

FEBRUARY 2021



The official newsletter of
Working on Wellness Environments



WELCOME

BY VALERIE JAUREGUI

For most of us, this month has brought an additional set of challenges with the arrival of winter storm Uri. The Working on Wellness Environments team is thinking of all of you during these challenging unprecedented times. We would like to remind you all that we are here to help should you have any questions or assistance. As always, we are looking forward to further pursuing ongoing projects and meeting virtually with our communities. We feel grateful to work with individuals who are on the frontlines of the COVID-19 pandemic, and all of our community champions motivated to make healthy changes in their community.

You can always email us if you have any questions at valeria.jauregui@ag.tamu.edu

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Helping Texas Recover



AS TEXAS RECOVERS FROM A DEVASTATING WINTER STORM AND MASSIVE INFRASTRUCTURE FAILURE THAT LEFT MILLIONS WITHOUT POWER, WATER, AND ENOUGH FOOD, MANY OF US MAY BE LOOKING FOR ASSISTANCE OR WAYS TO HELP OUT. BELOW ARE A FEW LINKS TO TEXAS-BASED RELIEF ORGANIZATIONS THAT COULD USE YOUR SUPPORT OR OFFER SUPPORT TO YOU AS THEY PROVIDE SERVICES ON THE GROUND:

- [FEEDING TEXAS](#)
- [AUSTIN AREA URBAN LEAGUE](#)
- [RED CROSS](#)
- [NORTH TEXAS FOOD BANK](#)
- [HOUSTON FOOD BANK](#)
- [GREATER HOUSTON RECOVERY](#)
- [FOOD BANK OF THE RIO GRANDE VALLEY](#)
- [TEXAS A&M AGRILIFE EXTENSION](#)

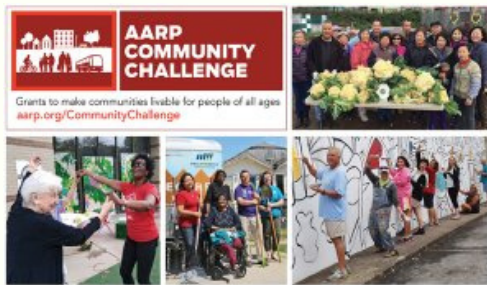
YOU CAN ALSO REACH OUT TO THE WORKING ON WELLNESS ENVIRONMENTS TEAM FOR ANY QUESTIONS YOU MAY HAVE. WE ARE HERE FOR YOU!



AARP COMMUNITY CHALLENGE

Grants to make communities livable
for people of all ages

aarp.org/CommunityChallenge



AARP COMMUNITY CHALLENGE

Are you looking to improve your community's pedestrian and bicycle infrastructure? We have an opportunity for funding that you may be interested in!

AARP announced a call for projects for the Community Challenge grant program. This program is part of the nationwide AARP Livable Communities initiative that helps communities become great places to live for residents of all ages. The program is intended to help communities make immediate improvements and jump-start long-term progress in support of residents of all ages. Applications are accepted for projects to improve public spaces, housing, transportation, civic engagement, coronavirus recovery, diversity and inclusion, and more.

The application period is open until April 14, 2021. The Texas A&M Agrilife Extension Working on Wellness Environments team is able to provide pre-application assistance to community leaders if needed, in the following ways:

- Walking through program criteria and guidelines
- Identifying possible projects in the community
- Assisting with basic planning steps and providing a broad cost estimate

*If chosen to move on to step 2 of the application process, we can help you identify relevant resources and contacts for technical assistance.

Please contact Anna Stehling - Working on Wellness Environments Program Coordinator, via email at astehling5511@tamu.edu if you have any questions. If you want additional information and wish to schedule a zoom call to discuss the program's opportunities, you can visit the calendly link below to select a meeting time.

<https://calendly.com/astehling5511/aarp-community-challenge-grant>

RESOURCES

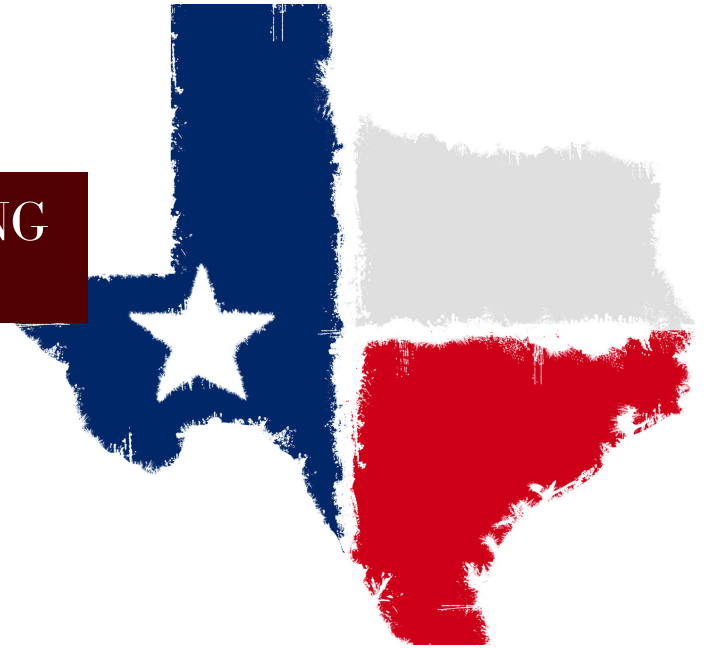


GUIDANCE FOR PERSONAL AND SOCIAL ACTIVITIES

CDC shares best practices for daily activities what to do if you do go out. Find tips and resources [here](#).

TDEM COVID-19 TESTING SITES

Texas Department of Emergency Management and the Department of State Health Services have created a map of COVID19 Testing Sites. Find your nearest one [here](#).



APHA'S GET READY CAMPAIGN

Emergencies like winter storm Uri are an unfortunate reminder of the importance of personal and household preparedness. Learn and share tips on how to get you and your family ready for disasters at [APHA's Get Ready Campaign](#). Resources available in both English and Spanish!



CLEANING AND DISINFECTION GUIDELINES IN HOUSEHOLD SETTINGS

Texas A&M Agrilife Extension has created a mini webinar on cleaning and disinfection guidelines in household settings for COVID-19. Check out the video webinar [here](#).



CLOTH FACE MASK STEPS

Texas A&M Agrilife Extension's departments of Family & Community Health and Disaster Assessment and Recovery have created a video tutorial on how to properly put on, take off, and clean cloth face masks. Watch it [here](#).



HOW SHOULD PHYSICAL ACTIVITY MAKE YOU FEEL?

Howdy Health, an initiative of Texas A&M Agrilife Extension has a mini video on how you feel before and after physical activity matters. Watch it [here!](#)