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We Can Do This!

Coping with COVID, Issue 2

Resources compiled by Extension Lincoln County

Editor: Debbie Moellendorf Production: Rebecca Kludy



Quick Guide to information you can use!

1	Tips for the Outdoors
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Tips to Enjoy the Outdoors and Avoid the Spread of COVID

DO

- ◇ Visit parks close to your home.
- ◇ Contact the business or check the website or mobile app so you know if campgrounds and parks are open as well as what services are available.
- ◇ If you're using shared equipment (such as between you and a non-household member, or at a park or business that rents kayaks or bikes), wipe it down before and after use or talk to the business about their cleaning and disinfecting process between renters.
- ◇ When camping only camp with members of your household.
- ◇ Before you go to a park or campground, make sure you've packed water and snacks to avoid having to stop at the store.
- ◇ Wash your hands with soap and water for at least 20 seconds before and after your activity and after going to the bathroom, before eating, and after blowing your nose, coughing, or sneezing.
- ◇ Bring hand sanitizer with at least 60% alcohol to use if soap and water are not available.
- ◇ While running, walking, or biking, maintain a distance of at least six feet between yourself and others.
- ◇ If you plan to go hiking, choose a less popular trail -- one that isn't used as often and where you avoid the possibility of running into crowds.
- ◇ Leave the area if you can not maintain 6 feet distance from others.
- ◇ Go straight home after your activity. The less time you spend away from your home, the less likely you are to spread COVID-19.
- ◇ Be mindful about the surfaces you touch when you're out. For instance, use your elbow to touch crosswalk buttons instead of your hand.



DON'T

- ◇ Do **NOT** visit public areas if you are sick or were recently exposed to COVID-19.
- ◇ Do **NOT** touch the cap of your water bottle with dirty hands. If you happen to do so, take the time to clean your water bottle.
- ◇ Do **NOT** gather in groups.
- ◇ Try not to use public restrooms, but if you must, sanitize any surfaces before and after use.
- ◇ Do **NOT** touch your face once you're out and about.
- ◇ Do **NOT** use exercise as an excuse to ignore physical distancing standards.
- ◇ Do **NOT** visit crowded parks or go to parks during peak times.
- ◇ Do **NOT** put yourself or others at risk by ignoring the advice of health professionals.

Lincoln County Health Department

Look for "Mindful Minutes" throughout the flyer! These little mediations will help you calm your mind and help you better deal with the stress of the moment.

Adapted from Jackie Carattini, Extension Wood County and Extension Health and Well-being webpage

Mindful Minute

Focus on your Breath

Take a minute to stop everything and just focus on your breathing. Can you do it? Still your mind and focus?

Sounds simple right? Chances are if you are like most adults you found it challenging to calm your mind for more than a few seconds. However, research tells us this is vital to combatting a huge crisis in today's health... **STRESS!**

Concentrate on taking deep slow breathes. In through your nose and exhale loudly out of your mouth. Try to do 5-10 slow deep breathes per day. This practice of slow deep breathing can decrease your heart rate and overall blood pressure.

The next time you're feeling anxious, remember: no matter where you are, you always have your breath.

Turn Your Blues to Greens with Container Gardening

In the previous article I discussed how to grow your favorite vegetables and flowers in containers. Once you have your pot and have planted it (or planning on planting once the cold weather passes), care needs to be taken to ensure your plantings have enough water and fertilizer to produce those vegetables or blossoms you have been waiting for.

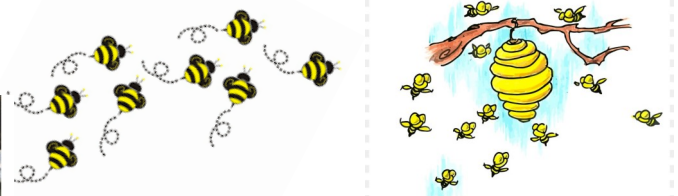
Adequate watering is necessary for a successful garden. Garden vegetables require at least one inch of rain per week. If your garden is in a raised bed, there are a variety of water meters you can purchase to monitor the amount of water being put on the garden. For container gardens, apply enough water until it starts coming out of the bottom of the container.

The different soil mixes determine how often you need to water. Soilless mixes require more water due to its inability to hold large amounts of moisture. These types of potting mixes require about twice as much water than the mixes that contain soil. The type and size of container also affects the amount of water required to grow plants. Terra cotta pots dry out quickly as do small pots. Containers that contain at least two gallons of soil and are made of plastic, glazed clay pots, or wood tend to hold water better.

Since soilless mix may not contain nutrients to support the plants, there are a couple products you can apply to soilless mixes. The first is to use slow release fertilizers to the potting mix. These fertilizers will slowly release the nutrients to the plant as it comes in contact with water. Another method is to use liquid or water soluble fertilizer that can be mixed with water and applied during watering. These products should be applied while the soil is moist to avoid potentially burning the plant. Typically these fertilizers are reapplied every two weeks to provide enough nutrients to the plants. At times you can use these products at half rate every time you water. Always read and follow the directions for each of these fertilizers before using them to prevent damaging the plant.

If you have any further questions on gardening or have other questions related to horticulture or agriculture please feel free to contact me at dan.marzu@wisc.edu or by phone at [608-265-2502](tel:608-265-2502).

Dan Marzu, Agriculture Educator, University of Wisconsin-Division of Extension, Lincoln County



Now is the time to take good care of yourself and develop coping skills that work for you.

Here are some things you can do to help yourself during these uncertain times.

- Eat foods that are good for you.
- Get a good night's sleep; limit screen time before bed.
- Try to get some exercise daily.
- Reach out to family and friends through calls, texts, or video chats.
- Set boundaries to not let the pandemic take over everything you watch, talk about or read. Ask friends and family to talk about something else if needed.
- Find positive ways to manage your emotions such as reading, music, breathing, stretching, and relaxation.
- Avoid self-medicating with alcohol, drugs, or other risky behaviors.
- Monitor changes of any preexisting mental health conditions you have.
- Check in with yourself daily and ask for help if you need it.

HEALTH AND WELL-BEING INSTITUTE

Highlights of Taking Care of You

Explore ways to take better care of yourself and manage stress in weekly 30-minute Zoom sessions!

8 week program starting Tuesday, June 2, 2020
Time: 11:00-11:30 AM and 4:00-4:30 PM

Register Here: <https://forms.gle/4ZY3mXDmnNpJ5J2b7>

Questions? Contact Carrie Kubacki at carrie.kubacki@wisc.edu or
Debbie Moellendorf at deborah.moellendorf@wisc.edu



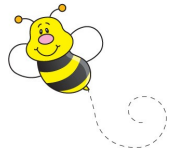
To learn more visit resilient.wisconsin.gov.

Managing Finances in Tough Times

The Covid-19 pandemic has us all thinking about how to adapt to guidelines to keep our loved ones and ourselves healthy and safe. Added to this stress is the uncertainty about economic conditions and how this may affect our personal finances.

“Most of us have our daily spending on autopilot,” notes Peggy Olive, University of Wisconsin-Madison Financial Capability Specialist. “Having to change our routines can also provide an opportunity to rethink our household spending for the coming months.”

If a family is facing a large drop in income or unexpected expenses, keeping up with financial obligations, like a mortgage, car payment, or student loan, can become a challenge. If it appears that money will be too tight to make an upcoming payment, contact creditors before missing any payments. Many creditors are willing to set up special payment plans or waive late fees, especially if an individual has a good track record of keeping up with past payments. Some mortgage lenders and credit card companies have hardship plans in place allowing extra time for bills or to set up payment plans to lower monthly minimum required payments.



Every budget starts with knowing how much money is coming into the household every month. How certain that amount of income is or how much it may fluctuate will be different for each household. Use any reliable sources of income as the bottom line for how much money is available to work with each month. Occasional sources of income, like tips, commissions, or side jobs, can be added into the budget once the money is received, but may not be as reliable when the economy is in recession.

The second step is to track your spending starting today if you don't already do this. A spending plan can help to keep track of large bills that are due and to avoid late fees. You can use a notebook to write down daily spending and monthly bills. There are many free online spending websites, apps, and templates that may be useful too. One resource for budgeting worksheets and links is the UW-Madison Division of Extension “Managing Your Personal Finances in Tough Times” website at fyi.extension.wisc.edu/toughtimes.

Tracking spending and bills over the prior month provides an opportunity to look at regularly occurring expenses, such as rent or mortgage, car payment or other transportation costs, student loans, utilities, and credit cards. These regular expenses are usually easier to plan for and to keep track of than daily groceries or gas purchases, but they are also the biggest chunk of a household's spending. It can also be helpful to project additional expenses that may be due in the coming months, such as a quarterly car insurance payment.

After tracking spending for one month and planning for irregular expenses, the final step is to compare total spending to income. If a household spends less than it brings in each month, the difference is a great opportunity to add to emergency savings or other goals. Having this unspent income directly deposited into a savings account is an excellent way to set aside funds without being tempted to spend the money first.

“It's not unusual for household spending to be greater than income a few months out of the year, even in the best of times,” adds Olive. “If it looks like monthly spending will be more than income every month, that's a sign to take steps now.”

To avoid problems keeping up with payments or building up an unmanageable level of credit card debt, a solution might be as simple as a few cuts to spending, especially smaller habits like buying extra treats at the grocery store or putting off purchases to replace clothes or household items. A bigger shortfall in income could require a bigger lifestyle change or looking for other temporary or one-time sources of income. Some credit unions and other organizations may offer emergency loans for families facing hardships. These can be valuable tools, but should only be used in a real emergency.

Setting priorities for spending is an essential step in balancing a household budget — especially when less money is available. UW-Madison Division of Extension offers tips and worksheets on managing personal finances in tough times, and how to prioritize bills when there's not enough income to cover all expenses. Find these resources at fyi.extension.wisc.edu/toughtimes. For more information and educational resources on managing your family's finances, contact your local Extension office at counties.extension.wisc.edu.

Amanda Kostman, Outreach Specialist, Human Development and Relationships Extension Educator, Walworth County



Mindful Minute

Keep Your Sense of Humor

Laughing is one of the most powerful means of reducing stress.

- Watch silly cat/dog or “Try not to laugh” videos.
- Google “funniest websites” and see what you find.
- Reminisce with a friend or family member about a funny experience you shared together.
- Rewatch a old TV Show that you remember made you laugh.
- Search for “Dad Jokes” or “Puns for Kids”.

LINCOLN COUNTY RESOURCES



Be strong enough to accept help when you need it!

With the uncertainty and changes surrounding the COVID pandemic, this is a challenging time for everyone.

We all need help, whether it is finding childcare, resources to keep our business afloat, help with food and financial issues, or looking for ideas on how to stay active, connected and in control of our lives. The Lincoln County Social Needs list provides easy access to a wide variety of resources to help us all cope with these uncertain times.

bit.ly/LincolnCountyResources

You can call 211 for information and referrals on resources available in your area. 211 is available by phone 24/7.

More resources and information can also be found on the Extension Lincoln County COVID page (bit.ly/ExtLinCOVID)

You don't have to go it alone, there is help.



Social Needs resources list was compiled by Lincoln County Social Needs Committee.

Together, we can do this!

CARES ACT Expands Unemployment Programs

If you, or someone you know, cannot work due to the coronavirus public health emergency, and are not traditionally eligible for unemployment benefits, you may be eligible for assistance under the Pandemic Unemployment Assistance (PUA) program. The CARES Act enabled individuals in the following circumstances to receive unemployment benefits:

- Those who are self-employed
- Certain independent contractors
- Individuals with limited recent work history
- Other workers not covered by regular UI

For additional information on the pandemic unemployment program or to apply for the program, please visit: dwd.wisconsin.gov/uiben/pua/apply or the WI Department of Workforce Development can be reached at: [\(608\) 266-3131](tel:6082663131)

Also, the CARES Act provided a temporary emergency increase of \$600 per week in unemployment benefits. Individuals receiving either traditional unemployment insurance or pandemic unemployment assistance will automatically receive payments under the Federal Pandemic Unemployment Compensation program. For more information on this program, please visit: dwd.wisconsin.gov/uiben/fpuc

Melinda Osterberg, Community Development Educator,
Extension Lincoln County

Be kind to everyone in your life....



including yourself!

Mindful Minute

Know how to refocus!

Unfortunately, stress can be all around us, it can be positive like the birth of a new baby or negative like our failing health. The key question is: how do you refocus?

Do you use your breath? We know, slow deep breathing can lower our blood pressure.

Do you crank up your favorite music and sing, hum or dance along? Music is known to boost spirits.

Have you tried coloring or pulling out a puzzle? These are also known to have a calming effect.

Have you been remembering to get some physical activity? Remember ANY movement is good movement!

Are you remembering to be social? Schedule daily "check-ins" with a friend or loved one. This could be on the phone or a virtual visit using your smart phone or tablet.

Remember: stress will always be there, but you always have the ability to refocus.

20 SECOND MEDITATIONS



For effective handwashing practices, the CDC recommends wetting then lathering hands with soap, then scrubbing them for a minimum of 20 seconds before rising and drying on a clean towel.

You can use even this small amount of time while washing your hands for self-care by practicing one or more of the 20 Second Meditations below!

Deep Breathing

Breathe deeply and slowly in through the nose and out through the mouth. On the inhale, feel your belly expand, while on the exhale, feel your belly soften.

Body Scan

Bring attention to your physical body. Starting with the top of your head, bring your awareness to forehead, jaw, neck, etc, working down your body. Notice any tenseness. If found, release the tension as you breathe. Scan your body as time allows, coming back to areas you missed next time.

Notice What You Are Noticing

Simply bring awareness to your thoughts and feelings. For example, "I am noticing I am washing my hands", "I am noticing a feeling of anxiety", "I am noticing my shoulders feel tense". Checking in with yourself can help with self-care.

Words of Affirmation/Gratitude

As you wash, repeat to yourself helpful, encouraging words, depending on how you are feeling. "This too shall pass", "I am present at this moment", "I am at peace", etc. Or name the things that bring about a feeling of gratitude.

My Happy Place

Visualize yourself at a place that feels comfortable and safe for you. This can be a real place you've been, or one in your imagination. Close your eyes if it helps. Picture sights you'd see, sounds you'd hear, things you'd feel if you were in this place.

Self-Compassion

Allow yourself to feel your feelings without judgement. Notice how you are doing the best you can in unknown situations. Notice the power of vulnerability and reaching out if it feels right. Remind yourself to be gentle with yourself.



Looking for an alternative to singing the ABCs twice while washing your hands? Check out the songs below which have 20 second choruses!

1. "Love On Top," by Beyoncé
2. "Truth Hurts," by Lizzo
3. "Jolene," by Dolly Parton
4. "Somewhere Over the Rainbow," from the Wizard of Oz
5. "The Sound of Music," from The Sound of Music
6. "My Shot," from Hamilton
7. "Hands Clean," by Alanis Morissette
8. "Karma Chameleon," by Culture Club
9. "Stayin' Alive," by The BeeGees (also a favorite song for performing CPR)
10. "Toxic," by Britney Spears
11. "Livin' On a Prayer," by Bon Jovi
12. "No Scrubs," by TLC
13. "Raspberry Beret," by Prince
14. "Landslide," by Fleetwood Mac
15. "Love Shack" by The B-52's

Source: <https://www.today.com/health/songs-sing-while-washing-hands-coronavirus-hand-washing-songs-t175755>



An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.

Como empleador que brinda igualdad de oportunidades en el empleo y acción afirmativa (EEO/AA, por sus siglas en inglés), la University of Wisconsin-Madison Division of Extension, proporciona igualdad de oportunidades en el empleo y en sus programas, incluyendo los requisitos del Título VI, Título IX, y de la ley federal para personas con discapacidades en los Estados Unidos (ADA, por sus siglas en inglés) y los requisitos de la Section 504 del Rehabilitation Act.

Suggestions are compiled by UW Madison - Division of Extension Educators. They are offered as samples for your reference only and are not intended to represent the best or only approach to any particular issue.



Tips for Food Safety in the Time of COVID-19

Everyone is working hard right now to keep ourselves, our family, and our communities healthy. Two important practices we can all do to protect against COVID-19 is to maintain physical distancing of 6 feet while on essential trips, such as getting food, and frequent hand washing. Here are helpful food safety tips for when you get home.

Wash hands often

- with soap and water for at least 20 seconds
- as soon as you get home
- after putting groceries away
- before and after preparing food
- before eating or serving others

Clean food preparation surfaces

- wash with warm water and soap to remove germs, dirt, and food debris
- rinse away debris and soapy water with warm water
- disinfect these now clean surfaces with a dilute bleach solution or household cleaner, use as directed, by spraying or wiping on surface and letting air dry. *Bleach disinfectant for kitchens 1 teaspoon bleach per quart (4 cups) of water*

Store foods properly

- keep your refrigerator at 40°F or below and your freezer at 0°F or below
- refrigerate leftovers within 2 hours of preparing
- store raw meat on the lower shelf of your refrigerator (in a pan or on a plate to prevent it from dripping) and keep fruits and vegetables separate

Keep fruits and vegetables a part of your diet

- with fresh, frozen, or canned all being healthy options
- focus on adding fruits and vegetables to all meals
- wash fresh fruits and vegetables under running water before eating, cutting, or cooking. Do not use soap
- use a separate cutting board, or wash the board between uses, when also preparing raw meats

Cook, or reheat, foods to a safe internal temperature

- 145°F for whole cuts of beef, pork, veal, and lamb
- 160°F for ground meats, such as beef and pork
- 165°F for poultry, including ground chicken and turkey
- 165°F for leftovers and casseroles
- 145°F for fresh ham (raw) and seafood

3-Can Chili

From eatfresh.org



Ingredients

1 (15 oz.) can beans (pinto, kidney, red or black) or 2 cups cooked beans *un-drained*
1 (15 oz.) can low-sodium corn or 2 cups frozen corn *drained*
1 (15 oz.) can crushed, low-sodium tomatoes *un-drained*
Chili powder *to taste*

Directions

1. Place the beans, corn, and tomatoes in a pan. Add chili powder to taste.
2. Continue to stir over medium heat until heated thoroughly.
3. Refrigerate leftovers.

Chef tips: Try adding cooked meat, chopped cooked onions, and/or green peppers.



For more information and more tips on food safety during COVID-19, visit the UW-Madison Division of Extension Safe & Healthy Food for Your Family webpage at <https://fyi.extension.wisc.edu/safefood/>. For more information specific to COVID-19 resources from the Division of Extension, visit the webpage at <https://fyi.extension.wisc.edu/covid19/>.



Text your gratitude to an essential worker you know



Share an inspirational article or video with someone who needs a lift



Support a struggling local business



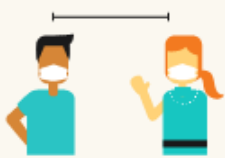
Have a family chat about what's meaningful to you



Join a "live" fitness class online



Cuddle with a pet



Take a (socially distant) walk



Do a compassion meditation and wish others well



Read a book you've been meaning to finish



Head off an argument by taking 3 deep breaths instead



Organize a virtual game night with friends



Squeeze simple exercises like push-ups into your day



happify.com



FaceTime a friend or loved one who lives alone



Spend dedicated time with your kids (no distractions!)



Check in on an elderly relative or neighbor



Finish a jigsaw puzzle



Get crafty: make masks or other items



Write down 3 things you're grateful for before bed



Organize your closet/cabinet/drawers



Text someone you care about



De-stress with an end-of-day bath



Send a thank-you note to frontline workers in your town



Stretch or do yoga in the morning



Support a charity you believe in



Safer-At-Home Bingo



happify.com

Mindful Minute

Take a moment to truly relax!

Quieting your mind and focusing on your breath is only half of the battle. Now use that new-found mindfulness to relax your muscles as well.

- Find a comfortable place to sit or lie down.
- Close your eyes and take a few slow deep breaths.
- Breathe in through the nose so your belly expands, exhale through the mouth.
- Start with your feet, tighten and relax each foot.
- Then move up your body, tightening and relaxing each part, all the way to the top of the head.
- Live in that moment, for several peaceful breaths before slowly opening your eyes.

You are now ready to face the world — refreshed and relaxed!

Disaster Distress Helpline

SAMHSA's Disaster Distress Helpline provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

The Disaster Distress Helpline, [1-800-985-5990](tel:1-800-985-5990), is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call [1-800-985-5990](tel:1-800-985-5990) or text **TalkWithUs** to **66746** to connect with a trained crisis counselor.



Mindful Minute

“Music does more than soothe the soul, it brings balance to the mind, body, and spirit.”

— Bertice Berry

Choose a piece of music to listen to — an old favorite or even something new you've never heard before!

Take a moment to breathe and ground yourself—no matter where you are or what's going on around you.

Just listen. Give yourself permission to only listen to the music without doing anything else!

Notice. Let yourself be aware of anything you notice, then let your mind slide past it.

Reflect. Take a moment to breathe and check in with your body, breath, and mind.

Now that you're relaxed, take to the next step — turn up the music and sing along. No judgment or self-criticism, no worries about how you look or sound — just sing!

**This is a stressful time for everyone,
there is help for all who need it!**

211 is an information and referral program that can provide information about COVID-19 and resources that may be available in your area. 211 is available by phone 24 hours/day, 7 days/week.

- Dial 211 or [1-800-922-5590](tel:1-800-922-5590)
- Text 898-211 to communicate with a call specialist Monday-Friday 8 am-4 pm
- Text 211-211 24 hours/day, 7 days/week to have general COVID-19 info texted to you

Call volumes are high, please be patient and try to use the text or online options first.

For more information

Find local COVID resources at bit.ly/ExtLinCOVID

Find state COVID resources at fyi.extension.wisc.edu/covid19

Like the Extension Lincoln County Facebook page bit.ly/ExtLinFB

Be aware that criminals are attempting to exploit COVID-19 worldwide through a variety of scams. There have been reports of:

- Individuals and businesses selling fake cures for COVID-19 online and engaging in other forms of fraud.
- Phishing emails from entities posing as the World Health Organization or the Centers for Disease Control and Prevention.
- Malicious websites and apps that appear to share virus-related information to gain and lock access to your devices until payment is received.
- Seeking donations fraudulently for illegitimate or non-existent charitable organizations.

Criminals will likely continue to use new methods to exploit COVID-19 worldwide.

If you think you are a victim of a scam or attempted fraud involving COVID-19, you can report it without leaving your home through a number of platforms. Go to:

- Contact the National Center for Disaster Fraud Hotline at [866-720-5721](tel:866-720-5721) or via email at disaster@leo.gov
- If it's a cyber scam, submit your complaint through <https://www.ic3.gov/default.aspx>