

# DIVISION OF EXTENSION: MENOMINEE COUNTY/NATION

TIPS TO HELP US THROUGH COVID-19



## WHAT TO DO IF YOU EXPERIENCE CHANGE AND LOSS DURING THE PANDEMIC

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This time that we have been dealing with the consequences of the COVID-19 pandemic may be filled with a very real feeling of loss and grief. Those feelings normal and expected.

One of the most important things we can do is to acknowledge the losses we are experiencing. Taking note of our feelings and expressions of grief is the first step to identify ways to take the best care we can of ourselves.

- Take good care of yourself
- Be patient with yourself, consider letting go of things that might not need attention right now.
- Learn more about the grief you may be feeling.
- Create a “not yet” list of things to look forward to when our physical distancing requirements are lifted.
- Connect with people in your life using technology, a phone call or writing letters.
- Get outdoors as much as you can.
- Sit on your porch, go for a walk, work in your yard, or plant a container garden.
- Maintain a regular routine, including mealtimes and bedtimes.
- Recognize that grief can show itself in different ways (anger, sadness, sleeplessness, inability to focus or plan, forgetfulness).
- Give yourself time to manage your feelings.
- Start a journal to write your thoughts during this time, talk about your feelings with others, or find another creative outlet to express what you are experiencing and create meaning in your loss.
- Don't forget that many of the emotions associated with grief require physical attention to manage: exercise, sleep, and healthy eating will support your body.
- It might feel too new right now to identify positives that might emerge; a gratitude practice can help us focus ourselves on the good that is still present in the world.
- Organize family photos. Remembering a happy memory releases in our brain the same “feel-good” chemicals that flooded it at the time of the actual experience.

Recognize that anxiety can be increased when we aren't sure of what our future holds and what additional losses may come over time.



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## THREE SISTERS GARDENING

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Community Extension Educator

Three Sisters gardens contain corn, bean, and squash plants. This growing technique has its roots with many Indigenous Tribes and the relationships between these three plants is greatly valued. There are many different teachings about the Three Sisters as well as different ways to plant a Three Sisters garden. To learn more and see what works best for you, you can ask family members and other gardeners in the community.

Some basic tips on how to plant your own three sisters garden follows:

- **Corn.** The corn plant is the eldest sister. She stands the tallest and provides strength for her younger sisters, the beans and squash. The corn seeds are planted first and can be planted in mounds.
- **Beans.** The bean plants are the middle sister. She climbs up the corn stalks and twists and turns every which way. She also pulls nitrogen from the air and provides nutrition to her sister plants. Bean seeds should be planted after the corn seeds sprout and begin peeking out of the ground. A few bean seeds can be planted by each corn plant.
- **Squash.** The squash plant is the youngest sister of the three. She provides protection for her sisters by spreading her vines and prickly leaves across the ground. Her vines and leaves help maintain moisture, provide shade in the summer heat, and keep animals and other critters away. Squash seeds can be planted a few days or so after bean seeds are planted.

Do you see yourself in any of these plants? All three have a role and they work together. They also provide us with the nutrition we need. If you plant a Three Sisters garden, be a part of the relationship and watch these three plants grow and support each other.

## PIZZA OMELET

(SERVES 6)

Chelsey LaTender  
FoodWise Educator

### INGREDIENTS:

- 5 eggs
- ½ cup sliced mushrooms
- ½ pound skinless white meat turkey, ground (optional)
- ¼ pound mozzarella cheese
- 4 tablespoons chopped onion
- 4 tablespoons chopped celery
- 4 tablespoons chopped tomato
- 4 tablespoons chopped green pepper
- ½ teaspoon garlic powder
- ½ teaspoon oregano
- ½ teaspoon basil

### **Directions:**

Sauté onion. Add meat. When mixture is cooked, add remaining vegetables and spices, simmer for 2 minutes. Beat together eggs, shredded cheese, and 2 tablespoons water. Place vegetable mixture into a greased baking dish; pour the eggs over the top. Sprinkle with paprika. Bake for approximately 15 to 20 minutes at 450 degrees.

