



Money Tips for the Holiday Season

By: Kari Ure, Extension Assistant Professor

It was memorable the year my younger brother received diapers for Christmas. It was memorable for my four older siblings. At least this is what I'm told. I was only three years old and have no memory of that holiday season and neither does my younger brother. Regular expenses don't disappear during the holiday season. Diapers were a great gift for his age and needs.

Gifts are not the only expense during the holiday season. Decorations, greeting cards, charities, clothing and accessories for parties, travel, and holiday food expenses add up during the season. Family, friends, coworkers, and neighbor gifts and festivities can make for a stressful season.

It's easy to justify holiday spending as being generous, but without planning a realistic budget, holiday spending can quickly make ringing in the New Year financially stressful. The key to reducing stress is planning ahead.

Plan ahead:

1. Make a list of expected holiday expenses before the season. This includes cards, holiday gatherings, travel, gifts, holiday grocery shopping, gifts for neighbors, work parties, and donations to charities.
2. Make a pre-holiday budget that is realistic and then make a plan to stay within the budget.
3. Keep a record of money spent. Record keeping shows how the seemingly small purchases add up. It also becomes a reference to use when planning comes around next year.

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

Thank you!

Strengthening Oklahoma Families/Tulsa County

Here are a few ideas for reducing holiday expenses:

- Instead of giving gifts to everyone in a group (siblings, friends, coworkers, neighbors), simplify with a gift exchange. Or as a group choose to donate to a charity, the money that would have been spent.
- Homemade decorations and gifts are meaningful. Time and expertise are valuable gifts.
- Consider giving experiences (to be enjoyed together or for the recipient to enjoy). Many special holiday traditions don't cost money.
- Many people appreciate practical gifts that save them time, money, or trips to the store.
- Parents and grandparents can simplify the holidays and also build savings funds by putting a portion of what could be spent on gifts into the child's savings account. The child can enjoy a few thoughtful gifts each year and years later also enjoy a savings fund because deposits have been made consistently each year.
- Some of the best shopping deals happen after the holidays. Consider waiting until a couple weeks after the holiday to exchange gifts so that the gifts can be bought during the after-holiday sales.
- Remember the cost of time and energy on holiday well-being and what is truly important during the season. Creative gifts may make for memories years later, such as diapers for Christmas. Reducing financial stress during the holiday season frees up time and energy to enjoy the most important relationships during the holidays. [Money Tips for the Holiday Season | USU](#)



Caregiving During the Holiday Season

By: Shannon Lindquist, [Michigan State University Extension](#)

-Allowing for changes during the holiday season so everyone can enjoy this special time-

The holiday season is steeped in excitement, anticipation and traditions. For a family taking care of an aging parent or a family member with dementia, holiday planning may look different from year to year. Keeping this time of year enjoyable for you as a caregiver, and for the family member you care for, may result in making new traditions.

What to consider when making holiday plans

- Accept the fact that plans may need to change to accommodate the care receiver.
- Recognize that breaking some traditions is difficult and take time to mourn the loss.
- Remember that your family member (care receiver) will also feel the loss that change brings and may have feelings of guilt.
- Keep changes to only those that are necessary. If you always watch a favorite holiday movie together plan to keep that tradition.
- Don't leave the care receiver out of the planning process, as long as they are able to participate ask for their input.
- Keep rest, nutritional and medication routines in mind for your family member when planning events.
- Provide deliberate opportunities for family members to visit with the care receiver. A quiet room away from all the action would work best for a visit.

Families are constantly changing with weddings, babies, new jobs and in some cases, declining health of our eldest members. Making connections with each other while creating new traditions will keep your holiday season merry and bright. [Caregiving During the Holiday Season - MSU Extension](#)



Oklahoma Fruit of Month - Dried Apricots

Apricots are native to parts of Asia. They are hugely popular in Middle Eastern countries, with Turkey and Iran being the world's largest producers of the fruit. Spanish missionaries are credited with introducing the apricot to California, which is the leading state of apricot production within the United States. Plums and apricots are genetically very similar and thus can hybridize making pluots (75 percent plum, 25 percent apricot), plumcots (50 percent plum, 50 percent apricot), and apriums (75 percent apricot, 25 percent plum) (University of Illinois – Extension, 2021). <https://www.agmrc.org/commodities-products/fruits/apricots>

Apricot Facts:

- A temperamental plant, apricots need a dry climate in which to thrive. They grow wild in the mountains of north-western China and central Asia and have probably been cultivated for at least 5,000 years.
- Apricots flourished in ancient Rome and the Moors also established them in Spain. King Henry VIII's gardener imported them to England from Italy in 1542 and grew them in protected walled gardens.
- Apricots were probably introduced to North America by the Franciscan brothers in California some 200-300 years ago.
- The poet Ruskin described apricots as "shining in a sweet brightness of golden velvet"
- The Latin name for apricot is *praecoquum*, meaning early matured (fruit).
- Just three fresh apricots provide 30 percent of the recommended daily amount for beta-carotene (Vitamin A). Apricots also provide Vitamin C, iron, potassium, and fiber among other nutrients. https://oklahoma.agclassroom.org/resources_facts/agfacts_fruits/

WAYS TO ENJOY DRIED APRICOTS

Trail Mix: Snack on dried apricot slices as is, or add to trail mixes with nuts and other fruits.

Fruit Cocktail: Rehydrate dried apricots, or a combination of apricots and other fruits with cold water. For a single large serving, combine one cup of dried fruit with one cup of cold water. Wait about an hour for the fruit to plump up nicely. If you double the water, you will have some fruity tasting juice to enjoy also. A thermos food jar is ideal for rehydrating dried fruit. **Breakfasts:** Add dehydrated apricots to oatmeal or granola cereal with milk. Tip: Rehydrate the apricots briefly before adding them to your breakfast. **Dinners:** Include a pinch of dried apricot slices with mixed vegetables added to meals, such as meals with curry sauce. <https://www.backpackingchef.com/dehydrating-apricots.html>

Apricot Pecan Tassies Recipe



Prep Time: 30 Minutes
Cook Time: 25 Minutes

Ready In: 55 Minutes
Servings: 24

INGREDIENTS:

- 1/2 cup plus 1 tablespoon butter, softened, divided
- 6 tablespoons cream cheese, softened
- 1 cup king arthur unbleached all-purpose flour
- 3/4 cup packed brown sugar
- 1 egg, lightly beaten
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon salt
- 2/3 cup diced dried apricots
- 1/3 cup chopped pecans

DIRECTIONS:

1. In a small bowl, cream 1/2 cup butter and cream cheese until light and fluffy. Gradually add flour, beating until mixture forms a ball. Cover and refrigerate for 15 minutes.
2. Meanwhile, in a bowl, combine the brown sugar, egg, vanilla, salt and remaining butter. Stir in apricots and pecans; set aside.
3. Roll dough into 1-in. balls. Press onto the bottom and up the sides of greased miniature muffin cups. Drop a teaspoonful of apricot mixture into each cup. Bake at 325° for 25-30 minutes or until golden brown. Cool in pans on wire racks. Yield: 2 dozen.

Nutrition Facts

Calories	180.42 Kcal
Calories from fat	69.21 Kcal
Total Fat	7.69 g
Cholesterol	20.98 mg
Potassium	73.91 mg
Total Carbs	25.64 g
Sugars	8.84 g
Dietary Fiber	0.55 g
Protein	2.27 g
Vitamin C	0.1 mg
Iron	0.3 mg
Calcium	15.8 mg



By: Recipe of Health <http://recipeofhealth.com/recipe/apricot-pecan-tassies-718083rb>

SHOUT OUTS - FROM SHARI & ELAINE

OHCE MEMBERS – From Shari,

MERRY CHRISTMAS & HAPPY NEW YEAR Everyone! As we close 2022 I want to SHOUT OUT to all our groups in Tulsa County for what you have accomplished! Thank you for pouring back into our communities! To my County Officers and Committee Chairs, these past several years, "Thank you" for serving! A big Shout Out to Jean Parks from Valley View for volunteering to change out our OHCE bulletin board for these last two months. A Big SHOUT OUT to Stacey Jones and Debbie Owens! We appreciate everything you do to help make Tulsa County OHCE so great! Now as we look forward to 2023, with our New County President, Elaine Egan, I want us to continue supporting OHCE by spreading the word to everyone what OHCE is all about! It's about Volunteering. It's about continuing to educate our families, children, communities and ourselves about the changes that are always going to be coming!! OHCE, with the help of the OSU Extension, will step up and meet the challenges. May 2023 be our best year ever! Keep Serving Others! - Shari

OHCE MEMBERS – From Elaine,

I love Friday nights, the new year, April, and Christmas Eve. All of them are full of possibilities. The anticipation is tangible, and anything can happen. That is how I feel about serving as your Tulsa County OHCE President in 2023. We have horizons ahead of us and we get to choose where we are going. I have met so many of you and have been proud to work side by side on some of our community projects. I want to thank our outgoing officers and pledge to build on the work they started. I look forward to working with our Tulsa County Officers and hope that you, my friends, will join me as we carry OHCE into the future. – Elaine

MEMBERSHIP

Family Fun Workshop Night for our families at the Tulsa County Transitional Shelter - [We have moved this to Friday, December 9th](#). Join us from 6-7:30! We will be at the **Tulsa County Social Services at 2401 Charles Page Blvd**. NO COST but **please bring Cupcakes** (preferably store bought) for our Cupcakes with Mrs. Claus! You can drop these off at the [Extension before 4PM or bring them to the shelter by 5PM](#). We will have some fun activities starting with reading some Christmas stories and finish our evening with Cocoa and Caroling! RSVP to Shari Munroe by 12/6 at 918.408.6918.

DECEMBER 2022 TULSA COUNTY FAMILY ISSUES

We all have stories –make sure you tell yours!

Now is the time to consider your entry for the 2023 Life Essay Award. Here is your chance to write about one event or time in your life for the purpose of providing future generations a written picture of life. If you don't tell your story, no one will.

Your essay must be on a typewriter (do those things even exist?) or a computer. It should be one to three pages in length. There are some other rules; we can provide those to you, or you can check them out with the state goals at the OHCE site at extension.okstate.edu.

So...start thinking now about what you want to say. Deadline for submission to your Tulsa County Family Issues team is January 10, 2023. Need more information? Contact Elaine at elaine17ee@gmail.com.

Elaine Egan
Family Issues Chair





OHCE UPDATES



WHAT'S HAPPENING

*****All events will be held at the OSU Extension Office unless noted*****

****Please observe that some event dates have been changed****

DECEMBER:

- 7 Holiday Luncheon and Installation of Officers
- 9 Family Fun Workshop Night 6-7:30 pm – @ Tulsa County Shelter - All Ages Welcome!
- 19 Bunco @ (Monday) 10 am - Noon
- 26-27 Christmas, Extension Office Closed

JANUARY:

- 2 New Year's Day, Extension Office Closed
- 2 President's Quarterly Zoom Meeting 7 pm
- 10 Newsletter Articles Due to Extension for February Newsletter
- 13 State Reports Due to Extension Office
- 16 MLK Day, Extension Office Closed
- 16 Board Meeting Zoom 7 pm
- 18 Business Meeting 10 am – Perfect Attendance Presentation – Open to Everyone!
- 20 Workshop – “Report Awards”- RSVP to attend - by Jan. 18th
- 26 Bunco @ 10 am - Noon
- 30 Leader Lesson Training - @ 1st Assembly of God, Owasso

FEBRUARY:

- 1 Award Reports Due to State
- 10 Newsletter Articles Due to Extension for March Newsletter
- 17 NE District Money Due
- 20 President's Day, Extension Office Closed
- 21 1pm – 4pm OHCE Appreciation Tea
- 23 Bunco @ 10 am - Noon



MERRY CHRISTMAS
&
HAPPY NEW YEAR!!!



JANUARY BUSINESS MEETING PERFECT ATTENDANCE PRESENTATIONS

10:00 am - Wed. - January 18th

Everyone is Welcome!

We will share a Potluck
Meal together at Noon



OHCE UPDATES



“GROUP SHOUT-OUTS”

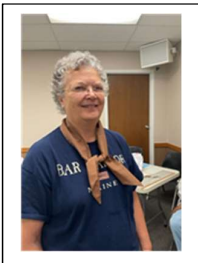


~ KNIT ‘N STITCH ~

4-H Cool Ties for Troops & DVIS Projects

The Knit ‘n Stitch group delivered 27 boxes of feminine hygiene products and 36 kids snack/activity bags to DVIS representative Allison Thomas, following their November meeting. DVIS (Domestic Violence Intervention Services) is an organization that rebuilds lives affected by domestic violence and sexual assault through counseling, advocacy, shelter and education.

COOL TIES FOR TROOPS



Knit ‘n Stitch found some “desert camouflage” fabric that was perfect for the Garfield County 4-H Project, “Cool Ties for Troops.” Knit ‘n Stitch worked diligently for the past month and completed a total of **32** cool ties! Thank you Knit ‘n Stitch for representing Tulsa County OHCE! We are proud of you!



JENKS NIGHT OWLS

THE JENKS NIGHT OWLS, DURING THEIR OCTOBER GROUP MEETING, DECORATED AND FILLED HALLOWEEN CANDY BAGS FOR THE CHILDREN AT THE TULSA COUNTY SHELTER. THE CHILDREN WERE THRILLED!



OHCE



OHCE UPDATES



~ HEALTHY LIVING LINK ~

See this pretty young woman? She could be your daughter or granddaughter or YOU!



PHOTO CREDIT: Aleksandr Yu/iStock via Getty Images Plus

<https://theconversation.com/e-cigarette-maker-juul-settled-a-lawsuit-over-its-practice-of-targeting-teens-through-social-media-parties-and-models-heres-why-the-company-is-paying-438-5-million-to-dozens-of-states-190399?>

Charline Romine
OHCE-TC Healthy Living Committee Chair

Tulsa County Resource Management

How can
RESOURCE MANAGEMENT
make your Holidays and
upcoming New Year
"MERRY AND BRIGHT?"

Dolores Williams, Chair
Resource Management

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