

STRENGTHENING OKLAHOMA FAMILIES



GARFIELD COUNTY EXTENSION

Shared Language Erosion may hold the key to an age-old paradox to help immigrant families live happier, healthier lives

Can you imagine what it would be like if you and your mother didn't speak the same language? Or if you were only modestly fluent in the same language? How would it change your relationships and your identity if your older sibling had to translate for you in your own home?

Well, this is precisely the fate of many immigrant families in Oklahoma and across the United States, said Ron Cox, Oklahoma State University Extension marriage and family specialist, and director of the OSU Center for Immigrant Health and Education.

"What we have learned studying and working with immigrant families is that children begin life speaking and understanding their heritage language. However, upon entering school their English skills skyrocket while their heritage language ability stays about the same or even declines over time," he said. "By the time these children are adolescents, many have a clear preference for English and struggle to speak their heritage language beyond simple phrases used at home. At the same time, their parents' English language skills show only modest gains, creating what we have begun to call 'Shared Language Erosion.'"

Communication is key to family life as it enables family members to express and share their needs, joys, aspira-



tions and concerns. It also is a method to resolve problems and find assistance for challenges. In its simplest form, communication is the verbal and non-verbal exchange of information through which shared meaning is created.

Cox said the lack of a common shared language makes it hard for parents and their children to effectively communicate with each other. This can lead to increases in parent-child conflict, reductions in parental competence, and aggravate pre-existing flaws in parent-child attachment.

"Any of these may increase adolescent vulnerability to deviant peer influences," Cox said.

In addition to parent-child relationships, Shared Language Erosion can affect the child's ties with grandparents, extended kin and a sense of connection and belonging to their heritage culture. When immigrant children do not learn their heritage language, they often feel disconnected and lost.

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“I’m not from here or from there is a common phrase heard from immigrant children,” he said. “Without a strong sense of ethnic identity and belonging, children can become anxious, depressed or begin to act out in anti-social ways.”

The Immigrant Paradox is a term used among researchers to describe declines in physical, mental and behavioral health in second- and third-generation immigrants compared to their first-generation counterparts. First-generation immigrants are more physically and mentally healthy, much less likely to be involved in crimes and use fewer social services compared to individuals from the host culture. However, this advantage begins to wane with the second generation, and declines even more with the third generation.

“Studying the impact of family communication on the development of immigrant children can help explain the transgenerational shift in health and behavior,” Cox said. “Given the growth immigrant populations across the country, the concept of Shared Language Erosion is important to developmental and family scientists interested in helping immigrant families adjust to their new lives in their host country.”

Cox goes further to say understanding immigrant populations is key to addressing the needs of the state and the nation. For example, the Latino population in the United States has increased by about

2% a year for the past decade, growing from 50.7 million in 2010 to 60.6 million in 2020, and that growth is expected to continue.

In fact, demographic estimates predict that 88% of the country’s population growth over the next five decades will be due to immigrants and their descendants.

“This current and projected growth of immigrants in the U.S. has enormous implications for our nation’s future workforce, our educational system, and our healthcare system” said Cox, “and is why we have established the OSU Center for Immigrant Health and Education. OSU has a strong track record taking action to promote diversity and an inclusive environment and the Center for Immigrant Health and Education is just one more step in that direction.”

At this time, researchers don’t yet know the extent to which Shared Language Erosion explains negative outcomes among second- and third-generation immigrant youth. However, because immigration is a global phenomenon as old as time, and will most likely continue, answering these questions and others has the potential to greatly improve the lives of millions of families every year for generations to come.



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. (note this time change) 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.



West District OHCE Meeting (North Region)

Back on Track with OHCE

Host Counties:
Dewey – Ellis - Woodward

SATURDAY
MARCH 26, 2022

**Woodward County Fairgrounds
Event Center
105 Temple Houston Drive - Woodward**

MEETING REGISTRATION: \$25 DUE BY FEBRUARY 25, 2022
LATE REGISTRATION: \$30 – NO LUNCH GUARANTEED

SEND TO:

PATSY THIBODEAU, 2226 E CEDAR, ENID OK 73701

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

HIGHLIGHTS

- ❖ Registration/Refreshments
- ❖ Business Meeting/Awards
- ❖ State OHCE Business Report
- ❖ State Conference Update
- ❖ President's Message
- ❖ Numerous OHCE State Committee Sessions in the morning!
- ❖ Door Prize Winners Announced

WORKSHOPS

- A Race to Healthy Exercise
- Applying Mindfulness & Communication Techniques to Jumpstart the New Norm
- Cell Phone Safety
- Charcuterie Boards
- Dealing with Stress
- Fabric Carrots Goat Milk Soap
- Macrame
- Medical Identity & Theft



DESIGNATED CONFERENCE HOTEL
\$83/NIGHT

HAMPTON INN
2814 WILLIAMS AVENUE, WOODWARD
(580) 254-5050 - ROOM BLOCK: OHCE
RESERVE YOUR ROOM BY MARCH 10, 2022

How often to clean (almost) every Appliance in your Home

When's the last time you cleaned your dishwasher, fridge or air conditioner? Some scary bacteria may be lurking inside. Everyone puts off cleaning appliances because they don't have the time, or it takes too long to clean the grime that's built up because they didn't have the time. To help get us back on track, here are some tips.

On **dishwashers**, germs, most often mold fungi and some harmless "environmental bugs" tend to accumulate along the seal of a dishwasher. To stave them off, wipe the seal down weekly with a mild bleach solution (1-part bleach, 9-parts water). The outside of your dishwasher should be wiped down on the outside each time you wipe down the cabinets — once a week. As far as the inside goes: "Replace the filter and put a cup of baking soda on the top rack of the dishwasher and leave it overnight, this will absorb any odors. The next morning put about a cup of vinegar into the bottom of the dishwasher and run it on the hottest cycle.

Studies on **washing machines** have shown that fecal germs, like E. coli and other intestinal bacteria, and some viruses (including the rotavirus, noroviruses and hepatitis A) can survive in washing machines especially if a bleach or germicide is not used with the wash. To keep such unsavory bacteria at bay, recommendations are to run an empty cycle with just water and a cup of bleach weekly, or bi-weekly, depending on how often you use the machine. Newer washing machines have a germicidal cycle, which is also effective.

Generally, **dryers** provide high heat but may not get hot enough to kill germs that cling to your clothes. The cleaner the washer, the less bacteria you'll transmit to your dryer. Some newer dryers have a germicidal cycle, which is well worth running weekly to keep them clean.

Humidifiers can harbor water-borne Legionella bacteria (as in Legionnaire's Disease), which can be present in potable water. Unlike most bacteria, they can survive in plain tap water for as long as 140 days to a year and can even survive in hot water at temperatures of 150 degrees Fahrenheit. To keep your humidifier clean, use a brush and soapy bleach solution to gently scrub it out once a week.

Air Conditioners are great at controlling particulates in air — like dust mites and fungal spores — as well as a variety of other allergens and particles. Besides cooling, the removal or reduction of allergens is the main task of an AC system. Therefore, it is imperative to change filters when they become clogged, as well as use the appropriate type filter. Otherwise, wipe down the surface of it with an antibacterial wipe once in a while. It's important to clean up any water that collects in or around your air conditioner before fungal mold builds up, which can really be a problem for those who are immunosuppressed or have allergies.

Stoves tend to be somewhat neglected. Splatters or spills of food that aren't promptly cleaned up can become a good medium for the growth of microbes. To prevent microbes, stovetops should be cleaned after each use by wiping down with an all-purpose cleaner and a microfiber cloth. Wipe the front of the unit down once a week. The inside of the oven should be cleaned every 3 months, or when you notice burnt on food or smoke when you are baking. Most ovens are self-cleaning, just make sure you remove the racks and clean those separately and follow the manufacturer's directions for best cleaning practices.

In terms of germs, the biggest problem with your **microwave** is the door handle. Grab an antibacterial wipe and sanitize the outside every time you put food in it — the kitchen is a hotbed of cross-contamination any time you make a meal. You should clean the oven chamber with soap and water periodically (dependent upon usage), especially if there are splashes, and also because there are many 'cold' spots that don't reach high temps that can kill germs. Another way to clean the inside: is to cut up one lemon and placing it in four cups of water in a small glass microwavable bowl. Run it until the water boils, 3-5 minutes, allowing the steam to loosen the grease, drips and grime. Use a sponge or microfiber cloth to wipe the inside clean.

Like it or not, your **refrigerator** should be wiped down and sanitized at least once a week, for it is a hotbed of germs. Raw meats, veggies, eggs and cheeses, and cold cuts, soft cheeses, pate, coleslaw and hot dogs can harbor listeria, which actually thrives at refrigeration temps and is dangerous for elderly, immunosuppressed people and pregnant women. Plus, it is a humid space where fungal mold grows. Wipe up spills on the spot (and the handle, if appropriate) with antibacterial wipes, and give the outside a good wipe-down with whatever the manufacturer says is safe to use on the exterior.



Source: <https://www.nbcnews.com/better/health/how-clean-almost-every-appliance-your-home-ncna883106>

OHCE News & Notes

Sewing Day-February 7

Garfield County OHCE will be hosting a Sewing Day Monday February 7 from 10-2. Bring a UFO Project (UnFinished Object), a sewing machine or project you might need some help with and your lunch. We have plenty of sewing machines here if you don't wish to bring yours. We will have OHCE members here to help or you can just sew and enjoy some company.

OHCE Board Meeting

Garfield County OHCE next Board meeting will be Monday March 7 at 9:30 in the Conference Room. We will discuss plans for the upcoming District Meeting in Woodward. We will be hosting the District meeting in 2023 along with Woods, Alfalfa and Grant counties.

Learn as You Lunch

A free program will be held Thursday March 17th 12 noon at the Enid/Garfield Public Library. Lunch will be provided as we learn "How to Manage Stress" Joy will be the presenter. Call the library at (580)-616-7183 or Email: mholmes@enid.org to reserve your place. This class is part of a grant received by the Library to promote healthy living in Oklahoma.

Quilting using a Grid

Joy will present a Quilting on a Grid, February 28. There will be 2 classes held- 9-12 or from 1-5. You will complete a mug rug and learn a new technique. You need no previous quilting experience to complete this project. It is a fun way to create simple projects. Cost is \$7 and includes all supplies. Sewing machines will be provided. Please sign up by February 23.

Leader Lesson

The monthly Leader Lesson for your March meetings will be held Wednesday, February 23, 2 p.m. here at the Garfield County Conference Room. Topic is "Quilt As You Go". If you have never tried this technique now is your chance. A variety of project ideas will be shared with all. Hope to see you February 23.

Barn Quilt Workshop

The theme for the upcoming Barn Quilt Workshop will be SPRING. Class is schedule for Monday, February 21 starting at 9:30 am. Fee is \$35 and covers all supplies needed to complete a 2 Ft by 2 Ft. A light lunch/snacks will be provided. Pattern suggestions are available or you may bring your own. Call by February 16th to enroll.



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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**GARFIELD COUNTY
 EXTENSION**

Dates to Remember

- February 7– OHCE and Guest UFO Sewing Day 10 am– 2 pm
- February 21– Barn Quilt Workshop 9:30 am
- February 23– Leader Lesson 2 pm
- February 28– Quilting on a Grid 9 am –12 pm and 1 pm—5 pm
- March 7– OHCE Board Meeting 9:30 am
- March 17– Learn as You Lunch (Enid Public Library) 12 pm



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 EXTENSION**

