

### Program Impacts

#### ANR Impact

- 98 licensed chemical applicators received 5 continuing education units to maintain licenses and receive updated professional knowledge at the annual **Farm Show CEU workshop**.
- Other ag activities included **Big Fun in D1** contests and **hog validation** across the county.



#### 4-H Impact

- **One Day 4-H-** 18 4-H members and their families met at the High Plains Food Bank Garden to help clean out weeds and prepare the garden for the winter. Members were able to help transport to the compost bin and to the garden livestock.
- **Gold Star Banquet-** 3 senior 4-H members received the highest award offered at the state level in October. These 3 completed a record book, served as leaders, and completed numerous hours of community service to earn the Gold Star.
- **Big Fun in D1-** 14 teams and 3 individuals participated in Food Show, Food Challenge, Ag Product ID, Livestock Quiz Bowl, Horse Quiz Bowl, and FCH Quiz Bowl. All contest were extremely competitive and Potter County had numerous placings in each contest. 3 senior teams are advancing to Texas 4-H Round up in June.
- **Christmas Party-** The Potter County Council hosted a Christmas party. The youth planned ornament decorating crafts and a fun gift exchange. All were kept warm with hot chocolate bar!

#### BLT Impact Better Living for Texans



- Potter Extension would like to welcome **Mica Malacara** as our new **Better Living for Texans extension agent**.
- Mica attended West Texas A&M University and received her bachelor's degree in Behavioral Science in 2006, and continued her education by attaining her master's degree in Mental Health Counseling in December 2020.
- **Better Living for Texans** offers nutrition and physical activity programs to limited-resource audiences. Our **mission** is to provide research and evidence-based nutrition, health and wellness knowledge to empower individuals, families, and communities.



Megan Eikner  
ANR



Lizabeth Gresham  
FCH



Cari Snider  
4-H



Mica Malacara  
BLT



Jennifer Nickell  
Prairie View

## FCH Impact

### Walk Across Texas 25<sup>th</sup> Anniversary Fall Celebration Event-

40 participated and created lifelong physical activity habits for better health. Over 7195 miles walked, and outcome indicated economic impact for diabetes and cardiovascular health costs savings for the community.



**Financial Stability Series-** Families engaged in financial series in partnership with Habitat for Humanity. Participants increased financial knowledge and life skills on budgeting, banking, mortgages, insurance, home improvements and stretching food dollars. Participants indicated making better financial decisions and built a solid foundation for home ownership & financial wellness.

**Dinner Tonight & Cooking Well-** Families engaged in hands-on cook along to encourage meal planning, and cooking skills to provide nutritious economical meals for their family. Program included cooking tips and demos and participants gained confidence and nutrition knowledge by cooking along with agent.



## PVAMU Impact

Prairie View A&M University's (PVAMU) Cooperative Extension Program currently offers **Basic Yoga Flow** program at three locations: Wesley Community Center, Westminster Presbyterian Church, and Heal The City Clinic. This quarter 21 classes were delivered and over 150 clients participated in this program. This beginner Basic Yoga Flow program focuses on flowing from pose to pose and linking the movements with the breath. Basic Yoga Flow engages the entire body through sitting, standing, and inverted postures. This program offers challenging variations for more advanced students, yet fun and non-intimidating options for newer students. Additionally, many of the participants are senior citizens, so a variety of modifications are demonstrated to encourage participation at any level. Basic Yoga Flow has several physical and mental health benefits for all ages including, improves strength, balance, and flexibility, reduces stress, reduces inflammation, improves sleep, improves one's mood, and improves focus. Karla De Santiago, Wesley Community Center Senior Center Director, says, "Basic Yoga Flow along with other forms of exercise is significant in reducing falls among her seniors as well as encouraging mindfulness and improving overall strength."

## Contact Information

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