



STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Sciences News

OHCE Week: May 3 - 9, 2020

The OHCE, Oklahoma Home and Community Education, organization has a rich history. Established more than 85 years ago, OHCE continues to enrich the lives of families and individuals through education, fellowship, and community service.

Name changes throughout history have reflected the changes in program and society. These include: Home Demonstration Clubs, Extension Homemakers, and Family & Community Education Groups.

In 2000 – Oklahoma members voted to change their name to Oklahoma Home and Community Education (OHCE). They adopted a new and meaningful emblem designed by Betty Auld of Grady County.



The OHCE Emblem illustrates:

- **Circle:** Continuity of life in our state, our home and our communities.
- **Candle:** Unity of goals and purposes of OHCE – *“It is better to light just one candle”* and through unity light the world.
- **77 bites of light on edge of seal:** Represents 77 counties and how they work together to turn our world into a better society. This forms a work wheel that our members have put on their shoulders and thus turns our world into a better society.
- **Great State of Oklahoma:** Represents our home.
- **Est. 1935:** Represents the long-standing heritage and traditions of OHCE.

The OHCE mission remains the same:

To encourage individuals and families to live up to his/her potential and encourage participation in all phases of family and community life.

Local OHCE groups meet monthly and have an educational, research-based program. OHCE members participate in a variety of activities including the Tulsa County Free Fair, cultural tours, OHCE Week, annual holiday luncheon, special interest workshops, and community service projects.

For membership information, contact the Extension office at 918-746-3706.

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TULSA COUNTY
EXTENSION



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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!

Mental Health Month 2020



May is Mental Health Month, and it has never been more important than this year. Until now, there were still some people who believed that mental health wasn't everyone's concern. They thought that annual mental health resources – even though they were shared with millions – were aimed at just a small group of people – the one in five who have a mental health concern in any given year. That isn't the case today.

Just weeks ago, we had no idea that all our worlds were going to be turned upside down by the coronavirus. Or that the associated worry, isolation, loneliness, and anxiety would be something that literally everyone – all five in five – would experience.

While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. The good news is there are practical tools that everyone can use to improve their mental health and increase resiliency - and there are ways that everyone can be supportive of friends, family, and co-workers who are struggling with life's challenges or their mental health.

When it comes to your feelings, it can be easy to get caught up in your emotions as you're feeling them. Most people don't think about what emotions they are dealing with but taking the time to really identify what you're feeling can help you to better cope with challenging situations. It's ok to give yourself permission to feel. We also know that life can throw us curveballs - and at some point in our lives we will all experience loss. It may be the end of a relationship, being let go from a job, losing a home, or the death of a loved one. It is natural to go through a grieving process. By looking for opportunity in adversity or finding ways to remember the good things about who or what we've lost, we can help ourselves to recover mentally and emotionally.

It also is true that connections and the people around us can help our overall mental health – or hurt it. It's important to make connections with other people that help enrich our lives and get us through tough times, but it's equally important to recognize when certain people and situations in life can trigger us to feel bad or engage in destructive behaviors. Identifying the toxic influences in our lives and taking steps to create a new life without them can improve mental and physical health over time. And we know that work, paying bills, cleaning, getting enough sleep, and taking care of children are just some of the things we do each day - and it is easy to be overwhelmed. By creating routines, we can organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to think hard about them.

One of the easiest tools anyone can use is taking a mental health screen at: <https://screening.mhanational.org/screening-tools> when they need answers. It's a quick, free, and private way for people to assess their mental health and recognize signs of mental health problems.

For each of us, the tools we use to keep us mentally healthy will be unique. Everyone needs to know that mental illnesses are real, and recovery is possible. Finding what works for you may not be easy but it can be achieved by gradually making small changes and building on those successes. By developing your own #Tools2Thrive, it is possible to find balance between work and play, the ups and downs of life, and physical health and mental health – and set yourself on the path to recovery.

Source: www.mhanational.org/may.



Eating Strawberries Often May Reduce Alzheimer's Dementia Risk

Researchers find pattern between eating strawberries and lower odds of dementia diagnosis in older adults

Older adults may reduce their risk of Alzheimer's dementia by increasing their intake of strawberries, as determined by researchers at Rush University. Dr. Puja Agarwal and her team analyzed data collected for the Rush Memory and Aging Project (MAP) between 2004 and 2018. After reviewing the complete data of 925 participants' annual food frequency questionnaires (FFQs) and extensive neurological evaluations, an association between frequent strawberry consumption and decreased Alzheimer's dementia emerged. They published their report [Association of Strawberries and Anthocyanidin Intake with Alzheimer's Dementia Risk](#) in the December 2019 issue of [Nutrients](#).

How the Study Came About

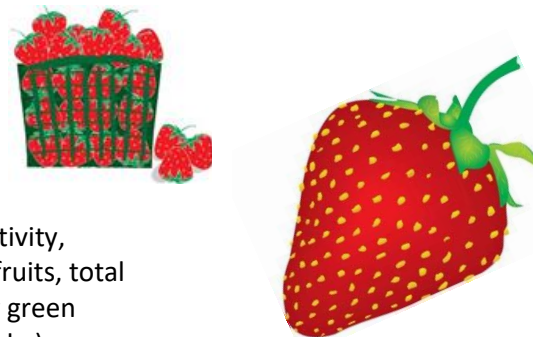
Current research on Alzheimer's dementia suggests a potential link between the disease symptoms and increased oxidative stress and inflammation. Based on in-vitro, animal, and human feeding studies, strawberries appear to have anti-oxidative and anti-inflammatory properties, possibly due to their high content of flavonoids and vitamin C. Strawberries have been identified mostly in animal studies to improve neuronal function, cognition, and some motor outcomes. This connection led Dr. Agarwal to hypothesize that higher frequency of strawberry intake would be associated with lower risk of Alzheimer's disease.

Methods

Participants were 58-98 years old and dementia-free at the start of the study. The 144-item, Food Frequency Questionnaire (FFQ) had a question specific to strawberries, allowing the researchers to estimate the frequency of strawberry intake by each participant. Participants indicated whether they ate strawberries never or less than once a month; 1–3 times/month; once per week; or 2–4 times/week. In addition to answering a FFQ, participants underwent annual neurological exams based on a three-stage process including computer scoring of cognitive tests, clinical judgment by a neuropsychologist, and diagnostic classification by a clinician.

Effects of Frequent Strawberry Consumption:

Strawberry intake ranged from 0 to 2 servings/week (mean intake: 0.64 servings/week). **The team found that for every one serving increase in strawberry consumption, there was a 24% reduced risk of Alzheimer's dementia associated** (when controlled for age, sex, education, physical activity, participation in cognitive activities, Apo-E4 status, dietary intake of other fruits, total calorie intake, other foods associated with better cognition including leafy green vegetables and seafood, cardiovascular conditions, and total vitamin E intake).



Overall, participants consuming one or more servings of strawberries per week had a 34% lower risk of developing Alzheimer's dementia when compared to those consuming none or less than once per month.

While this is the first longitudinal cohort study of older adults to report on the association of strawberries with Alzheimer's dementia risk, there is support for their results. The [Nurses' Health Study](#) demonstrated that strawberry consumption, anthocyanidins, and total flavonoid intake were each associated with slower cognitive decline. An additional 2018 random control trial found that strawberry polyphenols are absorbed and metabolized by the human body, and can persist in circulation.

Source: Agarwal P, Holland TM, Wang Y, Bennett DA, Morris MC. Association of Strawberries and Anthocyanidin Intake with Alzheimer's Dementia Risk. Nutrients. 2019; 11(12):3060



OUTDOOR ADVENTURE HUNT

- { } Something colorful.
- { } A pinecone.
- { } An acorn.
- { } Something smooth.
- { } Something rough.
- { } Two kinds of leaves.
- { } Two kinds of sticks.
- { } Something bumpy.
- { } A flat rock.
- { } Something fuzzy.
- { } Something pretty.
- { } A chewed leaf.
- { } A flower or petal.
- { } A piece of litter.
- { } Something you think is a treasure.



How to Have a Family Scavenger Hunt

Scavenger hunts are great family activities! A scavenger hunt starts with a concept and a location or series of locations. The idea is to create a list of things that family members need to find, ask for, or take pictures or videos of, a time limit and a prize for the winners. Most likely, the biggest challenge will be coming up with the concept and the list of things to find!

Consider creating an Outdoor Nature Scavenger Hunt. It will be perfect for your next park visit, hiking adventure or walk in the woods! An outdoor scavenger hunt will allow the entire family to relax in nature for a while. When we are in the process of social distancing it could be a fun, family friendly competition that allows your family to enjoy some fresh air and sunshine together.

Tips for your Nature Scavenger Hunt:

- Bring along a clipboard so it's easy to check off items as you see them.
- Try to practice the 'leave no trace' policy -- meaning check off the items as you find them instead of collecting them to take with you. Or better yet, use your phone and take a picture of each of the items on the list as you find them.
- Use bright colored pencils so when someone drops it, it's easy to find on the forest floor.
- Have more than one person doing the hunt? You can just bring along a different color pencil for each person so it's easy to track who found which item.
- Remember, you'll be outside so dress accordingly (reminder for the kids) and bring along some water & some snacks (outdoor scavenger hunts always make you hungry!)
- If your kids are curious; bring along a kids' field guide or nature book, so you can quickly look up the answers.

Family activities don't need to be expensive, a scavenger hunt is one that you can do at almost no cost but one that builds amazing family memories.

Source: <https://www.kcedventures.com/blog/nature-scavenger-hunt-free-printable-list>
<https://www.verywellfamily.com/family-scavenger-hunt-1270424>



SHOUT OUT FROM SHARI

First, I want to send a huge "Shout Out" to all of our members that have made and are making MASKS to distribute! Thank you for taking time to make these! March and April brought us some very unexpected craziness with the COVID-19 virus! I pray that everyone has been staying home and staying safe! As everyone knows all OHCE events were cancelled for March and April! I am so sorry that we could not have our Game Day! 😞

A special "Shout Out" to Cheryell Romere, with the Owasso Jewels, for setting up our NEW OHCE Tulsa Facebook site! An email went out to each group letting them know how to get on Facebook. Our Leader Lessons are uploaded to Facebook and I want to encourage everyone to check it out! Since we do not know how long this virus will linger, I really want us to stay as connected as possible - Social Media is a way we can do that!

Finally, I want to remind everyone that you are NOT alone! Please let us know if you need anything at all. We are here to help our Families, Communities and each other!

Nuts about OHCE!

Shari



We are so proud of the efforts from Tulsa County OHCE. Together, you have created and donated approximately 900 masks! Thank you and CONGRATULATIONS!!! (Total as of 04-16-20)



WHAT'S HAPPENING



ALL EVENTS CANCELLED UNTIL FURTHER NOTICE



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



News regarding the OHCE Holiday Luncheon:

Date: Wednesday, 12-02-20

Time: 11:00

Theme: An Old-Fashioned Christmas

*(Begin brainstorming now for the Holiday Cover competition!
There will be a judging criterion available soon.)*

Entertainment: The Sweet Adelines

~ Holiday Luncheon Chairman: Glenda Meinheit



The Healthy Living THRIVE focus this month....

<https://www.cnn.com/videos/health/2020/03/27/how-to-wash-hands-gupta-vpx.cnn/video/playlists/cnn-coronavirus-town-hall/>

~Charline Romine, Healthy Living Committee Chairman



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