

# STRENGTHENING OKLAHOMA



## OSU Extension’s role in public

**GARFIELD COUNTY  
EXTENSION**

## health impacts all Oklahomans

Most Oklahomans strive to live a healthy lifestyle but may not realize the role public health plays in achieving that goal. What is public health?

Megan Monteith, family and consumer sciences area specialist in health disparities for Oklahoma State University Extension, said public health is to help prevent disease and promote good health for all populations.

“If you stop and think about it, public health plays a role in every aspect of your life,” Monteith said. “You get up in the morning and make a pot of coffee with clean water. You brush your teeth with that same clean water. A healthy breakfast is made with foods that are inspected after leaving manufacturing facilities that were also inspected. Knowing this gives the public confidence that the foods they’re about to put into their bodies are safe for consumption.”

Who doesn’t love to go out to eat on occasion? At the restaurant, patrons may notice the food service license signed by the state health inspector. This helps ensure the public knows the food is sanitary and has been cooked and handled properly.

Public health is so many things in addition to food safety. It’s the staff at your daycare center who have been trained about the importance of hand washing and other techniques to avoid spreading disease.



It’s the flyer on the bulletin board at work about the new exercise program available to employees to help reduce the risk of many diseases by staying physically active.

What else is public health? It’s the air you breathe, the vehicles you drive that pass safety inspections before being sold or the car seat safely secured in the back seat. It’s the small, clean pond in the local park that houses a family of ducks. It’s the sanitation department that regularly picks up garbage and properly disposes of it in a licensed landfill, which in turn keeps the neighborhood clean. It’s the quality care you receive in the hospital. In addition, it’s the public health officials who are on top of health issues that affect the public.

“OSU Extension offers many opportunities to the public that support the mission of public health,” she said. “We offer diabetes prevention programs, along with programs that focus on healthy eating, exercise and mental health. Our goal is to provide more educational opportunities to our clientele that supports public health.”

Programming available through OSU Extension is geared toward all ages, from

*(Continued on page 2)*

## Garfield County OSU Extension

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young children through senior citizens and is offered free or at a low cost. Programs such as Health Rocks!, Walk with Ease, Stay Strong Stay Healthy, Farm to You, Fresh Start, Teen Cuisine, KIK It Up!, Project Excite and many more promote good health for Oklahomans.

County Extension educators provide research-based information that is valuable to everyone in the state, and this information and these programs all tie into the basis of public health.

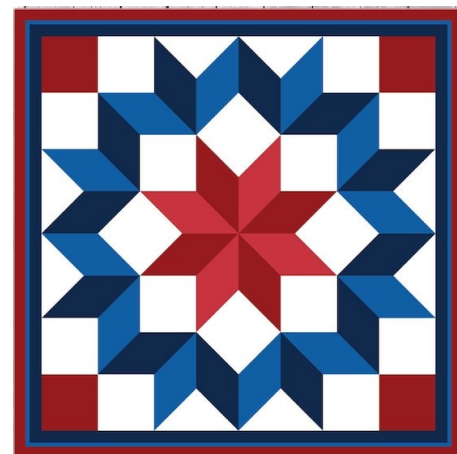
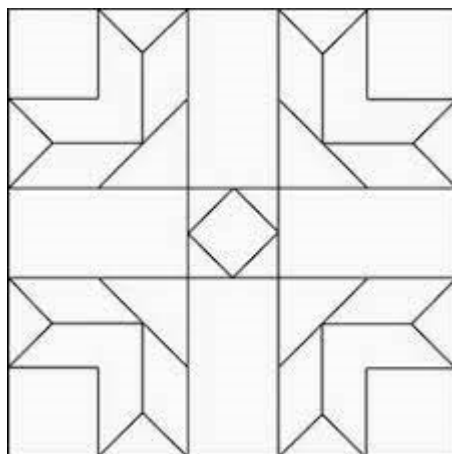
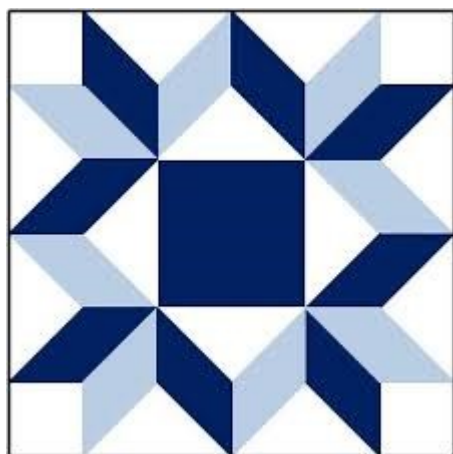
“The pandemic taught us a lot about the im-

portance of public health and the prevention of spreading disease, and there were some good outcomes from it,” she said. “For example, due to necessity, our Oklahoma Home and Community Education members upped their technology game to continue to be able to meet because no in-person activities were taking place. They’re all appreciative of in-person meetings now, but they now have more advanced computer skills.”

So, when you think about public health, it’s much bigger than what people realize. Public health is for everybody, every day, everywhere.

## Barn Quilt Class

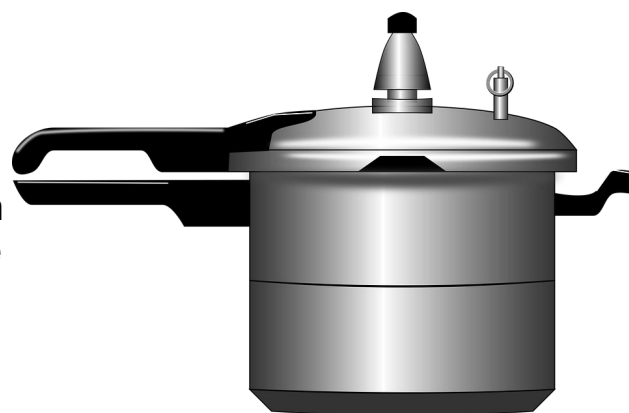
**Thursday, May 25 starting at 10:30 until 5 p.m. All supplies provided. Cost is \$40 and includes all materials and lunch. Each participant will complete a 2 x 2 ft board. Bring a pattern or we will have many options to select from that day.**



## Pressure Cooker Food Processing Class

**Will be Wednesday May 31, 1-5 p.m. at the Extension Office. Class size limited to 12 and cost will be \$20 which includes all supplies as well as the USDA Food Processing Manual. Participants will learn the basics of food processing and prepare 2 different foods using the Pressure Cooker method of food processing.**

**Call (580) 237-1228 to register**



# WALK WITH EASE

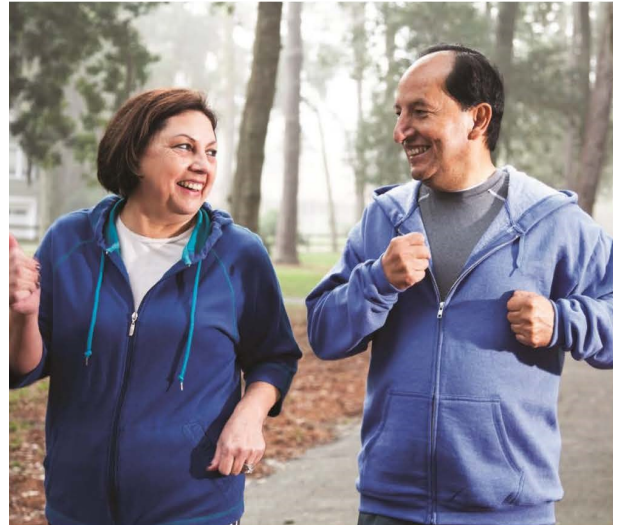
APRIL 11– MAY 11

## Get the Proven Benefits of Physical Activity

The Walk With Ease Program was developed to help people with or without arthritis become more active.

If you can stand 10 minutes without pain, join this class. Each class starts with a brief discussion on walking or arthritis management. The group will warm up, stretch, walk, cool down and stretch one last time. No charge, but call (580) 237-1228 to register.

Classes will be held each Tuesday and Thursday from 8:30 am—9:30 am. We will meet at Crosslin Park near the large shelter near the playground and walk the trails at Crosslin Park. Wear good walking shoes and comfortable clothing. Bring water and dress for the weather.



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## GARFIELD CO. WALK THIS MAY 2023

Please join us for the second annual, Walk this May Challenge!

- This challenge will run throughout the month of May.
- Weekly Prizes & a \*NEW\* Grand Prize
- Includes a FREE event t-shirt (if registered by April 16th).
- \*NEW APP\*: Steps will be easily tracked through the Pacer for teams app (*included in registration fee*).
- Facebook group for motivation, events & prize announcements!

For added accountability, you may create a team of up to 5 people to partner with during the month!

Only 200 spots available! Registration closes April 16th (or when all spots are filled) Team up with some of your OHCE members and join the fun.

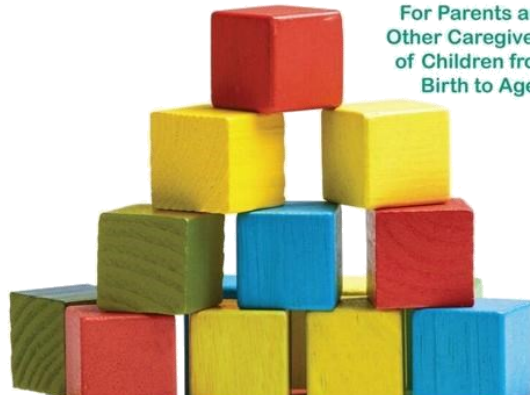




## GARFIELD COUNTY EXTENSION

### ACTIVE PARENTING First Five Years™

For Parents and  
Other Caregivers  
of Children from  
Birth to Age 5



#### You will learn:

- Effective and non-punitive discipline for young children
- What babies' cries mean
- Ages and stages of development from birth to age 5
- Steps toward building a more positive relationship with your baby/child
- Positive communication— even when you are stressed
- How your style of parenting affects your child's reactions
- How to care for yourself
- Steps to improve parenting, such as:
  - ◊ The “method of choice” to limit power struggles
  - ◊ Mindfulness activities to decrease the stress of parenting
- Activities to promote your child's brain development and behavior control
- Preparing children for school success

**Call the Garfield County OSU Extension office at (580) 237-1228 to sign up for these free classes.**

**Classes will be held on Wednesday, May 3rd, 10th, 17th, and 24th from 12 p.m.—1 p.m.**

**Bring your lunch, drinks will be provided.**

# OHCE News & Notes

## May Leader Lesson



The lesson for May will be presented Wednesday, April 19, 2023, 2:00 pm at the Garfield County Extension Office. The lesson is "Try a Train Vacation". Come and learn about the beautiful sites to see via train travel. A fun lesson for all ages. Everyone loves trains.



## Canning Water Bath Process- Jelly and Jams

Wednesday, May 17th from 1:30—4 PM will be a workshop to learn the Water Bath method of food processing. Two different items will be processed. Cost is \$20 and all materials will be provided. Class size will be limited to 12 so enroll early to reserve your spot.

## Breads Workshop



Joy will be leading a workshop using the **AUTOLYSE** process to make homemade bread and Focaccia. Class will be held Monday, April 24 starting at 12:30 p.m. **\$15 will be charged to cover costs of ingredients.** All ingredients will be provided but each participant should bring a sheet pan and 2 loaf pans. Autolyse is a process in which water and flour in a bread formula are pre-blended and set to rest for a period of time. **Class size will be limited to 12.**

## OHCE Spring Association Meeting

The Garfield County OHCE Spring Association Meeting will be on Tuesday, April 18th, 6:30 p.m. We hope everyone will plan to attend.



## OHCE SCHOLARSHIP

Applications for the Garfield County OHCE Scholarship will be due **Monday April 10**. Completed forms can be delivered to the OSU Extension Office or mailed to Joyce Fales. Both addresses are listed on the application. To apply for the \$500 scholarship, the graduating senior must be a resident of Garfield County **and** be either a Garfield County OHCE member returning to school or a child or grandchild of a Garfield County OHCE member. The applicant must be completing an accredited high school or home school studies and at the time of the award, be enrolled in a post high school course of studies. More information is available on the application.

## OHCE Week Activity

A county OHCE event has been planned by the Cultural Enrichment committee for OHCE Week. We will be traveling to the Oklahoma City Bombing Memorial Monday, May 8th. Cost for the museum is \$13 for those age 62 and over and \$15 for those under age 62. We will car pool that day leaving approximately 8:30 a.m. We will visit the museum, have lunch at the Plaza District, and tour the Myriad Gardens to return to Enid approximately 4:30 p.m.

## OHCE Executive Board Meeting

The OHCE Executive Board Meeting will be on Monday, April 3rd at 9:30 a.m., please plan to attend.

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**Joy Rhodes**  
Extension Educator, FCS/4-H Youth Dev.

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Joy Rhodes, FCS Educator at (580)237-1228 or [joy.rhodes@okstate.edu](mailto:joy.rhodes@okstate.edu) at least two weeks prior to the event.



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## Dates to Remember

- April 3– OHCE Executive Board Mtg. 9:30 AM**
- April 11– May 11– Walk with Ease**
- April 18– OHCE Spring Association Mtg. 6:30 PM**
- April 19– May Leader Lesson 2 PM**
- April 24– Breads Workshop 12:30 PM**
- May 3, 10, 17, 24– Active Parenting Class 12-1 PM**
- May 17– Canning Water Bath Process– Jelly and Jams 1:30-4 PM**
- May 25– Barn Quilt Class 10:30 AM—5 PM**
- May 31– Pressure Cooker Food Processing Class 1-5 PM**



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