



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC February 2024

MEDICATION SAFETY FOR SENIORS WORKSHOP

The Oklahoma County Oklahoma Home and Community Education (OHCE) organization hosted a Medication Safety for Seniors workshop for the public.

Ty Gregson, OSU Opioid & Substance Use State Specialist, shared important information regarding the issues with seniors misusing their prescribed medications. Many older Oklahomans forget to take their medicine and then double the dose when they take it the next time. Additionally, they often share their unused medication with friends and family, which is very dangerous and illegal.

Mr. Gregson also discussed appropriate methods for disposing of unused medication, shared information about using Narcan for opioid overdoses, and where it can be obtained.





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Food Demonstration at NE Health & Wellness Center

Taylor Conner, Family & Consumer Sciences (FCS) Educator and Registered Dietitian, in partnership with The Links Inc., led a food demonstration at the new Northeast Health & Wellness Center. Taylor demonstrated Tortilla Cups with Corn and Black Bean Salad. The choice of this particular recipe aligned with the overarching theme of heart health, given that February is dedicated to raising awareness about cardiovascular well-being.

Throughout the demonstration, Taylor engaged the audience with informative discussions about the advantages of the key ingredients. She addressed the importance of heart health, underlining the significance of incorporating nutrient-rich foods into daily diets. She shared tips such as how to reduce sodium in the diet, which is often a concern for individuals with high blood pressure and other cardiovascular diseases. Attendees were delighted to try this easy and tasty dish!





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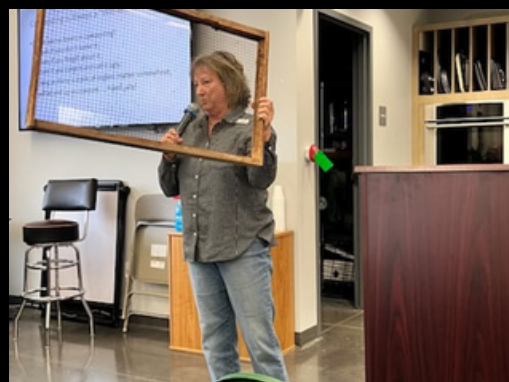
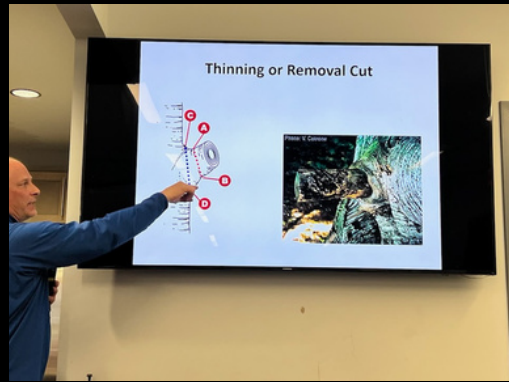
Home Gardening 101

The Oklahoma County Master Gardeners volunteer program offered their annual gardening workshop series on three Saturdays in February.

This comprehensive gardening program allowed Oklahoma County residents, who do not have time to participate in the Master Gardener program, to learn basic gardening information. They increased their skills in many areas of gardening, landscaping and lawn care.

Some topics covered were landscape plant selection, soil building, composting, tree maintenance, houseplant care, growing fruits and vegetables, plant pests, beekeeping and much more. The workshop also included a tour of the Extension Teaching and Demonstration gardens.

This series had 55 participants and the Master Gardeners hope to continue offering this workshop for years to come.





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



Oklahoma County Spring Livestock Show

Oklahoma County 4-H and FFA members competed in the Oklahoma County Livestock show held at the Don Ramsey Agriculture Center in Jones, OK.



Livestock shows provide opportunities for youth to showcase their hard work and dedication in raising animals. Showing livestock teaches animal husbandry, responsibility, and resource management. Participants develop important life skills such as teamwork, communication, and sportsmanship through these events.



The livestock show serves as a platform for young individuals to demonstrate their knowledge and passion for agriculture.



OKLAHOMA COUNTY EXTENSION

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Danyelle Kuss, 4-H Youth Mental
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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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