D’s Notes

As we move further into the pandemic situation, I wanted everyone to know Hodgeman County Extension is here to help. We are available by appointment at the Courthouse (9 am – noon, 1 pm – 5 pm, M-F). Please call (620) 357-8321 – office, during office hours, (620) 357-5315 - DeWayne’s cell, or email - hg@listserv.ksu.edu us for information.

We will be putting pertinent information up on our website www.hodgeman.k-state.edu. This will include some online resources, dates and times for our Extension Executive Board meetings and the zoom id number to connect.

K-State Research and Extension has compiled numerous publications and more information to help people take care of themselves and others during times of crisis. See the complete list of resources online.

One document, Strategies to help you cope, provides common-sense steps that anyone can take to remain healthy. Among the recommendations:

Physical
- Eat healthy meals.
- Exercise at least 20 minutes daily.
- Take a relaxing bath or shower.
- Limit alcohol, tobacco or other drugs.

Mental
- Write your thoughts in a journal or notebook.
- Listen to relaxing music.
- Read a book you enjoy.
- Reach out to someone for support or help.

Emotional/Spiritual
- Tell a loved one what you appreciate about him/her.
- Pray or meditate.
- Do random acts of kindness.
- Write down three things you are grateful for daily.

The online publication also includes coping strategies for farmers and ranchers, who are dealing with tight profit margins.

Take advantage of family time with your children, if they are at home. Play some board games, cards, or other group activities.

Just remember we are in this together. If you need help let us know.