

## *Master Wellness Volunteers* *February Newsletter*

*February- New month, new intentions, new goals,  
new love, new light, and new beginnings- A.M. Monter-  
rosa.*

February , 2017, Issue 2

Howdy Master Wellness Interns,

As we welcome another month full of opportunities to volunteer and make an impact in our community, we want to express our gratitude for your involvement and commitment to this program. Remember that the purpose of the monthly newsletter is to provide **MWV updates** and **volunteer opportunities for you to complete your required hours**. As you see these opportunities, we hope you will sign up for things that interest you. You have committed to providing 40 hours of volunteer service during this year. There will be numerous methods for completing those hours that you will find enjoyable and rewarding.

**If you will be taking advantage of any of the following volunteer opportunities, please let us know so we may contact the agent in charge of the event to make all necessary arrangements.**

- Esly Reyes & Amy Valdez



### **Volunteering Opportunities Dates:**

- February 10th-11th 2017
- February 15th, 2017
- February 15th, 2017
- February 8, 15, 22 & March 15
- February 21-May 16 (Tuesdays)

### **Food Handlers Certification – February 16th, 2017.**

For the ones that still need to complete their food handlers certification the next opportunity available is scheduled for **Thursday February 16, 2017 from 6:00p.m.– 8:00 p.m.** at the Hidalgo County Extension Office. It is important that you attend because this certification is needed to participate in most of our events. Remember that this certification is covered by your registration fee. Please email or call us to **confirm your attendance ASAP**

## 4H Rally in Hidalgo County– February 10-11, 2017



4H is a youth organization that empowers children and youth with the skills to lead for a lifetime. They will be hosting a Hidalgo County 4H Rally on **February 10th 11th, 2017 at the Hidalgo County Extension Office and District 12 Office time is TBD**. They are seeking volunteers to judge in the following categories– Photography, Storyboards, Educational Presentations and Fashion Show) This is a fun opportunity for you to experience these challenges! The following opportunities are available. **Please contact us ASAP if you are interested in participating so we can prepare your judging packet.**

- **February 10, 2017 (Judges needed )**  
Photography 9:00 a.m. to 12:00 p.m.
- **February 10, 2017 (Judges needed)**  
Storyboard 1:30 p.m. to 3:30 p.m.
- **February 10, 2017 (Judges needed)**  
Educational Presentation-Roundup 6:00 p.m. to 8:30 p.m.
- **February 11, 2017 (Judges needed)**

## Walk Across Texas Event– February 25th,2017



Walk Across Texas Event– Kick Off is one of the highly visible events that Texas A&M AgriLife will be hosting, your support will be highly appreciated. This event will be hosted on **Saturday, February 25th, 2017 from 8:00 a.m.– 12:00 p.m. at the Mission Hike & Bike Trail (South Conway Ave, 78572 Mission, Texas)** We will be partnering with the Juvenile Diabetes Association and their “Sweet Run”. This event will gather people from all over the county who will be starting the Walk Across Texas Challenge. This will be a great opportunity for you to experience a big Healthy South Texas Event. MWVs will be helping at the MWVs booth and other assignments as needed. (e.g. water stations, walking/ running guides, etc)

**If you are available to volunteer on this day, please contact us ASAP to make all necessary arrangements.**

**\*FLYER ATTACHED ON THE NEXT PAGE... Please share it with your family and friends.**



 **5K RUN/WALK KICKOFF**

**WALK ACROSS TEXAS!**  
TEXAS A&M AGRILIFE EXTENSION

**GET HEALTHY & GET MOVING...**

**SATURDAY  
FEBRUARY 25, 2017**

 | **HEALTHY SOUTH TEXAS**

**RACE STARTS AT 8 AM!**

On site registration for Walk Across Texas  
or go to [www.walkacrosstexas.tamu.edu](http://www.walkacrosstexas.tamu.edu)

 AWARDS FOR  
LARGEST TEAM  
BEST T-SHIRT DESIGN  
MOST SPIRITED TEAM 

**Mission Hike & Bike Trail**  
**1414 S. Conway Mission, Texas 78572**  
**Register by calling Texas A&M AgriLife Extension Office**  
**956-383-1026 or at [www.stjda.org](http://www.stjda.org)**

Start your  
new year  
on the right  
foot!

PosterMyWall.com

## UTRGV Volunteer Fair—February 15, 2017



UTRGV will be hosting a Volunteer Fair on February 15, 2017 from 12:00 pm—1:30 p.m. at their Student Union Building. We will be having a MWV booth to promote the program. This is a great opportunity for you to share your experiences with other potential future MWVs.

**Please contact us if interested.**

## Si, Yo Puedo— Diabetes Education Classes



Yo, Si Puedo is a diabetes education class that teaches individuals how to control their diabetes and achieve better health and quality of life. The topics of this program are: Eating healthy, physical activity, checking their glucose, Responsibility with their medication and doctors, and identifying risk symptoms. Join me (Esly) and help me deliver this amazing curriculum that has impacted many lives here in Hidalgo County.

**Dates:** February 8, 15, 22 & March 15.

**Time:** 1:00 p.m. —3:00 p.m.

**Place:** San Juan Parent Center– Buckner Elementary (1001 N Fir St, Pharr, TX 78577)

**Please contact me if interested.**

You have  
two hands.  
*One to help yourself,  
the second  
to help others.*

QUOTEDIARY.NET



## **Step Up & Scale Down Program at TXDOT Feb. 21-May 16 (Tuesdays)**



Step Up & Scale Down is a program which aims to prevent and/or reduce overweight and obesity through improved eating and physical activity behaviors. Control total calorie intake to manage body weight. Increase physical activity, and reduce time spent in sedentary behaviors. Join us and help us to deliver this amazing program.

This program will be implemented at Texas Department of Transportation (TXDOT)

**Dates:** Feb 21- May 16 (only Tuesdays)

**Time:** 3:00p.m. – 5:00 p.m.. (Additional time for preparation).

**It will be a great opportunity for you to start accumulating your hours. Please email or call us ASAP to confirm your attendance.**

*(e.g.) If you volunteer throughout this program your total hours will range from 24-36 hours! (Required # of hours before certification = 40 hours)*

## **MEXICAN FIESTA / WAT AWARD RECOGNITION– March 9, 2017**



Join us in our **Mexican Fiesta** this upcoming **March 9 from 6:00 p.m. –8:00 p.m. at the Hidalgo County– Texas A&M Extension Office** to celebrate your journey as a Walk Across Texas Participant. Outstanding teams and individual will be recognized. Remember that as a Master Wellness Volunteer you were assigned to a Walk Across Texas team. It is required that you complete your wrap-up form (attached to this email), so we can validate your miles. Your attendance is important as you will be receiving your **Walk Across Texas certificate**. Please mark your calendars!

Following the celebration, we will be having a quick training on how to report your Master Wellness Volunteers– service hours. These reports are very general and give you the opportunity to describe your experiences at all the events / classes you attend. Reporting all of your 40 hours is required prior to receiving your Master Wellness Volunteer Certification.

In case you wanted to start earlier: This link will walk you through the process of reporting your hours. The process is super easy, it takes minutes!

- <https://www.youtube.com/watch?v=GUM8xt5cLEw&feature=youtu.be>



**HEALTHY SOUTH TEXAS**

# Master Wellness Volunteers



MWVs: (L-R) Rafael, Beatriz, Sonya, Ellen, Gloria, and Magdalena after the food handlers certification class.

## CORNER



MWVs: (L-R) Magdalena, Rafael, Beatriz, and Susana working hard at The McAllen Kids Marathon.



MWVs: Rafael and Beatriz hunting down the germs at the McAllen Kids Marathon!



MWV Magdalena demonstrating how a healthy plate should look like.

# Master Wellness Volunteers

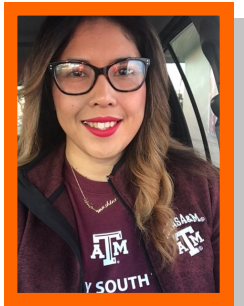
## CORNER

### Hours Race

Many of you have started accumulating your hours by participating at different Texas A&M AgriLife community events. I encourage every single one of you to start looking at the different opportunities to complete your 40 required hours.

**Congratulations!**

To **Linda** (10) & **Magdalena** (6) for completing the most hours in January.



Linda Ramirez- 10 Hours



Magdalena Ramirez- 6 Hours

