

STRENGTHENING OKLAHOMA



February is National Cancer Prevention Month

GARFIELD COUNTY EXTENSION

Cancer is a diagnosis no one wants, but it was a reality for nearly 2 million Americans in 2023, not including non-melanoma skin cancer. What's more, more than 600,000 will die from the disease.

Research shows that more than four out of 10 cancers can be attributed to preventable causes, said [Diana Romano](#), [Oklahoma State University Extension](#) associate specialist.

“Things that are within our control include smoking, excess body weight, physical inactivity and excessive exposure to the sun, among others,” Romano said. “Not using tobacco is one of the most effective ways to prevent cancer. When it comes to preventing skin cancer, it’s vital to protect your skin from ultraviolet radiation, including indoor tanning devices.”

To help prevent cervical cancer, consider the human papillomavirus, or HPV, vaccine. This vaccine has also been shown to help prevent head, neck and anal cancers, as well as many cases of liver cancer.

About 20% of the diagnosed cases of cancer are related to being overweight, poor diet, alcohol intake and not being physically active. Being overweight or obese can increase a person’s risk for 15 types of cancer. However, being physically active can help reduce the risk of nine types of cancer. Maintaining a healthy weight and eating a well-balanced diet are things within a person’s control



that can help lower the risk of developing cancer.

Romano said a diet rich in vegetables, fruits, whole grains and beans is a healthy way to help prevent some cancers. These foods are high in fiber and people should consume at least 30 grams of fiber each day.

“While fast foods can be convenient, they are typically high in saturated fat. Combo meals come with a carbonated beverage, which adds more sugar to your diet,” she said. “If you can’t give up sugar, try to limit sugary drinks and sweet treats just for special occasions.”

Not only should you limit sugars, but also alcohol. Red meat, including beef, lamb and pork, should be limited to three servings per week, for a total of 12 ounces. Avoid or consume very little processed meats such as hotdogs, bacon and salami.

Physical activity is important to overall health, and Romano said pre-school-age children need at least three hours of physical activity each day to enhance growth and development. School-age

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children need at least three hours of physical activity each day to enhance growth and development. School-age children and adolescents should try to get in 60 minutes or more each day, as well as take part in bone-strengthening exercises at least twice per week.

“Adults should strive for 150 minutes or more of physical activity each week, along with bone-strengthening exercises twice a week,” she said. “This can be broken up into small segments of time to fit into people’s busy schedules.”

Oklahomans are familiar with the intensity of the sun, so it’s important to protect your skin from ultraviolet exposure. This can be done by limiting sun exposure, especially between 10 a.m. and 4 p.m.; wearing clothing that covers arms and legs; wearing a wide-brimmed hat; wearing sunglasses; and applying a 15 SPF or higher sunscreen every day, even in the winter.

“Talk to your doctor about the various ways you can help prevent a cancer diagnosis through available vaccines, healthy eating, physical activity and UV exposure,” Romano said. “There are many things in our lives that are beyond our control, but there are steps that can be taken to help cut the risk of developing cancer.”



AARP Smart Driving Course

Friday, February 16

9:00 am – 3:30 pm

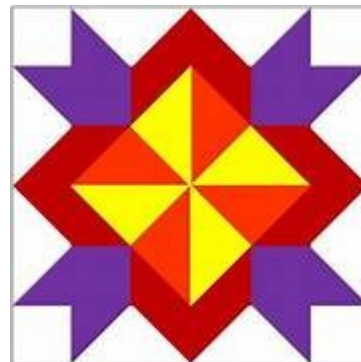
Save money on your auto insurance, refresh your driving skills and knowledge of the road, discover proven driving methods and strategies to keep you safe on the road, and learn about new automobile technologies by attending the AARP Smart Driving Course. The class is designed for drivers age 50+ but all are welcome. Bring your license and AARP Card (\$20 if member-\$25 if not a member). There will be a break for lunch. Space is limited so register by calling Garfield County OSU Extension Office, 580-237-1228. Fees will be collected on the day of class. If have questions, please call instructor Kevin R. Hackett @ 405-714-1002.



Barn Quilt Classes

March 1 and 2

Barn Quilt classes will be held March 1 and March 2 from 9 to 3. Cost is \$40 and includes all supplies and a light lunch. You will complete a 2 x 2 ft painted quilt suitable for outdoor display. Each class will need a minimum of 5 enrolled students to be held. Spring is right around the corner so let’s get our decorations ready. Call by February 26 to save your place.



Cleaning Hacks for Seasonal Affective Disorder

Many of us start feeling down when the days get shorter. This could be mild, or a more substantial mood change known as seasonal affective disorder or SAD. Health care providers and mental health professionals have therapy and medication options that can help. There are also several self-care options that can be included in a treatment plan, including cleaning. We're sharing cleaning hacks to help chase away the winter blues.

Clean Your Windows – Don't wait for spring to clean your windows. Sure, there may not be as much light available in winter, but bring what sunshine there is inside through sparkling windows. And then try to set up your working and living space so that you're spending more time near those sunny windows.



Declutter – Clutter has been shown to affect your mental health. In the winter, when you're inside a lot, it can have a bigger impact. Pick a manageable size area that you see a lot and work on organizing it. As a bonus, as you move things around you'll be getting exercise, which is a tried-and-true SAD treatment.



Minestrone Soup

Prepare delicious soup in a snap!
Canned beans and frozen veggies make this dish perfect for busy weeknights.

Ingredients

- 1 10-ounce package frozen vegetables, any type
- 2 cans stewed tomatoes, canned, low-sodium (14.5 ounce)
- 2 cans broth, any flavor, canned, low-sodium (14 ounce cans)
- 1 can beans, canned, any type, low-sodium (15.5 ounce)
- 1 ounce pasta, dry, any type (1 cup)

Directions:

In a large pot, combine frozen vegetables, tomatoes, broth and beans.

Bring the soup to a boil and add the pasta, then reduce to low heat. Let simmer for 6 to 8 minutes or until the pasta and vegetables are tender.



Nutrition Information

Serving Size: 1 cup, 1/6 of recipe (514g)

Nutrients: Total Calories, 144; Total Fat, 1 g; Saturated Fat, 0 g; Cholesterol, 0 mg; Sodium, 172 mg; Carbohydrates, 29 g; Dietary Fiber, 9 g; Total Sugars, 6 g; Added Sugars included, 1 g; Protein, 7 g; Vitamin D, N/A; Calcium, 80 mg; Iron, 3 mg; Potassium, 163 mg

Education Workshops for February

Check out some of these offerings for OHCE members, guests or anyone interested in a good time with friends and learning a new skill.

State Of Orange Day of Service April 13, 2024

Save the day for A DAY OF COWBOY SERVICE. Ideas were discussed at the Achievement Day program and plans will be made at the next Board meeting in March. Stay tuned for more information.



OHCE District Meeting March 23, Laverne

A flyer for this meeting is included in the newsletter. Register as a group with our new treasurer, Linda Kenedy by **February 26**. Her address is on the flyer.

Sewing Class-Beginning Apron February 21, 10-2

If you need help getting started sewing, February 21 will be your opportunity. Sue Schmidt will be teaching a beginning sewing class from 10-2. You will learn how to read a sewing guide, various sewing terms, use a sewing machine, and a paper pattern. There is **no cost** to attend but bring 1½ yard of a cotton or cotton blend for the apron project and matching thread. Bring your sewing machine or machines are available for use at the office. Please call 580-237-1228 to reserve your place by February 14.



OHCE Board Meeting March 4, 9:30 am

Thank you to everyone who attended the Achievement Day. Some great people were in attendance and an awesome brunch was served by the Board members. A big thank you for all the work our OHCE groups accomplish throughout the year. Our Spring Association meeting will be April 16, 6:30 pm with Domes-ti-Kates as the hosting group. The Garfield County OHCE Board meeting will be held Monday March 4, 9:30 am.

OHCE Leader Lesson February 28, 2 pm

The next Leader Lesson will be held Wednesday, February 28, at 2 pm. Our topic is "OHCE: Learn More about Your Organization".

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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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Dates to Remember

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Feb. 21 Sewing Class
Feb. 28 Leader Lesson
March 1 & 2 Barn Quilt Class
March 4 OHCE Board Meeting
March 23 OHCE District Meeting
April 13 Orange Day of Service
April 16 OHCE Spring Assoc. Mtg.



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