



COVID-19 Pandemic Can Bring New Level of Stress

If there ever has been time of stress, 2020 is the year. Not only are families dealing with the normal stressors of life, this year has ushered in COVID-19, which brings a new level to the chaos that is called life.

Demands of isolation, working from home and distance learning for students have left many feeling overwhelmed, said Matt Brosi, Oklahoma State University Extension family science specialist.

“Being disconnected from normal resources and routines, such as social gatherings, attending church or going to school, leads to isolation, which can compound the situation even further,” Brosi said. “With many adults being laid off or furloughed, this financial stress has tipped the scale for those who are dealing with joblessness and the inability to manage all of the bills.”

To combat these stressors, unfortunately some people engage in using poor and highly addictive coping mechanisms such as the use of alcohol and drugs. In addition, stress also affects interactions with families with domestic violence, and child abuse and neglect rates continue to rise.

“We’re reaching a stress pileup all-time high, so the importance of talking openly about mental health is more critical now than ever,” he said. “However, talking about mental health issues still carries a major stigma in our society, leaving many people feeling uneasy about addressing their own mental health needs, while others feel unsure in how to talk about them with those they care about.”

Brosi said a solid step forward is becoming more aware of common mental health issues and having those conversations can help remove the stigma. Understanding the basics of how depression, anxiety, suicide and substance abuse issues develop and affect individuals and families is critical to effective intervention. This understanding also plays a role in the implementation of prevention strategies.

“Unfortunately, the vast majority of folks who die by suicide, about 90% in fact, have a mental health disorder that likely could be treatable, but went unrecognized and untreated,” he said.

Mental Health First Aid USA recommends using the acronym ALGEE when talking to others about mental health issues.

- A – Assess for risk of suicide
- L – Listen non-judgmentally
- G - Give reassurance and information
- E – Encourage appropriate professional help
- E – Encourage self-help and other support strategies.

Payne County Extension Office

Address

315 W. 6th Street, Suite 103
Stillwater, OK 74074

Phone

405-747-8320

Email

Dea Rash
dea.rash@okstate.edu

Website

oces.okstate.edu/payne

Social Media

Facebook: /

paynecountyextension

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Fall OHCE Local Group Meetings

Based on the current recommendations and with guidance from OSU, it is strongly recommended that **OHCE local group meetings NOT be held until further notice.** 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. 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.*

From Extension Administration: "When it comes to volunteers (including OHCE members), we need to remind individuals that the Governor, CDC and Extension agree that high risk individuals are safer at home (<https://coronavirus.health.ok.gov/what-you-should-know>), that their health and safety are important to us and we would prefer they stay "safer at home" if they are at high risk for severe illness and that we'll look forward to having them rejoin us when COVID is not a concern." Please do your best to stay safe and healthy!

September Local Group Meetings via Zoom

If your group would like to try having your September local group meeting using Zoom technology, the Extension Office can help you do that! We just need a few days notice so we can get the link established and sent out to all of your members. If you would like, depending on the date and time of your meeting, we can stay on the Zoom call with you to help navigate, answer questions and troubleshoot any issues.

Let me know if you are interested in giving a Zoom meeting a try! Thanks for your patience and flexibility during this unprecedented time! We will get through it by all working together!

Pandemic Stress (Continued from Page 1)

"Oklahomans know the importance of resilience in the face of adversity. We've dealt with it time and time again. Now is the time to double down and support one another," Brosi said. "Subtle ways to stay connected including calling to check on family and friends, dropping off a loaf of banana bread or cookies on your neighbor's porch or offering to make a grocery store run for those who may not feel safe getting out. These simple ways of connecting also are great ways to check in on how others are holding up."

Asking how others are dealing with the crisis creates a space that allows them to organize their thoughts about what is going on. This process can help others think more logically about the situation and whether their current response is lacking needed steps in more fully adapting to the crisis. Also, during this connecting time, ask people how they are coping and if they need support to deal with the stress.

"Helping others become more grounded in the present can be helpful. Sometimes, stress overload leaves people feeling chaotic, in despair and unable to resolve any of their problems effectively," Brosi said. "Using proven mindfulness strategies to slow down ones breathing while thinking about what they do have control over can be a first step toward clearer thinking about the available resources that can be used to deal with the situation. It could be just enough to assist in calling a mental health professional for assistance, calling a lender to work out a payment plan, or simply calling a trusted friend or clergy to just sit with them and listen."



PAYNE COUNTY OHCE NEWS



The OHCE FALL MEETING has been cancelled due to the COVID-19 pandemic

We appreciate your understanding as we continue to make decisions with the best interests of all OHCE members in mind.

2021 OHCE LESSON SURVEY

Your 2021 OHCE lesson survey is included in this newsletter and it will also be emailed to you via Constant Contact and they are due back to the Extension Office by Friday, October 2nd 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 in mid-October to decide 2021 lessons.

Make time to complete your lesson survey so your choices are counted—everyone's input is **IMPORTANT!**

OCTOBER OHCE LEADER LESSON

"Scone Making 101" will be taught on Tuesday, September 8th at 2:00 p.m. via Zoom. Copy & paste the link to join:

<https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdasnr.zoom.us%2Fj%2F95055456593&data=02%7C01%7Cdea.rash%40okstate.edu%7Cea3cef5dc9524eaf2f1b08d848e8740b%7C2a69c91de8494e34a230cdf8b27e1964%7C0%7C0%7C637339510496674539&sd=73db%2BCQxhIGy2cVKbwK%2FnssiESKH8HnFT3MC4Hp7Wdk%3D&reserved=0>

2021 COUNTY OFFICER ELECTIONS

Due to the COVID-19 pandemic, 2021 County Officer elections will look different this year. Election of officers would have been held at the Fall county meeting which has been cancelled.

Once the nominating committee has secured members who are willing to serve in the positions of County Vice-President-Elect who will then serve as Vice-President for 2022-2023 and 2021-2022 County Treasurer, Misty Burk, County President, will be in touch with local group Presidents and Secretaries to cast your group's votes for the election of new officers.

NOVEMBER OHCE LEADER LESSON

"How Art Improves Your Life" will be taught on MONDAY, October 19th at 2:00 p.m. via Zoom. Note the date change. Copy and paste the link to join:

<https://nam04.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdasnr.zoom.us%2Fj%2F92285403005&data=02%7C01%7Cdea.rash%40okstate.edu%7C5bd727b895bb4693c8a108d848e86bef%7C2a69c91de8494e34a230cdf8b27e1964%7C0%7C0%7C637339510358954564&sd=5hdzrv0ImsPD6pdMHS9YIO98cSkE6wjdv2cR2pYqdM%3D&reserved=0>

2021 OHCE MEMBERSHIP INFO

State dues are \$12.50 and the County dues are \$7.50, making the total amount for 2021 dues \$20.00. You will turn in your enrollment card and pay your dues to your local group treasurer by Monday, October 19, 2020.

This year, current OHCE members will *not* be required to fill out new enrollment cards if you are a current 2020 OHCE member. You will just need to get any information updates and the money for your dues to your local group's treasurer by MONDAY, OCTOBER 19th.

Thank you for paying your dues to your local group treasurer by the October 19th 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 2021, please have them fill out a membership card and turn the card and the dues in to your local treasurer by Monday, October 19th. Make checks payable to Payne County OHCE.

Treasurers: I will send you a current local group roster for you to update for 2021 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 26th at 5:00 p.m.

ELECT YOUR 2021 GROUP OFFICERS

September or October is the time for local groups to elect their 2021 officers. Please come up with a creative way to elect your club officers this month or next month. We will send a postcard to local group Presidents to let us know who your new 2021 officers are.

Payne County Home & Community Education, Inc. News is published monthly by the Payne County OSU Cooperative Extension Center Family & Consumer Sciences Program, 315 W. 6th, Suite #103, Stillwater, OK 74074. To subscribe: call 405-747-8320. Subscriptions are \$7.50 as a part of the dues of the Payne County Home & Community Education.

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Editor...



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

2021 OHCE County Committee Goal Setting

Since we are not having the Fall county meeting, we will not have the Goal Setting meeting which was also scheduled for that day prior to the Fall meeting.

Instead, after I receive the 2021 OHCE state goals, I will send a letter to all committee chairmen and ask them to contact their committee members to review and update their county committee goals for 2021.

Current committee chairmen and members are listed in the yearbook and 2021 will be the second year of the chairmen and members' two-year terms.

If you are not currently on a county committee but you would like to serve, contact county President Misty Burk to let her know you would like to serve on a committee. Her contact information is in your OHCE yearbook. She would love to hear from you!

OHCE 2021 LESSON SELECTION MEETING

The 2021 lesson selection meeting for local group Vice-Presidents is rescheduled to Monday, October 19th at 12:00 Noon in the Commissioners' Meeting Room at the County Administration Building. (I have a conflict with the original date of Tuesday, October 20th at 10:00 a.m.)

At this meeting, we will decide on the Payne County OHCE members' choices for 2021 lessons based on the lesson surveys completed by members.

There will be no more than 10 people at the meeting and masks will be required and social distancing will be practiced.

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 2021 OHCE yearbook.

2021 Lesson Selection for Payne, Osage, Pawnee and Creek Counties

Due: Friday, October 2, 2020 at 5:00 p.m.

Bring completed survey to the Payne County Extension Office

OR

email your survey to Dea at dea.rash@okstate.edu

State OHCE Lesson: ***To be Determined at a later date***

- ___ 1.
- ___ 2.

District OHCE Lesson: ***To be Determined at a later date***

- ___ 1.
- ___ 2.

(Select two choices under each category)

Cultural Enrichment

- ___ Making Bierocks
- ___ Many Ways to Honor Our Veterans
- ___ Crafting for a Cause
- ___ Cast Iron Cooking
- ___ Steps in Quilting (Including Piecing & Binding)

Nutrition, Health, Exercise

- ___ Women's Health Issues/Screenings
- ___ Healthy and Safe Picnic Choices
- ___ Sheet Pan Meals
- ___ Drying Fruit
- ___ Making Good Food Substitutions
- ___ The Eyes Have It! Eye Diseases & Care
- ___ Warning Signs of Prescription Drug Abuse
- ___ The Truth about Gluten
- ___ Asthma and Allergies
- ___ Versatile Veggies
- ___ Fruit and Veggie Desserts

Leadership

- ___ A Meeting in a Nutshell
- ___ Leadership Can be Fun--FISH Philosophy
- ___ FCS Master Volunteer Program

Resource Management

- ___ Clothing Repair and Mending
- ___ Controlling Heat Loss or Gain in our Houses
- ___ Understanding Online Security
- ___ Seniors Traveling Solo
- ___ Hot or Cold: Looking Good & Feeling Comfy Around the House
- ___ 5 Financial Behaviors to Increase Savings or Decrease Spending

Home, Family, Personal Enrichment

- ___ The Buzz about Coffee and its Benefits
- ___ Kitchens of the Past
- ___ Punch for Special Occasions
- ___ DNA: You Are from Where?
- ___ Kid Talk: Competition, Education, and Work
- ___ Safe Environments for Caregiving
- ___ Managing Stress in Midlife and Later Life Families

Gardening/Home

- ___ Composting 101
- ___ Enjoying Hummingbirds
- ___ Diseases and Pests in Landscape Plants

Pick a better snack™



Peach

Peaches are about the size of a baseball. Their skin color is yellow or cream, sometimes blushed with red depending on the variety. The skin is slightly fuzzy. The flesh inside is usually yellow, but depending on the variety may also be white. An oval pit in the center needs to be removed before eating.

Peaches are fruit which grow on trees.

Peaches originally came from China and have been grown for thousands of years. In the early 1600's, Spanish explorers brought the peach to the new world.

In the United States, most peaches are grown in California and the southern states. Georgia is known as the "Peach State." Peaches are available almost all year.

VARIETIES

There are two main types of varieties:

- Freestone — the flesh does not stick to the pit, so it is easy to remove the pit by hand. These varieties are usually sold fresh.
- Clingstone — the flesh "clings" or sticks to the pit. These varieties are usually used for canning.

Nectarines are a type of peach which have smooth skin without fuzz.



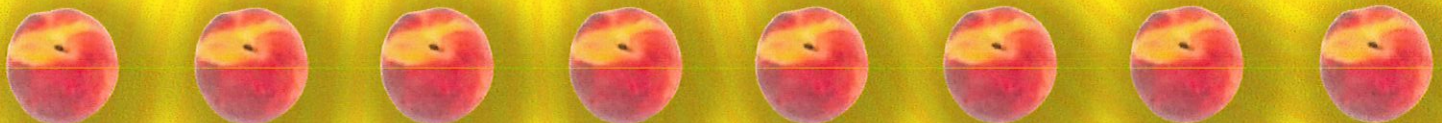
NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of vitamin C

USES

You can buy peaches fresh, canned or frozen. Peaches are usually enjoyed raw. Fresh peaches are a great snack. Add peaches to cereal, smoothies and fruit salads. Peaches can also be baked or grilled.

Some peaches are grown in Iowa.



Funded in part by USDA's Supplemental Nutrition Assistance Program in cooperation with the Iowa departments of Public Health and Human Services, equal opportunity providers and employers. The Iowa Food Assistance Program can help you buy nutritious food for a healthy diet. To find out more, visit www.yesfood.iowa.gov.

This material was developed by the University of Nebraska - Lincoln Extension in Lancaster County.



OKLAHOMA GARDENING

Peaches-Ten Quick Ideas



1. Make a parfait. Mix 1 tablespoon honey into a 6 ounce carton of plain yogurt. Layer the yogurt into a tall, narrow glass, with 1/4 cup chopped peaches. Top with 1 tablespoon granola.
2. Top your breakfast cereal, hot or cold, with fresh or frozen chopped peaches.
3. Make peach tea or lemonade. Muddle fresh or frozen peaches in the bottom of a glass before pouring.
4. Add sliced peaches to a fresh salad. Try starting with fresh spinach, toasted walnuts, your favorite grated cheese, peach slices and a low fat vinaigrette. Toss gently to protect the berries.
5. Mix finely chopped peaches into waffle or pancake batter or top them after cooking with fruit.
6. Add them to pudding. For something special put a vanilla wafer in the bottom of a 8 ounce custard cup. Top with 1/2 cup vanilla or tapioca pudding. Spoon chopped peaches or a couple peach slices on top.
7. Mash together a ripe, mashed banana, 1/2 cup chopped peaches and a 6 ounce carton of fruit flavored yogurt. Spoon into muffin cups. Freeze well, then enjoy on a hot afternoon.
8. Replace the jelly on a peanut butter sandwich with very ripe, slices of fresh peach. Lean over a plate to catch any juice that escapes the sandwich.
9. Peaches taste great warm from the grill! Place them on kabobs with your other favorite fresh fruit or just grill some slices and enjoy!
10. Pick up a ripe juicy peach, lean over a rail to let the juice drip and snack away!

Oklahoma Gardening is produced by the Oklahoma Cooperative Extension Service through the Department of Horticulture and Landscape Architecture and Agricultural Communications Services. Our studio garden is located at The Botanic Garden at Oklahoma State University.

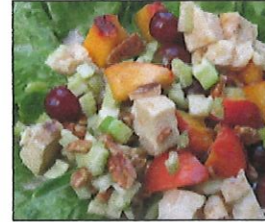
Stillwater Tulsa Oklahoma City Center for Health Sciences Division of Agriculture Institute of Technology Veterinary Medicine

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OKLAHOMA GARDENING

Peach and Chicken Salad



- 1/3 cup honey
- 1/4 cup raspberry vinegar
- 1/4 cup plain fat-free yogurt
- 1 tablespoon Dijon mustard
- 2 teaspoons olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- 2 cups cubed cooked chicken breast
- 1-1/3 cups seedless red grapes
- 1-1/2 cups fresh peaches, chopped
- 1 cup diced celery
- 1/2 cup toasted pecans

1. In a large bowl whisk together honey, vinegar, yogurt, mustard, olive oil, salt and pepper until well blended.
2. Add remaining ingredients and toss gently until evenly covered with dressing.
3. Cover and refrigerate 30 minutes or more until chilled.

Serves 4

Nutrition Facts	
Serving Size 1	
Servings Per Recipe: 1	
Amount Per Serving	
Calories 338	Calories from Fat trace
% Daily Value *	
Total Fat 12g	19%
Saturated Fat 1g	7%
Cholesterol 34mg	11%
Sodium 245mg	10%
Total Carbohydrate 45g	15%
Dietary Fiber 4g	15%
Protein 16g	0%
Vitamin A	10%
Vitamin C	14%
Calcium	27%
Iron	11%
<small>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</small>	

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