

PINAL COUNTY

QUARTERLY NEWSLETTER

JULY — SEPTEMBER 2020

Volume 7, Issue 2

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Cooperative Extension, the outreach arm of the University of Arizona, brings the University to the people.

The faculty and staff in the Pinal County Extension office are part of a non-formal education network bringing research-based information into communities to help people improve their lives.

Cooperative Extension is committed to delivering high-quality, relevant educational programs and information to Pinal County citizens and communities.

We certainly are living in interesting times! I hope this newsletter finds you and your family healthy, safe, and coping (without too much stress) with all the uncertainties that surround us.

Today's realities have many of us working from home and sheltering in place. These pose new challenges as well as opportunities. Our team has been hard at work across our various program areas moving educational programs to remote platforms. In this issue you will find information about upcoming program offerings we have available, as well as plenty of information you can use right away.

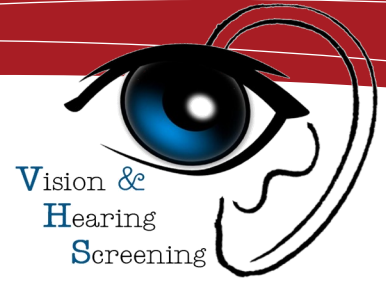
While this is the time of year when we normally receive a lot of garden related questions, even more than normal have been coming in and are being addressed by our knowledgeable Master Gardener volunteers. You'll find their contact information on the back page of this edition.

With 4th of July picnics and other outdoor eating opportunities taking place during this time of year, we also receive more questions than usual about food storage and food safety. Our Extension publication titled [Food Product Dating and Storage Times](#) can be a great resource for information for food storage, and for food safety check out [Food Safety Associated with Cook-outs and Picnics](#) and [Nine Food Safety Strategies](#).

As always, we hope you find information here that is useful and helpful to you and your family. If you have questions, please don't hesitate to reach out. While our office is not currently open to the public, our team is still hard at work responding to every request we receive.



VISION & HEARING SCREENING



FOURTH OF JULY & CHILDREN'S HEARING

Submitted By Jennie Treadway, Program Coordinator

Independence Day is celebrated on July 4th each year in the United States. Festivities usually include barbeques, time with family, patriotic music and fireworks! The bold bright colors and beautiful patterns in the sky are not only an awesome sight to see but can also be dangerous to your hearing. Fireworks produce a sound that can be in the 150 to 175 decibel range. Long or repeated exposure to sounds at or above 85 decibels causes hearing loss. The World Health Organization guidelines advise that children not be exposed to sounds that exceed 140 decibels (dB).

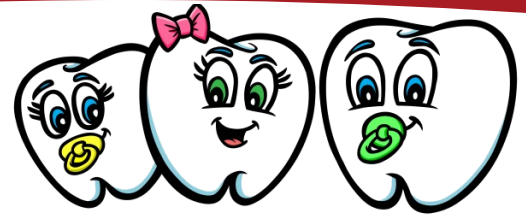
We can help protect our own hearing as well as our children's hearing in a few simple ways. Sit at least 500 feet away from where the fireworks are set off or launched. The farther away you are, the less impact the fireworks will have on a child's hearing. Also, consider purchasing headphones, or child sized noise-reduction earplugs which can help protect a child's hearing.

Fireworks displays are exciting, but it is also important to realize they can be dangerous to hearing. With the right precautions you and your family can enjoy the Fourth of July without the fear of hearing loss.

The University of Arizona Cooperative Extensions Developmental and Sensory Screening Team is here to help with FREE vision, hearing and developmental milestone screenings. Please call today to schedule an appointment 520-836-4651.



FIRST SMILES



MY DENTAL HOME IS CLOSED! WHAT DO I DO?

Submitted By Greeta Mills, RDH Med, Oral Health Professional

Because of COVID-19, many dental offices were closed beginning in March of this year. Families have asked the question of what to do, and how to keep their mouths healthy during times when they can't make a dental appointment.

Here are a few simple things to do to keep our mouths healthy until we can see the dentist for regular cleaning and check-up visits. The same things that help us as adults will help our children.

- Brush and floss teeth twice a day. Using a soft toothbrush or an electric toothbrush, brush for about 2-3 minutes with fluoride toothpaste. The bacteria that cause gum problems and tooth decay set up shop every 18-24 hours and need to be removed from the teeth and gum areas. Brush gently paying special attention to the area where the tooth and gum meets. Floss between the teeth, carefully using the floss down in the groove between the tooth and gums. Keeping your gums healthy helps your overall immune system and helps keep the rest of your body healthy too.
- Help your child brush. Let them brush first, then help them finish up. They can't do a really good job until they are about 6 years old. Include brushing as part of the daily routine, along with washing hands, faces, and showering. This will help your kids develop healthy habits.
- Avoid fruit juice, sports drinks, soda, and starchy foods. These all increase the acid in the mouth which is damaging to teeth. The more often we eat and drink things that increase acid, the more the teeth dissolve away. Water is the best thing to drink. It is healthy for the teeth and helps keep the rest of our body hydrated
- Protect your teeth by avoiding hard and crunchy foods, things like popcorn, hard candies or chewy candies that might crack or damage a tooth or filling. Chewing ice also can crack a tooth or filling
- Store toothbrushes in an area where they are not touching and where they can dry completely between uses. Individual toothbrush covers are not recommended because they don't allow the brushes to dry out. Wet toothbrushes encourage the growth of bacteria and viruses. Also store them in an area that is not close to the toilet. Bacteria and viruses travel when the toilet is flushed!
- If you or your children have a cracked or broken tooth, or are having pain with a tooth, call your dentist right away. Dental problems can lead to serious health problems very quickly, especially in children.
- Some dental offices are now open for regular check-ups. It is best for children to be seen twice a year, beginning at their 1st birthday. This way, your dentist will help you prevent cavities, and can stop or fix a cavity before it gets very big. Don't forget to make your own appointment too! The healthier we are, the healthier our kids are

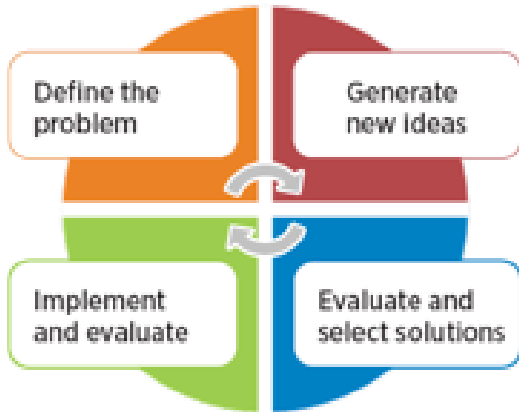


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DEVELOPMENTAL & SENSORY

WHAT IS PROBLEM-SOLVING?

Submitted By Shevonda Joyner, Instructional Specialist



Problem solving is the act of defining a problem; determining the cause of the problem; identifying, prioritizing, and selecting alternatives for a solution; and implementing a solution.

<https://asq.org/-/media/Images/Learn-About-Quality/problem-solving.png?h=243&w=278&la=en>

Problem Solving Activity

<https://www.chkd.org/uploadedFiles/Documents/Pediatric/ASQ3%20-%2036%20Month.pdf>

For this problem solving activity, your child is shown this figure and asked, “what is this?” They are many correct answers such as “mommy” “daddy” or even “snowman.” This is a question pulled from the Ages and Stages Questionnaire (ASQ-3). The ASQ-3 is a screening tool designed to inform you of your child’s developmental milestones.

To check if your children--2 months to 5 years old--are hitting their problem-solving milestone or other developmental milestones, such as communication, fine motor, gross motor, and personal-social skills please call one of our screeners to complete an ASQ-3 screening at Pinal County Office or you can complete a screening online at <https://www.asqonline.com/family/c426ba>.



DEVELOPMENTAL & SENSORY

MINDFULNESS FACT SHEET

Submitted By the Sensory & Developmental Team

Mindfulness is the new buzz word that has been around for quite some time. It is a useful tool to use in your everyday life. Mindfulness is especially helpful for little ones. It introduces kids to different ways to find clarity, manage stress, handle difficult emotions, and navigate personal challenges.

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness is especially helpful for young children. Mindfulness introduces children to different ways of:

- Finding Clarity
- Managing Stress
- Handling Different Emotions
- Navigating Personal Challenges
- Self-Regulation
- Recover from emotional upset more quickly

WAYS TO BE MINDFUL

Breathing

The purpose of breathing techniques is to have control of our breathing. This can help in stressful situations to learn to focus on your breathing. Here is a quick breathing technique to teach your children:

- Blowing Bubbles—
Blowing bubbles decreases oxygen consumption, slows down heart rate, decreases blood pressure and calms the mind.
- Triangle Breathing—
 1. Start at the bottom left of the triangle.
 2. Breathe in for three counts as you trace the first side of the triangle.
 3. Hold your breath for three counts as you trace the second side of the triangle.
 4. Breathe out for three counts as you trace the final side of the triangle.
 5. You have just completed one deep breath.



Practice Yoga

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is a practice that originated in Ancient India. Here is a quick yoga pose to teach your children:

- *Easy, Resting, or Cloud Pose*—
Sit comfortably cross-legged, and rest your hands on your knees.

DEVELOPMENTAL & SENSORY

Continued from page 4

Practice Meditation

Meditation or Guided Relaxation is a practice where an individual uses a technique—such as mindfulness, or focusing the mind on a particular object, thought, or activity— to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Here are two great sites for a guided meditation for your children:

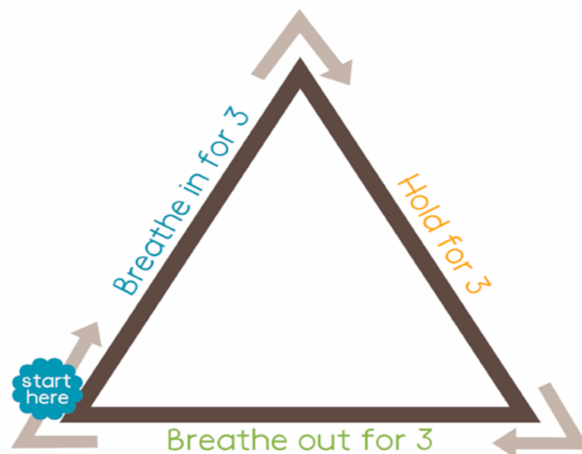
- <https://www.fragrantheart.com/cms/free-audio-meditations/relaxation/relaxation-for-children>
- <https://www.youtube.com/playlist?list=PLiaUKiwbiHMQDQLCxoPaMMYotldKIUQCw>

Mindfulness Resources

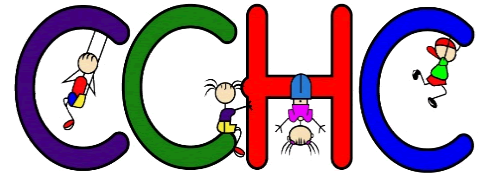
- <https://insighttimer.com/meditation-topics/children>
- <https://www.youtube.com/channel/UCtxZnUgLD90ScnMbGFVNISw>
- <https://www.youtube.com/channel/UCGYeWtdm9GXYcdgkLph9Rcw/featured>
- <https://www.headspace.com/meditation/kids>
- <https://www.kidsyogastories.com/kids-yoga-poses/>

Using these techniques can really help with your child's behavioral health by giving them the tools they need to deal with their emotions and the world around them. If you have any questions or concerns about your child's behavioral health, we offer the ASQ: SE2 questionnaire that focuses on your child's social and emotional development.

Follow this link <https://www.asqonline.com/family/c426ba> and click any of the options for the ASQ:SE-2 Questionnaire.



CHILD CARE HEALTH CONSULTANT



HEAT EXHAUSTION VS HEAT STROKE

Submitted By Janet Jepsen, Program Coordinator,

As warmer weather occurs, we tend to spend more time outside under the hot sun. It's important to know the difference between heat stroke and heat exhaustion. Knowing the signs and symptoms of these two conditions could save your life or that of a loved one. Developing muscle cramping may be the first indication that you are developing a heat-related illness. Other symptoms include:

Heat Exhaustion Symptoms-

- General weakness
- Increased heavy sweating
- A weak but faster pulse or heart rate
- Nausea or vomiting
- Possible fainting
- Pale, cold, clammy skin

Heat Stroke Symptoms-

- Elevated body temperature above 103F (39.4C)
- Rapid and strong pulse or heart rate
- Loss or change of consciousness
- Hot, red, dry, or moist skin

The main cause of a heat-related illness is your body's inability to cool itself. Sweat is your body's natural tool for cooling you down. Some things that cause heat exhaustion include: over exercise or working in hot weather, dehydration, wearing heavy or tight clothing and consuming alcohol. If you are experiencing heat exhaustion for an extended period of time, it can lead to heat stroke. That's why it's important to begin treatment at the first signs of heat exhaustion. If you begin experiencing symptoms of heat exhaustion, try to find a cooler location if possible. You may also want to lie down, or if that isn't possible, stop doing any strenuous activities. Drink water or a sports drink to help rehydrate yourself. If you have become nauseated or vomit, seek help from a medical doctor right away. A heat stroke is considered a medical emergency. If left untreated, it can cause damage to your: kidneys, muscles and brain. Your risk for serious complications, including death, increases the longer treatment is delayed. Call your local emergency services immediately if you suspect that you're having a heat stroke.

Certain factors can increase your risk for heat exhaustion and heat stroke; Age (Infants and children under the age of 4 and adults aged 65 and older are at increased risk for heat-related illnesses), Prescription medications, Dehydration, Obesity, Sudden temperature changes and A high heat index. One of the main ways to prevent heat-related illness is to keep your body temperature cooler. This is particularly important when you are working or doing activities outside in the heat or sun. Here are some prevention tips: Stay hydrated, Avoid alcohol or caffeinated beverages, Try to do more activities inside in a temperature-controlled or air-conditioned environment, Wear light-colored, loose, lightweight clothing and a wide-brimmed hat when working or playing in the sun, Take cool baths or showers and Take frequent breaks when working or exercising in the heat.

Never leave children, infants, adults, or pets in a closed, parked car. The temperature inside a closed car can become very hot, even if the temperature outside is mild. That can lead to heat-related illnesses.

Planning for hot weather activity ahead of time can help reduce your risk of heat-related illness.



EARLY CHILDHOOD

Submitted By Connie Lorenz, Program Coordinator

Early childhood is a rapid period of development critical to establishing lifelong healthy eating and physical activity habits. AZ Health Zone University Arizona are also faced with the challenge of promoting nutrition education and healthy meals along with promoting opportunities for physical activity while maintaining social distancing. **Early education is an entirely social experience!**

During these past few months we have moved our education online. I cannot say that I am an IT expert by all means I am not, with never having to experience Live Facebook AZ Health Zone University of Arizona teamed up with several early childhood community partners for the Week of the Young Child. Instead of taking the show on the road we took it online with a different theme each day for a week.

In promoting nutrition education and healthy meals:

Taste it Tuesday was our live food demonstration which you can still watch on our Pinal County Cooperative Extension Facebook page. The recipes Pineapple Fruit Pops.

We have food demonstration videos with easy to follow directions to also make with your children all kid friendly and healthy. We encourage families to talk about the foods they eat. Role model the importance of eating healthy.

Pineapple Fruit Pops

Ingredients: 1-(10 ounce) can crushed 100% pineapple juice drained
Banana, mashed
Cups plain yogurt
½ can (6 ounces) 100% pineapple or 100% orange-pineapple juice concentrate, thawed
Lime, juiced
Paper cups
Aluminum foil or plastic wrap
8- lollypop or wooden sticks

Directions: 1. Put crushed pineapple, banana, yogurt, juice concentrate and juice from lime med. Size bowl and mix together.
2. Spoon mixture into 8 paper cups.
3. Fill almost to top. Cover with plastic wrap or foil.
4. Make a slit and stand a lollypop or wooden stick in center of cup.
5. Freeze until firm.
6. Remove cup from fruit pop and serve.

For other healthy recipes please visit azhealthzone.org



IN PROMOTING OPPORTUNITIES FOR PHYSICAL ACTIVITY

Submitted By Connie Lorenz, Program Coordinator

In promoting opportunities for physical activity:

We have also posted several handouts to help parents with keeping their children physically active. We encourage having fun and play. Not that most preschoolers are not active but with the increase of online lessons screen time has definitely increased.

- [Go Noodle Video Library](#) (Go Noodle)
- [CATCH At Home: Physical Activity \(en español\)](#) (CATCH)
- [Playworks Game Library](#) (Playworks)
- [Playworks At Home: Digital and Printable Resources](#) (Playworks)
- [Tools for Creating an Active Home](#) (OPEN)
- [Free Resources for Staying Active at Home](#) (Active Schools)
- [Family Fit Kit](#) (Chicago Run)
- [CLOCC Health at Home Weekly Updates](#) (CLOCC)
- [We Can! \(en español\)](#) (National Heart, Lung and Blood Institute)
- [PE at Home](#) (UW Madison)

For benefits of physical activity please visit azhealthzone.org/be-active

In promoting education:

We have lessons also on our Facebook page. Color Me Healthy is a nutrition and physical activity program for children ages four and five. It is designed to stimulate all the senses of young children: touch, smell, sight, sound and, of course, taste. Color Me Healthy uses color, music and exploration of the senses to teach children that healthy eating and physical activity are fun.

These lessons also have an animated component for the young minds of our children.

Let your voice be heard about childcare needs in Pinal County!! If you are a parent, guardian or caregiver of young children please give us your feedback here:

Child care needs for families: <https://www.surveymonkey.com/r/CCN4F>

If you are a business or agency representative please give feedback here:

Child care needs for communities: <https://www.surveymonkey.com/r/CCN4C>



DEVELOPMENTAL & SENSORY

BACK TO SCHOOL—WRITING ACTIVITY

Submitted By Shevonda Joyner, Instructional Specialist

It's almost back to school time and there's tons of skills your little ones need to have for kindergarten. One of the more important skills is prewriting. With this skill your children are able to have techniques to begin on their writing journey for the rest of their lives. Prewriting skills are a part of the developmental milestone of fine motor. The fine motor skills involve the little muscles which include grip strength. Having foundational fine motor skills help the child transition into kindergarten level writing.

In the Sensory and Developmental program, we have plenty of tools and tips to help your child develop in their fine motor and prewriting skills. To see where your child's fine motor skills and other developmental milestones are progressing be sure to call one of our screeners to complete an ASQ-3 questionnaire or click this link [ASQ-3 Questionnaire](#) to complete a questionnaire online.

For tools and tips to strengthen your child's fine motor and prewriting skills that you can do online please enjoy any of these videos!

- [How to encourage Pre-writing skills in toddlers & Preschoolers](#)
- [PREWRITING ACTIVITIES | Fine Motor Preschool Skills](#)
- [Prewriting Activities for Preschoolers](#)
- [PRESCHOOL ACTIVITIES with COTTON SWABS - Cheap & Easy](#)
- [Teach Children How to Hold a Pencil Correctly Tutorial](#)



Small Hands Crafting

Kids will love painting with water spray bottles. Mix different colors of washable tempera paint with water in separate water bottles. Lay out different canvases or large pieces of poster board outside. In clothes that can get dirty, let the kids be creative and make a work of art.



Happy Summer

Did you know that your CACFP child care provider helps ensure the body systems work correctly with encouraging proper hydration?

As a CACFP provider, your child care home knows the importance of water and fluids to maintain a healthy body. Did you know the human body is 75% water? Water hydrates the body, cushions muscles and joints, and is used by the body to transport nutrients to and carry water away from cells and assist in regulating body temperature. We must rehydrate regularly to keep our muscles and body systems working properly. The daily recommended amount of water for a 4-8 year old is seven cups!

As the summer sun heats up, make sure to drink plenty of water. Stay hydrated!

Water Fun: Movement in the Summer

Summer is the best time to step outside and play in the water. Try these water games with your kids for some cool fun!

Drip, Drip, Splash - This is a simple variation on the old classic Duck, Duck, Goose. On the drip, the person that it is will drip just a tiny bit from a wet sponge on the other players. When it is time to splash, it will be a big soaking from the sponge.

Sponge Bullseye - With sidewalk chalk, draw various circles and assign point values, letters or numbers. Ask the children to get as many points as possible, hit a certain letter or a certain number with their wet sponges.

Car Wash - Those bicycles and toy cars need a good washing. Get out sponges and buckets and let the kids wash away all the dirt.

Summer Salsa

- 16-oz. strawberries, diced
- 2 kiwi, peeled and diced
- 1/2 cup blueberries
- 1/2 cup raspberries
- 3 tablespoons sugar-free apricot preserves or jam

Mix all of the diced ingredients and the whole berries with the sugar free jam. Chill. Serve the salsa with whole grain pitas or make your own whole grain tortilla strips. To make these at home, use whole grain-rich tortillas. Spray tortillas with cooking spray and cut with pizza cutter into triangle pieces. Bake at 350 for 8-10 min. Cool and dip into your delicious summer salsa!



RIGHT TREES, RIGHT NOW

Submitted By Parker Filer, Assistant Agent in Horticulture

You are about to read one more article about the virtue of planting trees. But seeing as you're a regular reader of this newsletter, and familiar with the excellent work and words of Rick Gibson, I'll skip the preliminaries. After all, even the most casual observer can list numerous benefits that trees provide such as wood, fruit, wildlife habitat, oxygen, and that most precious natural resource in the dead of a Sonoran summer- shade! The more initiated may even enumerate the positive environmental impacts of unseen tree anatomy such as robust root systems which filter water, stabilize soil, absorb and exchange nutrients, and draw water up from reserves deep underground and provide food & habitat for a staggering number of soil-dwelling microorganisms and desert fauna. We regularly encourage people to consider the "Right tree in the right place." Considering the many benefits trees naturally confer- and the scale of the challenges before us- I'd like to add an element of urgency to that call too. Right tree, right place, right now.

For all of our technological advancements researchers in a wide range of disciplines continue to learn new, complex ways in which trees impact everything from the global carbon cycle, climate change, public health to medicine. This summer an article in the journal *Science*¹ reported that planting 1 trillion trees world wide through massive coordinated reforestation efforts, could significantly reduce global atmospheric carbon levels and help mitigate the effects of climate change.

Here at the University of Arizona researchers investigating pain perception are looking into the therapeutic effect of green light- like the light that filters through a leafy green tree canopy in nature.² In many cultures around the world the practice of "forest bathing" or spending time in wooded wilderness has been practiced and recognized as a healthy pursuit with its own rewards. Who among us hasn't sought refuge- a physical and mental break- by walking in the higher elevations and the treed mountain ranges of the low desert? In southern Arizona many year-round residents avail themselves of the cooler temperatures and mountain air found above the treeline by hiking, camping, birding and more, especially during this time of year.

As the planet continues to warm, severe weather events are becoming more erratic and intense. Last year, in June of 2019, an extreme heatwave blanketed Europe with temperatures in France reaching a record 115°F³. Parts of India reached 123°F, killing 36 people.⁴ Tucson and the Southwestern United States are not immune to this trend. Earlier, in April of 2019, the Arizona Daily Star shared climate research that showed Tucson and Phoenix as the 3rd and 4th, fastest-warming cities in the US, respectively.⁴

In August last year the Mercer Fire was noted as the first wildfire in our region exacerbated by an invasive species- Buffelgrass. This intruder contributed additional fuel for the lightning caused fire and the intense flames were too much for native plants like saguaro, palo verde, cholla, prickly pear, barrel cactus and others to withstand. As of this writing- on June 18th 2020, the Bighorn Fire continues to burn its way through a devastating swath of the Santa Catalina mountains, having consumed 17,500 acres over the past two weeks. It has been staggering to observe the smoke billowing up from the canyons and- from the roof of my home in central Tucson- to see the orange lights from flames along the ridges at night.

GARDEN & LANDSCAPES

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One naturally fears for the safety and well-being of the residents of the adjacent communities -friends and neighbors; including many Master Gardener volunteers in Pinal and Pima county- that have been impacted and standing by according to emergency services' "Ready, Set, Go!" evacuation precautions. We worry too for the wildlife and native plants that perish or are displaced by the fire. It is clear that we need to make significant changes to how we utilize, conserve, protect and promote, our natural resources.

We are fortunate to have a broad palette of native and arid-adapted tree and shrub species that we can utilize in our landscapes. Many local nurseries carry a wide assortment of native species and increasingly, small, independent nurseries are carrying and promoting them exclusively- including by offering their own educational classes and workshops. Recent and rising interest in traditional foods unique to our region is inspiring numerous projects that seek to incorporate and promote the use of edible desert plants in residential landscapes and municipal projects. There are numerous species whose fruits deserve more prominence in our diets. Have you had any mesquite-flour baked goods this week? Were you able to snack on any Pale Verde "peas" this spring? Arid-adapted and native trees and shrubs could bolster food resiliency and increase shade in urban areas across southern Arizona, and the southwest.

You can preview and learn more about many of these species at the University of Arizona's Campus Arboretum website. Be sure to check out this [interactive map](#)⁶ - as a socially-distant alternative to their regularly scheduled walking tours. Like the Master Gardener program itself the Campus Arboretum is an incredible community asset provided by the University of Arizona, and dedicated to extending science-based advice and educational opportunities to the public. Using the resources available to us- both the education and the plant inventory- we can all make informed decisions about how we select, plant, cultivate and conserve our natural resources. Whether your interest in trees is ecological, economical, academic or aesthetic, there is much to learn. When it comes to pursuing that learning and selecting and planting appropriate species- there's no time like the present.

Further Reading: References

^a This quote is generally attributed to Greek origins, but is difficult to verify. May variations of this sentiment appear over time, from the Roman to 4th century Rabbinic tales. In any case the sentiment remains poignant and compelling for Master Gardeners everywhere.

¹ "Planting a trillion trees may be the best way to fight climate change, study say."

<https://time.com/5620706/plant-trillion-trees-climate-change/>

² "Green Light Therapy: A Stop Sign for Pain?"

<https://www.mdedge.com/neurology/article/200743/pain/green-light-therapy-stop-sign-pain>

³ "France hits all-time record temperature of nearly 115 degrees"

<https://thehill.com/blogs/blog-briefing-room/news/450923-france-hits-all-time-record-temperature-of-nearly-115-degrees>

GARDEN & LANDSCAPES

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⁴ “India Heat Wave, Souring up to 123 Degrees, Kills at Least 36”

<https://www.nytimes.com/2019/06/13/world/asia/india-heat-wave-deaths.html>

⁵ “Tucson is the third-fastest-warming city in the U.S.” By Tony Davis Arizona Daily Star and Andrew Howard. Cronkite News. Apr 24, 2019

https://tucson.com/news/local/tucson-is-the-third-fastest-warming-city-in-the-u/article_e955ea13-bf49-5234-92ec-4e242ae8436e.html

<https://thehill.com/blogs/blog-briefing-room/news/450923-france-hits-all-time-record-temperature-of-nearly-115-degrees>

⁴ “India Heat Wave, Souring up to 123 Degrees, Kills at Least 36”

<https://www.nytimes.com/2019/06/13/world/asia/india-heat-wave-deaths.html>

⁵ “Tucson is the third-fastest-warming city in the U.S.” By Tony Davis Arizona Daily Star and Andrew Howard. Cronkite News. Apr 24, 2019

https://tucson.com/news/local/tucson-is-the-third-fastest-warming-city-in-the-u/article_e955ea13-bf49-5234-92ec-4e242ae8436e.html

⁶ “Tucson’s Leaders Want to Plant 10,000 More Trees.”

<https://www.kgun9.com/news/local-news/tucson-leaders-want-to-plant-10-000-more-trees>

⁷ The University of Arizona Campus Arboretum. <https://arboretum.arizona.edu/>

“The global tree restoration potential.” Bastin, et al; Science 05 Jul 2019: Vol. 365, Issue 6448, pp. 76-79. DOI: 10.1126/science.aax0848. <https://science.sciencemag.org/content/365/6448/76>

*“The best time to plant a tree, was twenty years ago. The second best time, is now.”
-Chinese proverb*

*“A society grows great when old men [people] plant trees in whose shade they know they will never sit.”
-Greek Proverb (possibly) ^a*



Financial Literacy & Parenting

Classes are...

- -Designed for Older Teen & Adult Learners.
- -Interactive, with lots of group activities.

Financial Literacy

These classes will help individuals gain the knowledge, self-esteem, self-efficacy and self-awareness to become in control of their finances and thus improve their lives by controlling their financial health.

These classes will help participants deal with daily stressors such as worrying about their electric bills, putting food on the table and wondering if they have somewhere to sleep tonight, which influences the way individuals interact with their child(ren), their families and their communities.

Curriculum

-Where Does Your Money Go?

(Materials from Purdue Cooperative Extension Service)

Single Session Class-2 hours

-Personal Finance Capability

(Materials from Rutgers New Jersey, Cooperative Extension)

4 Week Series Classes-2 hours

- Week 1: Spending Plan
- Week 2: Planning for Emergency Events
- Week 3: Costs of Debt
- Week 4: Understanding our Credit Score & Credit Reports

Positive Discipline Parenting

These classes are intended for parents of children ages 3-18 years old. Positive Discipline is an evidence-informed curriculum that teaches parents how to change the lens in which they view their relationship with their children.

These classes will help individuals experience a paradigm shift that allows mutually respectful consequences to child behavior, generating empathy and empowerment for both.

Participants will gain the ability to recognize their child's needs and have the skills necessary to adopt more positive and productive behaviors.

Curriculum

-Positive Discipline

(Materials from Positive Discipline Parenting Curriculum by Jane Nelson, Ed.D.)

5 Week Series of Classes-1.5 hours

BENEFITS

- Bridge Communication Gaps
- Defuse Power Struggles
- Enforce Your Message of Love
- Build On Strengths, Not Weaknesses
- Win Cooperation at Home and at School



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Cooperative Extension

Pinal County

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- [Pinal County 4-H](#)
- [Child Care Health Consultation for Pinal County, AZ](#)
- [Sensory & Developmental Screening](#)

Webpage: [CALS, Pinal County](#)

Twitter: [@RickGibson4](#)

Blog: [ricksgardenspot.blogspot.com](#)



Cathy L. Martinez, Cooperative Extension County Director
Blase Evancho, Field Crops Systems Assistant in Extension
Victor Jimenez, 4-H Youth Development Agent

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4-H provides educational opportunities for youth to become capable and contributing members of a global community. Children, ages 5-19, learn about healthy lifestyles, animals, plant sciences, and leadership.

Contact: Maria Melendez at (520) 836-5221, or mmelende@cals.arizona.edu

AZ Health Zone is a program designed to influence healthy eating and active living in a positive way that promotes health and reduces disease among all people living in Arizona.

Contact: Kevin Bawden at (520) 836-5221, x216 or kbawden@email.arizona.edu

Child Care Health Consultations (CCHC) develops relationships with childcare facilities to provide training to staff that will improve their knowledge and practice in the childcare setting.

Contact: Janet Jepsen at (520) 836-4651, x234 or janetj@cals.arizona.edu

Choose Health Action Teen (CHAT) is designed to recruit teens to teach younger children the benefits of healthy eating and active living. Teens also participate in community service events.

Contact: Esmeralda Castillo at (520) 836-5221, x244 or ecastill@cals.arizona.edu

Developmental Screening Program reaches out to families with children, ages 0-5, to screen for early developmental milestones such as gross and fine motor skills, communication, personal-social skills, and problem-solving capacities.

Contact: Esther Turner at (520) 836-5221, x238 or eturner@cals.arizona.edu

Expanded Food and Nutrition Education Program (EFNEP) is a nutrition education class designed to assist limited resource families in eating smart and being active and in acquiring the knowledge, skills, and behavioral changes necessary to contribute to their personal development and the improvement of the total family diet, nutritional and physical well-being.

Contact: Esmeralda Castillo at (520) 836-5221, x244 or ecastill@cals.arizona.edu

Field Crops Systems uses research and education efforts to work to improve field crop productivity and global food and fiber supply, farm economic viability, and protecting the environment.

Contact: Blase Evancho at (520) 836-5221, x215 or bee1@cals.arizona.edu

Financial Literacy & Positive Discipline Parenting will help individuals gain the knowledge, self-esteem, self-efficacy and self-awareness to become in control of their finances, and thus improve their lives controlling their financial health. This program will help with daily stressors such as: worrying about electric bills, putting food on the table and wondering if they have somewhere to sleep tomorrow night, which all influences the way individuals interact with their child(ren), their families and their communities.

Contact: Sybil Peters at (520) 836-5221 or sybilpeters@arizona.edu

First Smiles is an oral health program that provides preventative oral health education, oral screening, referral to dentists for children birth to age five and pregnant women; and fluoride varnishing for children with emergent teeth up to age five.

Contact: Greeta Mills at (520) 836-4651, x235 or g Mills@email.arizona.edu

MAC (Maricopa Agricultural Center) Farm Ag-Ventures educational programs include a combination of videos, educational presenters, hands-on learning experiences and tractor-trailer rides around their 2,200 acre farm for a close-up view of what makes a working farm operate.

Contact: Victor Jimenez at (520) 374-6216 or vicjimenez@yahoo.com

Master Gardener Program provides practical information to those desiring to improve the quality and effectiveness of desert gardens and landscapes.

Contact: Master Gardener Volunteers macmastergardener@gmail.com

Project WET (Water Education for Teachers) is a program designed to teach educators how to better integrate water education, water conservation, and best management practices for water use into their curriculums.

Contact: Chuck Dugan at (520) 836-5221, x210 or cld1@email.arizona.edu

Sensory Screening Program provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect developmental growth.

Contact: Esther Turner at (520) 836-5221, x238 or eturner@cals.arizona.edu

Soil Fertility Research and Education is a program that focuses on the development of research and education on soil testing, nutrient management, and fertilizer and animal waste best management practices.

Contact: Rick Gibson at (520) 836-5221, x227 or gibsonrd@cals.arizona.edu

Strengthening Families Program is a parenting and family strengthening program for families with children ages 3-5, that focuses on strengthening parental bonds with their children and learning more effective parenting skills.

Contact: Esther Turner at (520) 836-5221, x211 or eturner@cals.arizona.edu