

# MSU Extension Online Resources for Our Northern Michigan Community

MSU Extension Remote Learning & Resources Website - Click Here!

# Be a session instructor at 4-H Exploration Days and impact the lives of Michigan youth!

4-H Exploration Days is a pre-college program for more than 2000 youth from across the state. This exciting program allows youth to try new things and gain confidence through hands-on learning

# **ONLINE PROGRAMMING:**

Maintaining Health During Challenging Times

**Money Smart Business** 

Emergency Preparedness & Food Safety

**Evenings in the Garden** 

Success and Safety: Volunteerled Virtual Programs

Food Safety @ the Food Pantry

**Preserving Your Harvest** 11/12: Making Pie Filling

**Mindfulness Series** 

**Healthy Holidays in Northern MI** 

For Parents of Young Children
11/17: Raising Young Readers

# For Youth

**Wild Spartans Series** 

Investigating Food with Science

MI Youth Fall-A-Thon

Sooper Yooper Challenge

**Among Us Virtual Club** 

Online Homebuyer Educational Sessions See page 2

# Health, Wellness & Relationships

Resilient parents use their own resilience to support healthy children

Stress can take a toll on your blood sugar, cause other long-term effects

Feeling overwhelmed with anxiety? Ground yourself with this technique

How to keep kids active as the weather cools and the pandemic rolls on

#### **Food & Nutrition**

Garlic: The Spicy Vegetable

What are grain berries? Kernels of nutrition!

Rethink your drink... at the coffee shop

Is It Time for Your Child to Eat? Bringing Mindfulness to Eating

Try a new, <u>healthy recipe</u> today!

# Youth Wellness & Learning

Educational resources for parents, teachers and homeschool families

Plant science at the dinner table: Popcorn

Older Youth: Tips for Filling Out Online Applications

Can you hatch an egg bought from the store? Embryology lessons

Apples: learning opportunities in careers, math, science and health

Mindfulness can help youth navigate stress more effectively

## **Community Resources**

Saving Veterans and Honey Bees: <u>Heroes to Hives</u>

Protocol for meat processors when accepting venison this hunt season

Garden Planning Calendar - work on your garden all year!

Seed saving resources for beginner and more experienced

## Connect online for more programs and resources

MSU Extension Online Events Schedule

Grand Traverse County MSU Extension Website & FaceBook Page

Updated 11-5-2020

# October - December 2020 Homebuyer Webinar Schedule

This homeownership seminar from MSU Extension will provide you with valuable information about the home buying process, and will teach you:

- The advantages of homeownership
- The steps in the home buying process
- The costs of homeownership
- The importance of good credit
- How to determine how much house you can afford
- Mortgage loan basics
- How to maintain your investment
- Certificate of completion good for one year

Completing the course and returning required paperwork fulfills the requirements for certificate of completion. This certificate can be shared with your mortgage loan officer to satisfy the homebuyer education requirement for MSHDA loans and down payment assistance, USDA Rural Development loans and many other lenders.

November 5	9 a.m. to 1 p.m. ET	Brenda Long <u>longbr@msu.edu</u>
November 10 & 12	5:30pm to 7:30pm ET	Beth Martinez mart1751@msu.edu
November 17 & 19	5:30pm to 7:30pm ET	Nancy Latham <u>lathamn@msu.edu</u>
November 23	9 a.m. to 1 p.m. ET	Teagen Lefere leferete@msu.edu
December 3	·	Beth Martinez <u>mart1751@msu.edu</u>
December 10	9 a.m. to 1 p.m. ET	Brenda Long <u>longbr@msu.edu</u>
December 15 & 17	5:30pm to 7:30pm ET	Beth Martinez mart1751@msu.edu

Webinar Pre-Registration is required.

Click the link or go to mimoneyhealth.org

Under Events, find the complete Events calendar!

Cost: \$25 (To request a scholarship based on financial need, contact the instructor beow to see if you meet the income criteria.)

Prefer a self-paced online class? Go to www.ehomeamerica.org/msue and choose the Homebuyer Education Course. It is available in English or Spanish and has a fee (this fee is not waived). Coupon code is MSUE10. It provides a certificate of completion when finished.



MICHIGAN STATE

Extension



Michigan State University is committed to rograms, services and activities. Accommo

providing equal opportunity for participation in all

MSU Extension programs and materials are open to all without regard to race, color, national origin, gende ridentity, religion, age, height, weight, disability, political beliefs, sexual orientation, marital status, family