

Family and Consumer Sciences Weekly Update: April 27, 2020

Montana Governor Steve Bullock has announced changes to the stay-at-home directive as part of a phased plan to gradually reopen the state. Montana State University Extension will continue its current practices of telework, online and remote instruction until plans can be developed to allow programming to resume in accordance with social distancing requirements and other safe practices. 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.



MSU Extension needs your help! We are asking all Montanans, no matter your situation or place in life, to help us gather information about how changes in your everyday routine, due to COVID-19, may be impacting your health and food habits. Please complete the survey at the link below. We would also appreciate participants sharing the link with others who may be interested in contributing to this survey.

https://montana.qualtrics.com/jfe/form/SV_9p1BZMGUu3F3Xi5

MSU Extension State Resources:

Montana State University Extension's Family and Consumer Sciences specialist team releases a monthly Wellness Wednesday guide, but recently have been offering weekly updates loaded with a variety of resources aimed at dealing with the mental and physical challenges resulting from the COVID-19 pandemic. Items from this week's update are listed below or you can view all articles at their website msuextension.org/wellness/wellnesswednesday.

Understanding the link between physical and mental health is an ever-evolving process. We know that all the changes happening right now in our lives are having an impact on our mental health. With a rise in COVID-19 cases there is an associated rise in anxiety levels. Mental Health America (MHA) has compiled a range of information and resources. They have organized them by demographic groups (i.e. parents, caregivers, older adults, domestic violence victims). To find articles relating to your specific needs check out this website: <https://msuextension.org/wellness/wellnesswednesday/19923/mental-health-america-resources-and-information>.

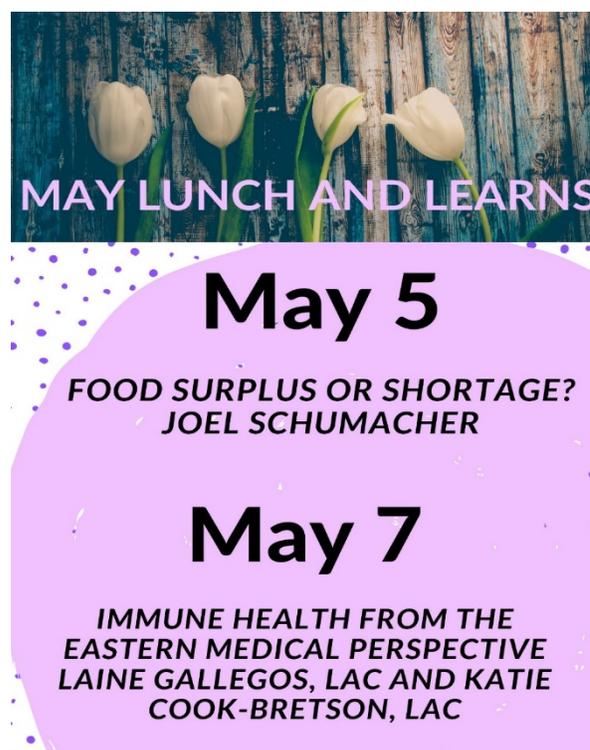
NC State University has put together a helpful tip sheet addressing how to clean up after a COVID-19 infected individual, including food, laundry and trash. <https://msuextension.org/wellness/wellnesswednesday/19876/cleaning-up-after-infected-individuals-with-covid-19>.

Health in the 406

Montana Department of Health and Human Services offers a weekly Montana related health update! This week's focus is on alcohol and marijuana use among teens, as well as keeping pets safe when someone is infected with COVID-19. Check out their resource page at: <https://dphhs.mt.gov/healthinthe406>.

FCS Lunch and Learns

Family and Consumer Science agents will continue to present a Lunch and Learn topic at noon each Tuesday and Thursday through May. Join meetings at: montana.webex.com/meet/r41d688 or to learn more about planned topics visit the Upcoming Event section of our Facebook page and click on pictures there to join facebook.com/pg/MsuExtensionYellowstoneCountyFCS/events/.



MAY LUNCH AND LEARNS

May 5
FOOD SURPLUS OR SHORTAGE?
JOEL SCHUMACHER

May 7
IMMUNE HEALTH FROM THE EASTERN MEDICAL PERSPECTIVE
LAINE GALLEGOS, LAC AND KATIE COOK-BRETSON, LAC

Preferred Indicia Statement:

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