

STRENGTHENING OKLAHOMA FAMILIES



Oklahoma leads the nation in heart disease

GARFIELD COUNTY EXTENSION

It always is good to be number one in something, such as first in your class, a championship sports team or collecting the most donations for a food drive. While Oklahomans have experienced a number of positive first-place rankings, there's something less positive the state is known for. According to the [Centers for Disease Control and Prevention](#), Oklahoma [ranks first in the number of deaths related to heart disease](#).

With February being National Heart Month, now is a good time to become informed about heart disease and how to prevent it.

What exactly is heart disease? This term refers to several types of heart conditions, said Diana Romano, [Oklahoma State University Extension](#) assistant specialist.

"The most common type of heart disease is coronary artery disease, which can cause a heart attack. Other types may involve your heart valves. In addition, the heart may not pump well and cause heart failure," Romano said. "Heart disease isn't just something that affects older people. In some cases, people are born with heart disease."

Heart disease can occur when plaque builds up in the arteries, causing them to narrow and reducing blood flow to the heart. While some factors that lead to heart disease are out of your



control, there are several factors people can control, including smoking, eating an unhealthy diet and not getting enough exercise.

Romano said high cholesterol, high blood pressure or diabetes also can increase the risk of heart disease.

"Symptoms of heart disease vary, depending on the type of disease you're dealing with. Many people don't experience any signs until they have a heart attack," she said.

Signs of a heart attack can include:

- Chest pain or discomfort that doesn't go away after a few minutes.
- Pain or discomfort in the jaw, neck or back.
- Nausea, light-headedness, weakness or cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

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Garfield County OSU Extension

Address

316 E. Oxford
Enid, OK 73701

Phone

580-237-1228

Email

Joy Rhodes
joy.rhodes@okstate.edu

Website

<http://oces.okstate.edu/garfield/>

Social Media

Facebook: Garfield County OSU
Extension Family & Consumer Sciences

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There are several medical tests your doctor can perform to diagnose heart disease, including chest X-rays, coronary angiograms, electrocardiograms or a stress test.

“Lifestyle changes can help lower your risk of heart disease. Be physically active and eat foods that are low in saturated fat, *trans* fat, sodium and added sugars,” Romano said. “Your doctor can help you learn about the best ways to reduce your risk of heart disease.”

OSU Extension offers research-based information about [health, nutrition and wellness on its website](#). To learn more about heart disease, visit the [American Heart Association website](#).



HEART HEALTHY FOOD SWAPS

Meat

Black Beans
Chick Peas
Seeds/Nuts
Spinach

Salt

Fresh Herbs
Chick Peas
Vinegar
Citrus
Onion

Milk

Almond Milk
Hemp Milk
Greek Yogurt
Rice Milk
Coconut Milk

Grains

Quinoa
Barley
Lentils
Bulgur
Rolled Oats
Steel Cut Oats

Sugar

Honey
Maple Syrup
Dried Fruit
Stevia Leaf
Truvia

Fats

Avocados
Fatty Fish
Walnuts
Extra Virgin Olive Oil
Coconut Oil



CNEP

GARFIELD COUNTY EXTENSION

Community Nutrition Education Programs (CNEP) encompasses two programs. Through the [Expanded Food and Nutrition Education Program](#) (EFNEP) and [Supplemental Nutrition Assistance Program Education](#) (SNAP-Ed), known as the Oklahoma Nutrition Education (ONE) program in our state, CNEP provides nutrition education to limited-resource individuals and families within Oklahoma communities. We offer multiple programs with research-based lessons involving hands-on learning experiences.

Working through OCES county offices, our nutrition education assistants (NEAs) coach adult participants enrolled in the *Fresh Start* program to build skills that enable them to stretch their family food dollars, plan and prepare more nutritious meals and increase physical activity. CNEP is also active in- and out-side schools settings with the *Food and Fun for Everyone*. This program offers a series of lessons on healthy food choices and safe food handling practices to elementary age children. *OrganWise Guys* is a comprehensive school program made available through CNEP funding to promote a healthy lifestyle among youth. *Teen Cuisine* is a hands-on cooking program that teaches students in grades 8-12 important life skills for eating smart, which will stay with them as they grow into adults. Additionally, CNEP coordinates the [Farm to You](#) exhibit. Farm to You is a traveling interactive adventure for elementary school children. The exhibit helps children follow food from the farm to the market and through the body to explore the relationships between agriculture, food and health. This program has been possible through the funding of CNEP, OCES, university, community and commodity partners.

For more information about participating in any of the available CNEP programs, please contact your local [Oklahoma Cooperative Extension Service office](#).

Donna Groneweg

Garfield County

Nutrition Education Assistant
(580) 237-1228

316 E. Oxford Enid, OK 73701
donna.groneweg@okstate.edu



MONDAY, FEBRUARY 22ND
 2-4 PM OR 5-7 PM
 GARFIELD COUNTY OSU EXTENSION



HOOP BUNNY WORKSHOP

SUPPLIES:
 1/2 YARD OF FABRIC
 1- 8 INCH WOODEN HOOP
 1- 10 INCH WOODEN HOOP
 OPTIONAL BUNNY EARS HEADBAND
 SCISSORS
 GLUE GUN
 RIBBON FOR THE NECK

I WILL HAVE WIRE AND BURLAP RIBBON FOR THE EARS IF YOU CHOOSE THIS MATERIAL. IF YOU HAVE ANY QUESTIONS, PLEASE DON'T HESITATE TO CONTACT ME BY TEXT OR PHONE.
 SHIRLEY- (405) 719-0003



10 Financial New Year's Resolutions for 2021

1. Set a budget– and don't forget it.
2. Put more money away for retirement.
3. Strive to improve your credit score.
4. Pay your bills on time.
5. Make a plan to achieve your goals.
6. Create an emergency fund.
7. Pay down your debt.
8. Think meaningfully about insurance.
9. Audit your finances.
10. Designate a “money day.”

A “Money Day” is the one day a week you pay your bills, check accounts, assess what was spent last week and allocate for the coming week. This will keep you organized– and less stressed.

Walk With Ease

A new walking class will begin March 22nd. It will be held each Monday and Wednesday afternoon from 5:15pm—6:15 pm at the Walking Trails near NW Vet. We will stretch each time and learn tips on exercising (walking) with arthritis. All are welcome to attend. Class will go through April 28th.





West District OHCE VIRTUAL Meeting MARCH 26, 2021

Host Counties: Blaine, Caddo, Canadian,
Grady, Kingfisher & Major

MEETING REGISTRATION: \$10 DUE BY FEBRUARY 12, 2021

**MAIL REGISTRATION TO: PATSY THIBODEAU
ADDRESS – 2226 E. CEDAR, ENID OK 73701**

MAKE CHECK PAYABLE TO: GARFIELD COUNTY OHCE

Name _____ Phone Number: _____

Email Address _____

FRIDAY ~ MARCH 26TH ~ 8:30 A.M.

HIGHLIGHTS

- ❖ Business Meeting/Call to Order
- ❖ State OHCE Business Report
- ❖ State Conference Update
- ❖ Recognition of Award Winners
- ❖ President's Message
- ❖ Numerous OHCE State Committee Sessions in the morning!
- ❖ Door Prizes Winners Announced

WORKSHOPS

1:00 p.m. – Session I

- ❖ Gardening (LeFlore County)
- ❖ Fabric Christmas Ornaments – Hands On (Murray County)



2:00 p.m. – Session II

- ❖ Sunbonnet Sue & Sam (Pittsburg County)
- ❖ Mandala Art – Hands On (Pontotoc County)



**GARFIELD COUNTY OHCE MEMBER'S WILL MEET IN THE
GARFIELD COUNTY OSU CONFERENCE ROOM. YOU MAY BRING YOUR
OWN LUNCH OR FOR AN ADDITIONAL \$5 EAT THE LUNCH PROVIDED.
PLEASE LET US KNOW IN ADVANCE IF YOU INTEND TO EAT WITH US.**

OHCE News & Notes

The Leader Lesson for March will be held on Wednesday, February 24th at 2:00 PM at the Garfield County OSU Extension Office. The lesson will be, "Developing a Positive Attitude."

Repurposing Furniture

Do you have an interest in revitalizing older furniture? Garage sales will be ramping up soon, if you want to spruce up an older piece of furniture or buy one to redo, we will be glad to hold a class on how to do it. Please choose a simple piece of furniture for this class. Let us know if you're interested!



Barn Quilt

A Barn Quilt class will be held Thursday, February 25th. Classes will start at 4:00 pm. Cost will be \$30. Plywood prices have risen dramatically the past few months. Please sign up by February 22nd. Our theme will be Spring.



Leadership Training Conference By Zoom

February 18, 2021 - 9:00 am - 12:00 pm

At the Garfield Co. OSU Extension Office or in your own home. If you would like to enroll, please provide Officer's names and workshops they will be attending to the Garfield Co. Extension Office before February 8th.

Officer Training

Presidents, Vice Presidents, Parliamentarians— Discussion of duties and the importance of using parliamentary procedure, as well as retention of members during this time of the pandemic.

Secretary

Other than minutes, what to, as Secretary, need to record of have in records.

Treasurer

Discussion on treasure's responsibility for collecting and handling of the funds for OHCE.

Historian/ Reporter

Basic tips and tricks to keep your history safe and organized. Learn about on-line archiving using social media.

Committee Chair Workshops

Awards and Reports

Maximize your Report by exploring criteria and easy fixes for common mistakes.

Membership

How do we keep our membership up during COVID crisis?

Using Facebook to keep your club in the public eye.

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.



Garfield County Cooperative Extension Service
Oklahoma State University
316 E. Oxford
Enid, OK 73701

**GARFIELD COUNTY
EXTENSION**

Dates to Remember

Hoop Bunny Workshop– Feb. 22nd, 2-4 pm or 5-7 pm

Leadership Training by Zoom- Feb. 18th

Spring Barn Quilt Workshop– Feb. 25th, 4 pm

Leader Lesson– Feb. 24th, 2:00 pm

Walk With Ease— March 22nd, 5:15 pm

West District OHCE VIRTUAL Meeting– March 26th, 9 am



**GARFIELD COUNTY
EXTENSION**

February

