December Newsletter



A MESSAGE FROM THE DIRECTOR

Dear Community Partners & Stakeholders,

The month of November was monumental in various ways for our Collective Impact. We hosted our 2nd Annual Conference, which exceeded expectations in all aspects. November was also National Diabetes Awareness Month, and our partners showed up in a big way! The Backbone staff passed out over 7,800 UCD Diabetes Awareness buttons that our partners wore loud and proud all November long. In conjunction with our Annual Conference and Diabetes Awareness Month, our Collective Impact also received three different proclamations highlighting the great work that we're all doing. We received a local proclamation from Mayor Norma Sepulveda on behalf of the City of Harlingen, a proclamation from R.D. "Bobby" Guerra on behalf of the Texas House of Representatives, and we also received a proclamation from Senator Juan "Chuy" Hinojosa, on behalf of the Texas Senate.

As we close the year out in December, I want to truly thank each one of you for your continued support. Without the partnerships that have been built and the work that you all do, UCD would not be where it is today. Have a safe and restful Holiday season.

Moises Arjona Jr.
Collective Impact Director

STEERING COMMITTEE

Next Meeting:

Wednesday, January 10th, 2024

In-Person | Location: TBA | Time: 9:00am-12:00pm

WORKGROUPS

Collaborative Discussion Meeting

Thursday, December 7, 2023

8:30 AM - 12:00 PM

PTT Financial (410 E Harrison Ave. Harlingen, TX)

RGV Health Connect



Do you have data that you would like to share with others in the community? RGV Health Connect is a platform that allows you to share your data with the entire Rio Grande Valley community. Visit us at RGV Health Connect and submit your resource.

Website - https://www.ucdrgv.org/
Subscribe - https://www.ucdrgv.org/login/

Outreach



Outreach:

City of Harlingen - Proclamation Ceremony

Supporting Healthy Lifestyles - Cortinos Restaurant

UCD 2nd Annual Conference

Valley Views ISD Presentation

VIDA Conference - Westbrook Clinic

Proyecto Juan Diego Diabetes Awareness Event

“Llenando Tu Pansita” a Thanksgiving Event

Texas A&M AgriLife Extension: Diabetes Expo

La Feria - District Diabetes Walk

Water Bottle Distribution:

UCD Ambassador(s)

Valley View Highschool

San Juan Lions Club

UTRGV School of Nursing

Sugary Beverage Kit:

UCD Ambassador(s)

Traveling Exhibit:

Proyecto Juan Diego

San Juan Lions Club Presentation

Highlights

Our 2023 Diabetes Awareness Month was a huge success thanks in large part to all of our amazing partners. Thank you to all the organizations who wore their UCD Diabetes Awareness buttons loud and proud all November long! Without the buy-in and support from all of you, this would not have been possible.



Announcements

***UCD MASCOT NAMING CONTEST**: Last Chance to Vote! Click Here!*

UCD Collaborative Discussion Meeting - Thursday, December 7, 2023

Merry Christmas - Monday, December 25, 2023

New Year's Eve - Sunday, December 31, 2023

Steering Committee Meeting - Wednesday, January 10, 2024

UCD Office Closure: Monday, December 25, 2023 - Monday, January 1, 2023



Making An Impact



Here to look back at all the amazing work that was completed and accomplished this year.

Community Resources

Click the link below to request any of the following:

UCD Community Resources

Sugary Beverage Kit

Traveling Exhibit

Children's Loteria

Health Posters

Workplace Wellness

Take the Steps for a Healthier Lifestyle with personalized QR Code

Blog

Dia-Beat-It Free Health Fair

On Wednesday, November 8, 2023 we hosted our first-ever UCD Dia-Beat-It Free Community Health Fair at South Texas College Mid-Valley Campus in Weslaco, TX.

The 2023 Unidos Contra La Diabetes Dia-Beat-It Health fair was a tremendous success! It was an uplifting event that offered a variety of free health-related services for the community. Some of the resources that were provided during the health fair were Zumba, free produce distribution thanks to the RGV Food Bank, free samples brought to you by BBQ Jank, health, dental, and vision screenings, dental hygiene, and free A1C screenings. There was also informative literature regarding the Affordable Care Act, local health services, employment services, bereavement support resources, healthy living for veterans, and information about the prevalence of liver disease just to name a few. This health fair had something for everyone!









The radio station La Ley 102.5 was present all day long highlighting the event throughout social media and the radio airways. We were fortunate to have some well-known local mascots accompany our new UCD mascot (name coming soon) around the event, taking pictures with community members and lightening the mood . Vendors provided a wide range of things to be engaged with and a wealth of access to valuable information regarding services within our community. It was fun, it was festive, and most importantly, it was free for the community.


FOR THE health OF IT

Black Bean

CEVICHE TOSTADAS



INGREDIENTS

- 1 lb. of Salmon fillets
- ½ cup of fresh spinach leaves
- 3 – 4 fresh basil leaves chopped
- 1 tsp lemon zest
- 1 clove of garlic minced
- 2 T craisins chopped
- 2 T nuts chopped (pecans, walnuts or almonds are recommended)
- 1 tsp of dried oregano
- 1 T Dijon Mustard
- ½ cup breadcrumbs

DIRECTIONS

- Cook squash in oil in covered pan over low heat.
- Put both beans and squash through food processor or potato ricer and return puree to vegetable stock.
- Add milk, season with pepper and serve very hot



SOURCE: BLUEZONES.COM

Frijol negro

TOSTADAS DE CEVICHE



INGREDIENTES

- 1 taza de frijoles negros o pintos completamente cocidos, escurridos
- 1 tomate pequeño, cortado en cubitos
- 1 aguacate grande, cortado en cubitos
- ½ pepino persa, cortado en cubitos
- ¼ de cebolla morada, finamente picada
- El jugo de un limón
- Cilantro finamente picado (al gusto)
- Sal marina y pimienta negra (al gusto)
- Tostadas de Maíz o Tortillas de Maíz Nicoyanas

DIRECCIONES

- Cocine la calabaza en aceite en una sartén tapada a fuego lento.
- Pase los frijoles y la calabaza por un procesador de alimentos o un triturador de papas y devuelva el puré a
- Agrega la leche, sazona con pimienta y sirve muy caliente.



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https://www.ucdrgv.org/

FACEBOOK INSTAGRAM

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