



Junior MASTER WELLNESS VOLUNTEER NEWSLETTER



Junior Master Wellness Volunteer Program

Fall 2016

Sunflower County Pilots Program for Second Year

The 4-H Junior Master Wellness Volunteer program completed its second year with the *Gentry Career and Technical Center* in Indianola. Training and oversight was provided by Extension Agent, **Ms. Ann Twiner**. The students are enrolled in **Ms. Angela Patton's allied health class** and many are interested in pursuing health related careers. Some of the career goals include family physician, nurse, physical therapist, and occupational therapist.

A total of **250 hours** were reported from the 12 JrMWV's trained in the allied health class in the 2015-2016 school year. **Students reached 556 people** with health messages, (one-on-one or in group settings), or by participating in community projects promoting health and wellness.



Ms. Angela Patton, RN, Instructor, received a plaque commemorating her service for piloting the program. Ms. Ann Twiner has worked with Ms. Patton and the students extensively over the past two years and trained a third place winner in the Health/Visual Competition at State 4-H Congress. Ms. Twiner was unavailable for photo.

Community Service Activities and Outcomes

► Reported sharing the connection between stress management and smoking addiction. Member began to implement strategy taught related to root problem and stressor(s) and experienced success.

► Shared with family member about hypertension and diabetes. JrMWV went the extra mile and prepared meals and snacks each day for family member so they would not stop and purchase unhealthy food when traveling. This simple, but most effective action plan helped to reduce blood pressure and blood glucose numbers.



► Reported sharing with elder family members at church setting about the importance of eating healthy and exercising. At least 10 out of 30 members of the Sunday School class told student at a later date they had started exercising and eating healthier or were planning to do so.

► Incorporated social media by starting a group chat on smart phone to encourage and maintain exercise group. Utilizing exercise app to help stay on task with exercise routine at park each day.

► Reported sharing hypertension lesson with family member suffering from high blood pressure. Relative began changing meal preparation techniques and noticed a change in numbers.

A total of 480 community service hours have been reported from Gentry Career and Technical Center for the past two years. Individual testimonies have indicated increased self-efficacy and improved communication and leadership skills after giving back through the JMWV program. For more information visit: extension.msstate.edu/jmwv.



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