

# VOLUNTEER CONNECTION

Spring, 2017

TEXAS A&M  
**AGRI**LIFE  
EXTENSION

Master Wellness Volunteer Newsletter



## Volunteers in the Spotlight!

**Wendy Johnson** assisted with a program for TOPS at Wesley United Methodist Church in January.

**Susie Faltese** and **Joann Brennan** audited the financial records for the Extension Office.

**Sylvia Millsap** visited Heritage Park with Johanna to scout out possible locations for Kids' Camp.

**Joann, Susie, and LaTarra Giles** have been networking and attending monthly programs at Stitch'n Heaven Quilt Shop. We hope to see some beautiful projects by the end of the year!

**Joann** has been hosting a sewing/craft day in her home for all interested Master Wellness Volunteers on the first and third Monday, unless otherwise notified.

**Joann, Susie, and Nell** set up two Extension exhibits at the Como-Pickton School Health Fair and reported a good turnout. **Sylvia** also had an exhibit there.

Thanks to **Nell Shipp, Joan Brennan, and Wendy Johnson** for assisting with the 4-H Clothing Fun Day, Food Challenge, and Consumer Decision Making contest.

**Kim Sellers'** son recently placed first in a speaking contest and will advance to the next level. He's also doing well with track. Congratulations Kim!

**Sylvia Millsap** is busy with the Community Health/Wellness Alliance to plan the 2017 Kids' Camp and Skills Camp. **Wendy and Joann** have both attended Master Gardner meetings and provided feedback for the camp.

**Wendy** served as a judge for the County 4-H Fashion Show/Food Show at Cedar Canyon.

**Sylvia, Wendy, Nell, and Joann** attended the annual Spring Extension Leadership Advisory Board luncheon. An overview of 2016 programs, and a glimpse of 2017 events were presented by Extension staff.

**Joann** has been assisting with Terrific Tuesdays at First United Methodist Church. This is an awesome opportunity for caregivers to have a little time to themselves while their loved ones with mental decline are well cared for.

**Susie** has been helping with Meal-a-Day at the Senior Citizen's Center while Patsy Bowman is undergoing medical procedures.

**Linda Tanton, Doris Counts, and Julie Walter**—we hope to hear from you soon! There are plenty of opportunities coming up, so please check out page 2!

FYI—Master Wellness Volunteers contributed 420 hours in 2016! That is amazing!!

## ***A World of Opportunities!***



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

*The following list of events serves as an invitation to you. I might not be able to contact each of you in person, so please accept this as a personal invitation to be involved. Contact my office and let me know with which event (s) you would be willing to assist.*

### **April**

- Saturday, April 1: Stitch-n-Heaven (Johanna will be in Gainesville)
- April 4, 6, 11, 13, 18: "Do Well, Be Well with Diabetes" series, 1:30 p.m., repeated at 6:00 p.m. Extension Office. **Susie** volunteered to assist as able. More volunteers are welcome!
- Tuesday, April 4: 55+ Health Fair, 9:00 a.m. to 12:00 noon., ROC.
- Friday, April 14 (Good Friday): 4-H Exchange Trip Bake Sale/Facebook auction (more information to come!)
- Wednesday, April 10: Community Health/Wellness Alliance meeting, 12:00 to 1:00 p.m., Extension Office—discussion will be Kids' Camp and Skills Camp. **Sylvia** will be there—others welcome!
- April 27– May 7: Paper Clover Campaign at Tractor Supply, Inc. Give an extra dollar at check-out, with proceeds going to our Hopkins County 4-H program.

### **May**

- Throughout the month: help needed gathering items for goody bags for Dinner Tonight.
- Saturday, May 6: Stitch-n-Heaven networking—meet at Johanna's house around 9:05 a.m.
- Saturday, May 20: Twogether in Texas marriage education workshop, Extension Office. Help needed in serving lunch to couples—arrive at 11:30 a.m.
- Thursday, May 25: FCS, Master Wellness Volunteers meeting, 12:00 noon, Extension Office (following Master Gardeners). Discussion will focus on Dinner Tonight Wild with Wildlife Program, Kids' Camp, and Skills Camp, as well as other ideas.
- Monday, May 29: Extension Office closed in observance of Memorial Day

### **June**

- Throughout the month: help needed preparing handouts, purchasing ingredients, etc. for Kids' Camp.
- Saturday, June 3: Stitch-n-Heaven networking—meet at Johanna's house around 9:05 a.m.
- Sometime in June: Johanna is expecting her first grandchild—Jovie Grace Hicks!!
- June 12, 14, 16, 19, 21, 23, 26, 28, and 30: Kids' Camp, Sulphur Springs Elementary School (3rd & 4th grade campus) auxiliary gym, 9:00 a.m. to 12:00 noon. Assistance needed in leading the nutrition and hands-on cooking segments! **Susie** will help as able. **Our Master Gardeners** will be assisting with some of the gardening sessions June 16 and 23. More volunteers needed.
- Tuesday, June 27: volunteers needed to help judge County 4-H Record Books.



## **Master Wellness Volunteer Luncheon!**

By now, you should have received an invitation to attend a recognition luncheon JUST FOR YOU!

Here are the details (as a reminder):



- ◆ When: Monday, March 27
- ◆ Where: Johanna's home—800 CR 1106 W  
 Directions: Go south on Highway 19 3 miles past Pilot Truck Stop. Turn right (west) on County Road 1106. The house is on the right-hand corner where 1106 and 1107 come to a "T". You are welcome to park in the driveway!
- ◆ Time: We'll try to eat at 12:00 noon, but you are welcome to come before that. If you have something to show (craft project, quilt, etc.), bring it! Stay as long as you wish!
- ◆ Please call 903-885-3443 (office) or 903-243-0425 (cell) to RSVP

## **Dinner Tonight with Wildlife!**

- When: Tuesday, June 6
- Where: Hidden Lakes Hunting Resort, Yantis
- Time: 6:00 p.m.
- Our multi-county FCS agent team will meet on March 20 to discuss details.
- 1) acquire goody bag items
- 2) Distribute marketing flyers & registration forms as available
- 3) Fill goody bags (date to be determined)
- 4) Assist at the actual event as needed.

If you want to assist, here is a list:

*I've learned  
that the  
easiest way for  
me to grow as  
a person is to  
surround  
myself with  
people smarter  
than I am.*

## **Master Wellness Volunteer /FCS Committee Meeting**

- ◆ Date: Thursday, May 25
- ◆ Time: 12:00 noon
- ◆ Where: Extension Office
- ◆ We'll meet following the Master Gardener meeting. We might all pitch in to order lunch delivery!
- ◆ We'll discuss upcoming events and volunteer needs.



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, or veteran status.

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### **Top 10 Foods with Health Benefits: Texas A&M University**

- 1) Almonds can reduce risk of heart disease, diabetes, and cancer
- 2) Apples are a good source of dietary fiber and can help slow aging
- 3) Avocados are a great source of fat that lower cholesterol and reduce heart disease if substituted in place of other dietary fats.
- 4) Beans contain protein, fiber, vitamins, and minerals that help reduce risk of heart disease and diabetes.
- 5) Blueberries are rich in anthocyanins which help reduce and prevent chronic inflammation and can help short-term memory
- 6) Broccoli is high in Vitamin C, folic acid, fiber, and potassium and can help fight cancer and reduce inflammation.
- 7) Cranberries are well known for treating urinary tract infections, but also keep bacteria from sticking to your teeth. They also reduce risk of cardiovascular disease, inflammatory bowel disease, some cancers.
- 8) Leafy Greens contain vitamin C, K, E, folate, fiber and may help prevent cancer.
- 9) Fish is a great source of protein, low in fat and high in omega-3 fatty acids which decrease risk of heart disease and rheumatoid arthritis, lower blood pressure.
- 10) Sweet Potatoes provide anti-cancer, anti-diabetic, anti-inflammatory benefits

### ***Summer Youth Program***

Due to previous success, ***"Kids' Camp: Fun, Food, Fitness"***, sponsored by the Community Health/Wellness Alliance of Hopkins County, has been planned for another summer camp program for 2017. The camp targets students who will have completed grades 1 thru 4.

The focus will be on fitness and health, with activities in:

- 1) Nutrition/food preparation/healthy food choices
- 2) Physical activity
- 3) Safety
- 4) Gardening

The three-week program will be held on Mondays, Wednesdays, and Fridays, from 9:00 to noon, at the Ag Workers' Building in Buford Park, beginning on June 12 and June 30. ***Notice that this year's camp is only 3 weeks long.***

***Fridays*** will be led by Extension Master Gardeners, as they conduct container gardening and other plant/gardening activities.

***Mondays & Wednesdays*** will focus on nutrition and physical activity, with 30 minutes allotted for sessions on safety. I need your assistance in leading sessions on nutrition, selecting healthy foods, simple hands-on food preparation activities, and other related topics.

The next meeting for the Alliance is **April 10**, noon, at the Extension Office. Hope to see you there!

