FAMILY & COMMUNITY HEALTH

We had a great in-person Master Wellness Volunteer training session, with three new volunteers embarking on their journey to become master volunteers. In partnership with Foster Grandparent program we provided in-service training on Money Management to a wonderful group of volunteers. FCH agent collaborated with Northeast Texas and Dallas chapter of Alzheimer’s association to host a virtual cooking demonstration as part of Living Well presentation. The agent talked about Medication management for seniors at Flower Mound Senior Center.

BETTER LIVING FOR TEXANS

Better Living for Texans Agent Dusty Fife hit the ground running in the month of March. Recently, she successfully finished her first 4-session series called A Fresh Start to a Healthier You held at the Pilot Point Library. The program proudly yielded 11 graduates that learned how important it is to fill half of their plates with fruits and vegetables and to get at least 30 minutes of exercise each day. Participants also acquired knowledge on valuable money saving tips at the grocery store, and how to make quick, nutritious meals and snacks.

Agent Fife then started another program at the Pilot Point Library called Walk N Talk. This program offers the group a 30-minute walk and a brief nutritional message on a fruit or vegetable. We all started off with the intent to get healthier but in the end received much more, to our surprise. Friendships and accountability partnerships have been established and it has personally provided a real sense of joy getting to know some of the beautiful members of the Pilot Point community. To top it off, they were featured in the Pilot Point newspaper where they gave program details on the Walk N Talk, shared tips on preserving fresh fruits and vegetables, and then discussed the benefits of attending this class. Two other Walk N Talk program series began in the month of March. One of the programs was with Denton Parks and Recreation Department and the other is the Gonzales Preschool for the Youth. Both programs are ramping up right now and having more attendees come each week. Lastly, as part of the East Region Family and Community Health Resource Team, Agent Fife was selected to be interviewed for the “Showcase Shoutout”. They only selected two Star Agents and introduce them to the East Region in a short interview-style video to discuss program successes as well as biographical information.
March wrapped up our county contests for the year. We hosted an Educational Presentation & Public Speaking at the top of the month. We had three entries, Allie Holt of Argyle 4-H gave a speech on the lack of home economics programs in public schools. Campbell Real and Briar Bannahan of the Ag Leadership 4-H Club gave a team educational presentation on ear notching pigs. To end the evening, Mckinley Rupp taught us about whales in captivity. All of our 4-H members were very passionate about their topics and did a great job! Good luck to them as they move onto the district level to compete.

This month was also the Denton County Youth Fair. 4-H members participated in the livestock show, home economics show, and the horticulture show. A lot of the projects they exhibited they have put hours of hard work into. Some of the high honors of the week our 4-H members brought home was Stockton James with the Overall Grand Champion Goat, Cal Kervin who recived Reserve Grand for his luffa plant, Brody Hurley winning the Supreme Champion Breeding Gilt, Allie Holt who was the Grand Champion with her decorated Cake, and Joshua Hayes who received both Grand and Reserve with his Market Rabbits! We are proud of all our youth for their hard work.

Spring has sprung! That means the horticulture department has been busier than ever! The master naturalist kicked the month off with dementia friendly nature walks in conjunction with Denton parks & Rec. Our Master Naturalists Awarded the 2022 DCMGA Scholarship to Evan Price! congrats! They renewed their Chilren's garden at Fairoaks, the master gardner's judged and awarded the Denton County youth fair horticultural entries. Please keep an eye out for their Gardenscrapers Projects in Progress!

In March we supported 4-H youth competing at Houston Livestock Show and Rodeo. Multiple participants placed, including Evan Sylvester who exhibited the reserve champion dorper. During the week of March 21-26 we supported Denton County youth at the annual Denton County Youth Fair. this involved multiple contest including the Blue Ribbon Scholarship banquet. Two extension committees the Equine committee, and the agriculture committee sponsored dinner for the event. We also made our final preparations for two events held April 2 and April 3 the red river equine Summit and the North Texas Stockman’s Livestock Judging contest.
UPCOMING DATES!

• PUBLIC PLANT SALE - 4.23.22

• GARDEN TOUR 5.7.28

• FRUIT, VEG., HERB & FLOWER SHOW 6.28.22

• LANDOWNER 101 WORKSHOPS
  4.22.22/5.20.22/6.17.22/8.19.22

• WALK N TALK - 4.28.22

• COOKING WELL WITH HYPERTENSION
  4.21.22/4.28.22

• WAT KICK OFF! 5.2.22