

CFAES**OHIO STATE UNIVERSITY EXTENSION**

Morrow County SCARLET & GRAY News

Volume 17 Issue 2 • April/May 2021

Family & Consumer Sciences: the art & science of living well in a complex world

Living Well in a Challenging World

Today, our society is faced with unprecedented challenges: from record rates of obesity and chronic disease, to staggering consumer debt and the ever-evolving future of work, to the complexities of navigating family life. Americans are faced with more hurdles to success than ever before.

While these challenges are daunting, a solution is already well within reach: Family & Consumer Sciences (FCS).

What is FCS?

In short, FCS is the key to success in today's complex and challenging world. FCS provides the tools, the know-how and the resilience to meet any challenge head-on. From learning the value of a dollar, knowing how to prepare healthy meals and having the confidence to seek out and grasp opportunities, a foundation in FCS is a foundation for a successful life.

From the classroom to the boardroom, and everywhere in between, FCS professionals use an evidence-based approach to help people lay the groundwork for long, healthy and successful lives.

Our Success is Your Success

FCS professionals are the coaches helping people overcome real-world obstacles. We are mentors making common sense out of complex issues. We are preparing people today for tomorrow's challenges. We are architects of resilience and builders of success. We are FCS.

ASK ME ABOUT...



Raising Voices, Visibility & Value
of Family and Consumer Sciences
#FCSsuccess

OSU Extension-Morrow County Family and Consumer Sciences – Feedback Survey

By Candace J. Heer,
Extension Educator,

Family and Consumer Sciences
<https://go.osu.edu/surveymorrowextensionfcs>

This survey is open through June 30, 2021.

We are interested in obtaining your feedback about Family and Consumer Sciences (FCS) awareness and interest in programs through Morrow County Extension. An anonymous survey, at this link <https://go.osu.edu/surveymorrowextensionfcs>, will take approximately 5 minutes to complete. The link to the survey can also be found on our website at morrow.osu.edu.

If you would like help in completing the survey, please call our office at 419-947-1070 and someone will assist you. In the survey, you will also have an opportunity to provide your email to be placed on our FCS Program Information and Invitation list and your responses will not

be linked to your information. This survey is open through June 30, 2021.

If you have questions about this survey or Family and Consumer Sciences in general, please contact me at heer.7@osu.edu and at the OSUE-Morrow County office number 419-947-1070.

Thank you for completing this survey. Your feedback will help guide future FCS programming in Morrow County.



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COLLEGE OF FOOD, AGRICULTURAL
AND ENVIRONMENTAL SCIENCES
Ohio State University Extension
5362 US Highway 42
Suite 101
Mt. Gilead, OH 43338

Trash Bash 2020! Thank you 4-H volunteers!



Stats from the
2020 Trash Bash:

1,524.5
pounds

41 volunteers

21
miles
of road-
ways

23 hours of time

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FAMILY & CONSUMER SCIENCES



Supporting grandparents who are parenting again

<https://insights.osu.edu/life/kinship-caregivers>

Grandparents raising their grandchildren face a variety of challenges, many of those difficulties unique because of the caregivers' own health or financial well-being.

Ohio State experts say kinship caregivers' many challenges are complex and have been made even more difficult in the past year because of the COVID-19 pandemic. Kinship caregivers are family members, such as grandparents or aunts and uncles, who are the primary caregiver for a child in place of biological parents.

"This is a population that needs support, and we shouldn't overlook them," said Angela Provenzano, a second-year student in the doctorate of occupational therapy program at Ohio State.

An unseen issue

Still, the topic of kinship caregiving doesn't generate much public attention — even though about 100,000 grandparents in Ohio are currently raising their grandchildren, with 39% of those households not having a parent present.

"The main problem is most people don't even recognize it as an issue," Provenzano said. "It's

like, 'Oh, they're just taking care of their family. It's not a big deal; that's what they're supposed to do.' But it's really so much more than that."

Provenzano has spent the past 10 months working to help kinship caregivers, most of them grandparents, in a weekly online support group that she formed in partnership with the Ohio Grandparent/Kinship Coalition.

Ohio State named Provenzano a 2020-21 Columbus-Athens Schweitzer Fellow for her idea to create the support group, which has grown to include an email list of 50 kinship caregivers in Ohio and an average of 10 to 12 participants in weekly Zoom meetings.

"What I've heard from the caregivers," Provenzano said, "is how this support group has been really helpful for their mental health, because they have nowhere else to go and no one else to talk to about their day-to-day struggles."

Provenzano has also had guest speakers in the one-hour group meetings share their expertise and resource information. She has created a website that addresses topics and issues that the caregivers have raised in discussion.

"There are so many topics to cover because taking the role of a kinship caregiver comes with so many complex layers," Provenzano said. "To start off with, when grandparents take in their grandchildren, there is normally a traumatic situation involved with the parents and the child. There is often drug addiction or neglect or just instability. It stems from a place of brokenness. That's one of the issues you might not think about at the forefront."

The caregivers, by nature, are tempted to forget about their own needs while raising their grandchildren or other family members.

"Being the givers, they default to meeting the needs of the child and worrying about them," Provenzano said. "They're doing this while struggling with physical or mental health themselves. I try to emphasize in support group meetings that you have to take care of yourself before you can give to someone else."

A pandemic challenge

How to deal with home-schooling the children during COVID-19 has been the issue grandparents have most often raised in their group meetings, Provenzano said.

"Having kids at home all day is really exhausting," Provenzano said. "This is on top of

needing to meet their educational needs and all of their sensory needs. And on top of that, some caregivers have to work. It's such a barrier."

"I know some grandparents who are caregivers have had to leave their jobs because their job hours don't fit with the kids' hours being home from school, and they can't afford child-care. There's no easy solution."

Grandparents who are raising grandchildren sometimes face custody issues, which Provenzano said relates to another major problem expressed by the kinship caregivers: how to navigate the legal system.

"It's something that's never broken down to caregivers," Provenzano said. "They feel lost because it is so foreign to them. We've had lawyers come in and show the caregivers options, and that has been really empowering for them. They feel like they have more control or understanding in that realm."

Providing a support system

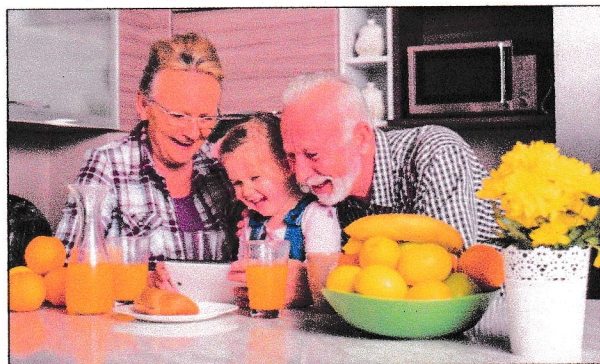
Empowerment is also needed for kinship caregivers in a more general sense. Provenzano's work helps grandparents find communities who can offer friendship, support and understanding.

"They're usually kind of isolated from their own peer group and also from the peer group of the parents in the school system," Provenzano said. "Grandparents might not know how common it is to be a kinship caregiver until they meet other people who are and realize that they're not facing their issues alone. It's not necessarily them doing something wrong or facing a challenge unique to them."

That understanding has come to life in Provenzano's online support group. She has witnessed a community spirit develop among the regular attendees over the past 10 months.

"I can stay quiet the whole meeting," Provenzano said. "They're all supporting one another without me even having to step in or guide the conversation at all. That's been really cool to see, and it's the biggest marker of success."

"We have new people come in, and they feel it's a comfortable environment because they see how well people are connecting and how open they are to sharing. People definitely see value in it and come back — not for me or for their own knowledge, but they come back for the relationships, to support each other and to be friends. Now it really feels like family."



Food Safety Manager Training

OSU Extension-Morrow County offers in-person manager level training for food service managers, operators, and owners with accurate, up-to-date information on all aspects of handling food, from receiving and storing to preparing and serving.

Upon successful completion of the course and exam, participants receive a ServSafe® Certificate and an Ohio Department of Health Food Protection Certificate. You must attend the entire training to take the exam.

• In-person Class Series Dates: June 14, 21, 28 from 9 a.m. – 3 p.m.

• Fee per person: \$75 for business located in Morrow County (offset by levy funds) and \$150 for business located outside of Morrow County

• Register online at this link:

<https://go.osu.edu/registration-foodsafety-manager-june2021> OR

Register by contacting our office at: 419-947-1070

• Payment to guarantee your registration is required by: May 31, 2021

• Contact for questions: Candace Heer at 419-947-1070 or heer.7@osu.edu

Make an Appointment for Pressure Canner Testing

Home canning of vegetables, meat and poultry all require processing in a pressure canner to destroy the bacterium *Clostridium botulinum*. Following USDA recommendations, pressure canners with dial gauges should be tested for accuracy each year to ensure safe home food preservation. During each 30-minute appointment, the dial-gauge will be tested against a calibrated Master gauge for accuracy. I will also do a safety check on the canner. Educational materials will be available and I will be happy to answer your food preservation questions.

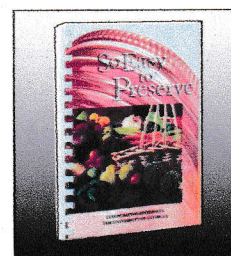
• \$5 fee per canner lid for non-residents of

Morrow County

• No fee per canner lid for residents of Morrow County (levy funds)

Various dates and times are provided for May, June, and July - select appointment times at this link <https://go.osu.edu/cannertestingmorrow2021> or call our office at 419-947-1070 to register for an appointment. The link can also be found on our website at morrow.osu.edu. Registration will close at 9 AM the day before the event.

Contact Candace at heer.7@osu.edu or 419-947-1070 for questions.



So Easy to Preserve Books available for purchase

OSU Extension - Morrow County has *So Easy to Preserve* (Sixth Edition, 2014) books available from the National Center for Home Food Preservation at the University of Georgia for \$15.00 each.

Call 419-947-1070 to schedule a time to pick up a book today!



FAMILY & CONSUMER SCIENCES



10 tips for building up your resilience

By Bernadette Mazurek Melnyk, Chief Wellness Officer, The Ohio State University

We all face stress — at home and work, in relationships or because of unexpected circumstances.

But did you know that how we react to stress can have immediate effects on our immune systems and lasting implications on our health and well-being?

It's why building up resilience is crucial, said Bernadette Melnyk, chief wellness officer at The Ohio State University.

Melnyk and other Ohio State researchers teamed up with Everyday Health to study resilience. In a 2019 nationwide survey, they found that most Americans overestimate their ability to cope with life's challenges, and less resilient people experience more depression and physical health problems.

Anxiety disorders affect one in three adults, according to the National Institute of Mental Health. Depression is the leading cause of disability around the world, costing the U.S. economy \$210 billion in lost productivity each year.

The good news is that resilience is like a muscle that you can train to be stronger. Grounded in research, Melnyk offers the following 10 tips for those looking to strengthen themselves in preparation for life's challenges.

1. Practice self-care.

List all the ways you could improve on your mental, emotional and physical health, and then take action to make one small change at a time. It takes 30 to 60 days for a new health habit to stick, so be patient with yourself.

2. See yourself as in control.

Focus on how you, as opposed to external forces, can control the outcome of events. Try this four-step approach to solving problems:

- Identify the problem.
- Identify at least two ways to solve the problem with the pros and cons of each.
- Choose the best solution.
- Act on it right away.

If there is nothing you can do to solve a problem, consider helping someone else. You still have control over how you affect others, and that can boost your spirits.

3. Reframe negative thoughts.

Cognitive behavioral therapy experts tell us that how we think affects how we feel and behave. You can retrain your responses to difficulties in your life — both those in your memories and the difficulties you will face in the future. A positive outlook can help you to cope better.

Only 33% of Americans are likely to ask for help or counseling when faced with negative situations, according to The Ohio State University and Everyday Health's 2019 State of Resilience.

4. Increase positive thinking.

Optimism can help you feel more in control of your circumstances.

When you feel stressed, anxious, depressed or angry, ask yourself: "What was just going through my mind?" and "Is this thinking helpful? Is it true? Do I have the evidence to back it up?" If the answer to these questions is no, turn the negative thinking around to positive to feel emotionally better.

It might seem difficult to suddenly become an optimist and see the bright side of things, especially if you are facing a rough patch in life. You

do not have to sugarcoat things to be optimistic. Instead, focus on what you can do, and identify positive steps you can take to solve problems.

Evidence shows that when you believe in your ability to handle difficult situations, you will be able to handle them better.

5. Learn coping skills.

Find ways to release stress daily and learn techniques to reduce anxiety, such as deep breathing and meditation. Bringing yourself back to a calm place when you are stressed can keep tensions from overwhelming you in the long run.

Spend time with those you care about, and play — yes, grownups — with your children, pets or friends. Exercise boosts happiness, as does participation in activities and hobbies you enjoy.

The key component to all of these is consciously making time for them.

6. Practice gratitude.

Make a daily routine of writing down three people or things you're grateful for, and then dwell on the positive feelings that gratitude brings. Reflect on what's going well in your life and how you contributed to it.

You have the power to drive positive emotions within.

7. Nurture your network.

Rely on family, friends and co-workers when needed, and continue to grow your social network.

Studies show that even "weak ties" — friendships that don't go very deep — go far in bolstering our sense of well-being. Befriend more people by taking time to say hello, learning their names and spending a moment in friendly conversation.

Reach out to people you've lost touch with, and get to know your neighbors.

8. Know your strengths and areas for improvement.

Positive psychology — the scientific study of what makes life worth living — focuses on identifying and building on our strengths.

Knowing what you do well and what stresses you out can help you deal with difficult situations and avoid things that might overwhelm you.

To find your strengths, make a list of some triumphs in your life and how you achieved them. Ask a few friends to list your strengths; you may be surprised at what they see in you.

Also, inventory the things that scare you or that you feel you need to improve. Then, make a plan for how you will deal with or improve them. Look at tough times as character-building experiences.

While most people surveyed believed that they have high levels of mental and physical resilience, only about 57% really do, according to the State of Resilience study from 2019.

9. Be here now.

Now is a great time to reconsider your interests and passions — and to take on a project or hobby that lets you exercise them. Allow yourself to become completely absorbed in the moment, doing something you love.

Mindfulness techniques such as meditation, yoga and Tai Chi also can help you ground yourself in the present moment. Take time to savor the beauty of nature, a piece of music or artwork that moves you. Slow down and savor some moments throughout the day.

10. Find purpose and passion in life.

When you are aligned with your dreams, you have the most energy. If you could have any dream that you could accomplish in the next five years, what would you do?

When you follow your north star, you have energy and you feel positive. Go after what you are passionate about and find meaning in life.

"Be patient with yourself," Melnyk said of making new habits routine. "Inch by inch, it's a cinch. Yard by yard, it's hard."

<https://insights.osu.edu/health/building-resilience>

Financial Q&A - Ask OSU Extension

Do you have a financial question? You're not alone! Our county-based Family and Consumer Sciences Extension educators are here to answer your questions and are offering FREE financial education and tools to assist families in improving both present and future economic well-being. Submit your question and an Extension educator will respond within 5 business days.

To submit a question, visit go.osu.edu/AskOSUExtension

Chow Line: Is it food poisoning?

By Tracy Turner,

turner.490@osu.edu, 614-688-1067

I had stomach cramps not long after eating food I typically don't eat. How do I know if I had food poisoning or if it was something else?

The symptoms of food poisoning vary depending on the type of germ to which you've been exposed, but there are some common signs that can indicate whether you've been exposed to a foodborne illness.

The most common signs include stomach cramps, upset stomach, nausea, vomiting, diarrhea, and fever. Some bacteria, such as *Listeria* can cause flu-like symptoms.

It's important to note that symptoms of food poisoning can range from mild to serious and that some of them can come on as quickly as 30 minutes after you eat or as long as four weeks after you've eaten something that contains a foodborne pathogen, according to the Centers for Disease Control and Prevention.

The time it takes for symptoms of a foodborne illness to manifest really depends on the germ. For example, according to the CDC, if you consume foods that are contaminated with

• *Staphylococcus aureus* (staph), symptoms could appear as soon as 30 minutes to six hours later.

• *Clostridium perfringens*, symptoms could appear as soon as six to 24 hours later.

• Norovirus, symptoms could appear as soon as 12 to 48 hours later.

• *Salmonella*, symptoms could appear as soon as 12 to 72 hours later.

• *Clostridium botulinum* (botulism), symptoms could appear as soon as 18 to 36 hours later.

• *Vibrio vulnificus*, symptoms could appear as soon as one to four days later.

• *Campylobacter*, symptoms could appear as soon as two to five days later.

• *E. coli*, symptoms could appear three to four days later.

• *Cyclospora*, symptoms could appear one week later.

• *Listeria monocytogenes*, symptoms could appear one to four weeks later.

Some people may experience symptoms that last several hours or several days, said Sanja 6, the state food safety specialist for Ohio State

University Extension. OSU Extension is the outreach arm of The Ohio State University College of Food, Agricultural, and Environmental Sciences (CFAES).

"While most people experience only a mild illness, people with underlying conditions that weaken their immune system may experience severe outcomes that require them to be hospitalized," she said.

So how do you know if you should see a doctor for your symptoms? The CDC advises people to seek medical attention for severe symptoms, including:

- Blood in your stool.
- A high fever, typically over 101.5 degrees Fahrenheit, measured with an oral thermometer.
- Diarrhea that lasts more than three days.
- Frequent vomiting that prevents you from keeping down liquids, as this can lead to dehydration.

• Signs of dehydration, which can be marked by a decrease in urination, a very dry mouth and throat, or feeling dizzy upon standing.

Sources/Reviewer: Sanja Ilic, OSU Extension, Food Safety

OSU EXTENSION CALENDAR OF EVENTS

MARCH 2021

- 29 CARTEENS, 6:30 pm – Ag Credit 2nd Floor Conference Room

APRIL 2021

- 5 Jr. Fair Board, 7 pm
7 Morrow County Cattlemen's Meeting, 6:30 pm, Ag Credit 2nd Floor Conference Room
8 Pork Producers, 7 pm, Ag Credit 2nd Floor Conference Room
12 New 4-H Volunteer Training, 6:30 pm, RSVP Required
15 Horse and Pony Committee, 7:30 pm
19 County Quality Assurance Test-out, see article
19 Livestock Sale Committee, 7 pm, Ag Credit 2nd Floor Conference Room
20 CARTEENS, 6:30 pm – Ag Credit 2nd Floor Conference Room
22 BQA (Beef Quality Assurance) Re-Certification & Certification, 6 pm, Ag Credit 2nd Floor Conference Room **Pre-Registration is required**
30 **4-H Project Enrollments Due!!!!**
30 REGISTRATION DUE: Career Exploration Workshop – Construction and Automotive Trades

MAY 2021

- 3 Jr. Fair Board, 7 pm
5 Morrow County Cattlemen's Meeting, 6:30 pm, Ag Credit 2nd Floor Conference Room

- 8 Career Exploration Workshop – Construction and Automotive Trades, Tri-Rivers Career Center, 9 am
13 Pork Producers, 7 pm, Ag Credit 2nd Floor Conference Room
20 Horse and Pony Committee, 7:30 pm
31 Happy Memorial Day - Office Closed
31 AIM, Adventures In Morrow, Explore our parks begins.

JUNE 2021

- 5 Feeder Calves Weigh-In
7 Jr. Fair Board, 7 pm, Fair Grounds Youth Building
7 **Jr. Fair Entries Due**
8 REGISTRATION DUE: 4-H Illustrated Talk or Demonstration, Health and Safety Speaking Contest, and Public Speaking - LEGO Edition Contest
9 CARTEENS, 6:30 pm – Ag Credit 2nd Floor Conference Room
10 Pork Producers, 7 pm, Ag Credit 2nd Floor Conference Room
11 Early 4-H Project Judging Registration due
12 Horse PAS State Fair Qualifying Show, Fair Grounds
15 4-H Illustrated Talk or Demonstration, Ag Credit 2nd Floor Conference Room, 6 pm
15 Health and Safety Speaking Contest, Ag Credit 2nd Floor Conference Room, 7 pm
15 Public Speaking - LEGO Edition Contest, Ag Credit 2nd Floor Conference Room, 7 pm

- 17 Horse and Pony Committee, 8 pm, Ag Credit 2nd Floor Conference Room
20 Ohio State Fair Livestock and Dog entries due
21 Early 4-H Project Judging, 6 pm, Youth Building
27 Horse PAS State Fair Qualifying Show, Fair Grounds
30 Writing 4-H Projects due to the Extension Office

JULY 2021

- 5 Jr. Fair Board, 7 pm, Fair Grounds Youth Building
8 Pork Producers, 7 pm, Ag Credit 2nd Floor Conference Room
9-13 4-H Camp
10 Morrow County Dairy Tour, Berg Farms, 10-2 pm (see flyer in newsletter)
15 Agriculture, FCS, Small Animal and STEM 4-H Project Judging by appointment
15 Horse and Pony Committee, 8 pm, Ag Credit 2nd Floor Conference Room
16 Food and Nutrition 4-H Project Judging by appointment, morning
16 Clothing and Quilt 4-H Project Judging by appointment, afternoon, Style Show at 7 pm
16 REGISTRATION DUE: Cloverbud Fun Day
20 CARTEENS, 6:30 pm – Ag Credit 2nd Floor Conference Room
24 Cloverbud Fun Day, location TBD, 9 a.m.
24 Cattle Hoof Trimming, 8:30 am

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: <http://go.osu.edu/cfaesdiversity>.

THANK YOU Central Ohio Farmer's Co-op
for over 36 years of donations toward 4-H project books!
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