

STRENGTHENING OKLAHOMA FAMILIES



FAMILY AND CONSUMER SCIENCES

OESC Warns Unemployment Scams are on the Rise

Editor's Note: This is very important so please watch your mail and take action if you receive a letter from OESC. Many people in Stillwater and Payne County, including one of my family members, have received these letters and have been affected.

The Oklahoma Employment Securities Commission (OESC) has reported that at least 3800 or more fraudulent unemployment claims have been filed by scammers since mid-March of 2020. Unsuspecting businesses and workers who have not filed for unemployment are receiving letters from the OESC either at their homes or at the Human Resources office at their place of work. These letters contain a copy of the unemployment claim either made by a worker who still has a job or perhaps by a person who has never worked at that business. Scammers are attempting to claim unemployment benefits in someone else's name and can hurt the employment record of the employee as well as hurt the business itself.

If you receive a letter regarding an unemployment claim that you did not file the OESC recommends that you follow the following steps:

1) Contact the HR department at your place of work so they can file a fraud claim.



2) Call the OESC fraud department at 405-557-7157 or e-mail them at fraud@oesc.state.ok.us

3) Contact your area police department to file a fraud report

4) Contact major credit bureaus since the breach involves social security numbers, birth dates and other personal information. Major credit bureaus are Experian.com, TransUnion.com, and Equifax.com.

5) Contact your bank and make them aware of the situation. Your place of employment may have additional steps for you to take.

Oklahoma Attorney General Mike Hunter also recommends that you contact his office to fill out a claim form to help his office investigate fraud claims at unemploymentcomplaint@oag.ok.gov.



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How to Safely Wear and Take Off a Cloth Face Covering

Accessible: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

WEAR YOUR FACE COVERING CORRECTLY

- Wash your hands before putting on your face covering
- Put it over your nose and mouth and secure it under your chin
- Try to fit it snugly against the sides of your face
- Make sure you can breathe easily
- Do not place a mask on a child younger than 2



USE THE FACE COVERING TO PROTECT OTHERS

- Wear a face covering to protect others in case you're infected but don't have symptoms
- Keep the covering on your face the entire time you're in public
- Don't put the covering around your neck or up on your forehead
- Don't touch the face covering, and, if you do, clean your hands

FOLLOW EVERYDAY HEALTH HABITS

- Stay at least 6 feet away from others
- Avoid contact with people who are sick
- Wash your hands often, with soap and water, for at least 20 seconds each time
- Use hand sanitizer if soap and water are not available



TAKE OFF YOUR CLOTH FACE COVERING CAREFULLY, WHEN YOU'RE HOME

- Untie the strings behind your head or stretch the ear loops
- Handle only by the ear loops or ties
- Fold outside corners together
- Place covering in the washing machine
- Wash your hands with soap and water



Cloth face coverings are not surgical masks or N-95 respirators, both of which should be saved for health care workers and other medical first responders.

For instructions on making a cloth face covering, see:

[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

6 Ways to Practice Mindful Eating

Mindless Eating

- 1** Eating past full and ignoring your body's signals
- 2** Eating when emotions tell us to eat (i.e., sad, bored, lonely)
- 3** Eating alone, at random times and places
- 4** Eating foods that are emotionally comforting
- 5** Eating and multitasking
- 6** Considering a meal an end product

Mindful Eating

- Listening to your body and stopping when full
- Eating when our bodies tell us to eat (i.e., stomach growling, energy low)
- Eating with others, at set times and places
- Eating foods that are nutritionally healthy
- When eating, just eating
- Considering where food comes from

List created by Christopher Willard PsyD

Mindful Eating Tips

- **Let your body catch up to your brain.** Eating rapidly past full and ignoring your body's signals vs. slowing down and eating and stopping when your body says it's full.
- **Know your body's personal hunger signals.** Are you responding to an emotional want or responding to your body's needs?
- **Cultivate a mindful kitchen.** Eating alone and randomly vs. eating with others at set times and places.
- **Understand your motivations.** Eating foods that are emotionally comforting vs. eating foods that are nutritionally healthy.
- **Connect more deeply with your food.** Considering where food comes from vs. thinking of food as an end product.
- **Attend to your plate.** Distracted eating vs. just eating.

OSU Extension Guidance for OHCE Groups and Master FCS/Wellness Volunteers during the Pandemic.

This guidance aims to align with Governor Stitt's Oklahoma's Open Up and Recover Safely Plan (<https://www.okcommerce.gov/covid19/ours-plan/>) as well as OSU guidance. It is subject to change. Phases are defined by the State of Oklahoma's status. All Extension office and volunteer operations must be compliant with all federal, state, county and local public health proclamations and ordinances. Volunteers should be aware that county Extension Professionals must follow guidelines listed above.

The Master FCS/Wellness volunteers please refer to the OSU Extension Office Reopening Guidance, May 5, 2020 for protocol for volunteers.

The Oklahoma Home and Community Education (OHCE) program involves volunteers who hold meetings and perform community service. Most of these meetings and activities take place at the Extension office and other county-owned buildings. County facilities fall under city and county guidelines. Extension Offices must follow those guidelines as well as OSU guidelines. If gardens and parks are open, including gardens at Extension offices, we recommend you follow your city or county guidelines.

OHCE guidance for meetings during Phase 2 (May 15 – at least June 1, subject to Governor's review) includes:

- If you are 65 and older or have a compromised immune system, you are “safer at home” for now.
- Advise members in advance that if they have any symptoms or feel unwell, they should not attend.
- Indoor group meetings can take place with 10 or fewer people only if social distancing can be practiced. (Employees in large offices don't count against this max if not part of the meeting in an office and are socially distanced.)
- Hosts and participants provide and wear face coverings and bring their own hand sanitizer.
- The host should frequently disinfect high-touch areas, including door handles, restroom surfaces, tables, handrails, etc.
- If your county is experiencing increased numbers in COVID 19 outbreaks please consider not meeting.
- Hosts should advise anyone who appears sick to return home.

Be mindful that Extension offices may only allow visitors by appointment during Phase 2 and other clients may be in the office. Please honor the guidelines Extension personnel must follow in Extension offices.

What is “Normal” Aging?

First & foremost...there is no normal!

One important thing you need to know is that there is no specific normal. There are general bodily changes that occur across time. They may happen sooner or later for some people, and may not occur at all for others. This is all due to genetics, our environment, diet, exercise, mental health, etc.

Physical Changes

- Skin thins & becomes rigid
- Hair “grays”
- Joints less flexible
- Trouble Sleeping
- Loss in Touch Differentiation
- Presbyopia – trouble focusing on near objects
- Presbycusis – trouble hearing high frequencies
- Gradual loss of smell
- Changes in taste buds
 - Sweet, Salty, Sour, Bitter

Psychological Changes

- Longer to react
- Attention may become difficult
- Slight decline in executive functioning
 - Skills necessary for decision-making
- Slight memory issues
 - Trouble remembering events long ago and tip-of-the-tongue
 - Remember distinct events, past events, and procedures
- Personality is stable

Social Changes

- Changes in family relationships
- May disengage from society or stay involved
 - Depends on personality
- More selective with friendships
 - Based on “time horizon”
- May work or volunteer

What can you do now?

- Physical:
 - Training
 - Strength training or resistance training
 - Yoga
 - Diet
- Psychological:
 - Keep your mind engaged
 - Learn
 - Read
 - Crossword puzzles, word searches, etc.
- Social
 - Stay engaged with your social network

When in doubt, talk to your doctor!

If you are ever in doubt about any health concern that you may have, be sure that you reach out to your doctor!

References:

Whitbourne, S. K., & Whitbourne, S. B. (2017). Adult development and aging: Biopsychosocial perspectives (6th edition). Wiley.





OHCE NEWS



June & July OHCE Leader Lessons

June: "What is Normal Aging?"

Due to the COVID-19 virus and under direction from OSU, the June OHCE leader lesson was taught on Tuesday, May 19th via Zoom. Here's the link to watch the recording of the lesson:

https://dasnr.zoom.us/rec/share/2cMyMKnb8kRLXpXlzE7xeoEGD7_XT6a8hyBPr6cInRq-Q0IJtyGCKoWYhNgcrfwc

Password: 8T%F4802 (you must type it in, not copy it)

No Lesson in July as it's Club Choice

PAYNE COUNTY FAIR

AUGUST 25-29, 2020

(RELEASE ENTRIES on Tuesday, September 1st, 3:00 to 6:00 p.m.)

It's never too early to start working on your county fair projects!! OHCE classes are listed in your yearbook.

Entry day will be on Tuesday, August 25th with open OHCE judging that evening at 6:15 p.m.; open class & 4-H judging on Wednesday morning; and the building will open to the public Wednesday evening. I encourage each club to work toward having a complete OHCE club exhibit this year! If you have extra entries, be sure to enter them in open class.

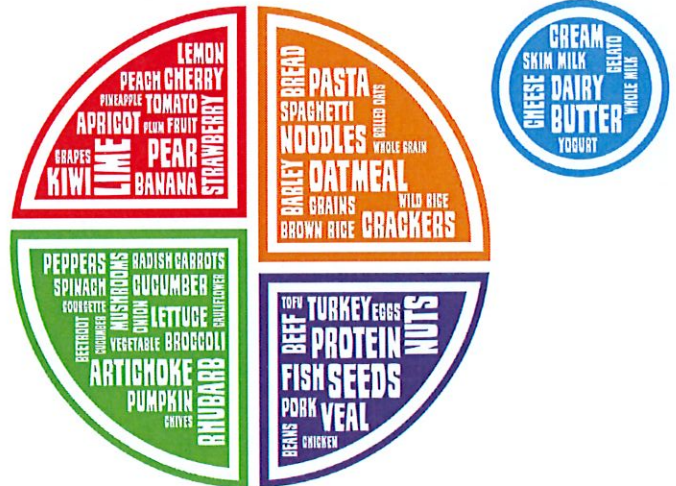
Masks Needed for Payne County Youth Services

THANK YOU!! to all Payne County OHCE members who have been sewing masks for hospital staff, first responders, people in the community and family and friends. You are making a difference in the lives of others!

As of now, you have made 1867 masks & 25 button headbands.

Payne County Youth Services has requested masks for their clients. If you are interested in sewing masks for them, please let Sharon Klingaman or me know. Their need is not immediate but in the next month or so, they would like to have at least 200 masks.

Here's a unique way to look at the MyPlate Eating Plan. What are your favorite foods in each group? What other foods do you eat that are in each group? Make sure you are eating a balanced, nutritious plate each day.



June OHCE Local Group Meetings & Leader Lesson

Oklahoma is now in Phase 2 of the reopening plan. Based on the current recommendations and with guidance from OSU, it is strongly recommended that **OHCE local group meetings NOT be held through June 30, 2020.** This is due to the fact that the majority of members are in the vulnerable age population which are still safer at home and because all but one local OHCE group has more than 10 members which would make it very hard to practice safe social distancing.

Hopefully, the COVID-19 situation will be improved and you will be able to meet face-to-face for your July meetings. We will keep you apprised of the situation as it evolves. **As far as OHCE perfect attendance goes, members will not be penalized for not attending a local group meeting because the meeting was not held.**

I taught the leader lesson on "What is Normal Aging?" via Zoom on Tuesday, May 19th at 2:00 p.m. and you are encouraged to watch the recording to get the lesson information (link is listed above.) A handout with information is also included in this newsletter. Thank you for understanding and for your patience as we work through this COVID-19 pandemic situation. Please do your best to stay safe and healthy!

2020 OHCE WEEK
Portfolios are Due on Friday,
June 26th at 5:00 p.m.

Portfolios will be judged on the following criteria:

50%—percentage of total membership participating in club projects & activities (include a list of all members who participated in each project completed)

50%—number of different activities completed during the month of May (include a list of all activities completed in the front of your portfolio)

In the case of a tie, neatness and creativity of portfolio will be used as the tiebreaker.

Club portfolios are due on **Friday, June 26th at 5:00 p.m.** Cash prizes for the winning portfolios will be presented at Summer Council for the following places:

1st Place: \$50; 2nd Place: \$25; 3rd Place: \$10

I hope each and every group will take time to put together a portfolio! Let us know what you did to promote OHCE in May!

Mexican Street Corn Salad

Elotes is the Spanish name for Mexican Street Corn. In Mexico, they're sold from carts on the street, hence the term "*street corn*".

14 oz. bag frozen corn	1/2 T. butter
2 T. reduced fat mayonnaise	Salt & pepper to taste
1 oz. cotija cheese or fine feta cheese	
1/4 of a jalapeno pepper, seeded & finely diced	
1/4 c. cilantro, finely chopped	
1 clove minced garlic	1/4 tsp. smoked paprika
1/4 tsp chili powder	juice of one lime

Melt butter in medium skillet over medium heat. Add corn & cook for 10 minutes, stirring occasionally. Remove from heat & set aside.

In large bowl, whisk together mayonnaise, cheese, jalapeno, chili powder, paprika, lime juice and garlic. Stir in corn and cilantro and mix well. Add salt & pepper to taste. Cover & refrigerate until chilled. Just before serving, garnish with sprinkle of paprika.

Nutrition Information: 6 servings, approx. 1/2 c. each
103 calories, 15.3 carbohydrates, 3g protein, 4.1g fat, 1.5 g. saturated fat, 9mg cholesterol, 110mg sodium, 185mg potassium, 1.9g fiber, 2.7g sugar, 30mg calcium, 0.4mg iron

Even though the
2020 OHCE STATE
MEETING in July
has been CANCELLED,

we have award
winners!

CONGRATULATIONS!!

Outstanding Members

Dee Porter, Cherokee OHCE
Payne County & Northeast District
Outstanding Member

Donna Cook, Cimarron Valley
Payne County Outstanding Rookie
Member

Pat McNally, Cherokee OHCE
Payne County & Northeast District
Heart of OHCE

Local Group Project Awards

Cultural Enrichment Outstanding
Project—Wreaths Across America
Rising Star (Mickey Wolff)

Resource Management—Privacy
Cover Project—Lunch Bunch
(LeeAnn Barton)—3rd Place

50-Year Member

Connie Walker, Elm Grove

70-Year Member

Geraldine Allen, Cimarron Valley

NO Gift Baskets or Donations
needed for the CE-FCS
Ambassadors Silent Auction.
We will let you know when the
auction will be rescheduled.

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Editor...

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Crisp Cucumber Salsa

<https://www.tasteofhome.com/recipes/crisp-cucumber-salsa/print/>

Ingredients

2 cups finely chopped cucumber, peeled and seeded
1/2 cup finely chopped seeded tomato
1/4 cup chopped red onion
2 tablespoons minced fresh parsley
1 jalapeno pepper, seeded and chopped
4-1/2 teaspoons minced fresh cilantro
1 garlic clove, minced
1/4 cup reduced-fat sour cream
1-1/2 teaspoons lemon juice
1-1/2 teaspoons lime juice
1/4 teaspoon ground cumin
1/4 teaspoon seasoned salt
Baked tortilla chip scoops

Directions

In a small bowl, combine the first 7 ingredients. In another bowl, combine the sour cream, lemon juice, lime juice, cumin and seasoned salt. Pour over cucumber mixture and toss gently to coat. Serve immediately with chips.

Nutrition Facts:

Serving Size: 1/4 cup; 16 calories; 1g fat (0 saturated fat), 2mg cholesterol, 44mg sodium, 2g carbohydrate (1g sugars, 0 fiber), 1g protein

Test Kitchen Tips:

- **Don't skip seeding the cucumber. Otherwise, you may end up with watery salad.
- **To make seeding a breeze, halve cucumbers lengthwise and use a spoon to scoop out the pulpy centers.
- **This is a stellar topping for simple grilled salmon.
- **Wear disposable gloves when cutting hot peppers as the oils can burn skin. Avoid touching your face.

