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.

HOMEMADE LAVA LAMP

Karen Wood, 4-H Extension Educator, gives a tutorial on how to make a homemade lava lamp and the science behind it.
MARYLAND 4-H SUMMER CAMP GOES VIRTUAL

We are calling all 8-13-year-olds to join us 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.

UME Maryland 4-H is hosting a virtual summer camp for all of our 4-H youth!

Three registration options and details along with a FAQ sheet can be found here:

https://extension.umd.edu/.../mon-2020-07-13-0000-maryland-4-

Make sure to check the details out as this can be fun for the whole family! Registration will close on June 22, 2020.

TOMATO GARDENING TIPS

Tomatoes are the number one grown vegetable in backyard gardens. Learn some tips and tricks from Ashley Bodkins and Sherry Frick, Master Gardener Coordinators, for getting the
MARYLAND GROWS BLOG -- THE WHEEL BUG

Have you seen this predator in your garden? Learn more about the wheel bug in the blog post below written by Ashley Bodkins, Master Gardener Coordinator.

Wheel of Munchin': Assassin Bug...

In my college entomology class, I was required to put together an insect collection. At that time, I had no idea how handy that insect collection would be! I use it regularly now to show children in schools cool insect critters and also to share with Master Gardeners! Luckily, at the time, I had two...

HEALTH INSURANCE IN THE COVID - 19 ERA

Join Dr. Jesse Ketterman, financial literacy educator and The Health Insurance Literacy Team for one or all of these free webinars which address implications related to COVID-19 and health insurance. Register Here or click on flyer below to visit our website 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
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.

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