

FAMILY & COMMUNITY HEALTH NEWSLETTER

SEPTEMBER 2023-DECEMBER 2023

EDITOR'S NOTE

As our "fall season" rolls in, we find ourselves still basking in the warmth of the summer sun. Despite the lingering heat, my spirits remain high as I gear up for exciting months ahead filled with engaging activities and programs.

I am absolutely thrilled to share that I have just returned from the TEAFCS (Texas Extension Association of Family and Consumer Sciences) state conference, where I was honored to be inducted as the Past President of the association. It is an immense privilege to take on this role, and I am excited to continue serving our community and beyond in this new capacity. Also, I am humbled and overjoyed to announce that I received not one but THREE prestigious awards during the event. I couldn't be prouder to share this accomplishment with all of you, as your support and encouragement have been instrumental in my journey. The awards WE received were Multi-County Programing Award, Early Childhood Care Training Award, and Family Health & Wellness Award.

In the month of September, I will be attending the National Extension Association of Family & Consumer Sciences Annual Conference at Rhode Island. It promises to be an unforgettable experience filled with learning, networking, and celebration. I am honored to have been selected as a presenter at this esteemed event. I will be sharing the Master Clothing Volunteer Program. In addition to presenting, I am overjoyed to share that I will be receiving THREE awards at the National Conference! As you know, this recognition could not be possible without your support and participation. The awards we received are as follows: 1st Place in South Region for Early Childhood Child Care Training Award, 1st Place in Southern Regional and 1st Place in Nationals for Master Family & Consumer Science Volunteer Award.

I want to express my heartfelt gratitude to each and every member of our community for your unwavering support throughout my journey within Extension. Your encouragement and dedication have been instrumental in my growth as a leader.

Let's make the most of this last bit of summer, grab a cup of warm apple cider, sit back, and enjoy the highlights of what's to come this quarter!

-Joanne Ureste Armijo
 County Extension Agent-
 Family & Community Health

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L to R: Joanne Ureste (FCH CEA), Karen Cantu (BLT CEA), Katarina Rodriguez (4-H CEA), Tina Munoz (PV CEA), and Ayde Ordaz (Program Coordinator for Passenger Safety & KidSafe Initiatives)

We were able to inspect 20 car seats on July 21, 2023. The total economic impact for this event was \$30,825

CHILD PASSENGER SAFETY WEEK

SEPTEMBER 17-23, 2023

Our primary goal for child passenger safety is to make sure all parents and caregivers are correctly using the right car seats (rear-facing car seats, forward-facing car seats, or booster seats) or seat belts for their children's ages and sizes. Remember to read and carefully follow the installation instructions included with a car seat or booster seat, as well as the vehicle owner's manual. Failure to do this can lead to incorrect installation, exposing a child passenger to the risk of injury or death in a crash. To schedule a car seat inspection, please call our office to schedule your appointment.

Car Seat Recommendations for Children

- Select a car seat based on your child's age and size, and choose a seat that fits in your vehicle and use it every time.
- Always refer to your specific car seat manufacturer's instructions; read the vehicle owner's manual on how to install the car seat using the seat belt or LATCH system; and check height and weight limits.
- To maximize safety, keep your child in the car seat for as long as possible, as long as the child fits within the manufacturer's height and weight requirements.
- Keep your child in the back seat at least through age 12.



- AGE**
- Birth – 12 months**
Your child under age 1 should always ride in a rear-facing car seat. There are different types of rear-facing car seats: infant-only seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.
 - 1 – 3 years**
Keep your child rear-facing as long as possible. It's the best way to keep him or her safe. Your child should remain in a rear-facing car seat until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the rear-facing car seat, your child is ready to travel in a forward-facing car seat with a harness.
 - 4 – 7 years**
Keep your child in a forward-facing car seat with a harness until he or she reaches the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, it's time to travel in a booster seat, but still in the back seat.
 - 8 – 12 years**
Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly the lap belt must lie snugly across the upper thighs, not the stomach. The shoulder belt should lie snug across the shoulder and chest and not cross the neck or face. Remember: your child should still ride in the back seat because it's safer there.

DESCRIPTION (RESTRAINT TYPE)

- A REAR-FACING CAR SEAT** is the best seat for your young child to use. It has a harness and in a crash, cradles and moves with your child to reduce the stress to the child's fragile neck and spinal cord.
- A FORWARD-FACING CAR SEAT** has a harness and tether that limits your child's forward movement during a crash.
- A BOOSTER SEAT** positions the seat belt so that it fits properly over the stronger parts of your child's body.
- A SEAT BELT** should lie across the upper thighs and be snug across the shoulder and chest to restrain the child safely in a crash. It should not rest on the stomach area or across the neck.

HOW TO MAKE HEALTHIER THANKSGIVING RECIPES

One source of healthy holiday recipes is AgriLife Extension's Dinner Tonight website. The Dinner Tonight program aims to promote family mealtime by providing quick, easy, healthful and cost-effective recipes. In addition to recipes, the program provides free weekly video demonstrations of cooking tips and techniques along with information on nutrition, menu planning and healthy living.



Ingredients:

- 1 pound of brussels sprouts sliced
- 2 cups of cooked quinoa, cooled
- 1 cup of dried cranberries
- 1/2 cup of chopped pecans/or walnuts
- 2 tablespoons of agave
- 1 fresh squeezed orange
- 1 tablespoon of extra virgin olive oil
- 1/8 teaspoon of salt
- 1/8 teaspoon of pepper



Instructions:

- Clean prep area, wash hands, and wash produce
- Slice brussels sprouts
- Whisk together dressing ingredients: Agave, fresh squeezed orange juice, olive oil, salt, and pepper; set aside.
- Toss together brussels sprouts, quinoa, dried cranberries, chopped pecans, and dressings.

<https://dinnertonight.tamu.edu/>

PAST EVENTS

STRONG PEOPLE, STRONG BODIES



SPSB completed a 24-week program that began in the month of January. The participants meet twice a week and complete the monthly fitness test. Regular strength training can have numerous benefits for individuals of all ages.

These participants also completed an eight-week **Walk Across Texas program**. The team walked 3,525.83 miles. The participants were recognized at the end of the program ceremony. The agent invited Javier Garza, Director of Parks and Recreation to motivate them to continue improving their health journey. Sandy Riojas, FR PAC President led the ceremony. Dr. Andrea Valdez presented a recipe from the Dinner Tonight-Emergency Preparedness Cookbook. Afterwards, Joanne Ureste presented them with a certificate of completion. The SPSB graduates then went to a social event at Top Golf, where they practiced their stretching skills. We would like to thank All-States Xavier and Diana Pena Agencies for their kind sponsorship.

CONTINUED PAST EVENTS

JUNE 2023-AUGUST 2023



EX The MCVs lead a three day 4-H Youth Sewing Camp. A total of 10 youth attended the camp and 11 volunteers assisted. The youth learned how to make a quilted book bag, wallet, and pencil bag. The Edinburg Teacher's Retirement Association donated books.



MCV Instructor, Sandy Flores lead a three day Pattern Making Class. A total of 16 adults attended the camp. They learned how to create their own patterns. The adults were able to make a blouse, shirt, and dress.



UPCOMING EVENTS

ANGER CONTROL CLASSES

Program Fee
\$50.00

Texas A&M AgriLife Extension offers a new and highly effective approach to anger control that gives you the tools you need to manage anger in your day-to-day life. You'll get a deeper understanding of how anger affects all areas of your life—both physically and emotionally—and within a few weeks feel the benefits of controlling destructive anger. This program shows you how to practice new coping behaviors that allow you to gain control in anger stimulation situations.

EDUCATIONAL TOPICS

- THE COST OF ANGER
- UNDERSTANDING YOUR ANGER
- RELAXATION SKILLS
- TRIGGER THOUGHTS
- THE ANGER DISTORTIONS
- CREATING COPING THOUGHTS
- PROBLEM-SOLVING COMMUNICATION
- YOUR PLAN FOR REAL-LIFE COPING

CONTACT INFORMATION:
Texas A&M AgriLife Extension
Hidalgo County
410 N. 13th Ave., Edinburg TX 78541
(956) 383-1026
<https://hidalgo.agrilife.org/>



PARENTING CONNECTIONS

Program Fee
\$50.00

The program is designed to help parents gain the necessary tools to help their children flourish and thrive. Parents will also receive support in the areas of child development, environmental safety and protection.

EDUCATIONAL TOPICS

- CHILD DEVELOPMENT
- PARENT-CHILD COMMUNICATION
- POSITIVE DISCIPLINE
- DEVELOPING YOUR CHILD'S SELF-ESTEEM

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TEXAS A&M AGRI LIFE EXTENSION

CHILD PASSENGER SAFETY PROGRAM

Child safety seat checkups routinely discover that four out of five children are not properly restrained in appropriate child safety seats or safety belt systems.



Saving lives and reducing injuries to children in motor vehicle crashes is the primary goal and child passenger safety technicians. Learn the best way to install your child safety seat in your vehicle for your child by scheduling an appointment.



Never leave your child alone in a car



To schedule a car seat inspection, please call 956-383-1026
If possible, bring your child, car seat, car seat instructions & vehicle owner's manual to the car seat inspection appointment.

HEALTHY LIVING With Fruits & Veggies

Saturday, September 9, 2023
12:00 - 1:00 PM
Main Library - Meeting Rooms AB
4001 N. 23rd St. McAllen (p) 356-681-3000

September is National Fruit & Veggie Month!

Join Joanne Ureste from Texas A&M AgriLife Extension as she discusses tips for adding fruits and veggies to your diet, their health benefits, cooking strategies and great new recipes! Participants will receive a FREE set of blank recipe cards, while supplies last. Registration is Required.

[www.hidalgo.agrilife.org](https://hidalgo.agrilife.org/)
www.facebook.com/tamucountylibrary
www.youtube.com/channel/UC...

fall into HEALTHY HABITS

Texas A&M AgriLife Extension Service-Hidalgo County
410 N. 13th Ave., Edinburg TX 78541
Every Wednesday starting
October 4 through November 29th, 2023

Dance Walk Across Texas

10 am
Join us by dancing the pounds away!

Learn the following line dances:

- Cupid Shuffle by Cupid
- One Chickadee by DJ Cooper
- Wobble by VIC
- Cooper Head Road by Steve Earle
- Good Time by Nico Moon
- Cotton Eye Joe by Rednex
- Achy Breaky Heart by Billy Ray Cyrus
- Muecaera by Los del Rio
- El Bole de Riego by Mario Del Riego
- Se Me Pasa La Cadenita by Sonora Divera
- Suavemente by Elvin Crespo
- Datus Kuduro by Don Omar
- The Chickadee Dance

Step Up, Scale Down 11am

Register Here

- Learn the following:
 - nutrition
 - healthy eating
 - exercise

and more to support you in your weight loss journey
<https://hidalgo.agrilife.org/step-up-scale-down/>
For Questions, please call 956-383-1026



CHILDCARE CONFERENCE

October 28, 2023

AgriLife Research and Extension Center at Weslaco TX
Auditorium
2415 E. Hwy 83, Weslaco TX 78596
4 CLOCK HOURS
EARLY BIRD REGISTRATION (SEPT 1-30) \$30
REGULAR REGISTRATION (OCT 1-20) \$40

7:30 a.m. Registration & Refreshments
8:00 a.m. Responding to Challenging Behaviors
9:00 a.m. Servicing Children with Disabilities
10:00 a.m. Sudden Infant Death Syndrome (SIDS)
11:00 a.m. Child Growth & Development
11:45 a.m. Evaluation & Adjourn

REGISTER HERE



956-383-1026
<https://hidalgo.agrilife.org/child-care-provider-conference/>



CONFERENCIA SOBRE EL CUIDADO DE LOS NIÑOS

28 de octubre, 2023

AgriLife Research and Extension Center at Weslaco TX
Vegetable Center
2415 E. Hwy 83, Weslaco TX 78596
4 HORAS DE RELOJ
INSCRIPCIÓN TEMPRANA (SEPT 1-30) \$30
REGISTRO A TIEMPO (OCT 1-20) \$40

7:30 a.m. Registro y refrigerios
8:00 a.m. Sirviendo a niños con discapacidades
9:00 a.m. Responder a comportamientos desafiantes
10:00 a.m. Crecimiento y desarrollo infantil
11:00 a.m. Síndrome de muerte súbita del lactante (SIDS)
11:45 a.m. Evaluación y aplazamiento

REGÍSTRASE AQUÍ



956-383-1026
<https://hidalgo.agrilife.org/child-care-provider-conference/>



FCH PROGRAMS

- Anger Control Classes
- Child Passenger Safety
- Child Care Conferences
- Heart Strong Conference
- Mantain No Gam
- Master Clothing Volunteers
- Parenting Classes
- Step Up, Scale Down
- Strong People, Strong Bodies
- Walk Across Texas

ABOUT US:

Texas A&M AgriLife Extension Service is a statewide educational agency. The mission of Texas A&M AgriLife Extension is to provide quality, relevant outreach and continuing educational programs and services to the people of Texas and Hidalgo County.

FOR UPCOMING EVENTS

Follow our FB Page:
AgriLife Extension Family Resources Hidalgo County or
hidalgo.agrilife.org/family-resources

TO CONTACT US:

956-383-1026
Joanne.Ureste@ag.tamu.edu

THANK YOU



CONTACT

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956-383-1026