

April 2018



Family Resources

Hello,

My name is Joanne Ureste and I am the County Extension Agent-Family Resource for Texas A&M AgriLife Extension at the Hidalgo County office. As a Family Resource (FR) Agent, I am responsible for planning, implementing, and evaluating education programs in the areas of personal financial literacy for youth and adults, budgeting and money management. In addition, I provide parenting classes that consist of communication, self-esteem, discipline. I also provide Anger Control classes that consist of understanding your anger, the cost of anger, relaxation skills, trigger thoughts, coping thoughts, problem-solving communication, and a plan for real-life coping. I am also a Certified Child Passenger Safety Technician where I provide education in the proper car seat installments thus saving human lives, economic loss, and thereby creating a safer community. I am also responsible for hosting Childcare Provider Conferences to provide the state required continuing education credits for childcare providers. I facilitate two volunteer programs called the Master Clothing Volunteers (MCVs) and Junior Master Clothing Volunteers. These volunteers provide leadership and teaching skills using textile techniques and garment construction to the community of Hidalgo. Lastly, I support the 4-H Program by leading workshops and contest in the areas of consumer decision making and clothing & textiles. I assist with Food Show, Food Challenge, Photography, and Educational Presentations, and Record book. As well as facilitating the 4-H Hidalgo County Council and 4-H Ambassadors. If you are interested in scheduling programs, please contact me at Joanne.Ureste@ag.tmau.edu

This newsletter entails information on the Family Resource Programs. I hope you enjoy! If you would like to read on a specific top or have any questions, please contact me at 956-383-1026 or joanneu.ureste@ag.tamu.edu. Please like the [AgriLife Extension Family Resources Hidalgo County Facebook page](#).

The Cost of Anger

There is nothing wrong with occasional, moderate anger. Being angry is an emotion that comes and goes. However, it is very important to be aware of how you control your anger. But chronic sustained anger can be a serious problem that can lead to hypertension, heart disease, and increased mortality from all causes. Research have stated individuals that are more hostile have less social support. It is clear that angry people keep others at arm's length. In so doing, they experience less support and a greater sense of loneliness than their less hostile peers. Make an honest assessment and think of all the ways in which anger has had a negative impact on your life.

1. How anger has affect my work/school relationships (include job lost/school suspension or jeopardized)?
2. How anger has affected the relationships to my family of origin (including parents, siblings, and extended family)?
3. How anger has affected my marriage or relationships?
4. How anger has affected my children?
5. How anger has affected my friendship (including lost friends and strained relationships)?
6. How my anger has affected my health and physical well-being?
7. How anger has endangered me (reckless driving, physical fights, hurting myself by hitting things, legal problems, etc.)
8. How anger has affected me financially?

Reference: Matthew McKay, PhD. & Peter Rogers, Ph.D. (2003) [Managing Anger](#)



Parenting: Self Esteem

Dr. Nathaniel Branden defines self-esteem as “the experience of being competent to cope with the basic challenges of life and of being worthy of happiness.” Healthy self-esteem involves a balance between personal worth and competence. People with a healthy self-esteem tend to be more happier, confident, less afraid of failure/rejection, comfortable in social setting, take more risk, and accept their strengths and weakness. Self-esteem begins to develop the day your child is born. Trust serves as the foundation for a healthy self-esteem. Trust is established by loving and properly caring for your child. Children are highly influenced by parental examples. If you want your children to develop a healthy self-esteem, you must apply concepts in own life. **Activity:** Write at least five genuine compliments to yourself and tape in on your mirror. Every day, practicing reading those statement to yourself. Say them with confidence!



Reference Dr. Stephen Green, AgriLife Extension Specialist. “Parenting Connections”

Money Smart: Setting Financial Goals

Regardless of what life stage you are in, you are likely to have some short and long term personal financial goals. Setting tangible and realistic goals, following them, and tracking your progress is the key to success in achieving all of your financial goals. If you are married, it is absolutely essential that you and your spouse both share the same financial goals. Otherwise, achieving your personal financial goals is almost impossible. Develop your financial plans together, and review your progress together to make sure both of you are contributing to the same goals.

Make them specific to what you want within a certain time period

1. Identify and write down your financial goals
2. Organize your financial goals
3. Educate yourself
4. Evaluate your progress



Click on the link to make SMART Goals: <http://www.moneymanagement.org/~media/Files/MMI/Topics/Browse%20Topics/Media%20Types/Articles/Smart-financial-goals.pdf>

Reference FDIC, Money Matters & Money Management International

Child Passenger Safety: Help Keep Your Child Safe – Give Your Child A Boost!

Unfortunately, seat belts do not come in one-size-fits-all. In fact, the seat belt that is designed to save an adult's life in a crash does not fit a young child. And, the poor fit of the seat belt can actually cause serious injuries or even death during a crash. Many parents are under the impression that a child can be moved to the vehicle seat belt system when they have outgrown the weight limits of their child safety seat. Most conventional forward-facing child safety seats have a 5-point harness system that can be used until at least 40 pounds. However, most children weigh 40 pounds long before they are tall enough to fit in the vehicle lap/shoulder belt.

Children do not fit well in the vehicle lap/shoulder belts that were designed for adults who are at least 4 feet 9 inches tall. Instead of fitting properly over the lower hips, the lap belt rides over the soft tissues of the abdomen and can cause severe injury or death. The shoulder portion of the belt hits the child's neck or face instead of lying flat across the chest. This causes many children to place the shoulder belt behind their back, leaving them with no upper body protection. A booster seat 'boosts' the child up so the lap/shoulder belt will fit correctly and provide protection in a crash.

As a Child Passenger Safety Technician, I remind parents that correctly using a booster seat can protect a child from being thrown around the vehicle or being totally ejected in a crash. In a crash, children who are incorrectly restrained by a lap/shoulder belt are likely to sustain serious injuries to internal organs, as well as the head and spinal cord. In fact, these abdominal and spinal injuries are medically referred to as "Seat Belt Syndrome."

If you would like to have your child's car seat inspected, please contact Joanne Ureste at 956-383-1026.



Childcare Provider's Conference

Child care providers play a vital role in caring for America's children. Texas A&M AgriLife Extension-Hidalgo County will host a two day Multi-County Child Care Conferences on April 27th and April 28th, 2018 at the Texas A&M AgriLife Extension-District 12 (2401 East Highway 83, Weslaco TX 78596). Please call our office to register! Child care providers will receive six to eight clock hours. No onsite registration will be accepted. Following Topics include:

1. Food Safety & Food Handlers Certification
2. Kids with Special Needs: Autism, Hearing Impair, Mute, and others
3. Managing Your Stress
4. Asthma Education
5. Activities for Children: Dancing & Arts & Craft
6. Learning through Music
7. Emergency Management
8. Nutrition & Physical Activities

A poster titled "FOOD + SAFETY" in large blue letters. Below the title is the text "Cover All Four Bases To Avoid Foodborne Illness". There is a cartoon character of a green vegetable holding a clipboard. The poster also features the Texas A&M AgriLife Extension logo and the text "CLEAN Your Hands".

Food Handlers Certification

Fee: \$20

Where: Texas A&M AgriLife Research | Extension Center
Hoblitzelle Auditorium | 2401 East Business 83, Weslaco TX 78596

When: April 27, 2018
Time: 6:00-8:00 pm

Are you required to have a Food Handling certificate? If so, join us on April 27th

For more information Please Call (956) 383-1026.

Chill quickly! Don't be in the danger zone!

The members of Texas A&M AgriLife will provide equal opportunities persons regardless of race, color, sex, religion, national origin, age, disability, gender identity and will strive to achieve full and equal employment opportunities.

A poster for the "HET Multi-County CHILD CARE Providers Conference". It features a large photo of a young girl with dark hair. Below the photo are two circular inset photos showing children playing. The text "6 Clock Hours" is prominently displayed.

HET Multi-County CHILD CARE Providers Conference

6 Clock Hours

April 28, 2018, 8 a.m. - 3 p.m.

Texas A&M AgriLife Research | Extension Center
Hoblitzelle Auditorium
2401 East Business 83
Weslaco, TX 78596

TEXAS A&M AGRILIFE EXTENSION

April



Jr. Master Clothing Volunteers

Who are the Jr. Master Clothing Volunteers

The Junior Master Clothing Volunteer Program is designed to develop leadership and teaching skills using textile techniques and garment construction. Trained Junior Master Clothing Volunteers work in their communities to assist youth, families, and community groups in learning how to buy, construct, and care for garments and create other textile items.

April

April 6: Home school Sewing Classes 1p.m.-3 p.m.
JMCV Planning Meeting; 3p.m.

April 7: Public Sewing Classes, 9 a.m. – 11 a.m.

May

May 4: Home school Sewing Classes 1p.m.-3 p.m.
JMCV Planning Meeting; 3p.m.

May 5: Public Sewing Classes, 9 a.m. – 11 a.m.

Classes resumes in the Fall.

Keep an eye for summer sewing workshops



2018 Jr. MCV Activity Calendar

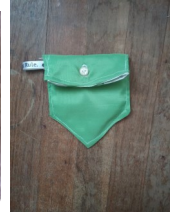
April

April 6: Home school Sewing Classes 1p.m.-3 p.m.

JMCV Instructor: Rogelio Garcia
Activities: Pet Pillow , Treat bag,
Pet collar

Materials Needed: Sewing Machine

(Optional), Sewing Kit (Needles, thread, bobbins, pins, scissors, ripper, etc)., **Pet Pillow:** old long sleeve shirt, old pillow for stuffing. **Pet Collar:** Scraps of Fabric, Swivel latch hook w/ D ring, fat quarter (1/**Treat Bag:** fat quarter (1/4 of a yard), button, 5 inch of ribbon



April 7: Public Sewing Classes 9Loo –11:00

Instructor: MCVs: Florea Flores & Mary Moreno

Activity: School Supply Bag

Materials Needed: Fabric Marking Pen, sewing machine, sewing machine needle, filled bobbins, scissors, ripper, pins, pin cushion, ruler, 18" zipper, 1 spool of thread to match zipper. ***Even if you are borrowing an Extension Machine, child must bring UNIVERSAL Sewing Machine Needle and UNIVERSAL (or brothers) bobbin. **\$5.00 Kit will be sold; kit includes 2 precut fabrics, precut batting, and 20 inch zipper.**



Youth Instructors are Needed

JMCVs we are needing you to step up and show your talent. Remember the program is to teach sewing skills to other youth. Parents are encourage to help youth in preparing the class; you may use YouTube and Pinterest as resources.

Here is the following classes remaining:

	JMCV Instructor	Activity	Materials needed
Friday, May 4 th	Volunteer: Subbe Rebb	Shorts	Sewing Machine, Sewing Kit: Thread, Sewing Machine Needles, Hand Needles, Seam Ripper, Bobbin, Pins, Scissors, Chalk, etc.), T-Shirt (jersey/knit material)
Saturday, May 5 th	Volunteer: Subbe Rebb	shorts	Sewing Machine, Sewing Kit: Thread, Sewing Machine Needles, Hand Needles, Seam Ripper, Bobbin, Pins, Scissors, Chalk, etc.), T-Shirt (jersey/knit material)

Classes resumes in the Fall.

Keep an eye for summer sewing workshops

Field Trip Rules

In order to maintain a fair environment, when preparing for a Field Trip all Jr. MCVs must take into consideration the following regulations.

- Signed Jr. MCV application at least three (3) months prior to field trip date.
- Attended at least three (3) Jr. MCV meetings prior to field trip date.
- Minimum of ten (10) hours of fundraising support.
- Minimum of four (4) teaching or assisting class hours.
- Participate in at least four (4) hours of sewing crafts for fundraisers.
- Obtain principal signature for the Declaration of Eligibility Form.

Take a look at what the Jr. MCVs did last month!



Thank you Grace for hosting a sewing class !

Thank you MCVs for hosting a youth sewing class



Practice Makes Perfect: Take Home Project

Hand Sewing is very important, here is a project you can try at your house.

Supplies Needed: Various color of felt, polyfil stuffing, ribbon, several colors of embroidery thread, paper for templates, a few buttons, small scraps of fabric, and scissors.

Click the link to get pattern & directions: https://www.craftsy.com/embroidery/patterns/felt-bird-ornaments-hand-sewing-pattern-/183375?cr_linkid=oq-share&cr_source=Facebook&cr_medium=Social%2BReferral&cr_maid=41572



2017-2018 Jr. MCV Officers



President: Rosario Garcia
Vice President: Rosalinda Garcia
Secretary: Keagan Collins
Treasurer: Monique Monjaraz
Parliamentarian: Rogelio Garcia
Public Relations: Grace Guerrero
Public Relations: Madison Sicalit

Master Clothing Volunteers



Who are the Master Clothing Volunteers

The “Master Clothing Volunteers” are a volunteer group supported by Texas A&M AgriLife Extension Service. The Master Clothing Volunteers is designed to develop leadership and teaching skills using textile techniques and garment construction, heritage sewing and home décor. These volunteers are trained to work in our communities to assist youth, families, and community groups in learning how to buy, construct, and care for garments. The classes are at NO COST. These volunteers meet every Tuesday from 9:00 a.m. to 11:30 a.m. at the Texas A&M AgriLife Extension Service-Hidalgo County office. Their weekly activity projects are found on the following website: <https://hidalgo.agrilife.org/master-clothing-volunteers/>

2017-2019 MCV Officers



President: Adriana Cantu
Vice President: Vaccant
Secretary: Wendy Valles
Treasurer: Mary Moreno
Parliamentarian: Linda Garza

Take a look at what the MCVs did last month!



Practice, Learn, and Share: How to Make Pleats with a fork?

Website: <https://youtu.be/NzLMky7veaA>

Youtuber: Sarah Tyau

Name of Video: How to make please with a fork tutorial



Upcoming Extension Events & Volunteering Opportunities

You are welcome to attend the following



RMH Family Room in Edinburg Children's Hospital supports our community and provides a home-away-from-home for families of children who are receiving treatment at local hospitals and clinics. They hope you consider donating one or more items listed below. All items should be new.

Stuff animals, socks, onesies, pillow cases, cleaning supplies, etc.

Drop off Donation & Tour is scheduled for :

RMH Family Room-Edinburg Children's Hospital
Thursday, April 19th, 2018
5:30 p.m.



AgriLife Extension will be needing your help in collecting two litter bottles for a 4-H curriculum that our 4-H Outreach Assistant will implement in the summer.

Drop off Donation :

Texas A&M AgriLife Extension –Hidalgo County
410 N. 13th Ave., Edinburg TX 78541
Throughout the month of April & May

If you are interested in participating in the program please contact Monica Flores at Monica.Flores@ag.tamu.edu



AgriLife Extension is looking for volunteers to make cardboard flowers for our coming Dinner Tonight event

Upcoming Extension Events & Volunteering Opportunities

You are welcome to attend the following



If you are interested in attending or scheduling a Sun Safety Program please contact
Hilda Salinas at
Hilda.Salinas@ag.tamu.edu



AgriLife Extension would like to invite you to the Spring Garden Festival and Plant Sale on Saturday, April 14th at the San Juan Educational Garden.

If you are interested in volunteering please contact
Ashley Gregory at
ahgregory@ag.tamu.edu

Become a Healthy South Texas Youth Ambassador! Now Accepting Applications!



Do You Want To:

- Serve as a community health and wellness advocate
- Assist county Extension agents in providing leadership to the youth components of Healthy South Texas
- Serve as a leader to implement the Fuel Up To Play 60 Program in local schools
- Become knowledgeable and skilled in the healthy lifestyles subject matter
- Coordinate educational events that will encourage better health in your community

Youth must be at least 9th grade students at the beginning of the 2018-2019 school year.

For more information contact :

Amy Valdez	Esly Reyes
Healthy South Texas Specialist	FCH/4H Asst. Agent
Amy.valdez@ag.tamu.edu	esly.reyes@ag.tamu.edu (956)

If you are interested in becoming a Healthy South Texas Ambassador contact

Esly Reyes at
Esly.Reyes@ag.tamu.edu



HEALTHY SOUTH TEXAS




Workshop Sites and Dates

- WESLACO on April 11
- LAREDO on April 18
- ANGLETON on May 22
- CORPUS on June 6
- VICTORIA on June 7

Time Held

Registration begins at 8:30am.
Program held from 9:00am-3:00pm.

Who Attends

Human resources, benefits, health care, insurance, and safety/ risk management professionals

Building a Healthy Workplace: A HOW-TO BLUEPRINT

REGISTER NOW at worksitewellness.tamu.edu

- Learn how to improve employees' health and produce measurable results.
- Get a blueprint for a wellness program that meets your organization's specific needs.
- \$75 Early Bird Registration;
\$125 Regular Registration
Fee Includes Lunch and Worksite Wellness Guidebook/Materials.



Ninfa Peña-Purcell, PhD, MCHES

Key Presenter Dr. Purcell is an Extension Health Specialist with more than 25 years of experience in helping to build worksite wellness programs.

Questions?
Contact your local Extension County Office at <https://counties.agrilife.org/> or email [Luisa Colin](mailto:Luisa.Colin@ag.tamu.edu) at lgcolin@ag.tamu.edu.

ATM
HEALTHY SOUTH TEXAS

Texas A&M AgriLife Extension is an equal opportunity employer and program provider.

AgriLife Extension is asking for your help to promote our Worksite Wellness Conference. Anyone is welcome to attend



Youth Quilting Camp

June 11, 2018 through June 15, 2018
Session 1: 9:00 to 12:00 p.m.
Session 2: 1:00 to 3:00 p.m.

Fee: \$40.00

Come join the fun! A Youth Quilting Camp will be held at the Hidalgo County Extension Office located at 410 N. 13th Ave., Edinburg TX. Participants must be a minimum of 10 years. Three yards of material & batting will be given to the participants. Please complete registration form and bring it into our office with registration fee. Each session will accept 10 participants.

**If you have any questions, please call our office at
956-383-1026**

If the participants need special accommodations, please inform our office assistant at the time of registration.



Quilting Camp

Fee: \$40.00; \$20.00 will be returned once quilt is displayed in the RGV Quilt Guild Quilt Show.

Requirements:

- Child must know the basics sewing
- 10 years and older
- Must display their quilt at Quilt Show
- Must bring their sewing kit and materials
- Must attend their session they signed up for

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.
The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

MCVs will be organizing a Youth Quilting Camp. Youth will receive nine yards and 3 yards of batting.

Participants are responsible to bring: 2 spools of white or beige thread, sewing machine, and sewing kit: universal bobbins, universal sewing needles, pins, scissors, seam ripper, and sewing cushion. *A meal will be provided.

To register please visit our website and complete registration and submit the form and fee to our Extension Office.

Joanne Ureste
FR-CEA
410 N. 13th Ave.,
Edinburg, TX 78541

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Fax: 956-383-1735
E-mail: Joanne.Ureste@ag.tamu.edu

Facebook Page: AgriLife Extension Family Resource Hidalgo County