



E-Newsletter

FEBRUARY 2023

VOL. I

2023

WHAT INTENTIONS ARE YOU SETTING FOR YOURSELF THIS YEAR?

By Caroline Cruz, County Extension Agent - Family & Community Health

January has flown by, but it's never too late to set some goals and intentions for 2023. You can set intentions all year round, at any time! You don't need the New Year's Eve countdown to begin thinking about the intentions that you want to set for yourself. What is an intention? What is a resolution?

Merriam-Webster defines *resolution* as "the act or process of resolving; the act of determining; the act of answering, solving". In the past, you may have made a resolution to quit something, or do something. Quit smoking? Go to the gym? Read more? Lose weight? Do any of these sound familiar? But how do you fulfill these resolutions? A more important question to ask yourself is why do I want to do or not do these things?

What is an intention? Merriam-Webster defines the word *intend* as "a determination to act in a certain way; what one intends to do or bring about; a concept considered as the product of attention directed to an object of knowledge".

Intentions take your resolutions much further. When you know why you want to do these things, you can focus on how you will follow through with them, and take your next best steps to fulfill them. Here are some steps to set intentions:

1. Find your WHY
2. Set an Intention
3. Make a realistic and doable plan for this – put it in writing and check back often!
4. What actions will you take?
5. What new habits will you create?

Find your WHY's

Maybe you intend to lose weight this year. Why? Your why's do not have to be earth shattering. Is it because your blood work is showing something new? Is it because you want to enjoy more activities with your family? Maybe you want to wear smaller size clothes? Write down your "Why's", check back often, and remind yourself WHY you actually want to do, or not do, something.

Make it Doable!

When you know your Why's, you can begin to set some realistic actions to get you there. Start out easy and doable for you! No need to throw out every single habit you have in one fell swoop – that is not realistic. Start simple and evaluate how you can build new doable habits that your future self will thank you for!

Here's something fun to try – choose your Word for 2023! Think of this as an intention. Examples: Courage. Kind. Thoughtful. Powerful. Growing. Learn. Gratitude. Peaceful. Finisher. Make your Word your phone screen saver, put it on post-it notes and keep it in front of you! What is your Word for 2023?

MEET YOUR COUNTY EXTENSION AGENT!



A little bit about me

I'm the youngest of 4 girls. I have 12 nieces and nephews; 20 great nieces and nephews; and a *great-great* niece and nephew! I'm a proud SHSU Bearkat! I love to spend time with family and friends. I love "junking"! My husband John and I love to travel. Our favorite places we've been to so far: Grand Tetons, Great Smoky Mountains, Yellowstone, the Grand Ole Opry, and Dollywood. We love new adventures!

Photos: Grand Tetons National Park (top middle), Top of Clingmans Dome in Great Smoky Mountain National Park (top right), Jackson Hole, WY with John (bottom left), living my dream in The Pioneer Woman's TV set kitchen/Lodge in Oklahoma (bottom right).



Meet your Extension Agent! Caroline Cruz is the County Extension Agent for Family & Community Health in Montgomery County. Caroline has been with the Texas A&M University System for 15+ years. Her entire career has been in Montgomery County. She began her time with Extension in 2006 as the 4-H Program Assistant. She then soon fulfilled her goal of being a County Extension Agent when she became the 4-H Urban Youth Development Extension Agent in Montgomery County. During her 11+ years in 4-H, she led the 4-H FCH projects, 4-H After School programs, Junior Master Gardeners, led numerous teacher workshops, and loved working with 4-H members and their families in leadership, career exploration, service learning, volunteer engagement, and the many wonderful programs within 4-H and youth development.

In late 2017, she went to another AgriLife agency, the Texas A&M Forest Service. Caroline was the Conservation Education Coordinator for the Conroe District, located at the W.G. Jones State Forest. She organized student field trips to the forest, ran a grant for natural resource career exploration for college students, led many teacher workshops, taught an award-winning student virtual learning series, and grew networks with fellow informal educators across the state.

Caroline has enjoyed being welcomed back to the Montgomery County Extension Office in 2022, venturing into a new role within Extension. She looks forward to building upon the relationships she has maintained with fellow coworkers through the years and meeting new people within Extension and the community. She is excited to learn more family and community health based Extension programs, deliver high-quality education, and grow professionally in her Extension career.

We are excited to have Caroline back in the Extension family in Montgomery County! She says, "it feels like coming home, and home is where the heart is. I look forward to blazing new trails and serving Montgomery County well. I love Extension education and can't wait to see you again, or meet you for the first time!"

Texas A&M AgriLife Extension has a long history of offering professional development trainings for child care providers. Please join us or help spread the word about this fun and unique early childhood opportunity for teachers of ages 1-6 years old!

EARLY CHILDHOOD EDUCATOR CONFERENCE TREEMENDOUS TEACHERS!



TEXAS A&M
AGRI LIFE
EXTENSION



CHILD CARE PROVIDERS | HEAD START & EC TEACHERS | DIRECTORS

FRIDAY, FEBRUARY 17, 2023

8:30 AM TO 3:00 PM

**Montgomery County AgriLife Extension
9020 Airport Road
Conroe, TX 77303**

SATURDAY, APRIL 15, 2023

8:30 AM TO 3:00 PM

**Jesse Jones Park & Nature Center
20634 Kenswick Drive
Humble, TX 77338**

REGISTRATION

**Fee: \$25 per person
Limited to 25 participants per class. Attend only one.
Registration form:**

<https://forms.office.com/r/1n2q6E4xi0>

Deadline: 2/10/23; 4/6/23

Make Checks Payable to:

Mont. Cty Family & Consumer Sciences

Mail Form & Payment:

9020 Airport Road

Attn: FCH

Conroe, TX 77303

Project Learning Tree's (PLT) *Trees & Me: Activities for Exploring Nature with Young Children* includes 12 activities and more than 250 learning experiences for families and teachers to connect children ages 1-6 to nature with a focus on trees. Educators will learn through fun, indoor and outdoor activities where toddlers and preschoolers explore nature through their senses, experience trees throughout the seasons, and connect with their community.

During this fun, hands-on training you will:

- Practice modeling PLT activities and get tips for lesson planning specific to your educational setting.
- Learn new teaching skills and become comfortable teaching outdoors.
- Receive PLT's early childhood instructional materials.
- Establish access to a professional network and support system.
- Earn continuing education credits.

PLT's Early Childhood Curriculum contains correlations for NAEYC, Head Start, NAAEE, Natural Start Alliance, NGSS, Common Core and C3 Framework.

Contact: Caroline Cruz, County Extension Agent - Family & Community Health at 936-539-7825 or caroline.cruz@ag.tamu.edu

Early Childhood Educator
Conference - Tremendous
Teachers - Registration



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.

Individuals with disabilities who require and auxiliary aid, service or accommodation in order to participate in this event are encouraged to contact the Extension Office for assistance at 936-539-7822.



What's Going On?



FEBRUARY



DATE	EVENT	INFO
2/7, Tuesday	Texas Extension Education Association (TEEA) Montgomery County Monthly Club Meeting; Montgomery County Extension Office; 9:30 AM	TEEA is always looking for new members! Call 936-539-7825 for info. https://teea.tamu.edu/
2/11, Saturday	Family & Community Coalition of Montgomery County (FCCMC) Resource Fair at the Cleveland Civic Center; 10 AM - 1PM	For info email torres@metinc.org or call 281-432-8222
2/17, Friday	Early Childhood Educator Conference: Tremendous Teachers. Montgomery County Extension Office. Teachers of ages 1-6 will be trained in the <i>Trees & Me</i> Early Childhood curriculum from Project Learning Tree.	Register online or call 936-539-7825 for more info. https://forms.office.com/r/1n2q6E4xi0
2/13, Monday	Health Literacy Series, session 2 of 5. This weeks' topic is "The ABCD's of Medicare"	Call 936-539-7825 for more info



February is American Heart Month

As part of CVS Health's continued commitment to making women's and heart health care more accessible, equitable and personalized, MinuteClinic offers year-round heart health screenings at all MinuteClinic locations nationwide. During American Heart Month, you can download a voucher online and present it at MinuteClinic locations to get your screening and learn your numbers at no cost. <https://www.goredforwomen.org/en/>

Learn about Damar Hamlin's #3forHeart CPR Challenge! Visit the [American Heart Association](#)



HEALTH LITERACY

Feel confident about your health choices!

5 SESSIONS ON MAKING BETTER HEALTHCARE CHOICES

Healthy Lifestyle Choices

Make good choices to live longer.

The ABCD's of Medicare

Understanding your Medicare benefits

How to talk to your Doc

Do you speak 'Doctor'?

Medication Management

Take charge of the meds you take

Finding Reliable Information on the Internet

How to find the facts on the internet



CLASSES ON:

Safe Celebrations are Always a Win



Fans Don't Let Fans Drive Drunk
Score the Big Win During Super Bowl LVII
With a Commitment to Sober Driving



During **Super Bowl LVII**, the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is teaming up with The Texas Department of Transportation (TxDOT) and Texas A&M AgriLife Extension Service to remind football fans everywhere that Fans Don't Let Fans Drive Drunk. Super Bowl LVII is on **Sunday, February 12, 2023**. If you're heading out to a Super Bowl party and you plan to drink alcohol, make sure you plan for a designated driver to get you home safely at the night's end.

"We want our community members to enjoy Super Bowl festivities, but we also want responsible drivers on our roads," said AgriLife Extension Family and Community Health Agent Caroline Cruz, Montgomery County. "If you are planning to be away from home during Super Bowl, make a game plan to ensure you don't find yourself without a designated driver if you need one. If you're hosting a party, make sure you take care of your designated drivers. Remind your friends and family: Fans Don't Let Fans Drive Drunk."

Be the DD MVP

If you're planning to be a designated driver, know that you're the night's MVP. Commit to a sober evening — people are relying on you. If you are attending a party or are at a bar or restaurant, enjoy the food, the company, and the nonalcoholic drinks. Encourage other designated drivers on social media by using the hashtag #DesignatedDriver. Your positive influence could help keep them on the right track. If someone you know has been drinking and tries to drive, take their keys and help them get home safely. They may complain, but they'll thank you later.

Host a Winning Party

If you're hosting a party for this year's Super Bowl, prepare plenty of snacks and nonalcoholic drinks for your guests and the designated drivers.

Ask your guests to designate their sober drivers in advance. Remind drinking guests that they have a long evening ahead of them, and encourage them to pace themselves, to eat food, and to drink plenty of water. Another important reminder: Never serve alcohol to minors. If an underage person drinks and drives, the person who provided the alcohol can be held liable for any damage, injury, or death caused by the underage driver.

Have a Game Plan

Whether you are attending a party or going to a bar or restaurant, make a game plan and follow these simple tips for a safe and happy evening:

- Remember that it is never okay to drink and drive. Even if you've had only one alcoholic beverage, designate a sober driver or plan to use a ride service or call a taxi or sober friend to get home safely.
- If available, use your community's sober ride program
- If you see a suspected drunk driver on the road, call 911 immediately
- Do you have a friend who is about to drink and drive? Take the keys away and make arrangements to get your friend home safely.

Only one team wins Super Bowl, but if you drive drunk, you lose. Everyone should know by now that it is illegal to drive impaired. Drunk driving can have a range of consequences, including the possibility of causing a traumatic crash. These crashes could cause you, someone you love, or a total stranger to suffer serious injuries or even death. Make a commitment today to refrain from drunk driving.

For more information, visit www.nhtsa.gov/risky-driving/drunk-driving.

Recipe Round-Up

Cowboy Sliders

Ingredients:

- 1 Pound Ground Beef lean
- 1/4 cup Barbecue sauce
- 1/2 cup red onion finely chopped
- 1 teaspoon garlic cloves finely chopped
- 1/2 teaspoon chili powder
- 2 tablespoons Chile Peppers in Adobo Sauce
- 9 Mixed Grain Hamburger Buns slider size
- 1 1/2 cups lettuce chopped
- 1 Tomato sliced
- 1/4 cup Pickles sliced



Air Fryer Instructions:

1. Complete instructions 2-4 in "Grilling Instructions."
2. Preheat the air fryer to 375°F and set the time for 7 minutes.
3. Once preheated, place food on the tray/basket making sure not crowd the sliders.
4. Close the air fryer and start the cooking. Halfway through, turn the sliders over.
5. Once done, make sure the sliders have reached 155°F internal temperature and enjoy!
6. Note: Depending on the size of your air fryer, you might have to cook in batches.

Grilling Instructions:

1. Wash your hands and clean your preparation area. Heat your grill to grill over medium-high heat.
2. Chop red onion and garlic cloves. Measure ingredients.
3. Add ground beef, barbecue sauce, red onion, garlic cloves, chili powder, and chile peppers in adobo sauce to a bowl. Mix ingredients.
4. Form hamburger mixture into slider sized patties – about 2 inches in diameter.
5. Grill the hamburger patties over medium high heat for about 8 minutes on each side or until slider patties reach 165°F.
6. Build cowboy sliders on multi grain hamburger buns with lettuce, tomatoes and pickles.

Nutritional Information 9 servings per container:

Calories 200; Fat 4.5g; Saturated Fat 1.5g; Cholesterol 30mg; Sodium 360mg; Carbohydrate 25g; Fiber 1g; Sugars 6g; Protein 16g; Calcium 58mg; Iron 3mg; Potassium 358mg

Looking for new recipes? Visit <https://dinnertonight.tamu.edu/>



Stay Connected



There are many ways you can reach us. Call us at the number below, follow us on social media, visit our website. Our goal will be to create bi-monthly newsletters going forward. Are you a community organization, non-profit, or agency that aligns with the mission and values of AgriLife Extension? If so, let us know if we could consider partnering with you on news, events, or classes!

Extension - the "best kept secret" in Montgomery County! Tell your friends!



*Agriculture & Natural Resources
Family & Community Health
4-H & Youth Development
Horticulture
Better Living for Texans*

LOCATED ACROSS FROM THE LONE STAR CONVENTION CENTER



936.539.7825



@TexasA&MAgriLife
ExtensionMontgomeryCounty



9020 Airport Rd,
Conroe, TX 77303



<https://montgomery.agrilife.org>



@MocoHealthyLiving



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

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