



Parents Who Invest in Themselves Reap Dividends

By: Trisha Gedon, OSU Sr. Communications Specialist

When a couple goes through a divorce, each parent may have feelings of grief, loss, anger, or anxiety. To help suppress those feelings, some people try to stay busy, but this can add additional stress.

One of the best medicines for parents experiencing divorce is self-care, said Katey Masri, manager of Oklahoma State University Extension’s Co-Parenting for Resilience program.

“While self-care may feel selfish or even impossible, it’s one of the best gifts you can give yourself and your children,” Masri said. “When a parent invests in themselves, it means they’re taking the time to care for themselves. Think of it as depositing money in the bank and earning interest. Each deposit, whether it be for your physical, emotional or mental health, is an investment in yourself.”

It’s important for parents to balance their health. One way to quickly boost your mood is to exercise. Exercise naturally produces positive hormones that can lower stress and anxiety while boosting physical, emotional and mental health. Getting enough quality sleep and eating a well-balanced diet are two more factors that affect health.

Masri said being there for your children is vital, as is socializing with a group of people with shared common interests.

“Expand your social circle and sign up for a class or workshop to learn something new,” she said. “When times are hard, it can be easy to isolate yourself and become overwhelmed by negative feelings. Being around others with similar interests will do wonders for your emotional health.”

Research has shown that meditation is another proven technique to lower anxiety, stress and depression. It also improves physical health. There are several ways in which a person can meditate, including smartphone apps, online videos and other free resources.

Masri also noted the importance of focusing on the positive aspects of your life. Find value and appreciation in the things you have instead of focusing on what you don’t have or have lost. Practicing gratitude is one of the most powerful, cheapest and easiest ways to increase happiness. Gratitude can be found in the most minute moments, and the more a person looks for it, the easier it becomes to recognize. Challenge yourself to find three different things for which to be grateful every day.

Most people don’t think twice about being kind and compassionate to others but remember to treat yourself with the same love and kindness shown to others.

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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!

“The ability to truly love another person begins with the ability to truly love yourself,” she said.

Part of self-care is bringing out your inner child with play. If you watch children play, it’s easy to see the joy they’re experiencing. Play brings joy and stress relief and builds connections in relationships. Make a list of things that bring you joy and select one when negative feelings challenge your motivation.

“Parenting is hard work and can bring feelings of joy and accomplishment. Being kind and compassionate to yourself will help you become the best parent possible,” Masri said.

CAESAR SALAD PIZZA

By: Stacey Jones, Family and Consumer Sciences Educator
OSU Extension Center Tulsa County

INGREDIENTS:

- 1 Egg
- 2 Cans 12.5 oz. Canned Chicken
- ½ Cup Parmesan Cheese
- 1 tsp Ground Pepper
- 2 TBSP Creamy Caesar Dressing
- 1 tsp Powdered Garlic
- 3 Cups Romaine Lettuce



INSTRUCTIONS:

1. Preheat the oven to 375.
2. Drain canned chicken. Combine canned chicken, egg, parmesan cheese, garlic powder and pepper in a bowl. Mix with spatula.
3. Spread crust mixture thinly onto a baking sheet covered with a piece of parchment paper. Bake for 30 minutes. Remove from oven and let cool for 10 minutes.
4. Wash romaine lettuce, dry and chop into very small bite sized pieces. Measure out 3 cups. Toss with creamy Caesar dressing. Top pizza crust.
5. Cut pizza into 4 slices and serve. Enjoy!

Serves: 4

Nutritional analysis per serving:

Calories: 337	
Carbohydrates: 37.9 g	
Total Fat: 11.6 gm	Sugars: 3 g
Saturated Fat: 4.2 g	Protein: 27.2 g
Sodium: 274 mg	

Check out our Channel 6 Cooking Corner demonstration by clicking on the following link:

<https://youtu.be/eVSuTIEePRM?si=S3VxY5GBNp5sJAWc>

SUMMER READING PROGRAM

JUNE 1 - JULY 31

FOR
ALL
AGES!

Tulsa City-County
LIBRARY

Summer Reading Program | Tulsa Library

IN PERSON: Register at any of our 24 branch libraries or the bookmobile!

FREE SRP APP: Search for “Tulsa library” on Google Play or Apple Stores; select and download “TCCL SRP App”

Find all library apps, including the TCCL SRP app, here: <https://www.tulsalibrary.org/library-apps>

Or to sign up for the program and log your books digitally, use the web-based application available at www.tulsalibrary.org/summer/app.

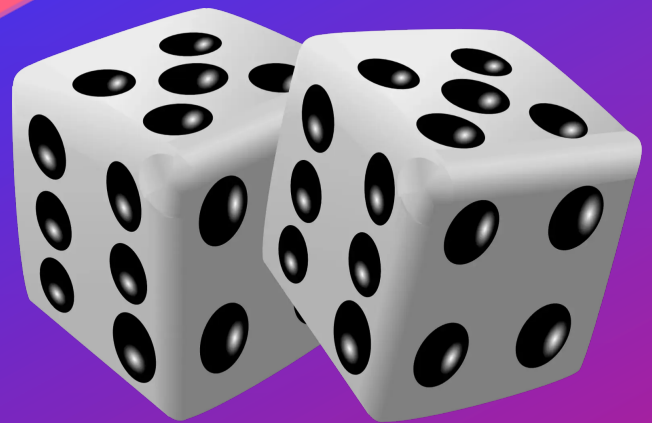


It's FOR SCHOLARSHIPS!
BUNGO
TIME!

10 - Noon

AUGUST 22, 2024

Free to Play!
Fun Prizes!



**Bring Your Own
Dice & a Friend!**

**Please RSVP to Shari
Call or Text 918.408.6918**

**Drawing for Longaberger Trunk Basket!
Get 1 Ticket for every \$1 Donated!**

Tulsa County OSU Extension - 4116 E 15th St - Tulsa, OK

BUNCO RAFFLE

August 22, 2024

10 AM - NOON

Tulsa County OSU Extension Center

August Bunco is very special because we will be drawing for a UNIQUE TRUNK by Longaberger donated to us by Shirley Cox! For every \$1 donated you will receive 1 ticket! Everyone will want to win this beautiful item!

EVERYONE IS INVITED TO JOIN US!



Family and Consumer Sciences

Programming for 2024

“DO YOU KNOW HOW TO USE YOUR PRESSURE CANNER?”

Show and Tell w/ Pressure Canners - 08/09/24 - \$20 and limit of 15

To Register for this Workshop: Pre-registrations with cash payments are required in advance. Please contact: Tulsa County OSU Extension Center, between 8am & 4:30pm, Mon. thru Fri., by calling 918-746-3706, or dropping by our offices at 4116 E. 15th St., Tulsa, OK, 74112. We are located on 15th Street between Yale & Harvard at “Gate 6” of the Tulsa County Fairgrounds.

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TULSA COUNTY FREE FAIR July 16-19, 2024



If you would like to enter exhibits in the Tulsa County Free Fair, please drop off your entries at the Tulsa County Fairgrounds, in Central Park Hall, Tuesday, July 16th, between 4pm-7pm, to enter your items. [Links below provide all entry requirements for each of your exhibits.](#)

The Fair also offers two days of fun activities open to the public, on Thursday, July 18th, 10am to 7:30pm, AND Friday, July 19th, 10am to 6:30pm. Everyone is invited to view the Open Class Exhibits and 4-H Exhibits, and to visit our vendor booths, enjoy live entertainment, and participate in family fun activities! (Schedule in link below.)

This year our FAIR has moved to the CENTRAL PARK HALL at EXPO SQUARE/TULSA COUNTY FAIRGROUNDS!
Access the fair schedule, entry information, and requirements with the link or QR code below:



<https://extension.okstate.edu/county/tulsa/media/docs/county-fair/2024-tcff-open-class-division-fair-book-a.pdf>

Watch the Free Fair/Channel 6 interview at this link:
<https://youtu.be/plK4fc9RoHo?si=FLQjmwBjJBcpHpYI>

CUPCAKE WARS!

**THIS IS AN OPEN CLASS ADULT VERSION OF THE 4-H YOUTH CUPCAKE WARS!
INFO & RULES AVAILABLE BY CONTACTING THE EXTENSION OFFICE.**

QUILT RAFFLE

We will be selling Raffle Tickets, again this year, for a beautiful quilt! This years' quilt has been donated by Pat Thomas.

The Raffle Tickets will again sell for \$1 each or 6 tickets for \$5. We will be selling tickets beginning at the Free Fair and continuing through our Demo Day, October 12th. The drawing will be at Demo Day, and you do not need to be present to win!

Each group may begin picking up books of tickets to sell at the Extension Center, between 8:30 a.m. & 4:00 p.m.

Contact Shari Munroe for more information.

Let's
Celebrate...

OHCE

Tulsa County

HAPPY

Birthday

You are Cordially Invited to our...

MEMBERSHIP TEA

July 19, 2024, 2-4 PM

TULSA COUNTY FREE FAIR

@ CENTRAL PARK HALL



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****

WORKSHOPS & ALL CLASSES - PRE-REGISTRATION REQUIRED - Call: 918-746-3706

July:


- 4 Independence Day – Extension Office Closed
- 7-9 OHCE State Meeting @ Champion Convention Center in OKC
- 16 Tulsa County Free Fair – Exhibit Entries Drop Off – OPEN TO TULSA COUNTY RESIDENTS
- 18-19 Tulsa County Free Fair – Exhibit Viewing and Activities – OPEN TO THE PUBLIC
- 19 OHCE Membership Tea – 2 -4 pm @ Tulsa County Free Fair
- 31 Salsa Canning Workshops 9 am – 1 pm **AND** 1 pm – 5 pm (register by 7-26)

August:

- 8 Tulsa County Free Fair “After the Fair Meeting” at Extension Center, 1-3 pm
- 9 Show & Tell with Pressure Canners Workshop 9 am – 11 am (register by 8-5)
- 20 OHCE Cultural Enrichment: @ Woody Guthrie Center (Details TBA)
- 22 OHCE Bunco for Scholarships, 10 am - Noon
- 27 OHCE Leader Lesson Training (Sep/Oct/Nov/Jan) 10 am @ NE Tech Center, Claremore (*new date = 27th)

September:

- 2 Labor Day – Extension Office Closed
- 3 Co-Parenting for Resilience, 9 am @ OSU Tulsa (pre-register by 8-29-24)
- 9 OHCE Treasurer’s Budget Meeting 1 pm
- 9 OHCE President’s Quarterly ZOOM @ 7 pm
- 16 OHCE Executive Board Meeting ZOOM @ 7 pm
- 17 OHCE Business Meeting & Fun Day-Officer Election-Luncheon
10am-all day-open to all! (Group Treasurer’s turn in Gate Sign money.)



CHANNEL 6
COOKING CORNER
 July 24
 August 28
 @ Noon
 Presented By: Stacey Jones
 Tulsa County FCS Educator



7a
7a

OHCE UPDATES



TULSA BOTANICAL GARDEN TOUR

Pictured: Members and guest of Jenks OHCE enjoying their recent field trip to the Tulsa Botanical Gardens.



OHCE UPDATES

SHOUT OUT FROM ELAINE
Tulsa County OHCE President



Feel the heat? It is summertime in Oklahoma, but we don't wilt in the heat. Our groups are busy with activity. Of highest priority is the Tulsa County Free Fair. We are only days away from this premier event and I can feel the wheels rolling. I remember as an attendee in 2019 how friendly the people were and how impressed I was at the variety and quality of the entries. Having been involved in the mechanics of the fair for the past two years has only deepened my respect for all of you who give of your time and talents to make this event a success. I know what long days those can be, and I respect the personal pride that each of you display. So here is a thank you in advance. You are truly appreciated, and I hope you feel rewarded in your service.

Share OHCE with a friend! *Elaine*

JUNE FAMILY ISSUES

We are continuing our monthly collection of personal care items for the Tulsa County Transitional Living Center. Please bring collected items to the 2024 Christmas Luncheon.

This month's item(s):

HAND SOAP

FAMILY ISSUES - JUNE TOPIC

SHARE THAT RESEARCH!

Each of our Leader Lessons has important, researched information that is important and useful to EVERYONE! Don't just restrict the information to your groups – share it with others. We have these 20-minute lessons available. Do you know another group that might benefit from them? Let them know!

-The Family Issues Team

Cultural Enrichment Field Trip

We are doing a cultural enrichment trip to the Woody Guthrie Center!

When: August 22nd @ 10 am. This is a different day than what was stated in the yearbook.

We can meet at the extension center and carpool over to the center together @ 9:30 am.

Where: 102 E. Reconciliation Way, Tulsa, OK 74103, if you don't want to carpool.

Who: Everyone is invited to come join the fun! This also means OHCE from other counties.

How much: \$10 to those who are over 55 years of age.

We will also go to lunch at a place nearby, following the tour.

**OHCE
LEADER LESSON
SUGGESTIONS**

It's that time of year again! Time to submit your Leader Lesson Suggestions for the upcoming year, 2025!

Please submit your suggestions to Stacey Jones, FCS Educator, **by August 1st**, by email, stacey.jones11@okstate.edu, or by calling her at 918-746-3721.

Thanks so much for all your input and ideas!



OHCE UPDATES



CONGRATS!

Valley View



2024 Ambassadors Grant Recipient Winner!

Valley View will have a booth at the
Health and Resource Fair presented by
Life Senior Services!

The event will be held in the Central Park Hall at
the Tulsa County Fairgrounds, on July 9, 2024,
from 8:30 a.m. to 2:00 p.m.

Special thanks to Jean Parks, for writing this
grant for Tulsa County!

CONGRATULATIONS

Tulsa County



OHCE!

Congratulations to Tulsa County OHCE for
placing 2nd place, in the state, with their County
OHCE Week Report! And for placing 1st place, in
the state, with their Local OHCE Week Report!
Shari Monroe and Linda Lawrence did fantastic
jobs on writing these reports! Be sure and ask
them about their reports and give them your
CONGRATULATIONS!

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Family and Consumer Sciences
Tulsa County OSU Extension Service

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