



*Sharing is caring with TEEA*

Kathy Farrow, Family and Community Health Agent

April 2020

## From the desk of Kathy Farrow,, CEA-FCH

How are you holding up?

Just wanted to check in with my favorite group of ladies to let you each know that each of you are in my thoughts as I prepare to send this letter out. You ladies are great about taking care of everyone else I know, but I want you to take care of yourself. A friend shared with me this reminder earlier this week.

Remember when flying on an airplane they tell you that if the cabin pressure changes, you must put your own air mask on first. Then, you help the others around you. This is no different for you, you need to take care of yourselves first so you can help the ones around you.

Here is a list of things you might do to take care of yourself as you are staying home:

- Sit on the porch and watch the clouds go by.
- Call a friend(s) or your children or grandchildren just to chat and check-up on them – no agenda needed.
- Exercise. Chair exercises, walk around your yard, just keep moving.
- Breathe. Take a few minutes to take some deep breath and clear your mind. Play. Color, puzzles, just have fun.
- Read a book.
- Take a nap.
- Listen to positive, uplifting music.
- Temporally unplug from your television or other electronic devices.

I am challenging you to make “yourself” a priority and to schedule yourself some “me” time every day. Do the things that make you HAPPY! I would love to hear what your “me” time consists of. Call or email me and I will prepare a new list for the May newsletter....Please be safe and take care!



## Mark Your Calendar

### **The following events/programs cancelled or postponed!**

- ◆ April & May Extension Education Association meetings - cancelled
- ◆ 2020 District 11 Spring Conference - cancelled
- ◆ Friend to Friend “Pink” Event - postponed
- ◆ Scholarship Committee meeting - postponed
- ◆ April Lunch & Learn Workshop - Cancelled



## San Patricio County Texas Treasure Award



Don't forget to mail your club nominee to the  
San Patricio County Extension Office by  
Friday, May 15, 2020.

You can only nominate one member per club.

Members can receive the award  
more than one time.

Application is enclosed.



# San Patricio County Texas Treasure Award



Nominee's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Club \_\_\_\_\_

Briefly describe the reason for recommendation for Texas Treasure Award. Include any individual accomplishments and other contributions made by nominee through TEEA. Please type. You may attach 1 additional page if needed.

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Name of person submitting: \_\_\_\_\_

Office/Title of Person: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

**Deadline: Friday, May 15, 2020**

**MAIL TO:  
Texas A&M AgriLife Extension Office  
Attn: Kathy Farrow, CEA-FCH  
219 N. Vineyard  
Sinton, TX 78387**

# TEXAS A&M AGRI LIFE EXTENSION

San Patricio County  
219 N. Vineyard  
Sinton, Texas 78387-2613

*Return Service Requested*

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Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in any of the mentioned activities, are encouraged to contact the County Extension Office five days before all programs for assistance.



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