

VOLUNTEER CONNECTION

Spring, 2020

TEXAS A&M
AGRILIFE
EXTENSION

Master Wellness Volunteer Newsletter



Volunteers in the Spotlight!

Wendy, Joan, Marjean, Patsy, and Pat assisted with the 4-H Sewing Fun Day—Quilts Across the County. Huge success!!

Patsy and Marjean attended the District 4-H FCH Contest training in Emory.

Sylvia, Marjean and Patsy attended the January Community Health/Wellness Alliance meeting to discuss 2020 Kids' Camp and Skills Camp. (see page 3 for more information)

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

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

Marjean participated in the January Diabetes Support Group meeting.

Joan, Patsy, and Marjean attended an educational presentation at Stitchin' Heaven

Marjean lined up and introduced the speaker for the Bright Star Garden Club, and assisted in distributing the hand-outs.

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

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.

Nell and Pat assisted with the luncheon for the Together in Texas Marriage Education workshop participants.

Susie is recovering from a procedure, but will join us when able. We miss you, Susie!!

Linda Tanton is gearing up for canning season!

LaTarra Giles is keeping busy with her two girls. We hope to see you February 21 or March 6!

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

FYI—Master Wellness Volunteers contributed 810.25 hours and reached 12,020 individuals in 2019! That is amazing!! Already during the first month of 2020, you have contributed 98.75 hours!



A World of Opportunities!

*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.***

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

February

- Monday, February 21: Community Health/Wellness Alliance—discuss Kids' Camp, Skills Camp, Diabetes Support Group, noon, Extension Office
- Thursday, February 25: Diabetes Support Group, 12:00, Extension Office

March

- Thursday, March 5: Como-Pickton Health Fair, 5:30-7:30 p.m., volunteers needed to help with exhibit set-up and materials distribution
- Friday, March 6: Annual Extension Leadership Spring Luncheon, 12:00 noon, please RSVP—all MWV's are encouraged to attend **Pat**
- Mondays, Thursdays, March 9, 11, 16, 19, 23: Do Well, Be Well with Diabetes series, 6:00 p.m., assist with registration, materials distribution, survey implementation (especially help on March 9 and 23) **Pat—9th**
- Tuesday, March 24: Diabetes Support Group, noon., Extension Office
- Thursday, 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 **Pat**
- Friday, March 27: 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. **Pat**

April

- Tuesday, April 7: 55+ Health Fair, ROC, 9:00 a.m. to 12:00 noon, volunteers welcome to help with set-up of Extension exhibit, distributing materials
- Friday, April 10: Extension Office closed for Good Friday
- Mondays & Thursdays, April 20, 23, 27, 30: Be Well, Live Well Nutrition Series for adults, 10:00 a.m., Extension Office, assist with registration, material distribution, survey implementation
- Tuesday, April 28: Diabetes Support Group, 12:00 noon, Extension Office
- April 29-May 10: 4-H Paper Clover Campaign at Tractor Supply, Inc. Give an extra dollar at check-out, with proceeds going to our Hopkins County 4-H program.

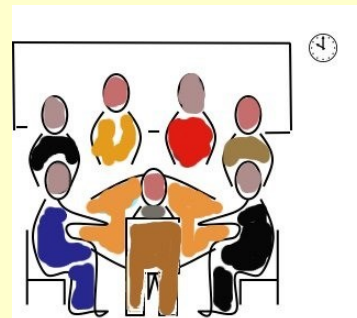
May

- May 1, 2: District 4-H Fashion Show, Food Show: Texas A&M-Commerce. Judges & runners needed
- Saturday, May 9: Twogether in Texas marriage education workshop, Extension Office. Help needed in serving lunch to couples—arrive at 11:30 a.m.
- Friday, May 22: FCS Committee, Master Wellness Volunteers Luncheon 12:00 noon, Extension Office. Discussion will focus on Kids' Camp, Skills Camp, and possibly other summer/fall events.
- Tuesday, May 26: Diabetes Support Group, 12:00 noon, Extension Office

Diabetes Support Group

Our newly formed Diabetes Support Group got off to a great start. However, we need to build the momentum back up after a break. Please help us spread the word!

The group meets the 4th Tuesday of each month at 12:00 noon at the Extension Office.



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 and successes!

- Date: Friday, March 6
- 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 Luncheon

- ♦ Date: Friday, May 22
- ♦ Time: 12:00 noon
- ♦ Where: Extension Office
- ♦ We'll discuss upcoming events and enjoy a delicious lunch.



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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*Remember that if the
opportunities for great
deeds should ever
come, the opportunities
for good deeds are
renewed day by day.
The thing for us to
long for is the good-
ness, not the glory -
F. W. Faber*

Winning Combinations

Have you even reached for a particular herb or spice, just to realize you didn't have it? No need to give up on the dish. If you have other herbs or spices on hand, you will probably be able to substitute one.

Fresh herbs fall into two categories: sturdy ones hold up to high temperatures and are added at the beginning of cooking, while tender herbs are stirred in at the end or used raw. When choosing which herb to swap for another, consider when the herb is added to the dish. Also consider its flavor profile.

A basic tomato sauce could be seasoned at the beginning of cooking with marjoram, oregano, rosemary or thyme. Or you could stir in basil, chives, cilantro, dill, mint or parsley at the end of cooking. The following chart will help you navigate the options.



Healthy Cooking with Fresh Herbs

<u>Sturdy Fresh Herbs</u>	<u>Flavor Profile</u>	<u>Substitutions</u>
Marjoram	sweet & spicy	oregano, summer savory
Oregano	peppery & pungent	marjoram, summer savory
Rosemary	woody, citrusy	thyme, summer savory
Summer savory	peppery, pine aroma	marjoram, oregano, rosemary
Sage	pungent, slightly bitter	rosemary, thyme
Thyme	hint of lemon & mint	summer savory, rosemary
<u>Tender Fresh Herbs</u>	<u>Flavor Profile</u>	<u>Substitutions</u>
Basil	sweet & fresh	parsley, mint, cilantro
Chervil	delicate, parsley-ish	parsley, tarragon
Chives	delicate onion	green onion tops
Cilantro	citrusy	parsley, mint
Dill	delicate, hint of anise	fennel leaves, parsley
Mint	sweet, cool	parsley, basil, cilantro
Parsley	fresh, subtly grassy	chervil, celery leaves
Tarragon	delicate licorice	chervil, parsley

Available at the Extension Office is another chart listing flavoring (whether herbs or spices) and which foods work well with them. This is a great reference when trying to determine how to season foods without salt!

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! We'll meet monthly until summer.

- Monday, February 21
- 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 program series.