

VOLUNTEER CONNECTION

August, 2016

TEXAS A&M
AGRILIFE
EXTENSION

Master Wellness Volunteer Newsletter

Summer Check-up

School is out, but not for long! Teachers have already reported for duty. Our Hopkins County Master Wellness Volunteers didn't get a summer break, though! Events you helped with include:

- 1) Kids' Camp: Fun, Food, Fitness
- 2) Skills Camp
- 3) 8th Grade career Day at TAMU-Commerce
- 4) Spring Do Well, Be Well with Diabetes series
- 5) Regional Master Wellness Volunteer Conference in Dallas

6) Ag-in-the-Classroom planning meetings

7) Networking with Stitch-n-Heaven Quilt Shop



I'm sure I have probably left something out, but I truly thank each of you for your contributions in making each of these a success!

Ag-in-the-Classroom

Do you like children?

Do you enjoy interacting with them?

Do you feel a sense of satisfaction when you teach children something new?



If you answered "yes" to any of these, I have the perfect project for you!

The annual Ag-in-the-Classroom will be held in October 4 & 5 at the Hopkins County Civic Center from 9:00 a.m. to noon.

Volunteers are needed to assist with various tasks. Come to the next planning session, Wednesday, August 17..

Inside this issue:

Ag in the Classroom	Page 1
A World of Opportunities	Page 2
Twogether in Texas	Page 3
2016 Creative Arts Contest	Page 3
Do Well, Be Well with Diabetes	Page 3
Zika Virus	Page 4





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.

August

- **Tuesday, August 16:** go with Johanna to KSST radio to promote Together in Texas Marriage Education Workshop and Diabetes series, meet at radio station at 8:00 a.m.
- **Wednesday, August 17:** Ag-in-the-Classroom planning meeting, 10:00 a.m., Extension Office
- **Saturday, August 20:** Together in Texas Marriage Education Workshop, assistance needed with lunch and clean-up, 11:30 a.m. to 12:45 p.m.
- **Mondays & Thursdays, August 22, 25, 29, September 1:** “Cooking Well with Diabetes”, 1:30 p.m., Extension Office, help needed with registration (especially 1st session), and tray preparation/clean-up.
- **Mondays & Thursdays, August 22, 25, 29, September 1, 6:** “Do Well, Be Well with Diabetes”, 6:00 p.m., Extension Office, help needed with registration, refreshment set-up, handout distribution.
- **Wednesday, August 24:** Master Wellness Volunteers, FCS Committee, Fall Festival Creative Arts Committee meeting, 12:00 noon, Extension Office (lunch provided), discuss Ag-in-the-Classroom dairy break, Senior Expo, Fall Festival, Christmas Joys, 4-H Foods Fun Day, etc.

September

- **Thursday, September 1:** “Cooking Well with Diabetes” graduation, 1:30 p.m., Extension Office
- **Thursday, September 1 & Tuesday, September 6:** “Do Well, Be Well with Diabetes”, 6:00 p.m., Extension Office
- **Saturday, September 24:** 4-H Foods Fun Day, 1:00 p.m., Extension Office, assist with hands-on project (maybe get to make some for yourself!)

October

- **Tuesday & Wednesday, October 4 and 5:** 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)
- **Tuesday, October 11:** Senior Citizen’s Expo, League Street Church of Christ, 9:00 a.m. to 12:00 noon, assist with information distribution and manning exhibit
- **Thursday, October 20:** Assist in taking Creative Arts entries to high school conference center, registration of new entries, room set-up, etc., starting at 3:45 p.m.
- **Friday, October 21 and Saturday, October 22:** Creative Arts Contest tasks (see Johanna for tasks to be done)

Thanks to each of you who assist in some way with conferences, events, and other functions throughout the year. You are a huge asset to our community!

Summer 2016 Together in Texas Marriage Education workshop

The final workshop for Marriage education will be conducted on Saturday, August 20, at the Extension Office. Here's where I need help:

- 1) Lunch preparation—I need volunteers to get drinks and meal ready to serve (will probably order from Plain & Fancy), 11:30 a.m..
- 2) Meal clean-up.
- 3) Promotion of the workshop—distribute flyers to Everything Unique, florist shops, Hallmark, downtown boutiques.



2015 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 21, there is MUCH to do on Thursday, October 20, starting at 3:45 p.m.! Then, we'll jump in bright and early on Friday morning, October 21 and won't slow down until 2:30 p.m. on Saturday, October 22.

Please come to the planning meeting on Wednesday, August 24, noon, at the Extension Office!

Do Well, Be Well & Cooking Well with Diabetes

The two diabetes series are 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.

“Do Well, Be Well with Diabetes” is a five-lesson series. It focuses on nutrition and self care, such as checking blood glucose, recommended results for doctor visits, recommended A1c, and signs of high and low blood glucose.

CWWD will be Mondays & Thursdays, 1:30 p.m., August 22, 25, 29, and September 1.

DWBW will be the same days, but the 5th session will be September 6 (held on Tuesday due to Labor Day holiday.)



Please let me know if you can assist with one or more days!

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TEXAS A&M AGRI LIFE EXTENSION

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



Zika—Should You be Concerned?

The answer is: Yes and no. You have heard of the Zika virus in the news. The mosquito-transmitted virus is a potential threat to the health of unborn babies in Texas and other states. Texas A&M AgriLife Extension Service has stepped up efforts to educate the public on ways to protect themselves from this new menace.

Dr. Sonja Swiger, AgriLife Extension entomologist, reminds us that it's important to remember that the first line of defense against Zika is to avoid being bitten by mosquitos while we enjoy outdoor activities and summer travel. The *Aedes aegypti* and *A. albopictus* mosquitos that transmit Zika occur commonly in our backyards where their eggs are laid and larvae live in standing water. They are active at sunrise and sunset like other mosquitos, but commonly bite throughout the day as well.

Swiger said it's important to remember the "Four D's" as a first line of defense. They are:

- Drain: Empty standing water, thus eliminating mosquito breeding sites.
- Dress: Put on long sleeved shirts and pants when going outside.
- Defend: Apply mosquito repellent when going outside.
- Dusk and Dawn: Avoid outdoor activity during these two most mosquito-active periods.

Aedes mosquitoes infected with Zika are not easily detected, so health officials have to rely on actual human cases to identify hot spots.

Symptoms of the Zika virus usually start 2 to 7 days after infection and last about one week. 80% show no symptoms while the remaining 20% may have itchy eyes, fever, joint pain, and a rash. If a pregnant woman contracts Zika, the unborn baby may develop a severe birth defect known as microcephaly, which causes an unusually small head, brain damage, and often death of the infant.

So do we need to panic? No! Controlling mosquitoes and protecting yourself from infection are the two key factors in the rigorous defense against Zika.