



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC September 2025

Stay Strong, Stay Healthy at the MAC

Over the past two months, Taylor Conner, Family and Consumer Sciences Educator, has had the opportunity to teach the Stay Strong, Stay Healthy (SSSH) physical activity classes at the Multi-Activity Center (MAC) through Edmond Parks and Recreation.

SSSH is an evidence-based program developed by the University of Missouri. The 8-week series includes 16 one-hour sessions specifically designed for older adults. The program emphasizes functional movements that support independence and improve quality of life.

Participants practice exercises that enhance strength, balance, and flexibility in a safe, encouraging, and group-oriented environment. The focus on gradual progression allows individuals to work at their own pace while still achieving measurable improvements in physical ability and confidence.

Classes began on August 11th and concluded October 6th. Feedback from participants has been positive, with many noting increased ease in daily activities and appreciation for the supportive, social atmosphere of the program.





**OKLAHOMA COUNTY
EXTENSION**

CLOVER Teen Leadership Program



Oklahoma County 4-H recently held the inaugural retreat for Community Leaders Organized for Volunteerism, Engagement, and Representation (CLOVER). This overnight experience launched a new county-level youth leadership program designed to build confidence, strengthen communication, and inspire community service among 4-H members in grades six through twelve. During the retreat, participants engaged in team-building activities, leadership workshops, and reflective discussions that encouraged collaboration, empathy, and goal setting. Youth learned that leadership is about helping others succeed and discovered how their individual strengths contribute to a stronger team.

Post-retreat feedback showed growth in confidence, teamwork, and civic understanding as members began planning service projects and community outreach efforts for the year ahead. The CLOVER program will continue through monthly trainings and engagement opportunities, empowering youth to serve as ambassadors for 4-H in their schools and communities. Special thanks were given to OSU Extension's Leadership Development and Civic Engagement Initiative for providing financial support to the program.



**OKLAHOMA COUNTY
EXTENSION**

Annual 4-H Awards Banquet

Oklahoma County 4-H recently hosted its Annual Awards Banquet, an evening dedicated to recognizing youth and volunteers who exemplify the values of leadership, citizenship, and service within the 4-H program. The event brought together members, families, and community supporters to celebrate a year of growth and accomplishment.

Among the top honors, Taron Krischel was inducted into the Senior 4-H Hall of Fame, while Sidney Salmon received the Junior Hall of Fame recognition. Peyton Ramsey was awarded the Senior Leadership Award for exemplary service and initiative, and the Citizenship Awards were presented to Rexton Potter (Senior) and Kase Curtis (Junior) for their outstanding contributions to their clubs and communities.

The importance of dedicated adult leadership was also highlighted, with Karon Potter and Shelly Ramsey receiving the Outstanding Volunteer Awards for their continued commitment to mentoring youth and advancing the mission of 4-H across Oklahoma County. The banquet served as a meaningful reflection of the program's ongoing success in developing capable, confident young leaders who make a positive impact in their communities.





**OKLAHOMA COUNTY
EXTENSION**



Last Hive Check of the Season

Over the past four months, Mason Huddleston, Urban Agriculturalist for Oklahoma County, has hosted Hive Check, a hands-on educational program designed to teach participants how to properly care for a beehive—a protected livestock species in Oklahoma.

Through guided instruction and in-hive demonstrations, participants gained firsthand experience observing bee behavior, identifying potential issues, and applying practical hive management techniques. Due to space and safety limitations, enrollment was limited; however, 10 participants successfully completed the program, all providing positive feedback on the experience.

Moving forward, the program is planned to begin earlier next year to accommodate additional participants and expand its educational reach.





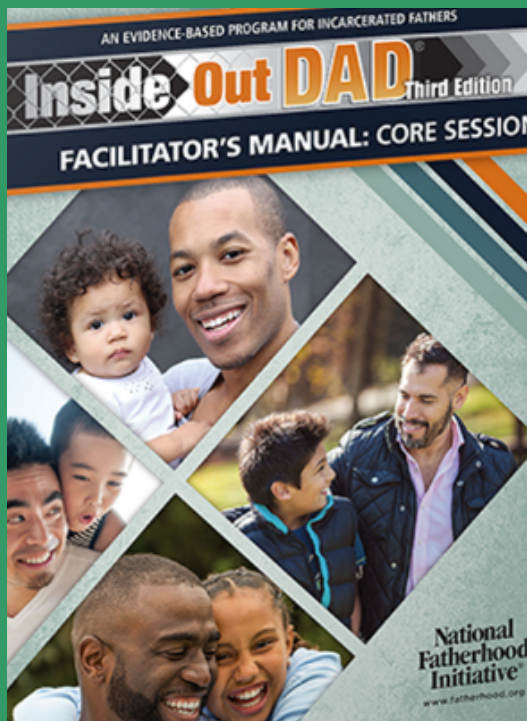
**OKLAHOMA COUNTY
EXTENSION**

Prison Parenting Program Begins

Family and Consumer Sciences Educator, Lisa Hamblin, recently began a 12-week parenting series at the Federal Transfer Center prison. "Inside/Out Dad" is a program created by the National Fatherhood Initiative and designed to help incarcerated fathers become more involved with their children while in prison. It also prepares them to take on the responsibility of fatherhood once they are released.

Topics for the two-hour classes include: Fathering from the inside, working with mom and co-parenting, communication, family history, showing and handling feelings, and discipline. Fourteen fathers and grandfathers are enrolled in the current class that will conclude in December with a graduation ceremony. Their family members may attend and watch the graduates receive their certificates of completion.

In 2023, the Inside/Out Dad program was awarded OSU Extension's Excellence in Diversity and Outreach Award.





**OKLAHOMA COUNTY
EXTENSION**

From Commitment to Celebration: Strong Dads Graduation Highlights



This month, Strong Dads English and Spanish (Papás Fuertes) workshops celebrated their graduation, marking a powerful milestone for both groups and their families.

The Spanish cohort held their ceremony at the Mexican Consulate in Oklahoma City, where the Consulate President attended to honor the graduates. It was a joyful and emotional celebration filled with families, partners, and community support. Latina La Feria generously donated a large cake for the occasion, adding to the sense of pride and festivity. One dad shared that it was the first time he had ever graduated from anything, a moment that deeply moved everyone present and captured the heart of what Strong Dads stands for.



The English cohort celebrated their graduation with a group dinner at a local restaurant, where each father reflected on how Strong Dads had influenced their lives. They shared stories of personal growth, better communication, and stronger relationships with their children and co-parents. The setting created a warm, encouraging space for connection and gratitude.



Both celebrations showcased the spirit of the Strong Dads mission which is to empower fathers, strengthen families, and create a culture that honors the power of fatherhood and family unity.



**OKLAHOMA COUNTY
EXTENSION**

Water Conservation

September was an active month for water conservation outreach in both youth and community education. Andrew Fleet, Oklahoma County Water Conservation Educator, partnered with OKC Beautiful, to teach students at Odyssey Leadership Academy and set up a conservation booth at the Lost Creek Water Festival in Wyandotte, which engaged nearly 550 fifth- and sixth-graders.

Andrew also taught Cleveland and Canadian County Master Gardeners the importance of water stewardship and provided rain garden basics to Oklahoma County Master Gardeners. Additionally, Andrew led a drip irrigation workshop at the OKC Farmers Public Market.

Also in September, Andrew collaborated with state specialist Dr. Jeff Sadler and Virginia Tech Extension, to provide free PFAS water testing for well owners, and connected with the OKC metro area public by staffing an educational booth at the First Americans Museum Night Market.





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

Mason Huddleston - Urban Ag
Natural Resources Educator

Andrew Fleet - Water Conservation
Educator

Cody Yount - 4-H Educator

Serena Woodard - 4-H Educator

Danyelle Kuss - 4-H Youth Mental
Health Educator

Aleshia Galura - Strong Dads
Educator

Wilma Schilling - 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 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, Mason Huddleston, Urban Ag & Natural Resources Educator and Andrew Fleet, Water Conservation Educator



Contact Us:



2500 NE 63rd Street
Oklahoma City, OK 73111



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



405-713-1125



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



facebook.com/okcountyextension



[@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. 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, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions.