

Brazos County FCS/BLT Volunteer News

Vol. 2 Issue 5, September-December 2017

Brazos FCS/BLT Committee

Mark your calendars—**October 23, 2017 at 3:30 p.m.** is the next FCS/BLT Committee meeting. I've recruited a new member. Have you? We have met many of our goals for 2017. Highlights, updates, and planning for the remainder of the year will be items on the next agenda. Dinner Tonight lunch and learns, day camps, couponing classes, child care conferences! Oh my! We've been busy!



BLT Needs HELP!



Katie Cook, our BLT educator, is here and working hard. She has both series and one shot programs going. As most of you know, the Better Living for Texans program is labor intensive and requires much time reaching out to groups, planning, shopping, packing, unpacking, more packing/unpacking, teaching, and demonstrating. Please check on Katie from time to time to see how you can help to meet our goals of teaching others to increase fruit and vegetable consumption, make healthy menu choices, save money in the grocery store, and increase physical activity in limited resource adults and children. Katie's email address is Katie.Cook@ag.tamu.edu. Let's build the best BLT program in Texas!

For more information contact:

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Reminder: Reporting MWV Volunteer Hours



Visit <http://agrilife.org/mwv/> by the 2nd of each month to enter your hours. Thank you Pat Pierson and Connie Arden. You were the last two to login and report hours. Remember if you complete training, and attend committee meeting to report.

FCS/BLT Volunteers in Action at Childcare Conference



SIDS and Shaken Baby Syndrome

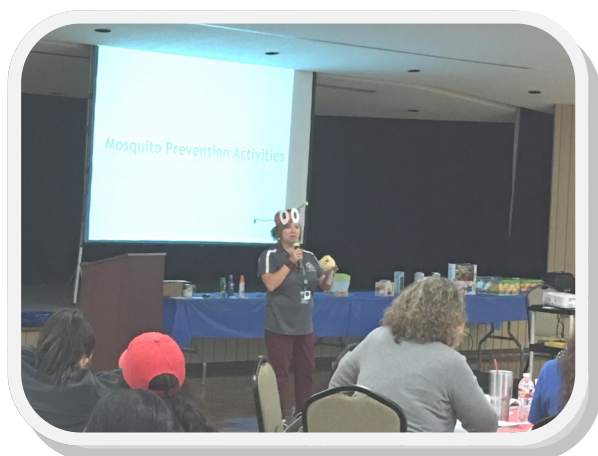


A PRESENTATION BY THE BRAZOS COUNTY HEALTH DISTRICT

FLU-WHY YOU ARE THE KEY TO PREVENTION



PRESENTED BY
MARTHA SANDERS, RN



* Fight the Bite: Mosquito Protective Measures in a Childcare Setting

Presented by: Sara Mendez, M.S.
Brazos County Health Department

FCS/BLT Volunteer Opportunities

Respond to the poll for the classes you can assist with please.

- ⇒ **Diabetes classes**— Do Well Be Well with Diabetes classes Thursday's and one Wednesday; November 2, 9, 15, 30 & December 7 from **12:00 to 1:15 AgriLife Services Building (AGSV), 1st Floor, 578 John Kimbrough Blvd. College Station** (facilitators and instructors needed) [Doodle poll for November series](#) (Sara Mendez has signed up)
- ⇒ **Pizza Ranch**—October 11-12, 2017; Brazos County Expo Center; **9:00-2:30**, (help with manning food safety and MyPlate Booth, serving pizza) [Doodle poll](#) (Sara Mendez has signed up both days; Connie Arden has signed up for the 12th) Arvitta will not be there!
- ⇒ **Extension Volunteer Appreciation Luncheon**—November 6; Brazos County Expo; 12:00; everyone please attend; outstanding volunteer recognized. [Doodle poll](#) (Sara Mendez, Pat Pierson, Connie Arden, and Priscilla Ofori have signed up). Please everyone attend. You are appreciated.
- ⇒ Please note: changes in time and location of DWBW <http://counties.agrilife.org/brazos/files/2011/03/DWBW-fall-flyer-2017-update.pdf>

Suggested Volunteer Online Trainings

<https://extensiononline.tamu.edu/courses/health.php>

- ⇒ Diabetes 1st Step: Live Healthy, Be Hopeful!

http://extensiononline.tamu.edu/courses/master_wellness_volunteer.php

- ⇒ Talking with Your Doctor (MWV Online)
- ⇒ Fall Risk Reduction for Older Adults (MWV Online)

Classes are free!

Change in Family & Consumer Sciences Title

And the new title is...Family and Community Health (FCH)

More FCS/BLT Volunteer Opportunities

Invitation to join the Brazos County Tobacco Free Together Coalition. Meetings are held the first Thursday of each month at 4:00 pm BVCASA (4001 E. 29th Street, Bryan, Suite 90). Check us out we are on [facebook](#).



Congratulations!

Congratulations to Samora and Priscilla Ofori on their baby girl!



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Thank You Volunteers

- * Pat Pierson for assisting at the 4-H Canning Day Camp
- * Sara Mendez for serving as treasurer on the Leadership Advisory Board Meeting and Pat Pierson for providing the minutes.
- * Mary Parrish, Sara Mendez, and Martha Sanders for presenting at the All Star Childcare Provider Conference.
- * Sara Mendez for organizing Couponing class.



Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating