

VOLUNTEER CONNECTION

February, 2021

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EXTENSION

Thanks for Your Contributions!

Well, February, Heart Health Month, is upon us. My heart is full of thankfulness for each of you! I'm overjoyed to see the friendships that have formed and I just can't express how much I appreciate you and our friendship!

As you read this issue of Volunteer Connection, remember to let me know if you contribute volunteer hours of which I'm not aware. 2020 was a difficult year, but you still contributed over 800 hours.

Since the December issue of *Volunteer Connection* newsletter went out, Pat Connally assisted with the Hopkins/Rains Retired Teachers drive-thru meeting; Patsy and Joan have assisted with a 4-H Sewing workshop and Dress a Girl project, along with Wendy; Joan, Patsy, and Marjean have participated in the First Saturday Quilt block project. (Word has it that Marjean received a sewing machine for Christmas!) Kim has helped promote the Do Well, Be Well with Diabetes virtual series. Sylvia continues to split her work time between home and office. LaTarra has been able to assist Nell. Susie had a medical procedure done, and we pray she will be restored and back to her perky self soon! It was good to see Linda at "Christmas Joys" in November!

See Page 4 for professional development

Volunteer Involvement

Each year, I receive a summary from the state about Master Wellness Volunteer contributions. Below is a breakdown for 2020:

- Planning: 52.25 hours
- Program delivery: 267.25
- Preparation: 140
- Setup/cleanup: 18
- Training: 43.5
- Travel: 63.5
- Other: 219.5 (includes networking)

Total: 804 hours

You reached 3,304 individuals
either directly or indirectly!

Fantastic!



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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:

February

- ◆ February 1, 8, 15, 22: Fresh Start to a Healthier You on-line series. See page 3 for details.
- ◆ Saturday, February 6: Networking & educational demonstration, Stitchin' Heaven, Quitman 10:00 am—carpool meets at 9:15 am
- ◆ Monday, February 8: Johanna's presentation on "Healthy Habits" for Alpha Delta Kappa, 6:00 pm at the Extension Office (no assistance needed, but you may request copies of the handouts)
- ◆ Wednesdays, February 3, 10, 17, 24: Do Well, Be Well with Diabetes virtual series (Zoom). It isn't too late to sign up! Interested individuals may contact the Extension Office.

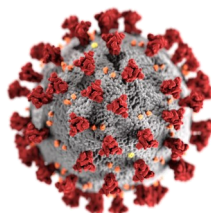
March

- ◆ Friday, March 5: Extension Spring Luncheon/meeting for all committees, Master Volunteers, and others—details to come. *
- ◆ Saturday, March 6: Networking & educational demonstration, Stitchin' Heaven, Quitman, 10:00 a.m., meet to carpool if interested
- ◆ Friday, March 26: District 4-H Food Challenge, Hopkins County Regional Civic Center, we'll need volunteers to help pull it off. *

April

- ◆ Mondays, April 5, 12, 19, 26: Fresh Start to a Healthier You online series. Contact the Extension office for registration information. See page 3 for details.
- ◆ April 12, 15, 19, 22: Be Well, Live Well series, 10:00 am, Extension Office. See page 3 for details. *
- ◆ April 16, 17: District 4-H contests, Farmersville Baptist Church, volunteer judges needed for fashion show, food show, educational presentations—more information will be available as the dates approach. *

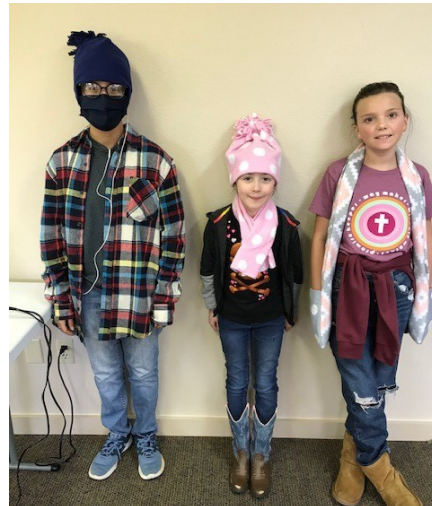
*Subject to change pending COVID. Situations are very fluid at this point.



4-H Sewing Fun Day

A great time was had by all at the 2021 4-H Sewing Fun Day, held January 23 at the Extension Office. All participants completed the project, and one 4-H member even came back to the second session to make more! The project was making toboggans and scarves out of fleece. One 4-H member stated that he wanted to make some to sell—now, that's entrepreneurship!

Thanks to Patsy Neal and Joan Brennan for assisting!



Fresh Start to a Healthier You on-line series

This series is being offered on-line. A new topic will be introduced each week. Participants may log on anytime during the week to view the interactive slides and materials. Registration information will be available to those who are interested in participating. Registration will open February 1 for the February series and a new series starts April 5.

Topics include: Creating Safe and Healthier Meals (focus on breakfast); Balancing Your Day; (focus on lunch); Saving More at the Grocery Store (focus on dinner); and Celebrating Small Bites (focus on snacks). Contact Johanna if interested in participating. And help promote the series!

Be Well, Live Well Series

- What: 4-lesson series targeted toward the 55+ crowd
- When: April 12, 15, 19, 22 (tentative, pending COVID)
- Where: Texas A&M AgriLife Extension Office, Hopkins County
- Time: 10:00 am

Topics: 1) Be Independent; 2) Be Able: Read the Label & Be Safe, Eat Safe; 3) Be Creative: Meal Plans; and 4) Be Fit, Move More

If we are able to hold this event in person, I could use some assistance during the sessions.



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!

Professional Development Section:

Page 4 of the Volunteer Connection includes information that you can use in your daily life, or share with others.



This month, I'm giving you a challenge! (Kim Sellers has an advantage, being a dietitian!) Here's a little background information:

As I hope you know by now, I'm partnering with three other counties to provide an on-line "Do Well, Be Well with Diabetes" series in February. A gentleman from California saw the post on my Hopkins County Family & Community Health Facebook page, and would like to participate. He has been asking questions about Ceylon cinnamon.

To make a long story short, I did some research, and the topic will be addressed in our on-line diabetes series.

Your challenge is to research the topic (Ceylon cinnamon) using reliable resources keeping the following in mind:

- If the link is trying to sell something, it might not be unbiased.
- Who wrote the article? What kind of certifications, degrees does he/she have?
- What is the website? Does it end in .edu., .gov., .net., .org., .com., .info?
- Is the article a university or known health organization/agency?
- Is it research based and evidence based?

Unreliable sources are often biased, endorsed for profit, opinion laden, rumors/urban legend, often end in .com (but not always)

Reliable sources: facts are proven, research-based

So, have fun researching the topic. I'd like to hear or read what you discovered!

Also, be on the lookout for information about "Texas Speaks," a state-wide endeavor from Texas A&M AgriLife Extension, to receive feedback from 10% of the population of every county in the state about matters that are important to them. You will each receive a link in the coming weeks!



You are priceless! Happy New Year!