



Brazos Valley Health Coalition Newsletter

About Us

The Brazos Valley Health Coalition (BVHC) was formed in January 2016 to act as a coordinated group to address health issues in the Brazos Valley. The BVHC, which consists of numerous social service, healthcare, education, and governmental agencies, has two main goals:

1. Conduct a community health needs assessment (CHNA) to identify the health needs and strengths of the Brazos Valley
2. Create a community health improvement plan (CHIP) to determine health priorities and specific strategies that can be implemented to address the issues identified in the Community Health Assessment

The Brazos County Health District acts as the lead agency for the coalition. For more information, contact BVHC@brazoscountytexas.gov or Arthur O. Davila at adavila@brazoscountytexas.gov or 979-361-5700.

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A Message to Our Community

Happy August everyone!! The Brazos Valley Health Coalition is founded on the collaboration of diverse organizations and individuals working to build a healthier Brazos Valley, with a special emphasis on supporting the underrepresented and underserved populations in the area. By sharing knowledge and resources, we unite our efforts to strengthen the health of our community.

We extend our sincere thanks to our major supporters for generously contributing their time and expertise toward this vision of a healthier future. Thanks to their dedication, along with that of many others, BVHC is able to connect people to health resources throughout Brazos County and the six counties surrounding it.

Also, we are deeply grateful to the individuals who support this mission. Your commitment helps connect our work directly to the community we serve—and for that, we thank you.

Meeting Updates

On the second Monday of each month all are invited to the Brazos Valley Health Coalition general meetings, whether you are a representative of an organization or an individual wishing to stay informed. Meetings are typically held at the Brazos County Health District located on 201 North Texas Avenue Bryan, Texas 77803 (unless stated otherwise) from 10:00am-11:00am. You are also welcome to join in on Zoom as well!

Here, one to two organizations from the area share how they support the community. Meetings are usually accompanied with snacks and drinks, and they are a fantastic way for organizations and all people to network and get to know one-another and stay educated about local health resources. Everyone is welcome to attend!

August Meeting Recap

Our last general meeting had an unique format where Brazos Valley Health Coalition partners were able to mingle with each other. All partners had the opportunity to reconnect with each other, share updates on their organizations, and highlight some of their upcoming events. Coffee and bagels were provided by local businesses.

September Meeting Agenda

This month's meeting will focus on discussing the results of the survey where community partners ranked the health issues of importance for the region, as well as what can be done with these results. Community partners will also have the opportunity to talk about improvements that can be made to better health throughout the region.

Seasonal Announcements

Watch vs Warning
Be Prepared. Be Weather Ready

Watch	Warning
Atmospheric conditions favorable for severe weather.	Severe weather is occurring or imminent
Typically in effect for several hours.	Typically in effect 30-45 minutes.
Covers a large area (many counties).	Covers a relatively small area.
Stay alert. Be prepared to take shelter if a warning is issued.	Take Action. Go to your shelter immediately.

National Weather Service Paducah, Kentucky

Fall Severe Weather Season

The change of seasons to fall can bring stronger weather systems to this area, which can provide a more favorable environment for severe weather, including tornadoes.

Are YOU prepared?

- ✓ Do you have at least 2 ways to receive NWS warnings?
- ✓ Do you know where your safe place or shelter is?
- ✓ Have you made an emergency kit?

National Weather Service Paducah, Kentucky

Community Involvement

We want to emphasize that BVHC Community is meant for everybody. There are many ways to get involved- both large and small. Below are listed local resources to help connect you to the cause. If your organization would like your advertisement listed completely **free of charge**, please contact BVHC@brazoscountytexas.gov.

Your 1 in 18 risk for breast cancer is being a woman

Breast cancer is the most common cancer among women in the United States. It is about 28% more likely to affect women than men. One out of 18 women will develop breast cancer each year.

There are many ways to reduce your personal health risk of breast cancer, such as:

But there is good news:

Many of the ways to lower your risk of breast cancer are also ways to improve your overall health and well-being.

For more information on breast cancer, visit www.cancer.gov/breast or call 1-800-4-A-CANCER. You can also find information on breast cancer in Spanish at www.cancer.gov/espanol/breast.

Our Mission

Bringing the best research, quality, service, and value to our customers.

**Schedule your
manicure/massage today**

Appointments

Call 800-452-4524

Website

www.americanexpress.com

1-800-452-4524

Call 800-452-4524

Our Retail Locations

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sarc
sexual assault
resource center

Our mission is to support survivors of sexual violence through advocacy, counseling, and crisis intervention and to end sexual violence in the Brazos Valley.



COUNSELING

Crisis and individual counseling services are available to anyone affected by sexual violence.



CRISIS

Advocates are available 24/7 to provide support & resources during the sexual assault process and legal process as well as across our hotline.



EDUCATION

Presentations, programs and training are available to academic, community, and professional organizations.



ADVOCACY

Advocates provide emotional support through referrals, resource and ongoing crisis support.

24/7 Sexual Assault Crisis Hotline 979-731-1000

The hotline is staffed by advocates who provide immediate help for callers who need someone to listen, answer questions, or provide referrals.

sarc.org

reachout@sarc.org

[illegible]

ADAM'S ARMY

Support Adam's Army
Helping families facing childhood cancer in the Brazos Valley


1-800-455-2263

www.adamsarmy.org

**NEW NONPROFIT
SERVING FAMILIES
FACING
CHILDHOOD
CANCER IN THE
BRAZOS VALLEY**

CONTACT US


www.AdamsArmy.org
AdamsArmy25@gmail.com



**Heart of Texas
Goodwill Industries, Inc.**


Since 1965, Heart of Texas Goodwill has helped thousands of individuals find meaningful employment, gain new skills, and build brighter futures

BRAZOS COUNTY IMPACT




Donate

Unworn gently used clothing, household items, and toys are accepted. These items are sold at our store and the proceeds are used to fund our programs.




Shop

Our store is open Monday through Friday, 10am to 5pm. We have a variety of clothing, household items, and toys for sale.



Change Lives

Through our programs, we help individuals gain new skills, find employment, and build brighter futures. We are committed to helping individuals in the community.



Recycle

Accepted: newspapers, magazines, books, and other printed materials. We are committed to recycling and reducing our environmental impact.

BRAZOS COUNTY Operations at a glance

1,965,080

Pounds of donated goods accepted from the community
in 2024

216

People served by our programs
in 2024


\$14,777

Revenue earned by our programs in 2024

- 3 Retail Stores
- 20 Employees in Brazos County
- 1 Community Center

**To Learn More
Visit Us at**

www.heartofgoodwill.org



**COLLEGE STATION NOON
LIONS CLUB**

**Where
there's a need,
there's a lion.**

Join us. Serve those in need.
Build friendships. Be a leader.

@cslwsvae
linktr.ee/cslwsvae

[!\[\]\(fd34dc46992abdabcc6c691dd4892961_img.jpg\)](#) [!\[\]\(fc05f50e873e1478da80a83cb4800489_img.jpg\)](#) [!\[\]\(aa6fb1196b234bb91c76f7be687364db_img.jpg\)](#) [!\[\]\(5fbf1f0b2d8a8eabfef4a908fa206a05_img.jpg\)](#) [!\[\]\(37c10aa5b6a8b48c1782d85e6ecec836_img.jpg\)](#)

**DEMENZA
LIVE**
Experience

Presented by
**DEMENZA
FRIENDLY
B/CS**

**FREE
TO
ATTEND**

First Baptist Church of Bryan
3100 Cambridge Dr, Bryan, TX 77802

SEPT | 18th | 9-4PM

See what it might be like to live with dementia
through this simulation experience to gain a deeper
understanding!

Please RSVP on our website:
dementiafriendlybcs.org

HUDSON CREEK
COMMUNITY CENTER
10000 S. 10th St. | Bryan, TX 77802

Mir MIRACLES FOR THE ELDERLY

THE BRYAN
COMMUNITY CENTER
10000 S. 10th St. | Bryan, TX 77802

YOUR WORK MATTERS.

LET A PUBLIC HEALTH INTERN HELP YOU DO MORE.




HOST A PUBLIC HEALTH AGGIE!

At the Texas A&M School of Public Health, we are preparing the next generation of public health professionals - and your organization can be part of that journey.

Our graduate and undergraduate students are ready to bring their skills and passion to support your mission, wherever you work, healthcare, education, business, government, nonprofits, and beyond.




Scan **HERE** to start bridging the gap between **classroom and community**

MUTUAL BENEFITS. MEANINGFUL IMPACT.

- Boost Capacity**
Gain support for ongoing projects and new initiatives
- Spark Innovation**
Bring energy, creativity, and up-to-date knowledge to your workplace.
- Build the Future**
Help shape tomorrow's public health

Texas A&M University School of Public Health

**Health
POINT**
Pediatrics

MEET OUR NEW
Providers!

Dr. Renato Ang, MD &
Vernickia Smith, MSH, APRN,
CNP-PC are ready to serve you
and your family at our
HealthPoint - ABC Clinic in
College Station

Call TO SCHEDULE AN
APPOINTMENT
(979) 693-7400
healthpoint-bc.com

1602 Rock Prairie Rd Ste 300
College Station, Texas

HEALTH For All

Free Medical Care for Our Community

Providing primary care for uninsured adults.

- Prescription assistance
- Mental health counseling
- Chronic condition management

3030 E. 29th Street, Ste #111
Bryan, TX 77802

www.hth4all.org

Would you like your advertisement featured on next month's newsletter? Just ask! Send an email to BVHC@brazoscountytvx.gov and fill out the form below!

Newsletter Advertisement Upload



Save the Date

Free! Pregnancy & Parenting Classes

Welcome to **Baby Steps**, our newly expanded educational program. This support is available weekly to anyone in the community. All classes are taught by an APO Counselor, with some special classes taught by a certified professional. Come receive help in community as you prepare for your baby and while parenting.

- Class times include:
 - In-person at APO on Tuesday (English) & Thursday (Spanish) 12-2 pm, and Wednesday (Bilingual) 10-11 am.
 - In-person class at Grace Bible Church-Midtown Campus on Monday from 6-7pm (Bilingual).
- Snacks and free childcare provided for Tuesday and Thursday classes at APO.
- Support partners are encouraged to attend.
- Every participant/couple will have an opportunity to earn shopping time in our Mama Store, as well as receive a pack of wipes and diapers at the close of the class.

Contact Us **SIGN UP HERE:** 

 979-764-6638
 PregnancyOutreach.org
 400 Harvey Road, Suite 300
 College Station, Midtown Class, 2500 S. College Ave
 Bryan

Gratis! Clases de crianza y embarazo

Bienvenidos a Baby Steps, nuestro programa educativo recientemente ampliado. Este apoyo está disponible semanalmente para cualquier persona en la comunidad. Todas las clases son impartidas por un consejero de APO, y algunas clases especiales son impartidas por un profesional certificado. Ven y recibe apoyo en comunidad mientras te preparas para tu bebé y durante la crianza.


- Clases presenciales en APO los martes (inglesa) y jueves (español) de 12 a 2 p.m., y los miércoles (bilingüe) de 10 a 11 a.m.
- Clase presencial en Grace Bible Church - Midtown Campus los lunes de 6 a 7 p.m. (Bilingüe).
- Se proporcionan refrigerios y cuidado infantil gratuito para las clases de martes y jueves en APO.
- Se anima a los compañeros de apoyo a asistir.
- Cada participante o pareja tendrá la oportunidad de ganar tiempo de compras en nuestra Tienda Mama, además de recibir un paquete de toallitas y pañales al finalizar la clase.

Contáctanos **REGISTRATE AQUÍ:** 

 979-764-6638
 PregnancyOutreach.org
 400 Harvey Road, Suite 300
 College Station, Clase de Midtown 2500 S. College Ave
 Bryan


HOW TO LIVE MENTALLY WELL AND CRUSH IT IN COLLEGE

Wednesday, September 24
from 6 to 7:30 p.m. in Rudder Theatre

presented by
 Texas A&M University Health Services

THE **i'MPOSSIBLE** PROJECT

JOSH RIVEDAL'S



tx.ag/uhssam

SAVE THE DATE

Thirty years

OF HEALING

Anniversary Luncheon

Presented by Warwick Partners

October 30th at 11:30 a.m.
Miramont Country Club


BRAZOS VALLEY CHILD ADVOCACY CENTER

Join us as Scotty's House celebrates 30 years of healing and hope for child victims in the Brazos Valley



This special luncheon will feature keynote speaker, Kevin Mulcahy—child advocate, survivor of childhood sexual abuse, and former federal prosecutor—whose truly powerful story will inspire and reaffirm the importance of our mission.

Together, we'll honor the impact we've made over the past 30 years and celebrate the future we're building for the children who need us most.

Sponsorship Opportunities

Visit www.scottyshouse.org or scan below for full sponsor and ticket information

Speaker Sponsor - \$4,500
 Lunch Sponsor - \$3,500
 Pinwheel Sponsor - \$1,500
 Individual Tickets - \$100



KEYNOTE SPEAKER
PIP Dr. Patti Hill



75th Anniversary Celebration

OCTOBER 30, 2025
6:00-9:00PM

Peach Creek Ranch
6802 Lynn Elliott Ln, College Station, TX 77840


CELEBRATING SERVICE SINCE 1950

www.ccsnhs.org
info@ccsnhs.org

Sponsorships & Tickets




Better TOGETHER

Non-Profit Networking Event

Save the date
Thursday, October 9, 2025

Lincoln Recreation Center • 1000 Eleanor St.

8:30 a.m. to 12:00 p.m.

Presentation Topics: Building Organizational Capacity, Combating Burnout and Compassion Fatigue, Accessing Community Resources to Benefit your Organization



For more information contact:
Raney Whitwell • rwhitwell@cstx.gov • 979-764-3488

Upcoming Presenters

Month	Name
October	Emily Reis - The Rose
November	Baylor Scott & White Dr. Huang - Texas A&M
December	Barbara Jeffers - Brazos County Health District

Volunteer Opportunities



At Scotty's House, we help children not just heal, but rediscover their strength. We couldn't do this important work without incredible volunteers.

Together, we are helping children reclaim their childhoods.

Want to join us?



FAMILY CARE VOLUNTEERS

Help children feel safe and supported from the moment they walk through our doors. Welcome families, provide assistance in waiting areas, and play a key role in helping children find joy on their path to recovery.



MEDICAL VOLUNTEERS

Provide care and comfort during critical moments. Whether supporting on-site medical exams or meeting families at the hospital, help ensure every child feels safe, supported, and seen.



OFFICE VOLUNTEERS

Lend your time and talents to our office—whether it's answering phones, greeting families, or assisting with administrative tasks, help create a safe, welcoming space for healing and hope.



AMBASSADORS

Help spread awareness, share our mission, and bring joy at events. From health fairs to fundraisers, play a hands-on role in sharing our mission with the community.

Learn more about Scotty's House Volunteer Opportunities by contacting our Volunteer Coordinator at volunteer@scottyshouse.org

TOP 5 REASONS TO Volunteer

5

Find Your Place, Find Your People

From front office helpers to outreach advocates, there's a role that fits your skills, schedule, and passion. Plus, our volunteers are pretty awesome humans.

4

Support a Mission that Matters

Scotty's House is dedicated to healing and justice for children affected by abuse. When you volunteer, you're part of that critical mission.

3

Make a Local Impact

Your time and compassion directly support families right here in the Brazos Valley—this is your community, and you're making it stronger.

2

Grow While Giving Back

Gain valuable experience, learn new skills, and feel the deep reward of knowing you made a difference. Bonus: we give great thank-yous.

1

Be a Real-Life Hero

Whether you're comforting a child or helping behind the scenes, your presence brings safety, stability, and hope to kids who need it most.

Volunteer Application Process

To become a volunteer, visit www.scottyshouse.org to complete a volunteer application, participate in an interview, and pass a background check. Volunteer recruitment takes place three times a year—in the spring, summer, and fall. Training is provided and tailored to each specific volunteer role.



WHERE THE Healing BEGINS.

Contact Us:



2424 Kent Street
Bryan, TX 77802



979.703.8813



volunteer@scottyshouse.org



www.scottyshouse.org



The Rose – Pink Breast Cancer Ribbon Volunteer Opportunity

The pink ribbon lapel pin has become a powerful symbol to increase awareness about breast cancer, and it is easy to make for yourself and your friends.

During Breast Cancer Awareness Month in October and throughout the year—people wear pink ribbons to honor survivors, remember those lost to the disease, and to support the progress we are making together to defeat breast cancer.

We encourage you to wear a pink ribbon not just throughout the month of October, but year-round and join us in the fight against breast cancer.

Follow the printable directions below to make your own pink ribbon lapel pin; no sewing needed. Finished size: 1½" by 5/8".

You will need:

- Three inches of pink ribbon, a quarter-inch wide.
- One small safety pin
- Needle and small length of pink thread or a tiny dot of glue
- Options to attach to a lapel:
- The small safety pin used above
- Double stick tape



Directions:

1. Cut a three-inch length ribbon, snipping both ends at an angle. Lay the ribbon out horizontally with the shorter edge on top. Hold down the ribbon's midpoint. Grasp the left end and fold so it points down and slightly across the midpoint. The fold can be a soft curve or a crisp line.
2. Fold the right end in the same way so the ribbon crosses itself about a half inch below the fold.
3. Where the ribbon crosses itself, use a tiny stitch of pink thread or a tiny dot of glue to hold the ribbon in place.
4. This safety pin can be used to attach the ribbon to a collar or lapel. You'll need to remove the pin from the ribbon, then work from inside your shirt to pin on the folded pink ribbon.

If you would like to make and donate any completed pink ribbons to The Rose, please contact Emily Reis at ereis@therose.org

Brazos County Health District Resources



Minority Maternal & Child Health Class

Come join our community of expectant moms and women preparing to get pregnant.

Class Topics

- ✓ Pregnancy Physical Activity & Nutrition
- ✓ Birthing Process & Stages of Labor
- ✓ Maternal Mental Health
- ✓ Postpartum Care
- ✓ Maternal Health

When: Every Tuesday Evening in October
Time: 6:00 to 8:00 pm
Where: Brazos County Health District
 201 N. Texas Ave, Bryan, TX 77803

Dinner & Childcare Provided!

Email smmealing@tamu.edu to reserve your spot!
 Include your name and phone number.



Brazos County Health District

YOGA


Free Class

JOIN NOW!

BRING YOUR OWN MATS!

EVERY TUESDAY | 8:30 TO 9:00 AM

Address: 201 N Texas Ave, Bryan, TX 77803
 Phone: (979) 361-4440
 No Children under 16



Risk Mapping of Allergen Exposure

Likelihood + Severity	Risk Matrix				
	Negligible (1)	Minor (2)	Moderate (3)	Major (4)	Severe (5)
Almost Certain (5)	Moderate	High	Moderate	Extreme	Extreme
Likely (4)	Moderate	Moderate	High	High	High
Possible (3)	Low	Moderate	Moderate	Moderate	High
Unlikely (2)	Low	Low	Moderate	Moderate	High
Rare (1)	Very Low	Low	Low	Moderate	Moderate

How to Use it for Allergen Exposure

X-axis (Severity): Health impact if exposed

- Negligible: No symptoms
- Minor: Sneezing, mild rash
- Moderate: Asthma flare-up, hives
- Major: Emergency visit needed
- Severe: Anaphylaxis, hospitalization

Y-axis (Likelihood): Frequency or chance of exposure


- Rare: Very uncommon exposure (e.g., exotic food allergen)
- Unlikely: Present but not regularly (e.g., pet dander in offices)
- Possible: Seasonal (e.g., tree pollen in spring)
- Likely: Regular in environment (e.g., dust mites at home)
- Almost Certain: Daily, unavoidable exposure

Allergen	Likelihood	Severity	Risk Level (Matrix Result)
Pollen (spring)	Almost Certain	Moderate	High
Dust mites	Likely	Moderate	High
Peanuts	Possible	Severe	High to Extreme
Animal dander	Possible	Minor	Moderate
Mold (in homes)	Possible	Major	High

Let's Talk About Parkinson's

With Cindy Conte
 President of Rock Steady Boxing


September 25th
 2025
 At 10:00 AM



Larry J. Ringer Library
 1818 Harvey Mitchell Pkwy S,
 College Station, TX 77845

FREE ADMISSION!


Sponsored by RimbierioFradel and Spies Co



Prenatal Care Classes

Join us for interactive prenatal care classes.

- November 4th, 11th, & 18th, 2025
- 6:30 to 7:30 PM
- Brazos County Health District
 201 N. Texas Ave, Bryan, TX 77803



Topics Include

- Car Seat Safety ✓
- Creating a Birth Plan ✓
- Preparing for Baby ✓

Email healthintern@brazoscountytx.gov or call 979-361-5713 to reserve your spot!

BE WELL BRAZOS



Where Health & Community Meet