

## Region Highlights: Southern Region Fast FACS

*Keishon Thomas (GA), Southern Region Director*

The Southern Region is off and running with great programs that impact lives and the communities in which we serve. It was a pleasure meeting many of you at the Annual Conference in Raleigh. Here are a few highlights of the extraordinary work being done. #SouthernStrong



### Texas

*Joanne Ureste (TX)*



We thank our District 3 for hosting the Texas State Conference in Decatur Texas. There were 155 in attendance. There were wonderful educational presentations from Culinary Medicine, Interior Design on a Budget, Connecting Agriculture and Health, creating a Podcast, Planning for the Future, Re-creating Your Calendar, and more!

29 affiliates from Texas attended the National Conference. It was an honor serving as one of the seven voting delegates. If you have the opportunity to attend a NEAFCS National Conference, I recommend that you do, as well as I encourage you to volunteer as a voting delegate.

So now, we say hello to Fall! It gives us time to reflect that change is always good. It allows us to move forward and experience new and exciting things. It can bring adventures and excitement to life and allows one to get rid of the monotony in life. Our agents are planning their program implementation and collecting ideas that were learned and shared at the state and national conferences.

### Kentucky

*Leslie Workman (KY)*



KEAFCS will host their Annual Session in Bowling Green, KY on November 17 & 18, 2022. ReVamp~ReTrain~ReStart with KEAFCS! is this year's theme and we will focus on member and officer training, as we have over 30 new agents in Kentucky this year. A special first-timers event is planned to welcome our newest agents. Nov 16 will feature an optional in-service day. "Building Recovery Capital" & "Healing Your Inner Eater" will be offered for in-service credit.

KEAFCS held it's annual Fall Board Meeting on Tuesday, September 20th in Leitchfield, KY.

This year's NEAFCS Annual Session was amazing! (Thank you, North Carolina affiliate!) The Kentucky affiliate had 53 members in attendance, and we took full advantage of the entire meeting. We cannot wait to return to North Carolina and already looking forward to next year's session in Rhode Island!



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### Georgia

*Susan Moore (GA)*



UNIVERSITY OF GEORGIA

EXTENSION

The Healthy Georgia Wellness Program Curriculum (HGWC) continues to be a successful program for the state of Georgia and beyond. *FACS Agents, Specialists, and PDC's involved: Rachel Stewart, Susan Moore, Georgeanne Cook, Laura Smith, Terri Black, Becky Collins, Jackie Ogden, Carrie Vanderver, Leslie Thomas, Lisa Jordan, Rachel Hubbard, Denise Everson, Kisha Faulk, Ali Berg, Joan Koonce, Leigh Anne Aaron, Ashleigh Childs, Keishon Thomas, Jamille Hawkins, Allison Eaddy, Nicole Waters, Pamela Turner, and Diane Bales.*

HGWC was featured in a poster presentation at the International Federation of Home Economics conference in Atlanta, Georgia (September 2022), Engagement of Scholarship Consortium at UGA (September 2022), NEAFCS poster showcase of excellence in Raleigh, NC (September 2022)

UGA Extension Emergency Preparedness Teams – UGA Extension received a \$150,000 grant from USDA NIFA to enhance our capacity to respond to natural disasters and other emergencies impacting Georgia to help staff be prepared to assist when our colleagues, counties, and communities need us most. UGA Extension utilized grant funds to train CEC's in all four districts to develop Continuity of Operations Plans for responding to emergencies, train small teams in each of the four districts on a variety of topics, including Community Emergency Response Training (CERT), 1st Aid/CPR/AED, FEMA ICS 100 Introduction to the Incident Command System training, and drone training.



UGA Extension launched a federally funded, 5-year program, ELEVATE, to improve the relationships of up to 2,250 committed couples across Georgia by 2025. To date, 440 couples from across 77 Georgia counties have participated in the 12-hour, evidence-based program.

UGA Extension Agent in Gwinnett County, GA provided five two-hour workshops in Spanish on a variety of tools parents can use at home to support their children's learning process and prepare them for school.

The Agent presented face-to-face and virtual workshops and utilized video demonstrations, visuals, knowledge testing polls, and discussion to enhance learning. The topics of the workshops were as follows: Play is a way to Learn; Implementing strong emergent language and literacy practices in preschool/pre-kindergarten; More Than Punishment; Learning Math in Early Childhood; The Use of Technology in Early Childhood. The FACS Agent reached 292 parents/guardians who attended the workshops virtually or face-to-face.

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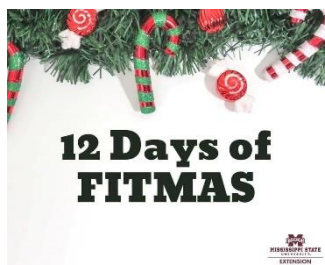
### Mississippi

*Pat Neal (MS)*



The Mississippi Affiliate members have been busy promoting health, nutrition, and wellness programs. The Jr. Master Wellness Volunteer Program is a community health education and volunteer leader training program offered through the Mississippi State University Extension 4-H Program in partnership with the University of Mississippi Medical Center (UMMC) and the UMMC/Myrlie Evers-Williams Institute. This program partners with students in various disciplines such as the Health Science Courses, Family and Consumer Science Courses, and individually focused clubs or organizations to train and deliver health messages into the community.

Another health education program that recruits from the health science courses as well as health agencies is Gray for a Day. This program is a simulation experience that utilizes an empathic approach to educate individuals on the age-related sensory and functional challenges that some older adults might face.



Social media continues to be the new way to disseminate information to clients. Our nutrition specialist, Qula Madkin developed the 12 Days of Fitmas. FCS agents posted daily social media messages that highlight different vegetables as well as encourage fitness tips to help stay active during the month of December.

- Follow on Facebook at: [MSU Extension Nutrition and Wellness Facebook group](#)

The Food Factor is another social media show where host, extension agent Natasha Haynes, focuses on food, nutrition, and healthy lifestyles tips weekly.

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### Tennessee

Aneta Eichler (TN)



Tennessee Affiliate members have been busy making a difference in their communities in 2022. I asked our members to share one program they are most proud of this year. Here is a brief overview of the responses I received:

I am working with our Sumner County Health Committee on collecting Community Health Assessments so that we can hear from Sumner County residents about what they feel are their top three health concerns in Sumner County. These responses will help the committee receive a grant that will aid in assistance to help address these issues. We are still in the process of collecting surveys but are excited to provide residents with the opportunity for their feedback.

The WITs Workout and Coffee & Conversation group come to mind. WITS Workout is a



brain health program for aging adults that incorporates games, puzzles, and educational information. I have 2 of these groups going right now. Coffee & Conversations is a group that to support Grandparents Raising Grandkids and/or Relatives Raising Relatives. We provide information on resources and educational lessons for these individuals. Right now, I have 2 of these groups going.

Water Aerobics runs in Johnson County in June & July. We had a total of 48 different participants. They reported that they had stronger muscle tone, better balance, and reduced depression. We had a reported weight loss of 10lbs.

I'm proud of the Yoga for Kids program. We've received nearly \$2,000 in grant money to purchase mats for all 9 schools in Marion County, and the program is being completely carried out by volunteers at the schools to make classes available to all students who wish to participate. I'm so humbled by the efforts that our volunteers and partners, including Coordinated School Health, have contributed to this school-based mental health project. It takes a village!