PARENTING DURING THE PANDEMIC
VIRTUAL CLASSES

- More appealing presentations
- Info specific to the pandemic (stress, screentime, frustration, coping skills, resource outreach)
- Directions for accessing Zoom on various devices
BUILDING INTERACTIVE ACTIVITIES
PORCH VISITS

OUTSIDE VISITS
AND CLASSES
GRAB BAG PICK UP

UNIQUE ACTIVITIES
GOODY BAGS

ART, PLAY, AND ACTIVITY SUPPLIES
CLEANING PRODUCTS

EMERGENCY SUPPLIES
WEEKLY NEWSLETTER

Cornell Cooperative Extension
Jefferson County

THROUGH IT ALL, CCE IS STILL HERE TO HELP!
Call or text our helpdesk for information on parenting, nutrition, food assistance programs, and breastfeeding or to sign up to receive text messages. Call or text us at 315-628-0282.

NATIONAL 4-H WEEK
Celebrate all 4-H has to offer with a week of fun activities for all youth ages 6-18:
- Monday 10/25: 3:30-6:30 PM - Mosquito Science
- Halloween at Rome
- Tuesday 10/26: 10:00 AM - Science of Plants
- Wednesday 10/27: 6:30 PM - Halloween at 318 A Avenue
- Thursday 10/28: 6:30 PM - Halloween at 318 A Avenue
- Friday 10/29: 6:30 PM - Halloween at 318 A Avenue
- Saturday 10/30: 6:30 PM - Halloween at 318 A Avenue
- Sunday 10/31: 6:30 PM - Halloween at 318 A Avenue

PUMPKIN CARVING EVENT
Families, head on out to the Robert G. Winne State Park at 5102 State Park Road in Whitesboro to carve your pumpkins and have some fun!

COVID ANXIETY TIPS
As we all head into yet another winter marred by the COVID-19 pandemic, it’s natural to feel fatigued and砌ratulous. Here are a few tips to manage that anxiety:
- Practice mindfulness techniques.
- Stay connected with loved ones.
- Exercise regularly.
- Eat a healthy diet.
- Get enough sleep.
- Consider seeking professional help if needed.

NEW COMMUNITY PARTNERSHIPS

Energy Bike with Hannibal of CCE
Solving the energy problem. Don’t make this job too tough!

Traveling the World
- Rome
- Whitesboro
- Frankford
- Carroll
- the past and the present

Watch a comment
Family Advocacy Program Quarantine Quoffee Quorner

Description - Video Platform to connect and engage with families during COVID in an effort to reduce potential family violence and increase family connections.

Action - Family Advocacy Program Educators developed and ran family and wellness videos two times weekly providing educational tips and wellness support to our Fort Drum community. Topics included: Establishing New Routines, Stress Management During Isolation, Family Activities, Safety Tips, etc.

Outcome - Videos generated much discussion and received a significant amount of positive feedback from our military families. FORSCOM referenced the videos as a great practice during the DAIG Suicide Prevention Inspection.
 INFORMATION SESSIONS FOR SOCIAL MEDIA

STAFF DEVELOPMENT AND LOTS OF SHARING!
LESSONS LEARNED

- Adaptability
- Creativity
- Multiple modes needed to reach people
  - in person
  - virtual (live)
  - recorded videos
  - social media -
- Unique activities