

Winter 2023 Edition

TEXAS EXTRA

Texas Extension Association of Family
and Consumer Sciences

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President's Note

I hope your holidays were surrounded by your favorite people. While gratitude should be expressed year-round, this season serves as a helpful reminder for us to ponder the things we are most thankful for. Practicing gratitude can be a game changer for all of us. The power of gratitude can help us notice the little win, which in the larger picture, usually are our biggest wins. Therefore, I would like to express my appreciation to you for your continuous support to the TEAFCS and Extension. The work and time that you have provided have made many positive impacts to our community, something that is very admirable!

Another event that has passed is our Winter Board Meeting. The TEAFCS Executive Board and District Representatives met to share highlights from their respective districts. It brings me so much joy to hear all the great work that you all do. I challenge you to put it in writing by applying for a TEAFCS State Awards. Putting together an award application can help you reflect on your skills and career progress. Ms. Kailey Roberts did a great presentation on "Writing a Winning Award Application" via TEAMS. This presentation can be found on our TEAFCS website. (Thank you, Kailey!) Other topics that were discussed at Winter Board were our upcoming State Conference at Fredericksburg, huge thanks to District 10 for their hard work on planning this conference. I am excited to attend, which I encourage you to attend. Also, we are needing committee members for our Award and Recognition Committee to judge our State Awards, if you are interested, please contact Kailey Roberts.

With the new year beginning, many people have already started making their resolutions. This year let's stay better connected to our family members, friends, and colleagues. Let's take better care of ourselves physically, mentally, and spiritually. Once again, thank you for your support. I want to wish everyone a happy and healthy New Year. May we always be grateful for the past, find joy in the present, and remain excited for the future!

Sincerely,
Joanne Ureste-Armijo



District Happenings....

District 1



Agents from District 1 and District 2 along with Healthy Texas Youth Ambassadors show cased Dinner Tonight Cooking School recipes from the Delicious in the Heart of Texas at the Amarillo Farm Show. For three days agents and youth demonstrated how to make Philly Cheesesteak Sloppy Joes, Parmesan Zucchini and Corn, and Tropical Parfait. They also passed out recipe booklets and visited with attendees at the farm show sharing our knowledge that healthy eating does taste delicious.

District 2



District 2 hosted six multi-county workshops preparing participants for the holiday. The agents worked together to put together a holiday recipe book that included over fifty recipes. Over 70 participants enjoyed the sessions and took home lots of ideas and information.

Kaci Scott-Lynn County FCH, Julie Smith-Borden County FCH, and Ronda White-Scurry County FCH, held three of the workshops in their counties. Their sessions focused on Holiday Breakfast foods including taste testing, as well as DIY Gift Giving Ideas, Gift Wrapping tips, and holiday decorating ideas. Felice Acker-Castro FCH, Wendy Case-Parmer FCH, and Courtney Lowe-EA Heath also held three workshops in their counties. They focused on helping participants stress less during the holidays. They provided tips and information on freezing foods, and planning meals for the holidays. Participants had lunch and were able to take home a side dish they prepared that was freezer ready.



District Happenings....



District 2 Continued

On the Tuesday before Thanksgiving, Felice Acker, CEA-FCH in Castro County held 2nd annual Thankful for Food workshop. This year the group was Thankful for Pie. Ten youth learned the basics of pie making. Different types of pies, and how to make pie crust. Each youth got to make their own pie crust and fruit filling and decorate the tops of their pies. They took them home to bake and enjoy for the holidays.



The December District 2 meeting was held in Plainview. Besides the business meeting, the agents attended had a great day of professional development. They learned about several small business and how they are working to revitalize downtown Plainview, TX. Ronda Alexander, 4-H Agent in Lubbock County lead a session on garnishing and preparing a charcuterie board. Everyone attending got hands on practice of garnishing and got to make their own board for lunch. They also enjoying learning some makeup tips from owner of one of the business Betty Fayer, and toured Frontier Markets growing site as well as their store front. The Frontier Market is growing their own vegetables for sale and meats. The day was fun for everyone and very educational.

District 3



November was Diabetes Awareness Month, so Baylor, Haskell, and Knox Counties partnered with the Rolling Plains Rural Health Partnership to host the first annual "Power of Prevention: Diabetes Symposium." With a total of 55 rural participants, we were impressed with the participation of the program! It was a totally sponsored event by Amerigroup and the Haskell Branch of First State Bank.

The program featured the following guest speakers: Dr. Hertel, Seymour Hospital Family Practitioner; Dr. Ogu, Hendrick Medical Center Nephrologist; Autumn Carlile, Medical Assistant to Dr. Lacey Clawson, Podiatrist of Abilene Sports Medicine & Orthopedics; Dana Tarter, Texas A&M AgriLife Extension Central Region Program Leader. We provided lunch to all participants, speakers, and resource fair attendees based on the Dinner Tonight Diabetes Edition.

District Happenings....

District 4



Pictured are Phyllis Kitten, Outstanding Extension Supporter of the Year, and Carmen Rockett, aide for State Representative Bryan Slaton's office.

The annual Extension Leadership Banquet for Hopkins County took place in November. A highlight of the evening was a presentation on "What's your Why?" by Justice of the Peace, B. J. Teer. Johanna Hicks, FCH agent, presented her Master Wellness Volunteers with certificates indicating the number of hours each volunteer contributed. As of November, they have contributed a combined total of over 1,600 hours.

The Outstanding Extension Supporter of the Year was also recognized for her dedication to both FCH and Ag programming in Hopkins County. State Representative, Bryan Slaton, sent his aide to present a certificate on his behalf.



Pictured are Hicks (right) with a Head Start parent as she demonstrates using an apple spiralizer.

Walk & Talk for Head Start Parents in Hopkins County has been a big hit among participants. Johanna Hicks, FCH Agent, met with them weekly beginning in September to present a brief educational segment on various fruits & vegetables, food safety, healthy snacking, and food demonstrations, followed by walking on the indoor track of the facility. The group has logged over 880 miles the first 6 weeks.



Pictured is the auditorium which housed the Christmas Joys program, all decked out with projects to be demonstrated.

The 49th annual Christmas Joys holiday program took place in November, spearheaded by Johanna Hicks, FCH agent. Two times were offered to accommodate the crowds, reaching 168 individuals. The Southwest Dairy Museum in Sulphur Springs served as the event facility. Four Hopkins County Master Wellness Volunteers, along with Hicks, presented the program. Each attendee received a swag bag and booklet of all the recipes, instructions, and inspirations presented in the program. Twenty-eight door prizes were donated by area merchants. The Dairy Museum offered samples of their cheese, dips, and cider following the program.

District Happenings....



District 5

2023 District 5 District Officers

Left to Right – Clarissa Moon, Panola County, Parliamentarian; Brianna Howard, Nacogdoches County, Treasure; Holly Black, Anderson County, Secretary; Julie York, Upshur County, Assistant Director; Feleshia Thompson, Shelby County, Director



2022 District 5 Outgoing District Director

Left to right - Feleshia Thompson, Shelby County, 2023 Director and Cathy Pearson, Newton County, 2022 Director



District 6

The 2022 Permian Basin Childcare Providers Conference was held on Saturday, October 22, 2022, by the Family & Community Health agents of Crockett, Ector/Midland, Pecos, Val Verde, & Ward Counties, Health Agents of Midland/Crane/Upton & Martin/Dawson Counties with Regional Program Leader. This Conference brought together a small group of childcare providers and facility directors from 3 counties to Golf Course Road Church of Christ to hear keynote on Early Signs of Autism and Structuring the Environment, 3 breakout sessions providing hands on learning for providers. A separate breakout session- PreK Partnerships, was devoted to facility directors.



District Happenings....



District 6 Continue

The 32nd Annual Texas A&M AgriLife Extension Pecos County Pecan Show and Food Show was held on December 1-2, 2022 at Pecos County State Bank. Grand Champion in each division were awarded \$550.00 and Reserve Grand Champion received \$400.00. Youth winner in the Pecan Food Show were Mabis Mandujano with her Mini Carmel Pecan Pie .

Youth Reserve Grand Champion was Mikki Mandujano with her Butter Pecan Fudge.



Adult Grand Champion and first place was Stacy Pasqua with her Pecan Pie Cheese. Reserve Adult Grand Champion was Melissa Mills with her Pecan Brittle. The district 6 Food Spectacular was held on November 30, 2022 in Monahan's at the event center. Pecos County Team of MMMM's Good took first place in Appetizers.

District 8

Through a strong partnership with Tarleton State University, Granbury ISD, and several local childhood education centers, eight Central Region counties came together to host the 2022 Central Texas Early Childhood Education Conference. For 23 consecutive years this team has provided a high-quality educational event to early childhood education providers, educators, and directors as a means for them to earn state-mandated clock hours. With three rotations to choose from, attendees had the opportunity to earn six of these clock hours. A broad spectrum of topics was provided, ranging from trends in youth mental health, to emergency preparedness, from working with multicultural families, to the importance of dance and creativity. Vendor booths from local stores and organizations like the Middle Trinity Groundwater Conservation District were present during breaks to offer attendees information and samples.

Of the 70 participants, 67 post-surveys were completed giving us a return rate of 95.7%. Per those results, 51.5% of participants were first time attendees, and 72.1% found this training to be better or much better than similar trainings they have attended!

As chairman for this year's conference, I would like to thank my colleagues Amy O'Brien-Glenn (Eastland), Andrea Brooks (Erath), Christie Keay (Hamilton), Hannah Hoffman (Hood), Keely McCrady (Johnson), Lynette Babcock (Palo Pinto), and Kathy Smith (Parker) for they help. Without my fellow agents this program would not have been the great success that it was.



District Happenings....

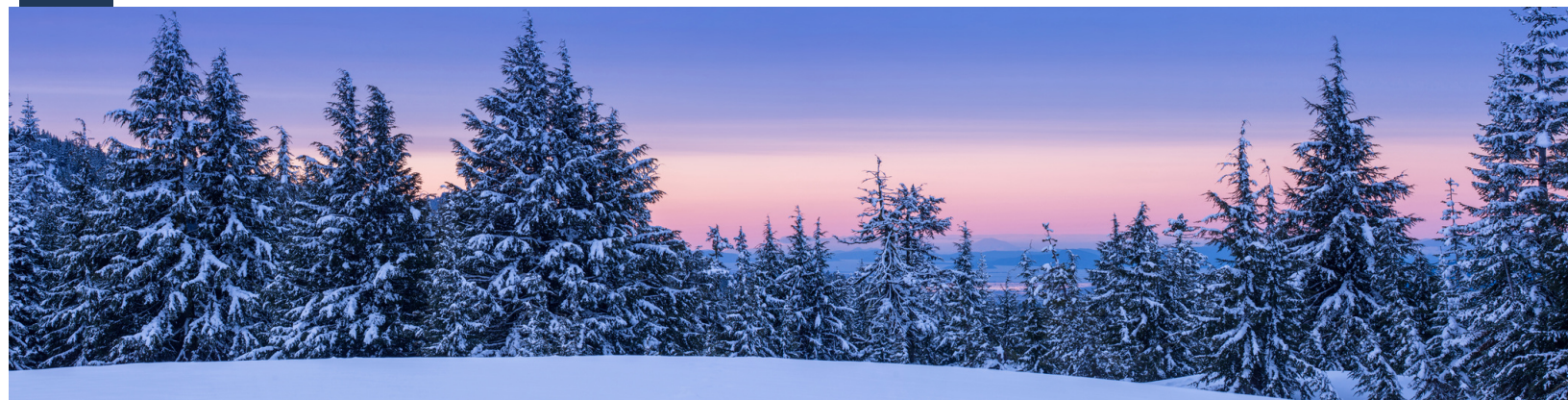
District 8 Continue



In Bell County the Cooperative Extension Program facilitates a county hunger coalition with members who represent Communities in Schools and other school outreach programs, non-profits, urban farms, WIC, United Way, and food pantries. Together they planned and implemented a Family Fall Fest on October 26th. We had 124 participants (youth and adults) and 43 volunteers representing local agencies. Each agency set up a table with information, games, and giveaways. We were also able through donations to provide over \$3,000 in free food for families who attended.



Limestone Co. Extension Agent Emily Fisher, along with the Limestone Sr. Citizens Committee, hosted our annual Senior Celebration Christmas Event at the Mexia Senior Center. This event provided entertainment, local health resources and activities. Over 50 Senior Citizens representing our Foster Grandparents were present to hear Christmas history with Limestone Medical Center's Linda Anders, Speech-Language Pathologist, visit with various healthcare resources, and even partake in Christmas trivia with the Grinch himself.



District Happenings....

District 9



Liberty County State of Health Summit was held in November on the west side of the county where there's rapid development. The purpose of the event was to offer a local opportunity for learning and discussion among leaders, stakeholders and health providers, provide a summary of the current county trends to include the health disparities and other social determinants influencing health, and establish collaborative relationships to maximize sustainable and equitable services for communities in our rural areas across the county. The need for the educational event was identified by the Liberty County Family & Community Health Advisory Board, where a separate planning taskforce was formed with over 19 different organizations and agencies represented.



The City of Dayton donated use of the full banquet room for the 6-hour event. The event was well attended with almost 100 attendees including the keynote speakers who spoke on the current State of the County, the status of the county's Strategic Plan Update, Health Trends, and Food Insecurity Impact on Health. The mayor offered a motivating opening speech and other participants included the multiple event exhibitors and sponsors to include the Liberty County Long Term Recovery Team and Entergy who sponsored the food, and the 8 panelist who spoke on behalf of their organization/agency on the following topics of Mental Health and Accessibility. To conclude the event a member of the Advisory Board shared an empowering presentation "Call to Action: Partnership to Progress" with hope to initiate a Community Health Collaborative that will meet monthly to network, collaborate, learn about resources to better serve Liberty County residents.

Health and wellness of a community impacts the health and wellness of the individual. I'm determined to share resources and build partnerships to strengthen the impact and increase opportunities in Liberty County.



District Happenings....

District 9 Continued



Better Living for Texans (BLT) partnered with Lee College to provide a single education session on nutrition for the holiday season. BLT agents, Jasmine Carey and Lora Jorgensen provided a 60-minute session that included information on MyPlate, food safety, and healthy substitutions. In addition, we discussed eight healthy recipe side dishes that would be great with a holiday meal. Each recipe uses a common holiday food item and healthier items to use in the recipe besides the traditional ingredients. Lastly, we provided a food demonstration and a sample of "Honey Mustard Green Beans" for the participants to try.

BLT agent, Jasmine Carey will be returning to Lee College in 2023 to provide a 4-week nutrition series, "A Fresh Start to a Healthier You!". The series will build upon the nutrition information provided in the single education session. 22 Adult participants were given their own MyPlate as an educational reinforcement item. Also, they were provided with a packet of recipes to try at home this holiday season.



Harris County FCH is lucky enough to partner with UT Health Master Program students to intern with AgriLife Extension. Students Romina, Beatrice and Tiffany all worked together along with FCH Agents Amanda Krippel and Sonja Davis to deliver a virtual Spanish introduction to Diabetes on December 1, 2022. Along with a physical activity where participants were asked to learn a new style of dance know as "Bachata". Each students worked together to each deliver a special part of the program like the physical activity and the presentation and at the end of the program was a special game where participants learned how to easily switch or substitute a native ingredient to make it more healthy. Participants were then asked to take a short evaluation and prizes were given out to those who returned the evaluation in a timely manner.

District Happenings....

District 9 Continued



Harris County Texas A&M AgriLife Extension - Better Living for Texans (BLT) Program partnered with Villas of Park Grove, a senior residential facility. BLT agent Lora Jorgensen started Be Well, Live Well, a 5-week adult Healthy Aging series for the seniors. Each weekly 60-minute session will include a lesson on a healthy aging topic including general nutrition, the Nutrition Facts label, preventing foodborne illness, cooking for one, and physical activity for seniors. The BLT State media team joined the kickoff event to take photos and video to market the BLT program. Ms. Jorgensen also demonstrated a tasty recipe for the group and offered samples. The recipe was "Tuna Salad" and included foods with key nutrients important to seniors including canned tuna, almonds, mandarin oranges, apple, and spinach greens. Ten participants will be given educational reinforcement items weekly along with a booklet that includes the lesson talking points as well as a weekly healthy recipe. This session's educational reinforcement item was a plastic divided plate and cup, to remind the participants of all the food groups.



The Harris County Texas A&M AgriLife Extension - Better Living for Texans (BLT) Program partnered with Hollyoak Senior Living Apartments, a senior residential facility. BLT agent Kristina Brown is providing the 6-part Growing and Nourishing Healthy Communities series to Hollyoak residents. Each weekly 60-minute session focuses on an introductory vegetable gardening topic including choosing a garden site, soils/compost, planting, maintenance, pests/diseases, and harvest. This session covered the topic of planting a container garden. After the lesson, attendees were able to participate in a hands-on planting activity, planting their vegetable transplant and seeds in a container. The following cool weather crops were selected for planting swiss chard, collard greens, bok choy, and kohlrabi as well as radish seeds. Each participant received educational handouts focused on container gardening and took their container gardens home. The remaining sessions of the series will focus on maintaining and harvesting from the garden and the final session will include a veggie-forward recipe demo to further encourage increased fruit and vegetable intake.

District Happenings....

District 9 Continued



FCH Agent Davis facilitated Do Well, Be Well with Hypertension 4-week series with seniors at Cavalcade Community Center. Each week participants learned how eating according to the DASH Eating plan may improve blood pressure.

In partnership with Houston Community College, she also facilitated a virtual Wisdom, Power Control Diabetes 4-week series. Participants were grateful for the information and left with the message that they have the power to control their diabetes. They sent virtual hearts to Dr. Davis for a great class.



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Special thanks to the Harris County FCH Unit and staff: Amanda Krippel, Jasmine Carey, Kristina Brown Lora Jorgensen, Gabrielle Kanu, and Shannon Sullivan.

The Harris County FCH Unit in collaboration with the Family & Community Health Program Area Committee held its annual senior event on November 9th at the Prairie View A&M University Northwest Center. Participants attended general sessions on self-care and setting boundaries; wills and power of attorney; identifying scams and Medicare 101. Concurrent sessions offered were line dancing, drumming to the beat, and digital games. The event ended with a powerful message on "I Got This", presented by Abneishia Cecil, LPC, and a former agent. In addition to great information, participants left with a box of fresh produce donated by Target Hunger, a personal photo, and a message to show grace this season, not only to others but to themselves as well.

District Happenings....

District 9 Continued



On October 22nd, Harris County FCH held its first in-person childcare provider training since the pandemic. The day was packed with activities that provided hands-on learning for participants. Sessions were Building Resilience, Early Childhood-Learn, Grow, Eat, Go! Introduction, FRED (Fathers/Families Reading Every Day), Safe Riders Program, Protecting Children in Child Care Settings, and the Block Party. Special thanks to Harris County Master Wellness Volunteers, Alexis Cordova, Liberty County FCH, Lakshmi Mahadevan, Extension Specialist-Special Populations, and Brandi Keller, Harris Co. Horticulture Agent.



District 9 "Canning Divas" Flora Williams, Brazos County FCH Agent, and Tonya Poncik, Lee County brought their Road Show to Harris County on November 4th. Twenty-four participants pressure-canned green beans and used the water bath method to can dill green beans. Participants were friends, mother and daughter combinations, and siblings who shared canning memories with their mothers and grandmothers. All were excited to have the experience and look forward to future canning classes. Special thanks to the Harris County FCH Unit: Amanda Krippel, Jasmine Carey, and Lora Jorgensen.



This fall, Brazos County Better Living for Texans Agent, Katie Zender, conducted Growing and Nourishing Healthy Communities at Highland Villas, an apartment complex in Bryan, Texas. Participants were excited to take home their own container gardens which were filled with yummy fall vegetables including broccoli, lettuce, and radishes. Over the course of the six-week program, participants learned how to plan, maintain, and harvest their container gardens and all participants said that after taking GNHC, they plan to continue growing their own vegetables for their families. One participant, who recently lost her eyesight, told the group that she thought she wouldn't be able to have her own garden, but with a little extra planning, the information she learned in this class, and with the help of her friends, she plans to continue growing her own vegetables at home. Participants will be focusing on physical activity next as they jump into Walk N Talk with Katie this winter!

District Happenings....

District 9 Continued



Agent Flora Williams managed a passenger safety booth at the 2022 Texas A&M University Employee Wellness Fair on Tuesday, October 4. About 350 individuals dropped by the booth in groups. Each group heard a 10-minute talk on the correct seat type for passengers, crash dynamics, and learned how to get an inspection at the Brazos County Car Seat Fitting Station. The Employee Wellness Fair was a well-planned four-hour event! It was an honor to be among so many health and wellness professionals.



Agent Flora William organized a Etiquette Luncheon. On October 15, five young ladies preparing for an upcoming pageant and ball completed one of their requirements, to attend a charm school. At the etiquette luncheon, the graceful class members learned all about table manners and publicly acceptable behaviors.

They learned the importance of arriving on time, dressing for the occasion, not grooming at the table, handwashing before eating, placing the napkin, and sitting with good posture. They practiced table setting before they enjoyed their meal. Other basics covered were keeping elbows off the table, waiting until everyone is served before eating, and more!



Volunteers are essential to successful Extension programs. November 2, the Brazos County staff celebrated the service of incredible individuals with a Volunteer Appreciation Luncheon. Two FCH/BLT volunteers were presented outstanding volunteer jackets Nickie Boutte and Priscilla Ofori. Commissioner Irma Cauley was recognized with the highest honor on the county level as Friend of Extension. Thanks again to all Extension and FCH/BLT volunteers!

District Happenings....

District 9 Continued



The Brazos County Food and Nutrition Ambassadors offered their second event of this 4-H year. Twenty-six youth attended. Thank you to the parent/grandparent volunteers.

Topics and experiences from the November 12th 4-H Food and Nutrition Youth Summit included food safety, table setting, nutrition labels, 3 course meals, seafood basics.

The youth did hands on prep of Mexican food recipes (homemade tortillas, salsa, quesadillas), Italian recipes (pasta with alfredo sauce/marinara sauce), Korean recipes (kimchi soup, kochujang, rice and seaweed), Chinese recipe (Chinese rice). Simple dish demonstrations/ideas and quick & easy dessert recipe demos and dance breaks were also a part of the summit.



On October 19, the first Living Well at TAMU Dinner Tonight Healthy Cooking class of the semester was held at TAMU Rec Center. Employees learned to cook Stromboli, zucchini garlic bites, chocolate mug cake.

Yummy! Each group consisted of up to five people. The favorite dish of the day was the zucchini bites. Agents Flora Williams, Dr. Sonja Davis, and Z'Aundria Warren, and Katie Zender McGill worked together to offer this class.



The November 16th cooking school was the second Living Well at TAMU Dinner Tonight Cooking experience of the semester featured sweet potato burgers, broccoli salad, and cinnamon walnut pecan pie bites. Oh what fun learning to cook this tasty menu! The staff at the Rec Center and Living Well along with Agent Hendrix Broussard helped Agent Flora Williams to make this a memorable experience. Thank you to Living Well's Christina Bookout for being an amazing coordinator. A huge thank you to Master Wellness Volunteer, Julie Prouse, for helping with the prep work!

District Happenings....

District 9 Continued



The Annual Elected Officials Interpretation Event was held on December 1 at Traditions Club in Bryan. Nickie Boutte gave FCH/BLT highlights. Sara Mendez finished her term as chairman of the Leadership Advisory Board and Julie Prouse as LAB secretary. Agents Flora Williams and Katie Zender McGill are thankful to have dedicated volunteers.



A little Fashion fun took place at the December 5 Fashion and Interior Design workshop! Brazos County 4-H members learned to create their own pattern, to make pajama pants, and to create and transfer appliqués.

Thank you to the fabulous parents and fashion ambassadors for sharing their talents and time. It was great seeing so many new 4-H members sewing.



On October 13, almost 300 fourth grade students attended an Ag Awareness event, Pizza Ranch. The FCH/BLT committee hosted two booths MyPlate and Food Safety. Staff members for the booths were Agent Flora Williams (Chef Plate and the germ puppet), Agent Tonya Poncik (Professor BLT, girl one puppet), Agent Katie Zender McGill (stage hand, boy puppet 1 and girl puppet 2), Extension Associate Julie Prouse (stage hand and boy puppet 2) and Mary Parrish (stage hand and emcee), Agent John Grange (Tech support). Oh what great fun making pizza, marching and dancing, and doing a puppet show for our future leaders.

District Happenings....

District 9 Continued



Montgomery County Youth Services kicked off the holiday season with Better Living for Texans in Montgomery County and Exxon Mobile installing youth community gardens at CASA House and the Bridgeway Shelter. Youth and adults worked hand in hand building raised beds just in time to plant for the fall growing season. Volunteers from both locations are collaborating with Michele Scaife, Extension Agent with Better Living for Texans, to implement Learn! Grow! Eat! Go! to bring hands-on gardening and nutrition education to youth and adults in the youth services community. The fall garden season came to life for families with Montgomery County Youth Services as two youth services locations installed their vegetable gardens. Exxon Mobile joined local volunteers to assist Better Living for Texas and Montgomery County Youth Services at the Bridgeway Shelter and CASA House constructing a total of eight raised beds while the Montgomery County master Gardeners Association donated 12 flats of fall hardy vegetable transplants. Garden construction served as a kick-off event for the Learn! Grow! Eat! Go! youth garden program.

State Officers...



Joanne Ureste-Armijo, President
Norma Munoz, President-Elect
Amy Ressler, Past President
Kailey Roberts, 1st Vice President
Kate Blankenship, 2nd Vice President
Sarah Latham, Secretary
Tonya Poncik, Treasurer
Wendy Hazzard, Texas Extra Editor
Micah Holcombe, 4-H Fdn. Rep.
Chris Coon, Web Master
Kelli Brown, Historian

District Happenings....

District 10



A "Lighten Your Load", multi-County Child Care Conference was held October 15, 2022, at the McKenna Events Center in New Braunfels. Jymann Davis from Comal County, Elsie Lacy from Caldwell County, Sonia Coyle from Travis County, Kate Blankenship from Hays County, and Gayle Bludau from Gonzales County hosted 68 providers from 14 different centers. The guest speaker was Albert Wright, a master trainer and author with 20 years of experience in the childcare industry. Albert has been chosen 3 times as trainer of the year and was named one of the top 25 trainers in the nation by the National After School Association NAA17. The objectives covered were (1) identify resources and address way to embrace change in the classroom, (2) learn techniques to evaluate and maintain a positive environment in your center for staff and children, (3) recognize and identify behavior disorders to provide remediation at an early age, (4) learn how to maintain a sense of calmness and confidence to be an effective teacher, and (5) learn about the latest updates from state child care license representative. 5.5 Clock hours were given to participants.

**DID YOU KNOW THERE IS AN
AGENT ONLY
DINNER TONIGHT NEWSLETTER**

Use the link below to sign-up

<https://lp.constantcontactpages.com/su/JNHGuuj/dtagentnewsletter>



District Happenings....

District 11



In Lavaca County the 18th Annual Kids Health Party, a partnership with the Texas Department of State Health Services was held at the Knights of Columbus Hall in Hallettsville on Wednesday, Oct. 5 with 326 students participating. All Lavaca County 5th grade students from the public and private schools were in attendance.

The event included ten stations with presentations and activities focused on health and wellness. Each participant received an event t-shirt, a healthy meal, and a packet of information. The event began with a welcome from Lavaca County Judge- Elect Keith Mudd. Mudd led the students in the pledges to the United States and Texas Flags.



Each twenty-minute learning station focused on health and wellness. Learning stations were: Drug Prevention the Dangers of Vaping Bobbi Brooks and Jeffrey Pearce; Proper Handwashing taught by Texas Department of State Health Services; Mindfulness taught by Victoria College Nursing students; Healthy Snacks taught by Victoria College Nursing Students; Distracted Driving taught by Mary Jo Prince; the Importance of Protein taught by Emilee DeForest, CEA-4-H, Calhoun County; Smoothie Bike taught by Victoria College Nursing students and Gayle Bludau, CEA-FCH – Gonzales County; Proper Balance taught by Complete Hometown Physical Therapy; Obstacle Course taught by Lavaca Medical Center Physical Therapy; and Dance Fit taught by the Lavaca and Gonzales County 4-H Healthy Youth Ambassadors.

The event is made possible from one year to the next by the generous support of local and area businesses and the Dickson-Allen Foundation. This year's financial support totaled \$7595. Sixty volunteers gave their time to teach sessions and assist with the event. In addition to presenters Lavaca County Extension Education Association members were on hand to serve lunch and the Health Ministries of Hallettsville helped keep the kids hydrated throughout the busy day. Master Wellness Volunteers were on hand to assist with facilitation of the sessions, as well.

District Happenings....

District 11 Continued



In Wharton and Jackson County, we have been assisting the El Campo High School Culinary Arts Students get their 2-hour training for their Food Handlers Safety Certificates and the Senior students were able to sit for the 2-day Food Protection Manager's training as well as take the ANSI-CFP Accredited Certified Professional Food Manager Exam – ServSafe. Seniors passing the Accredited exam will be eligible to graduate with special recognition. We had 68 students for the Food Handlers Safety training and 43 students for the Food Manager's training and exam. Wharton County 1st through 6th grade Schools have also been preparing their Rice Contest posters for the upcoming Western Rice Belt Rice Producer's and Consumer's Conference being held in January.



We had 64 rice poster entries this year from Wharton County. Wharton County also held our Interpretation Luncheon this week. We had a really great turn out from our County and some special guests including Gloria Millsap from Senator Joan Huffman's office, Stan Kitzman our State Representative, and Phil Stephenson former State Representative. We honored Phil Stephenson with a Friend of Extension award for his work towards the 2019 Texas House Bill 191 which established a pesticide disposal fund that covers the cost of administering pesticide waste and pesticide container collection activities.



District Happenings....

District 12



Color Me Healthy for SNAP-Ed is a fun nutrition and physical activity programs for children ages four to five which I have implemented since November 3rd, 2022, with the last session for December 9, 2022 at Honore Ligarde Elementary School with the pre-k3 and pre-k4 classes. This program has been given to a total of 85 students and has been a successful program. Throughout the sessions, I have provided sample taste tests to expose students to common and new fruits and vegetables. Using color, texture, and taste, students have realized they like more vegetables than they thought! Of course, several fruits and vegetables were not totally successes, but students were very willing to try and that was great!

A particular taste test was very successful, and that session was about trying little trees, as in broccoli and cauliflower, with different dips. Many of the students were unsure at first but were willing to try it with the different dips. Most of them realized they enjoyed fresh broccoli with Greek yogurt and with mild salsa! Several of them were even asking for seconds, which I count as a win! - Aileen Sifuentes, Webb County



Lilian Mezquida, FCH Agent in Cameron County implemented the 12 week Step Up Scale Down Program. The participants attended classes every Tuesday and Thursday at Harlingen Community Center. Participants learned about about to change daily habits to create a healthy lifestyle. Every Tuesday participants repored improvement in at least one area of health compared to the start of the program. Participants shared the success of gradual changes each week supporting their healthy lifestyle changes. Some topics included: Scale Down by Setting Goals. Step Up to a Healthy Plate, and Scale Down with Moves to Lose. 22 participants registered and 18 participants completed theprogram.

Comments: "Before I never eat breakfast, but because I learned how important is to have breakfast, Now I'm eating breakfast at least 4 days a week." At the beginning of the program I was not able to do saquads, but after 4 weeks I got easier, I'm so excited." " I lost 3 pounds, and also I feel with more energy."

District Happenings....

District 12 Continued



The County Extension Agent is hosting a 12-week program called, Step Up, Scale Down at Las Palmas Community Center, every Wednesday. The target audiences are senior citizens who are interested in improving their health and scaling down their weight. The agent provides a nutrition topic each week, along with a food demonstration. After the nutrition class, the audiences participate in chair exercises. Each week they weight themselves; the majority of the participants have been maintaining their weight, especially during the holiday season. Other participants have mentioned they have lost weight. In addition, the agent received a donation of \$200 for weekly raffles. - Joanne Ureste-Armijo, Hidalgo County



The County Extension Agent hosted an 8-week program called, Walk Across Texas virtually. These participants' goal was 832 miles as a team in the 8-week program. There were 5 teams, a total of 37 individuals. These individuals walked a total of 5,214.6 miles through the program. The top three walkers were: Jose Ureste with 529 miles, Sylvia Phal with 382 miles, and Amy Fairas with 287 miles. In addition, the agent received two sponsorships with a total value of 160.00 for weekly raffles. Each week, the agent raffled two gift cards valued at \$10.00 each. Joanne Ureste-Armijo, Hidalgo County



The County Extension Agent with the collaboration of the Cameron County Extension Agent organized a Child Care Conference and offered 220 Clock hours towards their Texas Child Care Licensing. Educational topics consisted of Minimum Standards, Time & Stress Management, Emergency Planning for Child Care Providers, Caring for Children with Disabilities, and Infection Control in Child Care Settings. Joanne Ureste-Armijo, Hidalgo County

District Happenings....

District 12 Continued

Master Clothing Volunteers

Craft Fair Kick Off (November 5) The Master Clothing Volunteers have been working on their projects to sell for their annual craft fair. Each vendor raised from \$160.00 to \$320.00.

Veteran's Day Community Service Project (November 11) the Master Clothing Volunteers made 100 neck pillows for the American Legion. These volunteers passed the neck pillow during their Veteran's Day Brunch. Joanne Ureste-Armijo, Hidalgo County



4-H Storyboard/ Fashion Show Workshop- During the month of November and December, the County Extension Agent led a 4-H Storyboard Workshop and a Fashion Show Workshop. During these workshops, the agent educated the youth on the color wheel, contest guidelines, and sewing safety. Joanne Ureste-Armijo, Hidalgo County



Starting in November and through December, Angie Sifuentes has implemented Maintain No Gain at the Ladrillera Recreational Senior Center in Webb County. This six-week program aims to increase physical activity and fruit/vegetable intake during the holidays. With a weekly cooking demonstration and meal logs submitted once a week, participants' goal is to not gain more than two pounds over the holiday season. Seniors participating have been given weekly nutrition and physical activity sessions along with tasty holiday recipes for them to share or recreate with their families. For their physical activity sessions, participants are taken outside to complete a variety of cardio and flexibility exercises to increase their movement. A total of 32 participants are going through the program and will complete it by next week's final class right before the Christmas holiday break! Overall, all participants have maintained their weight with **NO WEIGHT GAINED!** This program was possible through the working partnership with Ms. Ludivina Amaya, center director and the great staff of the City of Laredo Recreation Department!

District Happenings....

District 12 Continued



Texas A&M AgriLife Extension Agents, Ag Agent, Omar Montemayor, BLT Agent, Heidi C. Lopez, FCS Agent, Neida Martinez, and CEP/AGNR Agent, Romeo Ozuna partnered with Texas Conservation Alliance, Texas A&M Forest Service, Trees for Wildlife, and Laredo Center for Urban Agriculture and Sustainability to deliver over 260 Native trees species selected for South Texas to the community. Agents also provided an educational handout with planting, watering, and tree care instructions in English and Spanish. This event took place on October 29, 2022, in Rio Grande City from 1:00 p.m. to 4:00 p.m. This program was a big opportunity to educate area citizens on gardening and reforestation of our local community.



The Lyford CISD Elementary, Raymondville ISD Pittman and L.C. Smith Elementary participated in the Healthy South Texas Recognized School with a total of 1,100 students and fifty faculty participating in the Walk Across Texas an 8-week walking program to help youth start moving more and increase their physical activity time preparing for a lifetime habit. Students in each campus participated in Learn = 10 weeks of lessons, Grow = build and maintain a garden, Eat = taste nutrient dense food from the garden with easy recipes, Go = physical activity program and breaks.

About 50 Parental Involvement attendees from Raymondville ISD and Lyford CISD participated in a Cooking Well with Diabetes, a four-week series program that help empower participants in managing their diabetes to prevent or reduce complications. The outcome in each of the schools that participated in the Walk Across Texas, Learn, Grow, Eat & Go, and Cooking Well with Diabetes was that many of the students and parents started gardens at home, and adopted a healthier lifestyle by being more physical active and adding more fruits, vegetables, healthy fats and eating less carbohydrates in their diet.

Dates to Remember...

TEXAS A&M AGRILILE EXTENSION

Health Summit

February 6-9

College Station, TX



Save the Date

July 25 -27

We can't wait for the 2023
TEAFCS Conference in
Fredericksburg, TX

TEAFCS and NEAFCS Award Deadlines

Texas Deadline for NEAFCS Award Submission: February 15, 2023

TEAFCS Award Deadline: April 3, 2023



For More Information Applying:

<https://teafcs.tamu.edu/awards/>

To Help Judge:

<https://forms.gle/41sDYsBzykMe2iN66>

Texas Extra Dates

Submission Due Date

Edition Release Date

March 15, 2023 April 2023

June 15, 2023 July 2023

September 15, 2023 October 2023

December 15, 2023 January 2023

