

# UNIVERSITY OF MARYLAND EXTENSION

**GARRETT COUNTY**

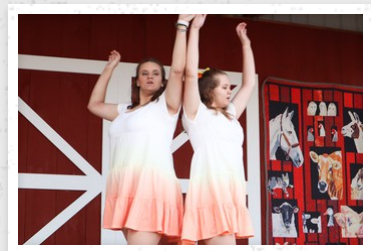
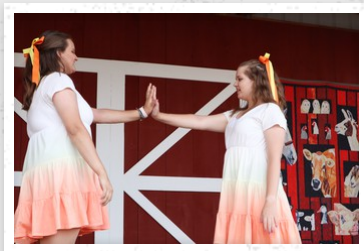
**AUGUST 2021**



## **WELCOME!**

Our office is open to the public from 8 am to 4:30 pm. We are also available by phone, email, or Zoom. As always, we are here to answer any questions you might have related to agricultural production, nutrient management, home horticulture, food safety, nutrition, financial management, and 4-H youth development.

## **TALENT SHOWCASE AT GC FAIR HUGE SUCCESS**



Families and friends gathered to watch the talent showcase on Friday, August 6th.

4-Her's Got Talent was an opportunity for 4-H members to put their creativity to use, work with a team, showcase their talents, and learn skills in performing arts.

They did not disappoint!



We had dance routines, gymnastics, cheerleading, musical, and banjo entries this year.

## **A LARVA WITH LIGHT: CAN YOU GUESS WHAT INSECT THIS IS?**



A larva with light\_ Can you guess what insect this is\_ \_  
Maryland Grows.pdf

Click to see if you know what this larva turns into.

[Download](#)  
1.2 MB

## **GETTING THE WORD OUT IN VULNERABLE AND UNDERSERVED COMMUNITIES**



Family and Consumer Sciences Senior Agent Lisa McCoy is leading a team of UME educators on a mission to provide COVID vaccination education and access to targeted populations across Maryland. The team, known as the Extension COVID Immunization Training and Education (EXCITE) team, is a collaborative effort between Land-Grant Universities (LGUs) and the Cooperative Extension System (CES) to improve vaccination coverage in rural areas and other medically underserved communities throughout the nation. Funding for the initiative is provided by the U.S. Department of Agriculture's National Institute of Food and Agriculture (USDA-NIFA).

For more information, contact Lisa McCoy at 301 791-1304, [lmccoy@umd.edu](mailto:lmccoy@umd.edu), or visit our COVID Vaccination Education page at <https://extension.umd.edu/covid-19-vaccine-education>.

## **DIETARY AND PHYSICAL ACTIVITY APPROACHES TO STOP HYPERTENSION**

Researchers and educators are building a new community-based high blood pressure management program for Maryland adults.

### **Who can Participate?**

- Adults 55 and older who live in Maryland
- Has high blood pressure (with or without taking medication)

### **Why Participate?**

- Learn the DASH-Plus approach to managing high blood pressure.



- You will receive a promotional giveaway for every pair of surveys (at registration and after each session) completed.
- All sessions are virtual on Zoom webinar – learn from home!
- All sessions are free

Live a healthy lifestyle with the DASH Diet Action Plan to improve your health and wellness.

To register visit: <https://extension.umd.edu/resource/dash-plus-sessions>

**DASH-Plus**

DASH-Plus is a high blood pressure management program for adults who have high blood pressure (with or without medication) and are 18 and older. Participants will learn the Dietary Approaches to Stop Hypertension (DASH) approach to managing high blood pressure.

The program is led by dietitians and trained University of Maryland Extension Educators

You will be asked to fill out a voluntary pre and post survey at the beginning and end of each session that will take ~5 minutes.

Sign-up now for the full 8-part series!

If you need a reasonable accommodation to participate in any event or activity, please contact the educators: Lisa McCoy, MS, RD and Theresa (Terry) L. Serio on or before July 19th, 2021, at [lmcoc@umd.edu](mailto:lmcoc@umd.edu) and [terio@umd.edu](mailto:terio@umd.edu) (August sessions) Shaina Henley, PhD and Jennifer Dixon Craven, MS on or before August 7th, 2021, at [shenley@umd.edu](mailto:shenley@umd.edu) and [jdcra@umd.edu](mailto:jdcra@umd.edu) (September sessions).

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**FREE EVENTS**

This will be an online 8-part Zoom webinar series with 1 session every week beginning on Monday, August 2nd, 2021 and running through September. To sign up, please click on the links below. Dates and times are planned as:

**Introduction to DASH-Plus**  
Monday, August 2, 2021 1:30 - 2:30 pm  
Link: <https://go.umd.edu/DASHIntroG1>

**Sodium**  
Monday, August 9, 2021 1:30 - 2:30 pm  
Link: <https://go.umd.edu/DASHSodiumG1>

**Grains**  
Monday, August 23, 2021 1:30 - 2:30 pm  
Link: <https://go.umd.edu/DASHGrainsG1>

**Dairy**  
Monday, August 30, 2021 1:30 - 2:30 pm  
Link: <https://go.umd.edu/DASHDairyG1>

**Fruits & Vegetables**  
Thursday, September 9, 2021 1 - 2 pm  
Link: [https://go.umd.edu/DASHFruits\\_VegG1](https://go.umd.edu/DASHFruits_VegG1)

**Shopping & Budgeting**  
Thursday, September 16, 2021 1 - 2 pm  
Link: [https://go.umd.edu/DASHShop\\_BudgetG1](https://go.umd.edu/DASHShop_BudgetG1)

**Meats & other proteins**  
Thursday, September 23, 2021 1 - 2 pm  
Link: [https://go.umd.edu/DASHMeat\\_ProteinG1](https://go.umd.edu/DASHMeat_ProteinG1)

**Fats & Sweets**  
Thursday, September 30, 2021 1 - 2 pm  
Link: [https://go.umd.edu/DASHFats\\_SweetsG1](https://go.umd.edu/DASHFats_SweetsG1)

University programs, activities, and facilities are available to all without regard to race, color, gender, ethnicity or national origin. Persons with disabilities who require special accommodations to participate in these programs should contact the University of Maryland Extension at 301-724-3320, ext. 3320, or visit [www.umd.edu/accessibility](http://www.umd.edu/accessibility).

## SMART CHOICE, SMART USE HEALTH INSURANCE FALL SERIES



Join Dr. Jesse Ketterman and the UME Health Insurance Literacy Initiative (HILI) team this fall for a seven-part series on understanding and managing your health insurance. Topics include understanding health insurance terms, estimating health insurance costs, managing your benefits, and ensuring adequate coverage in your senior years. You can register for one or multiple sessions.

For more information, contact Dr. Ketterman at 301-724-3320, [jketterman@umd.edu](mailto:jketterman@umd.edu), or visit our [HILI Fall Series](#) website.

# MARYLAND ROTA OFFERS FREE WORKSHOP



**Wednesday, August 18, 2021, from 3:00 to 4:30 PM**

Presented by The Maryland Center of Excellence on Problem Gambling (the Center)

Kristen Beall, LCSW-C, CAC-AD, Clinical Manager

Heather Eshleman, MPH, Prevention Manager

Kenny Crawford, CPRS, CRC, Certified Peer Recovery Support Specialist

Carin Miller, CPRS, CRC, Certified Peer Recovery Support Specialist

Gambling is a form of entertainment for most people. Few people realize that for some people gambling can become a harmful addiction, destroying families and relationships as well as negatively impacting careers. The relationship between Substance-Related Disorders and Gambling is nothing to ignore; you find similar risk factors and behavior patterns. As a result, those with a current substance use problem are at greater risk of also developing a gambling problem. With more and more gambling opportunities becoming available in Maryland, it is essential for everyone to recognize the signs and symptoms of gambling problems and how to get help.



For information, contact Dr. Stephanie Hutter-Thomas at 301-724-3320 or [shuttert@umd.edu](mailto:shuttert@umd.edu).  
[REGISTER HERE.](#)



## KEEPING CONNECTED

We are here to serve you in-person, by phone, email or video conferencing. If you have questions, contact one of our experts to provide solutions.

**Dr. Jennifer Bentlejewski**  
**Area Extension Director**  
**Western Maryland Cluster**  
[jthorn@umd.edu](mailto:jthorn@umd.edu)

### 4-H Youth and Development

**Ann Sherrard**  
**Principal Agent**  
[anns@umd.edu](mailto:anns@umd.edu)

**Karen Wood**  
**Agent Associate**  
[kwood125@umd.edu](mailto:kwood125@umd.edu)

**Michelle Harman**  
**Extension Program Assistant**  
[mharman2@umd.edu](mailto:mharman2@umd.edu)

### Agriculture and Natural Resources

**William Lantz**  
**Principal Agent**  
**Agriculture & Food Systems**  
[wlantz@umd.edu](mailto:wlantz@umd.edu)

**Ashley Bachtel-Bodkins**  
**Senior Agent Associate**  
**Master Gardener Coordinator**  
[abachtel@umd.edu](mailto:abachtel@umd.edu)

**Jill Hauser**  
**Coordinator**  
**Nutrient Management Program**  
[jhauser1@umd.edu](mailto:jhauser1@umd.edu)

### Maryland SNAP Ed

**Kristin Spiker**  
**Senior Agent Associate**



[kspiker@umd.edu](mailto:kspiker@umd.edu)

## Administrative Assistants

**Roberta Cvetnick**

[rcvetnic@umd.edu](mailto:rcvetnic@umd.edu)

**Wanda Guard**

[wguard@umd.edu](mailto:wguard@umd.edu)



1916 Maryland Highway Suite...



[rcvetnic@umd.edu](mailto:rcvetnic@umd.edu)



301-334-6960



[extension.umd.edu/garrett-co...](http://extension.umd.edu/garrett-co...)

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