



MONTANA
STATE UNIVERSITY

EXTENSION

Family and Consumer Sciences Bi-Monthly Update: May 18, 2020

As we look forward to the possibility of moving into Phase Two of Governor Bullock's plan to gradually reopen the state, MSU Extension will continue its current practices of telework, online and remote instruction. Currently plans are being developed to allow programing to resume in accordance with social distancing requirements and other safe practices. Our office in Yellowstone County is open and committed to serving our community by alternate methods including phone, email, internet, etc. Agents are working from home to provide clients with useful and educational resources. You can contact Jackie by phone at 406-256-2828 or e-mail jackie.rumph@montana.edu.

Kinship Caregiver Resources

Usually our monthly meeting scheduled in May would be the last one of the year for our Kinship Caregiver Support group. We would end the year and celebrate preparing for summer with a potluck and play time for the kids. This has always been one of my favorite meetings with this group. Normally, everyone is anticipating the change summer will bring and planning fun summer activities for their families and especially the kids. However, this year looks a little different and we will not be having that beginning of summer potluck, but I thought I would share some resources for kinship caregivers.

From finding and accessing reliable internet service to finding games and activities to keep the kids busy to wondering how to connect and discuss the pandemic with your kids, Generations United has put together a fact sheet for multi-generational families: <https://www.gu.org/app/uploads/2020/03/COVID-19-Fact-Sheet-3-17-20.pdf>.

Did you know the CDC has an entire section dedicated to stress and coping during a pandemic? Check out their tips and resource list: <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html#quarantine>

Listed on the next page are topics for upcoming Lunch and Learn sessions. If you are interested in any of the previous topics and were unable to join the sessions, they have been recorded and posted to YouTube. So far, my favorite is the Self Care learning video. Just like we prepare our homes for an emergency, we can prepare ourselves to create a supportive system when crisis strikes. Watch the video here: <https://www.youtube.com/watch?v=TknbMtmsHAY&t=5s>.



MAY LUNCH AND LEARNS

**MAY 19 - CREATING SALADS AND
DRESSINGS - HOLLY MINER**

**MAY 20 - MED INSTEAD OF MEDS - ALICE
BURCHAK**

**MAY 21 - QPR: QUESTION, PERSUADE AND
REFER - SUICIDE PREVENTION
TRAINING, TAMARACK GRIEF RESOURCE
CENTER**

**MAY 26 - DUTCH OVEN COOKING - MIKE
SCHULDT**

**MAY 27 - MAKING ARTISAN BREAD - TARA
ANDREWS**

MAY 28 - DISK FAJITAS - LARRY BRENCHE

Preferred Indicia Statement:

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