

VOLUNTEER CONNECTION

May/June, 2018

Master Wellness Volunteer Newsletter

TEXAS A&M
AGRI LIFE
EXTENSION

MWV's Have a Busy Spring

School is almost out, and summer is knocking at the door! Our Hopkins County Master Wellness Volunteers have been involved in a variety of activities this spring:

Joann Brennan, Nell Shipp, and Wendy Johnson assisted with the sessions of “Do Well, Be Well with Diabetes.”

Susie, Wendy, and Joann have been helping with plans for the 8th annual Kids' Camp: Fun, Food, Fitness

Sylvia Millsap has a new title, along with news responsibilities, so she has kept the highways busy with travel! She is taking a

lead role in planning and implementing “Kids' Camp.”

Wendy assisted with the exhibit at the 55+ Health Fair.

Sylvia Millsap and Johanna have been making contacts for Community Health/Wellness Alliance sessions for Kids' Camp and Skills Camp. Sylvia also attended SHAC meetings.

Joann and her husband will be traveling this spring, enjoying a little time away.

Doris, Kim, and Linda are still in touch with us and we hope to utilize their skills in upcoming events soon!

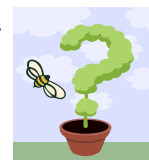
Juli Walter and husband have moved to New York. We will miss her!

Kids' Camp

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 Kids' Camp: Fun, Food, Fitness will be held in June, and we're having a planning meeting to firm up a few details. If you would not already be involved and would like to assist in some way, please come!

- What: Community Health/Wellness Alliance meeting
- When: Thursday, May 31
- Time: noon
- Place: Extension Office

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“Whipped Challenge”

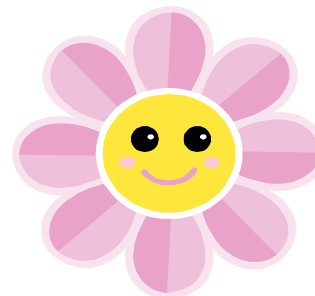
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A World of Opportunities

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

Lots of opportunities are available in the coming months.

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

May

- Thursday, May 3: Veteran's send-off, 11:30 a.m., Courthouse; National Day of Prayer celebration, 5:00 p.m.
- Saturday, May 12: Together in Texas marriage education workshop, 11:30 a.m., Extension Office. Help needed setting up lunch and cleaning up afterward. Call to make sure class makes.
- Wednesday, May 16: Poverty Simulator, 9:00 a.m. to 1:00 p.m., Civic Center. RSVP with Shanna Martin (CAN Help) - 903-885-9797. Great professional development opportunity!
- Friday, May 25: Master Wellness Volunteers, Family & Consumer Sciences Committee, and Fall Festival Committee meeting/luncheon, 12:00 noon, Extension Office—important meeting!
- Monday, May 28: Memorial Day, Extension Office closed
- Thursday, May 31: Community Health/Wellness Alliance meeting, 12:00 noon, Extension Office, please come if you can!

June

- Friday, June 1: 4-H Project Tour Day, 9:30 a.m., meet at Extension Office (tours include florist, theater, and CBJ), bring sack lunch if you would like to join us!
- Saturday, June 2: networking trip to Stitch-n-Heaven in Mineola, meet at Johanna's house at 9:10 a.m. to carpool, if interested.
- June 8 thru 16: Hopkins County Dairy Festival events, starting with Hot Air Balloon Festival
- Saturday, June 16: "WHIPPED CHALLENGE" - lots of help needed! Civic Center grounds. Arrive at 8:30 a.m. See page 3 for details!
- June 11, 13, 15, 18, 20, 22, 25, 27, 29: "Kids' Camp: Fun, Food Fitness", SSMS (Sulphur Springs Middle School—6th thru 8th grade campus), 9:00 a.m. to noon—nutrition/cooking; physical activity/games; gardening. Volunteers needed!

July

- Friday, July 6, 13: "One Health" round-table, 6:00 p.m., Extension Office—more info to come!
- Saturday, July 7: networking trip to Stitch-n-Heaven in Mineola, meet at Johanna's house at 9:10 a.m. to carpool, if interested.
- July 16 thru 19: Skills camp for 5th & 6th graders, 9:00 a.m. to noon, Extension Office. Help needed with all sessions!

Thanks in advance for assisting in any way you can!

Kids' Camp: Fun, Food Fitness

The Community Health/Wellness Alliance wanted to provide a summer activity for children that would get the kids off the couch, away from video games, computers, and cell phones, and into physical activity and nutritious foods. Thus, "Kids' Camp" was born. Several organizations are represented on the alliance, including Texas AgriLife Extension, DSHS, SSISD, CAN Help, Southwest Dairy Museum, and several businesses.

The first seven years were a huge success and parents have been asking about camp for this summer.

The 3-week camp will be Mondays, Wednesdays, and Fridays during the last three weeks in June.

Mondays and Wednesdays will focus on nutrition and physical activity (each about an hour-long session) with short sessions on safety. Fridays will be led by our Hopkins County Master Gardeners.

If you are available to assist on Mondays or Wednesdays, please let me know. You'll be blessed!



"Whipped Challenge"

This is a new event, to take place during the Hopkins County Dairy Festival. Similar to "Chopped," a popular show on the Food Network, teams will be provided with a bag of ingredients to create a dish in 3 categories: appetizer, main dish, dessert.

After each round, teams will be "whipped" (eliminated). The final 3 teams will vie for title of "Whipped" Champion.

The first eight teams (4 per team) will be accepted.



We'll need LOTS of help, because the committee (which I chair) will shop for ingredients, plan the "pantry" items, gather equipment, wash utensils, pots, pans, etc. between each round, and basically keep things organized.

If you are willing and available to help, write this on your calendar (and wear your comfy shoes!):

- When: Saturday, June 16
- Where: Civic Center grounds (wooden sound stage will serve as headquarters)
- Time: arrive at 8:30 a.m. Teams check in at 9:30 a.m.
- For more information, go to <https://hopkins.agrilife.org> and click on "publications"

(Note: we will be stuffing goody bags, so if you have a source for items, bring them to Johanna.)

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We're on the web!

<https://hopkins.agrilife.org>

Master Wellness Volunteers, Family & Consumer Sciences Committee, and Fall Festival Special Events Committee Meeting/Luncheon



You know how much I like to meet with you all face-to-face! Please try to come to this meeting—a light lunch will be provided!

- **When:** Friday, May 25
- **Where:** Extension Office
- **Time:** noon

Discussion: “Whipped Challenge,” Fall Festival Creative Arts Contest, “One Health”, and more! Please RSVP by **Tuesday, May 23** so adequate lunch preparations can be made.

What's Missing in Your Pantry?

I recently presented a program on nutrients likely to be lacking in the diets of older adults. Great information to share!

- **Protein:** important for optimal immune function, wound healing, fluid balance. Food sources: lean meat, skim milk, egg whites
- **Calcium and Vitamin D:** keep bones strong and helps prevent osteoporosis. Food sources: milk, cheese, yogurt, fortified orange juice
- **Vitamin B12:** important for nerve function, cognitive performance, and health blood cells. Food sources: beef, milk, fish
- **Folate:** also called folic acid, needed for growth and repair of all body tissues. Food sources: fortified grain products, orange juice, dark green vegetables, beans
- **Zinc:** needed for wound healing. Food sources: beef, breakfast cereal, whole grains
- **Potassium:** helps to lower blood pressure, reduces the risk of developing kidney stones, and decreases bone loss. Food sources: sweet potatoes, bananas, orange juice, tomatoes
- **Fiber:** promotes digestive health, lowers blood cholesterol, and aids in weight loss. Food sources: whole grains, dry beans, fruits such as apples, bananas, oranges, pears, and berries
- **Water:** helps with temperature maintenance and transportation of oxygen, nutrients, and medications to the cells of the body. Food sources: water, decaffeinated coffees and teas

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.