

Fast FACS

Keishon Thomas (GA), NEAFCS Southern Regional Director

We are busy changing lives across the southern Region. I am continuously amazed at the creativity and passion in our region. Here a few highlights of the great work being done.

**Submitted by Becky Sheffield Gartner, VA**

The Virginia Affiliate co-hosted a virtual State Conference with VAFCS in March. The theme was, "Reflect, Recharge, Renew FCS." Members were provided the opportunity to present sessions on variety of FACS topics.

Submitted by Liz Espie, TX

Several Family and Community Health Agents (FCH) from Texas, presented at Texas Retired Teachers Association Annual Conference. Agents also had a booth for Walk Across Texas (WAT!) and Master Wellness Volunteer Program (MWV). Agents were also able to discuss Extension programming, such as the Master Wellness Volunteer program, and connect attendees with their local Extension Office.

Working with the Dallas and Northeast Texas Chapter of the Alzheimer's Association, FCH agents presented a cooking demonstration as part of Healthy Living for your Brain and Body. Agents demonstrated 3 recipes highlighting the Mediterranean Eating Pattern and health benefits associated with the eating pattern.

Submitted by Rachel Stewart, GA

Georgia is continuing its efforts along with NC State Extension, University of Idaho Extension, University of Kentucky Extension, Purdue Extension, Montana State University Extension, Prairie View A&M University Extension, Ohio State University Extension on the 30-Day Wellness Program entitled 30 for 30: Walk-a-Weigh. The program was designed to promote walking/moving for 30 minutes per day for 30 consecutive days. Program participants were asked to post daily pictures or descriptions of their 30-minute sessions of physical activity over a 30-day period. This program had a local, regional, and national impact as a collaborative program with 1,212 participants from 16 different states and 9 different countries. Program participants walked a combined 56,310 minutes in 30 days.

Submitted by Leslie Workman, KY

Three KY affiliate members attended PILD in Washington, D.C. A great time was had by all. Time was spent with other NEAFCS affiliates in an exchange of ideas! The public affairs update led by Jennifer Bridge (KY) was very educational and we all learned a great deal about how our association Impact statements are created and shared.

The Kentucky affiliate had our state board meeting on Tuesday, April 19th in Elizabethtown, KY. We have a lot of members who are expressing interest in attending NEAFCS in Raleigh, NC in September. At least 4 from our affiliate plan to present during NEAFCS.