



**MONTANA**  
STATE UNIVERSITY

**EXTENSION**

## Family and Consumer Sciences Weekly Update: April 6, 2020

The suspension of face-to-face programming has been extended through April 24<sup>th</sup> 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](mailto:jackie.rumph@montana.edu).



### This Weeks Telework Supervisor

Lucie naps on the job quite often and her house training is not the best. Taking care of my animals, humbling and grounding, and I am grateful for the opportunity to do the daily things. Take a moment to think of the things you appreciate during this time of transition. Did your normal include filling out the 2020 census?

### Tuesdays are for Estate Planning

Join MSU Extension Estate Planning Specialist, Marsha Goetting, via webinar every Tuesday the month of April. She and Emily Standley, Fergus County Extension Agent, will be sharing estate planning tips! Click here to see previous classes and the link for upcoming ones.

<http://www.montana.edu/estateplanning/tuesdaytips/>

### Financial Resources

During our COVID-19 pandemic small businesses are suffering. The Small Business Administration has links to economic relief loans to help during this trying and unprecedented time. Check out their resources here: <https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/economic-injury-disaster-loan-emergency-advance>.

Solid Finances <http://solidfinances.msuextension.org/pastrecordings.html>.

### Ravalli County Shout Out

The FCS agent in Ravalli county is an expert on finding resources. She gathers and shares them in her newsletter. Her newsletter is specific to Ravalli county but has some great state and national resources as well. You can view this week's newsletter and sign up to receive them at <https://conta.cc/39SnKhA>. Here are a couple of those resources related to grief and COVID-19 and our emotional responses.

<https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>

<https://www.chronicle.com/article/Why-You-Should-Ignore-All-That/248366>

## 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 our Facebook page <https://www.facebook.com/MsuExtensionYellowstoneCountyFCS/>.



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

April 10- Carrie Ashe and Brianna  
Routh Shop Safe Eat Safe: Tips During  
Covid-19

April 13- Katrin Finch-Freezer Meals

April 14- Michelle Grocke- Principles of  
Mindfulness

April 15-Katelyn Andersen- Spring  
Cleaning Your Important Papers for a  
Pandemic

Connect with this link to join day of,  
room opens at 11:45

[montana.webex.com/meet/r41d688](https://montana.webex.com/meet/r41d688)

### Preferred Indicia Statement:

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Cody Stone, Director of Extension, Montana State University, Bozeman, MT 59717.