

TEXAS A&M AGRI LIFE EXTENSION

FAMILY & COMMUNITY HEALTH

Montgomery County E-Newsletter



RECIPE OF THE MONTH!

Almond & White Bean Salad

Source: Almond Board of California

Ingredients:

- 1/3 cup canned white kidney beans or cannellini beans, rinsed & drained
- 1/3 cup packaged slaw mix (kale slaw or traditional coleslaw mix)
- 3 tablespoons vinaigrette dressing
- 2 tablespoons slivered almonds

Instructions:

- Wash your hands & clean work area before you start.
- 1) Combine beans and slaw mix.
- 2) Pour vinaigrette over slaw & toss.
- 3) Top with slivered almonds.

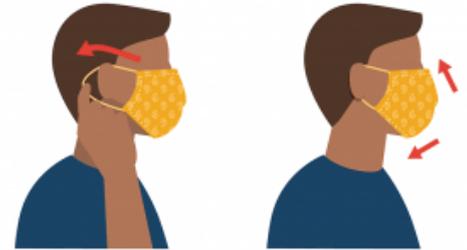
Nutritional Facts:

Per Serving: 200 calories;
20g carbohydrates; 9g protein; 10g fat
(0.5g saturated fat); 0mg cholesterol; 9g
fiber; 360mg sodium; & 3g sugars

How to Wear Cloth Face Coverings

Source: cdc.gov

Cloth face coverings are an additional step to help slow the spread of COVID-19 when combined with every day preventive actions and social distancing in public settings.



Who should NOT use cloth face coverings: children under age 2, or anyone who has trouble breathing, is unconscious, incapacitated or otherwise unable to remove the mask without assistance. Cloth face coverings are NOT surgical masks or N95 respirators. Currently, surgical masks and N95 respirators are critical supplies that should be reserved for healthcare workers and other first responders.

Wear your Face Covering Correctly: Wash your hands before putting on your face covering. Put it over your nose and mouth and secure it under your chin. Try to fit it snugly against the sides of your face. Make sure you can breathe easily.

Use the Face Covering to Protect Others: Wear a face covering to help protect others in case you're infected but don't have symptoms. Wear the covering in public settings when around people outside of your household, especially when other social distancing measures are difficult to maintain. Don't put the covering around your neck or up on your forehead. Don't touch the face covering, and, if you do, wash your hands.

Follow Everyday Health Habits: Stay at least 6 feet away from others. Avoid contact with people who are sick. Wash your hands often, with soap and water, for at least 20 seconds each time. Use hand sanitizer if soap and water are not available

Take Off Your Cloth Face Covering Carefully, When You're Home: Untie the strings behind your head or stretch the ear loops. Handle only by the ear loops or ties. Fold outside corners together. Place covering in the washing machine. Be careful not to touch your eyes, nose, and mouth when removing and wash hands immediately after removing.

WHAT IS FCH UP TO?

Some things change slowly, and some things change all too quickly!

We are still in somewhat of a holding pattern with programs and trainings for the public. There are several online classes that are being offered around the state, and we try to share those on our Facebook page. We often do not know about them until just a few days before they happen.

We received stunning news recently. Our FCS (FCH) Coordinator, Jenni Adams will be changing jobs. We are very happy for Jenni because it is a great opportunity for her. She will be working at the Lone Star Convention Center beginning July 13, so you may see her shining face at events there. But we are very sad for us. Jenni has done a tremendous job over the past 10 years and her absence will be sorely missed!

With that said, **if you know of someone who would like to come work with us**, the position is currently posted on the Montgomery County job board on www.mctx.org, more specifically at https://www.mctx.org/departments/departments_g_-_j/human_resources/job_opportunities.php

Also, this means future emails for newsletters and event announcements will come from a different name and email address. **You can call the office 936-539-7825 if you have questions about the newsletter.**

We finished our **Walk Across Texas** event recently. When all was said and done, we ended up with **201 active participants** (166 in the adult league and 26 in the youth league, and 9 in Walk Through Texas History); **41 teams** (29 in the adult league, 7 in the youth league, 5 in WTTH); and **31,331.59 miles** (26,268.71 in the adult league, 4426.28 in the youth league and 636.6 in WTTH). We are *especially appreciative of the donors* we had who offered extra special prizes: **Christina Stilley** of FHL Fitness, Fitness Instructor and Personal Trainer; **Marilyn Lowry** of Imaginart Creations, Local Artist; **Betsy McKernan** of The McKernan Realty Group; **Andrea Watson**, Zya Active - Independent Representative; and **Sara Saravo**, Sara's Brush Strokes, Local Artist.

Looking to the future, the **Behavioral Health and Suicide Prevention Task Force's Community Help Expo** has been rescheduled for November 12. Watch for more details in future newsletters. We are working for options to steam the event as well as have it in-person. We anticipate this to be a life-changing event.

In the meantime, **Mike McBride**, our FCH Program Assistant, is ready to offer training for **Mental Health First Aid**. The training is offered as a blended model with 4 hours online at your own pace, and 4 hours online led by him as the instructor. If you are interested in scheduling a training for your group, you can call or email Mike.

The Texas Extension Association of Family and Consumer Sciences (TEAFCS) is scheduled for the end of July and the National Extension Association of Family and Consumer Sciences (NEAFCS) is scheduled for September. These meetings are excellent professional development opportunities. They also host **annual award recognition**. Montgomery County will receive several awards: for our **Families Reading Every Day** projects - Human Development and Family Relationships: 1st at State, 3rd at Southern Region; Curriculum Package: 2nd at Southern Region, 2nd National; Educational Piece: 1st all the way around State, Southern Region, and National and **Amy Ressler**, CEA-FCH, will also be recognized with the Continued Excellence Award at State and National.