



**FEBRUARY IS NATIONAL
CANCER PREVENTION MONTH**

Cancer is a diagnosis no one wants, but it was a reality for nearly 2 million Americans in 2023, not including non-melanoma skin cancer. What’s more, more than 600,000 will die from the disease.

Research shows that more than four out of 10 cancers can be attributed to preventable causes, said [Diana Romano, Oklahoma State University Extension](#) associate specialist.

“Things that are within our control include smoking, excess body weight, physical inactivity and excessive exposure to the sun, among others,” Romano said. “Not using tobacco is one of the most effective ways to prevent cancer. When it comes to preventing skin cancer, it’s vital to protect your skin from ultraviolet radiation, including indoor tanning devices.”

To help prevent cervical cancer, consider the human papillomavirus, or HPV, vaccine. This vaccine has also been shown to help prevent head, neck, and anal cancers, as well as many cases of liver cancer.

About 20% of the diagnosed cases of cancer are related to being overweight, poor diet, alcohol intake and not being physically active. Being overweight or obese can increase a person’s risk for 15 types of cancer. However, being physically active can help reduce the risk of nine types of cancer. Maintaining a healthy weight and eating a well-balanced diet are things within a person’s control that can help lower the risk of developing cancer.

Romano said a diet rich in vegetables, fruits, whole grains, and beans is a healthy way to help prevent some cancers. These foods are high in fiber and people should consume at least 30 grams of fiber each day.

“While fast foods can be convenient, they are typically high in saturated fat. Combo meals come with a carbonated beverage, which adds more sugar to your diet,” she said. “If you can’t give up sugar, try to limit sugary drinks and sweet treats just for special occasions.”

Not only should you limit sugars, but also alcohol. Red meat, including beef, lamb, and pork, should be limited to three servings per week, for a total of 12 ounces. Avoid or consume very little processed meats such as hotdogs, bacon, and salami.

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**TULSA COUNTY
EXTENSION**



In this issue:

- ❖ February is National Cancer Prevention Month
- ❖ FCS Programming 2024
- ❖ Positive Parenting Tips
- ❖ Recipe of the Month: Cranberry Orange Muffins
- ❖ OHCE News & Updates

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

Physical activity is important to overall health, and Romano said pre-school-age children need at least three hours of physical activity each day to enhance growth and development. School-age children and adolescents should try to get in 60 minutes or more each day, as well as take part in bone-strengthening exercises at least twice per week.

“Adults should strive for 150 minutes or more of physical activity each week, along with bone-strengthening exercises twice a week,” she said. “This can be broken up into small segments of time to fit into people’s busy schedules.”

Oklahomans are familiar with the intensity of the sun, so it’s important to protect your skin from ultraviolet exposure. This can be done by limiting sun exposure, especially between 10 a.m. and 4 p.m.; wearing clothing that covers arms and legs; wearing a wide-brimmed hat; wearing sunglasses; and applying a 15 SPF or higher sunscreen every day, even in the winter.

“Talk to your doctor about the various ways you can help prevent a cancer diagnosis through available vaccines, healthy eating, physical activity and UV exposure,” Romano said. “There are many things in our lives that are beyond our control, but there are steps that can be taken to help cut the risk of developing cancer.”

Source: Trisha Gedon, OSU Sr. Communications Specialist

**Family and Consumer Sciences
Programming for 2024**

Drying – 04/10	\$10 and limit of 10
Spices and Herbs – 04/27	\$10 and limit of 20
Pickles Canning – 05/22	\$25 and limit of 8
Show and Tell w/ Pressure Canners - 06/12	\$20 and limit of 15
Salsa Canning – 07/31	\$25 and limit of 8
Show and Tell w/ Pressure Canners - 08/09	\$20 and limit of 15
Jelly Workshop – 11/16	\$20 and limit of 8



Pre-registration is required.
Tulsa County OSU Extension Center
For more information go to www.oces.tulsacounty.org
or call 918-746-3706
Other classes may be added during the year or if class gets filled up.

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POSITIVE PARENTING TIPS

Developmental Milestones

Skills such as taking a first step, smiling for the first time, and waving “bye-bye” are called developmental milestones. Developmental milestones are things most children can do by a certain age. Children reach milestones in how they play, learn, speak, behave, and move (like crawling, walking, or jumping).

In the first year, babies learn to focus their vision, reach out, explore, and learn about the things that are around them. Cognitive, or brain development means the learning process of memory, language, thinking, and reasoning. Learning language is more than making sounds (“babble”) or saying “ma-ma” and “da-da”. Listening, understanding, and knowing the names of people and things are all a part of language development. During this stage, babies also are developing bonds of love and trust with their parents and others as part of social and emotional development. The way parents cuddle, hold, and play with their baby will set the basis for how they will interact with them and others.

Following are some things you, as a parent, can do to help your baby during this time:

- Talk to your baby. She will find your voice calming.
- Answer when your baby makes sounds by repeating the sounds and adding words. This will help him learn to use language.
- Read to your baby. This will help her develop and understand language and sounds.
- Sing to your baby and play music. This will help your baby develop a love for music and will help his brain development.
- Praise your baby and give her lots of loving attention.
- Spend time cuddling and holding your baby. This will help him feel cared for and secure.
- Play with your baby when she’s alert and relaxed. Watch your baby closely for signs of being tired or fussy so that she can take a break from playing.
- Distract your baby with toys and move him to safe areas when he starts moving and touching things that he shouldn’t touch.
- Take care of yourself physically, mentally, and emotionally. Parenting can be hard work! It is easier to enjoy your new baby and be a positive, loving parent when you are feeling good yourself.

Child Safety First

When a baby becomes part of your family, it is time to make sure that your home is a safe place. Look around your home for things that could be dangerous to your baby. As a parent, it is your job to ensure that you create a safe home for your baby. It also is important that you take the necessary steps to make sure that you are mentally and emotionally ready for your new baby. Here are a few tips to keep your baby safe:

- Do not shake your baby—*ever!* Babies have very weak neck muscles that are not yet able to support their heads. If you shake your baby, you can damage his brain or even cause his death.
- Make sure you always put your baby to sleep on her back to prevent sudden infant death syndrome (commonly known as SIDS). [Read more about new recommendations for safe sleep for infants here.](#)
- Protect your baby and family from secondhand smoke. Do not allow anyone to smoke in your home.
- Place your baby in a rear-facing car seat in the back seat while he is riding in a car. This is recommended by the [National Highway Traffic Safety Administration pdf icon\[1.15 MB / 1 page\]external icon.](#)
- Prevent your baby from choking by cutting her food into small bites. Also, don’t let her play with small toys and other things that might be easy for her to swallow.
- Don’t allow your baby to play with anything that might cover her face.
- Never carry hot liquids or foods near your baby or while holding him.
- Vaccines (shots) are important to protect your child’s health and safety. Because children can get serious diseases, it is important that your child get the right shots at the right time. Talk with your child’s doctor to make sure that your child is up to date on her vaccinations.

POSITIVE PARENTING TIPS... Continued

Strengthening Oklahoma Families/Tulsa County

Healthy Bodies

- Breast milk meets all your baby's needs for about the first 6 months of life. Between 6 and 12 months of age, your baby will learn about new tastes and textures with healthy solid food, but breast milk should still be an important source of nutrition.
- Feed your baby slowly and patiently, encourage your baby to try new tastes but without force, and watch closely to see if he's still hungry.
- Breastfeeding is the natural way to feed your baby, but it can be challenging. If you need help, you can call the National Breastfeeding Helpline at 800-994-9662 or get help on-line at <http://www.womenshealth.gov/breastfeedingexternal icon>. You can also call your local WIC Program to see if you qualify for breastfeeding support by health professionals as well as peer counselors or use an [online directory to find an International Board-Certified Lactation Consultantexternal icon](#) in your community.
- Keep your baby active. She might not be able to run and play like the "big kids" just yet, but there's lots she can do to keep her little arms and legs moving throughout the day. Getting down on the floor to move helps your baby become strong, learn, and explore.
- Try not to keep your baby in swings, strollers, bouncer seats, and exercise saucers for too long.
- Limit screen time. For children younger than 18 months of age, the American Academy of Pediatrics (AAP) recommends that it's best if babies do not use any screen media other than video chatting.
- Make sure your child gets the [recommended amount of sleep](#) each night: For infants 4-12 months, 12-16 hours per 24 hours (including naps) Source: CDC [Infants \(0-1 years\) | CDC](#)

**YIELDS: 12 MUFFINS
OR 48 MINI-MUFFINS
TOTAL BAKE TIME: 23-25 MIN**

CRANBERRY ORANGE MUFFINS

Source: 1st Place @ Tulsa County Free Fair
By: OHCE Member Deborah McIntyre

Nutritional Analysis

Per serving:

Calories: 238 | Total Fat: 10 gm | Saturated Fat: 5.7 g | Sodium: 1051 mg | Carbohydrates: 35.1 g | Sugars: 15.8 g | Protein: 4.8 g

INGREDIENTS

½ cup unsalted butter (room temp)
½ cup sugar
¼ cup light brown sugar
2 large eggs (room temp)
½ cup plain yogurt or sour cream
2 tsp vanilla
Zest of 2 oranges
2 TBSP orange juice
2 TBSP milk

1 ¾ cups flour
1 tsp baking soda
1 tsp baking powder
½ tsp ground cinnamon
½ tsp salt
1 ½ cups cranberries - frozen
Glaze (Optional to drizzle on warm Muffins):
1 cup confectioner sugar
3 TBSP orange juice

INSTRUCTIONS

- Step 1: Preheat oven @ 425 degrees. Spray muffin pans with nonstick spray and set aside.
- Step 2: With hand or stand mixer, beat butter and both sugars on high speed until creamed, scraping bowl as needed.
- Step 3: Add eggs, yogurt (or sour cream) and vanilla. Beat 2 min on medium speed, scraping bowl as needed.
- Step 4: Mix in the orange zest until combined.
- Step 5: In large bowl whisk flour, baking soda, baking powder, cinnamon, and salt.
- Step 6: Pour wet ingredients into dry ingredients and slowly mix with a whisk.
- Step 7: Add orange juice and milk, gently whisk until combined, (some lumps remain).
- Step 8: Finally, fold in frozen or fresh cranberries with a wooden spoon or spatula.
- Step 9: Spoon batter into prepared muffin pans-fill them to the top. Add 1 or 2 cranberries on top if desired.
- Step 10: Bake for 5 min. at 425 degrees. Then lower oven temp to 325 degrees and bake additional 18-20 min., or until toothpick inserted in center comes out clean.

2024 Master Wellness Volunteer Training

The Master Wellness Volunteer training program is an engaging series of five classes that provides volunteers with 40 hours of training in health and wellness education. In return, the volunteers agree to give back 40 hours of service to the community as an OSU Extension Master Wellness Volunteer.

The object is to train individuals who are interested in health and wellness with current research-based information. These volunteers will assist the Family and Consumer Sciences program at the Tulsa County OSU Extension Center. The program is designed for individuals with at least a high school degree or equivalent, with a true interest in health and wellness, that would enjoy volunteering and sharing research-based information with others.

The training focuses on nutrition, dietary guidelines, food safety, healthy lifestyle choices and physical activity. The training will provide 40 hours of classroom education from the Tulsa and Oklahoma County FCS educators. Upon completion of training, the volunteer will give back 40 hours of service within a one-year period.

Deadline to enroll: May 1st, 2023

(Class size is limited)

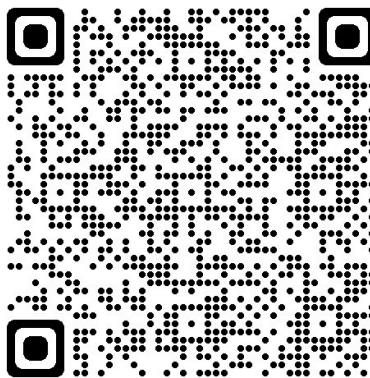
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<https://bit.ly/43OpAwU>

FAMILY & CONSUMER SCIENCES CALENDAR

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

Please observe that some event dates have been changed

FEBRUARY:

- 1 OHCE Award Reports Due to State
- 6 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 2-2-24)
- 19 President's Day - Extension Office Closed
- 20 OHCE Cultural Enrichment: Jewish Museum of Art, 2021 E. 71st St., @ 1 pm
- 22 OHCE Bunco, 10 am - Noon
- 23 OHCE NE District Meeting: money due!

March:

- 5 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 3-1-24)
- 6 Barn Quilt Workshop, 10 am – 4 pm (pre-register 918-746-3706)
- 11 RSVP OHCE Game Day to: Linda @ 918-639-3090
- 15 OHCE Game Day, 1 pm – 3 pm
- 26 OHCE NE District Meeting @ Glenpool Conf. Center, 12205 S. Yukon Ave., Glenpool
- 29 Good Friday – Extension Office Closed

April:

- 2 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 3-28-24)
- 10 Drying Workshop 9 am – 10 am (pre-register 918-746-3706)
- 27 Herbs & Spices Workshop 9 am – 11 am (pre-register 918-746-3706)
- 30 OHCE Cultural Enrichment: Tulsa Botanical Garden (Details tba)



**CHANNEL 6
COOKING CORNER**

February 28th

March 27th

April 24th

@ Noon

Presented By:

Stacey Jones

Tulsa County FCS Educator



**FAMILY AND
CONSUMER SCIENCES**

OHCE UPDATES

HOLIDAY LUNCHEON

IN REVIEW...

Special thanks to Coe Ann and the Luncheon Committee for a wonderful celebration!



OHCE UPDATES

SHOUT OUT FROM ELAINE
Tulsa County OHCE President



I hope you all had a safe and fulfilling beginning to your new year. I have had a hard time getting motivated. After all the excitement of the holidays, the darkness of the early evenings is affecting me in ways I do not like. But I have hope. By the 20th of February the length of our day jumps to 11 hours and 6 minutes (up from the 9 hours and 46 minutes on New Year's Day). And I have friends. What a joy it was to attend our group meeting. How uplifting it was to see smiling people and talk to friends. I hope you get that same feeling when you go to a meeting. I hope you find a friend in your meetings. I hope you will be that friend in your meeting. I think that is the strength of OHCE. The lessons are great. The community projects are great. The friendships are priceless.

Share OHCE with a friend! *Elaine*

FAMILY ISSUES

February 2024

The Tulsa County Transitional Living Center was so appreciative of our Christmas donations – we are going to do it again! So, collect items monthly and save your items for our 2024 Christmas Luncheon.

This month we are collecting the following:

Baby Wipes/Hand Wipes.

FEBRUARY FAMILY ISSUE TOPIC: KEEP A SAFE HOME

Help your family keep a safe house. Make sure they know these practical reminders to keep germs at bay: (1) Wipe all touchpoints; (2) Pay attention to handheld devices; (3) clean your kitchen; (4) scrub down your bathroom; (5) keep your hands & feet clean; (6) limit allergens; (7) humidify your house; (8) clean the air; (9) clean toys; (www.livingwellspendless.com) Thanks for your generous participation. The Family Issues Team

**SHERWIN MILLER
MUSEUM OF JEWISH ART
CULTURAL ENRICHMENT TOUR
TUESDAY, FEBRUARY 20TH, 1 P.M.**

CULTURAL ENRICHMENT
UPCOMING EVENTS:
April: Tulsa Botanical Garden
June: Tulsa Drillers Baseball
Aug: Woody Guthrie Center
Oct: Shepherds Cross Festival



- ❖ The Sherwin Miller Museum of Jewish Art Tour is scheduled for 1 p.m. on Tuesday, February 20th.
- ❖ The museum is located at 2021 East 71st Street. We will meet at the museum.
- ❖ The cost is \$3.00 per person, and we will need to get the money all together before we go in.
- ❖ The tour will be led by a docent at the museum and should take approximately 1 1/2 hours.
- ❖ Please invite friends and family.
- ❖ We will be going to a nearby restaurant afterwards for a snack.



OHCE UPDATES



OHCE NE DISTRICT MEETING March 26, 2024



"Many Nations - One OKLAHOMA"

The meeting will be held in the Glenpool Conference Center located at 12205 South Yukon Avenue, Glenpool, OK. The cost is \$25. Registration is due February 23rd. The lunch will be catered by House of Smoke from Okmulgee and will include smoked sliced brisket and chicken, coleslaw, baked beans and sliced bread. Many fun and unique workshops have been planned. Kay, Logan, and Noble counties will have the Country Store fundraiser and Silent Auction baskets to raise money for 2025, so remember to bring your money so you can bid! We look forward to seeing you in March!

OHCE MOTTO

"Working together to build better communities...
through education with leadership and service"

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Family and Consumer Sciences
Tulsa County OSU Extension Service



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