

2022 OHCE Leader Lesson Topics

Garfield, Grant, & Kingfisher Counties

The following 2022 District and State lessons will be included in the topics presented this year. Please choose one option from each the District and State topics listed below.

District Lesson Topics/State Lesson Topics

See 2022 OHCE Yearbook (when available) for Topics.

Please Indicate your Top 2 Choices in Each Category for Leader Lesson Topics from the List Below

CULTURAL ENRICHMENT	
	Learning About Your Local History/Tour
	The New Macramé Trend
	How the Arts Improves your Life
	The crepe Escape-History & Culture of Crepes
	Spices Around the World
	Breads: The uniqueness of different Countries
	Know your Cheeses
	Quilt as you Go Projects

HEALTHY LIVING	
	Food safety with Take Out Foods
	What is a SUPER food?
	Mindful Eating
	The Buzz about Coffee and its Benefits
	Keto Diet: What's it all about?
	Sleep-It can Change your Life
	Defining Carbohydrates
	The Mediterranean Diet and Culture
	Charcuterie Boards for Entertaining
	Benefits of Pumpkin
	Healthy Freezer Meals
	Meals in a Mug

FAMILY ISSUES	
	Adult Protective Services/Child Welfare Services
	Building Strong Marriages
	Build your Own Emergency Kit and Plan
	Conducting a Family Business Meeting
	The Turquoise Table-Building our Community
	Fire Prevention at Your Home
	Home Caregiver Information and Assistance
	Genealogy, Where do I start?

RESOURCE MANAGEMENT	
	Lighting in Your Home-What's New out There?
	Small Changes to Help our Environment
	Chalk Paint-What's it all about?
	Telehealth and Telemedicine
	The Facts about your Credit Score
	What Insurances do I Really Need?
	Basic Cake/Cupcake Decorating
	Meal Prep Boxes: Are they worth it?
	Your Real ID
	Well Testing, Well Safety, and More

LEADERSHIP DEVELOPMENT	
	Making Club Members more than a Meeting Goer
	What is an OCES Master Volunteer?
	History of the Women's Vote 100 years
	Making use of Reports and Awards
	Recruitment Tips: How to spark interest in joining your OHCE Club
	Increasing your Interpersonal Skills