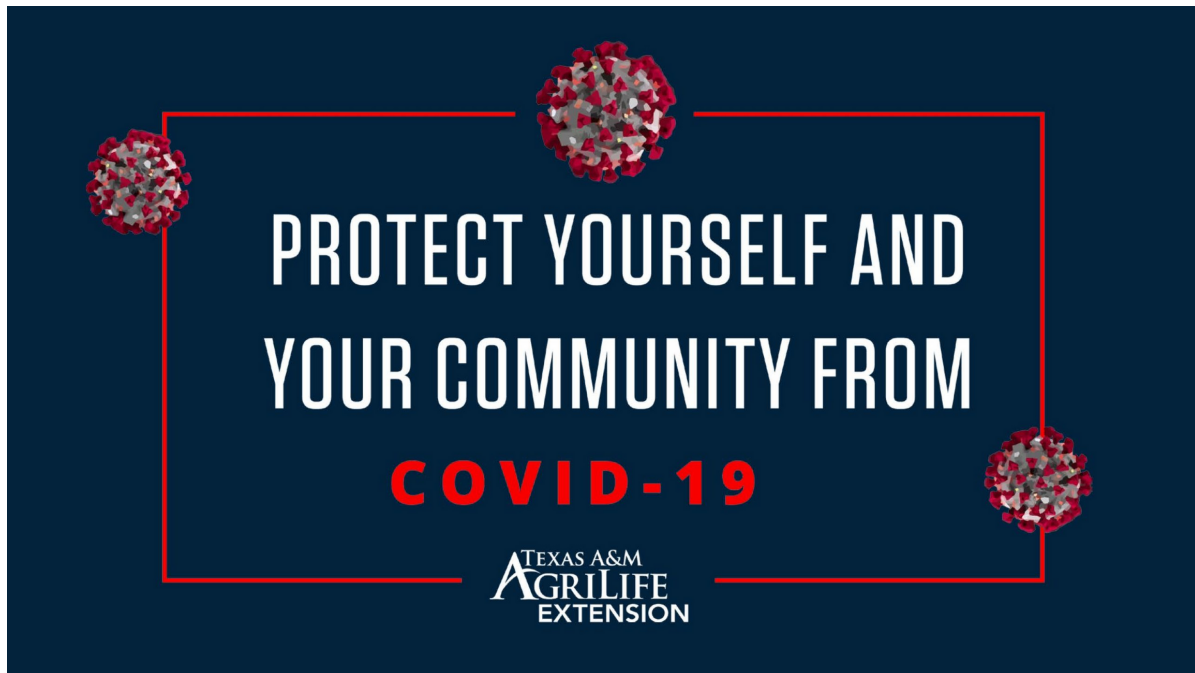


# WOW-E

A MONTHLY EMAIL NEWSLETTER

JUNE 2020



## WoW-E Update: Moving Forward

Although the economy is slowly beginning to open up, COVID-19 is still a huge problem the world is facing. We will continue to share resources on best practices during COVID-19 as well as funding opportunities to help your COVID-19 efforts. Find them in our newsletter, on our social media accounts, and on our website (see last page for details).

We understand these are still incredibly difficult times. Priorities have shifted in light of COVID-19. However, for those wanting to move forward on their WoW-E projects, we are ready to help.

Our specialists have begun holding office hours where you can call or zoom with them. See page three for more details on how to schedule office hours. We understand moving these projects forward virtually will be challenging, but we are ready to work with you on creative solutions. Please feel free to reach out to us with WoW-E or COVID-19 related questions at anytime.

Kelsey Coats  
Extension Assistant- Project Outreach PSE  
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**AGENT SPOTLIGHT: ASHLEY  
GASTINEAU, PRAIRIE VIEW A&M FCH  
AGENT, WEBB COUNTY**

Ashley Gastineau has been with Prairie View A&M University Cooperative Extension Program for three years. She is a Family & Community Health (FCH) agent for Webb County. From the time Ashley was in college, she knew whatever career path she chose, she wanted to help others and after taking a Nutrition course as an elective, she knew she wanted to provide health education. Ashley began her career with Prairie View Extension as a Better Living for Texans (BLT) Program Assistant. Through her initial work on BLT, she saw the need and benefit of serving the underserved community. Because of that early experience, she knew she wanted to continue that throughout her career.



Ashley's favorite part of her job is that her work allows her to reach multiple generations. She teaches and provides programs on various topics such as nutrition, mental health, finances, parenting skills, and food safety. This flexibility allows her to reach people of all age levels and help them improve their quality of life.

For Ashley's Policy, System, and Environment efforts, she says marketing and networking are really important. The Webb County Cooperative Extension Coalition she works with is one crucial component of connecting the right people to programs and initiatives throughout Webb County. The coalition members are key as well as their partners outside of the coalition. Many organizations in Webb County are already working to make Policy, System, and Environment changes. By networking and working together Webb County can make these changes.

While the coalition cannot meet in person during COVID-19, the support of the coalition is still there. Ashley says the coalition has grown even stronger during COVID-19. Meeting online allows them to meet more often than when the meetings are held in person. Everyone has to adjust their service offerings during COVID-19. The coalition members have been able to help each other make this adjustment and share ideas and information. Ashley is excited for Webb County to continue working with the WoW-E program. She is proud of the initiative coalition members and youth groups she works with have shown to lead WoW-E initiatives throughout the community.

One possibility she is particularly excited about is the prospect of making the community more walkable. While many in the community would like to walk more, there are areas where Crime Prevention Through Environmental Design efforts could make the area safer and, therefore, more walkable.

Ashley recently received a Texas Extension Specialist Association award for being an outstanding FCH/Community Development agent. When talking to her, the passion and love she has for her job is clear in her words and how she speaks. Ashley is a key contributor to the WoW-E team. We look forward to continuing to work with her and the coalition on Policy, System, and Environment efforts in Webb County.



## OFFICE HOURS ARE HERE!

To schedule office hours, please follow the links below. Each will take you to a Calendly page where you will select an available time.

For [Nutrition Policy](#) with Dr. Jenna Anding [click here](#).

For [Food Systems](#) with Dr. Jenna Anding and Dr. Rebekka Dudensing [click here](#).

For [Connectivity to Everyday Destinations](#) with Dr. Jamie Rae Walker [click here](#).

For [Park Planning & Everyday Destinations](#) with Dr. Jamie Rae Walker [click here](#).

For [Business Planning](#) with Dr. Rebekka Dudensing [click here](#).

For assistance with [Year 2 RFA submissions](#) with Valerie Juaregui [click here](#).

Together, we can ensure that our community receives the resources it needs.

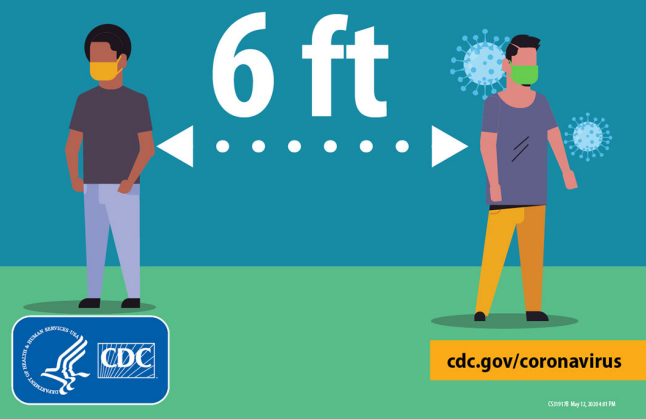
# United States® Census 2020

Learn more at [2020census.gov](https://2020census.gov).

## STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Stay at least 6 feet (about 2 arms' length) from other people.



# COVID-19 Resources

## Food and Coronavirus Disease (updated June 2020)

The Coronavirus is primarily spread through person to person contact. However, there is a chance you can get it from touching surfaces or objects. Click here to learn best practices on handling produce, meat, and packaged food during COVID-19.

## Mental Health and Coping

Everyone is experiencing added stress during the COVID-19 pandemic. It is important for ourselves and those around us to cope with this stress in a healthy way. Click to learn more about how to take care of your mental health and cope with stress during COVID-19.

## Use Cloth Face Coverings

The CDC and World Health Organization advise we need to wear face coverings in public places to slow the spread of COVID-19. Click to learn more about cloth face coverings, how to wear cloth face coverings, how to make and wash cloth face coverings, and other considerations.

## Stop the Spread of Rumors

There's a lot of fear and misinformation going around. It is important to know and disseminate facts, not rumors. Click here to get the facts and clarifications on misconceptions about COVID-19.

## Tips for Talking with Children about Coronavirus

COVID-19 has drastically changed everyday life for everyone. Children may feel confused, upset, or stressed. It is important to talk to them about how they're feeling and know that it's okay to be upset. It's also important for them to take this seriously. Click to read tips for talking with children about Coronavirus.

**COVID-19 PREVENTION**

- STAY HOME WHEN YOU ARE SICK
- COVER YOUR COUGH AND SNEEZE
- WASH YOUR HANDS
- DISINFECT SURFACES
- AVOID CROWDED PLACES
- SEEK MEDICAL CARE IF SYMPTOMS APPEAR

TEXAS A&M  
AGRI LIFE  
EXTENSION

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