

STRENGTHENING OKLAHOMA



**GARFIELD COUNTY
EXTENSION**

It's always good to show appreciation to volunteers, and there's no better time to do that than National Volunteer Month, which takes place in April.

Oklahoma Home and Community Education members know a thing or two about volunteering. Since its origination in 1935, group members have worked hard to make families more resilient, raised money for scholarships for local high-school students, sewed thousands and thousands of face masks in the height of the pandemic and so much more.

Suzette Barta, community engagement coordinator for OSU's College of Education and Human Sciences - Extension, Engagement and Continuing Education, said OHCE members are driven and motivated to volunteer.

"People are motivated to action because they feel a desire within themselves to do something. This is called internal motivation," Barta said. "We do the things we do within our communities, our counties and the state because we know they make a difference to the residents. We are also motivated by friendship, affiliation, and yes, even fun."

Research shows that individuals often seek to volunteer in groups such as OHCE to help fulfill personal needs that can't be achieved alone. Two Harvard professors classified volunteer motivators into

Celebrate OHCE members during National Volunteer Month



three types: achievement, affiliation and power, and there's a place for all three types in the world of volunteering.

Now that cases of COVID are declining, Barta said OHCE groups are getting out more and doing more things in person.

"We obviously weren't meeting in person during the height of the pandemic, but our group members worked hard to not let it slow down their goals for their counties," she said. "It's exciting to hear about all the projects they're working now that they can do more face-to-face activities."

However, some activities are still being done virtually, such as the Valentine party that took place in February. Groups are participating in the virtual Hop into Spring event in April which is designed to get group members in the spring spirit and will include fun information about gardening, backyard bird photography, preparing Easter dinner and even a special surprise that involves deviled eggs.

(Continued on page 2)

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In 2021, OHCE groups around the state made a big splash with all of their community activities, including volunteering nearly 78,400 service hours valued at more than \$2.1 million; raising \$466.881 for community projects; and completing 25,828 hours of exercise time.

"Oklahoma's OHCE members are top-notch and are such a valuable asset to their communities," Barta said. "They are prime examples of what it means to be a volunteer."

More information about OHCE is available online. Anyone interested in joining this organization can contact their county OSU Extension office.



GARFIELD COUNTY EXTENSION

Walk This May

A kickoff event for Enid's **Walk This May** walking challenge will be held Thursday, April 28 from 5:30-6:30 p.m. at the Gazebo located on the Enid downtown square. Registration and team packets will be available. Event fee is \$10 per person, and all participants will receive a t-shirt. The challenge will begin May 1 and run until May 31. Walk this May is designed to encourage movement through exercise and steps. Steps will be tracked through an app that can be supported through a smartphone or other electronic device. Teams of 2-10 are encouraged to help provide accountability and support. **Prizes will be awarded to teams who track the most steps.** For those who wish to track steps independently from the app, a daily step chart is available. To pre-enroll for this event, please visit, <https://www.eventbrite.com/e/walk-this-may-garfield-county-registration-274940573657>. Registration is required by April 11 to receive a t-shirt at the April 28th event. Register will remain open after April 11, but your t-shirt will arrive at a later date. For more information on Walk this May walking challenge, please contact either Blair Coughlan at 405-613-6339 BlairC@health.ok.gov or Brittany Conner at 580-213-3168 bdconner@nwosu.edu. Walk this May is organized by Rural Health Projects, Garfield County OSU Extension Center, and Garfield County Health Department. We would also like to thank our event partners TSET Healthy Living Program serving Garfield County and Autry Technology Center.



T-Shirt Make Over Class



Join us Monday April 25, 10 am to Make-Over Your T-Shirt. Bring one of your tops/shirts (must be of jersey or a stretchy type of material to work for this project) Sue Schmidt will be leading the class as we learn how to change the neckline from either drooping or too tight to just right. Adjust the shoulders for a more becoming fit, fix the hem from sagging or too tight fit and other tips and tricks. Bring your shirt to make over, matching thread, your machine (can use one here) and personal sewing articles. There is no charge for this class.

Spring Association Meeting

Garfield County Spring Association meeting will be held Tuesday April 19, 6:30 p.m. The OHCE high school scholarships will be awarded at this time. Our guest speaker is the artist of the murals in Enid. Should be very interesting program. If you are a committee chair, we will hear your reports as well as treated to some wonderful refreshments. This is a good time to see all our friends and fellow OHCE members. Bring a guest who might be interested in joining OHCE. Everyone is welcome.



Walk with Ease

Walk with Ease class will begin April 19 and meet each Tuesday and Thursday at 2:00 p.m. at the Cleveland Trail Head of the Enid Walking Trail. (south of Hobby Lobby). This class will run from April 19 through May 27.

Walk with Ease is a class designed for people with arthritis, but is appropriate for all. The class promotes education about arthritis self-management and walking safely and comfortably. One advantage of this walking program is the accountability to the group as you start a new habit. The program encourages members to continue their walking program and explore other exercise and self-management programs that deliver proven benefits for people with arthritis. Although Walk with Ease is designed for people with arthritis it is a practical and useful resource for all. The program is designed for adults, male and female, fit or not and excellent for anyone who wants to increase physical activity to gain the benefits of exercise. There is no fee for this class. The Enid/Garfield County library will be providing a workbook for each participant that will serve as a discussion topic. The Library has

received a grant for promotion of Healthy Living for the local residents. If you can be on your feet for 10 minutes without increased pain you should be able to participate successfully. To enroll in the program contact the Enid/Garfield County Library (580-234-6313) by April 8 to register. The first class will be held April 19 starting at 2 p.m. Classes will be approximately 1 hour in length. We will meet at the Oakwood Mall Food Court in case of bad weather.

This project is brought to you by the Oklahoma Department of Libraries with a federal grant from the Institute of Museum and Library Services through the Library Services and Technology Act and Garfield County OSU Extension Service.

Walking Trail

1231 S. Cleveland

Enid, OK 73703



Eat Healthy Be Active

A free series of programs will be held starting April 18-May 23 for 6 weeks. Classes will be each Monday starting at 2 p.m. and held at the Enid/Garfield County Library for approximately 1 hour. Please call (580)-616-7183 or Email: mholmes@enid.org to enroll. A healthy snack will be provided as well as educational handouts at each session. These classes are part of a grant received by the Library to promote healthy living in Oklahoma.



Trust and Wills



Join the Garfield County OHCE in celebrating OHCE Week as they host two separate classes regarding **All You need to know about Trusts and Wills**. Classes will be on May 3rd starting at 2 p.m. and 6 p.m. in the Garfield County OSU Extension Conference Room. Seating is limited so please call to reserve your place. Speakers will be J.C. Hobbs, OSU Associate Extension Specialist, Tax Education and Farm Management and Shannon Ferrell, OSU Professor of Agriculture Law. This class is presented as part of the OHCE Resource Management committee to learn methods to manage and protect your assets.

Reasons to Volunteer

1. Provides you with a sense of purpose

You may be able to find your purpose through volunteering and becoming part of something greater than yourself. For instance, if you're retired, unexpectedly unemployed or have lost a loved one, helping others can give your life new meaning and keep you mentally stimulated.

2. Provides a sense of community

Volunteering can help you feel connected to those you are helping in the community. This experience may make you want to get involved with other aspects of your community, such as local politics or advocating for programs you believe are important.

3. Helps you meet new friends

Volunteering is a great way to meet new friends as well as strengthen existing connections with friends, family or coworkers. As a volunteer, you'll typically interact with people from diverse backgrounds, which allows you to learn other perspectives.

4. Increases your social skills

Volunteering gives you a chance to talk to new people and sharpen your social skills. By spending a lot of time working with others and using social skills, like active listening and relationship management, you'll have the opportunity to develop your future personal and business relationships.

5. Improves self-esteem

Volunteering may boost your self-esteem and self-confidence. When you do something you feel is worthwhile and valuable for your community, it gives you a sense of accomplishment that may help you feel more fulfilled about your life and any future goals.

6. Teaches you valuable skills

The training and hands-on experience you gain while volunteering can help you learn new skills as well as build upon ones you already have. For example, if you advocate and raise awareness or funding for a cause that interests you, you'll gain valuable communication, public speaking, marketing and other hard and soft skills. You can then put these skills on your resume to show employers how you build relationships outside of work in addition to any personal interests that can set you apart from other candidates.

7. Provides job prospects

Along with acquiring valuable skills and experience, you may also meet people while volunteering who can become your mentors or at least a part of your professional social network. If you choose to pursue a career in the field you're volunteering in, the connections you make also may help increase your job prospects.

8. Brings fun into your life

Many people use volunteering as a way to pursue their hobbies while making a difference. For example, if you're interested in the outdoors, you might volunteer at your community garden or help out at a children's summer camp. Volunteering for organizations or causes also may provide you with a renewed sense of creativity and motivation that carries over into your personal and professional life.

9. Can help you be happier

It often feels good to contribute to projects and organizations that mean something to you. These good feelings can help lessen the effects of stress, anger or anxiety in your life. Volunteering may provide you with the tools you need to be a happy and well-rounded individual. Building bonds and connections with people you volunteer with also may counteract any social isolation. Many volunteer opportunities also may involve physical labor to keep you active and reduce stress.

10. Gets you out of your comfort zone

Through volunteer work, you may overcome the personal challenges of leaving your comfort zone and doing something new with people you may not know. You may be faced with various problems to solve as a volunteer that require you to exercise critical thinking skills that aid your own personal development.



OHCE News & Notes

Live well Eat well be Active with Diabetes

LEAD Class

A Live well, Eat Well, Be Active with Diabetes class is being planned for May. If you have Type 2 Diabetes this would be a great class for your or your family to attend. Classes will be held each Wednesday starting May 11th - June 1st at 5:15 p.m. for approximately 1 hour. Cost is \$40 and includes all 4 classes, handouts and a taste testing each week of diabetic friendly foods using the correct serving size. Call to enroll as class size is limited.

OHCE Board Meeting

The Garfield County OHCE Executive Board meeting will be held Monday, April 4th starting at 9:30 am. Current business will be discussed, and plans finalized for our Spring meeting. Hope to see everyone there.



Upcoming OHCE Week Activities

Oklahoma Home and Community Education OHCE will celebrate OHCE Week **May 1-7**.

Plans are underway for an OHCE Cultural Activity that week. Each group will plan a celebration or activity for their individual members/communities.



Leader Lesson

The lesson for May will be held Wednesday, April 27 at 2 p.m. Lindy Peterman will be presenting the lesson on **Breads from Different Countries**.

Hope that every group is represented and bring a guest for this fun and interactive lesson.



Barn Quilt Workshop

A barn quilt class will be held Friday May 20 starting at 9:30 till approximately 3:30 p.m. Cost is \$45 and includes all supplies to



complete a 2x2 wooden barn quilt. Patterns are provided or you may bring your own. Light snacks and drinks will be provided. Please register by May 13th as class size is limited.

OHCE 2022 State Meeting July 10-12

Be sure and save the above dates for the OHCE State Meeting. More information will be available at the District meeting. The conference will be held at the Champion Convention Center.

SAVE THE DATE

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.

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EXTENSION

Dates to Remember

- April 4– OHCE Board Meeting, 9:30 a.m.
- April 19– OHCE Spring Meeting, 6:30 p.m.
- April 19– May 27– Walk with Ease
- April 25– T-shirt Make-over Workshop, 10:00 a.m.–12:00 p.m.
- April 27– Leader Lesson, 2:00 p.m.
- May 1-7– OHCE Week
- May 3– Trust Workshop
- July 10-12– OHCE State Meeting



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APRIL NEWSLETTER

