was Bobby McDonald who told about the 4-H Exchange trip to Eau Claire, Wisconsin.

The highlight of the evening was recognition of the Outstanding Extension Supporter of the Year. The 2014 award went to *Sylvia Millsap*. Sylvia has been instrumental in expanding the impact of health and wellness in our community, but also promotes our youth program and assists with Extension functions when able. Thanks, Sylvia!

A second award was presented to *Nell Shipp* for her long-standing volunteer work. Nell has been a solid rock for Extension and we appreciate her hard work!

Thanks also to Doris Counts, who brought guests to the annual banquet. We always enjoy sharing the Extension story with new audiences!



Creative Arts Contest

Thanks to those who assisted with the Creative Arts Contest this year. Entries were down a little, but the contest ran like clockwork, thanks to our wonderful Hopkins County volunteer team!

Volunteer Opportunities

*The task
ahead of us
is never as
great as the
Power
behind us!*

Please call if you can help with or attend any of these events!

- ◆ Wednesday, December 10—Community Health/Wellness Alliance meeting, Extension Office, 12:00 noon (bring sack lunch, drinks provided) - You are invited!!
- ◆ Tuesday, December 16, 13, 20—Christmas Make-and-Take for Head Start Parents, Early Childhood Learning Center, 11:00 to 1:00 p.m. (lunch included), repeated 6:00—7:00 p.m. I need assistance with set-up of ingredients and group work
- ◆ December 25-26—Extension Office closed for Christmas
- ◆ Thursday, January 1—Extension Office closed for New Year's Day
- ◆ Thursday, January 8—"Thrive by Five" program for Head Start parents, Early Childhood Learning Center, not sure of time, but either 9:00 or 11:00 a.m. Assistance needed
- ◆ Tuesday, January 27—55+ Health Fair, First Baptist Church, ROC, 9:00 a.m. to noon, assistance needed in distributing health information at the Extension exhibit
- ◆ Saturday, January 31—4-H Workshop for Hopkins County 4-H'ers, 10:00 a.m. to 2:00 p.m., Extension Office—assistance needed in helping 4-H youth with their FCS projects!!
- ◆ Entire month of January—assist in promoting next MWV training (see page 1 for details)

MERRY CHRISTMAS