



Members Gearing Up to Celebrate OHCE Week

Whether they are raising scholarship money, beautifying their communities or sewing cloth face masks for healthcare workers across the state, members of Oklahoma State University Extension’s group, Oklahoma Home and Community Education, continue to make a difference every day.

Committed to making a difference, this group, established in 1935, will celebrate their service to Oklahoma May 2-8 during Oklahoma Home and Community Education Week. This year’s theme is Celebrating Your Helping Hands. This group certainly knows how to put their hands to good work.

With nearly 3,500 members statewide, club members work together to strengthen individuals, families and communities through education, leadership and action. Through the group’s relationship with Oklahoma State University Extension, OHCE presents research-based information to its members.

The impact of OHCE is strong and felt far and wide. For example, when the COVID-19 pandemic began last year, there was a desperate shortage of face masks for workers in the medical field and other areas. OHCE members stepped up to the plate and put their sewing skills to good use. They made nearly 75,000 masks that were donated to hospitals, clinics and other places. McCurtain County OHCE made 9,007 masks, which was the most from any one county.

Suzette Barta, community

engagement coordinator for OSU’s College of Education and Human Sciences - Extension, Engagement and Continuing Education, said operating a sewing machine wasn’t the only way club members were making their mark on their communities.

“The pandemic certainly didn’t slow them down. OHCE members also made great strides in technology usage,” Barta said. “Clubs held three district meetings by Zoom and afternoon workshops were prerecorded and posted on YouTube. Groups even held silent auction fundraisers that were posted on hosting counties’ Facebook pages.”

Despite the challenges of the pandemic, OHCE members continue to make a difference around the state. Other highlights include:

Washita County: Kristy Spalding, county OSU Extension educator and Extension director, put together mask kits that included all materials needed to sew masks for volunteers who wanted to donate their time and skill to sewing masks. Masks were provided to a nursing home, home health agencies, hospice agency and a retirement center. OSU Extension handed out 166 of the free kits, utilizing all of the material, elastic and ribbon they had on hand. Also in Washita County, an OHCE club donated needed items for foster children. cont. on page 2

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Lower Your Risk of Type 2 Diabetes

What is Diabetes?

The body breaks down carbohydrates into glucose. Insulin helps glucose enter body cells to be used for energy. In diabetes the body either does not make enough insulin, respond to insulin in the right way, or both. As a result, blood glucose levels stay high.

Diabetes Complications

Over time, high blood glucose can damage blood vessels and nerves. This damage can lead to heart disease, high blood pressure, kidney disease, blindness, infections, amputations.

Pre Diabetes

Excess weight can lower the body's ability to use insulin. The body makes insulin, but body cells resist the action of insulin. This is called insulin resistance.

At first, the cells in the pancreas that make insulin respond by making more insulin to keep blood glucose levels down. Slowly, these cells begin to wear out and make less insulin. This may increase the risk of type 2 diabetes.

Where excess weight is carried is a factor in insulin resistance. Excess weight carried in the upper body or abdomen is linked to insulin resistance.

Type 2 diabetes is the most common type of diabetes. In type 2 diabetes, the body does not make enough insulin or does not respond correctly to insulin in the right way, or both.

Type 2 diabetes tends to develop after age 40 and with weight gain in the form of excess body fat. With age, the pancreatic cells that make insulin often begin to make less insulin. Excess body fat may increase the risk of insulin resistance. Type 2 diabetes is also being seen in overweight children.

Symptoms of type 2 diabetes develop slowly and include blurred vision, slow healing skin infections or cuts, itchy skin, tingling or numbness of feet.

Because symptoms develop slowly, people can have type 2 diabetes for many years and not know it. Some estimate that one-third of people with type 2 diabetes are unaware they have it.

The best recommendation for lowering the risk of type 2 diabetes is to maintain a healthy weight or moderate weight loss through:

Healthy eating and

Regular physical activity.

150 minutes of moderate-intensity per week or

75 minutes of vigorous-intensity per week.

OHCE Week [continued from page 1](#)

Craig County: White Oak Public School Project – OHCE members collected school supplies for teachers and students throughout the year and gave each student a Christmas backpack filled with goodies, along with a wrapped gift from their wish list. Members also volunteered as a group with Grand Nation for snack bags of food to be delivered for breakfast, lunch and dinner to families in need. In addition, they donated gas money for trucks to get the food from the food bank to Vinita.

Stephens County: Sunshine OHCE made more than 1,000 red ribbons for Duncan Public High School to use during Red Ribbon Week, which is a week set aside for drug awareness and education.

Beckham County: sewed a quilt for a local veteran.

“This is just a small sample of what our thousands of members do for their communities every day,” Barta said.

For more information about OHCE, contact the Lincoln County OSU Extension office.

Estate Planning- What is it?

“Nothing is certain except death and taxes.”—Will Rogers. Although no one likes to think about not being here, when we do leave this earth, most of us want it to be easy for our family members. We may also have wishes for how our belongings and obligations are taken care of. That is what “estate planning” is. It is simply a plan for what will happen to our “stuff” after we die.

A lot of this planning can be done by having a will. A will is a set of instructions for who is to get what of your assets. If you own very large assets you might need a trust, which can help save taxes the heirs might end up owing. There are templates to do your own simple will, but for a trust, it is recommended that you see an attorney. Getting the advice of a professional can help you prevent expensive mistakes. Educating yourself about the tax implications of any property you own is very important. Taxes owed on estates vary from state to state.

In a will, you appoint a guardian for any underage children you have, in the event of both you and your spouse dying at the same time. The beneficiaries of your insurance, retirement plan accounts, bank accounts, and other assets should be reviewed periodically.

Any change in family structure due to births, adoptions, deaths or divorce (or just a change of mind) may change your desires about who benefits from your estate.

It is important to have a designated Power of Attorney appointed to make sure your expenses are paid and decisions are made if you are not able to do that. A Medical Power of Attorney will be able to make decisions for you concerning your health. Adequate health and life insurance can help take care of the end-of-life expenses so you don't become a financial burden to your family.

Keeping adequate insurance on your property will save your family money if there is an accident, fire or theft. Keep your debt low or even zero if possible to prevent your family from having to sell off assets to pay bills. Having retirement savings can help you pay your living expenses after you retire from paid work. You also might have savings to help your kids/grandkids with their needs. Lastly, if you are terminally ill, you could plan your own funeral and prepay or partially pay for it. Estate planning lets you have more control and takes some burden off your family members.

Cleaning Your Bedding

After a long day, the feeling of a cozy bed is so satisfying. But over time, sweat, body oil, and allergens like dust mites can start to build up. The American Cleaning Institute® recommends these steps to keep your bedding clean and comfortable.

Bed sheets and pillowcases should be washed at least every two weeks. If you sweat a lot at night or are more sensitive to dust, once a week is recommended.

While most sheets and pillowcases can be machine washed, some specialty fabrics may require specific cleaning considerations, so always check the fabric care label first. Wash then air dry or tumble dry.

Even with pillowcases, pillows can still harbor dead skin and allergens. To keep pillows at their best, wash them every three months.

Most pillows can be cleaned in the washing machine, but again, you should always read the label first in case the pillows require special care. Foam pillows, for example, often can't be machine washed because the agitation may break up the padding.

In this case, if the pillows have removable covers, the covers can be washed according to the instructions on the label.

Generally, pillows can be machine washed on a gentle cycle. Washing two pillows at a time can help keep the washer balanced. If the label instructions say it's safe to do so, you can machine dry the pillows. Adding a few tennis balls or periodically removing the pillows and fluffing them can help prevent clumping and promote even drying.

Blankets, including the weighted kind, and comforters should be washed monthly. If there's a removable cover, then you can wash the cover monthly and get away with washing the blanket itself two to four times a year.

Always read the label and follow the instructions. Usually, blankets and comforters can be machine washed on a gentle cycle. The capacity of your washer will determine whether this can be done at home or if you'll need to go to a laundromat.

Then machine dry on low heat or lay flat to air dry. Putting a towel in the dryer can help the blanket or comforter dry more evenly. You can also periodically stop the dryer to fluff the blanket or comforter a few times. *source: American Cleaning Institute*

Smart Tips for Successful Meals source: eatright.org

Preparing food at home can be a great way to save money, express creativity and stay on track with healthful eating. However, cooking can also be a challenge for many people. With a few tips and tools, cooking at home becomes a little bit easier for everyone!

Keep a Well Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

Shelf Stable Products:

- Dried or canned beans, peas, and lentils (such as black, garbanzo, kidney, white, and pinto beans; green, yellow, or split peas and lentils)
- Canned vegetables with no added salt (such as diced tomatoes, peas, green beans, and corn)
- Whole grains (such as brown rice, quinoa, oats, millet, and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola, or other vegetable oils
- Dried herbs and spices

Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots, and brussels sprouts)
- Fruit (such as berries, cherries, and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood

Don't Stress

You don't need to be a master chef in order to whip up something tasty and nutritious. You can create healthy and tasty meals without a recipe. For example:

- Baked fish with sauteed vegetables and rice
- Black bean and vegetable burrito
- Scrambled eggs with cheese, salsa, and whole grain toast

If you don't have an ingredient, try substituting with something similar:

- Making black bean burgers but running short on black beans? Try them with pinto beans instead.
- Having pasta but forgot the sauce? Toss together canned tomatoes, a drizzle of olive oil, and season with herbs to provide extra flavor.
- If you're missing sour cream, plain Greek yogurt can be used in its place.
- Cauliflower can replace broccoli in casseroles and soups.

Mix & Match

- Whole canned pasta with garbanzo beans and canned tomatoes, seasoned with basil and served with a medley of microwaved frozen veggies on the side
- Quinoa with black beans, corn, and bell peppers, dressed with olive oil and lime juice
- Salad with lettuce, hard boiled eggs, tuna, tomatoes, and olives and dressed with a little olive oil and vinegar
- Soup using grilled or baked chicken, low-sodium broth, veggies and brown rice.

30 Minute Shrimp Tacos (serves 8)

- 1 lb medium shrimp
- 1 garlic clove, pressed or minced
- 1/2 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp ground cumin
- 1/4 tsp cayenne pepper
- 1 tbsp olive oil
- 8 white corn tortillas
- 2 cups purple cabbage, shredded
- 1 large avocado, diced
- 1/2 red onion, diced
- 4 oz cheese (any kind you like for tacos)
- 1/4 bunch cilantro, chopped
- 1/3 cup mayonnaise
- 1.5 tbsp lime juice
- 3/4 tsp garlic powder
- 3/4 tsp sriracha or hot sauce

1. *Thaw and pat dry shrimp. Place shrimp in a bowl with garlic, salt, pepper, cumin, and cayenne pepper. Stir or toss to combine.*
2. *Place a large, non-stick skillet over medium heat. Add olive oil. Once oil is hot, add a single layer of shrimp to pan and saute 1-2 minutes on each side. Shrimp will be pink and opaque when cooked. Transfer shrimp to serving platter and set aside.*
3. *Toast tortillas in a hot skillet or over open flame for about 10-30 seconds per side.*
4. *In a small bowl, whisk together mayo, lime juice, garlic powder and sriracha.*
5. *Build your tacos- top with sauce.*

Nutrition Facts	
Shrimp Tacos with Best Shrimp Taco Sauce	
Amount Per Serving	
Calories 308	Calories from Fat 162
% Daily Value*	
Fat 18g	28%
Saturated Fat 5g	31%
Cholesterol 163mg	54%
Sodium 849mg	37%
Potassium 391mg	11%
Carbohydrates 21g	7%
Fiber 5g	21%
Sugar 4g	4%
Protein 17g	34%
Vitamin A 739IU	15%
Vitamin C 39mg	47%
Calcium 218mg	22%
Iron 2mg	11%
* Percent Daily Values are based on a 2000 calorie diet.	



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OHCE NEWS

Cody Linker will be presenting the leader lesson “Birding in Oklahoma” on May 20 at 10:30 am in the Commissioner’s Board Room in the courthouse. This will be a run lesson that you will not want to miss! Our June leader lesson will be held jointly with Okfuskee County in Okemah on June 17th at 10:00 am. This Geneology lesson will be presented by Jan Beattie from the Oklahoma County HCE Geneology group. If you would like to ride with Jessica, please call the Extension Office.

The State OHCE Meeting is going to be held IN PERSON for 2021!! The dates have changed. The new dates for this meeting are August 1-3 at the Champion Convention Center in Oklahoma City. There is a room block for our conference at the Hilton Garden Inn on Meridian. Look for more details in your Outreach newsletter.

Our next County HCE meeting will be held October 7th at 10:30 am. Let’s use that time to plan a community service project for 2022.

Sincerely,

Jessica Riffin
FCS Educator, CED



Oklahoma Home & Community Education, Inc. is a local and state wide partner with Cooperative Extension which brings the best knowledge from OSU to its members. Join a local OHCE group and enjoy programs that help make Oklahomans be their best. www.OHCE.okstate.edu

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