

EXTENSION CONNECTION

APRIL - JUNE 2020

HIDALGO COUNTY

TEXAS A&M
AGRI LIFE
EXTENSION

Helping Texans
Better Their Lives



What We Do

Texas A&M AgriLife Extension Service is a unique education agency that provides research based community education, tools, and resources on a local and statewide level that teach people how to improve agriculture and food production, advance health practices, protect the environment, strengthen the economy, and enrich youth.

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 Texas A&M Agrilife Extension Hidalgo County

A Note from the Extension Team:

In the midst of the COVID-19 pandemic, the Texas A&M Agrilife Extension Hidalgo County Agents and staff continued to educate the community through various media. Our Youtube channel continues to grow with educational videos and subscribers. Programs and conferences have been offered virtually to continue to meet the needs of the community while keeping everyone safe and distanced. Texas A&M Agrilife Extension Service has answered the call by assisting with Disaster Assessment through Strike Team deployments and Contact Tracing shifts. We would like to extend all our thoughts, prayers and thanks to all our essential workers and members of our community affected by the COVID-19 pandemic. Please stay safe and well!

Visit
<http://hidalgo.agrilife.org>
for more events!

**Subscribe to our
YouTube channel
"Texas A&M Agrilife
Extension Hidalgo
County" for educational
videos**



TEXAS A&M AGRILIFE EXTENSION
HIDALGO COUNTY

TEXAS A&M
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EXTENSION



Stay home when you are sick. Plus, stay home for at least 24 hours of no fever without fever-reducing medications.



Cover your coughs and sneezes. Use a tissue, or cough or sneeze into your sleeve at the elbow.



Disinfect. Use a household spray or wipe to disinfect surfaces and objects that are frequently touched.



Wash your hands. Scrub with soap and water for at least 20 seconds after you cough, sneeze or blow your nose; touch food, feed or animals; or use the restroom.



Family & Community Health

Andrea Valdez, M.P.H.

@TexasA&MAgrilifeExtensionHidalgoCountyFamily&CommunityHealth



FAMILY AND
COMMUNITY HEALTH



Online Content

While not offering face to face programs during the COVID-19 pandemic, our research based education became online content for everyone!

Online presentations and videos were created for food safety, mental health, healthy recipes and much more!



COVID-19 Response



CONTACT TRACING

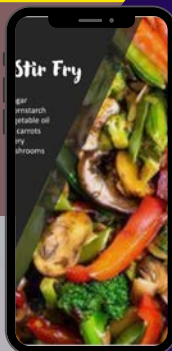
90+

HOURS LOGGED

Texas A&M AgriLife Extension partnered with Texas Dept. of State Health Services to aid in Contact Tracing efforts

NOW CERTIFIED TO OFFER
**VIRTUAL MENTAL HEALTH
FIRST AID TRAINING**

Now offering Virtual Mental Health First Aid Training. Contact us to schedule a class for your group or employees.

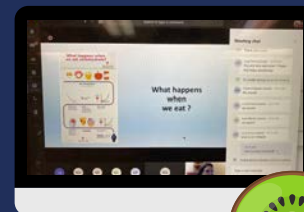


Give Us a Like!



2020 Choose Your Way Virtual Diabetes Conference

The Texas A&M AgriLife Extension Offices of Hidalgo and Cameron County collaborated to continue to bring diabetes education to the community through the 2020 Choose Your Way Virtual Diabetes Conference. Presenters from Healthy South Texas, Texas A&M Health Science Center and Doctors Hospital at Renaissance educated participants on healthy eating, coping skills and medication management. All from the safety of their own home and computer!



Family & Community Health

Joanne Ureste-Armijo, M.S.

@AgrilifeExtensionFamilyResourcesHidalgo County



FAMILY AND
COMMUNITY HEALTH



The Master Clothing Volunteers



The Master Clothing Volunteers (MCV) are a volunteer group supported by Texas A&M AgriLife Extension Service. The Master Clothing Volunteers are committed to developing leadership skills and teaching others textiles techniques, garment construction, heritage sewing and home decor.

The Master Clothing Volunteers began teaching **virtual sewing classes** to keep the community and other volunteers involved during the COVID-19 pandemic. The videos are available on the Texas A&M AgriLife Extension Service Hidalgo County YouTube channel.



The MCV's donated **26 turtle pillows** to help support Sew Many Smiles. Sew Many Smiles organized a community service drive to assist children with serious medical illnesses and provide them with a turtle pillow.



Award



Through Operation FaceMask, the MCV's sewed **621 facemasks** donated to Texas Oncology for their nurses and healthcare providers. Texas Oncology awarded the MCV's \$1,000 for their generous donation during COVID-19.

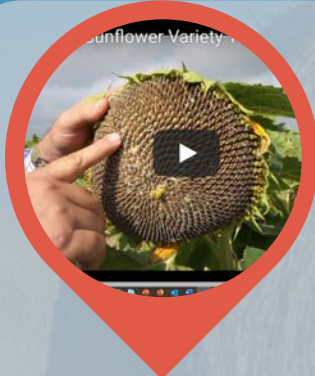
Pictured: Volunteer making masks at home.





Agriculture & Natural Resources

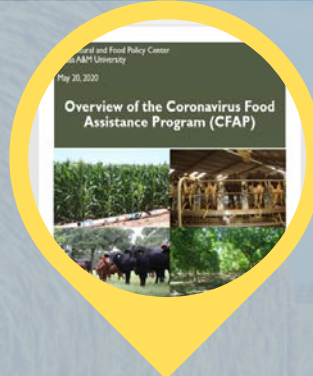
Vidal Saenz, M.S.



Beto Anzaldúa from Anzu Seed Company in McCook assisted in the 2020 Sunflower Variety Trial. Results will be shared on our website.



A Goat Production Workshop was held in March as **32 participants** learned about care and housing of goats and internal/external parasite control.



Over **1,500 Ag producers** were notified about the Coronavirus Food Assistance Program (CFAP) through the USDA-Farm Service Agency and encouraged to apply for assistance.



2020 RGV BIA Bull Gain Test presented in video format provided the Program's objectives. The Top performing bulls from the 2020 test were announced.



4-H & Youth Development

Romeo Ozuna, B.S.

@HidalgoCounty4H



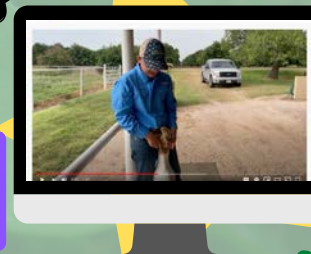
150 MASKS DONATED

to First Responders at Mission Regional Medical Center



Online Videos
1,200 PEOPLE REACHED

Check out Wyatt Robbins of Borderline 4-H teaches us about his goat project!



532 Active 4-H members

25

Hidalgo County 4-H clubs

191

Adult & Youth Volunteers



Adrian Garza of StarLite 4-H committed to Southwestern University to play football!

18

4-H'ERS RECEIVED OVER \$55,000 IN SCHOLARSHIPS FROM HIDALGO COUNTY 4-H FOUNDATION



Claire Lee of 4-H Valley West Club received the Texas Opportunity Scholarship from Houston Livestock Show and Rodeo For \$20,000!

Tylar Gantt of StarLite 4-H committed to Schreiner University for Shooting Sports!



#4H PROUD



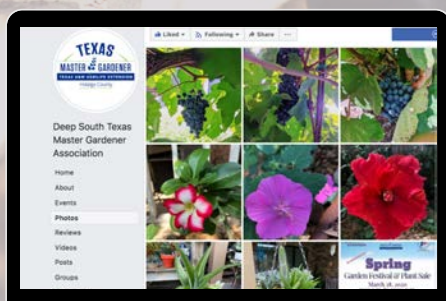
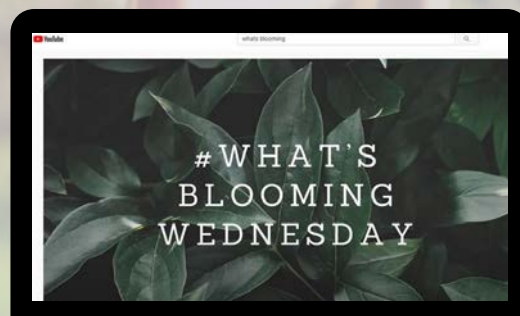
Horticulture

Ashley Gregory, M.S.



1,000+
people reached

Check in with the #WhatsBlooming Wednesday YouTube videos to see what's blooming this week! Since its creation, these videos have been shared on Facebook and reached thousands of people.



300
more followers

The Hidalgo County Master Gardener Facebook page gained 300 more followers this quarter!



More Extension Program Highlights



Family & Community Health Outreach Programs
Linda Ramirez

Program Coordinator, Linda Ramirez, clocked 80 hours at the Hidalgo County EOC center. At the EOC, she answered telephone calls and helped answer key questions from Hidalgo County residents about COVID-19.



4-H Community Outreach Programs
Karen Cantu

Karen Cantu created videos for Bullying, Cultural Awareness and Recycling that had over 150 views on YouTube and reached over 500 people on Facebook! Karen also logged hours at the Hidalgo County EOC.



Family & Community Health Outreach Programs
Elsie Martinez



Elsie Martinez helped educate the community by creating videos for Green Living, Fall Prevention and proper handwashing. These videos had over 100 YouTube views and reached over 350 people on Facebook. Elsie also logged hours helping at the Hidalgo County EOC.



A Fresh Start to a Healthier You!
Nutrition Educators:
Frances Flores
Yoli Rios



4,220
POUNDS
FROM 8
GARDENS

Hot peppers, zucchini, Swiss chard, carrots, cucumbers, radishes, tomatoes, onions, green onions, eggplant, melons and watermelons were the most popular items harvested during the pandemic. Gardening at home has proved successful with many seeing the advantages of growing their own food.

Growing & Nourishing Healthy Communities:
Ricardo Carranza
Roy Custodio
Andrea Torres-Barragan





Family & Community Health

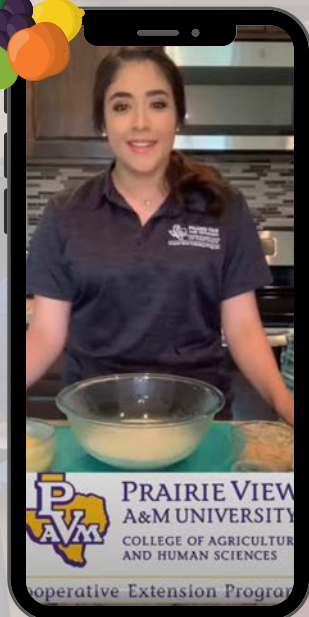
Stephanie Bowman, M.S.

@PVAMUFamily&CommunityHealth-HidalgoCounty 



PRAIRIE VIEW
A&M UNIVERSITY
COLLEGE OF AGRICULTURE
AND HUMAN SCIENCES

Cooperative Extension Program



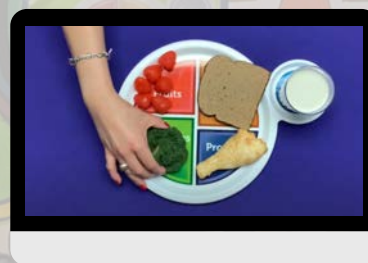
1,827

People reached from top 4 videos

1,642

People reached from educational content shared

The PVAMU Cooperative Extension Program has been providing educational resources and content via social media. Nutritional videos, recipe demonstrations and health resources have been posted to the PVAMU Cooperative Extension Program-Hidalgo County Facebook page.




Rethink Your Drink!
Drink water to stay hydrated and say "stop" to high sugar drinks!



Expanded Food & Nutrition Program

Melissa De Leon, M.S.

@HidalgoCountyExpandedFoodandNutritionEducationProgram 



Helping young families
and youth with limited resources!

127 Adult Enrollment

30 Adult Graduates

906 Youth Enrollment

883 Youth Graduates

EFNEP continues to deliver practical lessons such as basic nutrition, food preparation, and food safety virtually on a variety of social media platforms to continue to reach the Hidalgo County community.



Nutrition! Food Prep! Food Budget Management! Food Safety!