



E-Newsletter

FALL 2023

VOL. 4

hello
FALL



FALL FUN FOR EVERYONE!

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

Can it be? Is summer really over? We are ready for fall! Fall happens to be my favorite season and time of year! There is something special about the fall. Fall vibes, pumpkin everything, a shift in the weather, the joy of nature in the fall, and more time with family and friends. When that first temperature dip below the 90's hits - it's like a whole amazing new ball game. For many of you, it's also football season you are looking forward to, or major league baseball playoffs, or if you're in my house it's both. And who can forget Halloween?

I feel like the fall is a second chance to remember the intentions you set for the year and revisit them before the end of December gets here. Look back at the intentions or goals you set at the beginning of the year. Is there something you want or need to take another look at?

We have an exciting event coming up on November 4th. Our **"Rooted in Health, Nurtured by Nature" Health and Wellness Event will take place at the W.G. Jones State Forest on FM 1488 in Conroe.** We are so excited to host this unique event, with a special focus on how nature can benefit our physical, emotional, and mental health and well-being. Please join us for this fun, free event to connect with nature and learn from healthcare and natural resource professionals, engage with the land, and spend some time in one of our county's hidden jewels, this urban forest.

We would also like to welcome our new Family & Community Health Extension Program Assistant, Amy Davenport! Amy began work in August. She brings experience in public health education and is also a registered dietician. Amy and her family moved to Texas from Tennessee this year. We are excited for Amy to join our AgriLife Extension family, and look forward to the educational programs she will be focusing on this year. Welcome to the team, Amy!

This will be our last edition for the calendar year. I hope you enjoy all of the fall things, have a happy holiday season, and look forward to what 2024 will bring you. Have a safe and spooky Fall season!

In This Edition

- Program Results
- Upcoming Events
- Recipe Roundup



We Pumpkin!

- Texas ranks 4th in U.S. production of pumpkins.
- 5,000 to 8,000 acres are planted each year in Texas.
- 90% are grown in west Texas.
- Over 90% of pumpkins are produced for seasonal ornamental use.
- Pumpkin is a fruit, not a vegetable. This is because it starts as a flower.
- Pumpkin is a good source of beta carotene and vitamin C.
- Planning to carve a Jack O'Lantern? Avoid using bleach to preserve your pumpkin, as wildlife may nibble on your artwork!

Source: Aggie Horticulture and Texas A&M AgriLife Extension.

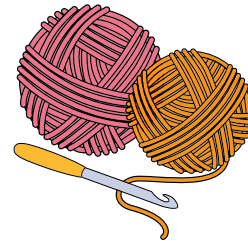


FCH Happenings



We Got Hooked...On Crochet!

A series of 3 beginner crochet classes were offered in July with 15 youth plus 7 adults. Montgomery County Extension Education Association members taught beginner crochet to the eager bunch. At the request of the 4-H'ers, more classes were added in September and October.



Calling 3rd-5th Grade Teachers!

We have a new program called "Get Outside". This program is for students in 3rd, 4th, or 5th grade. We are looking for teachers who would like to implement this new program with your students. This is not an "add-on" to your packed schedule. This is a family activity for out-of-school time.

The 5-week program aims to help families boost their health, happiness, and time together by being more active in nature every day. We know there are so many benefits to getting kids outside and spending quality time with their families!

In a BINGO card format, families check off and record a variety of suggested activities that they do together in the great outdoors—everything from making mud pies to hiking through the forest. All that happens outside of school. It's easy for you and your classroom to participate.

As your County Extension Agent, I have fun prizes for families who register and complete rows of activities, and I can organize classroom kick-off and wrap-up events and weekly check-ins.

This could be a great supplement to science curriculum. Teachers who participate will distribute the attached letter to parents along with BINGO cards and work with me to distribute prizes and information about the program on a weekly basis. Teachers who participate will receive nature-related thank-you gifts too! Contact me if you would like to participate in this fun adventure with your classroom. I hope you join us!



Check It Out!



ROOTED IN HEALTH, NURTURED BY NATURE

HEALTH & WELLNESS EVENT! NOVEMBER 4, 2023



WHO?

This new, unique event is brought to you by some amazing partners in Montgomery County including Texas A&M AgriLife Extension Service Family & Community Health, Texas A&M Forest Service, Lone Star Family Health Center, and Recovery Untamed. Families, children, adults - something for everyone!

Does your organization or agency want to be involved and provide an education station? Contact us today!

WHAT?

This public event will offer free educational activities including:

- Nature & outdoor-related fun activities for all ages.
- "Walk with a Doc" physician-led healthy walks and conversation.
- Forest & Nature Therapy guided walks.
- Health & wellness education stations and booths.
- Learn about the W.G. Jones State Forest

WHEN?

Saturday, November 4, 2023 from 9:00 AM to 2:00 PM
Rainout date: Saturday November, 18, 2023

WHERE?

W.G. Jones State Forest
1328 FM 1488
Conroe, Texas 77384
Visitor Parking, north side of FM 1488 by Classroom

WHY?

"Rooted in Health, Nurtured by Nature" Health & Wellness Event has several goals for participants:

- Learn about the proven, positive effects that time in nature and the outdoors has on our physical, mental, and emotional health and wellbeing.
- Talk with healthcare providers, natural resource professionals, and community education providers.
- Re-connect with nature and learn how to create individual and family memories outdoors!
- Learn how to safely recreate outdoors and have fun!



936-539-7825



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<https://www.facebook.com/MontCoFCH>

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Anyone requesting special accommodations to participate should contact the office 5 days prior to the event at 936-539-7825.

Academy for Lifelong Learning (ALL) Classes

TEXAS A&M
AGRILIFE
EXTENSION

FAMILY &
COMMUNITY HEALTH

2023

Lone Star College - The Academy for Lifelong Learning is a membership community that offers free and low-cost classes, events, and activities for adults aged 50 and older. Texas A&M AgriLife Extension is proud to offer the following classes with LSC - Montgomery.



Scan QR Code for Website

Register for Lone Star College ALL Courses at:
<https://www.lonestar.edu/all> or call: 936-273-7446

21
SEPT

Emergency Home Food Safety

1:00 PM - 3:00 PM

Our part of Texas is no stranger to natural disasters and other emergencies. In this class, you will learn how to prepare for a disaster and how to keep your food safe during and after a disaster.

26
OCT

It's In Our Nature - Series

3:00 PM - 5:00 PM

Nature has a positive impact on our overall health - but do we make time for nature in our lives? Learn the benefits of nature from experts as we get outdoors and visit local natural places. Classes will be off-site after the first class. Classes: 10/26, 11/2, 11/9, 11/16.

8
NOV

Master Wellness Volunteer

1:00 PM - 3:00 PM

Do you have an interest in healthy living? Master Wellness Volunteers receive 40 hours of education and training related to health, nutrition, food safety, and more and serve a 40-hour internship, on the path to becoming a Certified Master Wellness Volunteer. Learn about this opportunity to give back and be a leader in Montgomery County.

**MORE
INFORMATION**

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Family & Community Health
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Master Wellness Volunteer

LEARN MORE NOV. 8TH

TEXAS A&M
AGRI LIFE
EXTENSION

Do you have an interest in healthy living? Learn how you can receive top-notch training and be able to give back to your community by becoming a Master Wellness Volunteer!



We Need You

Texas A&M AgriLife Extension is seeking participants for its Master Wellness Volunteer Program. Master Wellness Volunteers (MWV) receive training on topics in health, nutrition and food safety and are then empowered to provide outreach and education in their communities, helping reduce the burden of chronic conditions among Texans.

Impact

On completion of the training and internship, MWVs work with the local Extension office and Extension professionals to help identify needs in communities and craft responses to them. Additionally, MWVs may identify new audiences who have specific needs or concerns to be addressed.

Training

MWVs participate in 40 hours of training through a mix of in-person and online learning. On completion of the training, they serve a 40-hour internship with and through their County Extension Agent to learn more about our unique brand of practical, applicable education.



**INSTRUCTOR: AMY DAVENPORT-
EXTENSION PROGRAM ASSISTANT - FCH
LOCATION: LONE STAR COLLEGE -
MONTGOMERY
DATE & TIME: NOVEMBER 8, 2023
1:00PM - 3:00PM**

**CLASS DETAILS
REGISTER FOR LONE STAR COLLEGE ALL
COURSES AT
[HTTPS://WWW/LONESTAR.EDU/ALL](https://www.lonestar.edu/all) OR
CALL 936-273-7446.**



SIGN-UP TODAY FOR A HEALTHY HOLIDAY SEASON.

Make a commitment to yourself and your health to maintain your current weight throughout the holiday season.

Join us for weekly nutrition and physical activity tips, support for your goals, and FUN!

Original program created by : Cardiovascular Health and Wellness Program- Texas Department of State Health Services

**Learn tips and tricks for a healthy holiday season
#Maintainnogain is a FREE online 6-week course
NOVEMBER 6, 2023 - JANUARY 5, 2024**

Sign up today and thru November 3, 2023



Registration

<https://agrilifelearn.tamu.edu/s/product/maintain-no-gain/01t4x000002ciNcAAI>

For more information contact us at 936-539-7825

What's Going On?



DATE	EVENT	INFO
Oct. 14, Saturday	4-H Crochet Classes for Beginners. This is for enrolled 4-H members. Class will be taught by TEEA Members.	To learn more about the 4-H Youth Development Program, visit: https://agrilife.org/montgomery4h/
Oct. 26, Thursday	Academy of Lifelong Learning Classes - It's in Our Nature Series - 3:00 pm - 5:00 pm. Classes: 10/26, 11/2, 11/9, 11/16.	Register for Lone Star College ALL Course at: https://www.lonestar.edu/all or call 936-273-7446
Oct. 26, Thursday	Volunteer Appreciation Dinner	
Nov. 4, Saturday	Rooted in Health, Nurtured by Nature - Health & Wellness Event - 9:00 am - 2:00 pm at the W.G. Jones State Forest	Register for a Booth at: https://forms.office.com/r/7hzvDQgLEh
Nov. 8, Wednesday	Academy of Lifelong Learning Class - Master Wellness Volunteer - 1:00 pm - 3:00 pm.	Register for Lone Star College ALL Course at: https://www.lonestar.edu/all or call 936-273-7446
Nov. 21, Tuesday	Food Handlers Certification Class held at the Extension Office. The Texas Food Handlers Certification Course is required for any food service employee within 30 days of employment. Time: 1:45 pm - 4 pm.	Register online: https://forms.microsoft.com/r/QTn6qqKBt or call the office at 936-539-7825. The course is \$20 per person and your card lasts 2 years.
Nov. 23-24 Thursday & Friday	Office is closed for Thanksgiving Holiday	
Dec. 25-26 Monday & Tuesday	Office is closed for Christmas Holiday	
January 1 Monday	Office is closed for New Year Holiday	

Recipe Round-Up



Pumpkin Nut Muffins

Ingredients:

- 13.5 ounce French vanilla cake mix
- 2.5 cups pumpkin puree
- 2 teaspoons pumpkin pie spice
- 1 teaspoon cinnamon
- 1 teaspoon vanilla extract
- 4 tablespoons chia seeds
- 1.5 cups pecan pieces

Instructions:

1. Preheat oven to 350 degrees.
2. In a large bowl, combine the vanilla cake mix, pumpkin puree, pie spice, cinnamon, and vanilla extract until thoroughly combined.
3. Stir in the chia seeds and pecan pieces.
4. Line a muffin tin with liners and distribute evenly across 22 muffin wells.
5. Bake for 15-18 minutes.



Nutrition Facts:

22 muffins servings per container
Serving size 1 muffin (55g)

Calories: 140
Total fat: 7g
Saturated fat: 1g
Trans Fat: 0g
Cholesterol: 0mg
Sodium: 125mg
Total Carbohydrate: 18g
Dietary Fiber: 3g
Total Sugars: 9g
Includes 7g Added Sugars
Protein: 2g

Vitamin D: 0mcg
Calcium: 69mg
Iron: 1mg
Potassium: 48mg

Servings: 22 Muffins



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

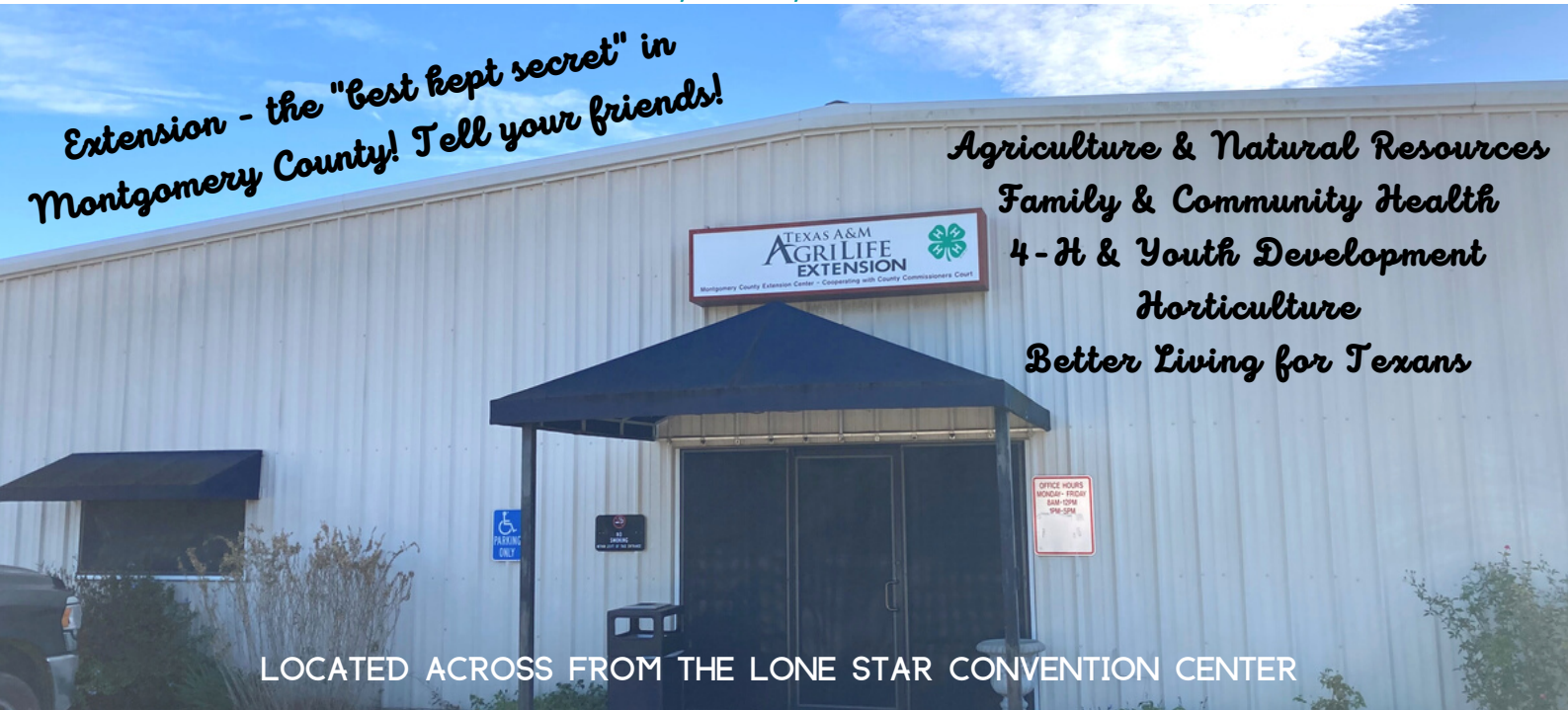


FAMILY & COMMUNITY HEALTH

Stay Connected

There are many ways you can reach us. Call us at the number below, follow us on social media, visit our website. 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>



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

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Individuals with disabilities who require an 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.