OCTOBER 2023

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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STRENGTHENING OKLAHOMA FAMILIES

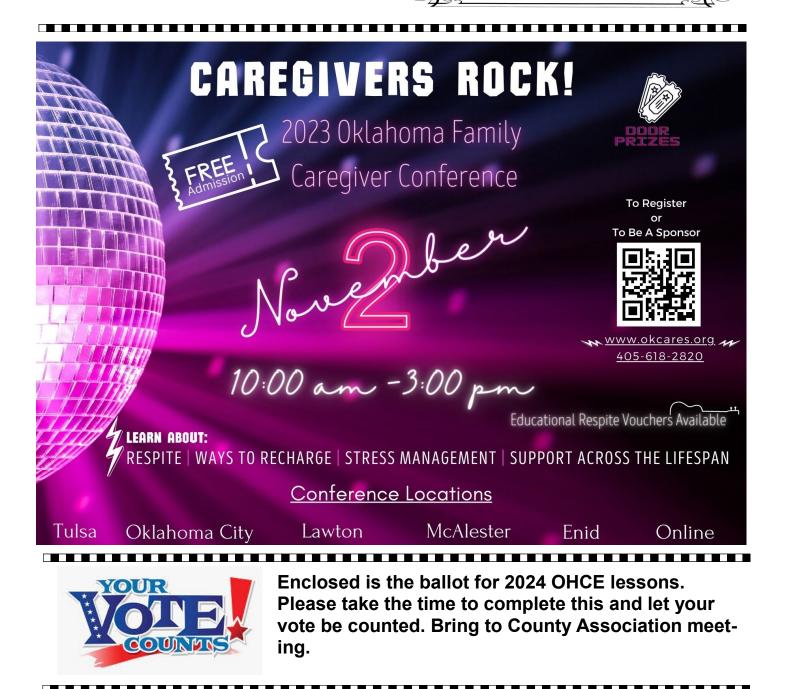
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Although breast cancer is typically found in females, it also affects men. Roughly 2,700 men will be diagnosed with breast cancer this year, and about 530 are expected to die. Unfortunately, lack of awareness and stigma can be barriers to detection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



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 grou p by calling the Garfield County Extension office at 580-237-1228. There is no registration cost but please register if interested.

AAPR 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.





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

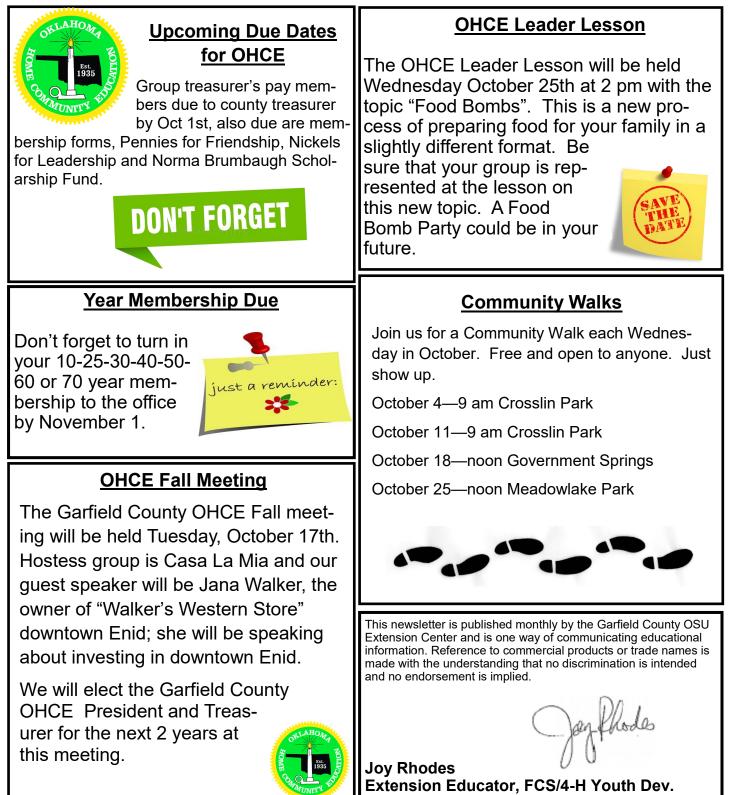
The next Lunch Time Learning will be Thursday, October 26th at noon. Our topic of conversation and lunch will be Sheet Pan Meals. Cost is \$7 for your lunch, education, and handouts. Call by October 23rd to reserve your chair.







OHCE News & Notes



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 <u>https:///eeo.okstate.edu</u>

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

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

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

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	



EXTENSION

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

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







