



STRENGTHENING OKLAHOMA FAMILIES

-Major and Blaine Counties-

Prediabetes is Cause for Concern

Don't be fooled by the pre in prediabetes. Prediabetes is a serious health condition that about a third of American adults have. What's scary is about 80% of those adults are unaware of their condition.

Prediabetes puts a person at an increased risk of developing type 2 diabetes, heart disease and stroke. While prediabetes is a serious health risk, health problems increase even more for people for those individuals who go on to develop diabetes. This is why it's important to make healthy choices and live a healthy lifestyle.

What causes prediabetes? Insulin is a hormone made by the pancreas that lets blood sugar into cells to use as energy. If you have prediabetes, your cells don't respond normally to insulin, so your pancreas makes more insulin to get the cells to respond. Eventually your pancreas can't keep up and your blood sugar rises, which sets the stage for type 2 diabetes down the road.

People with diabetes often develop major complications including kidney failure, blindness and nerve damage. Nerve damage can lead to the amputation of a toe, foot or leg. As more diabetes-related health issues occur, people with the disease are two times more likely to become depressed. These issues can greatly diminish a person's quality of life.

People can have prediabetes for years with no clear symptoms. It's important to talk to your primary care physician about getting your blood tested if you have any of the risk factors, including:

- Being overweight
- 45 years old or older
- Having a parent or sibling with type 2 diabetes
- Being physically active less than three times per week
- Ever having gestational diabetes or gave birth to a baby weighing more than 9 pounds
- Polycystic ovary syndrome

Race and ethnicity are also factors.

Those at higher risk include African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders and some Asian Americans.

If you're diagnosed with prediabetes, think about it as a fork in the road. If you ignore it, your risk of developing type 2 diabetes continues to increase. However, if you address it and make changes, your risk goes down. Losing even a small amount of weight can make a big difference. Increasing your physical activity to at least 150 minutes per week also helps cut the risk. Small changes over time will add up.

Other changes can include making half your plate fruits and vegetables and focus on whole fruits. Make half your grains whole grains and vary your proteins. Switch to low-fat or fat-free milk or yogurt and choose foods and beverages with less added sugars, saturated fat and sodium.

Just a few simple changes and you'll feel healthier and have a better quality of life. As you age, you're more likely to stay independent. It also will make it easier to keep up with your children and grandchildren.

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Blaine County OSU Extension

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Food Handlers: **Food Safety Training**

-Tuesday, December 13, 2022

-3:00 P.M.

-Online Format Only (Zoom)

(participants will need internet access)



Everyone is welcome to participate in this **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 exam will receive a certificate.

Please register by Tuesday, December 6. 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)

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Holiday Blues: Rising Above the Mood and Finding Joy

The holidays are a time of happiness and cheer. We're encouraged to visit family and friends, engage in special celebrations, eat, drink, and be merry. The concept behind these traditions is based in joy, but not everyone is joyful around the holidays. In fact, many people are lonely, depressed, and anxious at this time of year. What brings on this sadness, despite the joyful holiday celebrations around us? Perhaps a case of the holiday blues, if so, read on for some ways to rise above the mood and find joy.

There are many things that cause sadness around the holidays. Here are a few:

- **Memories:** Not all of us have happy memories of holidays past. In fact, whether we are aware of it or not, these difficult seasons we thought we forgot can rear up this time of year, causing depression and anxiety.
- **Loneliness:** Parties and family gatherings are always more fun with a plus one. If you don't have a significant other to share the season with, or you are reeling from a breakup or the loss of a partner, it can be a very lonely time.
- **Winter weather:** Shorter days mean less sunlight, and that can plunge many people into seasonal affective disorder. This can lead to feelings of sadness

- **Finances:** Opportunities for overspending abound at holiday time. When you have financial barriers it can leave you feeling inadequate.

Despite these triggers that can be difficult to overcome, it is possible to find happiness this time of year. The key is to know your limits and set realistic goals.

- **Allow yourself to feel your feelings.** Acknowledge them and release them. It does no good to try to outrun loneliness or anxiety. In fact, trying to escape can lead to problematic behaviors that feed into a vicious cycle.
- **Make time for fun, but don't overbook.** Exhaustion and stress will feed depression and anxiety. It's great to have plans, just make sure to balance your schedule and set priorities.
- **Help others!** It's impossible to be depressed when you are doing something for other people. Maybe you have an elderly neighbor who is alone for the holidays– plan to spend a day and make a special meal with him or her. There are so many less fortunate people in the world- volunteer at a soup kitchen or get involved with an organization that helps the homeless or veterans. Give your time and love to someone else. It will feed your soul.
- **Get creative.** If finances are an issue, make your own cards and gifts. Your time will be filled with soothing projects that will mean the world to the people who receive them.

You always have a choice. You may feel sad and alone. Acknowledge it, then choose to act. There are many opportunities to redirect your energy to something good.



Blaine County OHCE News and Notes



Lesson Leader Trainings

The Lesson Leader Training in October (for your November meetings) is Thursday, October 27 at 10 a.m. at the Watonga Library. The lesson is Kitchens of the Past.

There is no Lesson Leader Training in November.

The Lesson Leader Training in December (for your January meetings) is Thursday, December 15 at 10 a.m. at the Watonga Library. The lesson is Motivation-Get Yourself Going!

Check out our Facebook page and website!

For updates and announcements, check out and "Like" our page on Facebook: *Blaine County OSU Extension*
Also, visit our website and add it to your favorites:
<http://extension.okstate.edu/county/blaine>

Awards

OHCE awards that are due January 17 are Member of the Year, Young Member, Heart of OHCE and Rookie of the Year applications. Life Story Essays are due January 23. Contact Dana for forms and assistance.

Thank You!

Thank you all for helping to make the annual Cheese Food Contest successful again this year!

Wellness Day/Sr. Symposium w/Reality Check

Thank you all for the donation towards lunches for the Blaine County 5th and 8th Grade Wellness Days and the Sr. Symposium. The 8th Grade event was held October 20 and the 5th Grade event will be February 2.

The Blaine County Sr. Symposium with Reality Check program will be held on Thursday, November 17 at the fairgrounds in Watonga. We could use a few people to help prepare and serve lunch and we are also needing volunteers from 12:00 to 2:30 p.m. for the Reality Check program. If you can help, call us at 580-623-5195.

Holiday Happenings

Please take note of the information included in this newsletter regarding the 2022 Holiday Happenings on Thursday, November 10 at the fairgrounds in Cherokee. The registration deadline is November 1.

Holiday Bazaar & Santa's Village

The annual Holiday Bazaar & Santa's Village will be Saturday, December 3. Vendor booth applications are already coming in!

Barn Quilt Workshop

See the flyer with this newsletter with details on the Barn Quilt Workshop to be held on Wednesday, December 14 at the fairgrounds in Watonga.

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 6:00 pm)





**OKLAHOMA COOPERATIVE
EXTENSION SERVICE**

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

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



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.

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2022 Holiday Happenings

Thursday, November 10
10:00 a.m. to 3:00 p.m.
Alfalfa County Fairgrounds in Cherokee

*Sessions include:
Pumpkin Floral Centerpiece, 1X1 Holiday
Barn Quilt, Wine Glass Snow Globe, and
an educational lesson on "Food Safety"*



*Fee - \$40
Registration and payment deadline- November 1
(payable to "Alfalfa County OSU Extension")*

*Registration fee covers:
morning refreshments, lunch and all session supplies*

Register now- space is limited!



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

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To register for this event, please contact your county OSU Extension Center:

Alfalfa County- phone 580.596.3131

Blaine County- 580-623-5195

Major County- phone 580.227.3786

Woods County- phone 580.327.2786

This program is brought to you through the OSU Extension Family & Consumer Sciences programs in these counties.



Holiday Bazaar

and Santa's Village

*Vendor booths with Christmas Crafts, Holiday Decorations and Foods
Door Prizes*

SATURDAY, DECEMBER 3, 2022

9:00 a.m. – 4:00 p.m.

BLAINE COUNTY FAIRGROUNDS - FOLEY BUILDING

807 N. Newer in WATONGA, OKLAHOMA



FREE ADMISSION- OPEN TO PUBLIC

Concession Stand Available



Bring the kids for special activities (at no cost):

12:30 p.m.- *Christmas Story Time*

1:00 p.m.- *Christmas Craft Workshop* (repeated at 1:30 p.m.)

2:00 p.m.- *Christmas Craft Workshop* (repeated at 2:30 p.m.)

1:00 p.m. to 3:00 p.m.- *Pictures and Visit with Santa and Mrs. Claus*
(bring your own camera)

Sponsored by: Blaine County Oklahoma Home & Community Education (OHCE)



EXTENSION

For information, call Blaine County OSU Extension at 580-623-5195

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The 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.

BARN QUILT WORKSHOP

Blaine County Fairgrounds in Watonga

Wednesday, December 14th beginning at 10:00AM

Cost : \$40

This fee includes all supplies needed to complete a 2' X 2' Barn Quilt. Patterns are provided or bring your own.

A light lunch will be provided.

**Contact the Blaine County OSU Extension Office at
(580) 623-5195 by December 9th to enroll.**



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