

Subject: MSU Cascade County Extension Upcoming Classes! Join us online!

Good afternoon!

I hope this email finds you healthy and well. With the changing times, our office is currently closed due to COVID-19, but MSU Extension is offering a variety of classes ONLINE! As Extension changes the modes of education but, continues to educate, please be sure to keep an eye on the MSU Cascade County Facebook page and the MSU Cascade County Extension Website for upcoming events, webinars, and programs to learn about health, physical activity, gardening, educating youth, 4-H and so much more! Please do not hesitate to reach out by email or by leaving a message on the phone at the office – we will return your call as our earliest opportunity!

Lunch N Learn Series (more dates and classes are coming)

The Lunch N Learn Series offers a variety of classes ranging from mental health to gardening to staying organized during uncertain times. For all classes, please log in at 11:45 and classes will begin at 12pm (noon). Classes will range from 20 minutes to 50 minutes in length and offer an opportunity for participants to interact with instructors and other participants through the WebEx platform. More classes will be posted on the [MSU Cascade County Facebook page](#) as the meeting link becomes available!

Friday	April 3	RC Local: Bella Marie	Soothing Sound Bath	https://montana.webe
Monday	April 6	Jackie Rumph	Chair Yoga and Stretching	https://montana.webe
Tuesday	April 7	Patrick Mangan	Starting a Victory Garden	https://montana.webe
Wednesday	April 8	Haley Barker	Mealime Meal Planning	https://montana.webe
Thursday	April 9	Alison Brennen	Simple Ways to Support Mental Health	https://montana.webe
Friday	April 10	Brianna Routh & Carrie Ashe	Shop Safe & Eat Safe: Tips during COVID-19	https://montana.webe
Monday	April 27	Marsha Goetting	Update on MSAs and eligible expenses	https://montana.webe

Powerful Tools for Caregivers of Children with Special Behavioral or Health Needs

Are you caring for a loved one? Gain knowledge, skills and tools to take care of yourself while caring for someone else. Gain skills in self-care behaviors, emotion management and self-confidence! This class will be offered through the WebEx platform. If you are interested in participating please contact Katrin Finch by replying to this email.

Dates: Tuesday, April 7-May 12

Time: 1pm-3pm

Location: On WebEx

Are you getting a little bored of seeing the same four walls of your house?

Locations across the world have cameras set up for people to explore:

- **Museums-Galleries - Virtual-Tours** - Stuck at Home? These 12 Famous Museums Offer Virtual Tours You Can Take on Your Couch (Video)
- **33 Virtual National Park Tours** - Here's 33 national park tours you can take virtually from the comfort of your home
- **A List Of Live Virtual Concerts To Watch During The Coronavirus Shutdown**
- **The Shows Must Go Online: 12 Ways to Stream the Stage**
- **Met Opera - Nightly Met Opera Streams**
- **Digital Concert Hall**
- **Virtually Ride Disney Attractions**
- **Visitmaryland.org - Scenic-byways**
- **20 Virtual Travel Experiences to Try** – Forbes.com

Adult Grief Support: Virtual Groups

Support groups center on honoring individual experiences and gathering with understanding others in a safe, supportive environment. **The upcoming support groups will meet via video chat.** Facilitators will provide more information to participants upon registration.

Call with questions or to learn more. (406) 541-8472

<u>Grief Matters Support Group</u>	<u>Suicide & Traumatic Loss Support Group</u>
Mondays, April 6- May 11 5:15- 6:30 pm	Thursdays, April 30 - May 28 5:15- 6:30 pm
Please register by March 31.	Please register by April 23.
Call (406) 541-8472 or register online here: https://pdf.ac/4mCjQQ .	Call (406) 261-0724 or register online here: https://pdf.ac/5aCndn

Reach out to learn about options for support: (406) 541-8472 or email info@TamarackGriefResourceCenter.org.

Are you Working From Home?

People across the world and across Montana have been thrown into the world of teleworking. The Ten Percent Happier podcasts are offering bi-weekly podcasts and [Coronavirus Sanity Guide](#).

#232 HOW TO ACTUALLY GET WORK DONE AT HOME

DAN HARRIS, RASMUS HOUGAARD, AND JACQUELINE CARTER

We are in the middle of a giant, global experiment in remote work. Even in the best of times, working from home is tricky. You're surrounded by distractions: pets, laundry, Netflix. But in the midst of this pandemic, WFH (as the millennials call it) is even harder, given that many of us are cooped up with our children, cut off from our coworkers, and overwhelmed by anxiety. Our guests, Rasmus Hougaard and Jacqueline Carter, from Potential Project, are experts in bringing mindfulness into the workplace. In this episode, we explore solutions to four major problems: distraction, isolation, virtual collaboration, and balancing family life.

Dan Harris, ABC News Correspondent and founder of Ten Percent Happier, has a [free newsletter](#), [free podcast](#), and [membership meditation app](#)

COVID-19 Resources

- [COVID-19 Food Safety Resources](#) (NC State Extension)
- [CISA: Defending Against COVID-19 Cyber Scams](#)
- [Center for Disease Control and Prevention](#) (CDC)
- [Get Your Household Ready for Covid-19](#) (CDC)
- [MSU Extension COVID-19 Resources](#) for you and your family
- [Montana Response: COVID-19](#): Global, National, and State Information Resources
- [Montana Department of Public Health and Human Services](#)
- [World Health Organization](#)

Stretching Your Food Dollars

Have you made a trip to the grocery store lately to find the shelves of packed foods, canned goods, and frozen foods empty? Well, no need to despair!

Cooking from scratch is truly simple, affordable, and can be flavored to suit your very own taste buds. Chickpeas, also known as Garbanzo beans, are an excellent source of affordable nutrients. No better time like the present to pick up a bag of dried beans and sample some new recipes! Keep in mind, stores that sell in BULK, often still have the much desired food ingredients that people typically buy packaged. Wheat flour anyone? Call your local bulk food stores.

- [10 Tips for Quality Family Meals; Anytime](#)

- **Chickpeas: Montana's April Harvest of the Month**

Please do not hesitate to utilize your local MSU Extension office, we are here to serve you!
Don't forget to visit the [MSU Cascade County Facebook page](#) and the [MSU Cascade County Extension Website](#) to stay updated on upcoming classes and events!

Thanks,

Katrin Finch

Family and Consumer Sciences Agent

MSU Cascade County Extension

3300 3rd Street NE

Great Falls, MT 59404

phone: 406-454-6980

email: katrin.finch@montana.edu

website: cascade.montana.edu