

JUNE—2020

THE UNIVERSITY OF ARIZONA  
Cooperative Extension  
Pinal County

# COVID-19 SPECIAL EDITION

## Cooperative Extension, Pinal County

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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.

The team here at Cooperative Extension wanted to put together this special edition of our Quarterly Newsletter designed to keep you up to date with programming available from Pinal Cooperative Extension during these unusual circumstances. As you will see, the team here is still very hard at work and offering a variety of program options, as well as available to answer your questions and concerns across a wide array of topics.

We are waiting expectantly, as I'm sure you are, to hearing when and how we may begin to transition back to our office for work and eventually to open for in-person programming. But until that gets sorted, we want you to know we are here and able to support you.

One thing I want to share concerns hand sanitizer. You may have been keeping a bottle in the car, as I have been, but with summer settling in we need to change this practice. Why? Because effective hand sanitizer has an alcohol content of 60% or higher, but when it gets hot in the car the alcohol evaporates.

Until we can connect in person, stay healthy and safe. And if you have questions or concerns, please don't hesitate to reach out to our team.

  
Cathy L. Martinez  
County Extension Director



## LIVE VIRTUAL SERIES WITH SNAP-ED

With Covid-19 came a lot of challenges and as a program the SNAP-Education team in Pinal County has rise to the call to support the needs of our community in new ways. When the orders to social distance first came out and the University of Arizona shut down all face to face programming we had to figure out how best to proceed.

The begin we were the first SNAP-Education program in the state to offer a live virtual series. We will be completing our first Seed to Supper Low Cost Gardening series this week and starting our next complete series May 20<sup>th</sup>. This was something that as a program we are quite proud of because it shows that we are resilient and capable of accomplishing great things with the support of our community. Gardening is so important to us as an agency and we wanted to make sure that all of our community gardens were healthy and producing.

Jim Jepsen our Food Systems and Gardening Program Coordinator has put in copious amounts of time and energy into make sure that not only are our current gardens thriving, but he has also been working with Cholla Elementary . Along side several Americorps volunteers the completely prepped the space, installed watering systems and planted.

As an agency our first and primary concern has been to do things that our community needs, we have been reaching out to schools, Early Child Care centers, youth centers and so much more to offer any support and materials that we can. We have been providing resources and materials to send out in student packets and working closely with our partners to make sure that they are supported during this time.

This virus has impacted us all and has required us to adapted to new challenges and this has been something that the SNAP-Education program in Pinal County has embraced along side the other amazing programs in the Pinal County Cooperative Extension office.



## **WHEELS FOR THE FIELD CROPS KEEP ON ROLLING!**

The wheels of Pinal County Field Crops program have slowed under the weight of the pandemic, but have not stopped rolling. There have been a few events that have been postponed until fall, but we still plan on bringing these programs back as soon as possible. These include:

- Guayule Grower Field Day- This event was first held last year and was attended by Pest Control Advisors, growers, NRCS officials, and regional members of several grower groups. This event will again be held at the Bridgestone research farm in Eloy and there will be presentations on growing guayule, upcoming growing contracts, and market outlooks. This event showcases all of the research that is occurring to bring another cropping option to the growers of Central Arizona.
- Cotton Tent Talks- These events are usually held in June soon after the end of cotton planting season, but will be pushed later into the season this year. For these events we bring in UA Extension Specialists to discuss crop, weed, insect and disease management as well as update growers and Pest Control Advisors on any new technologies available.

While these events have been delayed we are still delivering information in other methods.

- The “Crop Rotator” is a weekly email newsletter that delivers timely information to our agricultural community. It includes heat unit information and any warnings about upcoming weather events that could impact a cotton or corn crop based on its current maturity stage. There are links to upcoming ag events in our area and other timely information that may be pertinent to crops produced in Central Arizona.
- Farm visits are ongoing. If a grower or Pest Control Advisor has something unusual occurring on their farm we are happy to check out the problem and assist by whatever means necessary. Collecting samples and sharing photos with our highly trained diagnosticians are a quick and easy way to discover what is occurring in the field.
- Field studies are being carried out throughout the state. Here in Pinal County we were fortunate to be able to plant 2 cotton variety trials and install 2 alfalfa trials to better understand if new crop additives can be of any benefit. We are also installing irrigation monitoring equipment in dairy forage production systems to determine novel ways to improve irrigation water efficiency. There are also many guayule studies underway as Cooperative Extension, Bridgestone and SBAR get ready for large acreage commercial production to begin.

We are all ready to get back to face-to-face interactions here and will do so as soon as the time is right. We can't wait to see you all again, but until then feel free to give us a call and we will figure out a way to help!

# FINANCIAL LITERACY

Sybil Peters, Program Coordinator

# COVID-19

Programming  
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## ONLINE—SINGLE SESSION: WHERE DOES YOUR MONEY GO?

Is a curriculum put together by Purdue Cooperative Ext. & Is a single session class that highlights activities that go over a Spending-Savings Plan; Occasional Expenses Worksheet; adding up the Extras Worksheet to give a quick overview of where our money goes!

Classes are schedule for Tuesdays 5:00-6:30pm via Zoom

Email to Register, receive Zoom Link & PDF Workbook

For more information about the Financial Literacy Program:

University of Arizona, Cooperative Extension, Pinal

Sybil Peters, Instructional Specialist

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[sybilpeters@email.arizona.edu](mailto:sybilpeters@email.arizona.edu) / <http://extension.arizona.edu/pinal>



Check out our Website

<https://extension.arizona.edu/events/2020-06-02/where-does-your-money-go-online-class>

## Positive Discipline Parenting Tool

A Child's Behavior Is An Iceberg.

**Behavior**

What 's really going on below the surface.

### Positive Attitude

I am capable.  
I am good enough.  
Feeling loved.  
I know I can.  
Feeling secure  
Feeling safe.  
I am fine.

**Feelings**

Thinking  
(self-talk)

### Negative Attitude

Do I matter?  
Am I good enough?  
Am I even loved?  
Feeling confused.  
Feeling angry.  
Feeling sad.  
Feeling detached.

## COVID-19 HAS CLOSED SCHOOLS AND PRE-SCHOOLS.

**Could Children with Developmental Delays be Falling Through the Cracks? A University of Arizona Cooperative Extension program seeks to fill the gap with virtual developmental screenings in rural and Tribal Communities.**

Child Development experts say the earlier, the better, when it comes to identifying children with developmental delays, but COVID-19 social distancing has made that difficult when it comes to early identification.

“School and child care providers are critical sources for identification of delays, and for linking parents to other services in the community. Since child care centers and schools are closed many children who need screening for developmental delays may be missed,” said Melissa Barnett, associate professor in the Norton School of Family and Consumer Sciences in the College of Agriculture and Life Sciences.

Even without a pandemic limiting in-person services, many families in rural areas already lack access to screenings, according to Barnett.

“Online screenings are an essential strategy to try to meet some of these needs because there’s really no time to waste. Earlier identification and intervention is always better,” Barnett said.

That’s why the University of Arizona Cooperative Extension is offering free virtual developmental screenings, in Pinal and Gila Counties, and the San Carlos Tribal Community. Extension screeners use the ASQ3 and the ASQ-SE (Ages and Stages Questionnaire 3rd Edition and Ages and Stages-Social Emotional) via Zoom, walking parents or caregivers through the instructions and then asking questions; part of the screening may require children to perform a skill – like drawing something or stacking items. Screenings are used to look for developmental delays in children before they enter kindergarten.

“We explain why we ask that question and answer any questions or concerns the parent may have along the way. This is a parent response screening so the questions are asked to the parents but, as the child gets older, some questions are directed to them,” said Esther Turner, Pinal County Cooperative Extension Program Coordinator, Senior.

“With a screening, we are able to provide timely information on the child’s development and offer support activities. With more children at home during this crisis, it is very important that we educate parents on their child’s development and realistic developmental expectations,” said Turner.

Referrals to the child’s medical home are provided if needed. All parents, regardless of the results, receive activity sheets with ideas for fun games and activities.

The screenings, funded by First Things First, are



*Continued from page 3*

not only a tool in identifying developmental delays, but allows some families of children who are already receiving services, data on whether their child is progressing, or needing more support. And families say the opportunity is a chance to stay connected at an uncertain time.

“It’s been a little hectic. I have three kids at home, and trying to do the teaching thing is a little crazy,” said Lacey Goodman, a Payson mother of three.

She and her son, Tucker, who attends Safe Haven Child Development Center in Payson, and will go to kindergarten next year, participated in a Zoom screening meeting with Chrisann Dawson, Gila County Cooperative Extension Instructional Specialist. Goodman says the session was very helpful.

“I felt like we were in the same room together. My son Tucker communicated very well and did the things she asked him to. After the Zoom call, Chrisann mailed me all of the paperwork, and I saw where his skill level was. He’d been getting speech therapy – and the screening gave me some perspective of where he’s at, and what he’s improved in,” said Goodman.

While Goodman’s 6-year-old son already receives speech services, she said the screening confirmed where her son was, and gave her an idea of how he was doing developmentally.

“It’s a good way to keep communication between staff, and teachers and parents – and gives a heads-up if there are any concerns. It’s been a good thing, and good to be a part of,” said Goodman.

“During this extended period of self-isolation, when parents and children have been together longer than typical, it’s vital to connect with families,” said Dawson. “Many are discouraged by the length of time. Our ability to reach out in this way to do the developmental screening encourages the parent and gives them something unique for their child to do. The positive feedback is encouraging to both parents and children.”

If you’re interested in services, and you’re a family in Pinal County, reach out to [ETurner@cals.arizona.edu](mailto:ETurner@cals.arizona.edu).

In Gila County – reach out to Chrisann Dawson at [dawson1@arizona.edu](mailto:dawson1@arizona.edu).

In the San Carlos Tribal Community, reach out to Thuy Bishop at [tbishop@email.arizona.edu](mailto:tbishop@email.arizona.edu).

# STRENGTHENING FAMILIES

Esther Turner, Program Coordinator, Sr.

## COVID-19

Programming  
Updates

### ZOOM STYLE WITH STRENGTHENING FAMILIES

Tuesday, May 12, 2020, will be a special day in the history of our Strengthening Families Program. We will be celebrating the graduation of our Spring 2020 cohort (a combination of our Casa Grande and Eloy locations) of the program, in a virtual platform. The health crisis may have changed the way we do things, but it did not stop us from continuing with our family skills building program.

The class met once a week for the last 7 weeks of the program. An invitation to join the zoom session was sent to each family. A family dinner was ordered and delivered with a no-contact method, so that each family has an opportunity to continue practicing family meals with conversations. This is a big part of the Strengthening Families program, so we wanted to make sure we stayed true to the curriculum. Each family received their meal 30 minutes before the start of class.

At six o'clock, everybody logs into zoom and Strengthening Families staff take turns delivering the program message to the families. The typical night begins with the parents reviewing the past week's lesson and homework. They then go through the current week's lesson and answer any questions. The family then gathers the children around the camera and the children have their lesson, listen to a story or do a craft. The last part of the lesson is a family group activity, such as the Hokey Pokey, Simon Says, a parent game, etc. to practice the skills learned in that night's lesson. The evening ends with our traditional Strengthening Families cheer.

While this is not an ideal method of teaching a parent education class, it has provided us the opportunity to stay in touch with the families (whom we had already started at selected locations, before the pandemic) and deliver the material. It has been quite fun seeing everyone and engaging with the families in a not so typical-style setting. It is so special when the children see their teachers on the screen and they break out in ear-to-ear smiles.

Graduation will be a special night for the families as we celebrate the completion of the program, but also their resilience in the face of change.

Congratulations Strengthening Families!

Our next class begins in August, mark your calendars now! For more information, call Esther Turner at 520-836-5221, ext. 211 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu).



### **CONNECTING VIA ZOOM & FACEBOOK—FOLLOW US!**

Pinal First Smiles is the First Things First sponsored oral health education and screening program for children birth-5 years old and expectant mothers. During more normal times, we are out in the community performing dental screening and fluoride varnish applications to help fight early childhood tooth decay. Tooth decay is the number one childhood disease in the United States. Here in Pinal County, more than 50% of our kindergartners have had cavities. Tooth decay leads to a loss of 51 million classroom hours a year and interferes with concentration, focus and learning.

Since mid-March we have not been conducting in-person screenings of children and expectant mothers because of the COVID-19 virus, and our education and outreach efforts are continuing. If you are on Facebook, visit our University of Arizona Cooperative Extension First Smiles page! You will find videos, stories, activities, and craft instructions that all have to do with teeth and smiles. If you have ever wondered how to brush a toddler's teeth, take a look at the video posted on Facebook.

First Smiles is also conducting special follow-up with families whose children we have already screened this year to answer questions and provide specific guidance on how they can decrease the risk of cavities for their kids. One simple thing to do that will make a difference is to have your child rinse their mouth out with water after having a snack or drinking juice.

Part of our ongoing outreach is to dental and medical offices in Pinal County. A dental screening, a quick look in the mouth, needs to be part of every well-child exam. What happens in the mouth directly impacts what happens in the rest of the body, whether in a child or an expectant mother. During this time of social distancing, our professional trainings are offered by Zoom and by phone. Once restrictions lift, we will be resuming our "lunch and learn" trainings.

Our mission at Cooperative Extension is to take what is happening in research and share it in practical and meaningful ways to improve the lives of people in our communities. First Smiles is continuing to do just that, in a virtual and safe format. However, we truly are looking forward to seeing your smiling faces in person once again!



## DEVELOPMENTAL SCREENINGS MUST CONTINUE

While we all continue to make changes to limit our exposure to the public we still want to let you know that the Sensory and Developmental Screening Team are here to help families whose children are at home. We will still be providing FREE Developmental Milestone Screenings for children 0-5 (who have not yet started kindergarten). Developmental screenings can be provided in several different ways including 1. Online: Through our online screening portal where parents are provided the developmental questionnaire and complete the activities at home with their child and report the results through the online in the portal. 2. Zoom Screening: The UA screener, the parent, and the child will complete the activities online via a Zoom session. The screener and the parent will complete the screening together as the screener shares the tool online with the parent. The screener is available to answer any questions the parent may have and can help observe the child completing the activities from the questionnaire. 3. Phone Interview: The UA Screener and the parent will complete the screening over the phone. The screener is available to answer any questions the parent may have and the screening can be mailed or emailed to the parent ahead of time.

During the developmental screening, you will be asked to answer questions about some things your child can and cannot do. The Ages and Stages: Third Edition (ASQ-3) questionnaire includes questions about your child's communication, gross motor, fine motor, problem-solving, and personal-social skills. The Ages and Stages: Social-Emotional: Second Edition (ASQ: SE2) questionnaire is an additional screening for your child's social-emotional health that can answer questions about your child's ability to regulate their emotions and manage their social interactions which are critical to their healthy development. Ensuring that every child has strong social-emotional skills through screening and early identification helps set children up for future success and prepares them for school.

This is a great time to do a screening with your child since children and families are spending more quality time together. You are the expert on your child and now more than ever is a great time to do a developmental screening and see where your children's milestones are at. Screenings are recommended for ALL children even if you feel their milestones are on track. Once you submit the screening you will receive the results as well as some fun age-appropriate activities to do with your child at home.

You can complete one or both of the screenings online at one of the web links below. If you have any questions about the screenings, staff are available to answer any questions you may have by calling 520-836-4651 ext 236.

- <https://www.asqonline.com/family/c426ba> (English)
- <https://www.asqonline.com/family/32a8f3> (Spanish)

Additionally check out our Facebook and Instagram pages, we will be uploading fun activities, stories, crafts, and games you can play with your children while they are home. These activities continue to help support your child's developmental and social-emotional growth.

- <https://www.facebook.com/UACE.developmental.sensory/>
- <https://www.instagram.com/uadevelopmentalandsensory/>

If you need additional information about resources in your community please feel free to give us a call. We look forward to continuing to work with the families in our community during this time. We appreciate your support during this time and thank you for doing your part as well to help keep our communities safe.

## The Art of the Selfie

### Description

In this activity, kids practice taking “selfies,” focusing on the creativity of taking photos of themselves rather than getting the perfect selfie photo.

### Activity Steps

1. Practice taking photos of yourself from different sides. You may try holding your camera slightly above your head, or to the left or right side.
2. Try different poses and expressions, checking in with how you feel today.
3. Try using natural light and move near a window if you are inside.
4. Try taking a selfie in the mirror. A mirror selfie is “backwards” and often distorted since mirrors don’t always give an accurate reflection. Notice how your mirror selfie turns out!

► Learn more at [4-H.org/Selfie](https://4-H.org/Selfie)



## Calming Glitter Jars

### Description

These easy to make calming jars are a great way to introduce social and emotional health to kids. This activity helps give kids a tool to reduce stress and anxiety, while empowering them to improve their own mental health.



### Supplies

- 1 small jam jar
- Warm water
- 1 tablespoon glitter
- School glue (the more glue, the slower the glitter falls; less glue, the glitter will settle faster)
- Super glue (adults only!)
- Food coloring (optional)



### Activity Steps

1. Fill the jar 3/4 full of warm water.
2. Slowly stir in the desired amount of school glue and food coloring.
3. Add 1 tablespoon glitter.
4. Super glue the lid in place to prevent leaks.
5. Shake and enjoy!

► Learn more at [4-H.org/Jar](https://4-H.org/Jar)

Thanks to Madelyn, Ohio 4-H

### DO YOU HAVE A GARDENING QUESTION?

The University of Arizona, Cooperative Extension, Pinal County—Garden & Landscape Program is still closed due to COVID-19. However, volunteers and staff are working remotely to answer gardening questions or concerns. They are accepting inquiries via email preferably.

To receive the best possible answer to your query, you should:

1. Provide as **much information** as possible regarding your inquiry, including the problem itself, when the problem started, and information about the associated environment.
2. Provide a **good quality photo** of the plant. (i.e. leaves and branches, flowers if the plant is blooming) of both healthy and affected tissue.
3. **Provide good quality photographs of the plant** to help describe the environment and how the whole plant looks, especially if it is a tree or large shrub.
4. A **Master Gardener volunteer** will research an answer to your question, using a variety of library and online resources. Master Gardener volunteers exclusively use non-biased, science-based information in their research to ensure that you receive a high-quality answer. They will reply to you as soon as they can (volunteers do not make diagnoses on-the-spot, time is needed to perform research).

Master Gardener Volunteers contact information:

[macmastergardener@gmail.com](mailto:macmastergardener@gmail.com)

(520) 836-5221, x204

Theresa Ellsworth, Administrative Assistant contact information:

[tellswor@cals.arizona.edu](mailto:tellswor@cals.arizona.edu)

(520) 836-5221, x202

The University of Arizona Staff is checking voicemail messages at the main office, although response times are generally slower at (520) 836-5221, x0.

Volunteers are working periodically, thank you for your patience and they look forward to serving you. All in-person programming is suspended through the month of May, this includes plant clinics/sales, this may be extended. Check out the office website for latest information (<https://extension.arizona.edu/pinal>).



# EFNEP

Esmeralda Castillo, Program Coordinator

## COVID-19

Programming  
Updates

### ONLINE CLASSES

During COVID-19, The Expanded Food and Nutrition Program team have been creating new materials to use in presentations and online classes.

EFNEP offers a series of nutrition lessons that focus on different areas of well-being. In this series of classes one of the objectives that you will learn about is the importance of being physically active. Did you know getting two minutes of activity every 30 minutes during an 8 hour day can help you reach 30 minutes of physical activity every day?

We also teach how to prepare simple and tasty recipes. Have you ever wondered how to prepare that butternut or acorn squash? Well we are here to help.

The EFNEP program is geared to work with limited resource families, grandparents raising grandchildren, pregnant woman and teens and caregivers of young children.

Stay well, healthy and safe.

For more information on EFNEP classes contact:

Esmeralda Castillo, EFNEP Program Coordinator / (520) 836-5221, ext. 244 or [ecastill@cals.arizona.edu](mailto:ecastill@cals.arizona.edu)

# AZ PROJECT WET

Miriam Aleman, Program Coordinator

## COVID-19

Programming  
Updates

### WATER SCENE INVESTIGATION PROGRAM

We're all washing our hands more often! Arizona Project WET has a way for you to save water at your bathroom faucet. Become part of the water investigators family and save hundreds of gallons of water per year!

Arizona Project WET guides you in a step-by-step investigation and provides FREE water audit kits and FREE aerators for every bathroom faucet in your house! In this project you will measure the flow rate of your faucet before and after installing a new water efficient aerator and interview family members to figure out how long each faucet is used per day. With this data you can calculate your water savings!

The Water Scene Investigation inspires simple actions that result in real water savings.

This year, students involved in APW programs that use the WSI in and out of school, saved a projected 18,973,169 gallons of water through applying their knowledge and installing water efficient devices!

<https://arizonawet.arizona.edu/awf/wsi/home>

If you want to offer this opportunity for your students as an assignment and need support in understanding how it works please contact Miriam Aleman [mia1@arizona.edu](mailto:mia1@arizona.edu).

# LET'S CELEBRATE

Shevonda Joyner, Instructional Specialist

## COVID-19

Programming  
Updates

### IN CELEBRATION OF FATHER'S DAY—HERE ARE SOME DAD

**Q: What did the little corn say to the mama corn?**

A: There is pop corn?

**Q: What's worse than finding a worm in your apple?**

A: Finding half a worm.

**Q: What was the first animal in space?**

A: The cow that jumped over the moon.

**Q: How does a cucumber become a pickle?**

A: It goes through a jarring experience.

**Q: What do you call a fake noodle?**

A: An impasta.

**Q: How do you throw a party in space?**

A: You planet.

**Q: Why isn't there a clock in the library?**

A: Because it tocks too much.

**Q: Two goats were munching on a movie script.**

Goat 1: This is good!

Goat 2: The book was better.

**Q: What do you get from a pampered cow?**

A: Spoiled milk!

**Q: What's Forrest Gump's Facebook password?**

A: 1forest1.

**Q: If Iron Man and Silver Surfer teamed up, what would they be called?**

A: Alloys.

**Q: What was the child who wouldn't nap guilty of?**

A: Resisting a rest!

**Q: Why should you not let a bear operate the remote?**

A: He will keep pressing the paws button.



## FIND US. LIKE US. FOLLOW US. SHARE US.

Facebook Pages:

- [Pinal County Garden and Landscape Program](#)
- [Maricopa Master Gardeners](#)
- [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](#)

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Cooperative Extension, Pinal County, 820 East Cottonwood Lane, #C, Casa Grande, AZ 85122, 520.836.5221. Requests should be made as early as possible to allow time to arrange the accommodation.