

STRENGTHENING OKLAHOMA FAMILIES



COVID-19 pandemic can

**GARFIELD COUNTY
EXTENSION**

bring a new level of stress

If there ever has been time of stress, 2020 is the year. Not only are families dealing with the normal stressors of life, this year has ushered in COVID-19, which brings a new level to the chaos that is called life.

Demands of isolation, working from home and distance learning for students have left many feeling overwhelmed, said Matt Brosi, Oklahoma State University Extension family science specialist.

“Being disconnected from normal resources and routines, such as social gatherings, attending church or going to school, leads to isolation, which can compound the situation even further,” Brosi said. “With many adults being laid off or furloughed, this financial stress has tipped the scale for those who are dealing with joblessness and the inability to manage all of the bills.”

To combat these stressors, unfortunately some people engage in using poor and highly addictive coping mechanisms such as the use of alcohol and drugs. In addition, stress also affects interactions with families with domestic violence, and child abuse and neglect rates continue to rise.

“We’re reaching a stress pileup all-time high, so the importance of talking openly about mental health is more critical now than ever,” he said. “However, talking about mental health issues still carries a major stigma in our society, leaving many people feeling uneasy about addressing



their own mental health needs, while others feel unsure in how to talk about them with those they care about.”

Brosi said a solid step forward is becoming more aware of common mental health issues and having those conversations can help remove the stigma. Understanding the basics of how depression, anxiety, suicide and substance abuse issues develop and affect individuals and families is critical to effective intervention. This understanding also plays a role in the implementation of prevention strategies.

“Unfortunately, the vast majority of folks who die by suicide, about 90% in fact, have a health disorder that likely could be treatable, but went unrecognized and untreated,” he said. Mental Health First Aid USA recommends using the acronym ALGEE when talking to others about mental health issues.

- A – Assess for risk of suicide
- L – Listen non-judgmentally
- G - Give reassurance and information

(Continued on page 2)

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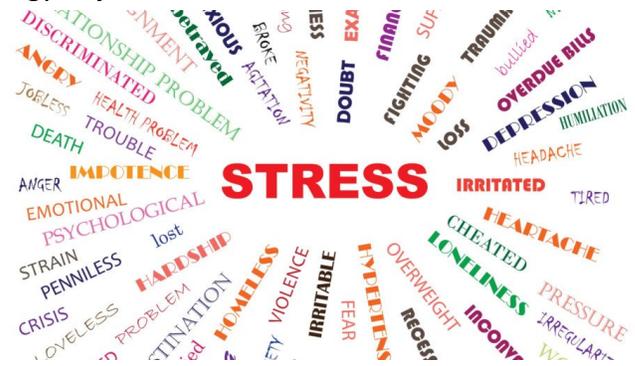
Dates to Remember

- E – Encourage appropriate professional help
- E – Encourage self-help and other support strategies.

“Oklahomans know the importance of resilience in the face of adversity. We’ve dealt with it time and time again. Now is the time to double down and support one another,” Brosi said. “Subtle ways to stay connected including calling to check on family and friends, dropping off a loaf of banana bread or cookies on your neighbor’s porch or offering to make a grocery store run for those who may not feel safe getting out. These simple ways of connecting also are great ways to check in on how others are holding up.”

Asking how others are dealing with the crisis creates a space that allows them to organize their thoughts about what is going on. This process can help others think more logically about the situation and whether their current response is lacking needed steps in more fully adapting to the crisis. Also, during this connecting time, ask people how they are coping and if they need support to deal with the stress.

“Helping others become more grounded in the present can be helpful. Sometimes, stress overload leaves people feeling chaotic, in despair and unable to resolve any of their problems effectively,” Brosi said. “Using proven mindfulness strategies to slow down ones breathing and thinking about what they do have control over can be a first step toward more clearly thinking about available resources can be used to deal with the situation. It could be just enough to assist in calling a mental health professional for assistance, calling a lender to work out a payment plan or simply calling a trusted friend or clergy to just sit with them and listen.”



Attention- Attention- Attention

The Garfield County OHCE Executive Board is hosting a fun new event this fall. **The FALL EXTRAORDINAIRE** is planned for **Tuesday October 20, 2020 6:30 pm** at the Garfield County Expo Center. Each group is asked to set up a table/exhibit of projects that they have been working on the past few months. We will share with all attending the event. Set up will be Monday October 19 from 4-6 pm. True Honest Workers will serve refreshments and provide door prizes.

Presenters and guests for the evening will be Garfield County 4-H members. They will be sharing some of their recent works by either presentations or demonstrations. This would also be a great time to invite prospective members. They can learn about Garfield County OHCE, the 4-H organization and have food and fun. Social Distancing will be in effect and masks will be provided and requested to be in use.





*Garfield
County
DHCE
Extraordinaire*

*Tuesday, Oct. 20th
6:30 pm
Chisholm Trail Expo
Center*

Come enjoy an evening of
exhibits, fun, food and
community!



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OHCE Members-Please list your suggestions for 2021 OHCE Lessons in these areas:

Family Issues:

Healthy Living:

Resource Management:

Cultural Enrichment:

Membership and Leadership Development:

Suggested topics for possible workshops

Please return to the Garfield County OSU Extension Office no later than September 23rd

Splatter Cover Pumpkin Workshop

Shirley Clark is offering a workshop "Splatter Cover Pumpkins" with 2 separate sessions. Monday, October 12th from 1-3 pm or 5-7 pm. Please call the office to register be sure and say which class you will be attending. Cost will be \$6.00 and you will need to bring a glue gun, scissors and ribbon. The other materials will be covered by the workshop. Please make checks payable to Shirley Clark.



Watermelon lemonade

This Watermelon Lemonade makes a really refreshing and healthy drink for kids this summer. Easy to make with just a few natural ingredients!

Ingredients:

- 4 cups sparkling water
- 3 cups cubed watermelon
- juice of 2 lemon
- 2 tsp honey
- fresh mint and ice to serve

Instructions:

- Add the sparkling water, watermelon, lemon juice and honey to a blender and blitz until smooth.
- Strain the lemonade through a sieve into a jug to remove any seeds.
- Serve immediately over ice and with a sprig of fresh mint.



Calories Per Serving: 40— % DAILY VALUE; 0%Total Fat 0.2g; Saturated Fat 0g; 0%Sodium 2.2mg; 4%Total Carbohydrate 10.7g; 1%Dietary Fiber 0.4g; Sugars 8.3g; 1%Protein 0.6g; 2%Vitamin A 21µg; 20%Vitamin C 17.9mg; 1%Calcium 9.8mg

Cilantro-Lime Grilled Watermelon

INGREDIENTS

- 2 2-inch slices watermelon
- 2 tablespoons extra virgin olive oil
- 2 limes juiced
- 1/2 cup fresh cilantro chopped
- salt to taste



INSTRUCTIONS

- Cut each watermelon round into 4 pieces, for a total of 8 pieces*. Brush each side of the pieces with olive oil and a little of the lime juice, reserving at least half of the lime juice for after cooking. Season with a little bit of salt (about 1/2 tsp total for 8 pieces, both sides).
- Heat an outdoor gas grill to high heat. Grill watermelon for 3 to 5 minutes on each side, allowing grill marks to form.
- Remove from grill and season with the remaining lime juice and sprinkle with cilantro. Season with additional salt to taste. Salt brings out additional flavor so really do it to taste.

OHCE News & Notes



OHCE Membership

All OHCE members will need to fill out a new membership form for the year and submit to your local group this month. These forms can be found on the OHCE website or from your group president. Copies will be distributed with the lesson materials. Dues are \$16. Dues should be submitted to County Treasurer Patsy Thibodeau by October 1 along with membership information, Pennies for Friendship, Nickels for Leadership and the Norma Brumbaugh Scholarship Fund Donation. A single check from each group is requested. Please submit each group's Local Officers for 2021 to the office as soon as possible.

OHCE Leader Lesson for October Meeting

The October Leader Lesson will be held Wednesday, September 23, 2 pm at the OSU Extension Center. Topic for your October meetings is "Homemade Spa: Lotions, Soaps and Salts" Looking forward to this fun topic. Hope to see you there.



Suggestions for 2021 Leader Lessons

A short form is included in this letter for OHCE members to make suggestions or share ideas for upcoming lessons in 2021. Please take the time to fill out and return to the Office by September 23.



Quilt Block Contest

Enter a 4-H themed quilt block that will be made into a quilt celebrating the 100th Anniversary of State 4-H Round-up.

Registration due: September 30th

Mail in Entry fee is \$10

The mail in registration form and guidelines are available at the Garfield County OSU Extension Office

Update--Privacy Cover Project

A report from Sue Schmidt-Chair shared that 25 Privacy cover sets were delivered to the Highway Patrol and 10 Privacy cover sets to the County Sheriff Department. At this time that depletes the supply of donated materials for this project. Donations of used cotton sheets or similar materials can be delivered to the Extension Office for use in this project. A sample of the Privacy Cover is available in the office. It includes directions on packaging and a donation slip.

Barn quilt Workshop

Two Barn Quilt Workshops will be held in October. Class will be Friday, October 9 from 2-8 p.m. and Saturday October 10 from 10-4 at the Garfield County OSU Extension Office. Cost is \$25 and includes a 2 x 2 foot primed board, paints, brushes, patterns, etc. You must enroll by September 28. Class size will be limited. And Masks required. Call to reserve your spot. Light refreshments will be served, but you are welcome to bring your lunch or leave to get something.

Exercise for Life

A new class of Exercise for Life will begin Monday September 14 and run through Friday October 16. Classes will met each Monday, Wednesday and Friday from 8:30 to approximately 9:30 at the Extension Office. We will work on flexibility, strength building, balance and cardio each session. See the flyer for more information.

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.



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Dates to Remember

Exercise for Life Sept. 14th – Oct. 16th

Leader Lesson Sept. 23rd– 2pm

OHCE Board Mtg. Oct. 5th– 9:30am

Splatter Cover Pumpkins Oct. 12th, 1-3pm or 5-7pm

Barn Quilt– Oct. 9th 2-8 pm and Oct. 10th 10am-4pm



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