

**WTNS Radio OSU Extension Update for March 23, 2020**  
**Healthy People. Healthy Finances. Healthy Relationships.**

On today's OSU Extension update for Healthy People, Healthy Finances, and Healthy Relationships we'll talk about financial resources that are available now for those affected by COVID-19 and some virtual programs offered through OSU Extension.

The COVID-19 pandemic has brought unprecedented action in regard to temporary business restriction and closure. Within the last week, Governor DeWine has ordered the closure of all dining rooms of bars and restaurants; closure of bowling alleys, movie theaters, recreation centers and similar businesses; and the closure of barbershops and nail salons. Yesterday's "Stay at Home" Order from Ohio Director of Health, Dr. Amy Acton, orders that all non-essential business and operations must cease by midnight tonight. These orders have affected tens of thousands of Ohioans. In just three days last week, the Ohio Department of Jobs and Family Services received 77,817 claims for unemployment benefits. Compare this to two weeks ago when only 2,905 claims were filed.

If you find yourself without a job, I encourage you to visit "[COVID-19 – A Financial Resource Guide](#)" which has been compiled by OSU Extension. You can find this and all the resources that I will mention today on our website at [Coshocton.osu.edu](http://Coshocton.osu.edu). It features Individual Resources, Employee Resources, Small Business Resources, Available Ohio Food Access Options, Financial Wellness Resources & Consumer Protection, and Finding Local Resources.

University of Wisconsin Extension also has a website for "[Managing Your Personal Finances in Tough Times](#)" with a special section dedicated to the [financial effects of COVID-19](#) for individuals, families and businesses. There is also a section called "[Dealing with a Drop in Income](#)" that answers questions like "Where do you start if you can't pay bills?" and "Deciding Which Debts to Pay First."

Another resource I especially appreciate from The University of Delaware offers advice for [Surviving a Family Crisis](#). Losing income from a job is not inherently more manageable for an individual than a family. However, there are different challenges when multiple people are involved. The University of Maryland Extension also offers some ideas for [talking with children about needs and wants](#).

I have been inspired this week as acquaintances, who are now without work, have shared their struggles in positive ways on social media. They've shared their fears and disappointments, but even more, they have shared the encouraging words and even mentioned financial help they've been receiving from others. It has been motivating for me to see the support that people are receiving. It has caused me to act and help others who may be facing more uncertain times than I am, even if it is in small ways.

If your job is secure, consider what you can do to financially bless a friend or acquaintance during this time. I've heard some great suggestions to set aside the money you might normally spend on gasoline or other daily expenses and use that to make a donation in your community. If you are in a difficult place, please know that many people want to help right now. Let others know your needs, even if that is a listening ear for you to voice your concerns without judgment.

Last Thursday, I did something for the first time. I posted a segment via *Facebook Live*. This is becoming quite popular now that we are practicing social distancing. Even many churches have been using this to share their worship services. I had a great time with my children presenting – Kids in the Kitchen. Last Thursday, we made Carrot Cake Pancakes with Maple Cream Cheese Topping and Creamy Peanut Butter Dip for fruit. It blows my mind that we've had over 2,300 views of our video! This is still available to watch on our Facebook page which is **OSU Extension Coshocton County**.

This week we will continue with another episode of Kids in the Kitchen on Thursday, March 26 at 11:00 AM. Recipes for this week will be White Chicken Chili, which is a Marrison Family recipe, and Double Corn Bread, which comes from our Dining with Diabetes recipe book. These are the perfect comfort food for a chilly spring day. Those recipes are posted on our website, [coshocton.osu.edu](http://coshocton.osu.edu). We hope to see you and your family virtually in your kitchen this Thursday!

In closing, at OSU Extension, we are proud to work for Coshocton County to help improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at [coshocton.osu.edu](http://coshocton.osu.edu). Make it a healthy day!