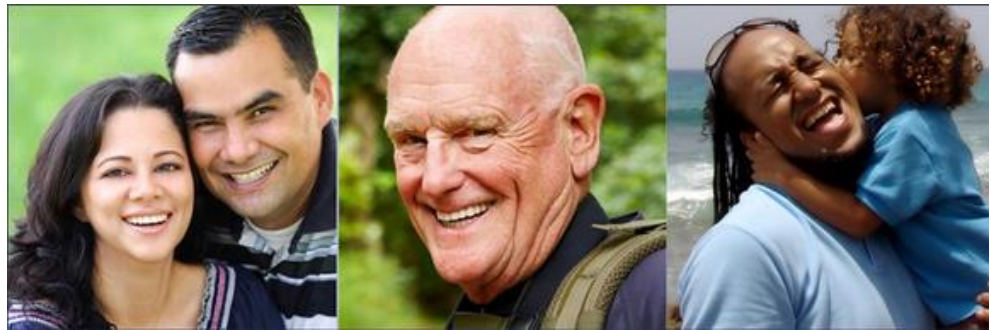




JUNE is Men’s Health Month!

The purpose of Men’s Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. This month gives health care providers, public policy makers, the media, and individuals an opportunity to encourage men and boys to seek regular medical advice and early treatment for disease and injury.



“Awareness periods like Men’s Health Month are crucial in helping to educate the public on health issues and health disparities impacting men,” said Ana Fadich, VP of Men’s Health Network. “Men continue to suffer from chronic illness and lower insurance rates than women. Men are also less likely to seek out mental health services than women.

“Just like your car is triggered to remind you when it’s time to change your oil or get serviced, the month of June should serve as a mental trigger for men to get their body checked,” said Jamin Brahmabhatt, MD, a urologist and advisor to MHN. “June is the perfect time for men to stop thinking and start getting screened for medical conditions that can be easily prevented and caught early. When it comes to your prostate health and overall wellness it’s better to get checked now than wait until it’s too late.”

Awareness and early intervention are both key in preventing most chronic diseases impacting men, such as cardiovascular disease, diabetes, high blood pressure and many types of cancer. Annual activities that promote awareness like Men’s Health Month are crucial in initiating conversations and leading men to be more engaged in their health.

Men’s Health Month is built on the pillars of Awareness–Prevention–Education–Family. Make it a point to encourage the men in your life to take care of their health this month.

Source: menshealthnetwork.org

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**TULSA COUNTY
EXTENSION**



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- ❖ Caregiving Changes Relationships
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- ❖ OHCE News & Updates

If you receive the monthly newsletter by mail and would like to receive it by email, please call Roxanne at 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

After Preeclampsia: **Listen to Your Heart, It May Be Telling You Something**



You may know that heart disease is the leading cause of death for women. Here's what you may not know: preeclampsia, a pregnancy disorder, puts women at an increased risk for heart disease as well as stroke and high blood pressure later in life.

Preeclampsia occurs in 5% to 8% of all pregnancies and is characterized by high blood pressure accompanied with protein in the urine or other physical symptoms such as a severe persistent headache and vision changes. Although most women who experience preeclampsia return to normal blood pressure within several months after delivery, preeclampsia survivors are at increased risk for cardiovascular disease after pregnancy and throughout their lives. In 2011, the American Heart Association included a history of preeclampsia as a risk factor for cardiovascular disease in its guidelines.

Although research is still ongoing, some scientists believe that preeclampsia doesn't actually cause future cardiovascular disease – rather, the bodily changes of pregnancy unmask a woman's underlying risk for cardiovascular disease. In that sense, having a history of preeclampsia is similar to having a family history of heart disease or stroke. Other scientists, based on animal studies, suggest that having preeclampsia may cause damage that contributes to increased risk. So, as a preeclampsia survivor, what does this mean for your health immediately and several years after your pregnancy?

- Hypertension. Studies have shown that preeclampsia survivors have three to four times the risk for hypertension (high blood pressure) compared to women who had normal pregnancies, as early as five years after delivery. Hypertension is defined as a blood pressure greater than 140 over 90 mmHg.
- Stroke. Preeclampsia survivors have double the risk of stroke, which occurs when the blood supply to a part of the brain is cut off, preventing that area of the brain from getting the blood and oxygen it needs and leading to damage to that part of the brain.
- Heart disease. Preeclampsia survivors also have two times the risk of coronary heart disease compared to women who had normal pregnancies.

An increase in risk for cardiovascular disease doesn't mean having preeclampsia automatically leads to poor health outcomes. However, the absolute risk of hypertension, heart disease, and stroke increases as we age – especially after menopause – so women with a history of preeclampsia have an extra reason to adopt a healthy lifestyle. After all, cardiovascular disease is the major cause of illness and death among American women. About one in three American women die of cardiovascular disease.

You can decrease your risk by following the lifestyle recommendations of the American Heart Association. These recommendations include making healthy food choices, exercising, quitting smoking, and practicing stress management to lower your weight and blood pressure. Research is underway to help us understand if there are better ways for preeclampsia survivors to improve their health or lower their risk for cardiovascular disease. Talk to your healthcare provider about your history of preeclampsia and to be monitored for signs of cardiovascular disease. Help to spread awareness in your community about the long-term health consequences of preeclampsia and how you have the power to take control of your heart health!

Source: <https://www.preeclampsia.org/health-information/heart-disease-stroke>, led by Drs. Ellen Seely and Janet Rich-Edwards

Caregiving Changes Relationships

Ask anyone who is a caregiver, who has been a caregiver, or who needed a caregiver if caregiving changes relationships, and the answer is a resounding "Yes."

Caregiving changes relationships with our elder because what we are willing to do – or not do – for one another gets tested. The ways in which you support your loved one will increase. Shared interests and social outlets that bind your relationship together will be more difficult to do together.

Here's an unspoken truth: no one warns you that caregiving impacts ALL your relationships. Suddenly, you are struggling to find the time to help your child with homework, to have a date night with your husband, to go out to the movies with friends, to get to the gym or take care of yourself in a way that brings you back to you.

The mistake we make is in not preparing for when (not if) you will become a caregiver. If you are picking up prescriptions for your elder while doing your own shopping, you are a caregiver. If you ask how book club or church or their best friend is doing and they have not been out of the house, you are about to become a caregiver.

There are ways to control the impact caregiving has on your life, but it requires that you don't ignore gut feelings.

This first 'knowing' is an opportunity to have meaningful discussions with your elder. Don't start with the 'You need to' discussions like "You need to stop driving." That will shut down the conversation quickly. Instead, start a conversation that focuses on the details of their social life and tasks that need to be done around their home.

Use language that keeps the control with them and statements that do not shut the conversation down.

Here are some examples of language and possible outcomes:

- "Mom, when does your book club meet? Do you rotate where you get together? Do you drive alone or with someone else? I'm thinking about options if you're too tired to drive but don't want to miss out."
- "Dad, if you and mom were away and a pipe broke, who is your plumber? I want to make sure I call someone you trust if something happened."

These conversations allow you to plan together (go team!) for the resources and support they might need in the future. You can think about what your boundaries are now, and together find answers that keep you from being completely responsible for everything in their life.

For additional resources:

<https://www.aarp.org/caregiving/>

<https://www.alzheimers.gov/index.html>

<https://www.caregiver.org/about-family-caregiver-alliance-fca>

<https://caregiveraction.org/>

Source:

Sophy Mott, AAFCS Director of Affiliate and Member Programs fcsfit@aafcs.org

FCSfit WW: Caregiving Changes Relationships

There are only four kinds of people in the world - those who have been caregivers, those who are caregivers, those who will be caregivers and those who will need caregivers.

Rosalynn Carter



OHCE STATE AWARDS and REPORTS NEWS

OHCE State Awards & Reports Chair - Kathy Fentress

What a topsy-turvy year for all of us. So many events have not happened, and now it will not be possible to have our State meeting. It is so disappointing that awards and certificates will not be presented in person this year. However, our priority must be the health and safety of all of our members. The best that can happen at this time is to recognize these AMAZING members who have gone above and beyond in the 2019 year!

The committees have done a great job getting these project reports evaluated and the results reported to me. Committee Chairs, members, and others who helped are so appreciated, and I thank each of you for all your time and effort to get this done. It certainly was not easy having to mail and pass books around from place to place. But it is done! GREAT JOB!

Now for some exciting news. Congratulations are in order for our OHCE Member Award District Winners/State Nominees! These ladies are State Nominees and are among the top 4 members in the state in their category. Because of their energy, commitment, and passion for OHCE they are eligible for the top honors in the State. Good luck to each nominee!



Northeast District:

- Young Member **Kristy Jones** from Pawnee County
- Rookie Member Sharilyn Munroe** from Tulsa County
- Member of the Year **Dee Porter** from Payne County
- Heart of OHCE **Pat McNally** from Payne County

West District North:

- Young Member **Kari Weiland** from Dewey County
- Rookie Member **Brandy Jones** from Dewey County
- Member of the Year **Marilyn Gibson** from Woodward County
- Heart of OHCE **Sue Grose** from Beaver County

Southeast District:

- Young Member **Tori Roberts** from Bryan County
- Rookie Member **Joyce Sherril** from Atoka County
- Member of the Year **Pat Accountius** from Bryan County
- Heart of OHCE **Martha Aughe** from Cleveland County

West District South:

- Rookie Member **Susan Fa Galde** from Caddo County
- Member of the Year **Tonie Bess** from Stephens County
- Heart of OHCE **Donnita Hall** from Stephens County

Congratulations to our Tulsa County President,
Sharilyn Munroe!!

Her ultimate aim is to improve the quality of life for individuals and families. She is a willing TEAM member who will help build better communities through education with leadership and service.

WE ARE SO PROUD OF YOU!

!!!! THE BIG ANNOUNCEMENT !!!! STATE MEMBER AWARD WINNERS

- Young Member of the Year: **Kari Weiland** Dewey County
- Rookie Member of the Year: Sharilyn Munroe** Tulsa County
- Member of the Year: **Marilyn Gibson** Woodward County
- Heart of OHCE: **Martha Aughe** Cleveland County

Sincere congratulations to each of these four ladies! They have earned the highest honors that OHCE awards. Please let them know how appreciated they are, and how excited you are for them in this huge achievement!



SHOUT OUT FROM SHARI

It has been so long since we have all been together but I want you to know that I am thinking of you, all the time. 2020 has been one of our strangest years ever and it is also going to be one of our strongest years for OHCE!

Shout outs to everyone that have made masks! Tulsa County has made over 1,000. I am so proud of you!

Here is something I saw last year and have it written down in my date book and boy is it so true for us now:

- 1) Keep Growing
- 2) Try New Things
- 3) Embrace Challenges!

I don't know about you but this has really been so true for ALL OF US! Please continue to stay connected, participate in the Online Leader Lessons and reach out to others and continue to stay safe!

Nuts about OHCE!

Shari



We are so proud of the efforts from Tulsa County OHCE. Together, you have created and donated approximately 1,157 masks! Thank you and CONGRATULATIONS!!! (Total as of 05-15-20)



WHAT'S HAPPENING

OHCE-TC Scholarship Applications

DUE: June 1st, 2020

For more information:

<http://www.oces.tulsacounty.org/fcs/fcsForms/OHCEScholarshipForm2020.pdf>



ALL EVENTS CANCELLED UNTIL FURTHER NOTICE



It's that time again.....

We need Leader Lesson Topic ideas for 2021!

Please discuss topics during your June meeting and submit them to Michelle, in writing, by **Monday, June 22, 2020!**



Oklahoma Home and Community Education (OHCE), consists of eight groups that meet in and around Tulsa. The groups meet once a month, at various times. The groups meet in at libraries, churches or community centers. To start or join a group in your neighborhood or community, call the Tulsa County OSU Extension Office at 918-746-3706.



OHCE UPDATES



Family Issues: In the May lesson one of the questions about OHCE History was: This project (which is also a contest) of the Family Issues committee asks OHCE members to write about one event or time in their life for the purpose of providing future generations a written picture of their life. **The answer: Life Essay.** Well, since most of us are living a less active life now, now might be the time to write something. It does not have to relate to the pandemic we are going through or about OHCE; but something that future generations can see a snapshot of your life.

Please see more detailed information on the OHCE website: <https://humansciences.okstate.edu/fcs/ohce/site-files/resources/state-goals/2020-family-issues-sttate-goals.pdf>

RULES FOR LIFE STORY ESSAY CONTEST: https://humansciences.okstate.edu/fcs/ohce/site-files/resources/resources/rules_for_county_photography_contest_and_life_stories_rev2017Nov1.pdf

OK Ladies lets cover Michelle with Life Stories from Tulsa County Members.
Please call me if you have any questions!



~Donna Spielman Family Issues Committee Chairman

The Healthy Living THRIVE focus this month..... Everyone should make sure their salon is following these rules before accepting service.

https://www.tulsa-health.org/sites/default/files/2020-04/PersonalCare_Salons_ReopeningGuidance.pdf

~Charline Romine, Healthy Living Committee Chairman



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The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Cooperative Extension Service is implied.

Michelle Bonicelli

Michelle Bonicelli
Family and Consumer Sciences Educator
Tulsa County OSU Extension Service