

Helping Texans Thrive in Potter County

EXTENSION AGENTS

Megan Eikner

County Extension Agent
Agriculture & Natural Resource



Lizabeth Gresham

County Extension Agent
Family & Community Health



Cari Snider

County Extension Agent
4-H & Youth Development



Jennifer Nickell

County Extension Agent
Prairie View CEP



Mica Malacara

County Extension Agent
Better Living for Texans



4-H & Youth Development:

- ▶ **37 entries** in **10 Spring Big Fun** in **D1** Contests.
- ▶ **13 4-H members** competed in **5** contests at **Texas 4-H Roundup**.
- ▶ **1 member** presented a speech at the **Roundup Kickoff** event and was elected to serve on the **Texas 4-H Council in 2023-2024**.
- ▶ **7 4-H Members** attended **Senior Power camp** and **Junior Leadership Camp**.



Agriculture & Natural Resources:

- ▶ Potter Ag. assisted the **North Heights Community Association** with planning and planting a **community garden**. The garden will provide fresh produce for low-income families in Amarillo.
- ▶ **Potter Ag. assists NRCS/USDA** with burn assessments for **producers affected** by an **8,000 acre** burn in the county.
- ▶ Potter Ag. coordinated over **\$2,100** of **feed supply donations** for **producers** who had **cattle and horses** standing in water for several weeks due to **flooding in Valle De Oro**.



IMPACTS

- ▶ Potter/Randall 4th grade Ag Fair. 685 students from the Amarillo area attended the event to learn more about agriculture and farm safety.
- ▶ Potter Ag. provided over \$5,000 in donations & volunteer hours, to assist county residents affected by natural disasters in the county this spring.
- ▶ Health Talk Express empowered 128 adults to Go-4-30 and adopt empowering physical activity practices for an active lifestyle.

Helping Texans Thrive in Potter County

Prairie View Cooperative Extension Program

- ▶ Prairie View A&M University's Cooperative Extension Program and **College of Agriculture and Human Sciences** recently visited Potter County.
- ▶ They observed and learned about the **Limited English Proficiency** program area.
- ▶ They visited organizations and met many people who serve our **refugee communities**.



Better Living for Texans

- ▶ **34 community members** participated in the **Growing & Nourishing Healthy Communities** program presented in partnership with **Sharing Hope Ministry**. Education was presented on how to choose an optimal garden location, soils and compost, planting raised beds or container gardens, maintaining your garden, disease & insects, and harvesting.
- ▶ An average of **15 participants** attended a monthly **Lunch & Learn** series from **Fresh Start to a Healthier You!** Participants learned **“Creating Safe & Healthier Meals”, “Balancing Your Day”, “Saving More at the Grocery Store”,** and **“Celebrating Small Bites.”**
- ▶ **75 participants** attended **“Thinking Differently: Art & Mental Wellness”** held in collaboration with **Panhandle Behavioral Health Alliance**. Attendees were instructed that although the benefits of gardening include increasing fruit & vegetable intake as well as providing food security, gardening also improves quality of life in that plants enhance mental health and a person's overall outlook. Participants created a planter with a living plant to take home discovering that active gardening provides positive energy & vitality, helps distract the mind, offers a sense of accomplishment, pride & ownership and builds self esteem.



Family & Community Health

- ▶ **18 engaged** in **WAT's Cooking** program to reinforce **WAT** goals, increase healthy cooking skills, gain nutrition knowledge & apply recipe demos to enhance health and chronic disease prevention.
- ▶ **WAT Worksite Wellness** Initiative empowered **114 Texas Panhandle Centers employees** to focus on mental health awareness by increasing physical activity and walking **24, 753 miles**.
- ▶ **38 parents and children** engaged in **FRED Families Reading Every Day** to reinforce family literacy & health living goals and together they read **391.5 hours**.
- ▶ **32 individuals** received car seat safety checks and **car seat replacements** to reduce deaths and injuries and emphasize correct use of **child safety seats**.



Spotlight

The **Potter County Leadership Advisory Board (LAB)** hosted the annual **Potter County employee appreciation breakfast**.



SPOTLIGHT

- ▶ We served **420 burritos** to county employees & handed out educational materials on the ingredients provided.
- ▶ Information was also provided on the various program areas covered by each County Extension Agent.
- ▶ Sponsors for the event include; Potter County LAB, Plains Land Bank, United Supermarkets, Education Credit Union, Amarillo National Bank, Sonic, and Amigos.

CONTACT

3301 S.E. 10th Bldg. 1

Amarillo, Texas 79104

Phone: 806-373-0713

Fax: 806-373-7946

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