

HEALTHY AT HOME

Navigating COVID-19 with Cooperative Extension

The value of empathetic listening during a pandemic

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AND BY RON HUSTEDDE

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During this time of uncertainty and physical isolation, one of our biggest community needs is to hear people. It is estimated that 25% of Americans don't have anyone to listen to them. There are different types of listening. *Pseudo-listening* is when we listen to be polite but don't hear what's being said. *Empathetic listening*, on the other hand, involves putting ourselves in other people's shoes and grasping the situation from their perspective. This type of listening is critical during struggle.

Continued page 4



Take advantage of Great Outdoors Month

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June is a great month to get outside and explore. What better way to learn about your environment than several national natural environment celebrations? June is Great Outdoors Month, and now through Oct. 31 is the National Wildlife Federation's Great American Campout celebration. Let's not forget June also includes National Fishing and Boating Week, June 6 through 14. To take advantage of these celebrations with your family, here are several ideas to get outside and have a backyard campout or go fishing.

Some fun family activities include getting a flashlight and playing flashlight tag, taking an outdoor or even indoor night hike (a favorite 4-H camp activity), playing backyard Bug Bingo, or making a backyard bird checklist.

Activities, recipes, handouts, and more

Backyard campout activities

- [Backyard Bird Checklist](#)
- [Backyard Bug Bingo](#)
- [Camping Fun Daytime Activities with Ranger Rick](#)



- [Camping Fun Nighttime Activities with Ranger Rick](#)
- [Leave No Trace Activity](#)
- [#CampLikeAnAnimal! Just for fun online quiz](#)
- [Indoor Night Hike Activities](#)
- [General Camping Checklist](#)
- [Smokey the Bear](#)
- [Smokey's Campfire Safety Guide \[English\]\(#\) and \[Spanish\]\(#\)](#)
- [Smokey's Forest Science Activity Handout](#)
- [Smokey's Mini Book and Activity](#)
- [Smokey's Dot-to-Dot Activity](#)
- [Smokey's Wildfire Prevention Detectives Poster](#)
- [Basic Fishing Booklet](#)
- [Fishing Regulations Website](#)
- [Kentucky Fishes Booklet](#)
- [ABCs of Fishing Coloring Book](#)
- [Fish and Aquatic Conservation Word Searches](#)
- [Build a Fish Activity](#)
- [Quick Draw, Fast Fish Game Handout](#)
- [Hook, Line, and Sinker DIY Activity](#)
- [Off the Hook Coloring Book](#)
- [Commemorate Your Catch Free Certificates](#)
- [Fish Consumption Advisories Website](#)
- [Find a Place to Fish Website](#)
- [Fishing in Neighborhoods \(FINs\) Program Website](#)
- [Take Me Fishing Webpage](#)

Fishing information and activities

- [Cook Wild Kentucky Fish Recipes](#)



OTHER RESOURCES

Full article:

<https://fcs-hes.ca.uky.edu/files/do-not-mix-these.pdf>

Sanitizing your laundry

(article):

<https://fcs-hes.ca.uky.edu/files/sanitizing-laundry.pdf>

Cleaning versus disinfecting

(English article):

<https://fcs-hes.ca.uky.edu/files/cleaning-versus-disinfecting.pdf>

(Spanish article):

https://fcs-hes.ca.uky.edu/files/cleaning_versus_disinfecting_spanishversion.pdf

How to clean a cell phone

(article):

<https://fcs-hes.ca.uky.edu/files/how-to-clean-a-cell-phone.pdf>

Cleaning and disinfecting your COVID-19 infected home

(article):

<https://fcs-hes.ca.uky.edu/files/cleaning-disinfecting-covid-19-home.pdf>

6 Cleaning products you should never, ever mix (article):

<https://www.goodhousekeeping.com/home/cleaning/tips/a32773/cleaning-products-never-mix>

8 Cleaning products you should never mix (article):

<https://www.rd.com/home/cleaning-organizing/cleaning-products-never-mix>

How and when to use bleach

(article):

<https://cleanandhappynest.org/wpd/how-and-when-to-use-bleach>

Mixing these chemical products can be dangerous

BY JEANNE BADGETT

Senior Extension Associate for Clothing, Textiles, and Household Equipment

Many effective cleaning products get rid of dirt, grime, and germs. Although these products claim to work, and if used properly, they should work — some of us feel the need to give our cleaners a “boost” by adding other ingredients to increase cleaning power. This can be a problem because mixing cleaners and chemicals can produce toxic fumes or vapors. Here is a list of chemicals you should not mix, nor add to other products. Most importantly, you should only mix bleach with water.

DO NOT MIX THESE

- **Bleach + Ammonia**
= TOXIC Vapors
- **Bleach + Rubbing Alcohol**
= Chloroform
(No need to create this!)
- **Bleach + Toilet Bowl Cleaners**
= TOXIC Fumes
- **Bleach + Vinegar**
= TOXIC Vapors
- **Hydrogen Peroxide + Vinegar**
= Corrosive Irritant
- **2 Different Types of Drain Cleaners**
= Explosive Chlorine Gas

Open-ended questions encourage people to respond in detail. This allows people to share their story and talk about their feelings.

Continued from page 1

The value of empathetic listening during a pandemic

To improve your empathetic listening, start by evaluating your listening skills. Do you often tune people out, cut them off, or respond immediately with a critique, suggestion, or story of your own? Does your body language (posture, facial expression, eye contact) indicate that you are distracted? Nonverbal information is more important than what you say. How could you remove distractions and improve your listening?

Next, consider the questions you ask. Open-ended questions encourage people to respond in detail. This allows people to share their story and talk about their

feelings. Approaching difficult conversations with curiosity and care can create an environment where people can be honest.

Finally, consider reaching out to people who may be isolated or without strong social support. For example, the Bourbon County Homemaker Club set up a phone tree to check on members who live alone, are self-quarantined, or may need help running errands. These calls have continued for months, fostering new relationships. The University of Kentucky also organized teams of people to call 30,000 students to learn how they were dealing with the transition



from campus-based classes to online learning. What groups are you part of that can be mobilized to call up residents and offer an empathetic ear?

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**THIS NEWSLETTER IS PUBLISHED BY THE UNIVERSITY OF KENTUCKY
COOPERATIVE EXTENSION SERVICE.**

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