

Oklahoma Leads the Nation in Heart Disease



It always is good to be number one in something, such as first in your class, a championship sports team or collecting the most donations for a food drive. While Oklahomans have experienced a number of positive first-place rankings, there's something less positive the state is known for. According to the Centers for Disease Control and Prevention, Oklahoma ranks first in the number of deaths related to heart disease.

With February being National Heart Month, now is a good time to become informed about heart disease and how to prevent it.

What exactly is heart disease? This term refers to several types of heart conditions

The most common type of heart disease is coronary artery disease, which can cause a heart attack. Other types may involve your heart valves. In addition, the heart may not pump well and cause heart failure. Heart disease isn't just something that affects older people. In some cases, people are born with heart disease.

Heart disease can occur when plaque builds up in the arteries, causing them to narrow and reducing blood flow to the heart. While some factors that lead to heart disease are out of your control, there are several factors people can control, including smoking, eating an unhealthy diet and not getting enough exercise.

High cholesterol, high blood pressure or diabetes also can increase the risk of heart disease.

Symptoms of heart disease vary, depending on the type of disease you're dealing with. Many people don't experience any signs until they have a heart attack.

Signs of a heart attack can include:

- Chest pain or discomfort that doesn't go away after a few minutes.
- Pain or discomfort in the jaw, neck or back.
- Nausea, light-headedness, weakness or cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

There are several medical tests your doctor can perform to diagnose heart disease, including chest X-rays, coronary angiograms, electrocardiograms or a stress test.

Lifestyle changes can help lower your risk of heart disease. Be physically active and eat foods that are low in saturated fat, *trans* fat, sodium and added sugars. Your doctor can help you learn about the best ways to reduce your risk of heart disease.

OSU Extension offers research-based information about health, nutrition and wellness on our website. To learn more about heart disease, visit the American Heart Association website.



Major County OSU Extension Center

500 E. Broadway
Courthouse Suite 3
Fairview, OK 73737

Phone- 580-227-3786

Fax- 580-227-4786

Email-

dana.baldwin@okstate.edu

Website-

extension.okstate.edu/county/major

Facebook page-

Major County OSU Extension

Blaine County OSU Extension Center

212 N. Weigle Ave.
Courthouse Suite 101
Watonga, OK 73772

Phone- 580-623-5195

Fax- 580-623-5242

Email-

dana.baldwin@okstate.edu

Website-

extension.okstate.edu/county/blaine

Facebook page-

Blaine County OSU Extension

In this issue:

Page 2:

Home Cleaning Schedule

Food Safety Training

Page 3:

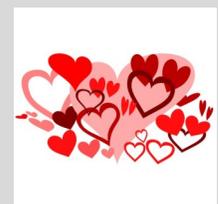
OHCE News and Notes

Page 4:

Active Parenting

Page 5:

Lunchtime Learning Sessions





Home Cleaning Schedule

Daily:

- Disinfect high-touch surfaces
- Pick up clutter & spot-clean
- Clean the kitchen
- Do laundry (if needed)

Weekly:

- Clean the bathrooms
- Launder sheets and towels
- Vacuum, mop and dust
- Clean out the fridge

Monthly:

- Wash blankets & comforters
- Wash curtains
- Dust light fixtures & blinds
- Clean appliances

Quarterly:

- Wash windows & screens
- Wash shower curtain
- Wash pillows

Yearly:

- Clean rugs and upholstery
- Clean the chimney and fireplace
- Clear out the gutters
- Deep clean and organize



Food Handlers: Food Safety Training

Choose from one of these 2021 dates:

- February 25 -April 22 -June 24
- August 26 -October 28 -December 9

-2:30 P.M. or 4:30 p.m.

-Online Format Only (Zoom)

(participants will need internet access)



Everyone is welcome to participate in any of these **free online** Food Handlers Food Safety classes presented by Major and Blaine Counties OSU Extension. These are basic food safety classes that will last about an hour. Anyone working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. Participants passing a quiz will receive a certificate.

Please register by the Monday prior to the class you plan to participate in. We will need your name, phone number and email address.

Contact/Presenter is: Dana Baldwin, Extension Educator- FCS/4-H & Major County Extension Director
dana.baldwin@okstate.edu (e-mail)

Major County OSU Extension
500 E. Broadway, Suite 3 Courthouse
Fairview, Oklahoma 73737
580-227-3786 (phone)
580-227-4786 (fax)

Blaine County OSU Extension
212 N. Weigle, Suite 101 Courthouse
Watonga, Oklahoma 73772
580-623-5195 (phone)
580-623-5242 (fax)



Blaine County OHCE News and Notes



State Leadership Training– Virtual

You received a letter detailing this training to be held on February 18. Please call with any questions.

West District Meeting– Virtual

A separate letter with details on this meeting set for March 26 was sent as well. Please call if you have questions.

Lesson Leader Trainings

The Lesson Leader Training in February (for March meetings) is Thursday, February 25 at 10 a.m. at the Watonga Library. The lesson topic is "Fostering Kindness". Please make plans to attend if you are able.

The Lesson Leader Training in March (for April meetings) is Thursday, March 18 at 10 a.m. at the Watonga Library. The lesson topic is "Houseplants & Succulents". Please make plans to attend if you are able.

COVID 19 Guidelines

Please note that for any OSU Extension program or event, the current CDC guidelines for COVID 19 will be followed including social distancing, wearing masks, proper sanitizing, etc. (OHCE meetings can be held if you follow the guidelines.) Do not attend or participate if you are feeling ill or if you are uncomfortable in doing so. Continue to stay safe!

Spring Association Meeting

The Spring Association Meeting will be Thursday, March 11 at the Noble House starting at 6:00 p.m. The theme will be "Brighten Your Day" and our program will be making cards to send to people to brighten their day. The menu for the meal will be sent out as it gets closer.

Cultural Enrichment– Special Project

The OHCE Cultural Enrichment committee is sponsoring a special project titled "The Way It Was-the Pandemic of 2020". They are asking OHCE members to participate by writing a story telling how their individual/family life has been affected by the pandemic, i.e. (financially, community activities, educational, health, emotional, etc.). Stories are due May 15. Please contact Dana for guidelines.

Check us out on Facebook!

See details in this newsletter for upcoming programs that may be of interest to you! For updates and announcements, "Like" our Facebook page: *Blaine County OSU Extension*
Also, visit our website and add it to your favorites:
<http://extension.okstate.edu/county/blaine>

OKLAHOMA HOME & COMMUNITY EDUCATION, INC. (OHCE)

Objectives of Oklahoma Home & Community Education:

- To improve Family & Consumer Sciences practices and skills
- To develop leadership potential
- To provide community service opportunities

Members are involved in programs including:

- Arts and crafts and volunteering for county fairs
- Helping raise reading skills of youth in Oklahoma
- Preserving our history and celebrating the roles that families have played in our communities
- Providing both youth and adult scholarship programs
- Nutrition and health programs for both youth and adults
- Family well-being programs
- And many more.

A member belongs to:

- their local OHCE group
- their county OHCE association
- the state OHCE association
- Country Women's Council of USA (CWC)
- Associated Country Women of the World (ACWW).

Learn more at: <https://education.okstate.edu/outreach/fcs/ohce/index.html>

OHCE Groups in Blaine County:

- Domestic Engineers- President- Mary Larson, 580-791-1126 (meets 2nd Tuesdays at 6:00 pm)
- Pleasant Valley- President- Terri Crawford, 580-623-9469 (meets 3rd Thursdays at 7:00 pm)





For parents and other caregivers where the following topics will be addressed:

- Being an Active Parent
- Cooperation & Communication
- Responsibility & Discipline
- Building Courage & Self Esteem
- Understanding & Redirecting Misbehavior
- Active Parenting for School Success

2021 Class Sessions

April 7, 14, 21, 28 at the Major County Fairgrounds in Fairview

June 3, 10, 17, 24 at the Blaine County Fairgrounds in Watonga

October 7, 14, 21, 28 at the Major County Fairgrounds in Fairview

April session will meet from 2-5:00 p.m./June and October session will meet from 6-9:00 p.m.

Participants must attend all four classes in a session to complete the program.

Classes will consist of group discussions, video presentations, and hands-on activities.

Dana Baldwin, Major and Blaine County OSU Extension Educator-FCS/4-H & Major County CED is the program facilitator.

Fee for the class is \$30.00 per participant per entire session.

Please pre-register 3 business days prior to the session you plan to attend.

(at least 4 people must be pre-registered for the classes to be held)

If interested, complete and return the bottom portion of this flyer with the class fee to the Major or Blaine County OSU Cooperative Extension Center. If you have questions, please call 580.227.3786 (Major County) / 580-623-5195 (Blaine County).

Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Cooperating. Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, sex, age disability or status as a veteran and is an Equal Opportunity Employer.

Yes, I plan to attend the **Active Parenting** class!

Enclosed is my \$30.00 class fee, payable to "OSU Extension Center".

Name _____ Address _____

Phone Number _____ Number & Ages of Children _____

Return at least 3 business days prior to the session you plan to attend:

**Major County OSU Extension Center
500 E. Broadway, Courthouse Suite 3
Fairview, OK 73737**

or

**Blaine County OSU Extension Center
212 N. Weigle Ave., Suite 101 Courthouse
Watonga, OK 73772**



EXTENSION

2021

Lunchtime Learning Sessions

-Major and Blaine Counties-

*Featuring Seasonal Make-and-Take Activities
and a brief Educational Program Focusing on Self-Improvement*



One hour sessions from 12:00 to 1:00 p.m.

Major County: at the County Fairgrounds in Fairview

Blaine County: at the Watonga Public Library

-Sweet & Simple Tulle Valentine Wreath & "Eating Smart"

Tuesday, January 26 in Major County

Wednesday, January 27 In Blaine County



-Easter Egg Wreath & "Financial Affairs"

Tuesday, February 23 in Blaine County

Wednesday, February 24 In Major County



-Spring Colander Planter & "Practice Being Safe"

Tuesday, March 30 in Blaine County

Wednesday, March 31 In Major County

**Bring your own lunch and come take part in these programs.
\$10.00 fee per person per session to cover the cost of supplies.**

**Register by calling either the Major County or the Blaine County OSU Extension Center.
(Major County- 580-227-3786/Blaine County- 580-623-5195)
RSVP at least one week prior to the session you plan to attend.**



EXTENSION



Dana Baldwin

*Major & Blaine Counties Extension Educator
Family & Consumer Sciences/4-H Youth Development
and Major County Extension Director*

500 E. Broadway, Courthouse Suite 3
Fairview, Oklahoma 73737

212 N. Weigle Avenue, Courthouse Suite 101
Watonga, Oklahoma 73772

dana.baldwin@okstate.edu



**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

Blaine County OSU Extension Center
212 N. Weigle Ave., Suite 101 Courthouse
Watonga, Oklahoma 73772

Oklahoma State University, in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, and Title IX of the Education Amendments of 1972 (Higher Education Act), the Americans with Disabilities Act of 1990, and other federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, genetic information, sex, age, sexual orientation, gender identity, religion, disability, or status as a veteran, in any of its policies, practices or procedures. This provision includes, but is not limited to admissions, employment, financial aid, and educational services. The Director of Equal Opportunity, 408 Whitehurst, OSU, Stillwater, OK 74078-1035; Phone 405-744-5371; email: eeo@okstate.edu has been designated to handle inquiries regarding non-discrimination policies: Director of Equal Opportunity. Any person (student, faculty, or staff) who believes that discriminatory practices have been engaged in based on gender may discuss his or her concerns and file informal or formal complaints of possible violations of Title IX with OSU's Title IX Coordinator 405-744-9154. Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President for Agricultural Programs and has been prepared and distributed at a cost of .05 cents per copy for 80 copies.

Newsletter Editor:

Dana Baldwin

Extension Educator-

Family & Consumer Sciences/4-H Youth Development

Major and Blaine Counties

and Major County Extension

Director



Family & Consumer Sciences assists 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.



Oklahoma Home & Community Education, Inc. (OHCE) 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

