



## **COVID-19 pandemic can bring 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 mental 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
- E – Encourage appropriate professional help
- E – Encourage self-help and other support strategies.

—continued on page 2

## **Okfuskee County Extension Office**

### **Address**

P.O. Box 107  
1201 E. Columbia, Suite A  
Okemah, OK 74859

### **Phone**

918-623-0641

### **Fax**

918-623-0103

### **Email**

janelle.maples@okstate.edu

### **Website**

<http://oces.okstate.edu/okfuskee>

### **Social Media**

Facebook: OkfuskeeOSUFCS

## **In this issue...**

### **Page 2:**

Goodnight, Kitchen!

### **Page 3:**

Cooking with Barbara Brown:  
“Sauteed Summer Squash in Garlic Butter”  
“Pecan Bread”  
“Fall Fruit Compote”

### **Page 4:**

Okfuskee Co. Free Fair—Cancelled  
Extension FCS Programming  
OHCE Fall Meeting Going Virtual

### **Pages 5:**

Make It Yourself With Wool  
Food & Farm Festival Gone Virtual

## COVID-19 pandemic can bring new level of stress, continued from page 1

“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.”



## Goodnight, Kitchen!

Do you have a bedtime routine? You may read your kids a bedtime story or brush your teeth, but what about the kitchen? Cleaning up and closing down the kitchen at night can have a number of benefits. It lets you start your morning in a clean kitchen and it removes any temptation for unwelcome guests, like ants.

So what might be involved in a kitchen close down? TheKitchn.com has a great article on this and some of the steps they recommend are:

- Load the dishwasher and start it right after dinner.
- Clear clutter off the counters, then clean them.
- Wipe down your stove and sink, using a non-abrasive scrubbing cleanser.
- Disinfect your sink and counters as necessary.
- Put your dish towels in the laundry and put out clean ones.
- Vacuum or sweep the floor.

You may do some of these already and it would probably only take a few more minutes to include the rest. What do you think - is there something on this list you'll be adding to your routine?

—Source: American Cleaning Institute's Clean & Happy Nest, August 2020 Update

From the Kitchen of...

*"Cooking with  
Barbara Brown"*



**Sautéed Summer Squash in Garlic Butter**

- 1-1/4 pounds chopped summer squash
- 1 tablespoon unsalted butter
- 3 cloves minced garlic
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 1 green onion, thinly sliced
- 1/4 cup grated parmesan cheese
- 1/4 teaspoon fresh lemon juice



1. Chop summer squash into bite-size pieces.
2. In a wide skillet over medium-high heat melt butter.
3. Add summer squash and garlic and cook, stirring occasionally until squash pieces begin to brown and are just tender, 3 to 5 minutes.
4. Season with salt and pepper and gently stir in green onion, cheese and lemon juice.
5. Serve immediately. —Serves 4

Nutrition Facts	
Serving Size 1	
Servings Per Recipe: 1	
Amount Per Serving	
<b>Calories 73</b>	
% Daily Value	
<b>Total Fat</b> 5g	<b>7%</b>
<b>Saturated Fat</b> 3g	<b>14%</b>
<b>Cholesterol</b> 12mg	<b>4%</b>
<b>Sodium</b> 216mg	<b>9%</b>
<b>Carbohydrate</b> 5g	<b>2%</b>
<b>Dietary Fiber</b> 2g	<b>7%</b>
<b>Protein</b> 4g	
Potassium	<b>11%</b>
Calcium	<b>10%</b>
Iron	<b>4%</b>

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.



*Ready for Autumn?*

**Pecan Bread**

- 2/3 cup sugar
- 1/4 cup unsalted butter
- 2 large eggs
- 2 cups sifted flour
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1 cup orange juice or milk
- 1/2 teaspoon vanilla
- 2/3 cup chopped pecans

Nutrition Facts	
Serving Size: 1 slice	
Servings per recipe: 15	
Amount Per Serving	
<b>Calories 170</b>	
Calories from fat 49	
Value	% Daily
<b>Total Fat</b> 7g	11%
Saturated fat 2g	12%
<b>Cholesterol</b> 33mg	11%
<b>Sodium</b> 177mg	7%
<b>Carbohydrate</b> 24g	8%
Dietary Fiber 1g	3%
<b>Protein</b> 3g	6%
Vitamin A: 4%	Vitamin C: 14%
Calcium: 6%	Iron: 6%
	Folacin: 5%
	Potassium: 2%

1. Preheat oven to 350°F. Grease a 9- by 5-inch loaf pan.
2. Beat sugar, butter and eggs until creamy.
3. Mix flour, baking powder and salt thoroughly. Spoon about 2 tablespoons of the flour mixture into the pecans. Mix well and set aside.
4. Combine orange juice or milk and vanilla. Stir flour mixture into egg mixture alternately with liquids. Stir in pecans mixed with flour.
5. Pour batter into the greased loaf pan. Bake at 350°F 50 to 60 minutes, or until no batter clings to a toothpick inserted in the center of the loaf. Remove from the pan and cool on a rack.

Yield: 1 loaf (15 servings)

**Fall Fruit Compote**

- 2 cups water
- 3/4 cup dried apricots
- 3/4 cup dried plum or prunes
- 1/2 cup dried apples
- 1/2 cup dried cranberries
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt
- Up to 1/2 cup sugar



1. Combine water, dried fruit, spices and salt in a large saucepan over medium high heat. Bring to a simmer. Cover, reduce heat and simmer 15-20 minutes or until fruit is tender.
2. Gently stir in sugar to taste and simmer, uncovered, about 10 minutes or until thickened. Serve warm, at room temperature or cold.

**Serving Ideas:** Serve as a side dish with breakfast or with roast pork or as a sauce over angel food cake.

Serves 6.

Nutrition Facts (with 1/2 cup sugar)	
Servings per recipe: 6	
<b>Calories 202</b>	
% Daily Value	
<b>Total Fat</b> trace	1%
Saturated Fat trace	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 101mg	4%
<b>Carbohydrate</b> 53g	18%
Dietary Fiber 4g	17%
<b>Protein</b> 1g	2%
Vitamin A: 32%	Vitamin C: 2%
Calcium: 3%	Iron: 8%
	Folacin: 1%
	Potassium: 12%

# Please note\*\*2020 Okfuskee County Free Fair — Cancelled\*\*



**FAMILY AND  
CONSUMER SCIENCES**

## *Okfuskee County FCS Programming...*

**\*\*Please note,**

the following programs and meetings may be held virtually in the next couple of months. Please pre-register for the classes and meetings by calling the OSU Extension Center at 918-623-0641 or by emailing Jan Maples at [janelle.maples@okstate.edu](mailto:janelle.maples@okstate.edu). Meeting information will be emailed to you at that time. \*\*

**Tuesday, September 1st, 12:30—4:30 p.m. — “Co-Parenting for Resilience”**

**Tuesday, September 15th, 10 a.m.— Okfuskee County OHCE Executive Meeting  
—This will be held via Teleconference Call—**

County OHCE Executive Committee Members will conduct discussion and decision-making via teleconferencing methods. Agenda will be sent prior to the meeting.

**Tuesday, September 15th, 9 a.m.— “Steps to a Healthy Gut” and “Services for Dementia Caregivers” Programs**

These next lessons—”Steps to a Healthy Gut” and “Services for Dementia Caregivers” will be presented via Zoom at 9 a.m. Links to the Zoom will be sent to OHCE members email addresses on file as well as to others pre-registered for the lessons.

**Tuesday, October 6th, 12:30—4:30 p.m. — “Co-Parenting for Resilience”**



## Okfuskee County OHCE Fall Meeting has gone VIRTUAL!!!!

The **BUSINESS MEETING** portion of the County OHCE Fall Meeting will be held through a telephone conference call at:

**10:00 a.m., Tuesday, October 20th.**

All county OHCE members will be sent the telephone number and instructions to call.

So, bring your favorite beverage and/or snack from the kitchen and join us on “a newfangled, old-fashioned party line!” Roll call will be answered by naming the beverage/snack you are enjoying during the meeting.

**KEEPING CONNECTED!** In order to keep all the county OHCE members connected during this time and before the Fall Meeting, members are asked to send in a photo of themselves with their favorite kitchen gadget, apron, memory, or recipe from the past. Or, members can send in a paragraph or note describing the item. Then, the FCS Educator will compile the information and mail it back out to county OHCE members for their reading enjoyment.

**Please email, text, mail, or call in your “photo/story”**  
to the Extension Office —

**BEFORE WEDNESDAY, OCTOBER 7TH!**

*Jessica Riffin,  
Lincoln Co., will be  
recording a  
program entitled  
“Kitchens of the Past”  
that can be viewed after  
October 12th. Links to  
the video recording will  
be sent to County OHCE  
members and those ex-  
pressing interest in the  
program.*

*Jan Maples,  
Okfuskee County, will be  
presenting a demonstration  
via Zoom on  
“Secondhand Aprons”,  
Thursday, October 22nd at  
10 a.m. Links for the  
Zoom will be sent to Coun-  
ty OHCE members and  
those expressing interest in  
the program.*



## MAKE IT YOURSELF WITH WOOL CONTEST

This year, the Oklahoma District II contest will be held Saturday, November 7<sup>th</sup> at 9 a.m. at the Okfuskee County OSU Extension Center in Okemah with the State contest being held Saturday, December 5<sup>th</sup> at the Northwest Technology Center in Fairview. Registrations must have been postmarked September 1st.

Make It With Wool is an annual youth-centered sewing competition to promote the beauty and versatility of wool fabrics, yarns, and fibers. A program administered by an all volunteer group of District and State Directors, the National Advisory Board, and a National Coordinator — Make It With Wool encourages personal creativity in sewing, knitting, crocheting, spinning, weaving, and other needlework arts.

Please contact the Extension Office at 918-623-0641 if you are interested in attending as a spectator for pandemic planning purposes.

---

## Food and Farm Festival 2020... Has Gone Virtual!

This year due to COVID-19, the Okfuskee County Food and Farm Festival will be held virtually. Instead of bringing your exhibit to the fair building, take a photo of your item. Then email the photo—along with your name, contact number, and a description of your exhibit— to Jan Maples ( [janelle.maples@okstate.edu](mailto:janelle.maples@okstate.edu)) or Amanda Sestak ( [atressl@okstate.edu](mailto:atressl@okstate.edu)).

**\*\*\*PLEASE NOTE: each exhibit photo & related information will be posted to Facebook for viewing. There will not be monetary premiums given for this virtual event, due to exhibits not being judged. However, a special commemorative souvenir or special gift will be given to those participating.**

**Exhibit photos must be submitted no later than 4:30 p.m. Thursday, November 19th.**

The 2020 Okfuskee County Food and Farm Festival is open to residents of Okfuskee County, OHCE members, or students in any Okfuskee County school are eligible to exhibit. We have four great exhibit categories.

What categories are available in the Food and Farm Festival?

### Nuts in the shell

- \* Native Large Group Class
- \* Native Small Group Class
- \* Pecan Improved Varieties

### Food Exhibits

- \* Pecan Class
- \* Peanut Class
- \* Honey Class

### Honey Exhibits

- \* Bulk White Comb Honey Class
- \* White Extracted Honey Class
- \* Amber Bulk Comb Honey Class
- \* Amber Extracted Honey Class

### Pumpkin Exhibits

- \* Field Type Class
- \* Jack-o-Lantern Class
- \* Giant Class

### Kids Coloring Sheets

- \* The coloring sheet category is for kids 3 years old to 2<sup>nd</sup> graders.

### Poster Contest

- \* Poster should promote the Food and Farm Festival.
- \* Poster Category is for any youth in the 3<sup>rd</sup>- 12<sup>th</sup> grade.





**OKLAHOMA COOPERATIVE  
EXTENSION SERVICE**

**Okfuskee County Cooperative Extension Service  
Oklahoma State University  
P.O. Box 107  
Okemah, OK 74859-0107**



*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](http://www.OHCE.okstate.edu)*



*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.*



**“Like (Follow, or Share)” our Okfuskee County  
Family & Consumer Science Facebook page!  
Okfuskee County OSU Extension FCS  
or OkfuskeeOSUFCS**

***Strengthening Oklahoma Families*** is published by the Okfuskee County OSU Extension Center—Family and Consumer Science Programs. This newsletter is one way of providing educational information to interested citizens of Okfuskee County. ***Editor: Jan Maples, Extension Educator, Family and Consumer Sciences/4-H***

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu> Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President for Agricultural Programs and has been prepared and distributed at a cost of 33 cents per copy.