



TEXAS A&M
AGRI LIFE
EXTENSION



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Prairie View Highlights

Prairie View A&M University (PVAMU) Cooperative Extension Program (CEP) in collaboration with Warford Activity Center is conducting water exercises to the Wesley Community Center Senior Citizens Program. Through the senior citizen program, participants are offered social and recreational activities and educational access to enrich their quality of life, promote self-care, and reduce social isolation. Once a week, PVAMU CEP conducts water exercises which are an ideal workout for the elderly as it presents little risk of injury and is low impact. Water exercises work out all the muscle groups in the body, presenting a complete workout for seniors. PVAMU CEP has been conducting programming with the aging population to improve their overall health and wellness. During this quarter, CEP was able to work with many elderly clients, ranging in ages from 58 to 93 years of age as well as witness a participant's first time in a pool at the age of 73! Additionally, water exercises are beneficial for this population as it improves heart health, is gentle on the joints, increases flexibility, improves muscle strength and tone, and boosts mental health, while providing 12 times the resistance of air. For many of the seniors, these exercises are the difference between staying active and hardly moving at all.

ANR Highlights

- County commissioners and sheriff's offices from across the state of Texas were invited to join a training about the hemp industry and affects it may have in their counties. Texas A&M AgriLife Agent and Specialists, Texas Department of Agriculture, and Texas Department of public safety covered topics including: the basics of the hemp plant/industry, economic impacts for counties, legal impacts for county governments, licensing requirements, and drug trafficking awareness.
- 15 community members completed the private applicator course this year in order to obtain their licenses.
- 150 extension agents from across Texas gather in Amarillo for the annual TCAAA professional development conference. Agents and their families received agricultural commodity education from across the Texas Panhandle.

FCH Highlights

- Walk Across Texas- 504 Potter county adults walked 46,398 miles. They made up a total of 79 teams. The eight-week program helped Potter residents establish the habit of regular physical activity. Chronic disease accounts for 70 percent of deaths and 86 percent of U.S. health care costs. Regular physical activity and controlling weight can significantly reduce the risk and impact of chronic disease and depression. The healthy lifestyle efforts of Potter residents had an overall economic impact of future health care costs, by avoiding type 2 diabetes, cardiovascular disease and reducing work absences with a total economics health savings of 283,097. WAT participant comments: “My job has been very stressful these last few months and taking walks during the day has helped me relieve this tension.” “I started walking in the evenings and now my daughter joins me for walks as well.” “I sit at my office all day working and being part of WAT helps me get up and move”



4-H Highlights

- Potter 4-H offers virtual egg-to-chick reaching folks across the nation. Due to Covid-19, our egg-to-chick program turned to Facebook for sharing this virtual life science curriculum. Folks from as far as New York state commented on how much they enjoyed the series and learned from the sessions. Potter 4-H member Marshall Berry led most of the lessons which was also great leadership training.
- Potter 4-H holds an all-species show clinic to help kids prepare for fall and spring major shows. Participants learned how to feed, bathe, fit, and show their animals. Families who attended expressed how helpful the event was in preparing their child and animal for show day!

BLT Highlights

- Walk N Talk offers an 8-week physical activity program. Over the 8-week WAT series, participants will learn about different types of beverages that can support hydration and nutrition as well as a healthy weight. Emphasis is on beverages that have little or no added sugars. This course was offered virtually to Buckner Family Pathways, Habitat For Humanity, Wesley Community Center, Walkin-on Sunshine and Northwest.
- A Fresh start To a Healthier You offers 3 hands on educational programs that includes research-based lessons that integrate the importance of healthy nutrition with an emphasis on increasing fruit and vegetable intake, physical activity, food safety, and food resource management. This course was offered to Habitat for Humanity, Region 16 parents, and Cooking for one participants.
- During COVID19 BLT Agent Bonny Cunningham created physical activity videos for BLT participants to enjoy while being at home. The videos consisted of at home workouts to keep participants moving and healthy.

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