

Living Well

FAMILY AND CONSUMER SCIENCES NEWSLETTER FOR NORTHEAST COLORADO



May - June 2020

These Are Unprecedented Times. There Is Support!

The hardest part about getting help for a mental health, substance use or emotional concern is knowing where to start—especially when an issue reaches the point of crisis. Whether it's for you, or someone you know, Colorado Crisis Services provides immediate and confidential help, 24/7/365. You'll speak with a



trained counselor who will provide support and connect you to further resources. For

more information, or to find a crisis services walk-in center nearest you, visit <http://ColoradoCrisisServices.org>.

Mental health is essential to everyone's overall health and wellbeing, and mental illnesses are common and treatable. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.

There are practical tools that everyone can use to improve their mental health and increase resiliency regardless of their situations. It's important to recognize your emotions and own your feelings, work to find the positive even when facing adversity or loss, reach out and try to connect with others, remove those people in your life who are bringing you down, and create healthy routines to take care of yourself.

One way to check in on yourself is to take a mental health screen at <http://mhascreening.org>. It's a quick, free, and private way for someone to assess their mental health and recognize signs of mental health problems. Living a healthy lifestyle and incorporating mental health tools to thrive may not be easy but can be achieved by gradually making small changes and building on those successes.

There are ways everyone can be supportive of friends, family, and co-workers who are struggling with life's challenges or their mental health. Check out the Tools2Thrive Toolkit at <https://www.mhanational.org/mental-health-month>.

Resources:

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Month>
<https://youth.gov/feature-article/may-national-mental-health-month>
<https://coloradocrisiservices.org/>

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GOLDEN PLAINS AREA
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Colorado State University, U.S. Department of Agriculture and Kit Carson, Phillips, Sedgwick, Washington, and Yuma Counties cooperating.

Extension programs are available to all without discrimination.



The Sunshine Vitamin

Vitamin D is often called the sunshine vitamin because our bodies can make vitamin D when our skin is exposed to Ultraviolet (UV) B rays from sunlight. Our bodies are also able to absorb small amounts (<10% of total vitamin D) of vitamin D from our food (mainly from fortified milk and cereal and fatty fish).

Why do we need vitamin D? Vitamin D is a fat-soluble vitamin, meaning it dissolves in fats and oils and it is stored in fatty tissues. The main function of vitamin D is to promote good bone health. The body uses vitamin D to help absorb calcium from the gut. This keeps the right amount of calcium in the blood to help build strong bones and prevent the body from removing it from the bones causing osteomalacia (soft bones in adults) or rickets (soft bones in children).

New research on other health benefits of vitamin D. New research is emerging which shows vitamin D may play a role in increasing immunity against chronic and auto-immune diseases. Recent studies have shown links between vitamin D deficiency and multiple sclerosis (MS), rheumatoid arthritis (RA), diabetes mellitus (DM), inflammatory bowel disease (IBD), systemic lupus erythematosus (SLE), and cardiovascular disease (CVD). This research is still new and results are often inconsistent or are debated by scientists and health professionals. It is important to ask a health professional before starting a supplementation.

How much vitamin D do I need? Vitamin D is measured by the level of 25-hydroxyvitamin D (25(OH)D) in the blood. In order to maintain the ideal level of vitamin D, it is recommended for adults to have 400-800 IU/day or 10-20 micrograms. There are many factors that determine the recommended intake. Age, skin color, air pollution, and sunscreen usage can all increase or decrease the amount of vitamin D produced by the body.

As skin ages, the effectiveness of its ability to make vitamin D decreases. The elderly population may have decreased vitamin D levels due to the decrease in skin effectiveness and decreased sun exposure. But, it could also be due to poor appetite and lower calcium intake. Air pollution and sunscreen usage decrease the amount of UVB that penetrates the skin. The higher melanin in darker skin pigmentation absorbs the UVB rays and decreases the amount of vitamin D produced. People with darker skin need longer sun exposure to produce the same amount of vitamin D as those with lighter pigmentation.

Too much vitamin D. With new research suggesting vitamin D plays a larger role in health, vitamin D supplementation has increased. Although some may benefit from supplementation, most healthy adults and children can receive enough vitamin D from their food and from the sun. Since fat-soluble vitamins, like vitamin D, are stored in the body, it is possible to reach high enough levels to cause toxicity. Vitamin D toxicity symptoms include weakness, headaches, loss of appetite, excessive thirst and urination, slow growth, liver and kidney damage, and high cholesterol and blood pressure. Toxicity is rare; but when it does occur, it is due to supplementation in large doses, not from food or the sun.

How much sun exposure do we need? Recently, there has been an increase in the number of doctors requesting vitamin D testing and then prescribing vitamin D supplements. Although still unproven, some researchers are suggesting the increased usage of sunscreen is reducing the amount of vitamin D produced by the skin. A few studies have shown sunscreen can reduce vitamin D; but this was shown in a lab setting when researchers applied sunscreen properly. They agree very few people properly apply sunscreen. During the summer months, short 10-15-minute walks outside during mid-morning or mid-afternoon, with legs and arms exposed, should produce enough vitamin D. During the winter months, time will need to be longer.



When to wear sunscreen and what type? Following the American Academy of Dermatology (AAD) recommendation, sunscreen should be applied 15 minutes before going outside and worn every time you go outside. The Academy of Nutrition and Dietetics recommends obtaining vitamin D through a balanced diet and short periods of sun exposure. Supplementation should only be considered for people at an extremely high risk of vitamin D deficiency.

It is important to remember UVB rays are strongest between 10 am and 4pm and more likely to cause a sunburn. Sunscreen should always be applied if sun exposure is likely to cause a sunburn, usually if time outside is longer than 10-15 minutes. The number of SPF in the sunscreen will impact the percentage of UV rays that penetrate the skin. The AAD recommends using at least a 30 SPF broad-spectrum water-resistant sunscreen. Adults should apply about 1oz (one-shot glass) of sunscreen to their exposed skin. Sunscreen should also be re-applied every 2 hours. If you are sweating a lot, or playing in water, you may need to apply the sunscreen more often. Read the instructions on the bottle and apply as often as directed. Applying sunscreen with a higher SPF does not mean it will work better or last longer. There is no sunscreen that stops all UVB rays from hitting the skin.

Lastly, it is important to apply appropriate sunscreen to all areas of the face. Sunscreen should be applied to the face every day, even on cloudy days. There are many face products on the market that contain sunscreens. It is common for people to skip the lips and ears when applying sunscreen. Use a lip balm or stick product with 30 SPF to help protect your lips and reduce the chance of developing skin cancer.

HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

SUNSCREEN IS AN IMPORTANT TOOL
in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5 Americans will be diagnosed with skin cancer in their lifetime.

The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label:

- SPF 30 OR HIGHER**
- BROAD SPECTRUM**
Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.
- WATER RESISTANT**
For up to 40 or 80 minutes. Sunscreen can no longer claim to be waterproof or sweatproof.

ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.

to learn more visit SpotSkinCancer.org

Resources and References:

American Academy of Dermatology <https://www.aad.org/public/everyday-care/sun-protection>

Aranow, C. (2011). Vitamin D and the Immune System. *Journal of Investigative Medicine*, 59(6), 881-886.

Calvo, M.S. (2019). Monitoring vitamin D status and intake in the US population: essential to understand the role of vitamin D in health. *American Journal of Clinical Nutrition*, 110, 6-7.

Colorado State University: Fat-Soluble Vitamins Fact Sheet <https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/fat-soluble-vitamins-a-d-e-and-k-9-315/>

EatRight.org: What is Vitamin D? <https://www.eatright.org/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/what-is-vitamin-d>

Mason, R.S., Sequeira, V.B., Gordon-Thomson, C. (2011). Vitamin D: the light side of sunshine. *European Journal of Clinical Nutrition*, 65, 986-993.

Razzaque, M. (2018). Sunlight exposure: Do health benefits outweigh harm? *Journal of Steroid Biochemistry & Molecular Biology*, 175, 44-48.

Taylor, C.L, Rosen, C.J., Dwyer, J.T. (2019). Considerations in dietetic counseling for vitamin D. *Journal of the Academy of Nutrition and Dietetics*, 119(6), 901-909.

Emergency Fund – More Important Than Ever!

For many Americans the economic disruptions caused by the coronavirus outbreak have highlighted the importance of emergency savings. As many jobs vanished, some people were simply focused on how to meet next month's bills. But statistics show those who do have a measure of financial security, have been scrambling to stash some extra money away.



A recent analysis of FDIC data by The Wall Street Journal reported companies and consumers dumped a record \$1 trillion in deposits into banks in 2020's first quarter, about four-times the amount deposited in final three months of 2019. However, it's likely still more Americans have been looking for places to keep savings, since the government's \$1,200-per-person stimulus checks began going out mid-April. Conventional wisdom would recommend saving this windfall if you don't need it to cover necessary expenses.

Interest rates are currently quite low, and there's no secret option with double-digit returns. Be wary of options that seem attractive at first, as they might come with baggage like expiring teaser rates, access delays, or withdrawal penalties.

What are some options for your savings?

- "Under the mattress" – no interest earned, and some safety risks of theft, fire, or too easy access.
- "High-Yield" savings accounts – through local or online banks, offering approximately 1.5% APY with no fees and no account minimums, easy access to your money, and FDIC-insured, up to \$250,000 per depositor per bank, so your money will not vanish in the event of economic catastrophe.
- Money-market funds – currently offering about 1.25% APY, often requiring a minimum deposit, available through local banks, credit unions and online banks. MM accounts are not FDIC-insured, but U.S. Treasury backstopped money markets as part of the government's response to coronavirus crisis.
- C.D.s (Certificates of Deposit) – deposit a fixed sum of money for a fixed period of months to earn a relatively high interest rate, currently ranging from 1.5% to 1.85% for 12-month CD; usually have penalties for early withdrawal. Stagger your CDs to allow access to some of your money every few months as they come due for renewal or withdrawal.
- **Mixed approach** – financial experts recommend: **Step 1** is one month of expenses maintained in a checking or savings account at your primary bank, **Step 2** is 1 to 3 months of expenses in a high-yield savings account that is FDIC-insured with no minimums, and **Step 3** is 3 to 6 months of expenses in a CD, Treasuries, or short-term bonds.

Source: <https://money.com/best-places-to-save-emergency-fund/>



When Your Income Drops

If economic misfortune strikes you or your family in the form of reduced income, is there anything you can do to minimize the hardship? Yes! This set of Purdue Extension fact sheets suggests a number of steps you can take to maintain financial control.

<https://ag.purdue.edu/programs/areyouprepared/secureretirement/Pages/When-.aspx>

The titles of these fact sheets correspond to the steps you can take:

- 1)  [Don't Panic-Take Control](#)
- 2)  [Controlling Stress](#)
- 3)  [Take Stock of Family Resources](#)
- 4)  [Take Stock of Community Resources](#)
- 5)  [Set Priorities for Spending](#)
- 6)  [Plan to Pay Creditors](#)
- 7)  [Keep A Roof Overhead](#)
- 8)  [Meeting insurance needs](#)
- 9)  [Sharpen Your survival skills](#)

Leafy Greens from Your Home Garden

Hello Spring! It's time to plant your garden. What are a few of your favorite vegetables, fruits and flowers to plant? Some of the most popular include a large variety of vibrant flowers, lettuce and beans.

Fresh lettuce from your home garden is so versatile. You are able to lay a piece on a burger or build a fancy salad straight from your backyard. It not only tastes better than store bought, but also is higher in vitamin A, is a crowd pleaser and saves trips to the grocery store.

Lettuce is a cool season crop. It starts to emerge within 7 to 10 days of planting. Stagger your planting with a week or more between plantings to provide fresh lettuce for you and your family over more weeks. Lettuce should be harvested when full size. Always pull the outer leaves first so the inner leaves are able to continue to grow and mature. It is very important to store your fresh lettuce in the refrigerator. Make sure you wash it thoroughly in cold water to rinse all dirt and or other contaminants off before consuming.



Lettuce is a vegetable that provides a lot of nutrients for our health. These leafy greens provide Vitamin A, Vitamin C, calcium, folate and fiber to our everyday diets. In addition, they are low calorie, zero cholesterol and low in sodium. Lettuce comes in several different types and each one has a distinct flavor. A few different types include green leaf, red leaf, romaine, butterhead, spinach, iceberg and several others. See which you like best and which will grow best in your home garden before planting.

A home garden is a great way to get you and your family outside. Kids really enjoy watching their efforts grow and prosper. With lots of love, water, sunlight and care your home garden is sure to succeed. Get outside, watch the lettuce sprout and enjoy a beautiful salad from your hard work.

Below is a great recipe to create a wonderful salad from your homegrown lettuce. If you are seeking more information about nutritional facts, types of lettuce and planting lettuce please follow the links below.

<https://www.almanac.com/plant/lettuce> and <https://extension.colostate.edu/topic-areas/nutrition-food-safety-health/health-benefits-and-safe-handling-of-salad-greens-9-373/>

Apple Walnut Salad with Cranberry Vinaigrette

1/2 cup chopped walnuts
1/4 cup cranberries
1/4 cup balsamic vinegar
1 cup red onion, chopped
1 tablespoon white sugar

1 tablespoon Dijon-style prepared mustard
1 cup vegetable/olive oil
salt and pepper to taste
10 cups mixed salad greens, rinsed and dried
2 Red Delicious apples, cored and thinly sliced

1) Preheat the oven to 350 degrees F (175 degrees C). Spread the walnuts out on a baking sheet in a single layer. Bake for 8 to 10 minutes in the preheated oven, or until lightly toasted.

2) In a food processor, combine the cranberries, vinegar, onion, sugar, and mustard. Puree until smooth; gradually add oil, and season with salt and pepper.

3) In a salad bowl, toss together the greens, apples, and enough of the cranberry mixture to coat. Sprinkle with walnuts, and serve.

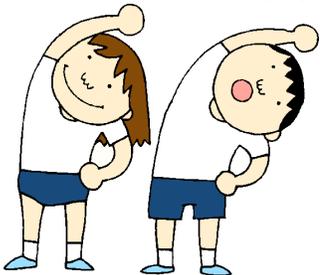
Source: www.allrecipes.com

Getting Enough Physical Activity

For many years, researchers have been trying to determine how much exercise is needed to prevent diseases like diabetes, obesity, and cardiovascular disease. The U.S. Department of Health and Human Services' physical activity guidelines state - adults should participate in at least 150 minutes of moderate intensity aerobic exercise each week and include muscle strengthening exercises twice a week. This means at least 30 minutes, 5 days a week and including strength training 2 days. Moderate intensity exercises are those that feel hard, cause you to sweat after 10 minutes, and increase your breathing, but do not leave you out of breath. Examples of moderate intensity activities include brisk walking, gardening, raking leaves, playing with children or pets, and dancing.

The 150-minute guidelines were developed with the idea that people are doing at least light physical activity during the day while they are working. Light activity includes standing and walking. However, today, most adults are more sedentary during the day; and new technology has replaced our need to do physical work at home. Research has shown those who sit all day, even if they exercise for an hour at a gym, have a greater chance of developing a disease compared to those who are active during the day. Even adults who consistently get the recommended amount of exercise per week are not safe from the consequences of sitting too long.

So, how much physical activity should you be getting? Research has shown 300 minutes provides more health benefits than the recommended 150 minutes. When possible, it is good to include "informal" physical activity. "Informal" physical activity includes:



- Walking while running errands
- Standing while taking phone calls
- Playing games instead of watching T.V.
- Walking to and from the bathroom – make sure to drink lots of water during the day
- Standing up and stretching every 1-2 hours

"Informal" physical activity is performing tasks that make you move or more active, without being considered as a workout. The minutes from "informal" physical activities can add up throughout the day, and with the additional 150 minutes of physical activity can benefit overall health.

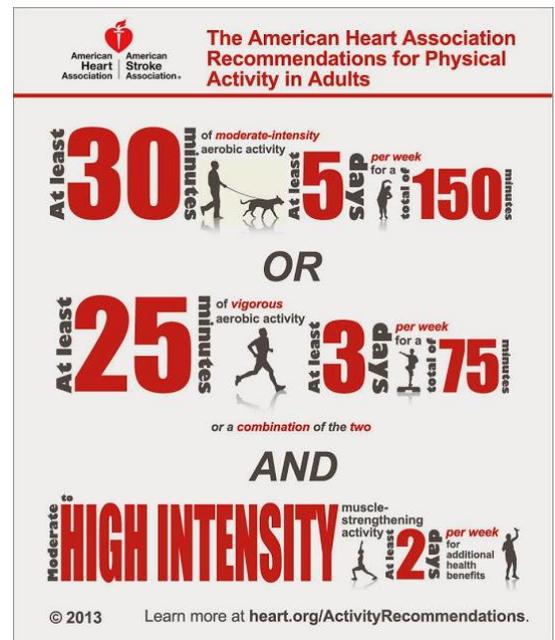
Researchers have not found a "safe" amount of sitting time yet. But they do agree a sedentary lifestyle is linked to multiple diseases. In order to combat inactivity during the day, it is important to move at least 1-2 minutes for every hour of sitting. Moving every hour, including "informal" physical activity, and participating in 150 minutes of moderate intensity exercises each week will help improve your health.

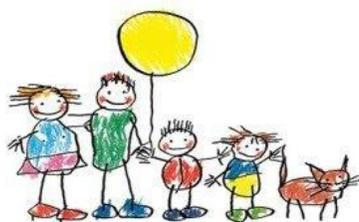
Helpful resources:

CDC: How much physical activity do adults need? <https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

EatRight.org: Workout Ideas <https://www.eatright.org/fitness/exercise/workout-ideas>

Reference: Larson, H. (April, 2020). Why you should make physical activity a part of your day. Retrieved from <https://www.eatright.org/fitness/exercise/benefits-of-physical-activity/why-you-should-make-physical-activity-a-part-of-your-day>





Helping Children Cope During COVID-19

Families across the country are constantly adapting as the COVID-19 pandemic continues to adjust our lives to a new normal. We are trying to help our kids keep up with school work, feel safe, and stay occupied. None of this is easy, but staying focused helps us reinforce a sense of control and reassures our children they are okay and things will get better. It is also a time where we as adults have a tremendous opportunity to role model problem-solving, flexibility and compassion as we work through adjusting and balancing our schedules, processing new information, and connecting and supporting friends, family and possibly others in new ways. The following tips may help:

- **Be a role model.** Children learn from your example. They will react to your reactions as well as follow your reactions. Stay calm, listen and offer reassurance.
- **Be aware of how you talk about COVID-19.** Reassure you are doing everything you can to keep those around you safe and well. Carefully listen to your child's thoughts, questions and feelings and respond truthfully and calmly without offering unnecessary details or facts. Keep explanations age-appropriate and encourage your child to verbalize their thoughts and feelings.
- **Focus on the positive.** Take advantage of the time you get to spend together as a family. Make it fun! Do family projects, play games, go outside, connect with family and friends virtually.
- **Keep a regular schedule.** Establishing and maintaining a daily routine always provides a sense of control, predictability, calm and well-being. It is especially helpful during this time when the once familiar day-to-day schedule has been totally revamped to fit the new normal.
- **Offer lots of love and affection.** Not only is this important for your family, but it is also a good time to focus on doing things for others – maybe writing a cheerful letter to a neighbor or healthcare worker.
- **Monitor TV, internet and social media viewing.** This is important for ourselves as well as our children. Continually watching COVID-19 updates can increase fear, anxiety or confusion. Talk to your child about factual disease information and provide alternatives such as playing a game, painting or crafting, building a puzzle, etc.
- **Stay connected to school.** Utilize the school's and other reliable learning resources. Stay in touch and reach out to your student's teacher or other staff if you have questions or concerns.
- **Be aware of your child's mental health.** Most children, even if they have some anxiety and concerns, will manage well with support from parents and other family members. However, some children may have risk factors that cause more intense reactions, including severe anxiety, depression and suicidal behaviors. Contact a professional if your child shows significant behavior changes or any of the following symptoms for more than 2 weeks.
 - **Preschoolers** – thumb sucking, bedwetting, clinging to parents, sleep disturbances, loss of appetite, fear of the dark, regression in behavior and withdrawal
 - **Elementary school children** – irritability, aggressiveness, clinginess, nightmares, school avoidance, poor concentration and withdrawal from activities and friends
 - **Adolescents** – sleeping and eating disturbances, agitation, increase in conflicts, physical complaints, delinquent behavior and poor concentration



Keeping Your Mental Health Well during COVID-19

COVID-19 has completely turned everyone's lives upside down. Whether you are out there in the trenches as an essential worker, working from home trying to balance family and work life, or have been forced to leave your occupation due to the virus, this time is extremely difficult. One thing that can really be affecting us is our mental health. Whether you have experienced mental health issues previously or not, this is a very delicate time for us all. Mental health may be the last thing you are thinking about when trying to keep your head above water; but it is vital to maintain your wellbeing. We have all essentially been in an unofficial quarantine. One particularly difficult component of quarantine is isolation, especially if the person or group who supports you emotionally, spiritually, and/or mentally, is not someone you have easy access too. Fortunately, there are many wonderful resources and strategies to managing your mental health.

These techniques for managing mental health during the COVID-19 pandemic come from the **National Alliance on Mental Illness (NAMI)**. Helpful recommendations include:

1. Maintain a routine.
2. Take reasonable precautions, but don't go overboard.
3. Finds ways to "get going".
4. Try not to fixate on sleep.
5. Stick to consistent meal times.
6. Follow your regular mental health treatment plan.
7. Practice mindfulness and acceptance techniques.
8. Be kind to yourself.



These are wonderful actions anyone can use. For more details, review the following link.

https://nami.org/Blogs/NAMI-Blog/March-2020/How-to-Protect-Your-Mental-Health-during-the-Coronavirus-Outbreak?gclid=CjwKCAjwnlr1BRAWEiwA6GpwNTvZFOqcnzv9el2ConaKe3UZL_aDr-bnyF1odP2KhCuERMtk3LiKBoCyxYQAvD_BwE

Mental Health America (MHA) provides a great list of resources for staying connected to others. There are times when we just take for granted the ability to see those we love and care about. Quarantine can make this difficult, but the following list gives us additional platforms to connect with those we are missing.

<https://mhanational.org/covid19##ToolsToConnectWithOthers>

Tools To Connect With Others:

Social Support: Getting And Staying Connected

MHA's Inspire Community

An online community where people can connect with others. MHA hosts a dedicated mental health community, but there are communities related to a variety of topics.

Depression and Bipolar Support Alliance (DBSA)'s Online Support Groups

Lyf App

Lyf is a social media app where users share highly personal aspects of themselves without the fear of judgment. It's the one app where you can be yourself or write anonymously and people won't degrade or bring you down.

(Continued on next page)





Tools To Connect With Others: (continued)

Warmlines

Unlike a hotline for those in immediate crisis, warmlines provide early intervention with emotional support that can prevent a crisis. The lines are typically free, confidential peer-support services staffed by those who have experienced mental health conditions themselves. Find a warmline in your area at warmline.org.

#JustCheckingIn

IDONTMIND started a campaign to connect people who are practicing social distancing and encourage others to join in using the hashtag #JustCheckingIn on Instagram.

Bridge Club

Bridge Club is a community-led peer support group for women and gender non-conforming folks who are sober or interested in sobriety. A virtual Bridge Club is available and free to join.

/r/COVID19-support

This is a subreddit offering help and support for those feeling overwhelmed by the news on COVID19.

Online/Phone Meeting Resources for Substance Use Disorder

The Washington Area Intergroup Association has a list of online/phone meetings for individuals who are struggling with substance use and are unable to attend support group meetings at this time.

In The Rooms

In The Rooms is a free online recovery tool that offers 130 weekly online meetings for those recovering from addiction and related issues.

Online Support Community for Parents & Caregivers of Individuals with Substance Use Disorders

Gatherings are an hour long and take place weekly using Zoom (a free video conferencing service available for download on your computer or smartphone; allow extra time to install before joining your first meeting). You are welcome to join any meeting, although specified gatherings are intended to offer insight more tailored to the age of your child.

12steps.org

This is a calendar of online meetings at various different recovery-related websites.

Coronavirus (COVID-19) Support Group and Discussion Community

MHA Partner, Inspire, created a forum where individuals impacted by COVID-19 can connect and share their concerns.

Additional resources for coping with mental health during COVID-19 are listed below. Don't forget, we are all in this together. There is always someone there for you. We can get through this.

- Centers for Disease Control and Prevention- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- Substance Abuse and Mental Health Service Administration (SAMHSA)- <https://www.samhsa.gov/find-help/national-helpline>
- National Alliance on Mental Health (NAMI)- <https://www.nami.org/covid-19-guide>
- National Council for Behavioral Health- <https://www.thenationalcouncil.org/covid19/>
- Centennial Mental Health Center- <https://www.centennialmhc.org/>

Program Highlights



Healthier Weigh 2020 – Health & Fitness Challenge

- ✓ Due to the Stay at Home orders: 135 completed the virtual weigh-out in April - out of 193 enrolled in the challenge.
- ✓ With 3 counties reporting: Total pounds lost = 629.3 and total waist inches lost = 194.2
- ✓ Logan County: 7 people lost 50 pounds and 16.5 waist inches in total
- ✓ Morgan County: 27 people lost 283.3

pounds and 93 waist inches in total

- ✓ Washington County: 44 people lost 296 pounds and 84.7 waist inches in total
- ✓ Yuma County: 25 people lost 306 pounds and 74 waist inches in total

We'll have full program results and impacts coming soon!

Upcoming Events!

- Plains to Peaks: Hike Colorado. Program Fee \$20. Covers food and drinks for 2 hiking trips. Please register by May 20th by calling 970-854-3616 or emailing deeona.johnston@colostate.edu
 - May 23rd – Pawnee Buttes, Grover Colorado
 - June 13th – Devil's Backbone, Loveland Colorado
- Dining with Diabetes - We are working to offer online classes.
- Phillips County Community Garden. The Will Higginbotham Trust donated money to purchase 4 raised garden boxes for the Phillips County Community Garden. The garden boxes will be placed on the Phillips County Event Center grounds. Boxes will be assembled and seeds planted by May 22nd. If you would like to help with the Community Garden, please contact the Phillips County Extension Office for more information.
- Zumba and STRONG30 fitness classes are being hosted online until the Holyoke Fitness Center can open back up. Zumba classes are available from 3pm to 8pm Wednesday and Friday at <https://www.zumba.com/en-US/profile/deeona-johnston/1891875>. Live classes will be available once a week. Check the Phillips County Facebook page for these dates. STRONG30 classes are hosted live Tuesday and Thursday mornings at 6:15am. Register at <https://www.eventbrite.com/e/101310404146> for the Zoom link.



PLAINS TO PEAKS: HIKE COLORADO

RECREATIONAL HIKING PROGRAM

SCHEDULED HIKES:

MAY 23RD
PAWNEE BUTTES,
GROVER, CO

JUNE 13TH
DEVIL'S BACKBONE,
LOVELAND, CO

REGISTER BY
MAY 20TH!! \$20
PROGRAM FEE.

LATE
REGISTRATION
MAY 21ST - MAY
22ND, \$40 FEE.
CALL 970-854-
3616 FOR MORE
INFORMATION

EXTENSION PROGRAMS ARE AVAILABLE TO ALL WITHOUT DISCRIMINATION.



CSU Extension – NE Colorado FCS – In this time of no/limited personal contact, we're all using social media!

<https://www.facebook.com/CSUExtensionNortheastFCS>

<https://www.facebook.com/PhillipsCountyExtension/>

CSU Extension – Logan County: <https://www.facebook.com/csuextensionlogancounty/?tn=%2Cd%2CP-R&eid=ARCS5-NbtiQryVnN5X5I3c5--hwVu-1ZfnhynwZsPotP7AZIVStJaoCEoaVYzZjBFhCH0tHJLHaJxQuQ>

CSU Extension – Morgan County: <https://www.facebook.com/extensionmorgancounty/>

<https://www.facebook.com/joy.akey>

<https://www.facebook.com/gisele.jefferson.9>