



EXTENSION

November/December 2022

STRENGTHENING OKLAHOMA FAMILIES Family and Consumer Science News

Pre-Diabetes Cause for Concern

Don't be fooled by the pre in pre-diabetes. Prediabetes is a serious health condition that about a third of American adults have. What's scary is about 80% of those adults are unaware of their condition.

Janice Hermann, Oklahoma State University Extension nutrition education specialist, said prediabetes puts a person at an increased risk of developing type 2 diabetes, heart disease and stroke.

"While prediabetes is a serious health risk, health problems increase even more for people for those individuals who go on to develop diabetes," Hermann said. "This is why it's important to make healthy choices and live a healthy lifestyle."

What causes prediabetes? Insulin is a hormone made by the pancreas that lets blood sugar into cells to use as energy. If you have prediabetes, your cells don't respond normally to insulin, so your pancreas makes more insulin to get the cells to respond. Eventually your pancreas can't keep up and your blood sugar rises, which sets the stage for type 2 diabetes down the road.

People with diabetes often develop major complications including kidney failure, blindness and nerve damage. Nerve damage can lead to the amputation of a toe, foot or leg. As more diabetes-related health issues occur, people with the disease



are two times more likely to become depressed. All of these issues can greatly diminish a person's quality of life.

People can have prediabetes for years with no clear symptoms. Hermann said it's important to talk to your primary care physician about getting your blood tested if you have any of the risk factors, including:

- Being overweight
- 45 years old or older
- Having a parent or sibling with type 2 diabetes
- Being physically active less than three times per week
- Ever having gestational diabetes or giving birth to a baby weighing more than 9 pounds
- Polycystic ovary syndrome

Race and ethnicity are also factors. Those at higher risk include African Americans, Hispanic/Latino Americans, American Indians, Pacific Islanders and some Asian Americans.

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Connie Wollenberg,
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LET'S TALK TURKEY

Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:



*For more information about each type of turkey, visit fsis.usda.gov.

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:



Refrigerator:
Safe to store the turkey for another 1 – 2 days in the refrigerator.

This is the USDA recommended thawing method.

How to thaw:
Allow approximately 24 hrs. for every 4-5lbs of bird.

Cold water:
Cook immediately after thawing.

How to thaw:
Submerge the bird in cold water & change every 30 mins.



Microwave:

Cook immediately after thawing.



How to thaw:
Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

DID YOU KNOW?



It's safe to cook a frozen turkey though cooking time will be 50% longer!

Clean

Wash your hands for 20 seconds with soap and warm water.

Utensils Plates Countertops Cutting boards

SHOULD ALSO BE WASHED

Bacteria, which can be present inside and outside a turkey, can't be washed off the bird! Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON'T WASH YOUR TURKEY!!

SEPARATE

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.

Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge 3-4 days

Safe frozen, but use within 2-6 months for best quality.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.

Be sure to pack leftovers in a cooler if traveling.

Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can't be smelled or tasted!

FOR MORE INFORMATION:
Visit foodsafety.gov

If you have a specific question, call the USDA Meat and Poultry Hotline at 1-888-MPHOTLINE or visit AskKaren.gov. Visit PregunteleaKaren.gov for questions in Spanish.



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"If you're diagnosed with prediabetes, think about it as a fork in the road. If you ignore it, your risk of developing type 2 diabetes continues to increase," Hermann said. "However, if you address it and make changes, your risk goes down. Losing even a small amount of weight can make a big difference. Increasing your physical activity to at least 150 minutes per week also helps cut the risk. Small changes over time will add up."

Other changes can include making half your plate fruits and vegetables and focus on whole fruits. Make half your grains whole grains and vary your proteins. Switch to low-fat or fat-free milk or yogurt and choose foods and beverages with less added sugars, saturated fat and sodium.

"Just a few simple changes and you'll feel healthier and have a better quality of life. As you age, you're more likely to stay independent," she said. "It also will make it easier to keep up with your children and grandchildren."



November/December 2022 OHCE Updates and Reminders

November: NO LESSON

December 15, 2022; 1:30pm

January 19, 2023; 1:30pm

February 3, 2023

March 7, 2023

Leader Lesson "A Century of OHCE" , McClain County Extension

Leader Lesson "History of Women's Voting Rights", McClain County Extension

Winter Council, McClain County Extension

SE District OHCE Meeting, Moore, OK

SAVE THE DATE
Lucky Together with OHCE
SE District OHCE Meeting

Tuesday, March 7, 2023
First Moore Baptist Church
Moore, OK
Registration: \$25
Due February 10th
Hotel Reservations can be made at
Hampton Inn & Suites
614 NW 8th St. Moore, OK
405-735-6821
\$99 + Tax
Room block available till Feb. 1

REMINDER

This is the year for our Communication Group, McClain, Garvin, Cleveland, and Oklahoma, counties to host the SE District meeting.

McClain County is in charge of the Registration Desk and providing the Hostess for the workshops. If there is a particular workshop you are interested in attending is a great way to reserve your spot.

Registration due February 10. F

Holiday Trivia

Who was the first President to pardon a Thanksgiving turkey?

What was the first commercial company to use Santa Clause in advertising ?



Send your answers to connie.wollenberg@okstate.edu or call the office 405-527-2174, leave your name and answers. Names of persons with correct answers will be put into a drawing for prizes.

Winner will be drawn November 28, 2022



The holidays are an exciting time that children and parents look forward to every year. However, for families who have recently experienced divorce, the holidays can be a difficult time for a number of reasons. For these families, many of their old family holiday traditions are changed dramatically, with routines being shifted, celebrations happening before or after the holiday date, and many emotions being stirred due to the multitude of changes

The most important thing to remember during this time is not to get pulled into resentment and sadness; always think of your children and how you need to do what is best for them. No matter what is going on between you and your co-parent, you must do the best you can to co-parent successfully through the holidays. And while it likely won't be easy, it is definitely possible with a few helpful tips on how to make the holidays work:

Don't make your children decide who to spend the holidays with.

It should not be left up to your children to decide how time with each parent will be split during the holidays. Putting your children in the middle and letting them decide will only create discomfort for the entire family. You do not want to intensify your children's loyalty conflicts. You and your co-parent should make the decision of how time will be split during the holidays.

Create a holiday plan prior to the holidays

Co-parents should create a holiday schedule prior to the holidays to negotiate how the children will spend time with each parent. Every year may look a little bit different depending on what you and your co-parent agree on. It is important to have a conversation with your children about where they will be and help the transitions remain as smooth as possible.

Be flexible and be willing to compromise

When creating a holiday plan, each co-parent will most likely need to compromise. You both won't be able to spend the entire holiday season with your child so it is important to remember that it is in the best interest of your child to spend part of the holidays with both you and your co-parent. This may mean that one parent gets to have Thanksgiving but not Christmas one year but the opposite the next year. This might also mean that you can't spend the holidays traveling like you had once planned. It is crucial to calmly negotiate the priorities of you and your co-parent and come to an agreement about the best plan for your children

Resist the urge to compete with your co-parent

Resist the urge to measure your worth as a parent in terms of what you can or cannot provide financially to your children. Don't compete with your co-parent to see who will spend the most or find the best present for your child. Remember that you do not need to buy your children's love. It may also be helpful to coordinate gifts with your co-parent to try to keep the number of gifts balanced and to keep from duplicating any gifts.

Validate your children's emotions

Your children will feel a range of emotions as they experience their first holiday season in two different homes. Let them know that it is okay to feel sadness or other negative emotions and be there for them. Don't make your children feel guilty about spending time with your co-parent. If they miss your co-parent, allow them to call your co-parent during the holidays.

Start new traditions

A divorce or separation doesn't have to mean that all fun holiday traditions should be over. Instead, come up with new ones for your family to enjoy. Allow your children to help create new traditions with each parent that will help adjust to the new family holiday season. When appropriate, old family traditions may also be continued. Think ahead, when your children grow up, what memories of the holidays do you want them to have to pass on to their own children?

If you and your co-parent are able to keep your children as the priority and work to plan everything well in advance, it is entirely possible to begin new traditions with your children and avoid the normal stress of the holidays

Fresh Apple Squares

One batch of dough does double duty as both the crust and streusel topping to make one of the easiest desserts around.

Makes 16 servings

Ingredient Checklist

- 1 ½ cups all-purpose flour
- 1 cup old-fashioned oats
- 1 cup packed light brown sugar
- 1 teaspoon grated lemon zest
- ¾ teaspoon baking powder
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 3 tablespoons canola oil
- ¼ cup apple juice concentrate, thawed
- 2 medium tart apples, such as Granny Smith, peeled and thinly sliced
- ¼ cup coarsely chopped walnuts

Directions

Step 1: Preheat oven to 350 degrees. Coat a 9-inch square baking pan with cooking spray.

Step 2: Combine flour, oats, brown sugar, lemon zest, baking powder, salt, cinnamon and nutmeg in a large bowl. Work in oil and apple juice concentrate with your fingers until coarse crumbs form.

Step 3: Firmly press 2 cups of the oat mixture into the prepared pan. Arrange apples over the crust in three rows. Mix walnuts into the remaining oat mixture. Sprinkle the walnut mixture evenly over the apples and pat firmly into an even layer.

Step 4 Bake until the top is golden brown and the apples are tender when pierced with a sharp knife, 30 to 35 minutes. Cool completely on a wire rack.

Nutrition Facts: 160 calories, protein 2g, carbohydrates 29g, dietary fiber 1g, sugars 17g, fat 4g,



