



STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

Eat Right for Your Stage in Life



The Academy of Nutrition and Dietetics recommends people adjust their eating habits to address the nutritional needs of their bodies during all stages of life. Janice Hermann, OSU nutrition specialist, said what worked in a person's 20s won't necessarily work on their 50s.

"As you age and evolve, so do your health and nutritional needs. That's why it's so important to eat right for life," Hermann said.

This year's theme is Personalize Your Plate and promotes creating nutritious meals to meet individuals' cultural and personal food preferences. The Academy encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year.

Hermann said the new 2020-2025 Dietary Guidelines for Americans provides research-based advice to help people of all ages meet their dietary needs while limiting added sugars, sodium and saturated fat. DGA guidelines for healthy eating include:

Teens to 20s: Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Some non-dairy options for calcium include fortified cereals, beans, some leafy greens and canned salmon with bones.

20s to 30s: Eat more dietary fiber, including whole grains, leg-

umes, fruits, vegetables, nuts and seeds in an effort to reduce the risk of chronic diseases such as obesity. Women of childbearing age should include sources of folate, such as beans, peas and leafy greens, as well as consume foods that are fortified with folic acid, such as breads, cereals and other grain products.

30s to 40s: At this age, continue with a wide variety of foods, especially fruits and vegetables, whole grains and beans, as well as peas and lentils. These foods contain essential vitamins, minerals, antioxidants and dietary fiber.

40s to 50s: Continue incorporating regular physical activity. This is important because the body is changing due to fluctuating hormones and slowing metabolism. In addition, fine tune your healthful eating habits. Limit foods and beverages with added sugars, salt and saturated fats.

60s and beyond: A variety of protein-rich foods are a must to maintain bone strength in this stage of life. Try to incorporate strength-building activities to help maintain muscle. Good sources of protein include seafood, lean cuts of meat, eggs, beans, tofu and nuts. Animal-based protein foods also provide vitamin B12, which can be a concern for older adults. Check with your healthcare provider about a vitamin B12 supplement.

Dewey County Extension Office

Address

P.O. Box 188
Taloga, OK 73667

Phone

580-328-5351

Email

Jean Bailey
Jean.bailey@okstate.edu

Website

<http://extension.okstate.edu/dewey>

Facebook

Jean Bailey, county educator -
OSU Cooperative Extension Service

In this issue

- Eat right for your stage in life
- OHCE needs your pandemic story
- Ruth Buxton Sayre Scholarship
- OHCE Notes
- Dewey County Spring Association Meeting
- Tips for Parenting in a Balanced Way
- OHCE Volunteer Hours

OHCE needs your pandemic story

Dewey County OHCE is collecting stories for this project!!

Turn your story in by May 7th!!

The OHCE Cultural Enrichment committee is sponsoring a special project titled “The Way It Was-the Pandemic of 2020”. We are asking each OHCE member to participate by telling how your individual/family life has been affected by the pandemic, i.e. (Financially, community activities, educational, health, emotional, etc.) What changes have been made that you plan to continue after the pandemic is under control?

Rules:

1. Write a ONE page story “The Way It Was-the Pandemic of 2020” depicting what you want future generations to know about the Covid-19 Pandemic of 2020.
2. Every OHCE member may submit one entry and there is no county limit.
3. Entry must be ONE page typed using Times New Roman font 12 size and double-spaced with a 1-inch left hand margin.
4. Photo may be added, but must be inserted on the one page.
5. Put the Member’s name and County at the top of the page.
6. County will collect the stories and put them all in a 3-brad folder. You may use additional folders if needed for the counties entries.
7. Put a label in the upper right hand corner on the front cover of the folder. Include County name, District and “The Way It Was -Pandemic of 2020” story.
8. Send to: Mayes County OSU Extension; 2200 NE 1st; Pryor, Ok. 74361 Attention: Linda Wallis, OHCE Cultural Enrichment Chair
9. Due– in Dewey County Extension Office by May7th.
10. Entries will be judged by committee and winners announced at the OHCE state meeting.
11. All entries will be laminated and compiled in a notebook to be presented to the OHCE Historian for Archiving.

We look forward to receiving your stories. Remember to keep them to only ONE page per member.



Ruth Buxton Sayre Scholarship

Ruth Buxton Sayre was known as the “First Lady of the Farm” and inspired millions of rural women around the world to improve themselves and their communities with her practicality, humor, decency, and common sense. As a young farm mother, she began her life work in striving for better conditions for farm women and their families by organizing her neighbors for college extension classes. She earned high posts in state, national and international organizations and served as ACWW President from 1947-1953.

Country Women’s Council USA, offers a Ruth B. Sayre Memorial Scholarship each year to a woman who is a legal resident of the USA, who shows a financial need, and who has the ability to complete her education.

Application with attachments must be submitted, reviewed, and signed by the state OHCE president/chairman

The Scholarship recipient or recipients shall be paid up to the amount of \$500 for a year’s period of study, the money to be sent to the educational institution she is attending for tuition and/or books. The recipients may apply the succeeding year.

Contact the extension office, Joy Trammell, or any state OHCE officer for more information.

Scholarship application can be found at: <http://www.cwcusa.org/ruth-buxton-sayre-scholarship/>

OHCE Notes



District Meeting

Dewey County OHCE members and guests are invited to the fairgrounds on March 26, 2021 for the District OHCE meeting.

We will be joined, virtually, with members from across the west district. There will be a short business meeting and the 2020 district member award winners will be announced.

The morning session will close with door prizes. Followed by a soup and/or salad luncheon for all to enjoy. The afternoon will consist of two workshop sessions. Each session offering a make and take workshop.

The county OHCE budget has included paying a babysitter during meetings. We want to be sure to have enough child care. If you are planning on bringing your children, contact your club president or the extension office by March 22nd to let us know how many children to expect.

West District Meeting Highlights

Morning Business meeting

- State OHCE report
- State conference update
- Recognition of district award winners
 - President's message
- State committee sessions / reports

Afternoon sessions

1:00 p.m. - Session I

- Gardening presented by LaFlore Co.
- Fabric Christmas Ornaments - hands on session presented by Murray Co.

2:00 p.m. - Session II

- Sunbonnet Sue & Sam presented by Pittsburg Co.
- Mandala Art - hands on session presented by Pontotoc Co.

Host counties:

Blaine
Caddo
Canadian
Grady
Kingfisher
Major



Leader's Lessons -

On March 25th April and May's leader's lessons will be presented via zoom. Participants may attend in person at the county extension office; or join the zoom meeting from home. (contact the extension office for the zoom meeting invitation).



At 1:00 P.M. Jean Bailey will present the lesson, *Deep Cleaning Tips for the Home and Car.*

At 2:00 P.M. Liz McBee will present the lesson, *Creating Unique Centerpieces.* This will be a hands-on, make and take session, each person will make a simple centerpiece. Contact the extension office by March 19th to sign up for this session.



Volunteer Hours

OHCE volunteer hours are an important source of information used to receive grants and other funding at the state level. The data is also shared with legislatures and other decision makers.

Beginning in January the way OHCE volunteer hours are collected has been changed. Now, a one-page form will be used. Members are asked to fill out a form each month. You only need to fill in the spots that apply to you that month. Some months you may not have anything to report. Other months you may have a lot to report.

Process:

Enclosed you will find a one-page form titled "Member Hours." Each month, members will fill this out and return to the extension office.



Dewey County Extension Office
 P. O. Box 188
 Taloga, OK 73667

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

Dewey County OHCE CALENDAR - -

March lesson: Pollinators and Gardens

- March 2** SCH meeting
- March 4** Camargo meeting
- March 25** April and May leaders lessons - zoom
- March 26** District meeting

April lesson: Creating Unique Centerpieces

- April 1** Camargo meeting
- April 6** SCH meeting
- April 24** County Spring Association meeting

May lesson:

Deep Cleaning Tips for the Home and Car

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.



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

Dewey County OHCE Spring Association Meeting

The Dewey County OHCE Spring Association Meeting will be Saturday, April 24, 2021 at 10:00 A.M. at the Dewey County Fairgrounds. The gathering will include a business meeting, fun pandemic story activity, and presentation of county awards. Followed by a salad luncheon.

Each club can bring two door prizes. Camargo OHCE will provide a game or entertainment. SCH will provide a devotion or mixer. Fun Times OHCE and the extension office will host the meeting.

Everyone is asked to bring a salad or finger food for the luncheon.



Do you want your child to grow up to be respectful, confident, happy, secure and generous? Most parents would enthusiastically agree. Did you know that parenting styles are the most important predictor of what a child will be like as an adult? Learning to use a balanced parenting style will help your children be all of those things and more!

Balanced parenting means letting your children know you love and accept them unconditionally, while also establishing age-appropriate, firm control. Age appropriate, firm control will look different depending on the age of your child. All children need clear rules and boundaries that are consistently enforced. Parents need to take time to explain the boundaries and rules to their children and, when appropriate, even let them have a say in what rules are established.

However, being a positive and balanced parent through divorce can be difficult. The stress parents experience may push them to become a strict dictator who is always worried about enforcing the rules. When parents take on a dictator parenting style children may obey, but often feel understood and frequently rebel. On the other hand, parents can become marshmallow-like and enforce very few rules. This can result in children feeling a lack of support and become disobedient. Some parents can get so caught up in their own grief over the end of their marriage they begin to neglect their child's needs and emotions. When this occurs, children can feel

abandoned and start to act out in an effort to get their parent's attention. It can be hard not to stray to a less effective parenting style, but research shows that a balanced style helps parents raise healthy, well-adjusted kids!

Here are some ways you can create a balanced, safe environment for your child:

- Be aware of what your child is doing and who he or she is with. When children go through a divorce, they can feel like their world is turned upside down. As a result, they may seek out new friends or groups where they feel understood. If parents are not careful, these groups can introduce children to risky behaviors such as drug or sex.
- When it is safe to do so, allow your child to learn from the natural consequences of their actions. One example of natural consequences is that when your child does not put their dirty clothes into the hamper by a certain time, then their clothes do not get washed. The logical consequence is that they have to wear dirty clothing. Natural consequences teach children to be responsible and accept the consequences of their behavior.
- Give your child age-appropriate choices. When children have the option to choose what they would like to do, they frequently behave better. For instance, bedtime is set for 9 p.m., but the child can choose between wearing either their Batman or Spider-Man pajamas.

Spend time just talking with your child. Let them know that it is okay to share their feelings. After a divorce, many children have scary thoughts but do not know how to express them. Parents can help eliminate their fears and start the healing process by giving them opportunities to talk about their worries, disappointments, hurts and hopes.

You can make a big difference in your child's life by consistently providing a safe learning environment.

MEMBER VOLUNTEER HOURS

Member Name: _____

1. For this section, we are looking for the dollar value of donations you have made this month. This can be either cash you have donated to a project or the value of in-kind donations you have made. We cannot list every project in every county, so if you have other cash or in-kind donations that are not listed here, please lump them together under "Other community activities." We do not need you to list these, but we have given you the option of either OHCE-related or non-OHCE related.

<input type="checkbox"/> Value of cash or in-kind donations to County Fair (such as items to the Country Store)	\$
<input type="checkbox"/> Value of cash or in-kind donations to 4-H programs or members	\$
<input type="checkbox"/> Value of donations to Scholarship programs. Which scholarship?	\$
<input type="checkbox"/> Value of cash or in-kind donations for gardening projects.	\$
<input type="checkbox"/> Value of cash or in-kind donations made to nursing homes.	\$
<input type="checkbox"/> Value of cash or in-kind donations made to military packages or projects	\$
<input type="checkbox"/> Value of cash or in-kind donations to other community activities: OHCE related	\$
<input type="checkbox"/> Value of cash or in-kind donations to other community activities: not OHCE related. (An example on this one might be church-related gifts or United Way donations.)	\$

2. Did you donate your TIME to assist with programming in the Extension office?

	Hours	Minutes
<input type="checkbox"/> Time spent volunteering for 4-H programs or activities:		
<input type="checkbox"/> Time spent assisting your FCS (Family & Consumer Sciences) Educator		
<input type="checkbox"/> Other time spent volunteering for the Extension office:		

3. Did you donate your TIME this month? List amount of time spent in the activity as well as preparation.

	Hours	Minutes
<input type="checkbox"/> Time spent attending OHCE related meetings (local, district, and state):		
<input type="checkbox"/> Time spent planting/tending garden as part of OHCE project:		
<input type="checkbox"/> Time spent volunteering at a nursing home as part of an OHCE project:		
<input type="checkbox"/> Time spent working at a cemetery as part of an OHCE project:		
<input type="checkbox"/> Time spent reading or tutoring as part of an OHCE project:		
<input type="checkbox"/> Time spent volunteering for Military support activities as part of OHCE project:		
<input type="checkbox"/> Time spent volunteering for recycling efforts as part of an OHCE project:		
<input type="checkbox"/> Time spent volunteering at the County Fair:		
<input type="checkbox"/> Time spent exercising:		
<input type="checkbox"/> Time spent volunteering for other community activities that are OHCE-related: (There is no need to list the activities. Just estimate time spent.)		
<input type="checkbox"/> Time spent volunteering for other community activities that are not OHCE-related:		