

STRENGTHENING OKLAHOMA FAMILIES



FAMILY AND CONSUMER SCIENCES

NOVEMBER 2023

World Diabetes Day will be Observed on November 14

In 1922, a 14-year-old child received the first-ever insulin injection to bring his high blood sugar into a manageable range. To honor this breakthrough in medical science, Nov. 14 is World Diabetes Day and also the birthday of Sir Frederick Banting, who, along with Charles Best, first extracted insulin from an animal in 1921.

This changed the course of diabetes forever, and changed type 1 diabetes from being a rapid, painful death sentence to something that could be managed over a normal lifespan, said [Lauren Amaya, Oklahoma State University Extension](#) diabetes specialist.

There are two types of diabetes. Type 1 diabetes is an autoimmune condition in which the immune system attacks beta cells in the pancreas, which are responsible for insulin production. This disease is typically diagnosed during childhood or adolescence.

“Lifestyle and diet have no impact on the development of type 1 diabetes, though once a person has developed it, lifestyle and diet will help with diabetes management,” Amaya said. “The use of insulin injections or an insulin pump are essential for survival.”

Type 2 is much more common than type 1 and accounts for about 95% of all diabetes cases. In this instance, the body doesn’t use insulin effectively. Because of this, a person doesn’t produce enough insulin to compensate for the insulin resistance, so blood glucose levels are elevated.

“Risk factors for type 2 diabetes include family history, overweight or obesity, physical inactivity, being from a minority population, over age 45 or previously having gestational diabetes or having an infant weighing over 9 pounds at birth,” she said. “While type 2 diabetes isn’t reversible, management of weight and physical activity levels can drastically improve metabolic outcomes and help to prevent diabetes complications.”

Amaya said there are other diabetic conditions that can cause health issues, including prediabetes, gestational diabetes and latent autoimmune diabetes in adults (LADA). She said prediabetes and gestational diabetes are the only forms of diabetes that are considered reversible.

“Prediabetes affects more than one in three Americans and most don’t even realize they have it,” she said. “If lifestyle changes aren’t made at this stage, most individuals will eventually develop type 2 diabetes. A weight loss of just 5% to 7% can significantly reduce the risk of developing type 2 diabetes.”

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Diabetes (continued from front page)

To help those with type 2 diabetes, OSU Extension offers [L.E.A.D.](#) as a diabetes management program. Live well, Eat well, be Active with Diabetes is a four-lesson program developed by Amaya and Janice Hermann, OSU Extension nutrition specialist, that provides tools, resources and hope to individuals across the state who are managing the chronic condition.

OSU Extension also offers the National Diabetes Prevention Program for those with prediabetes. Amaya is planning to offer a virtual cohort later this fall. Those interested in the course may contact her at lauren.amaya@okstate.edu. This [test](#) is helpful in determining if a person is at risk or may have prediabetes.

Gestational diabetes is diagnosed between the 24th and 28th week of pregnancy. During this time, the placenta produces a lot of hormones. This, coupled with weight gain, leads to insulin resistance. Causes of gestational diabetes can include genetics, older (over age 25) maternal age during pregnancy, being overweight, previously having a baby over 9 pounds, having polycystic ovary syndrome or being in an ethnic group that puts individuals at higher risk of disease development.

Amaya said treatments include regular monitoring of blood glucose, eating healthy foods at appropriate times, physical activity and possibly insulin injections.

LADA is sometimes referred to as type 1.5 diabetes. It typically begins in adulthood and can initially be treated like type 2 diabetes with lifestyle modifications and oral diabetes medications. However, sometime after about six months, these treatments are no longer effective due to the slow destruction of beta cells. A person with LADA will eventually require multiple daily insulin injections for survival. “Managing diabetes effectively is vital for your health. It takes time and effort,” Amaya said. “While a health care team is important, self-management is the key.”

Family Committee Report—Kathie Tanner, Chairman

CONGRATULATIONS! Payne County local OHCE members!!

You have once again done an outstanding job. You make being Chair of the Family Committee (I won't say easy), I will say soulfully rewarding.

Here are the totals for what was contributed:

Stress bottles	48	Booties with candy	62
Lap Blankets/Quilts	71	Adult Clothing Protectors	91
Handwarmers	55	Puzzle Books	53 (excellent idea!)

I want to give a special shout out to Laverne Atkinson for helping sort each of these items into local boxes. There were several others at the meeting who stepped in to help fill the booties with candy – all help was appreciated! Each local group had a box to pick up and take back with them to distribute on their own time frame to one or two elder care facilities around the county.

If anyone has leftover fleece fabric, please return it to the Extension Office or contact LeeAnn Barton. LeeAnn tells me that another use for that fabric has come to light.



PAYNE COUNTY OHCE NEWS



2024 OHCE Achievement Day

OHCE Achievement Day will be held on Tuesday, January 23, 2024 at 11:00 a.m. in the Community Building at the Expo Center.

NOTE the DATE CHANGE—it is different than the date listed in the yearbook.

Mark your calendar and plan to attend!

LEADER'S LESSON THIS MONTH

doesn't happen because December is a free month for you to plan a program of your choice!

LEADER'S LESSON for January 2024

will be mailed out to lesson leaders instead of having a leader lesson on in early December. The topic has not yet been determined—stay tuned!

RULES FOR PHOTOGRAPHY CONTEST

Photo must be of an OHCE activity and members, in color, with photo no larger than 5 X 7 inches.

Photography must be taken by an OHCE member during the previous year.

Mount photo on mat board no larger than 5x7 inches, do not attach to a folder.

LABEL should be placed on the back of the mat board: include name, county, and district. Also place a label with a caption briefly describing the activity pictured and place on front of the matting. Photos become the property of OHCE for promotional purposes. Photos judged on photography skills. All photography entries are due to the Extension Office by Wednesday, January 3, 2024 at 5:00 p.m.

ALL REPORTS ARE DUE WEDNESDAY, JANUARY 3, 2024

Forms for state reports and award book applications can be found online at: ohce.okstate.edu

Secretary's packets, including participation forms, new secretary books and other materials will be available for pickup at the Extension Office soon. Award forms will be available soon and they are due on **Wednesday, January 3, 2024 at 5:00 p.m.**, along with the secretary's books, participation forms, and all the rest. ***Every group needs to fill out these forms.*** If you need more forms, information, or help, let me know.

Payne County OHCE will give cash prizes for the top three outstanding award books in each project area on both the LOCAL LEVEL and the COUNTY LEVEL to encourage more participation in this area!!

First place award is \$10.00; Second place award is \$7.50; third place award is \$5.00.

Applications for *outstanding OHCE Member, Rookie Member, Young Member and Heart of OHCE* will be available soon.

Please nominate someone from your group for every category and encourage them to start working on their application now. Each and every group has members who deserve to be recognized for what they do!! Applications are due on Wednesday, January 3, 2024 at 5:00 p.m.

THANK YOU!!!

for providing all of the delicious baked snacks for "Say YES to FCS" (Family & Consumer Sciences) Day. Everything was delicious and the students and adults appreciated your generosity!!

LET'S HAVE 100% PARTICIPATION FOR AWARDS!!

I challenge each club to nominate *one member per group* for **outstanding member, outstanding rookie member, outstanding young member, and heart of OHCE awards.**

I also challenge each group to submit an award book in at least one of the following categories: **Cultural Enrichment, Family Issues, Healthy Living, Membership, and Resource Management.** We can also have some **county award book entries** if members from different groups want to help put one together. *Complete award book guidelines are online at ohce.okstate.edu*

Last but not least, let's have **lots of Life Story and Photography entries.** I know **you all have lots of stories and photographs that would make great entries!!!**

If you need more forms, information or help, please let me know. All award nominations are due on **Wednesday, January 3, 2024 by 5:00 p.m.** *Because these are competitive, no late entries will be accepted.*

2024-2025 PAYNE COUNTY OHCE OFFICERS

The following officers were elected at the Payne County OHCE Fall County Meeting:

Kathie Tanner, Vice-President Elect for 2024 who will then serve as Vice-President for 2025-2026

Vina Spickler, Treasurer for 2024-2025

The following county officers will serve for 2024-2025:

Dee Porter, Cherokee President for 2024-2025

Delpha Whitefield, Cimarron Valley Vice-President for 2024

Kathie Tanner, Lunch Bunch Vice-President-Elect for 2024

Mickey Wolff, Rising Star Secretary for 2024

Vina Spickler, Lunch Bunch Treasurer for 2024-2025

LIFE STORY ESSAY RULES

Entries must be placed in a 3-brad paper folder with **pockets** for 8 ½ X 11 paper. Information is needed in the following order: **Life story, name of author, address, county, district, & year written in the upper right hand corner of the label on to the folder.**

The essay must be on a typewriter or computer using **Times New Roman font 12 size and double-spaced with a 1 inch left hand margin.** It should be **1-3 pages in length.** Do not include photographs, clipart, or news clippings.

All life essays submitted must include the **signed Life Essay "Release Form" statement by the author giving OHCE the right to read publicly and publish without further financial compensation to the author.** I have release forms at the Extension office. **Life story essays are due on Wednesday, January 3, 2024 at 5:00 p.m.**

I know there are some great stories that you have to share.....I encourage you to write them down!

Get Your Thanksgiving Pies!!

There are only still leftover pies from the fair kitchen and they will taste delicious for dessert at Thanksgiving!! They are **\$18 each.**

We have apple pies, peach pies and mixed berry pies. Call the Extension Office to reserve and pick up your pies **(first come/first serve).**

SEWING SUPPLIES & FABRIC REQUEST

A fellow colleague at CareerTech works closely with the Afghan families who have been relocated to Stillwater. She sent me the following request:

I have (4) Afghan women who are sewing projects to sell. They could each benefit from a rotary cutter, a mid-size cutting mat and a metal ruler.

They have also said that any kind of fabric and yarn in any amounts and types would be helpful.

Let me know if you want to purchase the cutters, mats and/or rulers so we don't duplicate. Fabric and yarn can be left here at the Extension Office. Thank you for your willingness to donate items!



The connection between the mind and body is strong, so an overall positive attitude — including an upbeat outlook on life — can affect overall happiness, health, and well-being. Similar to good health practices such as eating well and getting plenty of exercise, a positive attitude should be a habit that starts early in life.

A positive attitude can impact mental health and physical functioning, including the ability to fight disease and infection. Attitude can also affect relationships, social networks, and help make success in life more likely. The bottom line: being more positive across the lifespan causes less stress and enables people to live healthier, happy lives.

Attitude affects:

- how successful you are in achieving your academic, work, and personal goals;
- how you feel and look mentally and physically; and
- what you do and say.

Do you have a positive attitude?

- Are you optimistic, easygoing, or extroverted?
- Are you willing to learn, no matter how difficult it is?
- Do you laugh a lot or have a sense of humor by not taking yourself too seriously?
- Do you express emotions rather than bottle them up?
- Do you do your best when studying or working and try to improve how you do your work?
- Do you demonstrate enthusiasm in whatever you say and do?
- Do you welcome challenges, experiments, or try new ideas?

Develop a Positive Attitude:

- Be confident.
- Be positive.
- Be patient.
- Be a goal-setter.
- Be a hard-worker.
- Be fun (don't take yourself too seriously).
- Be accepting of change.

Accepting Change

Being able to accept and adapt to change plays an important role in having a positive attitude, especially as life is filled with ups and downs. A positive attitude allows you to meet such challenges — both the good and bad — with less resistance. In this position, you are much more open to learning from mistakes, researching what you want, or seeing the possibility of new or better opportunities. When you approach change with rigid thoughts or feelings of apprehension, strain and stress are more likely to result, leaving you overwhelmed and more susceptible to a sense of failure and even depression.



Do Things that Make You Happy

According to Martin Seligman, Ph.D., the creator of positive psychology, everybody has a right to be happy. Dr. Seligman also believes that happiness helps provide a sense of purpose in life because it is something that you can create and nurture. The Pursuit of Happiness organization has identified seven habits of happy people. Happy people:

- build close relationships;
- care for others;
- engage in healthy, active lifestyles;
- embrace spirituality;
- practice positive thinking;
- embrace a hobby or activity; and
- identify strengths.

Attitude and Aging

A positive attitude about growing old throughout the lifespan can help you live longer, yet society constantly reinforces negative stereotypes of old age and aging. Such stereotypes include that aging adults are senile, frail, and cranky, and that growing old is generally something to be lamented. When primed with such negativity, you can be likely to conform to such stereotypes and live up to those low expectations, thus performing at lower functioning levels in old age. It is therefore important to recognize and value the contributions, accomplishments, and wisdom of senior adults. Such a societal change in attitude toward aging will affect both today's and tomorrow's seniors for the better. When armed with a sense of happiness and purpose, reinforced by a positive attitude, older adults are more apt to suppress negative thoughts and carry on as the competent, productive members of society that they are, regardless of age or ability.

Conclusion

Everyone has a bad day, but in general, a positive attitude and happy outlook can help pull you through life's challenges. Having an upbeat and proactive outlook on life over time can also contribute to better health and optimal aging, including longevity.

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ATTITUDE

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than success, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company... a church... a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past... we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude... I am convinced that life is 10% what happens to me and 90% how I react to it. And so it is with you... we are in charge of our attitudes."

Charles Swindoll



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Editor...

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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5	6	7	8	9 Lunch Bunch Rising Star	10	11
12	13 Cimarron Valley Floral Valley	14 Elm Grove	15	16 Cherokee Barn Quilt Workshop	17	18
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