



Contact Your County Extension Service



Phone

(940) 349-2882



Email

denton-tx@tamu.edu



Facebook

[DentonAgriLife](#)



Instagram

[dentoncountyagrillife](#)

We are pleased to provide you with the information contained in this report. Current educational information is supported by Texas A&M AgriLife Extension Service.

Included in this report are monthly updates from our different departments; 4-H & Youth Development, Agriculture & Natural Resources, Better Living for Texans, Family & Community Health, and Horticulture.

If you are interested in participating in any of the mentioned AgriLife Extension educational programs throughout the year, please feel welcome to do so.

All Extension programs are sponsored by AgriLife program area committees for anyone's educational benefit. We would like to acknowledge the Extension volunteer base, Extension Specialists, and cooperators who contributed to the planning of all educational information compiled in this educational newsletter.

OFFICE UPDATE

Howdy everyone,

Since our last update, there have been some exciting changes regarding our office. We have moved! We are now located in the Hulcher Building B at 611 Kimberly Drive, Denton, TX 76208. We are just across the drive from the Denton County Administrative Courthouse on Loop 288!

Everyone in the AgriLife department is very excited about the new space and being close to several other departments in the surrounding buildings. We would like to express our thanks to the Denton County Commissioners Court, Denton County Administrator Jody Gonzales, as well as the Purchasing, Facilities, and Technology Services for their help in this move.

Feel free to stop by for a visit! We are almost done unpacking and have everything set up.

~ The AgriLife Team



The new AgriLife office is located in Building B of the Hulcher Complex. Building B is located on the back side of the complex, you can enter our office directly from there as you can see above.

4-H & YOUTH DEVELOPMENT

Steven Baringer, 4-H and Youth Development Extension Agent

Denton County 4-H is embracing the new year and all of the opportunities that it brings. During this first month, 4-H members and adult volunteers have been extremely busy! Here is a recap of a few big events

A team of volunteers organized the Heart of Denton 4-H Show. It consisted of multiple species and was held at the North Texas Fairgrounds. They secured sponsors to cover the cost of the show and used the income as a fundraiser for their club. There were 256 poultry entries, 76 sheep and goats, and around 100 rabbits. This is a huge undertaking! They did a tremendous job!

Kendra Scott (The Shops at Highland Village) invited us to partner with them for the launch of their new Wrangler collection. Our 3 livestock ambassadors attended the event to promote 4-H and a portion of proceeds from the event went back to support Denton County 4-H! Thank you Kendra Scott for supporting our youth!

Contest season is here between Food Show and Stock Show season starting this month, our kids will be busy doing what they love.



(Above) One of our 4-H members received a blue ribbon for their first place duck at the Heart of Denton Show! (Right) Our Livestock Ambassadors at the Kendra Scott event.

BETTER LIVING FOR TEXANS

Dusty Fife, Better Living for Texans Extension Agent

Agent Dusty Fife spent January guiding participants at the Little Elm Senior Center through understanding the importance of reading and interpreting nutrition labels in a new four-week series called Get the Facts. She educates them on how to make informed food choices by focusing on key nutrients and understanding how different ingredients can affect their health. The other program she started is called Get a Taste for Reducing Food Waste and was held at the Lewisville Library. The series includes practical activities, such as meal planning, storing foods correctly to prevent spoilage, recipe modification to encourage participants to apply their newfound knowledge to their everyday lives, and even composting food to keep it out of our local landfill.

Agent Fife is passionate about promoting healthy living and empowering residents to make positive changes in their diets. By offering these educational programs, she hopes to equip participants with the necessary tools to make healthier choices and reduce food waste in their homes. Through her guidance and support, participants are encouraged to take small steps towards a healthier lifestyle, ultimately improving their overall well-being. As the month of January comes to an end, Agent Fife is thrilled with the response from the Denton County community. Many residents have expressed their gratitude for the practical and relevant information provided in both series. Seeing the positive impact she is making in the community fuels Agent Fife's determination to continue her work with Texas A&M AgriLife Extension and improve the lives of those she serves.

Looking ahead, Agent Fife will expand her programs to other locations within Denton County, reaching even more residents with her valuable knowledge and support. Her goal is to empower individuals and families to take control of their health and make sustainable changes that will benefit them for years to come. With her dedication and passion, Agent Fife is sure to make a lasting impact on the community and continue to be a trusted resource for those seeking a healthier lifestyle.



FAMILY & COMMUNITY HEALTH

Chandani Kothari, Family and Community Health Extension Agent

Agent Kothari started the new year by recruiting and training three new Master Wellness Volunteers. Master Wellness Volunteers receive 40 hours of education and training in health, nutrition, and food safety. They also serve a 40-hour internship. Once certified, Master Wellness Volunteers provide outreach and education to help Texans better their lives.

January went by quickly with moving to our new office space. Agent Kothari geared up for the upcoming year by reaching out to partners and planning programs. In partnership with the North Texas Area Agency on Aging, we started an 8-week fall prevention program, 'A Matter of Balance', for the seniors in Lewisville. This is the second time we have offered this program at THRIVE. I am looking forward to offering this fall prevention program to more senior centers and senior living facilities in the county. The Family and Community Health Unit also offers other programs to better the health and well-being of our communities. Feel free to reach out to learn more about any of our programs.

Denton County Family & Community Health



Texas A&M AgriLife Extension Service's Family and Community Health department in Denton County provides science based educational programs designed to improve the overall health and wellness of individuals, families, and communities!

ADULT PROGRAMS

Diabetes Education- Several curriculums that help those diagnosed with Type 2 diabetes to prevent or reduce complications. (Fee based)

Do Well be Well - 5 lesson series

Cooking Well With Diabetes - 4 lesson series

Dinner Tonight Cooking School - special focus on diabetic friendly recipes

Hypertension Prevention and management- Curriculums that help those diagnosed with hypertension to learn skills needed to prevent or manage hypertension (Fee based)

Do Well be Well with Hypertension - 4 lesson series emphasizing DASH eating plan (with an optional 5th lesson on basic nutrition)

Cooking well for Healthy Blood Pressure - 3 lesson series

Dinner Tonight Healthy Cooking School (fee based)

Great for larger audiences to demonstrate healthy cooking techniques. Very energetic and interactive. Tastings may be made available. Funding may be required to cover the cost of ingredients.

Step Up & Scale Down (fee based)

A 12-week program that equips participants with the tools they need for living a healthier lifestyle and moving towards a healthier weight. Evaluation data and weekly challenges included. Can be implemented in-person, virtually, or hybrid.

Health Talk Express- 30 - 45 minute presentation on various topics to promote behaviors that help lower the risk of chronic diseases.

Walk Across Texas! Adult - An eight-week program designed to help Texans establish the habit of regular physical activity. Each adult team may include up to 8 team members, all working together to reach the 832-mile goal to make their way across the state of Texas!

PROGRAMS FOR SENIORS

A Matter of Balance- An 8 session program specifically designed to reduce the fear of falling and improve activity levels among community-dwelling older adults. It enables participants to reduce the fear of falling by learning to view falls as controllable, setting goals for increasing activity levels, making small changes to reduce fall risks at home, and exercise to increase strength and balance. The highly scripted curriculum includes group discussions, mutual problem solving, role-play activities, exercise training, assertiveness training, and a few homework assignments.

Health Literacy Series- The series helps older adults and their caregivers understand the importance of taking an active role in their own health through effective communication with health providers, managing medicines, accessing benefits, and managing chronic conditions.

Master of Memory - A six lesson series to help older adults understand how memory works, identify ways to improve memory, and pinpoint things in everyday life that may affect memory.

COMMUNITY SAFETY

Watch UR BAC - A campaign to teach Texans about the dangers of alcohol and drug abuse. Teams of members conduct age-appropriate educational programs to promote alcohol awareness, the dangers of impaired driving using hands on activities such as DWI Stimulators, pedal car with goggles, beanbag toss, and parachute games.

@Denton County Healthy Happenings

@dentoncountyagrillife

For more information or to schedule a program contact:
Chandani Kothari
Denton County Family & Community Health Extension Agent
Chandani.kothari@ag.tamu.edu
940-349-2882

HORTICULTURE

2024 Garden Tour Preview
May 11, 2024

Flower Mound, Double Oak = Four Gardens + One Community Garden

Possum Creek is a garden on a 1.25-acre lot with mature oaks, elms, and cedars. During heavy rains, water flows through the creek beds and an adjacent neighborhood on its way to Grapevine Lake. From the beginning, water flows through the property and the need for erosion control has influenced the garden design. Creek beds with river rock and boulders are used extensively with French drains. The primary educational focus at Possum Creek is erosion control and drainage.

The garden has many personalities - manicured beds, native beds, natural areas, and recreational spaces: pool, basketball court, and turf areas for sports. Appropriate plant choices aid in the area of erosion control. Some of the owner's favorites are Dwarf Hortsman Blue Atlas Cedar, Rising Sun Redbud, Golden Spirit Smoke Tree, and Rostrata Yucca. Plants are chosen that are drought tolerant and some that thrive in shade



Keyhole Gardening, Mushrooms/Mycology, Erosion Control/Drainage, Drought-Tolerant Shade Plants, Designed within an HOA, Oak Trees, Native Plant Ecosystems, Pollinators, and Wildlife. Our Annual Garden Tour has it all. Watch for ticket information in early February

UPCOMING EVENTS



Get a Taste for Reducing Food Waste

Wednesdays 2/7-2/28

at Pilot Point Library from 2-3 p.m.

Walk N Talk at Thrive Recreation Center in Lewisville

2/15-4/11 11 a.m.-12 p.m.

Growing and Nourishing Healthy Communities Garden Course

at Little Elm Library

2/13-3/19 11 a.m. -12 p.m.

DCMGA Plant Sale

May 4



For more information on these programs go to
<https://denton.agrilife.org/>