



**OKLAHOMA COUNTY  
EXTENSION**

## **REPORT TO THE PUBLIC June 2022**

### **Community Partnership for Nutrition**

Every other month, Family & Consumer Sciences Educator and Registered Dietitian, Taylor Conner partners with Providence Apartments to teach food and nutrition-related programs for their residents. During the month of June, Taylor taught a workshop on making grape jelly. The residents learned how water bath canning works and filled their own jars with jelly. The group consisted of both adults and youth. Everyone who participated took home a jar of freshly made jelly.





**OKLAHOMA COUNTY  
EXTENSION**

## **OHCE DONATES TO VETERANS**

The Oklahoma Home and Community Education (OHCE) volunteers' recent community service project honored patients at the Veterans Medical Center in Oklahoma City. For the past year, they collected personal care items, such as razors, shaving cream, shampoo, and toothbrushes, filled tote bags, and delivered them to each patient. Seventy-five veterans received the bags, that also included journals, puzzle books, and paperbacks to make their stay more pleasant. This is the 3rd year for the annual project.

## **BABYSITTING WORKSHOPS HELD ACROSS THE METRO**

Family and Consumer Sciences Educator, Lisa Hamblin, taught four Babysitting 101 workshops during the month of June. Forty-seven teens were trained in child development, safe practices, and how to manage and market their business. Oklahoma County Safety Coordinator, Don Gust, certified the students in CPR, First Aid and AED. Additional guest speakers included representatives from City/County Health Department, Extension Community Nutrition Education Program (CNEP), and OSU summer intern, Moriah Donica. Workshops were held at OSU-OKC, Midwest City Library, The Village Library, and St. Paul the Apostle Catholic Church in Del City. A fall break Babysitting 101 workshop is planned in partnership with the Edmond Parks and Recreation Department for October 13-14th.





**OKLAHOMA COUNTY  
EXTENSION**

## **Kid's Rock Camp**

Oklahoma County OSU Extension has been partnering with the Bethel Foundation “Kids Rock Camp” for 18 years. This is a week-long camp for children from single parent homes to learn life skills. OSU Extension staff, intern and volunteers provided hands-on activities for the campers in the areas of nutrition, physical activity, and water conservation. The kids were taught the importance of hand washing and MyPlate. They also learned ways to conserve water and took home their own succulent plant. On the last day of camp, they were taught how to relax their body and mind with Yoga.

Every day the youth were shown how to prepare their own meals by reading the recipes and following instructions. After the dishes were cooked, the youth ate their creations, and many had the chance to try new foods.





**OKLAHOMA COUNTY  
EXTENSION**

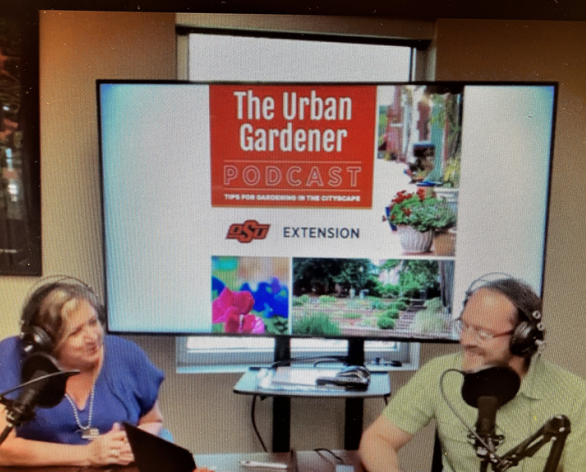


## **Urban Gardener Podcast Gaining Popularity**

This month Horticulture Educator Julia Laughlin and Urban Ag/Natural Resources Educator Joshua Campbell created and posted their 5th "Urban Gardener" podcast which is available on Spotify and is also available as a YouTube video. Julia and Josh started the podcast in March of 2022 and they are generally 20-25 minutes in length, addressing local issues and concerns for anyone gardening in urban areas. A large focus of the podcast content is on managing natural resources carefully, including the use of safe pesticides, and water conservation.



Tips are provided for the upcoming weeks so that gardeners and residents can stay on top of current tasks and more efficiently manage their landscapes, lawns, and gardens. Each episode is not only filled with information on timely topics, but also research-based information that is helpful year-round. Although "The Urban Gardener" podcast is relatively new, it is gaining popularity with 163 listeners on Spotify and 155 views on YouTube.





**OKLAHOMA COUNTY  
EXTENSION**

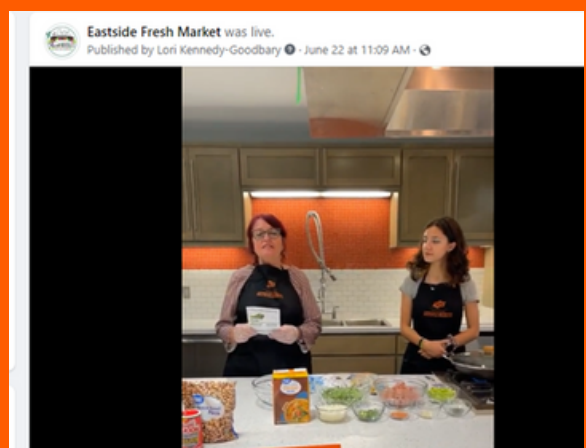
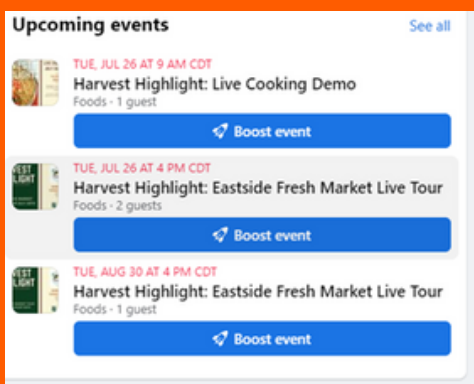
## Nutrition Education Assistants Receive State Awards

Oklahoma County and Pottawatomie County Nutrition Education Assistants (NEA's), also known as the "Oklahoma Unit," attended the Community Nutrition Education Program's Annual Conference on June 15th and 16th in Stillwater. The NEA's earned numerous awards including the "highest number of adult participants this fiscal year." They served on multiple committees throughout 2021 - 2022, and volunteered to serve on additional committees this upcoming year in order to help others. In addition, the partnership with Eugene Fields Elementary School earned the Friends of CNEP award and was presented to Ms. Paige Bressman, Principal at Eugene Fields Elementary, of Oklahoma City Public Schools. Congratulations on the hard work and recognition this year!!!

## Upcoming CNEP Projects

The Oklahoma Unit of CNEP is implementing three special projects in the upcoming months:

- **Fresh Start Plus Training:** This is the core adult curriculum with the addition of food demos and resources to see if the additional activities increase participants behavior changes and retain participants.
- **Harvest Highlights:** The Eastside Fresh Market will feature monthly market tours and a food demonstration. On June 21st and 22nd, the NEA's held a Facebook Live event on the Eastside Fresh Market Facebook page focusing on fresh produce and ways to prepare it. The July Harvest Highlights will be LIVE on Facebook on July 26th and 29th, 2022.
- **MyPlate: "Keeping Oklahoma Families Strong, One Plate at a Time Program"** in partnership with ONIE Project, we will implement this piloted nutrition program this August and September.





OSU EXTENSION  
**OKLAHOMA COUNTY  
4-H YOUTH DEVELOPMENT**

## "Around the World" 4-H Camp

Parents have been sending their kids to 4-H camp for decades to empower them with skills that will last for a lifetime. This year was no different. Oklahoma County 4-H'ers joined with Canadian County 4-H'ers for a Dual County 4-H Camp in mid-June. Campers traveled "Around the World" but really just to Hinton, OK at the Canyon Camp campgrounds. Teen leaders took the initiative to plan the workshops and other camp activities including "vespers". The camp was full of fun with leadership workshops, games, crafts, archery, hiking, swimming, a dance, and a talent show! We also awarded a "Camp Champ" which accounted for games, cleanliness, participation, team work, team spirit, and kindness. The "European Eagles" (the boys) cabin took home the award with most of their points coming from the "cleanliness" category!





**OKLAHOMA COUNTY  
EXTENSION**

## *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

Rachel Morse - 4-H Youth Mental  
Health Multi-County Educator

Lori Goodbary - CNEP Area  
Coordinator

OSU Extension provides research-based resources you can use to improve your home, workplace and community. We offer programs and services that are specifically designed to solve the problems that county residents face. Please check out our website for the calendar of events <https://calendar.okstate.edu/oces/> to learn of new workshops or programs being offered.

You can follow us on Facebook for a glimpse into how your Oklahoma County Extension Educators and staff are serving you and the community.

## *Contact Us:*



405-713-1125



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



2500 NE 63rd Street  
Oklahoma City, OK 73111



[facebook.com/okcountyextension](https://facebook.com/okcountyextension)



[extension.okstate.edu/county/  
oklahoma/oklahoma.html](https://extension.okstate.edu/county/oklahoma/oklahoma.html)



[@okcountyext](https://www.instagram.com/okcountyext)

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, age, 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>.