



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC January 2024

Oklahoma County OSU Extension Receives State Award

Oklahoma County OSU Extension was presented the “Outstanding County Unit Collaboration Award” at the 2024 Extension Biennial Conference held in Stillwater. The purpose of the award was to recognize a county unit for their collaboration on a major program or response to an emerging need.

Oklahoma County OSU Extension identified the need for access to local, fresh, and healthy foods in Northeast OKC. Educators then took the initiative and established a weekly farmer’s market.

Only one award across the state was given and Oklahoma County was recognized for their teamwork in developing and running the Eastside Fresh Market.



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Lisa Hamblin, Family & Consumer Sciences Educator Receives “Excellence in Diversity & Outreach Award”

Lisa Hamblin, Family and Consumer Sciences Educator for Oklahoma County OSU Extension, was presented the OSU Extension “Excellence in Diversity & Outreach Award” in Stillwater at the 2024 Extension Biennial Conference.

Lisa received the award for the National Fatherhood Initiative’s Inside/Out Dad workshop series. Lisa has been teaching this 12-week program since November 2022 at the Federal Transfer Center Prison.

The classes helped fathers learn better communication and problem-solving skills, so their phone conversations and visits with their children were meaningful.

Lisa also was recognized at the January Oklahoma County Board of County Commissioners meeting with a Resolution for commending Lisa on her award and dedication to the people of Oklahoma County.





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Girl Scouts Cooking Class

During January, Taylor Conner, FCS Educator and Registered Dietitian, led a fun and educational cooking class for 16 Girl Scouts, including Brownie and Daisy Scouts. The focus of the class was on making healthy snacks that follow the MyPlate food guidance system. Taylor started by talking to the girls about the importance of eating fruits, vegetables, protein, grains, and dairy. They discussed how these food groups give us energy and help our bodies grow.

Then, they worked together to make two tasty snacks that incorporated multiple food groups. First, they made individual mini pizzas on English muffins with tomato sauce, mozzarella, and vegetables, like mushrooms and olives. Next, they blended up fruit smoothies for a cool, nutritious treat. The girls had a great time customizing their own pizzas and smoothies. It was rewarding to teach them about healthy eating in a hands-on way.





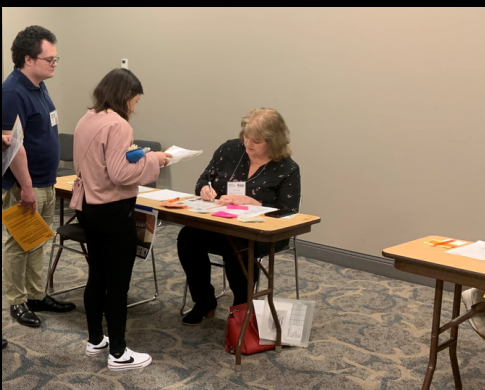
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Poverty Simulation

Legal Aid Services Of Oklahoma, Inc. reached out to partner with OSU Extension to hold a “Poverty Simulation” for their staff. They wanted to help their staff better understand the stress, challenges, and realities their clients live with on a daily basis.

Poverty is a reality for many individuals and families. But unless poverty has been experienced, it’s difficult to truly understand. This training bridges the gap from misconception to understanding. The goal is to shift the paradigm about poverty away from being seen as a personal failure and toward it being understood as a failure of society.

Several OSU Extension Family & Consumer Sciences Educators across the state have been trained to be facilitators of the Missouri Community Action Network Poverty Simulation. These trained educators along with Oklahoma County OSU Extension staff provided a 1/2 day training to the paralegals and lawyers working for Legal Aid Services.



**FAMILY &
CONSUMER
SCIENCES**





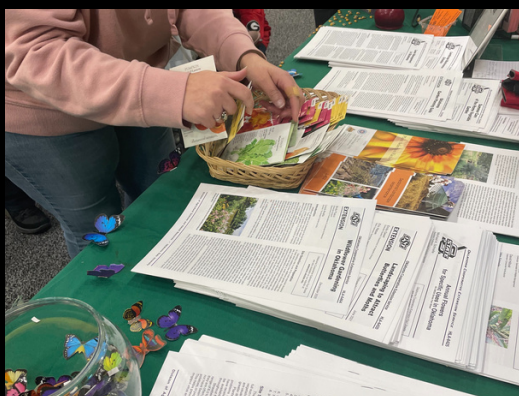
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Master Gardeners at Oklahoma City Home and Garden Show

On January 19th - 21st, the Oklahoma County Master Gardener volunteers manned an educational booth at the Oklahoma City Home and Garden Show, held at the Bennett Event Center on the OKC State Fairgrounds.

Volunteers answered questions and visited with almost 800 attendees. They gave out fact sheets pertaining to home gardening, lawn care, landscaping, pest control and many other topics.

In addition, they presented a power point show on “Oklahoma Proven Plants” on the main stage and gave away hundreds of seed packets to aspiring gardeners.





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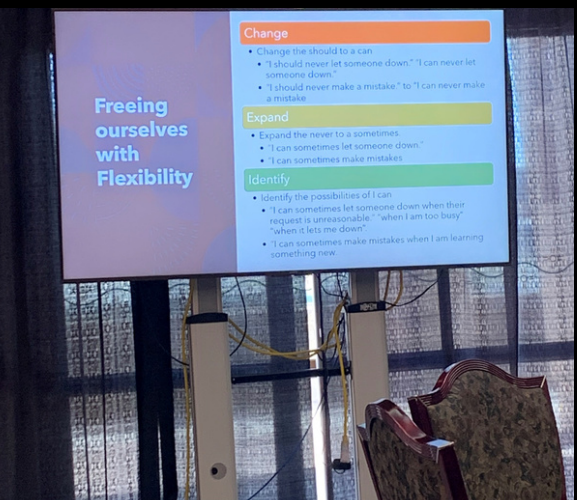


Health Occupation Students of America Learn about Depression

Youth Mental Health Specialist, Danyelle Kuss was invited by the Francis Tuttle Technology Chapter of HOSA to speak with their students about the basics of depression and its prevalence in Oklahoma. Roughly 30 students ages 14-17 were in attendance. HOSA-Future Health Professionals is a global student-led organization, whose mission is to promote career opportunities in the health industry and to enhance the delivery of quality health care to all people.

2024 Biennial Extension Conference

Youth Mental Health Specialist, Danyelle Kuss lead a breakout session at January's conference geared towards Extension professionals that work at Oklahoma's three land grant institutions. Educators participated in learning designed to help them better avoid burnout and continue serving their communities for years to come.





OSU EXTENSION
OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT

4-H Public Speaking Contest

On January 20th, twenty 4-H'ers delivered 32 speeches at the annual Oklahoma County 4-H Public Speaking Contest. Topics ranged from "How to Saddle a Horse" to "Sugar Shock" and from "The One and Only Harry Houdini" to "Poetry: The Heart of Literature".

The youth varied in age from 5 to 17 years old. The speeches were judged on content knowledge, organization, and delivery.

Each child expanded their knowledge, educated others, and enhanced their public speaking skills. We are very proud of all participants!





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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

Cody Yount - 4-H Educator

Mindy Aragon - 4-H Educator

Lori Goodbary - CNEP Area
Coordinator

Danyelle Kuss, 4-H Youth Mental
Health Educator

Kris Martens, Strong Dads Educator

Aleshia Maldonado, Strong Dads
Educator

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.

Be sure to check out Oklahoma County OSU Extension's monthly podcast "The Urban Gardener" with Julia Laughlin, Horticulture Educator, and Lili LeClaire and Andrew Fleet, Program Assistants.



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