

STRENGTHENING OKLAHOMA



GARFIELD COUNTY EXTENSION

Don't let hectic schedules interfere with family cohesiveness

With children back in the classroom and schedules ramping up, it can be tough juggling the multiple demands families are facing. As people navigate the waters of these hectic schedules, it's a good time to take stock of what is needed to be a successful family.

Matt Brosi, Oklahoma State University Extension family sciences specialist, said it's more than scheduling sports practices, obtaining the right school supplies or attending PTA meetings.

"Now is a good time to truly step back and look carefully at what we need from and within our family relationships to thrive under the pressure of busy schedules," Brosi said. "It's vital to look at how we as individuals can prepare, how we can prepare in our intimate relationships and what we can do as a family system to become more ready to tackle the changes."

It's important for parents to have clarity over what they can control and what they can't, all while maintaining flexibility to adapt to changes that will come. Brosi said getting organized, setting clear, meaningful and attainable goals, as well as prioritizing demands can help people stave off the feelings of being overwhelmed by the pressure.

"When a person feels pressured to continually give without reprieve or reciprocity it can lead to eventual burnout," he said. "Learning to communicate more effectively with



others is a proactive measure that can keep emotions from boiling over and leading to emotional reactivity. This results in saying things we often don't mean, or perhaps we do mean but wish we hadn't said it so harshly."

There is something to be said for taking care of mental, emotional and physical needs. Maintaining perspective and logical thinking helps to separate issues as all or nothing, thus triggering a survival stance.

Brosi said being aware of maladaptive coping is also important and recognizing some of our reactions, such as emotional eating, using substances or binge-watching television, aren't helpful. This awareness may help us engage in more adaptive and helpful coping mechanisms. One of the best ways to deal with stress and subsequent mental health issues is to get adequate sleep.

"Couples tend to thrive when they both prioritize their relationship. Even after marriage, dating one another helps maintain that feeling of connection and care," he said.

Garfield County OSU Extension

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GARFIELD COUNTY EXTENSION

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“Don’t put off difficult conversations. Having those conversations helps couples feel productive and growing rather than stagnant and disconnected. Talking about feelings of disappointment rather than blaming keeps things moving forward as opposed to breeding defensiveness.”

As a family unit, it’s important for parents to be active in parenting their children and spending time together in meaningful ways. This helps kids feel grounded and connected. Take a walk together after dinner or go on a family bike ride to the park. Show your children that they are

important to you.

Continuing family traditions, or creating new ones for your family, facilitates value, togetherness and predictability. These all are factors in maintaining a healthy family.

“Regular mealtimes together at the table – without cell phones within reach; everyone sharing about their day, including the highs and lows; and sharing family fun time together are just a few examples of building family cohesion,” Brosi said.

Walktober and Community Walks to be Held

Walktober will run from October 1-31. Registration is \$15 and includes a t-shirt. You can register at 2023 Walktober Registration (zeffy.com) Teams can be up to 5 people or you may participate as an individual. As part of this activity 4 Community/Group Walks will be held each Wednesday in October. There is no charge or fee to join the group walk, just show up at the appointed place and time. Scan the bar code or enter at the above site by Sept 14 and that will assure you get a shirt.

Group Walk Schedule

- October 4 – 9 am Crosslin Park
- October 11 – 9 am Crosslin Park
- October 18 – noon Government Springs
- October 25 – noon Meadowlake Park

SCAN TO REGISTER TODAY!

\$15

GARFIELD COUNTY WALKTOBER

Join the Walking Challenge!
OCTOBER 1 - 31, 2023

- ✓ CREATE ACCOUNTABILITY TEAMS OF UP TO 5
- ✓ EASILY LOG MILES W/ PACER FOR TEAMS APP
- ✓ OVERALL GRAND PRIZES & WEEKLY PRIZES
- ✓ FACEBOOK GROUP MOTIVATION & INTERACTION

REGISTER BY 9/14 TO RECEIVE FREE EVENT T-SHIRT!

IDEAS



Please let me know at the office if you have any topics you would like to see offered as an OHCE leader lesson. Give me a call or an email and I will be glad to add these to the upcoming lesson ballot.

Walk with Ease

Walk with Ease will begin a new series of classes starting October 2nd, 8:30 a.m. through November 8th at Crosslin Park. This is a 6 week walking class each Monday and Wednesday.

Cost is \$0

Walk with Ease is a program for people with arthritis, joint pain, and stiffness, other chronic conditions, or even if you just want to walk with a group. It is an evidence-based program that teaches you to start walking safely and stick with it. It doesn't matter whether you already walk regularly, want to start walking again, or if you haven't yet started.

Comprehensive studies demonstrate that Walk With Ease reduces pain, increases balance and strength and improves your overall health. The program will help motivate you to get in shape and allow you to walk safely and comfortably.

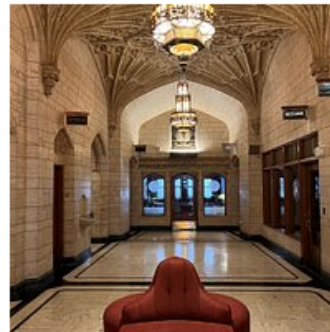
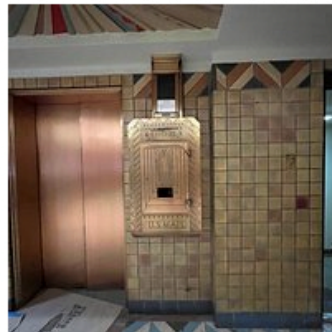
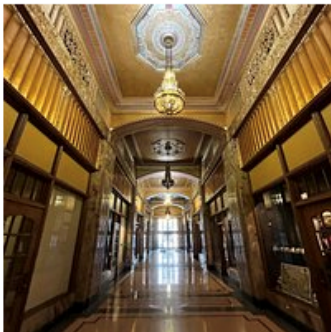
We will begin each session with a pre-walk discussion covering a specified topic related to exercise and arthritis, followed by a 10- to 40-minute walk that includes a warm-up and a cool-down. Register for this group by calling the Garfield County Extension office at 580-237-1228. There is no registration cost but please register if interested.

OHCE Trip to Tulsa

Garfield County Culture Enrichment will be hosting a trip to the Tulsa Underground Tunnels, Tuesday October 10th. Cost for the guided tour is \$25 each. This will be a professional guided tour and limited to **10 participants**. You must sign up by September 29. We will carpool from the Extension Office parking lot that morning and return in the late afternoon. This has been recommended as a wonderful tour that everyone should experience. First built in the 1900s, Tulsa's tunnel network expanded, becoming a means of pedestrian transportation during rough weather and for moving securely and quietly between downtown buildings.

These tunnels hold far more than just stories of transportation. On the tour learn some of the city's stories and the tunnel's hidden history of intrigue and mystery.

In addition, see some of Tulsa's most captivating sculptures, stained-glass, and paintings in the buildings connecting these tunnels — beautiful art deco and gothic designs that showcase the beauty of the 20th century oil boom days. After the tour, we will eat lunch and have an above ground experience before heading home.



Live well

Eat well

be Active

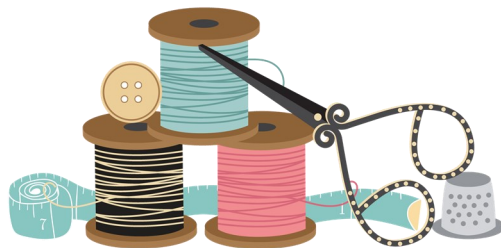
with Diabetes

LEAD Class (Live Well, Eat Well, Be Active with Diabetes)

Starting at noon October 24th and continuing each Tuesday through November 14th, a class will be held for individuals and family members experiencing Type 2 Diabetes. We will follow the 4 week curriculum and have a noon meal consisting of diabetic friendly recipes. Cost for all 4 meetings will be \$30. Please register by October 19. During the class learn about meal planning, benefits of activity, carb counting and how to modify recipes.

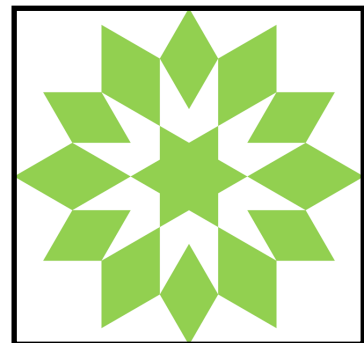
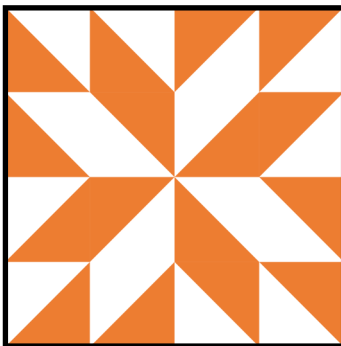
Beginning Sewing with Sue

Sue Schmidt will be hosting a beginning sewing class Monday, September 25th starting at 10 am. Sue will go over care and use of your sewing machine, grains of fabric, pattern layout, and other sewing techniques as participants sew an apron. Bring your sewing machine, basic sewing equipment such as pins, scissors, and about 2 yards of cotton material with matching thread for the apron. If you don't have a machine, we have some here in the office. Please call to reserve your place by Wednesday, September 20th.



Barn Quilt Workshop September 29th and 30th

A Fall Barn Quilt Class will be held Friday, September 29th and another Saturday, September 30th. Cost for each class is \$40 and includes all supplies and materials to complete a 2 x 2 barn quilt. Register by Friday, September 22nd. Classes will not be held if less than 5 are registered.



OHCE News & Notes



Upcoming Due Dates for OHCE

Group treasurer's pay members due to county treasurer by Oct 1st, also due are membership forms, Pennies for Friendship, Nickels for Leadership and Norma Brumbaugh Scholarship Fund.



OHCE Leader Lesson

The OHCE Leader Lesson will be held Wednesday, September 27th at 2 pm with the topic "Staying in Your Home as you Age". We will cover topics about making your home easier to navigate during the aging process as well as hints and tips for lighting, walkways, and floor coverings. Be sure to attend and learn more on this timely topic and as always invite your friends and neighbors to attend.



Garfield County Fair

Looking forward to the upcoming County Fair. Remember to patronize the True Honest Workers on Friday at the Fair as they will have a lunch special in the Coliseum. I know everyone is frantically completing their exhibits and look forward to seeing your wonderful handiwork and baked goods. See you at the fair.



GARFIELD COUNTY EXTENSION

Will be Closed on Monday, September 4th

Happy
LABOR DAY



OHCE Fall Meeting

The Garfield County OHCE Fall meeting will be held Tuesday, October 17th. Hostess group is Casa La Mia and our guest speaker will be Jana Walker, the new owner of "Walker's Western Store" downtown Enid; she will be speaking about investing in Enid and downtown Enid.

We will elect the Garfield County OHCE President and Treasurer for the next 2 years at this meeting.



This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

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 at least two weeks prior to the event.



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**GARFIELD COUNTY
EXTENSION**

Dates to Remember

- Sept. 4th, Garfield County OSU Extension Closed
- Sept. 6th–9th, Garfield County Fair
- Sept. 25th, Beginning Sewing with Sue- 10 am
- Sept. 27th, OHCE Leader Lesson- 2 pm
- Sept. 29th, 30th, Barn Quilt Workshop- 9 am—3 pm
- Oct. 1st-31st, Walktober
- Oct. 2nd-Nov. 8th, Walk with Ease– 8:30 am
- Oct. 10th, OHCE Trip to Tulsa– 8:30 am– 5 pm
- Oct. 24th-Nov. 14th, L.E.A.D. Class– Tuesdays at noon



**GARFIELD COUNTY
EXTENSION**

Hello
SEPTEMBER

