

STRENGTHENING OKLAHOMA



October is Breast Cancer

GARFIELD COUNTY EXTENSION

Awareness Month

October is more than ghosts, goblins and trick-or-treating – it is also Breast Cancer Awareness Month. This disease affects one in eight women in the United States every year and 2.3 million women worldwide.

Breast Cancer Awareness Month aims to support people diagnosed with breast cancer, educating people about breast cancer risk factors and stressing the importance of regular screenings, which should start at age 40 or an age that's appropriate for a woman's breast cancer risk.

Breast cancer isn't something that can usually be prevented, so it's important to be proactive about your health, said Diana Romano, Oklahoma State University Extension associate specialist.

"Doctors seldom know why one woman develops breast cancer and another doesn't, but what we do know is that breast cancer is always caused by damage to a cell's DNA. Why or how that DNA becomes damaged is still unknown," Romano said. "The damage can be caused by genetic or environmental/lifestyle factors – or in most cases, a combination of the two."

Women with certain risk factors are more likely than others to develop breast cancer. A risk factor is something that may increase the chance of getting a disease. While some risk factors can be avoided, such as drinking alcohol most risk



factors cannot. Having a risk factor doesn't mean a woman will get breast cancer. In fact, 60% to 70% of women with breast cancer have no connection to the risk factors, and others with risk factors never develop the disease.

Romano said some of the genetic risk factors that cannot be changed include gender, age, race, family history, health history, menstrual and reproductive history, certain genome changes and dense breast tissue.

Environmental and lifestyle risk factors that can be changed include lack of physical activity, poor diet, being overweight or obese, drinking alcohol, radiation to the chest and combined hormone replacement therapy.

"A sedentary lifestyle with little physical activity can increase your risk for breast cancer," she said. "Moving your body or exercising for as little as 20 minutes a day can help lower this risk factor. Also, a diet high in saturated fats and lacking fruits and vegetables can increase your risk. Eating 3.5 to 5 cups of fruits and vegetables each day can be beneficial."

Garfield County OSU Extension

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GARFIELD COUNTY
EXTENSION

STRENGTHENING OKLAHOMA FAMILIES

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Although breast cancer is typically found in females, it also affects men. Roughly 2,700 men will be diagnosed with breast cancer this year, and about 530 are expected to die. Unfortunately, lack of awareness and stigma can be barriers to detection and care.

“For many, the key to survival is early detection. As we observe Breast Cancer Awareness Month, take the time to get a screening,” Romano said.

Breast cancer death rates declined 40% from 1989 to 2016 among women. The progress is attributed to improvements in early detection.

—Source: American Cancer Society

CAREGIVERS ROCK!



2023 Oklahoma Family
Caregiver Conference



DOOR
PRIZES

November

To Register
or
To Be A Sponsor



www.okcares.org
405-618-2820

10:00 am - 3:00 pm

Educational Respite Vouchers Available

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Conference Locations

Tulsa

Oklahoma City

Lawton

McAlester

Enid

Online



Enclosed is the ballot for 2024 OHCE lessons. Please take the time to complete this and let your vote be counted. Bring to County Association meeting.

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.

AARP Smart Driver Course

Looking for an opportunity to lower your auto insurance premiums and update yourself on changes in the driving landscape and motoring rules. This course includes the latest information as well as strategies for driving safely longer. Garfield County OSU Extension and AARP are sponsoring this "Smart Driving course beginning at 9AM on Friday, October 20, 2023, at the Garfield County OSU Extension Office - Conference Room; 316 East Oxford; Enid. The course will last until around 3:30 PM with a break for lunch. Bring lunch or plan to eat close by.

The course is open to the public. Signup by contacting the Garfield County OSU Extension center by phone at 580-237-1228. Contact Hackett at 405-714-1002 for questions or more information about the course. The cost of the course is \$20 for AARP Members (bring your card) or \$25 for non-AARP members. Bring your Driver's License. Participants will receive a participant guidebook.



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.

Pumpkin Pie Pudding

- 1 can pumpkin puree (15 oz.)
- 1 small box sugar-free instant vanilla pudding mix
- 1 teaspoon of pumpkin pie spice (or more to your liking)
- 2 cups low-fat milk

Whisk ingredients together in a bowl. Cover and let set in refrigerator for 2 hours before serving. Can top with chopped pecans.



Source: Goodlifeeats.com

Lunch Time Learning

The next Lunch Time Learning will be Thursday, October 26th at noon. Our topic of conversation and lunch will be Sheet Pan Meals. Cost is \$7 for your lunch, education, and handouts. Call by October 23rd to reserve your chair.



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 October 25th at 2 pm with the topic "Food Bombs". This is a new process of preparing food for your family in a slightly different format. Be sure that your group is represented at the lesson on this new topic. A Food Bomb Party could be in your future.



Year Membership Due

Don't forget to turn in your 10-25-30-40-50-60 or 70 year membership to the office by November 1.



Community Walks

Join us for a Community Walk each Wednesday in October. Free and open to anyone. Just show up.

October 4—9 am Crosslin Park

October 11—9 am Crosslin Park

October 18—noon Government Springs

October 25—noon Meadowlake Park



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 owner of "Walker's Western Store" downtown Enid; she will be speaking about investing in 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.

2024 OHCE Leader Lesson Topics

Garfield, Grant, & Kingfisher Counties

The following 2024 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. Please vote for 2 topics in each category. Return to Garfield County by November 1

District Lesson Topics

- Alpha-gal Syndrome or Communications and Facilitations Skills

State Lesson Topics

- Nature and You or Bone Broth

CULTURAL ENRICHMENT	
	History of Pancakes
	The Virtual Public Library
	Music Therapy for All
	Native American Culture and Food
	Festivals: Where, When, & Why?
	Museums: Oklahoma's Best
	Grid Quilting

HEALTHY LIVING	
	Healthy Cast Iron Cooking
	Charcuterie to Go
	Eating for your Health Condition
	GMO's: What to Know
	Apples, Apples, Apples
	Magic of Honey

FAMILY ISSUES	
	Caregiving 101: Informing your Family
	Simple Emergency Box
	Honoring our Flag & Veterans
	Understanding Grief
	Strong Dads: Fatherhood Initiative

RESOURCE MANAGEMENT	
	Wills & Trusts
	Consumer Education: Know your Rights
	Home Solar and Alternative Energy
	Naturally Clean
	The Internet of Things w/ Phantom Energy
	Homemade Food Freedom Act

LEADERSHIP DEVELOPMENT	
	Officer Roles: What are they?
	Encouraging New Member Involvement
	Master Volunteers: Info to Know
	OHCE: Learning about the Organization



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Dates to Remember

- 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. 17 OHCE Fall Meeting
- Oct. 20 AARP Driving Course 9 am
- Oct. 24th-Nov. 14th, L.E.A.D. Class– Tuesdays at noon
- Oct. 25, OHCE leader Lesson—2 pm
- Nov. 1, Year Membership due



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