



OKLAHOMA COOPERATIVE
EXTENSION SERVICE

STRENGTHENING OKLAHOMA FAMILIES

-Major County-

Harvesting the Power of Gratitude

In today's fast-paced world, getting caught up in the hustle and bustle of life can be easy. Practicing gratitude is a way to slow down and appreciate what life has to offer.

Gratitude is more than a fleeting feeling or a polite expression, said Matt Brosi, Oklahoma State University Extension family science specialist.

"Author Kristi Nelson describes gratitude as 'not just a reaction to good events, but a daily discipline of presence, humility and interdependence that can transform how we experience every moment,'" Brosi said. "It's a mindset that invites people to slow down, notice life's gifts and acknowledge the role of others, nature or the divine in their lives."

Why does gratitude matter? Research shows that gratitude is deeply transformative and improves these four areas of life:

- Emotional well-being: Regular gratitude practice reduces stress, anxiety and depression while increasing optimism and resilience.
- Physical Health: Studies link gratitude to better sleep, a stronger immune system, reduced inflammation, and a lower risk of heart disease.
- Relationships: Often called "social glue," gratitude fosters empathy, generosity, forgiveness, and stronger bonds with loved ones.
- Meaning and Spiritual Depth: Gratitude deepens a sense of purpose, reframes aging and loss, and nurtures awe and connection.

"As we approach the holiday season, it's a great time to become more intentional with gratitude," he said. "It is trainable and expandable through intentional, practical habits. Gratitude is a skill that grows stronger with daily attention."



There are numerous ways to practice gratitude, and evidence-based practices include:

- Gratitude journaling: Write down three to five specific things you're grateful for each week.
- Gratitude letters or visits: Write a note of appreciation to someone who has impacted your life. Deliver it in person for an even greater boost.
- Mindful moments: Pause daily to notice small gifts and savor them.
- Express thanks out loud: Share appreciation with coworkers, family, or strangers to strengthen relationships.
- Serve others: Acts of generosity and service reinforce humility and purpose.
- Savor positive experiences: Slow down and fully experience joyful moments to create lasting memories. Linger on the feelings, sights or meaning.
- Connect with transcendence: Whether through nature, spirituality, or awe, connecting to something bigger fosters perspective and peace.

Brosi said that practicing gratitude can help transform suffering, change brain chemistry, build character and a legacy.

"Gratitude isn't just a reaction – it's a revolutionary way of engaging with life," he said. "Practicing gratitude doesn't mean ignoring pain or pretending everything is perfect. Instead, it invites you to take nothing for granted, savor what's here and act with love and purpose."

Major County OSU Extension Center

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Major County OSU Extension



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Avoiding Credit Disasters

Building good credit takes time, but one misstep can undo that progress quickly. By following a few smart habits, you can protect your credit score and maintain financial stability, even while on a tight budget.

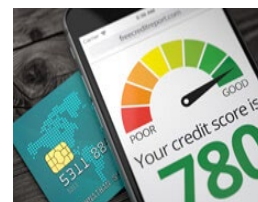
Paying on time. Late payments are typically reported to credit bureaus once they are at least 30 days overdue. Because making timely payments is a major factor in determining your FICO score, missing even a single payment can greatly impact your credit. Additionally, creditors may charge late fees beginning just one day after a missed payment occurs, making it even more important to pay on time.

Apply strategically. Opening a new credit card can be a smart move when it aligns with your goals. With credit history making up 35% of your credit score, cards may even help strengthen your credit when they are managed responsibly. So, when applying for a new card, consider how it fits your lifestyle and how it may serve to strengthen your credit profile.

Keep cards active. The longer you keep credit cards open and in use, the more they can help improve or maintain our score. Even when not using your card for everyday purchases, putting small recurring charges on it and paying those off each month shows consistent, responsible usage. This helps maintain a strong credit history, keeps your credit usage low and ensures your card continues working for you.

Avoid lapsed accounts. Unpaid debts that normally go unreported, such as a cell phone bill or rent may still damage your credit score if sent to debt collectors. Paying off collections helps but some FICO models may still consider them. When settling non-medical collections, try negotiating deletions from your credit score. Medical expenses follow different rules and must be at least 12 months old and over \$500 before they can be reported, and they must be deleted once paid. Avoid issues by checking your explanation of benefits and contacting your provider to arrange payment.

Good credit doesn't happen by accident. With a little strategy and consistency, you can avoid credit setbacks and protect your financial future.



Food Handling: Food Safety Training

-Wednesday, November 12, 2025

-3:00 P.M.

-Online Format Only- Zoom- (participants will need internet access)



Everyone is welcome to participate in this **free online** Food Handling: Food Safety class offered by Major County OSU Extension. This is a basic food safety class that will last approximately one hour. Anyone currently working in any capacity with food service and/or cooking regularly for large groups is encouraged to attend. Completion certificates will be given.

Please register at least one week prior to the class.

We will need your name, phone number, and email address.

Contact/Presenter is Dana Baldwin, Extension Educator- FCS/4-H & County Extension Director

- dana.baldwin@okstate.edu
- 580-227-3786
- Major County OSU Extension
500 E. Broadway, Suite 3 Courthouse
Fairview, OK 73737



Major County OHCE *News and Notes*



Lesson Leader Trainings-

The Lesson Leader Training in October (for your November meetings) will be held on Friday, October 24 at 10:00 a.m. as the program for the Fall Association Meeting. The lesson is *"Sewing Tips That Grandma Should Have Taught You."*

There will be no Lesson Leader Training in November since December is a FREE month.

The Lesson Leader Training in December (for you January meetings) will be Friday, December 19 at 10:00 a.m. at the fairgrounds. The lesson is *"Brain Blitz- Keeping Your Wits."*

Officers and Dues for 2026-

Don't forget- group officer lists for 2026 are due by October 17 as well as dues, membership lists, and new member forms.

5th and 7th Grade Wellness Days-

We will be discussing at the Fall Association how OHCE can assist with the 5th and 7th Grade Wellness Day on Monday and Tuesday, December 1 and 2 at the fairgrounds. Stay tuned for more information!

Bake Sale-

The next Major County OHCE Bake Sale is set for Friday, November 21 beginning at 9:00 a.m. Flyers will be available to distribute as it gets closer. Please do your part as you can with this county fundraiser.

Workshops, Classes, and More!-

Make sure and check out the flyers with details about upcoming workshops and classes the next few months available through the OSU Extension Center. There are a variety of opportunities!

Volunteer Hours-

Please continue to keep track of your volunteer hours- and be sure to turn your forms in on a monthly basis. This information is beneficial to our state and federal reporting.

Check us out on Facebook!

For announcements and updates, check out and "Like" our page on Facebook: *Major County OSU Extension.*

We're on the Web, too!

Check out our website:

<https://extension.okstate.edu/county/major>

Fall Association Meeting-

The Fall Association Meeting will be Friday, October 24 at the fairgrounds. Registration will begin at 9:30 a.m. with Call to Order at 10:00 a.m. and the program- *"Sewing Tips That Grandma Should Have Taught You"*- immediately following.

Group duties are as follows:

Busy Bees- Meal Coordination

Cheyenne Valley- Devotion and Mixer

Orion Homemakers- Decorations

Lunch will be soup, salads, and desserts. Each group please bring one soup; members bring salads and desserts.

Make plans to join us as we will be setting dates for 2026, approving the 2026 budget, electing a County President and County Treasurer, discussing activities for 2026, and more.

Awards Deadlines-

Secretary's Books, Member Awards (Member of the Year, Heart of OHCE, Rookie of the Year, Young Member of the Year) and Life Story Essays are due to the OSU Extension Office by December 17.

Local and County Award Report Books are due to the OSU Extension Office by January 21. Contact Dana for any assistance with any of these items.

**2025
OKLAHOMA
FAMILY
CAREGIVER
CONFERENCE**

NOVEMBER 6, 2025
DOORS OPEN AT 9AM
PROGRAMMING FROM 10AM - 3PM

**THE CAREGIVERS COMPASS:
FINDING YOUR WAY TO
BALANCE AND WELL-BEING**

FREE ADMISSION! DOOR PRIZES!
www.okcares.org • 918-493-0604
Locations: Tulsa, OKC, Ardmore, McAlester, Enid, Stillwater, and Online!

Scan the QR code to register or sponsor!

Native to Oklahoma, the Indian Paintbrush wildflowers.

L. E. A. D.

Live well

Eat well

be Active

with Diabetes

A Program for People with Diabetes and their Families



November 3, 10, 17, & 24, 2025

Time: 5:00 to 6:30 p.m.

Location: Major Co. Fairgrounds, Fairview

Call Now to Register – Space is Limited (Register by Oct .27)

580-227-3786

This program is open to anyone with type 2 diabetes and their families. The class fee is \$24 per person.

The full program includes four sessions. Each session will include information on living well with diabetes, eating well with diabetes, and being physically active with diabetes.

Sessions will also include demonstrations on how to pre- pare recipes that are healthy and use less fat, salt, and sugar without cutting taste. There will be an opportunity to taste a variety of main dish, side dish, snack, and dessert recipes.

Presenter: Dana Baldwin, *OSU Extension Educator*



OSU EXTENSION
**FAMILY AND
CONSUMER SCIENCES**

SEWING WORKSHOPS

FOR ADVANCED SEWERS

**TUESDAY,
OCTOBER 28:
HOLIDAY
TABLE RUNNER
(\$25 FEE)**

10:00 AM - 3:00 PM

**AT THE
MAJOR COUNTY
FAIRGROUNDS
IN FAIRVIEW**



**FRIDAY,
NOVEMBER 14:
HOLIDAY
POTHOLDERS &
KITCHEN SCARF
(\$15 FEE)**

2:00 PM - 5:00 PM

**AT THE
MAJOR COUNTY
FAIRGROUNDS
IN FAIRVIEW**

Spaces are limited! Sewing machines can be provided on request, or bring your own.

**Register and pay the fee one week prior at the Major County OSU Extension Center.
phone: 580-227-3786 email: dana.baldwin@okstate.edu**

Teaching assistance will also be provided by Ashlynn Fast, FCS Extension Master Sewing Volunteer.

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Persons with disabilities who require alternative means for communication or program information or reasonable accommodation, please contact Dana Baldwin, Extension Educator- FCS/4-H & CED at 580-227-3786 at least one week prior to the event.

2025 Holiday Happenings



Thursday, November 13
10:00 a.m. to 3:00 p.m.
Major County Fairgrounds in Fairview

Sessions include:
Holiday Tree Wall Hanging,
Homemade Holiday Gift Mixes, Beaded Wooden Tray;
All About Dump Cake information and recipes;
and an educational lesson on *'Tis the Season for Scams*.



Fee - \$45

Registration and payment deadline- Monday, November 3
(payable to "Major County OSU Extension")

Registration fee covers morning refreshments, lunch, and all session supplies.

Register now- spaces are limited!

To register for this event, please contact your county OSU Extension Center:

Alfalfa County- phone 580.596.3131

Dewey County- 580.328.5351

Major County- phone 580.227.3786

Woods County- phone 580.327.2786

Brought to you by the Extension Educators- Family & Consumer Sciences/4-H Youth Development in these counties.



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