



October 2023

STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

EXTENSION

18th ANNUAL

WALK THIS WEIGH Beaver County

Still just \$10. Register by October 20 to ensure a contest T-Shirt.

Entry Forms with rules are in the Beaver Co. Ext Office and at Reynoso Tax & Services on Main Street.

This is a Walking Contest that is during the entire month of November. The goal is to walk 900+ Minutes —based on 30 minutes for 30 days for a healthy lifestyle. Participants pay \$10 to register and receive a T-Shirt at the Kick-Off Event on Nov 2nd at the Walking Trail. From Nov. 1 through Nov. 31, the minutes walked are recorded and the monthly total is reported to the Extension Office.

The Contest MINUTES :

- ◇ Should be time when walking was for the exercise of being in the contest.
- ◇ Should be at least 15 minutes at one time.
- ◇ Are on the Honor System so be truthful and honest.

Prize Money is Awarded to High Individuals and Teams. Prize money is from local businesses making donations for the contest. We thank them for helping make Health a Lifelong Goal.



Beaver County Extension Office

Liz Gardner-McBee
Extension Educator, FCS/4H & CED
Beaver Co. Courthouse
Lower Level

Address

111 W 2nd Street
Beaver, OK 73932

Phone

580-625-3464

Email

elizabeth.mcbee@okstate.edu

Website

<https://extension.okstate.edu/county/beaver/beaver.html>

Social Media

Facebook: Beaver County
OSU Extension

Come-n-Go Workshops: Sewing for Gift Giving

Beaver County Extension Office

November 8th AND 9th

10AM-4PM

RSVP 1 Week Prior to Workshop for supplies to be prepared from fabric on hand.
May bring your own Cotton fabrics if desired.

HOT/COLD PAD, Flax filled

10 -Minute TABLE RUNNER

THROW PILLOW,
Machine Embroidery opt



The #1 Nutrient to Help Reduce Blood Pressure, According to Dietitians: POTASSIUM

We have a high blood pressure issue on our hands. The Centers for Disease Control and Prevention reports that nearly half of U.S. adults (48%) have high blood pressure. And it's no secret that high blood pressure is inextricably linked to what you eat. Fortunately, one nutrient plays a crucial role in reducing blood pressure and protecting your heart health: **potassium**. This essential mineral relaxes blood vessel walls, helping to lower blood pressure and keep your heart functioning smoothly.

What Is Potassium?

Potassium, a vital mineral and electrolyte, is the unsung hero of many bodily functions. Found in abundance within cells and body fluids, potassium plays a pivotal role in maintaining fluid balance, nerve impulses and muscle contractions. According to the National Institutes of Health, higher dietary potassium intake is associated with a significant decrease in blood pressure. However, this mineral's health benefits may extend beyond blood pressure management. A 2018 research study published in Nutrition Today revealed that potassium may also aid in heart rhythm regulation, bone health, and supporting healthy metabolism.

Potassium and Sodium

Potassium and sodium are the dynamic duo of heart health. These two minerals and electrolytes work together to help maintain balanced blood pressure levels. While sodium can elevate blood pressure by encouraging water retention, potassium counteracts this effect by promoting sodium excretion through urine and relaxing blood vessel walls.

Unfortunately, the standard American diet tends to weigh heavily in favor of sodium, often leading to an overconsumption of this mineral. And conversely, potassium-rich foods like fruits, vegetables, fish and legumes rarely take center stage at mealtime. This leads to a bit of a nutritional mismatch, given that the recommended potassium-to-sodium intake ratio is about 2-to-1, while research suggests most Americans' average intake is closer to 1-to-2.

"Sodium and potassium are both electrolytes that help the body maintain fluid balance," says Kelsey Kunik, RDN, "Too much sodium can pull water into the bloodstream,

increasing the pressure on blood vessel walls. Eating more potassium can help reduce blood pressure by relaxing the blood vessel walls and helping the body excrete more sodium."

By Adam Meyer; Review by Dietitian Jessica Ball, MS, RD <https://www.eatingwell.com/article/8068761/nutrient-to-reduce-blood-pressure/>

Potassium is in many foods, especially fruits and vegetables. Leafy greens, beans, nuts, dairy foods, and starchy vegetables like winter squash are rich sources

- Dried fruits (raisins, apricots)
- Beans, lentils
- Potatoes
- Winter squash
- Spinach, broccoli
- Beet greens
- Avocado
- Bananas
- Cantaloupe
- Oranges, orange juice
- Coconut water
- Tomatoes
- Dairy and plant milks (soy, almond)
- Yogurt
- Cashews, almonds
- Chicken
- Salmon

<https://www.hsph.harvard.edu/nutritionsource/potassium/>

(More) Advice To Lower Risk of High Blood Pressure

Some guidelines to help lower risk of high blood pressure:

- Maintain a healthy weight.
- Moderate weight loss may be all some people need to do to help control their blood pressure. Be physically active each day. Recommendations are at least 150 minutes to 300 minutes of moderate-intensity physical activity or an equal combination of moderate and vigorous-intensity physical activity.
- Consume ample fruits, vegetables and low-fat milk to provide calcium, potassium, and magnesium.
- Adequate intakes of these minerals may have a protective effect against high blood pressure.
- Choose foods with less total fat, saturated fat and trans fat.
- When using fats choose polyunsaturated and monounsaturated fats over saturated and trans fats.
- Choose foods with less added salt.
- Use alcohol in moderation.
- Moderate alcohol intake is not more than one drink a day for women and two drinks a day for men.
- Abstain from smoking.
- Keep diabetes in control.*

*For more info read OK Ext.FACTSHEET: <https://extension.okstate.edu/fact-sheets/nutrition-for-older-adults-diet-and-health-guidelines-to-lower-the-risk-of-high-blood-pressure.html>



OHCE Lesson Topics for 2024

The following suggestions have been made for 2024 lessons.
Circle your top 10 choices and return to the County Extension Office by October 20th.

List Your OHCE Club:

Non-OHCE Members: List your Town

1. Butter Boards
2. Cooking with Cheese
3. Cooking with Cast Iron Pans
4. Guide to Pure Maple Syrup Food
5. Bread Making
6. Canning Relishes
7. Easy Refrigerator Pies
8. Ground Meats
9. Bone Broths
10. Internet Food Safety Myths
11. Picnics, Potlucks, and Church Dinners; Food Safety for a Crowd
12. Feed Sacks in American Culture
13. Skeletons in the Closet
14. Windowsill Herb Gardens
15. Raised Bed Gardening
16. Tai Chi and Chai Tea
17. Exercise to Improve Balance
18. Chair Yoga
19. History of Buttons
20. Macrame 101
21. Upcycling Clothing
22. Paper Crafts
23. Prepare to Care
24. Living Life Richer
25. Families and Mental Health
26. Motivation: Get Yourself Going
27. QPR-Suicide Prevention
28. How to Make your Home Secure
29. Active Listening for Effective Communication
30. First Aid / Safety Supplies for your Car
31. Downsizing: What to Save vs. What to Toss
32. Alpha-gal syndrome (tick borne Red Meat Allergy)
33. West Nile Disease
34. Grace Under Pressure
35. Tips to Make your Fall Décor Last
36. Local Family Outings that Don't Cost a lot

Write in Suggestions:



Beaver County Extension Office
 PO Box 339
 Beaver, OK 73932

OHCE NEWS

**Fall Council is OCTOBER 25
 9:30am at the Extension Office**

Meeting Agenda:

- ◆ Elections of Officers
- ◆ Selection of 2024 Lessons, Fair Exhibits
- ◆ District OHCE Meeting Details
- ◆ Soup Lunch will be provided
- ◆ Enjoy entertainment by Katelynn Thomas



PLEASE acquire **Workshop Topics and Presenters** for the District Meeting in March. Info needed at Fall Council.

COMMITTEE MEETINGS

**Monday Oct. 23rd 10am Extension Office
 To Select 2024 Lessons and Fair Exhibit**

Leaders' Lesson—ONE DISH MEALS

October 27 @ Noon
 Beaver Co. Fairgrounds
 Samples and bottled water provided.
 Open to the Public.

Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best.
www.OHCE.okstate.edu



Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth, and well-being through research-based Extension education and programs that are proven to work.

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