

STRENGTHENING OKLAHOMA



GARFIELD COUNTY EXTENSION

How does literacy affect a person's health? Literacy is the ability to read, write, compute and solve problems of proficiency necessary to function at a job, in the family and in society. So, what exactly is health literacy? It's the degree to which individuals have the ability to find, understand, and use information and services to make informed health-related decisions and actions for themselves.

Megan Monteith, Oklahoma State University Extension health disparities area specialist, said health literacy requires a complex group of reading, listening, analytical and decision-making skills, along with the ability to apply these skills to health situations.

"Health literacy is a key social determinant of health, or factor in the environment that affects people's health. More than one-third of adults in the U.S. have low health literacy," Monteith said. "According to the National Center for Education Statistics, people aged 65 or older with self-reported poor health, have health insurance from Medicare Medicaid or have no insurance; live below the poverty level; are Hispanic or Black; and more likely to have poor health literacy skills."

The Centers for Disease Control and Prevention indicates that nine out of 10 adults struggle to understand and use health information when it's unfamiliar, complex or filled with jargon.

Literacy can affect a person's health



"Unfortunately, limited health literacy has very real consequences on a person's health. Adults with limited health literacy have more serious medication errors; higher rates of emergency room visits, hospitalizations and death; and worse preventative care and health outcomes for their children," she said. "In addition, those adults are more likely to report poorer overall health and have poorer ability to manage chronic diseases, and they're less likely to understand their diagnosis."

Monteith also noted that individuals with low health literacy are less likely to have screenings or preventative care, tend to seek treatment in later stages of the disease and are more likely to be hospitalized and re-hospitalized.

Some individuals have difficulty understanding the correct dosage of medicines, misinterpret warnings on prescription labels or simply don't know when their next appointment is scheduled.

"Each day, millions of adults make decisions and take actions on issues that protect (Continued on page 2)

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

In this issue:

**Literacy can affect a
person's health**

**OHCE Fall Association
Meeting**

Leader Lesson Ballot

Walk the Trails

Caregiver Workshop

OHCE News & Notes

Dates to Remember



GARFIELD COUNTY
EXTENSION

(Continued from page 1)

not only their own well-being, but also that of their family members,” she said. “This goes beyond the traditional health care settings such as a doctor’s office or hospital. These actions take place in homes, at work and in schools across the state and country. The combination of errors made with these decisions is estimated to cost the health care system between \$50 billion and \$73 billion per year.”

This is why it’s so important for individuals to know how to read, write, compute and solve problems.

In Oklahoma, 43% of the residents are unable to perform more than simple, everyday literacy activities. On average, about 24 percent of students starting high school as a freshman drops out of school prior to graduation. Also, 59% of Oklahoma students live in poverty.

“A rise of 1% in literacy scores leads to a 2.5% rise in labor productivity,” Monteith said. “The higher the literacy scores, the more likely individuals are of having a better understanding of health issues and treatment.”

OHCE Fall Association Meeting Tuesday, October 18th



Don’t forget to attend the OHCE Fall Association Meeting on Tuesday, October 18th. The meeting will begin around 5 pm with 3-4 different crafts available for members to complete. A snack/supper will be available for those present. Cost for the crafts and supper will be \$5. The OHCE meeting will begin at 6:30 with reports from each committee and business to be completed; we hope to see a large group for this fun activity and county meeting. See below for business items.

- **Election of County OHCE Vice-President and County OHCE Secretary**
- **Updating of By-laws**

An item on the agenda for the upcoming County Fall Association meeting Tuesday, October 18th, 6:30 p.m. will be a proposed revision to the Garfield County association by-laws. Because OSU Extension is partially federally funded and OHCE is sponsored through the Family & Consumer Sciences program of OSU Extension, this change is necessary to align with federal guidelines:

Current:

Article III Membership

The GCOHCE, Incorporated does not discriminate by gender, race, color, age, disability, religion, national origin, economical circumstances or status as a veteran in any of its policies, practices or procedures.

Proposed:

Article III. Membership

The GCOHCE, Incorporated does not discriminate based on race, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability or veteran status in any of its policies, practices or procedures.



2023 OHCE Leader Lesson Topics

Garfield, Grant, & Kingfisher Counties

2023 District Lesson Topics-Say Yes to FCS and Character Critters

2023 State Lesson Topics--Families and Mental Health and Eating Healthy with the Rising Food Prices

Please Indicate your Top 2 Choices in Each Category for Leader Lesson Topics from the List Below

CULTURAL ENRICHMENT	
	History of the Humble Pancake
	Macramé Today
	Quilting on a Grid
	Amish Foods and Traditions
	Try a Train Vacation

HEALTHY LIVING	
	Herb Gardening
	Jarcuterie 101
	What Does the Expiration Date Mean?g
	Eating Well: Arthritis

FAMILY ISSUES	
	Caregiving 101
	Is Your Glovebox Ready?
	Honoring our Flag and our Veterans
	Staying In Your Home as You Age
	Encouraging Motivation in Others

RESOURCE MANAGEMENT	
	Wills and Trusts
	Insurance for You and Your Family
	Medical Identity Theft
	The Importance of a Hobby
	Photography Tips
	Using Natural Cleaners in Your Home

LEADERSHIP DEVELOPMENT	
	Are You a Good Listener/Are You a Good Friend?
	OHCE Master Volunteer?
	Understanding Personalities
	Write a Winning Award

Walk the Trails

A series of group walks will be held throughout the month of October. Each Wednesday of October we will meet at the designated park and walk as a group. Everyone is invited to join. We will go over some basic stretches and walk at your own pace and distance. Each walk will be about an hour. The walks are part of the “Walktober” walking challenge, but these walks are open to all who might be interested in getting some exercise, enjoy a walking companion and the fall weather. The schedule is as follows:

- **October 5th**, Government Springs 9:00 am (meet at Pavilion)
- **October 12th**, Meadowlake 11:30 (large pavilion enter off Rupe) Bring a sack lunch if would like, water provided
- **October 19th**, Government Springs 5:30 meet at Pavilion
- **October 26th**, Meadowlake Park 5:30 (large pavilion off Rupe)

LTCA of Enid Agency on Aging

CAREGIVER CONFERENCE

Tuesday, October 4, 2022

9:00 a.m.—1:00 p.m.

Christian Church of the Covenant
1205 S. Cleveland St., Enid, OK

This FREE conference provides encouragement and resources for family members serving as caregivers.

For more information contact
Twila Doucet, Caregiver
Coordinator
580-234-7845
tdoucet@ltcaenid.org

Featured Speakers

Michaelle Statham

Alzheimer's Association
Oklahoma Chapter

Tina Ruding

Oklahoma Healthy Aging Initiative

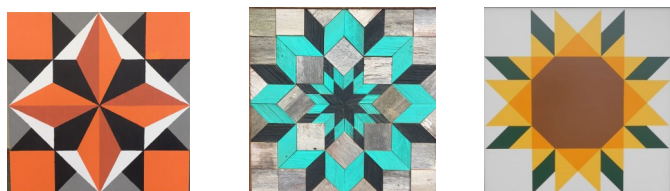
Stacy Boyles

Legal Aid of Oklahoma

OHCE News & Notes

Barn Quilt Class

A Barn Quilt workshop will be held on Friday, October 14th from 10 am -3 pm, and on Saturday, October 15th, from 10 am-3 pm. All supplies are included as well as snacks and a light lunch; the cost is \$45. Class size is limited so enroll early. Both classes will be in the Garfield County OSU Extension conference room at 316 E Oxford. Call 580-237-1228 to reserve your place.



Lesson Ballot

Included in this letter is a ballot for 2023 OHCE Leader Lessons. Please complete and return to the office at your earliest convenience. You may bring to the Fall Association meeting or copies will be available.



Leader Lesson

The November lesson training will be held at 2 pm on Wednesday, October 26th in the Conference Room. Our topic is "Know Your Cheese." We will discuss 5-6 types of cheeses, try a variety and learn tips on creating your own cheese tasting event. Be sure and attend this lesson training to learn more about cheese.



Happy Fall Y'all!



OHCE Board Meeting



The OHCE Board Meeting will be held Monday October 3, 9:30 am at the Conference Room. We will complete plans for our upcoming Fall Association meeting.

Freezer Meals for Smaller Families

The Freezer Meals for Smaller Families will be held Monday, October 17th. An afternoon session 2-4 and an evening from 6-8 will be held. We will discuss how to plan/make nutritious and delicious meals for the freezer and in smaller sizes to provide variety in your diet. Cost is \$40 and will include 2-3 tasting samples and take home 6 main dishes for your freezer.

SAVE THE DATE- OHCE FALL ASSOCIATION MEETING-TUESDAY OCTOBER 18

Our Fall Association Meeting will be held Tuesday October 18th in the OSU Conference Room. We will start the meeting at 7 pm.

Save the Date

A small dinner and craft will start at 5 pm the cost will be \$5

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.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>

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.



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

**GARFIELD COUNTY
EXTENSION**

Dates to Remember

- October 1st– Membership Information and Dues
- October 3rd– OHCE Board Mtg. 9:30 a.m.
- October 14th– Barn Quilt Workshop 10 a.m.—3 p.m.
- October 15th– Barn Quilt Workshop 10 a.m.—3 p.m.
- October 17th– Freezer Meals for Smaller Families 7 p.m.
- October 18th– OHCE Fall Association Meeting
- October 26th– Leader Lesson 2 p.m.



**GARFIELD COUNTY
EXTENSION**



 October