OUR COMMITMENT TO YOU HAS NOT CHANGED

Our faculty and staff are gearing up to begin serving you in-person by appointment very soon. Although our office is still temporarily closed, we are available daily to serve you via phone and email. In the meantime, we continue to offer virtual educational programming in the areas of agriculture, home gardening, food safety, nutrition, healthy living, financial literacy and 4-H youth development. Most face-to-face events, including 4-H and Master Gardeners, have been postponed through July 31st.

OUR WEEKLY STEM CHALLENGE

UME 4-H educator Jessica Mellon issues a weekly STEM Challenge for students on both Facebook and YouTube. This week's STEM Challenge is a classic experiment is dynamic design: Build a package for an egg that can survive a drop from more than one story without breaking the egg. Can you do it?
INTRODUCTION TO TEA GARDENING

More than 1,000 people recently registered to attend a class on Tea Gardening hosted by Master Gardener Coordinators Sherry Frick and Ashley Bodkins. Topics ranged from the origins of tea to herbal and medicinal tea applications. A recording of the class can be found on our YouTube channel at https://www.youtube.com/channel/UCO1lb0nWAWD6hE0qVJyhZzw/videos?view_as=subscriber
UNDERSTANDING YOUR HEALTH INSURANCE CHOICES IS MORE IMPORTANT THAN EVER

University of Maryland Extension educator Dr. Jesse Ketterman is part of a Health Insurance Literacy Initiative team dedicated to helping people understand their Health Insurance choices and how to choose the options that work best for you. This five part series is free and is offered online. Click the image below to register.

Health Insurance in the COVID - 19 Era
The Health Insurance Literacy Team invites you to participate in one or more of our health insurance modules. Each module addresses a specific topic and includes implications related to COVID-19. Please join us for one or more of the following:

June 30
Health Insurance for Farmers and Small Business Owners
Know your health insurance options as a farmer or small business owner. (5:00 to 6:00PM)

July 7
Smart Choice Health Insurance Basics
Choosing the right health insurance plan makes you a smart consumer. Increase your understanding of health insurance and learn strategies for selecting a health insurance plan that will meet your needs.

July 14
Smart Use Smart Actions
Knowing how to use your health insurance will make you a smart health care consumer. Identify smart actions that will help you become a Smart User of health insurance. (5:00 to 6:00PM)

July 21
Smart Use Understanding and Estimating Healthcare Costs
Taking control of your health care costs makes you a smart health care consumer. Better understand and estimate your health care expenses so you can plan for future health care costs. (5:00 to 6:00PM)

July 28
Smart Use Managing Health Insurance and Resolving Conflicts
Do you know what to do if you are denied coverage for care? What if you think you were billed incorrectly? Learn how to manage the process for handling disputes with your health insurance company and how to avoid them. (5:00 to 6:00PM)

To register for any session, visit: https://go.umd.edu/health_insurance
For more information on the Health Insurance Literacy Initiative, visit https://extension.umd.edu/insure
Category 1 CEUs available for Maryland Social Workers

MICROWAVE SAFETY TIPS
Microwaves are such a staple in American kitchens today that we sometimes forget or neglect some basic safety rules. As part of her upcoming series on Microwave Safety and Maintenance, UME educator Sara Barnard starts off with this video titled "Microwave Magic".

Sara Barnard with Microwave Safety Tips

Calling all 8-13-year-olds........

July 13-24, 2020 (weekdays only). Discover, explore, and enjoy time with familiar 4-H faces from across the state that will bring you over 50 hands-on activities you can do right from your home. Sing songs, play games, be silly right along with other youth, friendly Camp Teen Staff, and our 4-H Extension Educators. Lessons include hands-on, engaging activities in STEAM, environmental science, arts and crafts, animal sciences, cooking, engineering, SMORES, and much more.

In an effort to make this program more accessible to youth across the state we have three registration options:

Option 1: Virtual component only with electronic lesson plans- FREE
Option 2: Virtual component only with electronic lesson plans and a camp T-shirt- $15
Option 3: Camp in a box—all lesson plans printed, sorted by day with all supplies needed to complete activities, camp t-shirt, and access to virtual component- $75
***Camp in a box supplies are limited and will be available on a first come first serve basis***

Register today at https://form.jotform.com/201463963903154
Registration will close on June 22nd!
Go to https://go.umd.edu/VSC on our website for more information.

**KEEPING CONNECTED**

Even though our County Extension Offices are closed, Extension Educators are still working and available by phone or email. If you have questions, we have experts to answer your questions.

Dr. Jennifer Bentlejewski  
Area Extension Director  
Western Maryland Cluster  
jthorn@umd.edu

4-H Youth and Development

Lacie Ashby  
Senior Agent  
lashby@umd.edu

Jessica Mellon  
Senior Agent Associate  
jmellon2@umd.edu

Michelle Harman  
Health Rocks Program Assistant  
mharman2@umd.edu

Agriculture and Natural Resources

Sherry Frick  
Senior Agent Associate  
Ag Agent & Master Gardener Coordinator  
sfrick@umd.edu

Ashby Ruddle  
Coordinator  
Nutrient Management Program  
aruddle@umd.edu

Food Supplement Nutrition Education
Tammy Humberson
Senior Agent Associate
tammyh@umd.edu

Shirley Guinn
Healthy Food Access Faculty Assistant
sguinn1@umd.edu

Mandy Hawkins
Healthy Food Access Faculty Assistant
ahawkins@umd.edu

Expanded Food and Nutrition Education Program

Sara Barnard
Extension Program Assistant
sbarnard@umd.edu

Family and Consumer Sciences

Lisa McCoy, RD
Senior Agent
lmccoy@umd.edu

Dr. Jesse Ketterman
Agent
jketterm@umd.edu

Dr. Stephanie Hutter-Thomas
Rural Opioid Technical Assistance (ROTA) Educator
shuttert@umd.edu

Administrative Assistants

Jody Parrish
Administrative Asst II
jparrish@umd.edu

Joni Reed
Administrative Asst I
jonireed@umd.edu

The University of Maryland Extension programs are open to all and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or natural origin, marital status, genetic information, political affiliation, or gender identity and expression.