

Making a Differencein Fort Bend County

2012—Volume 1, Issue 1—WINTER

Special points of interest: Winter 2012

- Emergency Preparedness
- Walk Across Texas
- Dinner Tonight
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Preparing for the Worst...Just in Case

Texas Extension Disaster Education Network (EDEN) is a collaborative educational network dedicated to educating citizens about disaster mitigation, preparedness, response and recovery. Texas EDEN is a part of the [Texas A&M AgriLife Extension Service](#) and is affiliated with [National Extension Disaster Education Network](#).

This site is intended to accommodate Texas AgriLife Extension agents and all Texas citizens by sharing education resources to reduce the impact of natural and man-made disasters for individuals, families and communities.

The primary goals of Texas EDEN are to:

- Provide credible and reliable information relating to disaster preparedness and recovery for individuals, families, and urban and/or rural communities.
- Reduce the impact associated with disaster by disseminating educational materials related to disaster mitigation, preparedness and recovery.

To learn more about EDEN, meet the first-responders and review local emergency preparation efforts join us on May 11, 2012 at the Rosenberg Civic Center for our 6th Annual Emergency Preparation Workshop. Over 30 vendors and exhibitors will be on-hand to share information to help keep you, your family and your community safe. The event is sponsored by local municipalities and is free to attend. To learn more about EDEN or to access publications go online to <http://texashelp.tamu.edu/>.



The 2012 Walk Across Texas in FBC...A huge success

WAT is a program created by Texas AgriLife Extension Service in 1996 to help establish the habit of regular physical activity. From border to border, Fort Bend citizens walked 830 miles across the state. WAT, recognized as a "Best Practice Physical Activity" program by the TDSHS, is an 8-week program to help people of all ages support one another to establish the habit of regular physical activity. WAT is designed to increase regular fitness and reduce obesity – leading to a decrease in heart disease, stroke, diabetes, cancer, high blood pressure and depression. Texas ranks 8th in the nation as the most physically inactive state and 12th as the state with the highest obesity rates. Thirty-one teams of eight people, school classes or individuals walk 830 miles across a map of Texas during the eight week period. Results indicated that the 248 participants could delay the onset of diabetes if they continue their physical activity routine.



The Net Present Value for health care costs savings for females are estimated to \$3,333,787, for males, \$479,044, and for lost wages is greater than \$4,000,000. For more information go to:

<http://walkacrosstexas.tamu.edu/>.

Jan. 1—March 31

TOTAL CONTACTS

221 ed. sessions

55,616 attendees

457 site visits

168 office visits

368 phone calls

939 emails

124 websites

449 mailouts

143 volunteers assisted

Dinner TonightFast, Easy, Nutritious Recipes

Get Ready for Dinner Tonight! This new and exciting program is just now starting up in Fort Bend County. The Dinner Tonight program encourages family mealtime by providing quick, nutritious, cost-effective recipes to consumers through weekly video webcasts and other web-based methods, such as blogs and Facebook. Every Monday, a new video demonstration is released by a member of the Dinner Tonight! team. Many agents across the state use the Dinner Tonight! program as an educational, as well as a visibility, strategy within their county.

Check out: <http://healthyliving.tamu.edu/> for more information and great recipes.



The Dinner Tonight State Team of Fabulous Cooks!



Better Living for Texans....Great for Fort Bend

What? Better Living for Texans is a cooperative endeavor between the Texas AgriLife Extension Service, the Texas Health and Human Services Commission, and the United States Department of Agriculture's ([USDA](#)) Food and Nutrition Service ([FNS](#)). Since 1994, the program has been serving limited income families throughout Texas.

Why? Because it is estimated that one of every six households (16%) in Texas lives in poverty. Research has shown that individuals who live in poverty have dietary intakes that are deficient in the consumption of fruits and vegetables, whole grains, dairy products, and lean meat. This is a concern as dietary quality has been linked to four of the ten leading causes of death including heart disease, cancer, stroke, and diabetes. In addition, many low-income families are also food insecure, meaning that the availability of nutritionally adequate and safe food is limited or uncertain.



Who? The primary BLT audience is comprised of SNAP recipients and SNAP program eligible persons. In addition, families participating in the Head Start program, Women Infants and Children (WIC), individuals receiving Temporary Assistance for Needy Families (TANF), SSI recipients, Individuals receiving food from food pantries or soup kitchens, and others qualify. To see if you qualify, please contact AgriLife Extension Agent in Fort Bend at 281-342-3034 for more details or the BLT State Office at 979-862-8935.

Cost? BLT classes are offered at no cost to participants.

Anti-Bullying....Character Ed.

CEP and several Fort Bend County ISD Parent Coordinators have teamed up to provide educational sessions for parents in an effort to raise awareness and combat bullying. Parents from Edgar Glover, Lantern Lane, and Townewest Elementary Schools as well as Missouri City Middle School participated in a "Not Cool to Be Cruel" Anti-Bullying Session to gain understanding about how bullying actions are defined, identify common views on bullying, gain tips to talk with child about bullying, and taking proper steps to notify school administration about bullying. Contact Fralonda Anderson for more information at 281-342-3034, email; fwanderson@ag.tamu.edu.



Leadership Advisory BoardRanks Fort Bend Concerns

The Fort Bend County LAB is made up of 14 community leaders from all walks of life and from throughout Fort Bend County. This group of enthusiastic members assisted in fine tuning the most important issues facing our county 's citizens. This year in February a survey was sent to all municipalities in Fort Bend and specifically to all mayors and city council members asking for input regarding the most important issues in their own municipalities that relate to quality of life. Some of the issues were tagged as: 1) cannot be addressed by AgriLife; 2) probably can be addressed by AgriLife; and 3) most likely can be addressed by addressed by AgriLife. These Issues as identified by our own Fort Bend municipalities and ranked by our LAB are listed below. They are the basis of our programming efforts in Fort Bend County.

Ag & Natural Resources include: Land Fragmentation; Fresh/locally grown produce/food preservation; Water (q uality, quantity, drought/flooding issues); Environmental Sustainability (sustainable ag. w/ little environmental impact); and Agricultural Profitability

Youth Development: Education (quality/affordable); After-School Youth Activities; and Crime/Bullying (against youth, involving youth)

Families & Health: Education (parenting, youth education, home economics/skills); Nutrition (education, food preparation/processing); Wellness (Overall wellness - diabetes, obesity, healthcare, exercise); and Economics (Affordable housing, healthcare, safety

Community & Economic Development: Employment (jobs, economy, transportation, new businesses); and Water (costs, water rights, impact of flooding/drought)

Fort Bend ' s Senior Fraud Expo....Protecting Seniors from Scams



The Annual Information Fair & Senior Fraud Expo was held on Friday, February 17, at the Mamie George Community Center with 16 agencies represented, 32 seniors attending and 8 agents assisting. Senior participants learned about Elder Law Issues, Medicare Fraud, and the Prevention of Senior Scams. The Info Fair/Senior Fraud Expo is an event planned by the FCS PAC to provide an opportunity for government and nonprofit agencies to network and learn what services they provide that will help each other best serve their clientele. In 2012 thirteen agencies participate with 56 in attendance. Topics included " Neighborhood Fraud, " " Elder Law Issues – Making Your Own Decisions, " and " Medicare Fraud. " More than 100 volunteer hours were expended to plan and implement the Information Fair/Senior Fraud Expo.

Do Well Be Well.....With Diabetes & Stay Healthy!

The Do Well, Be Well with Diabetes classes were conducted at the George Memorial Library in Richmond during the month of February. Forty-three people attended at least one of the five educational presentations with twelve (12) people graduating by having attended four or five of the presentations. Participants learned about: Nutrition-1st Step to Diabetes Management; One Diabetes Diet - No Longer the Sole Option; Nutrition Labels - For Good Measure at Home & Eating Out; Managing Your Blood Glucose; Diabetes & Exercise; Diabetes Medicines; and Preventing & Managing Complications.



Texas AgriLife Extension Service

Fort Bend County

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Our Vision

To be the premier 21st Century outreach and continuing education organization in Texas responding to the needs of the people.

Texas AgriLife Extension Service and the Cooperative Extension Program in Fort Bend welcome the opportunity to provide your club, school, organization, and business a wide variety of research-based educational programs for 2012. As you review our list of available programs, you will notice each is developed to reach adults and youth throughout Fort Bend County. *We do offer something for everyone!*

Texas A&M AgriLife Extension Service and the Cooperative Extension Program through Prairie View A&M University are part of the Texas A&M System. The Texas A&M System, U.S. Department of Agriculture, and the Fort Bend County Commissioners' Court cooperate as a team to provide support for Extension educational programming in an effort to reach all Fort Bend County citizens.

Extension's educational programs are open to all people without regard to race, color, sex, disability, religion, age or national origin. Individuals with disabilities who may require an auxiliary aid, service or accommodation in order to participate in any Extension educational program or activity are encouraged to contact the Extension office for assistance eight (8) days prior to the event date.

To find out more about Extension, its administration, its programs, and its personnel, visit the Extension: <http://agrilifeextension.tamu.edu/> or www.facebook.com/FortBendCountyExtension.

FOR A COMPLETE LIST OF UPCOMING EVENTS— VISIT OUR WEBPAGE!

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www.http://fortbend.agrilife.org/, [www.facebook.com/FortBendCounty Extension](http://www.facebook.com/FortBendCountyExtension)

Junior Master Gardener Training....Great for Kids and Teachers Too!

Are you interested in service learning projects for children? Want to promote leadership and life skills in children? Are you interested in science and academic achievement in children? Do you want your kids to improve their diet through eating more fruits and vegetables? Then join us for a Junior Master Gardener training session on Monday, February 26, 2007, from 9 a.m. until 3 p.m. at the Fort Bend County Extension Office located at 1402 Band Road in Rosenberg.

Participants will take part in hands-on activities and projects that are featured in the award winning JMG curricula. The workshop will include an overview of the JMG program, impact that JMG has on children, how to use the JMG program with youth, and how to start a JMG group in your schools and community programs.

Teachers: The JMG program contains test formatted reading passages and is aligned to academic standards for Math, Science, Social Studies and Language Arts!! JMG is a recognized Professional Development Workshop. Come get your CEU's with us! Space is limited to 30 people on a first-come, first-served basis. RSVP's required. For more information or to register, please call Shelley Pappas at 281-342-3034 or email at srpappas@ag.tamu.edu.

