



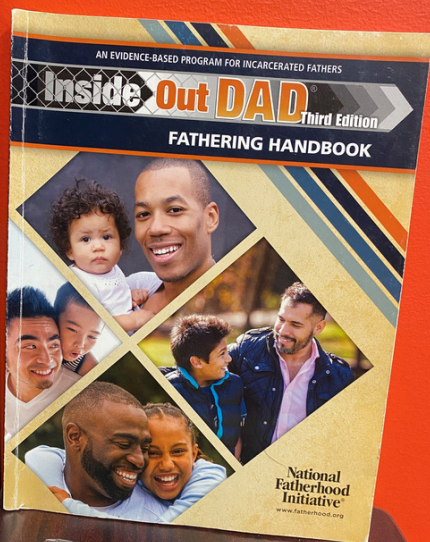
**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC **April 2024**

LISA HAMBLIN RECOGNIZED FOR WORK WITH INCARCERATED FATHERS

Since 2022, Family and Consumer Sciences Educator, Lisa Hamblin has taught a 12 week parenting series at the Federal Transfer Center prison in Oklahoma City. “Inside/Out Dad” is a widely recognized program from the National Fatherhood Initiative that began in 2012.

For National Volunteer Week in April, current and past participants created a thank you card and wrote notes to share their appreciation for the program. The fathers also made a beaded pen with the OSU logo to thank Lisa for her volunteerism. Four workshop series have been completed with another scheduled for the fall.





**OKLAHOMA COUNTY
EXTENSION**

Mindful Moments Program

Danyelle Kuss, 4-H Youth Mental Health Specialist and Educator has been leading a series of workshops centered around mindfulness skills. The program is presented in partnership with the Edmond MAC and runs until mid-May. Mindfulness is the practice of being aware of what is happening right now, rather than dwelling on the past or worrying about the future. Practicing mindfulness can reduce stress, improve focus and concentration, and promote overall well-being.

Participants learned the basics of mindfulness and its impact on mental health through a variety of activities including yoga and meditative nature walks. The program will conclude in May with the creation of sun print photos and calming glitter jars.



**OSU EXTENSION
OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**



**OKLAHOMA COUNTY
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4-H'ers Compete at Oklahoma County Spring Horse Show

Oklahoma County 4-H had their Spring Horse Show at a new location this year. Lightning L Ranch hosted the competition on April 13th. Riders competed in speed events, as well as English and Western classes. Judge Meriruth Cohenour also provided an educational clinic to help riders understand how they could improve their skills in each category.



OSU EXTENSION
**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**



**OKLAHOMA COUNTY
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The mission of Community Nutrition Education Programs (CNEP) is to educate and empower **limited-resource Oklahomans** to improve nutrition and physical activity behaviors. CNEP's vision is to improve the health of Oklahomans.

Community Nutrition Education Program
Nutrition Education Assistants

- Pam Dennis**
- Lou McCullough**
- Amy O'Sullivan**
- Mary Ryan**
- Lisa Twedell**

Area Coordinator
Lori Goodbary



In summer 2023, Kroger and CNEP began a program to provide additional incentives for Fresh Start participants in Oklahoma and Pottawatomie counties. A participant must attend and take part in eight sessions that cover basic nutrition, food safety, and food resource management. The current program has skill builders, food demos/experiences and recipes to improve their overall health.

Recently, the first 60 graduates received their BOOST memberships. With other supplement programs, they can order their groceries and not have a delivery fee for one year, valued at \$59.00. A recent graduate, who is expecting a baby, had to ride share to the grocery store once a week. Being enrolled in Fresh Start helped her to have the appropriate groceries when needed by using her supplement programs and waived delivery fee.

Upcoming enhancements to the incentives will be a Kroger Sponsored Evening with recipe resources and public service announcements supporting CNEP key messages.

Kroger Boost Graduate

NEA	Participant	Email	Phone #	Address	Programs
	LORI GOODBARY AREA COORDINATOR - SCISSORTAIL UNIT Community Nutrition Education Programs Oklahoma County Extension				

OSU EXTENSION
**COMMUNITY NUTRITION
 EDUCATION PROGRAMS**

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**COMMUNITY NUTRITION
EDUCATION PROGRAMS**



**OKLAHOMA COUNTY
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Dietitian offers Fermentation Workshop

Taylor Conner, FCS Educator and Registered Dietitian led a Fermented Foods workshop at the OSU Extension Conference Center. Participants learned the science behind fermented foods.

These foods included sauerkraut, kimchi, kefir, kombucha, and more. She also discussed the gut health benefits of consuming fermented foods, which are high in probiotics.

The importance of using research-based recipes to ensure food safety when fermenting was shared w the group. Attendees then worked hands-on with Taylor, leading them through how to prepare sauerkraut. They chopped, mixed, and packed the food into jars to take home and ferment.



**FAMILY &
CONSUMER
SCIENCES**





**OKLAHOMA COUNTY
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Earthkind Earth Day

On Saturday, April 20th OSU Extension Horticulture Educator, Julia Laughlin, teamed up with the City of Oklahoma City Water Utilities Trust, Oklahoma County Conservation Committee and the Friends of Will Rogers Gardens to celebrate an “Earth-Kind Earth Day” educational event. The event was held at Will Rogers Gardens in OKC. Programs were taught on environmental topics such as water conservation in the landscape, selecting drought tolerant, adapted and native plants, supporting pollinators, soil building, composting and nature friendly gardening methods.

The morning classes were followed by a locally sourced lunch. Afterwards, there were presentations in the gardens including a ladybug release, composting demonstration, and a tree seedling and seed giveaway.

The program was attended by over 120 participants and involved almost 30 volunteers.





OSU EXTENSION
**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**

4-H Day at the Capitol

More than 130 Oklahoma 4-H'ers learned how state government works at the 25th annual 4-H Day at the Capitol on April 17 in Oklahoma City. Steve Beck, state program leader for Oklahoma 4-H Youth Development, said this time-honored event is a win-win for everyone. "It's important to share the positive impact 4-H continues to have in all 77 counties across the state," Beck said. "4-H Day at the Capitol is a time when Oklahoma's future leaders come together with current state leaders to not only share the success of the Oklahoma 4-H Youth Development program but to learn about the governmental process."

Representing Oklahoma County at the State Capitol were Avagrace Spencer, Brea Spencer, Liam Spencer, Violet Spencer, Peyton Ramsey, Rylee Lawrence, Karson Potter, Rexton Potter, Stuart Ratcliff, Stephanie Davis, and Akshaj Dalavayi.

"Not many people, whether adults or kids, can say they have had lunch with their legislators." Avagrace Spencer said. "This experience motivated me to become a more civically engaged citizen, paying closer attention to bills and elections."





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**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**



4-H Day at the Capitol, Cont'd

A proclamation declaring April 17 as 4-H Day at the Capitol was read in both the House of Representatives and the Senate. Jenessa Dugger, president of the 4-H leadership council, and Asher Peterson, Langston 4-H member, addressed state leaders on the House and Senate floors.



Another highlight of the day was a photo opportunity with Gov. Kevin Stitt. The group witnessed a mock signing of House Bill 1066, which requires schools to give excused absences to students when participating in approved 4-H activities.



Club members had lunch with their respective senators and representatives and shared their personal stories of 4-H and the positive impact the 4-H Youth Development program is making in all 77 counties.



4-H Day at the Capitol is a joint effort between OSU Extension and Langston University



**OKLAHOMA COUNTY
EXTENSION**

Extension Staff:

LaDonna Hines - Extension Director

Lisa Hamblin - Family & Consumer
Sciences Educator

Taylor Conner - Family & Consumer
Sciences Educator

Julia Laughlin - Horticulture Educator

Cody Yount - 4-H Educator

Mindy Aragon - 4-H Educator

Lori Goodbary - CNEP Area
Coordinator

Danyelle Kuss, 4-H Youth Mental
Health Educator

Aleshia Maldonado, Strong Dads
Educator

Kenny Garcia-Taveras, Strong Dads
Educator

OSU Extension provides research-based resources you can use to improve your home, workplace, and community. We offer programs and services that are specifically designed to solve the problems that county residents face.

Please check out our website for the calendar of events <https://calendar.okstate.edu/oces/> to learn of new workshops or programs being offered.

You can follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and staff are serving you and the community.

Be sure to check out Oklahoma County OSU Extension's monthly podcast "The Urban Gardener" with Julia Laughlin, Horticulture Educator, and Lili LeClaire and Andrew Fleet, Program Assistants.



Contact Us:



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