



EXTENSION

JANUARY-FEBRUARY 2022

Strengthening Oklahoma Families

Taking small steps to health and wealth in 2022

The beginning of a new year can sometimes have people thinking about goals or resolutions. Seventy-five percent of Americans make resolutions; about 46% of those concern health and 34% concern money. And yet, 80% of those resolutions are abandoned by the end of January, said Cindy Clampet, retired family resource management specialist for Oklahoma State University Extension.

"The mistakes some people make concerning resolutions is trying to achieve too big a goal, the goal may not be specific enough, it is unrealistic or it involves trying to break a habit 'cold turkey' instead of in smaller stages," Clampet said. "One key to goal success is to make small steps toward the ultimate goal and increase efforts as time/money/and success allow."

Thinking about where you are now and what your goals for the future might be. Putting a specific number to a goal can make the goal

seem impossible to achieve. For example, instead of setting a goal to lose 50 pounds this year, instead set a goal of walking one mile a day. When that becomes habit, increase the distance. Don't get discouraged if you miss a day – just continue on the next day.

Clampet said the same idea applies to savings goals.

"Instead of setting a goal of saving \$1,000 this year, which is just \$83.33 per month, challenge yourself to find \$85 in savings out of your usual expenditures. That's \$21.25 per week," she said. "Give up the daily trip to the coffee shop, pack your lunch two or three days per week. Those costs add up quickly. The more ways you think of to save, the quicker you'll meet your goal."

Many goals having to do with health and wealth are interconnected. Some habits that make a person unhealthy cost money, such as smoking, drinking or eating out.

cont. on page 2



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In this issue

Diabetes Prevention Program

Using Your Wizard Brain

Cuban Chicken Bowls

7 Ways to Enhance Flavor

Salt & High Blood Pressure

OHCE News

Nutrition Tidbits by Sharon Phillips

Health and wealth cont.

Cutting back on these expenditures will make you healthier and wealthier.

"It's important not to bite off more than you can chew. We all like quick gratification and if it seems you're not reaching your goals quickly, it's easy to lose interest," Clampet said. "Using a tool called the step-down principle helps people be more successful and feel less deprived if their spending or calorie consumption is reduced in gradual stages as opposed to eliminating an item completely."

To visualize the step-down principle, imagine a staircase with four or five steps. On the top is the most expensive or highest calorie option and the bottom step is the least expensive or healthiest option.

The step-down principle is simply a way of getting what you want but not using the most expensive option. For example, you want to treat your family to a night at the movies.

There are options to cut the expense. The nighttime movie, plus snacks is the top step. The next step is going to the matinee, which offers discounted tickets and often has snack specials. Another option is going to a theater that features older movies where ticket prices are lower. Better yet, watch the movie on a streaming service you already pay for or borrow a DVD from a friend or the library, and prepare your own snacks at home.

The step-down principle applies to eating out, as well as other discretionary expenses such as clothing or vehicles. Shop resale stores for clothing. Buy a pre-owned vehicle. Eat out four times per month instead of eight. Restaurants often have larger portions, so share an entrée and skip the appetizer and dessert.

"You're still enjoying the activity, but it's costing you much less than before," Clampet said.

Interested in cutting calories? Apply the step-down principal in the kitchen, too. Reduce oil and sugar in baked goods by up to one-third for the same results. Substitute lower fat dairy products for those higher in fat. Try using fruit puree or applesauce in place of the fat in quick-bread and cookie recipes.

These same principles apply to exercise. The top step may be no exercise. The next step down is walking for 15 minutes three times per week. Next try walking for 30 minutes and do 10 minutes of weightlifting four times per week.

"The small steps you take with both health and wealth can add up to big changes over time and is so much easier to achieve than trying to stick to a huge goal that seems unrealistic and unattainable," Clampet said. "Using the step-down principle may also help you develop some better habits that will carry over year after year."

CDC's Diabetes Prevention Program 2022

Once again this year Lincoln County OSU Extension is bringing the CDC's National Diabetes Prevention Program to the community!

Diabetes is an epidemic that is significantly affecting the health and economy of the U.S.

- 1 in 9 U.S. adults have diabetes. CDC estimates that if current trends continue, as many as 1 in 3 Americans could develop diabetes in their lifetime.
- An estimated 79 million Americans have prediabetes. People with prediabetes are 5 to 15 times more likely to develop type 2 diabetes than persons

without prediabetes.

- Awareness of prediabetes is low. Only 7% of the population with prediabetes know that they have prediabetes.

The CDC-led National Diabetes Prevention Program offers communities an effective lifestyle change program that is proven to prevent or delay type 2 diabetes.

- Program participants at high risk for type 2 diabetes meet in a group with a skilled Lifestyle Coach to learn ways to incorporate healthier eating and moderate physical activity into their daily lives.
- During the year-long program,

participants work with the Lifestyle Coach and the group to identify and discuss overcoming barriers to making these modest lifestyle changes.

This program is being offered for the third year in 2022 and is scheduled to begin January 26th. Call Jessica at the OSU Extension office for more information on how you can be successful at making healthy lifestyle changes this year!!

405-258-0560

Co-Parenting for Resilience: Using your wizard brain for harmony

Overcome your lizard brain and allow your wizard brain to take over!

Lizard brain:

- Emotional part of brain
- Reacts first and thinks later
- Is controlled by emotions

Wizard brain:

- Logical thinking part of brain
- Thinks first and then responds
- Self-control

Parenting can be stressful, even under the best of circumstances. Add in divorce or other relationship pressures, and the challenges can become overwhelming. However, parents can all agree kids need to be protected from this stress. To do this, parents must work to keep their "lizard" brain from taking over. The lizard brain is that quick emotional response. It tends to react first and think later. This usually happens when parents are under stress from work, finances, or the hurt and anger that comes from divorce. In the heat of the moment, parents who let their lizard brain take control often snap at their children, say things in a hurtful, cutting way with

sarcasm or anger, shout and dish out punishments that don't fit the crime (like grounding a child for the rest of his or her life), or simply throw up their hands in frustration and say "whatever," instead of taking the time to appropriately discipline.

Be a wizard instead! The wizard brain is the calm, logical, thinking part of the brain. It seeks first to understand and then to make itself understood. The wizard brain listens before deciding and solving a situation. It is the part of the brain that looks out for others and tries to protect children from the harmful effects of relationship stress. The wizard brain can take control of the lizard brain, but it takes practice to make this a regular habit. Parents who regularly use their wizard brain help children understand why some behaviors are unacceptable and other behaviors are acceptable and under what circumstances. The wizard brain also sets clear guidelines for behavior and enforces those guidelines consistently, but lovingly.

When you recognize yourself using your lizard brain instead of your wizard brain, it is best to take a "time out," allow yourself to cool down and regain your composure back before dealing with an issue. This

usually takes at least 20 minutes to 30 minutes. Likewise, if you do react first, it's important to start a conversation later and apologize for what you said or did. For example, "Daddy is sorry for talking ugly to you earlier today. I was frustrated with work and wasn't thinking straight. It was wrong of me to shout at you. Can we start over?" Children understand and appreciate parents who are able to recognize their own mistakes and will learn to accept responsibility for their own actions when they see you doing the same.

Remember that using the wizard brain takes practice, and though it can be difficult at first, with time it will help you gain control of the situation and keep your child's needs as your primary concern. One way to exercise your brain is to imagine yourself in a situation that would normally be difficult to handle, and then imagine yourself handling it calmly even when your co-parent doesn't. For example, imagine yourself taking a step back to cool off before responding to your co-parent. This helps activate your wizard brain and allows you to think more logically for your child. If you frequently practice doing this, before you know it your wizard brain will become much stronger and you will have the satisfaction of being the best parent you can be for your child.



Cuban Chicken Bowls, serves 6

- **For the Chicken**
 - 3 Tbsp. vegetable oil
 - 2 large chicken breasts, diced
 - 2 Tbsp. ground cumin
 - 1 Tbsp. chili powder
 - 1 Tbsp. dried oregano
 - salt and pepper to taste
 - 4 garlic cloves
 - Zest and juice of 1 orange
 - Zest and juice of 1 lime
 - 2 tsp. vegetable oil
 - **For the Beans**
 - ½ yellow onion, diced
 - 3 cloves garlic, minced
 - 2 cans black beans, drained
 - 2 tsp. ground cumin
 - 1 tsp. smoked paprika
 - salt and black pepper to taste
 - **For the Rice**
 - 1 tsp. vegetable oil
 - ½ yellow onion, diced
 - 1 ½ cups Jasmine rice (any rice will do)
 - 3 cups low sodium chicken broth
 - Zest and juice of 2 limes
 - ½ cup cilantro, chopped
 - salt and black pepper to taste
1. Mix the cumin, chili powder, dried oregano, salt and pepper, 4 cloves garlic, zest and juice of 1 orange, and the zest and juice of 1 lime in a blender. Blend together until everything is finely chopped and smooth.
 2. Add the chicken to a bowl or a Ziploc bag and pour half the marinade over the chicken. Toss to coat and allow the chicken to sit for at least 30 minutes, or overnight in the marinade.
 3. Heat a large skillet with vegetable oil over medium-high heat. Once the pan is hot add the chicken and cook, 10-12 minutes or until browned all over and cooked throughout. Add the remaining marinade to the skillet and cook until it has reduced slightly, about 5 minutes.
 4. Heat 2 tsp vegetable oil in a large cast iron skillet over medium high heat. Add the onions and saute for 3-4 minutes, until soft and translucent. Add the garlic and saute 30-60 seconds. Add the black beans and spices and cook for 5-10 minutes. Using a potato masher, mash about half of the beans in the pan, then mix it all together. Season with salt and pepper if necessary.
 5. Heat the oil in a large saucepan over medium-high heat. Add the onion and saute until soft. Add the rice and stir to coat with the oil allowing to toast for about a minute. Add the chicken broth and increase the heat to high, allowing it to come to a boil. Reduce heat to a simmer and place the lid on the pan. Cook for about 15 minutes, until most of the liquid has absorbed.
 6. Turn off the heat and allow rice to sit with the lid on for an additional 5 minutes. Add the lime, cilantro and season with salt and pepper, to taste.
 7. To serve, divide the cilantro lime rice among bowls. Top with chicken and black beans. Add mango salsa and fried plantains if desired!
- Nutrition info per serving:
- | | |
|-------------------|--------------------|
| calories: 489 | sodium: 771mg |
| total fat: 19g | carbohydrates: 54g |
| saturated fat: 6g | fiber: 3g |
| cholesterol: 37mg | protein: 20g |

7 Ways to Enhance the Flavor of Your Meals

source: www.eatright.org

Cooking at home can be healthy, rewarding and cost-effective. The foods you enjoy are likely the ones you eat the most, so make taste a kitchen priority when preparing nutritious, satisfying meals.

To maximize food's flavor and nutrition, start with high-quality ingredients. They don't need to be the most expensive foods. It's also important to handle and store foods properly, because poor storage destroys flavor and quality.

Overcooking can destroy flavor and nutrients. So cook to retain nutrients, flavor, color, texture and overall appeal. Cooking can't improve poor-quality foods, but it can enhance the flavors of high-quality foods.

Try these seven simple techniques to enhance flavor and experiment with flavor combinations.

- Intensify the flavors of meat, poultry and fish with high-heat cooking techniques such as pan-searing, grilling or broiling, which help to brown meat and add flavor. Just don't overcook, burn or char meat.

- Roast veggies in a very hot (450°F) oven or grill for a sweet, smoky flavor. Before popping them into the oven, brush or spray lightly with high-heat oil and sprinkle with herbs.
- Caramelize sliced onions to bring out their natural sugar flavor by cooking them slowly over low heat in a bit of oil. Use them to make a rich, dark sauce for meat or poultry.
- Pep it up with peppers! Use red, green and yellow peppers of all varieties — sweet, hot and dried. Or, add a dash of hot pepper sauce.
- Add a tangy taste with citrus juice or grated citrus peel: lemon, lime or orange. Acidic ingredients help lift and balance flavor.
- Use small amounts of ingredients with bold flavors such as pomegranate seeds, chipotle pepper or cilantro.
- Give a flavor burst with good-quality condiments such as horseradish, flavored mustard, chutney, wasabi, bean purees, tapenade and salsas of all kinds.

Sodium and High Blood Pressure

High sodium intake may contribute to high blood pressure in "salt sensitive" individuals. For these individuals, too much salt and sodium intake may be related to the development of high blood pressure. High blood pressure puts extra strain on the heart. This strain can lead to heart problems, including heart attack, stroke, and kidney failure. Most evidence suggests that individuals at risk for high blood pressure reduce their chances of developing this condition by consuming less salt and sodium and maintaining a healthy weight.

There is no way at present to tell who may be sodium sensitive or who may develop high blood pressure from consuming too much sodium. However, many health professionals recommend that the population as a whole should reduce sodium intake.

Sources of Sodium

The salt shaker: Table salt is the most common source of sodium. A level teaspoon contains about 2,000 milligrams of sodium. You can reduce sodium in your food by not adding salt in preparation or at the table.

Foods naturally contain sodium: All foods that come from animals contain some sodium, and some plants, such as beets, carrots, celery, and spinach contain more sodium than others.

Processed foods: In general, processed foods provide the majority of sodium in the diet. Salt or other sodium compounds are added to food during preparation or processing for flavor or preservation. These foods include cured meats (hot dogs, bologna, sausage, bacon); pickled foods (pickles, olives, sauerkraut); canned vegetables; canned beans; salted snack foods (potato chips, crackers, corn chips); soy and other sauces; baking soda; baking powder; monosodium glutamate (MSG); and other seasonings.

Drinking water: Soft water contains more sodium than hard water. In some areas of the country the drinking water may be high in sodium. Water softeners increase the sodium content of the water. Contact the local health department if you want more information on the sodium content of the water in your community.

OHCE NEWS

We had a great Winter County meeting on December 2, 2021 at Jessica Riggins home. The members who attended enjoyed soups, breads and some great desserts! As a club, we also collected a large number of toiletry and comfort items to be donated to Jeremiah House, The Chosen House, and Willow Springs Boys Ranch. I know these items will be utilized and appreciated by the residents in those homes. Thank you to all members who participated and donated to this cause!

Now is the time to be planning for some new activities and projects in 2022. I urge each and every one of the members to attend as many local and county meetings as possible. I also encourage you to share your ideas for fun activities we can do together throughout the year. This could be workshops and projects you would like to be part of locally or day trips and tours you might like to take as a group.

Mark your calendars for the NE District meeting on March 29 at the Broken Arrow Armed Forces Center. We plan to celebrate OHCE and our country with lots of patriotism. The facility is large with lots of open space and will be a great place to have our first in-person meeting since the pandemic!!

Lunch will be catered by Stu-B-Que Catering with Chicken or Pulled Pork, Cheesy Potatoes, Green Beans, Mixed Vegetables and Cobbler.

Workshops that are being planned include: Dealing with Stress, Diet and Inflammation, Medical Identity Theft, Macrame, Tatting, Vinyl Clings, Isaiah Quilts and Applying Mindfulness and Communication Techniques.

Upcoming Dates:

January 20, 2022

Executive Board meeting, 9:30 am
Lincoln County Courthouse

Leader Lesson, 10:30 am
Lincoln County Courthouse

February 3, 2022

County Education Meeting, 10:30 am
Chandler Public Library

Leader Lesson, 10:30 am
Lincoln County Courthouse

Family & Consumer Sciences helps communities, families, youth and individuals address issues of health, wealth and well-being through research-based Extension education and programs that are proven to work.



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