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302 Union Street
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573-238-2420

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573-243-3581

Madison County

137 W. Main
Fredericktown, MO 63645
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Perry County

321 N. Main, Suite 1
Perryville, MO 63775
573-547-4504

St. Francois County

1 W Liberty, Suite 101
Farmington, MO 63640
573-756-4539

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In This Issue

Summer Bulbs to Try this Year

By: Donna Aufdenberg, Horticulture Specialist

Key Facts about Mental Illness

By: Mary Engram, Human Development & Family Science Specialist

Is Your Home an Easy Target?

By: Rebecca Blocker, Housing & Environmental Design Specialist

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Summer Bulbs to Try this Year

Donna Aufdenberg, Horticulture Specialist

Summer bulbs are easy to grow and do well in Missouri. Some are grown for beautiful blooms and then others are grown for their ornate foliage. Summer bulbs are very versatile because they can be planted in containers or in the ground.

Tuberous Begonias - The many types of begonias range from large camellia flowers to small singles produced in profusion. The bulbs need a well drained potting mix and a container with good drainage holes. If a transplant should be repotted, try to keep the plants at the same level as they were in the original container.

Burying stems deeper will cause a stem rot. Avoid overwatering.

Canna - The many colors of leaves and flowers on Cannas makes it a great addition to containers and landscape beds. Traditionally, canna rhizomes produced plants from five to eight feet tall but now there are many dwarf selections reaching around three feet. Plant in ground once danger of frost has passed. The planting site should be well drained and in full sun.

Caladium - This is one plant that is really liked for all the bright, bold patterns on the leaves. It produces arrow-shaped leaves in striking color combinations of reds, pinks, greens, and whites. Plant tubers in 8 inch pots with the knobby side up about two inches deep. Keep warm to sprout in a timely manner.

Dahlia - Known for its large impressive blooms, dahlias can be a great addition to any landscape or patio. Dahlias come in just about every color. Tubers can be started indoors or outdoors. They need a sunny location and require staking. Mulch plants after establishment to keep soil cool and retain moisture. Divide the tuber clump in spring but leave a part of the true stem attached to the tuber.

Gladiolus - This flower is produced from a corm. Gladiolus come in a wide color range and can grow up to five feet. It makes an excellent background plant but there is only one flower stalk per corm. Plant in well drained soil located in a sunny spot. Many times the plants need to be staked.



Tuberous Begonia



Caladium



Dahlia

Growing Summer Bulbs Successfully

Many gardeners report mixed results of success with summer bulbs. Here are some helpful tips on growing and storing.

- Select healthy, mature bulbs and store them in a cool, dry place until planting time.
- Soil testing before planting or amending the soil.
- Plant at depths, spacing, and planting times for each kind of bulb.
- Water the plants at regular intervals.
- Scout regularly to identify any problems - insect pests or diseases.
- Dig bulbs once killing frost occurs in fall. Shake off excess soil. Cut stem off just above the corm or bulb. "Cure" for about 3 weeks in a warm, dry, airy place.
- Store bulbs in a paper bag, cloth sack or mesh bag in a dry, cool, and dark area. Peat moss can be added.
- Check on bulbs mid-winter to make sure they are not too dry and shriveling.

Be the Difference! Mental Health

First Aid

Sometimes first aid isn't a bandage, or CPR or calling 911. Sometimes, first aid is YOU!

Mental Health First Aid is an eight-hour public education program that teaches participants a five-step plan to support someone experiencing an emotional crisis or beginning to develop signs and symptoms of a mental illness.

The program teaches common risk factors and warning signs of specific illnesses like anxiety, depression, bipolar disorder, eating disorders, and others. Practice through role play is key.

Like CPR, Mental Health First Aid prepares participants to interact with a person in crisis and connect the person with help. First Aiders do not diagnose or provide any counseling or therapy. Instead, the class answers the questions, "What do I do?" and, "Where can someone find help?"

If you are interested in hosting or attending a Mental Health First Aid class, contact Mary Engram, Human Development and Family Science Specialist at 573 683-6129 or e-mail at engramm@missouri.edu

Key Facts about Mental Illness

Mary Engram, Human Development and Family Science Specialist



One in five Americans suffer from mental illness each year according to Substance Abuse and Mental Health Services Administration (SAMHSA). Properly defined, a mental illness is a diagnosable illness that affects a person's thinking, emotional state, and

behavior AND disrupts the person's ability to work, carry out daily activities, and/or engage in satisfying relationships. Because of the high prevalence rate, many people will be affected by mental illness in some way, either through their own personal health, or by someone they know and, quite possibly, a family member. Because mental illness is common, it is important to be informed.

Not all individuals with a mental illness know they have one, and many people do not seek help. Mental illnesses can be mild, moderate, or severe and can be more disabling than many chronic physical ailments. For example, the disability from *moderate* depression is similar to the impact from relapsing multiple sclerosis, severe asthma, or chronic hepatitis B. The disability from *severe* depression is comparable to the disability from quadriplegia. In addition, many people suffer from more than one mental disorder at a given time.

One-half of all mental disorders begin by the age of 14 and three-quarters by age 24. When mental disorders start at a young age, they can affect the young person's education, forming of key social relationships, establishment of health habits, and inhibit their movement into adulthood. The sooner a person gets help, the more likely they are to have a positive outcome.

Professionals who can help include: primary care physicians, psychiatrists, licensed counselors, social workers, other mental health professionals, and certified peer specialists. Self-help strategies may include support groups, and family and peer encouragement. People can and do recover from mental illness if they receive proper treatment and support. Awareness is always the first step.

Source: [Mental Health First Aid](#), 2015 National Council for Behavioral health and the Missouri Department of Mental Health.

Is Your Home an Easy Target?

Rebecca Blocker, Housing & Environmental Design Specialist

I made a dangerous mistake coming home for lunch. I walked through my ransacked home before calling the police. I was lucky the burglar was gone. One in ten homes will be hit by a burglar this year. Home burglary has become a daytime crime: sixty-four percent occur between six a.m. and six p.m., thirty-four percent of burglars enter through the front door.



Don't be an easy target! You can make your home more secure for little to no money. Smart thinking and good habits can be as effective as expensive home monitoring. Quality dead bolt locks may delay entry...**but only if you use them.**

- ⇒ Lock garage and all exterior doors both day and night.
- ⇒ Trim shrubbery near windows and doors so a burglar can't hide.
- ⇒ Add a wide-angle (180 degree) viewer/peephole on your main door.
- ⇒ Install exterior security cameras or doorbell cameras and smart locks to deter and identify burglars.
- ⇒ Replace porch and other outdoor lights with motion-sensor lights.
- ⇒ Secure sliding glass doors by putting a broomstick or dowel in the track.
- ⇒ Never hide a spare key outside. Give it to a neighbor.

Fake it when you are gone. Use inexpensive timers to set a few lamps, TV or radio to go on and off several times a day when at work or on vacation. I leave a TV running for the flashing light and sound to deter burglars. The energy used is worth it to me for the extra security.

Operation Identification. Ask your police department about Operation Identification to mark valuables with an electric etching pencil. Take detailed photographs of items in your home and record their serial numbers, make and model to help identify any property that is recovered. Visit the National Crime Prevention Council Web site at www.ncpc.org or call (800) 627-2911 for a **Free Home Security Checklist**.

Keeping Yourself Safe

If you think you hear someone outside breaking in:

- ◆ turn on lights
- ◆ make lots of noise
- ◆ call out to someone, even if you are alone

If they are inside:

- ◆ leave safely if you can, then
- ◆ call the police

Never confront a burglar.

If you can't leave:

- ◆ lock yourself in a room with a phone and
- ◆ call the police
- ◆ use your car keys to set off the car alarm

If an intruder is in your room at night:

- ◆ pretend you are asleep



Do **NOT** broadcast plans or vacation pictures on social media. Wait to post pictures until you are back home!