

HARRIS COUNTY FAMILY & COMMUNITY HEALTH

July 2022

QUARTERLY NEWSLETTER

Vol 1 Issue 22



What's In This Issue:

- Meet Our Agents
- Upcoming Events

TEXAS A&M AGRILIFE EXTENSION FAMILY & COMMUNITY HEALTH UNIT HARRIS COUNTY

Welcome to the Texas A&M AgriLife Extension Service - Harris County Family & Community Health Unit newsletter. Our unit is made up of Family & Community Health Agents with both Texas A&M AgriLife Extension Service and Prairie View A&M University Cooperative Extension Program, Better Living for

Texans Agents, and the Expanded Food & Nutrition Education Program. Although we all have varying expertise, we are very passionate about the health and wellness of youth, adults, and seniors of Harris County. We hope that you will enjoy this issue and look forward to your feedback.

GET TO KNOW...

COUNTY EXTENSION AGENT – FCH AMANDA KRIPPEL

Amanda enjoys reading romantic crime novels and mystery. Loves to eat almost anything and is always willing to try something new!

Some of Amanda's recent programming includes:

Master of Memory - Many people believe that memory loss and aging go hand-in-hand: as a person gets older his or her memory begins to fail. While some change may be expected as you age, that doesn't mean you can't do something about it, in the absence of a brain disease, such as Alzheimer's Disease – you can be proactive in using some strategies and lifestyle adaptations.

Coming up:
July 13th 10:30 am -11:30 am
Medication Management
Fonteno Senior Education Center
6600 Bissonnett St. , Houston 77074



BRAIN GAME

Here is a brain teaser whose aim is to stimulate the connections or associations between words. You will see a pair of words and your goal is to find a third word that is connected or associated with both of these two words
EX. Piano and Lock = Key

1. SHIP AND CARD =
2. PILLOW AND COURT =
3. TREE AND CAR =

Answers on next page.

GET TO KNOW...

COUNTY EXTENSION AGENT – FCH

Sonja Stueart-Davis, EdD

Hometown: Prescott, Arkansas and Brookshire, Texas

Favorite Food: Soul Food/Cajun

Hobby: All forms of Dancing

Some of Sonja's recent programming includes:

Do Well, Be Well with Hypertension: a four-class series covering the basics of nutrition and self-management topics to reduce hypertension. The program helps people learn skills needed to prevent or manage high blood pressure. The program's primary goal is to improve blood pressure management through the Dietary Approaches to Stop Hypertension (DASH) eating plan.

Wisdom, Power, Control: a diabetes self-management program for adults with type 2 diabetes and over the age of 18. The aim of this research-based program is to educate, empower and equip participants to better control their diabetes using a real-world practical approach.



Coming up: Keep checking our calendar of events at harris.agrilife.org to find out about upcoming programs.

DASH DIET

Studies have shown that the DASH diet can lower blood pressure in as little as two weeks. The diet can also lower low-density lipoprotein (LDL or "bad") cholesterol levels in the blood. High blood pressure and high LDL cholesterol levels are two major risk factors for heart disease and stroke.

When following DASH, it is important to choose foods that are:

- Rich in potassium, calcium, magnesium, fiber and protein
- Low in saturated fat
- Low in sodium

Find out more about the DASH Diet at MayoClinic.Org



GET TO KNOW...

Extension Agent – FCH – PVAMU

Cooperative Extension Program

Alfredo Alberto



I am American Salvadoran, lover of Pupusas, and a comedian of cheesy jokes! For almost 10 years I gained extensive experiential learning skills. My background of working with youth dates back to my middle school years. My passion for working, organizing, and mentoring youth has ushered me to partner with many organizations. Even though my roots are from Oakland, California, I am a proud Texan reaching limited resource youth and their families throughout Harris County Texas.

Hobbies: Mountain Biking, Family time, Prayer Rallies



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Some of Alfredo's recent programming includes:



Character Development: character development raises the standards of our students to go the extra mile in communication, responsibility, and trustworthiness. We equip them by putting them in scenarios where they would have conflict with a student, teacher, parent or coworker. After we have a dialogue on best practices on how to better their relationships based on the scenarios they were given. For some students these scenarios are a challenge but we encourage them by firmly stating that they are trailblazers for their generation. They are to make great change for not only themselves but the circle of influence.





GET TO KNOW...

Extension Agent – FCH – PVAMU
Cooperative Extension Program
Te'Anna Donaldson

I enjoy spending time at home and planning activities and events for the family. A lover of Tex-Mex food and traveling.



PRAIRIE VIEW
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AND HUMAN SCIENCES

Cooperative Extension Program



Some of Te'Anna's programming includes:

A Taste of African Heritage Cooking Series is more than just a series of cooking classes. It is a new kind of wellness program designed to show people how to eat and cook healthfully, traditionally, and enjoyably through hands-on experience. With lesson plans that simultaneously teach history, nutrition, and cooking techniques, the program introduces participants to the rich cultural history of African heritage foods while providing them the tools they need to adopt this traditional way of eating for better health in modern day life. Open to people of all ages and interest who want to add more flavor and nutrition to their life.

Heroes for Health Series and curriculum is designed to engage youth in healthy lifestyle choices through healthy eating habits and increased physical activity. The Heroes for Health Program also provides the opportunity for youth to gain leadership skills through our Heroes for Health Ambassador training program. Through lessons on grains, reducing sugar and fats, drinking water, and how to properly read labels; the trained ambassadors are able to demonstrate the residual impact of the program by being able to gain knowledge then also going forward to teach others.

Better Living for Texans



Better Living for Texans agents, Lora Jorgensen and Jasmine Carey conducted a recipe demo of cowboy salad at the Azteca Farmer's Market for the Salud a Ti event. BLT agents were assisted by a chef from Pappa's Steakhouse and a dietician student from UT Health. More than 200 people came out to sample healthy food options and receive various health screenings.

In Harris County your BLT Extension agents are found at
Texas A&M AgriLife Extension Service
13105 Northwest Freeway, Suite 1000
Houston, TX 77040



Lora Jorgensen

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713-274-0950

Hometown: Madison, WI
Favorite Food: Guacamole
Hobby: Gardening

Kristina Brown

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713-274-0950

Hometown: Houston, TX
Favorite Food: Thai
Hobby: Backpacking/Hiking

Jasmine Carey

jasmine.carey@ag.tamu.edu
713-274-0950

Hometown: Los Angeles, CA
Favorite Food: Watermelon
Hobby: Photography

June was Alzheimer's & Brain Awareness Month

Each June the Alzheimer's Association recognizes Alzheimer's and Brain Awareness Month as a time to focus national attention on Alzheimer's disease and other dementias. Please explore the Alzheimer's Disease and Healthy Aging resource page from the Centers for Disease Control and Prevention (CDC). [**View More**](#)



5 Steps To Staying Mentally Sharp And Preventing Alzheimer's Disease

- Exercise Regularly
- Get Plenty of Sleep
- Eat a Mediterranean Diet
- Stay Mentally Active
- Remain Socially Involved

[**READ MORE**](#)



Upcoming free webinar sessions offered by our partners with Texas Healthy at Home and others. Click links for more details.

DATE: 20 JULY, 2022

TIME: 12:00 - 1:00 PM

THEME: MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

[Register Now](#)



DATE: 03 AUGUST, 2022

TIME: 11:30 AM - 12:30 PM

THEME: MANAGING RUMMAGING, HOARDING, WANDERING, AND PACKING IN DEMENTIA

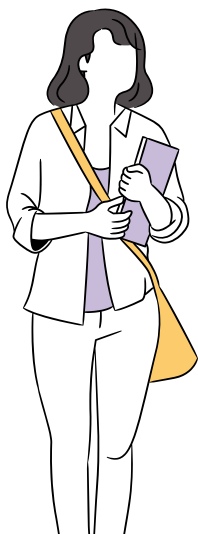
[Register Now](#)

DATE: 07 SEPTEMBER, 2022

TIME: 11:30 AM - 12:30 PM

THEME: LIFE ENRICHING ACTIVITIES FOR EARLY-STAGE DEMENTIA

[Register Now](#)



July

WALK N TALK, AN 8-WEEK SERIES (BETTER LIVING FOR TEXANS)

Maxwell Adult Center - 1201 Center St., Deer Park, TX 77536 - Contact: 281-478-7276

July 07, 2022 - 10:00 a.m.

MEDICATION MANAGEMENT

Jim & JoAnn Fonteno Senior Education Center - 6600 Bissonnet Street, Houston, TX 77074 - Contact 713-981-4703

July 18, 2022 - 10:00 a.m.

SAFE RIDERS PROGRAM - CHILD SAFETY SEAT & EDUCATION

13105 Northwest Freeway, Houston, TX 77040 - Call 713-274-0950 or email tldonaldson@pvamu.edu, must register ahead.

July 19, 2022 - 3:30 p.m.

August

A FRESH START TO A HEALTHIER YOU! A 4-WEEK SERIES

West End Multiservice Center - Senior Programs, 170 Heights Blvd, Houston, TX 77007 - Contact 832-393-5950

August 02, 2022 - 9:30 a.m.

MY PLATE

Jim & JoAnn Fonteno Senior Education Center - 6600 Bissonnet Street, Houston, TX 77074 - Contact 713-981-4703

August 09, 2022 - 10:30 a.m.

SAFE RIDERS PROGRAM - CHILD SAFETY SEAT & EDUCATION

13105 Northwest Freeway, Houston, TX 77040 - Call 713-274-0950 or email tldonaldson@pvamu.edu, must register ahead.

August 16, 2022 - 3:30 p.m.

MEDICATION MANAGEMENT

Thomas A. Glazier Senior Education Center - 16600 Pine Forest Lane, Houston, Texas 77084 Contact 713-274-3250

August 23, 2022 - 2:30 p.m.

POPULAR DIETS FOR WEIGHT LOSS

Jim & JoAnn Fonteno Senior Education Center - 6600 Bissonnet Street, Houston, TX 77074 - Contact 713-981-4703

August 25, 2022 - 1:00 p.m.

September

SAFE RIDERS PROGRAM - CHILD SAFETY SEAT & EDUCATION

13105 Northwest Freeway, Houston, TX 77040 - Call 713-274-0950 or email tldonaldson@pvamu.edu, must register ahead.

September 06, 2022 - 3:30 p.m.

GROWING AND NOURISHING HEALTHIER COMMUNITIES A 6-WEEK SERIES

BakerRipley Gulfton Sharpstown Campus - 6500 Rookin Street, Houston, TX 77074 - Contact 713-273-3700

September 12, 2022 - 10:00 a.m.

SAFE RIDERS PROGRAM - CHILD SAFETY SEAT & EDUCATION

13105 Northwest Freeway, Houston, TX 77040 - Call 713-274-0950 or email tldonaldson@pvamu.edu, must register ahead.

September 20, 2022 - 3:30 p.m.

GROWING AND NOURISHING HEALTHIER COMMUNITIES A 6-WEEK SERIES

El Franco Lee Community Center - 9500 Hall Rd, Houston, TX 77089 - Contact 281-464-9708

September 27, 2022 - 10:00 a.m.

October

VIRTUAL WISDOM, POWER CONTROL DIABETES MANAGEMENT SERIES

Online program, pre-registration required. Call Susan 713-274-0950

October 04, 11, 18, & 25, 2022 - 6:00 p.m.

DO WELL BE WELL WITH HYPERTENSION

Cavalcade Community Center - 3815 Cavalcade St, Houston, TX 77026 - Contact 713-675-0004

October 04, 11, 18, & November 01, 2022 - 11:00 a.m.

DO WELL BE WELL WITH HYPERTENSION

Jordan Grove Missionary Baptist Church - 2603 Anita Street, Houston, TX 77004 - Contact Susan 713-274-0950

October 12, 19, 26, & November 02, 2022 - 3:30 p.m.

CONTACT US:

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Jasmine Carey - Extension Agent – Better Living for Texans

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