



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC

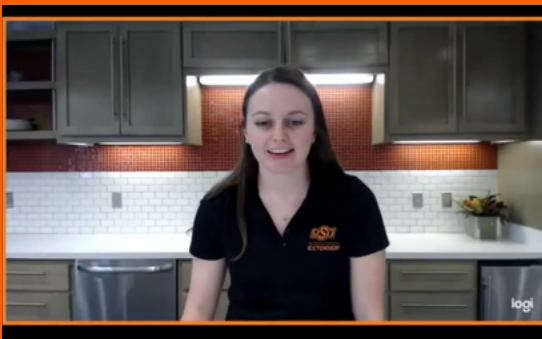
September 2020

Divorcing Parents Attend Co-Parenting Workshops

During September, two “Co-Parenting for Resilience” workshops were taught by Lisa Hamblin, Family and Consumer Sciences (FCS) Educator. These classes comply with an Oklahoma state law that requires divorcing parents to attend a class that helps them learn strategies that promote their children’s healthy adjustment to their separation. Topics include: changes in the parent/child relationship, developing a co-parenting plan, managing conflict, parenting styles, and recognizing stress behaviors in children. Co-Parenting classes in Oklahoma County are offered in person twice a month in English, once a month in Spanish, and are available online as well.

"Get Cooking: Snacking Savvy"

Taylor Conner, FCS Educator and Registered Dietitian, shared tips on how to create nutritious snacks during “Get Cooking: Snacking Savvy” online program. During the hour program, Taylor provided resources and ideas on how to enhance snack time with MyPlate foods. The program also included a live food demonstration. The online series “Get Cooking”, funded by a Health Literacy grant, is a partnership between the Metropolitan Library system and OSU Extension. The programs offered through the “Get Cooking” series are free and open to the public.





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Do It All In The Fall

On Thursday, September 3, three of the OSU Extension Educators partnered to teach the “Do it All in the Fall” workshop. This workshop is part of a quarterly, seasonal educational series called the “FOUR Seasons Living”, workshops which are designed to focus on the upcoming season and all the timely tasks associated with it. Urban Agriculture and Natural Resource Educator, Joshua Campbell, and Horticulture Educator, Julia Laughlin, provided tips for planting vegetables, pansies, trees, shrubs, and perennials. Other topics covered included acquiring and successfully planting spring bulbs, establishing and maintaining cool season lawns for winter color, as well as ways to compost leaves. In addition, FCS Educator, Taylor Conner, who is also a Dietitian, demonstrated cooking a healthy seasonal recipe. We had 44 in-person participants and 53 people who attended virtually.





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GROW YOUR OWN

The first “Grow Your Own” all day gardening workshop was held on Saturday, September 12, at the OSU Extension Conference Center. This beginning gardening workshop was designed to meet the needs of our county residents who have recently developed an interest in learning to grow their own food. This workshop was taught by Julia Laughlin, OSU Extension Horticulture Educator, and some of her experienced Master Gardener Volunteers. Urban Agriculture and Natural Resources Educator, Joshua Campbell, also helped teach the course. Topics focused on how to get started “from the ground up” on backyard food production of vegetables, herbs, fruits and nuts. Information on soils, planting, variety selection, growing tips and pest problems were also shared. The building was at full capacity for in-person participants (42), who took home seeds and plants so that they could create their own fall garden. We also had 56 virtual participants who tuned in and enjoyed the workshop.





OSU EXTENSION

OKLAHOMA COUNTY 4-H YOUTH DEVELOPMENT

4-H Enrollment Contest

Oklahoma County 4-H held an enrollment contest from August 1 - September 1. This was to encourage timely enrollment and get everyone excited about the upcoming 4-H year. McKinlee Palmatary was the winner of our enrollment contest! McKinlee is a member of the Jones 4-H Club. Her main 4-H Project is Beef Cattle. She recently won the Junior Showmanship Contest at the Oklahoma County Free Fair. Youth who have not enrolled or re-enrolled still have plenty of time. Visit ok.4honline.com!



4-H Clubs Resuming Meetings

Another 4-H year is underway, and Oklahoma County 4-H clubs have shown their resiliency and flexibility as they adapt to new guidelines and safety standards. While they may look a little different this year, club meetings have resumed. If you are unsure if your club has resumed meetings make sure to reach out to your clubs' leader. Contact information can be found [here](#).



4-H Council

On September 15th, the Adult and Teen Councils met to choose a theme for the upcoming Awards Ceremony and to decide on their fall service goals.

The team decided to host a carnival themed 4-H Awards Ceremony, which will be held on October 11th, at Harrah Heritage Park, from 2-4 pm.

Look for our H.U.G.S. Boxes at the Extension Office and the Oklahoma County Courthouse. We will be collecting hats, underwear, gloves, and socks for Citizens Caring for Children and The Homeless Alliance. We also have a goal of \$1000 for "Change for Change" benefiting the Children's Hospital and 30 lbs. of pop can tabs for the Ronald McDonald House.





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Extension Staff:

LaDonna Hines - Extension Director

Lisa Hamblin - Family & Consumer
Sciences Educator

Taylor Conner - Family & Consumer
Sciences Educator

Julia Laughlin - Horticulture Educator

Josh Campbell - Urban Agriculture
& Natural Resources Educator

Cody Yount - 4-H Educator

Mindy McNeil - 4-H Educator

Christi Evans - CNEP Area Coordinator

What's Coming Next:

OSU Extension is open to the public, however, we are asking the public to make appointments in advance if they would like to meet with educators. We are also continuing to offer workshops and programs for the public. Please check out our new website for our calendar of events

<https://calendar.okstate.edu/oces/>

We continue to take calls and answer questions on nutrition, parenting, horticulture, agriculture and 4-H. Please follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and Staff are continuing to serve you and our communities.

Contact or Follow us on:



405-713-1125



[@OKCountyExt](https://twitter.com/OKCountyExt)



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