

# Virginia Cooperative Extension Alexandria/Arlington November Programming Updates



**Lee Center**  
**1108 Jefferson Street**  
**Alexandria, VA 22314**

**Lee Center**  
**Updated Hours:**  
**Monday-Friday**  
**8:00am-5:00pm**  
**Office: (703) 746-5546**  
**Fax: (703) 684-5285**

**\*Arlington Office is currently  
closed to the public.  
Staff are back in the office  
from 8:00am-5:00pm.**



# 4-H Youth Development

For additional information on 4-H Programming, please reach out to:

**Sharon A. Toth, PhD Candidate**  
Assoc. Extension Agent, 4-H – City  
of Alexandria  
[satoth@vt.edu](mailto:satoth@vt.edu)



---

## Successful October Program:

We attended the 5th annual **Spooky Science Expo** on October 23rd at The Watergate at Landmark hosted by the Watergate Youth Committee. It was a Halloween event focused on STEM. We did a spooky skeleton table where kids and parents **learned about bones**.

We had various different animal skulls (real and plastic), an anatomically correct hanging skeleton, and brain casts. The activities for kids include making a separate “moving” hand out of cardstock and straws, putting together a skeleton puzzle, and identifying skulls. Kids had a great time and many were very excited about the “moving” hand activity and fascinated by the skulls! We received interest for adult volunteering and youth membership. Material was graciously loaned from the **Northern 4-H Camp Center** and the **Center for Advanced Study of Human Paleobiology (CASHP)** at George Washington University.

---

## Upcoming Programs:

- Following up with interested individuals about forming a club(s).
- Planning for another state-wide dog series talk in the spring.
- Planning for a gingerbread house competition in December with Space of Her Own (SOHO) that will hopefully be displayed at The Art League.

# Family Nutrition Program

## *SNAP-Ed*



### November 2021 is National Diabetes Month!

**November 2021 is National Diabetes Month**, a time when communities take time to recognize, and bring attention to, diabetes. This month the focus is on prediabetes, which is a serious health condition defined as having blood sugar levels higher than normal, but not yet high enough to be categorized as Type II Diabetes.

If folks make small, healthy lifestyle changes, they can see a reversal in prediabetes, and prevention of Type II Diabetes. Below are some simple **tips**:

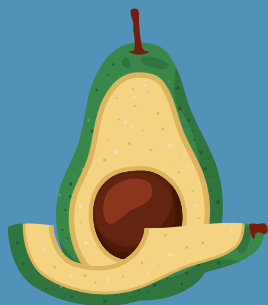
<b>01</b> 	<b>02</b> 	<b>03</b> 	<b>04</b> 	<b>05</b> 	<b>06</b> 
<b>Take small steps.</b> Making changes to your lifestyle and daily habits can be hard, but you don't have to change everything at once. Start small.	<b>Move more.</b> Limit time spent sitting and try to get at least 30 minutes of physical activity 5 days a week. Start slowly by breaking it up throughout the day.	<b>Choose healthier foods and drinks most of the time.</b> Pick foods that are high in fiber and low in fat and sugar. Build a plate that includes a balance of vegetables, protein, and carbohydrates. Drink water instead of sweetened drinks.	<b>Lose weight, track it, and keep it off.</b> You may be able to prevent or delay diabetes by losing 5 to 7 percent of your starting weight.	<b>Seek support from your doctor.</b> People are more successful at managing their prediabetes if they have regular contact and support from trusted health care professionals.	<b>Stay up to date on vaccinations.</b> The COVID-19 and flu vaccines are important for people who may be more likely to get very sick from COVID-19 or the flu, such as people with diabetes.

**Reference:** National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)- National Diabetes Month 2021

### 2021 Programming Options

VCE FCS SNAP-Ed Agents are continuing to offer these exciting programming options in 2021. Please see our marketing flyers below for more information:

#### Literacy, Eating, Activity for Preschoolers

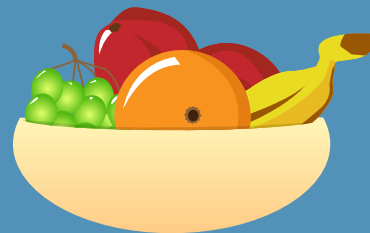


#### Pick a Better Snack

#### Choose Health

#### Teen Cuisine

#### Physical Activity Challenge



For more information, please reach out to:

Kirsten Kelley, M.S.  
FCS SNAP-Ed Extension Agent  
[kirstenk19@vt.edu](mailto:kirstenk19@vt.edu)  
703-746-5542

For electronic resources, please visit our website at: [www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

**Eat Smart  
Move More**  
Virginia Cooperative Extension • Family Nutrition Program

## *Eat Smart, Move More!*

To learn more about food safety, the MyPlate model, and physical activity, join the Family Nutrition Program! After completing the program, participants receive a variety of reinforcements to continue applying what they learned in class. There is no cost to join the program.

- If you or your organization are interested in joining the classes, please contact:  
Milena Montoya  
Adult Program Assistant -  
EFNEP  
[yira7@vt.edu](mailto:yira7@vt.edu)  
(703)-746-5546



**Come join the Family Nutrition Program and get many of these delivered FREE after program completion...**



# Family & Consumer Sciences

## *Energy Updates*



For additional information, please contact:

Aisha P. Salazar, M.S.

*Associate Extension Agent, Family &  
Consumer Sciences*

(serving Arlington & Alexandria  
through Food, Nutrition, Health; Finance;  
and Energy Efficiency programs)

Email:

asalazar@vt.edu



Stephanie Tsao -

*Energy Masters Program Coordinator  
(serving Arlington & Alexandria)*

Email:

stephaniet@vt.edu



*Energy Masters is a nonprofit program that teaches volunteers how to make practical energy and water conservation changes in their homes. Please see our website for more information: <https://arlington.ext.vt.edu/programs/energy-masters-volunteers.html>.*

A new class of **25 Energy Masters volunteers** began training on Thursday, October 14.

**Each Thursday through November 18**, Energy Masters volunteers will learn about a different topic such as basic building science, how to speak to tenants, and what makes a green home.

Our first training session was hybrid with fully vaccinated individuals able to join in person at the Fairlington Community Center. Most of remaining training sessions will be on Zoom with the November 18 also offering hybrid access.

Energy Masters volunteers are also gearing up for onsite work days at the **ParcView Apartments** in Alexandria this December and January 2022. During work days, volunteers apply classroom learning by checking for air and water leaks in low-income apartments. They pick up caulk guns to seal holes around windows and doors and climb ladders to switch light bulbs to more efficient models.

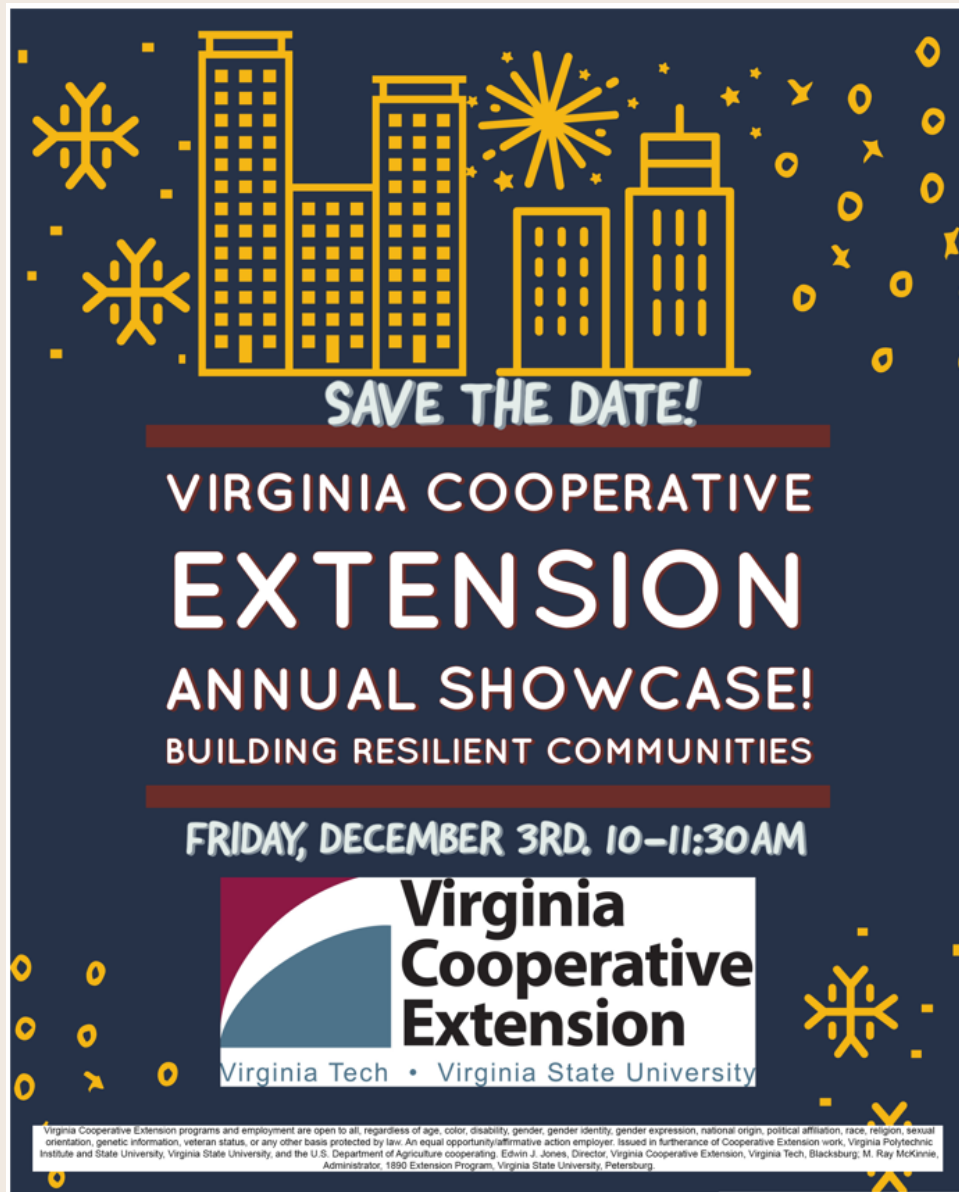
For members of the public interested in joining our program, we recruit students ages 16 years and up and adults without any prior maintenance experience. Our application window opens each spring, and we begin training in the fall. Please bookmark our website to learn when our next application cycle starts:

**<https://arlington.ext.vt.edu/programs/energy-masters-volunteers.html>**

Outside of work days, Energy Masters volunteers will present in person at the **Lubber Run Community Center on Tuesday, November 16, from 11am-noon** to talk about tips to keep your home warm, how to minimize drafts, and limit increases to utility bills. To join for the free event, please register on the **Arlington Department of Parks and Recreation** website: **<https://web1.myrscloud.com/websec/vaarlingtonvt.wsc/splash.html>** or by calling 703-228-4747 on Monday to Friday from 8 a.m.-5 p.m. ET.

# General Updates

---



**Register in advance for this meeting:**

<https://virginiatech.zoom.us/meeting/register/tZYud-iqpjIiE91evWxlvQXtM99RChdxISGn>

*After registering, you will receive a confirmation email containing information about joining the meeting.*