



MONTANA
STATE UNIVERSITY

EXTENSION

Family and Consumer Sciences Weekly Update: April 13, 2020

The suspension of face-to-face programming has been extended through April 24th falling in line with the governor's latest directive. Our office in Yellowstone County is still open and serving our community by phone, email, internet, etc. Agents are working from home to provide useful and educational resources to our clients. You can contact Jackie by phone at 406-256-2828 or e-mail jackie.rumph@montana.edu.



Spring has come!

One of my parent's lucky heifers had twins! My mom named them all after our neighbors with twins! Some things have changed quite a bit but chasing cows looks much the same despite the current pandemic. Spring babies, whether bovine or wild animal, seem like such an optimistic look at the future.

Mental Health Resources and Extension:

With so much change sometimes finding hope can be a struggle. This is a healthy response to change, but over time it can become wearing and impact our overall health and mental well-being. MSU Extension has opened our Cognitive Behavioral Program, Thrive, for the public. Thrive is a FREE, confidential online program for those who are feeling stressed, anxious or depressed. For more information check out the website <https://thriveformontana.com/>.

Although this time of transition is hard on everyone, we realize that members of the agriculture community may experience a unique set of stressors. As a result of the nature of their lifestyle they quite often suffer from feelings of isolation. For Ag Producers who are struggling, MSU Extension has created the Montana Ag Producer Stress Resource Clearinghouse. To access these resources visit the following website:

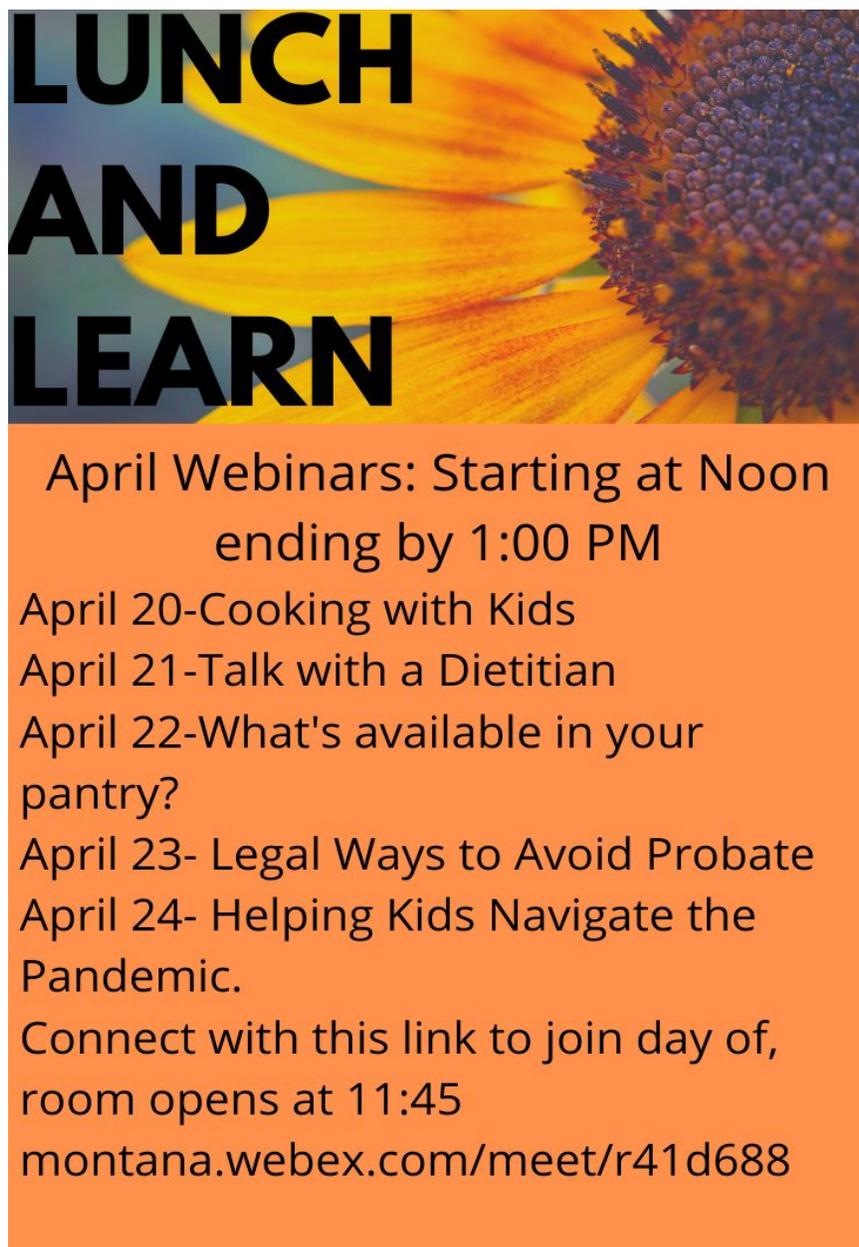
https://msuextension.org/wellness/stressmanagement/mt_farm_stress_clearing_house/index.html

Children are not immune to the stress of the changes that are happening as a result of the COVID-19 pandemic. Keys to helping children deal with change include managing our own anxieties and fears, maintaining a sense of routine and sharing age appropriate information. For more information on helping children manage their anxiety and stress check out these resources:

- <https://childmind.org/article/supporting-kids-during-the-covid-19-crisis/>
- <https://www.childtrends.org/publications/resources-for-supporting-childrens-emotional-well-being-during-the-covid-19-pandemic>

Lunch and Learn with Family and Consumer Science

Join FCS Extension offices across the state of Montana every day through the month of April for a lunch webinar. Topics will include meal prepping and planning, mental health, staying safe at the grocery store, and activities to do with the whole family! Connect to these webinars via "Events" on our Facebook page <https://www.facebook.com/MsuExtensionYellowstoneCountyFCS/> or at 11:45 click on the picture below to enter the WebEx



**LUNCH
AND
LEARN**

April Webinars: Starting at Noon
ending by 1:00 PM

April 20-Cooking with Kids
April 21-Talk with a Dietitian
April 22-What's available in your
pantry?
April 23- Legal Ways to Avoid Probate
April 24- Helping Kids Navigate the
Pandemic.

Connect with this link to join day of,
room opens at 11:45
montana.webex.com/meet/r41d688

Preferred Indicia Statement:

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