

VOLUNTEER CONNECTION

Spring, 2019

TEXAS A&M
AGRILIFE
EXTENSION

Master Wellness Volunteer Newsletter



Volunteers in the Spotlight!

Wendy Johnson assisted with the 4-H Sewing Fun Day and Mystery Tour in January.

Sylvia Millsap attended the January Community Health/Wellness Alliance meeting to discuss 2019 Kids' Camp and Skills Camp. (see page 3 for more information)

Joann has been hosting a sewing/craft day in her home for all interested Master Wellness Volunteers and others. Call her for details.

Sylvia Millsap and Johanna served on and attended the Head Start Self-Assessment Committee meeting.

Wendy Johnson assisted Johanna with a Heart Health program for Junior Waverly Club.

Kim Sellers' can be spotted at ECLC meeting with parents about their children's nutritional concerns.

Joann Brennan attended the welcome reception for Jessica Taylor, new Extension Assistant.

Joann Brennan 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 Faltesek has been helping with Meal-a-Day at the Senior Citizen's Center as well as Meals on Wheels.

Linda Tanton is gearing up for canning season!

LaTarra Giles is keeping busy with her two girls. We hope to see you February 25 or March 8!

Marjean Allen, Pat Connally, and Patsy Neal participated in the 2019 Statewide Master Wellness Volunteer training, and will soon start the 40-hour give-back initiative. Congratulations!

Nell Shipp has had some health issues, but she loves company, so drop in on her sometime!

FYI—Master Wellness Volunteers contributed 485 hours and reached 2,813 individuals in 2018! 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. 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.

February

- Monday, February 25: Community Health/Wellness Alliance—discuss Kids' Camp, Skills Camp, Diabetes Support Group, noon, Extension Office
- Thursday, February 28: Diabetes Support Group, 5:30 p.m., Extension Office

March

- Thursday, March 7: Como-Pickton Health Fair, 5:30-7:30 p.m., volunteers needed to help with exhibit set-up and materials distribution
- Friday, March 8: Annual Extension Leadership Spring Luncheon, 12:00 noon, please RSVP—all MWV's are encouraged to attend
- Mondays, Thursdays, March 11, 14, 18, 21, 25: Do Well, Be Well with Diabetes series, 6:00 p.m., assist with registration, materials distribution, survey implementation (especially help on March 11 and 25)
- Friday, March 22: District 4-H Food Challenge, Fair Park Creative Arts Building, Dallas, 9:00 a.m. to 2:00 p.m. You may ride with Johanna if you can help! We'll leave at 7:15 a.m.
- Tuesday, March 26: County 4-H Fashion Show, Food Show, County 4-H Educational Presentations, Public Speaking, Consumer Decision Making contests, 5:30 p.m., Extension Office—volunteers needed as judges, tabulators, time keepers, runners
- Thursday, March 28: Diabetes Support Group, 5:30 p.m., Extension Office



April

- Tuesday, April 2: 55+ Health Fair, ROC, 4:00 to 6:30 p.m., volunteers welcome to help with set-up of Extension exhibit, distributing materials
- Wednesday, April 3: Child Safety Seat Check-up, Lowe's Parking Lot, 1:00 to 4:00 p.m., volunteers needed to assist as scribes, check-in, etc.
- April 10-21: Paper Clover Campaign at Tractor Supply, Inc. Give an extra dollar at check-out, with proceeds going to our Hopkins County 4-H program.
- Friday, April 19: Extension Office closed for Good Friday
- April 25: Diabetes Support Group, 5:30 p.m., Extension Office

May

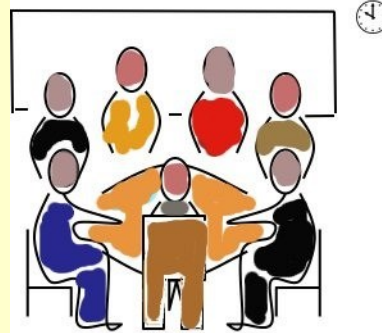
- May 3, 4: District 4-H Fashion Show, Food Show: Texas A&M-Commerce. Judges & runners needed
- Mondays, Thursdays, May 6, 9, 13, 16, 20: Be Well, Live Well series, location and time TBD
- Saturday, May 18: Together in Texas marriage education workshop, Extension Office. Help needed in serving lunch to couples—arrive at 11:30 a.m.

Diabetes Support Group

At a recent Community Health/Wellness Alliance meeting, the need for a Diabetes Support Group was discussed. Well, the ball is rolling, and you probably noticed on the list of events that it is now a reality!

Until further notice, the group will meet the 4th Thursday of each month at 5:30 p.m., at the Extension Office.

Help us spread the word!



Do Well, Be Well with Diabetes

This series is extremely helpful for those who want to learn to manage their diabetes.

Assistance is especially needed the first and last days, so if you can assist, please call the Extension Office.

- Dates: March 11, 14, 18, 21, 25
- Time: 6:00 p.m. (might add a 1:30 session if enough interest)
- Where: Extension Office
- Assist with registration, survey implementation, material distribution

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

Extension Leadership Luncheon

Please take note and make plans to attend! We'll discuss programming needs for 2020!

- Date: Friday, March 8
- Time: Noon
- Where: Extension Office
- Who: Committee members, Master Volunteers, Leadership Advisory Board
- Please call 903-885-3443 if you plan to attend so we can make adequate lunch preparations

Master Wellness Volunteer /FCS Committee Meeting

- ♦ Date: Friday, May 24
- ♦ Time: 12:00 noon
- ♦ Where: Extension Office
- ♦ We'll discuss upcoming events such as Kids' Camp, Skills Camp, Dairy Festival, and summer other events, as well as 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.

Johanna Hicks
Family & Consumer Sciences
1200-B W. Houston Street
P.O. Box 518
Sulphur Springs, TX 75483
jshicks@ag.tamu.edu

903-885-3443—telephone
903-439-4909—fax

*Life happens
between an inhale
and an exhale.*

*Try to be a
rainbow in
someone's cloud.*



Keto Craze

The ketogenic diet may seem like the latest weight-loss craze, but it has actually been around for nearly a century. Developed in the 1920's, this ultra-low carb, high-fat eating plan was originally used to treat seizures in people with epilepsy. Today, it's getting attention for an entirely different reason. It can be effective for managing blood sugar in people with diabetes, but according to William Yancy, MD and program director at Duke Diet and Fitness Center in Durham, North Carolina, "We don't have studies lasting longer than two or three years, so we don't know what can happen with regard to complications over longer periods of time."

One of the biggest concerns for dietitians is the keto diet's lack of key foods. Example, without milk, getting enough calcium and vitamin D for sturdy bones becomes a challenge. Take away whole grains, fruit, beans, and potatoes, and it's nearly impossible to consume enough potassium for healthy blood pressure or enough fiber to stay regular.

And unless you're eating lots of low-carb, leafy green vegetables, you miss out on vitamins A, C, K, and folate, too. Some health professionals worry about the impact of so much protein on kidney health, especially for anyone with chronic kidney disease.

With fewer water-binding carbohydrates in the diet, the body is less able to hold onto fluids, which can lead to dehydration. Eating more salt can help offset this, but it can also raise blood pressure, creating a whole new set of issues. Good hydration is the key.

"This is a very restrictive diet that requires a drastic change in eating behaviors and even taste," says Sandra Arevalo, MPH, RDN, CDE and spokesperson for the Academy of Nutrition and Dietetics. "It isn't very practical or easy to maintain, for people both with and without diabetes."

In a *Diabetic Medicine* study, people with type 1 diabetes improved their A1c on a Keto diet, but participants had higher triglycerides and LDL (bad) cholesterol. This raises concerns about the diet's long-term heart health implications.

So, now you know! Keto or not? Weigh the pros and cons carefully!

Community Health/Wellness Alliance

You are encouraged to attend the Community Health/Wellness Alliance meetings, which will take place monthly. Dates for the spring have not been set, but the next meeting is on the calendar. Please try to come!

- Monday, February 25
- 12:00 noon at the Extension Office

We'll talk about plans and volunteer needs for Kids' Camp (scheduled for June), Skills Camp (scheduled for July), and the newly formed diabetes support