

# VOLUNTEER CONNECTION

*September/October, 2018*

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

Master Wellness Volunteer Newsletter

## Master Wellness Volunteers Have Been Busy!

School is back in session! Our Hopkins County Master Wellness Volunteers didn't get a summer break, though! Events you helped with or participated in include:

- 1) Skills Camp—Wendy, Joann, Susie, Sylvia
- 3) Networking with Stitch-n-Heaven Quilt Shop—Joann, Susie
- 4) Summer Extension Leadership workshop—Sylvia
- 6) MWV, FCS Committee, Special Events committee luncheon—Sylvia

7) Certified Judges' Training for Fairs, Festivals, and Events—Joann

8) Cumby Back-to-School Bash—Wendy

Whew! It has been busy, and the next few months are shaping up to be just as busy!

Please see **PAGE 2** for volunteer opportunities and **REMEMBER TO CALL** if you can help!

Thanks

## One Day 4-H

Our County 4-H kids will be celebrating National 4-H week, October 7—13. One of our 4-H Teen leaders suggested a fantastic project for "One Day 4-H," the state-wide emphasis on helping others.

4-H members will meet at the Extension to SEW!! Projects will include tote bags made from wash cloths, and possibly pillow cases.

Volunteers needed!!

- When: Saturday, Oct. 13
- Where: Extension Office
- Time: 9:45 a.m.
- We'll order pizza for lunch, then deliver the items to local nursing homes.

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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. Some are urgent needs.*

### **September**

- **September 10, 13, 17, 20:** “Cooking Well with Diabetes,” 6:00 p.m.—need assistance with tray preparations, registration, and surveys. **Marjean Allen** is helping, but also participating. More help needed.
- **Saturday, September 22:** Johanna leaves for National Extension Association of Family & Consumer Sciences Conference and will return September 28.

### **October**

- **Tuesdays, October 2, 9, 16, 23:** Walk & Talk program, Douglass ECLC, 9:00 a.m.—help appreciated (help necessary on October 9—see below)
- **Friday, October 5:** Judge 4-H Project Show entries, 9:00 a.m.—**Sylvia and Jo Alice**
- **Saturday, October 6:** Stitch-n-Heaven networking, meet at Johanna’s at 9:05 a.m.
- **Tuesday, October 9 (New need!):** Implement Walk & Talk lesson at Douglass ECLC with Head Start parents (Johanna will have everything ready, but can’t be there because of Ag-in-the-Classroom!)
- **Tuesday & Wednesday, October 9 and 10:** Ag-in-the-Classroom, 9:00 a.m. to 12:00 noon, Civic Center, assist with stops as needed (I will need assistance in the dairy break session) **Jo Alice**, both days (non-MWV), and **Patsy Bowman**, October 10 (non-MWV), could use one more on October 9.
- **Saturday, October 13:** Johanna will attend Stitch-n-Heaven 22nd Anniversary, leaving home at 1:15. You are welcome to go (One Day 4-H will hopefully wrap up by then!)
- **October 25-27:** Hopkins County Fall Festival Creative Arts Contest, Sulphur Springs High School—lots of volunteers needed! You will be receiving a separate letter with volunteer assignments. I still have openings on Friday to assist with refreshment set-up and Saturday to sit with exhibit
- **Monday, October 29:** help assemble booklets and stuff goody bags for “Christmas Joys”, 9:00 a.m., Extension Office
- **Note:** Johanna is expecting **TWO** grandbabies in October, so please be on stand-by if extra help is needed!

### **November**

- **Thursdays, November 1, 8, 15, 29:** Walk & Talk, Douglass ECLC, 9:00 a.m., help appreciated!
- **Saturday, November 4:** Stitch-n-heaven networking, meet at Johanna’s at 9:05 a.m.
- **Monday, November 5:** “Christmas Joys,” 1:30 p.m. (arrive 12:45) **Patsy Bowman, Marjean Allen, Jo Alice (need one more to assist with registration)**, 5:30 p.m. (arrive 5:00) **Sylvia, Jo Alice, Mary Ballard, Joann Brennan**. Note: Jo Alice will possibly be a presenter.
- **Thursday, November 8:** Extension Leadership Banquet, 6:30 p.m., League Street Church of Christ, more information to come, but save the date!

### **2018 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 26, there is MUCH to do on Thursday, October 25, starting at 4:00 p.m.! Then, we'll jump in bright and early on Friday morning, October 26 and won't slow down until 2:30 p.m. on Saturday, October 27. Watch for a separate letter with volunteer assignments.

### **Cooking Well with Diabetes**



This diabetes series is 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 healthy recipe modifications, cooking demonstrations, sampling, and a review of foods high and low in carbohydrates.

**CWWD will be Mondays & Thursdays, at 6:00 p.m.**

**September 10, 13, 17, and 20.**

**Marjean Allen is assisting, but also participating in the series. I could use one more volunteer!**

### **Master Wellness Volunteer Interest Survey**

A couple of individuals have expressed interest in being trained as Master Wellness Volunteers. A training will be conducted beginning in January, 2019, if enough individuals show interest. Wood County would like to partner with us on the training. Here's where you come in:

Be an advocate for the program.

Recruit interested individuals.

Contact the Extension Office.

The training can be done face-to-face or hybrid (1st and last sessions face-to-face, and the middle three on-line at participants' leisure.)



### **Walk & Talk**

- What is it? Spin-off of Walk Across Texas, targeted toward Head Start and Pre-K parents. Includes a brief nutrition component (may include cooking demo or other hands-on activity), followed by walking. Goal is 833 miles as a group.
- When: Tuesdays, October 2, 9, 16, 23
- Time: 9:00 a.m.
- Where: Douglass ECLC, Sulphur Springs
- **What you can do:** Assistance is a MUST for October 9, as Johanna will be at Ag-in-the-Classroom. Everything will be ready, so it is a grab-and-go lesson. Volunteers don't have to stay to walk if you don't want to—just teach the lesson.



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# TEXAS A&M AGRI LIFE EXTENSION

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



*Yes, it's that time again!*

## **45th Annual Christmas Joys**

- When: Monday, November 5
- Where: Southwest Dairy Museum
- Time: 1:30 p.m. and 5:30 p.m. (see page 2 for those who have volunteered to assist with registration)



Calls are already coming in, and it is shaping up to be a good program!

Would you like to help stuff goody bags and assemble booklets? Drop by the Extension Office on Monday, October 29, around 9:00 a.m. and we'll get it done! Also, if you have access to any goodies (pens, notepads, chap stick, etc.) bring about 175 with you!



There is a strong possibility that this program will be held in Delta County, but I have not been contacted, yet. Help will be needed with that session if it happens.

## **State of Health for Hopkins County**

You might have read in the newspaper or heard on the radio about my report to the County Commissioners' Court about some health statistics for Hopkins County. Unfortunately, Hopkins County does not look well in some areas compared to the state and U.S.

- Diabetes prevalence: 12% (Texas- 10%, U.S.- 8.4%)
- Adult obesity: 32% (Texas- 28%, U.S.- 28%)
- Children in poverty: 24% (Texas- 22%, U.S.- 20%)
- Physical inactivity: 31% (Texas- 24%, U.S.- 23%)
- Poor mental health days (average number of mentally unhealthy days reported in past 30 days: 3.7 (Texas- 3.4, U.S.- 3.8))



Fortunately, Texas A&M AgriLife Extension provides education in diabetes, nutrition, physical activity, and more! Even though the statistics above are alarming, Hopkins County has improved since the last updated report. We are making an impact in our community!

This is why your efforts to assist are so important! So, to you, I say "Thank you!"

*Johanna*

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 County Commissioners' Courts of Texas cooperating