

# VOLUNTEER CONNECTION

**May/June, 2019**

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:

**Patsy Neal, Marjean Allen, Sylvia Millsap, and Pat Connally** attended the Community Health/Wellness Alliance, which is responsible for planning and implementing Kids' Camp and Skills Camp.

**Pat and Marjean** assisted with the Extension exhibit at the Como-Pickton School health fair, answering questions and conducting the Nutrition Spin Wheel game.

**Wendy Johnson, Patsy, Marjean, Sylvia, and Pat** attended the Extension Lead-

ership Luncheon to help identify issues for Hopkins County.

**Patsy, Pat, and Marjean** assisted with the spring "Do Well, Be Well with Diabetes" series.

**Patsy** served as a judge for the District 4-H Food Challenge at Fair Park in Dallas.

**Wendy, Patsy, and Marjean** assisted with County 4-H Contests.

**Joan Brennen, Susie Faltese, Patsy, Pat, Wendy, and Marjean** sat in on an overview of the new "Get a Taste for Reducing Food Waste" program, which will be piloted in Hopkins County in August.

**Pat** covered the front office while the staff was out for businesses purposes.

**Marjean and Pat** assisted with the 55+ Health Fair at the ROC.

**Joan, Susie, Wendy, Pat, and Patsy** helped staff the Child Safety Seat Check-up event at Lowes.

**Marjean** has helped promote the Diabetes Support Group and attended the first two sessions.

**Patsy** assisted with Relay for Life.

**Kim Sellers'** son has excelled in pole vaulting at track meets. Congratulations!

### **Looking Ahead:**

The question is not "Is there anything happening in the next couple of months?", but rather, "What opportunities are happening in the next couple of months?"

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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 able to help staff any of these.*

### **April**

- Thursday, April 25: Community Health/Wellness Alliance, 12:00 noon, Extension Office (see page 4 for discussion topics)

### **May**

- Friday, May 3: District 4-H Food Show (judges, time keepers needed), TAMU-Commerce, 2nd floor student center, 12:30 p.m.
- Saturday, May 4: District 4-H Fashion Show (judges, time keepers needed), TAMU-Commerce, 2nd floor student Center, 1:00 p.m.
- May 6, 9, 13, 16: Be Well, Live Well—Healthy Aging series, assistance with registration and food demonstrations needed (see page 3 for details) **Pat, Patsy, Marjean?**
- Saturday, May 18: 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.
- Friday, May 24: Master Wellness Volunteers, Family & Consumer Sciences Committee, and Fall Festival Committee meeting/luncheon, 12:00 noon, Extension Office—important meeting!
- Monday, May 27: Memorial Day, Extension Office closed
- Tuesday, May 28: Diabetes Support Group, 12:00 noon, Extension Office, no help needed, but you are welcome to come!

### **June**

- Friday, June 7: 4-H Project Tour Day, 9:30 a.m., meet at Extension Office (tours include Rail 19, 3-R Ranch, and Southwest Dairy Museum)
- June 7 thru 15: Hopkins County Dairy Festival events, starting with Hot Air Balloon Festival—plans include Whipped Challenge on June 15.
- June 10, 12, 14, 17, 19, 21, 24, 26, 28: “Kids’ Camp: Fun, Food Fitness”, SSES (Sulphur Springs Elementary School—4th & 5th grade campus), 9:00 a.m. to noon—nutrition/cooking; physical activity/games; gardening. Volunteers needed!
- Tuesday, June 25: Diabetes Support Group, 12:00 noon, Extension Office, no help needed, but you are welcome to come

### **July**

- Thursday, July 11: District 4-H Record Book judging, location TBA, but probably Rockwall. Judges needed. (Patsy, you would be great!) You may ride with Mario & Jessica.

**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 eight 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!



You have all been added to the Community Health/Wellness Alliance e-mail list. Come to the planning meetings as able.

The next meeting is Thursday, April 25.

### *Be Well, Live Well : A Program on Health Aging*

This is a new series targeted toward the 50+ crowd. Those attending the series will learn how to reduce risk for disease and engage in a healthy lifestyle. Sessions include:

- ***Be Independent, Eat Well:*** Learn which nutrients you need more of as you age, how to support cognition through food, and more!
- ***Be Able, Read the Label:*** Find out how to use the nutrition facts label as a tool to help you maintain a healthy eating pattern.
- ***Be Safe, Eat Safe:*** Learn how to keep food safe while shopping, how to interpret dates on food packages, safe food storage practices, and more!
- ***Be Creative, Plan Meals:*** Find solutions to eating alone and learn how to plan meals for small households.
- ***Be Fit, Move More:*** Learn the benefits of physical activity as you age, and ideas to include physical activity in your daily life.

◇ Dates are: May 6, 9, 13, and 16, 2019 (Mondays and Thursdays)

◇ Location: Extension Office

◇ Time: 10:00 a.m.

Assistance needed for registration and recipe demonstrations. Pat, Patsy, and Marjean have expressed interest in attending/assisting. Others are welcome! Also, please help promote!!

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## TEXAS A&M AGRILIFE EXTENSION

**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 24
- **Where:** Extension Office
- **Time:** noon

*You're  
Invited!*

**Discussion:** Fall Festival Creative Arts Contest, Kids' Camp, Food Waste program series, and more. Please RSVP by **Wednesday, May 22** so adequate lunch preparations can be made.

### Top 10 Anti-Inflammatory Foods

*Note: I always try to include a professional development tidbit in the Volunteer Connection newsletter. I ran across the following information from D-Life (diabetes website) and thought you might enjoy it.*

Whether we have diabetes or not, we should all eat lots of plant foods and moderate portions of animal foods, as unaltered and unprocessed as possible. Below is a list of suggested foods:

- 1) **Salmon:** Coldwater fish, including salmon, contain anti-inflammatory fats called omega-3s. Herring, sardines, and tuna (packed in water) also contain omega-3s.
- 2) **Olive oil:** Olive oil is a great source of oleic acid. According to the *Journal of American College of Nutrition* those who consumer more oleic acid have better insulin function and lower blood sugar. Extra virgin olive oil is the least processed, so opt for that when possible.
- 3) **Salads:** Dark green lettuce, spinach, tomatoes, and other salad veggies are rich in vitamin C and other anti-oxidants—nutrients that dampen inflammation. Choose olive oil and vinegar dressings over the creamy dressings.
- 4) **Cruciferous vegetables:** These include broccoli, cauliflower, Brussels sprouts, and kale. They provide antioxidants and sulfur (helps body make its own antioxidants)
- 5) **Cherries:** Cherries are packed with antioxidants and relatively low on the glycemic index. Frozen cherries are available all year long.
- 6) **Blueberries:** These may also protect the brain from many of the effects of aging. Frozen are usually less expensive than fresh—and just as good for you.
- 7) **Tumeric:** Popular in South Asian cuisines. To use, buy curry spice (which contain turmeric and other spices) and use as a seasoning when cooking chicken breasts in olive oil. Hint: tumeric is also good on fish and pork.
- 8) **Ginger:** Some research suggests that ginger may also help control blood sugar. Make your own ginger tea by removing the skin with a peeler, and adding thin slices to a cup of hot water. Let steep.
- 9) **Garlic:** Research isn't consistent, but garlic may have glucose-regulation benefits, as well as help fight infections. At the very least, it won't hurt...and makes a tasty addition to food.
- 10) **Green Tea:** Like fruits & vegetables, green tea contains natural anti-inflammatory compounds and may reduce the risk of heart disease and cancer.