

Plan Physical Activity in the New Year to Improve Health

The start of a new year is a time when many people decide to make positive changes in their lives. For those interested in living a healthier lifestyle, they make a goal for themselves to become more physically active.

Being physically active for all ages is one of the best things you can do to improve your overall health both immediately and long-term. Some of the immediate benefits of physical activity for adults include improved sleep quality, reduced feelings of anxiety and reduced blood pressure.

There are numerous long-term benefits of regular physical activity, too, including reducing the risk of dementia, improving bone health, reducing the risk of weight gain and lowering the risk of certain types of cancer. Physical activity can also lower a person's risk of heart disease, stroke and type 2 diabetes.

Oklahoma residents have high rates of many of these chronic diseases. According to the Centers for Disease Control and Prevention, Oklahomans lead the nation with heart disease being the number one cause of preventable death.

Sometimes people think they have to spend hours a day exercising to reap the benefits, but that's not true. For adults, moderate-intensity exercise as little as 30 minutes five times per week is all it takes. You don't have to join a gym or even have any fancy equipment at home to start down your path to better health.

Where should you start? Walking for 30 minutes is beneficial. Any activity that increases your heart rate will count toward this goal. Do you like to dance? Put on some music and dance around the house.



One obstacle many people say they face is simply being too tired to be physically active. One way to overcome this roadblock is to schedule your exercise around the time of day when you feel energetic. Try getting up 30 minutes earlier to squeeze in a quick walk or workout. If time is limited in the morning, consider a walk during your lunch break at work. If it helps, break the 30 minutes into two or three shorter sessions. Another option to help you stay motivated is to join a class or find an accountability partner.

Understandably, parents of young children are busy with their families, but remember, kids benefit from exercise, too. Children who are physically active regularly tend to sleep better, do better in school, get sick less often and have stronger bones and muscles. Another positive aspect of physical activity is it can reduce the risk of depression. Getting your kids involved in your physical activity is a great way to spend time together. Plus, being physically active early in life leads to a greater chance of it becoming a life-long habit, which will be helpful throughout the aging process.

Children ages 3 through 5 years need to be regularly active throughout the entire day. Children and adolescents ages 6 through 17 need to be active for at least 60 minutes every day of the week.

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Major County OSU Extension

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Blaine County OSU Extension

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Your Money Checklist in the New Year



A new year is a good time to review your finances to ensure they're in good shape. Here are some steps to take for financial success.

Retirement Savings- Whether you're in your twenties or close to retirement, you should set aside time at the beginning of the year to evaluate if you're on track to have the amount of money you'll need to live comfortably by your desired retirement age, accounting for factors like inflation and increased medical costs.

Insurance Policies- Review all your homeowner's, renter's, auto, disability, and life insurance. Are the limits adequate? Should the deductibles be raised? Is there a less expensive policy with similar coverage? Are you taking advantage of all the discounts offered to you by your insurance providers?

Investment Portfolio- Making sure that your asset allocation is in line with your investment goals is an essential part of managing a portfolio. The beginning of the year is an opportune time to do it, and the process may take only a few minutes.

Experiment With Budgets- Whether you use an app or online money management platform or good old pen and paper, you need to know where your money is going. Break your expenses down into categories—utilities, insurance, entertainment, clothing, etc.—to identify where you can scale back. Budgeting can help you keep better track of your spending and help you see the bigger picture.

Set Short- and Long-term Financial Goals- Whether you want to be debt-free in 10 years or own a house in five, you're more inclined to save if you have specific goals. So write them down and determine how much money you'll need to save each month to reach them. If your goal is to get debt-free, start by paying down bad debts, such as high-interest credit-card bills and non-tax-deductible debt.

Boost Your Savings Account- Create a regular savings plan. Set up direct deposit from your paycheck into a savings account—you won't miss money you never see.

Boost Retirement Savings- If you can't afford to max out your employer-sponsored plan this year, try to contribute enough to receive the full company match. If you don't have a retirement plan at work, fund a traditional IRA or a Roth IRA and arrange for contributions to be made automatically from your checking or savings account.

Make (or Update) Your Will- get your estate planning in order. This ensures that your personal belongings, assets, and investments go to the beneficiaries you choose. In addition to building wealth, it's important to protect it too.

Ramp Up Your Emergency Fund- Make sure you have enough money in your savings account. Aim to sock away 6 to 12 months' worth of living expenses so that in the event of an emergency and you won't have to sell assets or rely on credit cards.

Food Handlers: **Food Safety Training**

Choose from one of these 2023 dates:

-March 9, May 11, July 13, September 14, October 18, November 9

(other dates can be scheduled as requested)

-3:00 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. This is a basic food safety class that will last approximately 1 & 1/2 hours. Anyone currently working in any capacity with food service and/or regularly cooking for large groups is encouraged to attend. All participants passing the final quiz will receive a certificate.

Please register at least one week 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 & County Extension Director
dana.baldwin@okstate.edu (e-mail)

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500 E. Broadway, Suite 3 Courthouse
Fairview, Oklahoma 73737
580-227-3786 (phone)
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Blaine County OHCE News and Notes



County Officers Meeting

County OHCE officers will be meeting quarterly in 2023 to discuss and help make plans for upcoming events. The first meeting of the year will be on Monday, January 23 at 12:00 noon at the Watonga Library.

Lesson Leader Trainings

Due to scheduling conflicts, there will not be a Lesson Leader Training in January (for February meetings). The lesson is "Use of Rain Barrels" and will be ready to pick up by January 25.

The Lesson Leader Training in February (for March meetings) is Thursday, February 23 at 10 a.m. at the Watonga Library. The lesson is "Mediterranean Diet". Please plan to attend.

5th Grade Wellness Day

Would you be interested in helping prep, serve and clean up lunch for the Blaine County 5th Grade Wellness Day on Thursday, March 7 at the fairgrounds? Please let Dana know if you are available.

State Officer/Committee Nominations

Nominations are due February 1 for state officers, committee chairs and committee members. Anyone interested should contact Dana by January 27 so forms can be completed.

Volunteer Hours

Volunteer hours for 2022 have to be submitted to the OSU Campus by January 31. If you have any forms to turn in, please get them to Dana soon. And thank you for those that have been submitted so far as this is beneficial for county, district and state reporting.

Awards and More

Local and County Award Book Reports (each county and each local group may enter one report book in each category: Cultural Enrichment, Family Issues, Healthy Living, Leadership Development, Membership, and Resource Management.

Life Story Essays (entries must be written by an OHCE members).

Instructions for these items are available, as well as assistance in completing them, from Dana at the OSU Extension Center. All items are due no later than Friday, January 27 so they can be submitted together by the state deadline. Let's get some recognition for all of your hard work!

West District (North Region) Meeting

The West District (North Region) OHCE Meeting is scheduled for Saturday, March 25 on the NWOSU Campus in Enid. See full details on page 5. Registration is due to Terri Crawford, County Treasurer, by February 22. It looks like it will be a great meeting.

Check us out on Facebook!

For updates and announcements, check out and "Like" our page on Facebook: **Blaine County OSU Extension**

We're on the web, too!

Check out and bookmark our website for information: <https://extension.okstate.edu/county/blaine/index.html>

Spring Association Meeting

The 2023 Spring Association Meeting will be held on Tuesday, March 7 beginning at 6:00 p.m. at the Noble House. More details will be available after the January 23 county OHCE officers meeting.



2023 Class Sessions

March 2, 9, 16 and 23 and October 3, 12, 17 and 26

March session will meet from 6-8:00 p.m. at the Major County Fairgrounds in Fairview

October session will meet from 6-8:00 p.m. at the Blaine County Fairgrounds in Watonga

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

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

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

Please pre-register no later than one week prior to the first class date of the session you plan to attend.
(at least 3 people must be pre-registered for the class to be held)

If interested, contact either the Major or Blaine County OSU Cooperative Extension Center.

580.227.3786 (Major County) 580-623-5195 (Blaine County)

2023 BACK TO BASICS WORKSHOPS

-brought to you by the OSU Extension Centers in Alfalfa, Blaine, Major and Woods Counties-



-Thursday, February 9 at the Alfalfa County Fairgrounds in Cherokee-

Bread Making

-Thursday, May 4 at the Woods County Fairgrounds in Alva-

Jam and Jelly Making

-Thursday, August 3 at the Major County Fairgrounds in Fairview-

Pie Making

Workshop times: 1:00 p.m. to 5:00 p.m. each day

Fee: \$15/per person each day

Holiday Happenings- Thursday, November 2 at the Blaine County Fairgrounds, Watonga.
Details and fee will be announced as it gets closer.

Please RSVP and pay the fee no later than the Monday prior to the workshop you plan to attend.

Contact your OSU Extension Center:

Alfalfa County-580.596.3131
Major County-580.227.3786

Blaine County-580.623.5195
Woods County-580.327.2786

L. E. A. D.

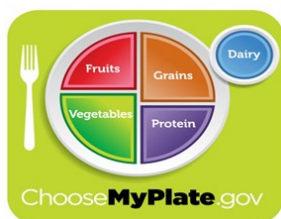
Live well

Eat well

be Active

with Diabetes

***A Program for People with
Diabetes and their Families***



March 6, 13, 20 & 27, 2023 (Mondays)

Time: 6:00 to 8:00 p.m.

Location: Blaine Co. Fairgrounds, Watonga

Call Now to Register – Space is Limited

580-623-5195 (Blaine Co.) • **580-227-3786** (Major Co.)

This program is open to anyone with type 2 diabetes and their families. The class fee is \$24 per person.

The full program includes four sessions. Each session will include information on living well with diabetes, eating well with diabetes, and being physically active with diabetes.

Sessions will also include demonstrations on how to prepare recipes that are healthy and use less fat, salt, and sugar without cutting taste. There will be an opportunity to taste a variety of main dish, side dish, snack, and dessert recipes.

Presenter: Dana Baldwin, *OSU Extension Educator*

West District OHCE Meeting (North Region)

“GET A CLUE WITH OHCE”



Host Counties: Alfalfa, Garfield, Grant & Woods

<p>SATURDAY MARCH 25, 2023</p>	<p>NWOSU Campus (Easy Access & Handicap Accessible) 2929 E. Randolph - Enid</p>
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MEETING REGISTRATION: \$25 DUE BY FEBRUARY 22, 2023

LATE REGISTRATION: \$30 – NO LUNCH GUARANTEED

SEND TO:

TERRI CRAWFORD 258487 E 805 ROAD, WATONGA, OK 73772

SATURDAY ~ MARCH 25TH ~ 8:30 A.M.

HIGHLIGHTS:

<p>Registration/Refreshments Business Meeting/Awards State OHCE Business Report State Conference Update</p>	<p>President’s Message OHCE State Committee Sessions in the morning Door Prize Winners Announced</p>
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WORKSHOPS:

<p>Cookie Decorating Drug Awareness Eating Healthy with Rising Costs Help! Bugs Are Eating My Garden History of Aprons</p>	<p>Napkin Folding Spring Holiday Canvas Painting Succulents Value Added Products – Wheat & Beef</p>
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DESIGNATED CONFERENCE HOTEL
\$98/NIGHT

GLO BEST WESTERN ; 123 W. MAINE STREET, ENID
(580) 540-4172 – ROOM BLOCK: OHCE RESERVE MARCH 1, 2023



**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

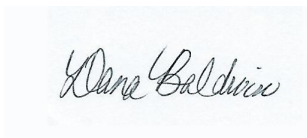
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*Family & Consumer Sciences as-
sists communities, families, youth
and individuals address issues of
health, wealth and well-being
through research-based Extension
education and programs that are
proven to work.*



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