



Thinking Outside the Box

**IT'S TIME TO START
THINKING OUTSIDE
THE BOX!**

We're accustomed to seeing and responding to things in a certain way. Most people do what they have always done or what seems normal and natural. However, this is not always what should be done to be successful or even to survive. For example, scientists who work with sharks discovered the best thing to do when a shark is nearby is to swim toward it. This is because in the ocean, things that run away are prey and things that attack are predators. When you swim toward the shark, it thinks you are a predator and will swim away to escape you. This kind of outside-the-box thinking will require learning some new strategies that won't always seem normal or natural, but are necessary for success. It will take hard work to change old ways of seeing and responding to situations. By thinking outside of the box, you can create new ways to successfully co-parent and provide the best possible environment for your child.

Sometimes we get stuck in the box with no acceptable solution in sight. We keep going over and over the same ground, but nothing changes. There is a saying that the definition of insanity is doing the same thing over and over again and expecting different results each time. Divorcing parents frequently find themselves in a situation in which a co-parent consistently does something they don't like.

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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 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

THINKING OUTSIDE THE BOX... Continued

Strengthening Oklahoma Families/Tulsa County

The crazy part is that they keep responding the same way to the behavior always hoping that he or she will stop. This rarely works. **Instead of repeating the same, do something different.** But what can you do?

First, consider you might be doing something that is annoying to your co-parent and they are responding to you. Is your behavior focused on the well-being of your child, or are you trying to make your co-parent pay for what they did to you? If your honest answer is the latter, then get focused on what is best for your child. **If you change, your co-parent will most likely respond differently to you.**

Second, ask yourself: Are you sincerely trying to work out a “win-win” relationship with your co-parent or are you trying to get what you want? What does your co-parent really want and how can you help him or her get that without sacrificing your own needs and desires? In other words, what would be a workable compromise that allows everyone to win? **If you sincerely work to help your co-parent, sooner or later, they will begin to change their behavior toward you.**

Finally, if you can't see your own behavior clearly, find someone who will give you some honest feedback and ask them to brainstorm some possible solutions with you. Two or three heads are almost always better than one. This person might even be able to serve as a mediator who talks to your co-parent to get some new insight into the reasons for their seemingly annoying behavior. Then they might be in an even better situation to help you think outside the box.

Remember that almost all solutions come when one person is able to find a new path. Fighting fire with fire only ends up with both people and the children getting burned.

Co-Parenting for Resilience - Thinking Outside the Box (mailchi.mp)

Outsmarting Scammers

Written by [Amy Mangan-Fischer](#)

Have you ever fallen for a scam? If so, you are not alone. The Department of Agriculture, Trade and Consumer Protection's website states that **“consumers lose more than \$40 billion a year to telemarketing fraud”**. And it's just getting worse. According to a 2021 Scam and Robocall Report, **phone scam attempts increased by over 116% in 2021**, reaching record highs.

Scammers try to cloud your judgment by **evoking powerful emotions and a sense of urgency**. They may try to scare you by threatening you with prison, large fees, or blackmail.

OUTSMARTING SCAMMERS... Continued

They may try to get you excited by telling you you've won a large sum of money or that your debt will be eliminated. Or they may make you feel sad and sympathetic by telling you someone is in urgent need. In all these cases, they will **insist that you act immediately**.

Scammers are smart and are continually updating their stories. Some common ones are ...

- The caller claims to be your grandchild, says they are in trouble and that they need money immediately (usually wired or in the form of gift cards).
- You have won something, but first you must pay a winner's fee or tax.
- You are contacted by a "charity," and they ask you to donate right away.
- An email that says it is from your friend, supervisor, or family member asks you to purchase gift cards and send them immediately

What can you do to avoid being tricked?

- **Do not make any decisions in the moment.** Scammers are hoping that you will act while you are emotional and before you have had time to think it through.
- **Hang up if you are feeling pressured.** Businesses and charities that genuinely want you as a customer will not be upset if you do not make a commitment at that moment.
- **Do not share any personal or financial information** (your social security number, checking account information, etc.). You can make a donation or payment directly to the organization later if it turns out to be legitimate.
- **Ask for their name and the name of the business/organization.** If you are considering paying their bill, purchasing their product, or donating to their charity, look up their number online or via another trusted source and call the official number that is listed for them.
- **Ask for additional information to be mailed to you.** If they do send you something, you can review it with a trusted friend, family member or financial advisor.

Remember you are not alone. There are many resources available to help you determine if it is a scam and what to do if you feel you have been a victim. Fraud can also be reported to help protect others. Contact Amy Mangan-Fischer, Human Development and Relationships Educator, with questions at amy.manganfischer@wisc.edu or 920.929.3179.

Additional resources to explore:

- Consumer Financial Protection Bureau's website: [Common types of scams, how to avoid them, and what to do if you are a victim of a scam](#)
- Department of Agriculture, Trade, and Consumer Protection: [Seniors Phone Scams](#)
- Federal Communications Commission: [Stop Unwanted Robocalls](#)
- Federal Trade Commission: [Report Fraud](#)
- [Extension's Financial Education Website](#)

[Outsmarting Scammers – Financial Education \(wisc.edu\)](#)



Fresh Cherry Cheesecake Bars

Hands-On:

Prep Time: 20 mins

Total Time: 4 hrs. 5 mins

Yield: 15 servings (serving size: 1 bar)

INGREDIENTS:

- 4 ½ ounces all-purpose flour (about 1 cup)
- 3 tablespoons powdered sugar
- ⅛ teaspoon salt
- 5 tablespoons chilled butter, cut into small pieces
- 3 ½ teaspoons ice water
- 1 ¼ cups chopped pitted fresh cherries
- 1 tablespoon granulated sugar
- 1 tablespoon water
- 2 teaspoons fresh lemon juice
- ½ teaspoon cornstarch
- ¾ cup (6 ounces) 1/3-less-fat cream cheese
- ½ cup fat-free plain Greek yogurt
- ⅓ cup granulated sugar
- ½ teaspoon vanilla extract
- 1 large egg



NUTRITION FACTS:

Per Serving:

136 calories; fat 6.9g; saturated fat 4g; mono fat 1.8g; poly fat 0.3g; protein 2.9g; carbohydrates 16g; fiber 0.5g; cholesterol 33mg; iron 0.5mg; sodium 92mg; calcium 23mg.

DIRECTIONS:

Step 1: Preheat Oven to 350°

Step 2: Line an 8-inch square glass or ceramic baking dish with parchment paper. Weigh or lightly spoon flour into a dry measuring cup; level with a knife. Place flour, powdered sugar, and salt in a food processor; pulse 2 times to combine. Add chilled butter, and drizzle with ice water. Pulse 10 times or until mixture resembles coarse meal. Pour the mixture into prepared baking dish (mixture will be crumbly). Press mixture into bottom of dish. Bake at 350° for 23 minutes or until lightly browned. Cool completely. Reduce oven temperature to 325°.

Step 3: Place cherries, 1 tablespoon granulated sugar, and 1 tablespoon water in a small saucepan. Bring to a boil. Reduce heat, and simmer 5 minutes or until cherries are tender. Combine lemon juice and cornstarch in a small bowl, stirring with a whisk. Stir cornstarch mixture into cherry mixture; cook for 1 minute or until thickened. Cool mixture slightly. Spoon the cherry mixture into food processor, and process until smooth. Spoon pureed mixture into a bowl, and set aside.

Step 4: Wipe food processor clean. Place cream cheese and remaining ingredients in food processor; process until smooth. Spoon cream cheese mixture over cooled crust; spread evenly. Dollop cherry mixture over cream cheese mixture, and swirl together with a knife. Bake at 325° for 36 minutes or until set. Cool on a wire rack. Cover and chill at least 3 hours. Source: <https://www.myrecipes.com/recipe/fresh-cherry-cheesecake-bars>



SHOUT OUT FROM ELAINE

Tulsa County OHCE President

We have started 2023 off with a BANG! There is a lot of enthusiasm about our programming this year and we have a lot happening in our own backyard. The 2023 Northeast District meeting will be held in Owasso on March 28th. We have heard great things about the location. Tulsa Tech – Owasso will offer us the best of amenities. Be sure to register for this event to take advantage of the cutting-edge technology and superior workshop offerings to enhance our OHCE programming. Registration fees are due by February 17th, so don't delay. We will continue with our monthly Bunco games to raise money for scholarships. They are held the fourth Thursday of each month from 10AM to noon at the extension office. This is a donation only activity and I guarantee you will get way more out of it. It is a wonderful opportunity to invite your friends for a friendly game – and show them the value of OHCE fellowship. Our first Game Day of the year is on March 17th. Mark your calendar. We are excited to see what Jean Parks has in store for us. Look for some OHCE outings this year that will give us a chance to explore our area and learn about the different cultures and people who have built the foundation upon which we stand. Have some ideas about interesting locales to visit? Tell your Cultural Enrichment rep and we might be going there next. Finally, I want to focus this year on the service that you all provide to our communities. Let us see the Facebook posts and pictures about what you are doing to make Tulsa County a better place. You might just inspire others. Elaine



Tulsa County Family Issues

FEBRUARY 2023 FAMILY ISSUES

In 2023 we have pledged to forge a stronger relationship with the Tulsa County Emergency Shelter. The shelter provides temporary quarters for families and helps them move into their own homes.

We can support these families by gathering items during the year to present to shelter representatives at our Christmas Luncheon in December. Keep a box in your closet to collect your items. This month we will collect **BABY WIPES/HAND WIPES.**

FEBRUARY FAMILY ISSUES TOPIC

Raising Young Readers

Volunteer to read to pre-school or your elementary age children. Check with county educator for available programs.

Elaine Egan & the Family Issues Team



The Jenks Night Owls ended their monthly meeting with a card making craft. The cards carried loving sentiments of thanks and thinking of you! The Leader Lesson on Home Security as we are Aging provided a lot of helpful ideas for making us feel safer in our homes. Pictured are Allison Bowman, Blythe Katz, Debbie Owens, Ashlee Eller, Tammy Eller, and Holly Eller.

 **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

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

MEMBERSHIP

"Bunco for Scholarships"
Thursday, February 23rd
10AM - Noon
OSU Extension Auditorium
Donations Accepted



MARCH:

- 15 RSVP for Game Day to Jean Parks
- 17 OHCE GAME DAY 1-3 pm
- 23 Bunco @ 10 am – Noon
- 28 NE District Meeting, Tulsa Tech-Owasso, 10800 N. 137th E. Ave., Owasso

APRIL:

- 7 Good Friday, Extension Office Closed
- 27 Bunco @ 10 am – Noon

Tulsa County OHCE Appreciation Tea
*For all Current County and Group Officers
And all Past Presidents*
Tuesday, February 21st
1 - 4 PM

OSU Extension Auditorium
RSVP to Mardi Dixon
918.809.2910 by 2/17



"SAVE THE DATE"
Friday, March 17th
1 - 3 PM

**"Wearin' of the Greens'
GAME DAY
& Canned Food Drive**

OSU Extension Auditorium
RSVP to Jean Parks 918.373.0553 by 3/15



NE District Meeting: Tuesday, March 28th Tulsa Tech Conference Center - Owasso
Registration \$25 - Due by 2/17 (includes lunch)



OHCE UPDATES



SCHOLARSHIPS

By: Shari Munroe

The Tulsa County OHCE Scholarship Application is now available on the Tulsa County OSU Extension website! Here's the link!

<https://extension.okstate.edu/county/tulsa/oklahoma-home-and-community-education.html>

Applications are due by June 1st!



Pictured are Valley View members, Mardi Dixon, Dorothy Swindler, Carol Jones and Jean Parks at their recent yard sale. They made over \$700 dollars for their OHCE group! WOW! And it looks like they had a lot of fun doing it!!!

Knit N Stitch Members

Pat Thomas, Dorothy King, & Deborah McIntyre with Livia- Nina Gosnell of Grace Hospice.

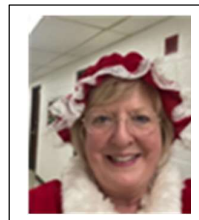


DONATIONS FOR GRACE HOSPICE

Knit 'n Stitch Group delivered 5 shawls, 6 lap robes and 5 Fidget Quilts!

Tulsa County Shelter

Our Annual Christmas Party was another fun success, attended by many kids & adults!!!



DONATIONS Tulsa County Shelter

PICTURED: Dolores Williams, with Shirl Pilcher of the Tulsa County Shelter. Dolores dropped off OHCE donations.





OHCE UPDATES



~ HEALTHY LIVING LINK ~

Here is a link for a Healthy Living 101 brought to us by Shape Your Future Oklahoma.

Lots of forward links on many different topics.

<https://shapeyourfutureok.com/healthy-living-101/>

Charline Romine
OHCE-TC Healthy Living Committee Chair



Inspirational Insights

How can we reach out and assist our members in need?

Please notify Holly if there is anything that you may be needing assistance with. We want to serve our members that are in need.

Holly Eller,
Inspirational Leader

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Family and Consumer Sciences
Tulsa County OSU Extension Service

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