

STRENGTHENING OKLAHOMA FAMILIES



FAMILY AND CONSUMER SCIENCES

SEPTEMBER 2023

Don't Let Hectic Schedules Interfere with Family Cohesiveness

With children back in the classroom and schedules ramping up, it can be tough juggling the multiple demands families are facing. As people navigate the waters of these hectic schedules, it's a good time to take stock of what is needed to be a successful family.

[Matt Brosi](#), [Oklahoma State University Extension](#) family sciences specialist, said it's more than scheduling sports practices, obtaining the right school supplies or attending PTA meetings.

"Now is a good time to truly step back and look carefully at what we need from and within our family relationships to thrive under the pressure of busy schedules," Brosi said. "It's vital to look at how we as individuals can prepare, how we can prepare in our intimate relationships and what we can do as a family system to become more ready to tackle the changes."

It's important for parents to have clarity over what they can control and what they can't, all while maintaining flexibility to adapt to changes that will come. Brosi said getting organized, setting clear, meaningful and attainable goals, as well as prioritizing demands can help people stave off the feelings of being overwhelmed by the pressure.

"When a person feels pressured to continually give without reprieve or reciprocity it can lead to eventual burnout," he said. "Learning to communicate more effectively with others is a proactive measure that can keep emotions from boiling over and leading to emotional reactivity. This results in saying things we often don't mean, or perhaps we do mean but wish we hadn't said it so harshly."

There is something to be said for taking care of mental, emotional and physical needs. Maintaining perspective and logical thinking helps to separate issues as all or nothing, thus triggering a survival stance.

Brosi said being aware of maladaptive coping is also important and recognizing some of our reactions, such as emotional eating, using substances or binge-watching television, aren't helpful. This awareness may help us engage in more adaptive and helpful coping mechanisms. One of the best ways to deal with stress and subsequent mental health issues is to get adequate sleep.

"Couples tend to thrive when they both prioritize their relationship. Even after marriage, dating one another helps maintain that feeling of connection and care," he said. "Don't put off difficult conversations. Having those conversations helps couples feel productive and growing rather than stagnant and disconnected. Talking about feelings of disappointment rather than blaming keeps things moving forward as opposed to breeding defensiveness."

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SENIOR CARE PROJECT REMINDER

Payne County Family Committee 2023 Report
Kathie Tanner, Chair

Each local group should bring everything you have completed for distribution to the Fall County Meeting on October 17, 2023 @ 10:30 a.m. at the Payne County Expo Community Building. All items will be collected and pictures taken as they are brought in. Please bring a list and count of items with you. The items will then be divided amongst the six (6) local groups for distribution to our Payne County care facilities. Bring boxes or bags for your local community's share of items.

Each local group will also collect stress bottles and paper booties to fill with goodies and distribute. Everyone will have their picture taken before they leave. Committee Members will determine how the local groups will be assigned a facility(s) to deliver items to. There are approximately eleven (11) care facilities in Payne County.

Distribution may begin in late November and continue through December. Please remember to send Kathie Tanner, County Committee Chair, a copy of the pictures you take with notes of where items were delivered and who is in the pictures for our county report.

If you have any questions, please feel free to contact Kathie at tanner.kathie@gmail.com or call 405-612-3335 (please leave a message if you get voice mail.) Thanks to everyone who is working on this project. I have heard that we have great things being done by our local groups!

Family Cohesiveness (cont. from page 1)

As a family unit, it's important for parents to be active in parenting their children and spending time together in meaningful ways. This helps kids feel grounded and connected. Take a walk together after dinner or go on a family bike ride to the park. Show your children that they are important to you.

Continuing family traditions, or creating new ones for your family, facilitates value, togetherness and predictability. These all are factors in maintaining a healthy family.

"Regular mealtimes together at the table – without cell phones within reach; everyone sharing about their day, including the highs and lows; and sharing family fun time together are just a few examples of building family cohesion," Brosi said.

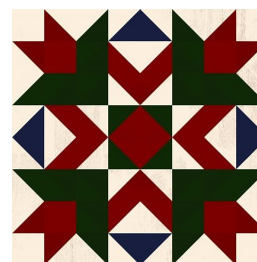
Holiday Barn Quilt Workshop

We had a very successful barn quilt workshop in May so let's have a Holiday Barn Quilt workshop!

Lesia is available to come teach for us on **Thursday, November 16, 2023** so mark your calendar and plan to attend.

You are welcome to invite your non-OHCE friends to join us. The workshop will be held from 9:00 a.m. to 4:00 p.m.

Cost is \$30/person & class is limited to 20 people. Sign up & pay at the Extension Office. Bring your own lunch and snacks for the day.



Fruit Pies for Sale

There are a few frozen fruit pies leftover from the fair kitchen (apple, peach and mixed berry.) Pies are \$18/pie and will be sold first come/first serve by calling Tina at the Extension Office at (405)747-8320. If you make prior arrangements, pies can be picked up at the Extension Office. Make checks payable to Payne County OHCE or have exact cash.

Lost & Found: There was a pair of sunglasses and a necklace (in an apron pocket) left in the fair kitchen. If these are yours, call the Extension Office to describe and claim them.



PAYNE COUNTY OHCE NEWS



NOVEMBER OHCE LEADER LESSON

“Pondering the Importance of a Positive Attitude” will be taught on Tuesday, October 17th at the Expo Center immediately following the Fall meeting.

2024 OHCE LESSON SURVEY

A hard copy of your 2024 OHCE lesson survey will be given to local group Presidents and emailed to you and they are due back to the Extension Office by Thursday, October 5th at 5:00 p.m. You can drop your survey off at the office or email it to me at dea.rash@okstate.edu. Local group Vice-Presidents will meet on October 17th to decide 2024 lessons. *Make time to complete your lesson survey so your choices are counted—everyone’s input is **IMPORTANT!***

OCTOBER OHCE LEADER LESSON

The October leader lesson *“Dollar Store Projects”* will be taught on Tuesday, September 19th at 2:00 p.m. at the Extension Office. Lesson leaders & everyone is welcome!

2024 COUNTY OFFICER ELECTIONS

2024 Officer Elections will be held at the county meeting on October 17th. Local group voting delegates will be electing a Vice-President Elect for 2024 who will then serve as Vice-President for 2025-2026 & they will also elect a 2024-2025 Treasurer.

ELECT YOUR 2024 GROUP OFFICERS

September or October is the time for local groups to elect their 2024 officers. We will send a postcard to local group Presidents to let us know who your new 2024 officers are.

SAVE THE DATE!

October 20, 2023 from 4:00 to 7:00 p.m.
Cherokee OHCE Chicken & Noodle Supper
Cottonwood Community Center
Mark your calendar and plan to attend!

The OHCE FALL MEETING will be held on **Tuesday, October 17th at 10:30 a.m.** at the Payne County Expo Center Community Building.

Hostess Groups:

Registration: Elm Grove
Decorations: Rising Star
Set-Up/Clean-Up: Cimarron Valley

Plan to bring a variety of main dishes and side dishes that will serve at least 12 people each for a delicious potluck lunch.

2024 OHCE MEMBERSHIP INFO

State dues are \$12.50 and the County dues are \$7.50, making the total amount for 2024 dues **\$20.00**. You will turn in your enrollment card and pay your dues to your local group treasurer by **Tuesday, October 17, 2023**.

This year, current OHCE members will not be required to fill out new enrollment cards if you are a current 2023 OHCE member. You will just need to get any information updates and the money for your dues to your local group’s treasurer by **TUESDAY, OCTOBER 17th**.

Thank you for paying your dues to your local group treasurer by the October 17th deadline so we can have an accurate count of members for the new year. We want to keep everyone on the membership list and we must have your dues paid to do that.

If you know members who would like to join OHCE for 2024, please have them fill out a membership card and turn the card and the dues in to your local treasurer by **TUESDAY, October 17th**. Make checks payable to Payne County OHCE.

Treasurers: I will send you a current local group roster for you to update for 2024 along with the membership/donation form to submit with your local group roster and dues check. Forms and dues are due to the Extension Office by **Monday, October 23rd at 5:00 p.m.**



2024 OHCE LESSON SELECTION MEETING

The 2024 lesson selection meeting for local group Vice-Presidents is scheduled for **Tuesday, October 17th at 10:00 a.m. in the Community Building at the Expo Center.**

At this meeting, we will decide on the Payne County OHCE members' choices for 2024 lessons based on the lesson surveys completed by members. If your local group Vice-President cannot attend the meeting, please send another officer to represent your group. The meeting won't take long but it is a very important part of making decisions for the 2024 OHCE yearbook.

2024 OHCE County Committee Goal Setting

2024 Goal Setting will be held as a part of the county meeting on **Tuesday, October 17th instead of as a separate meeting.**

If you would like to serve on a committee for 2024, please let Dee Porter know. If you don't contact her, she may just contact you! Thank you for stepping up to serve as a committee chairman or committee member—without everyone's help, Payne County OHCE would not be able to be successful.

OHCE FAIR KITCHEN FEEDBACK

In the near future, the fair kitchen committee will meet to discuss what went well in the kitchen as well as what changes should be considered for next year.

Please take a few minutes at your September meeting to have a discussion on what you liked and what changes you would like to have considered for next year.

Please submit both positive feedback as well as constructive feedback that could make the fair kitchen better next year.

All ideas that are submitted which will help the fair kitchen run smoother, be more efficient, make more money or just be an improvement from this year will be considered. Suggestions given may or may not be implemented but your positive and constructive feedback is needed. Please submit one report from your group to Mickey Wolff (mickey1044@sbcglobal.net) by **Friday, September 29th or before.**

Accolades! Accolades! Accolades!

Pat McNally, Payne County OHCE President

ACCOLADES to each of you for creating a tremendously successful OHCE Fair Kitchen, Exhibits and Silent Auction at the Payne County Fair. Your involvement, along with your positive energies and endless smiles, made each day a worthwhile day for all of us and our organization.

Special **ACCOLADES** to these key members for their incredible teamwork: **Donna Cook**, our Kitchen Manager, who did a phenomenal job in planning, researching and ordering all of the food and supplies PLUS making ham and beans and chili every day PLUS coordinating the making of over 220 scrumptious cream pies by Cimarron Valley; **Mickey Wolff**, the Fair Kitchen Committee Chairman, who did a stellar job of organizing the work schedules, recruiting and training of shift supervisors, and being on hand every day, all day long; **Mary Selk**, who planned and organized thousands of details for the production of all the food, the set-up of the kitchen, training of shift supervisors, baking the pies every morning plus working at least 2 shifts during the week; **Misty Burk**, who made the delicious chicken salad every day, several times a day; **Debbie Wells**, who served as my helper with the fruit pie making—I couldn't have done it without you!; **LeeAnn Barton**, who not only coordinated the Silent Auction project, but also conducted training on the new cash register, made daily deposits, kept track of receipts and expenditures. They all went beyond the call of duty. Be sure and tell them **"Thank You!"**

To those who helped make pie fillings and assemble 197 delicious fruit pies the week before the fair, **ACCOLADES** to you for sharing your enthusiasm, energies and culinary skills! **ACCOLADES** to the members who served as Shift Supervisors and Cashiers --- thank you for your leadership and special energies -- you are greatly appreciated.

To those who created all kinds of unique and beautiful exhibits, **ACCOLADES** to you for supporting your local group and sharing your endless talents! The Educational Displays were absolutely phenomenal!!!!

And, lastly, a **HUGE THANK YOU** to Dea Rash for your guidance and support of OHCE – you are truly valued and appreciated by each and every member.

Editor's Note: **ACCOLADES** to Pat McNally who coordinated the making of the fruit pies, served as OHCE Superintendent, and filled in and helped wherever she was needed.

Let Cholesterol Fall Challenge

September we will work to lower out cholesterol by practicing the following themes each week.



1. **Monday:** Plan your meals for the week around heart-healthy food options like beans and lentils, whole grains, oats, fruits, vegetables, and olive oil. Be sure to incorporate at least one heart-healthy food in each meal for the week. For more on heart-healthy options, visit heart.org.
2. **Tuesday:** Try a new workout on Tuesdays, whether it's a new fitness class, new walking route, or something similar.
3. **Wednesday:** Wednesdays are made for walking. Challenge yourself to get as many steps in as possible both on the clock and off. Walking helps to improve heart health and also reduces stress.
4. **Thursday:** Think about your mental health on Thursdays with breathing exercises, progressive muscle relaxation techniques, journaling, meditation, or prayer. Stress presents a number of potential consequences to our health and can even impact your cholesterol.
5. **Friday:** Fresh fruit is the perfect Friday treat and offers better health benefits than packaged snacks. Instead of opting for less nutritious options, opt for fruits for your afternoon snack.
6. **Saturday:** Stay strong on Saturdays by lifting weights, practicing strength training exercises, or taking care of otherwise tiring yard work.
7. **Sunday:** Unwind and prepare for the coming week with a walk or yoga practice in nature.



Payne County Home & Community Education

SEPTEMBER 2023



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Editor...

Dea Rash
Extension Educator
FCS/4-H Youth Development
Payne County

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11 Cimarron Valley Floral Valley	12 Elm Grove	13	14 Lunch Bunch Rising Star	15	16
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