



Tax Season is Prime Time for Scammers

By: Trisha Gedon, OSU Sr. Communications Specialist

Tax season has arrived and with that comes another opportunity for scammers to take your money. Awareness of scammers' unscrupulous schemes can help keep taxpayers from becoming victims. While scammers work year-round, tax season is prime time for them, said Mengya Wang, Oklahoma State University Extension finance specialist.

“Although anyone can get scammed, older people tend to be more vulnerable, along with individuals new to paying taxes,” she said. “Scammers often use a sense of urgency, making people feel rushed into making a decision they might not otherwise. Your best line of defense is to remember the Internal Revenue Service will not call, text or email you. Any form of communication in these manners is not legitimate. The IRS communicates only through the U.S. Postal Service.”

A popular scam involves answering a phone call in which the caller indicates the taxpayer owes money that must be paid immediately to avoid being arrested or fined. The scammer then asks for bank account information to withdraw the payment.

Another ploy claims the IRS recalculated the tax return and the taxpayer is owed money. In this case, the caller asks to confirm bank accounts so the refund can be deposited.

Wang said taxpayers should also be aware of fraudulent tax preparers.

“If they offer an unusually low rate or base the rate on a percentage of the tax return, be cautious,” she said. “Other red flags include guaranteeing a large refund without fully reviewing your financial situation, asking you to sign a blank tax form or requesting fees to be paid upfront in cash – especially if they don’t provide a receipt.”

To help prevent being scammed, Wang suggests filing taxes as early as possible. This will help avoid the last-minute rush to finish everything by the April 15 filing deadline.

Some taxpayers may discover during the tax-filing process that their identity has been stolen. If this happens, file an Identity Theft Affidavit. This form alerts the IRS that someone has filed taxes using your information. Be sure to check with the credit reporting agencies and put a freeze on your credit.

Tulsa County Extension Office

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Tulsa, OK 74112

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918-746-3721

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Facebook: TulsaCountyOSUExtension

Twitter: twitter@osuextension72



**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!

Tax Season is Prime Time for Scammers... Continued

Strengthening Oklahoma Families/Tulsa County

The IRS offers legitimate sources for taxpayers to get help filing taxes. The Volunteer Income Tax Assistance and the Tax Counseling for the Elderly programs offer free help for qualifying taxpayers. More information on these programs is available online.

“No matter what time of year, consumers who are tempted to take action due to a phone call, text message or an email, take a pause,” Wang said. “Nothing is so urgent a decision must be made in that moment. Call someone and get a second opinion. Once you step back and consider everything, it’s much easier to see the whole picture and determine it was likely a scam. That little bit of extra time can save you money and protect your assets.”

If you are looking for Food Resources around Tulsa County... Please check out this list:

Arms Around Broken Arrow	918-258-7714
Bixby Outreach Program	918-366-9226
Broken Arrow Neighbors	918-251-7781
Caring Community Friends - Sapulpa	918-224-6464
Catholic Charities	918-949-4673
Emergency Infant Services	918-582-2469
Find a Food Pantry Near You	foodpantries.org
GUTS Church	918-622-3927
Harvest House	918-884-7667
Helping Hands Ministry	918-582-1356
John 3:16 - for appointments call	918-592-1186
Loaves and Fishes	918-234-8577
Mental Health Assoc of OK	918-585-1213
Ministry Center	918-585-5310
Neighbor for Neighbor	918-425-5578
Neighbors Along the Line	918-584-1111
OK Dept. of Human Services (DHS)	918-581-2401
Owasso Community Resources	918-272-4969
Restore Hope Ministries	918-582-5766
Salvation Army	918-582-7201
Sand Springs Community Services	918-245-5183
Sapulpa Caring Community Friends	918-224-6464
Skiatook Emergency Assistance	918-396-1137
SNAP - DHS	877-760-0114
South Tulsa Community House	918-742-5597
Tulsa Day Center - women & men 55+ yrs	918-836-4357
Tulsa Dream Center	918-430-9984
Wagoner Area Neighbors	918-485-2309
WIC (Formula and Food)	918-582-9355



Family & Consumer Sciences 2025 Workshops



Pre-registration is Required OSU Tulsa County Extension Center

4116 E. 15th Street, Tulsa, OK 74112

For More Info: Call 918-746-3706

<https://extension.okstate.edu/county/tulsa/family-and-consumer-sciences.html>

Class sizes are limited!



**Return this form with check payable to: OSU Tulsa County Extension
Attn: FCS, 4116 E. 15 St., Tulsa, OK 74112**

NAME **E-MAIL**
ADDRESS **Zip** **PHONE**

Which sessions do you want to attend?

<u>WORKSHOP</u>	<u>DATE</u>	<u>TIME</u>	<u>COST</u>	<u>Limited #</u>	<u>DEADLINE</u>
Marmalade	3-13-25	9 AM	\$20	8	3-07-25
Easy Jelly	3-27-25	9 AM	\$20	8	3-21-25
Mixed Pickles	4-16-25	9 AM	\$20	8	4-11-25
No-Sugar Strawberry Jam	5-15-25	9 AM	\$20	8	5-09-25
Tomato Sauce	6-11-25	9 AM	\$20	8	6-06-25
Tomato Sauce	8-07-25	9 AM	\$20	8	8-01-25
Easy Jelly	8-28-25	9 AM	\$20	8	8-22-25
Hot 'n' Sweet Chili Sauce	9-11-25	9 AM	\$20	8	9-05-25

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PIZZA IN A PEPPER

CUISINE: AMERICAN RECIPE CATEGORY: APPETIZERS PREPARATION: 10 MIN
PREP TIME: 30 MINUTES COOK TIME: 20-25 MINUTES

Stacey Jones—Family and Consumer Sciences Educator
OSU Extension Center Tulsa County

INGREDIENTS:

3 bell peppers (any color)	5 oz of fresh spinach
1 lb. of white mushrooms (cleaned and sliced)	1 medium shallot
2 TBSP of butter (divided)	1 ½ cups of low moisture mozzarella
2 TBSP of olive oil (divided)	1/3 cup prepared pasta sauce
1 lb. of ground Italian pork sausage	¼ cup of breadcrumbs

INSTRUCTIONS:

1. Preheat oven to 375. Wash peppers and cut the tops to ½ inch from stem end pepper and slice bottom to have a flat surface. Lightly spray with cooking spray and lightly salt and pepper. Place upside down on a baking sheet lined with foil. Bake for 10 minutes to soften slightly. Remove from oven.
2. Cook the cleaned mushrooms with 1 TBSP of butter and 1 TBSP of olive oil in a pan for around 6 min. Remove the mushrooms but leave the remaining oil in pan. Cook the sausage until it is no longer pink around 10 minutes. Remove the sausage but leave the remaining grease in pan. Add the remaining butter, oil, spinach and diced shallot. Cook until the spinach is wilted and the shallot is transparent about 5 minutes.
3. In a bowl, combine mushrooms, sausage, spinach mixture, mozzarella, pasta sauce, and bread crumbs. Take the partially roasted bell peppers and put them top side up. Fill the peppers with above mixture.
4. Put the stuffed peppers into the oven and bake for 10 minutes or until the cheese is thoroughly melted. Let them cool slightly and slice each pepper into 2 halves. Enjoy!

Serves: 6

Nutritional analysis per serving:

Calories: 345 kcal	Carbohydrates: 10 g
Total Fat: 25 g	Sugars: 3 g
Saturated Fat: 10 g	Protein: 21 g
Sodium: 600 mg	Fiber: 2 g



**FCS
IN THE NEWS
TAKE A LOOK!**



CHANNEL 6

FCS NEWS SPOTS:

Co-Parenting for Resilience:
<https://youtu.be/JAW4b4pFdZU>

Small Acreage Workshop 2025:
<https://youtu.be/d6VxJYGkYkI>

Cooking Corner - 02.25 Pizza in a Pepper:
<https://youtu.be/Zhwv-pJ1klg>

FAMILY & CONSUMER SCIENCES CALENDAR

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

Please observe that some event dates may have been changed

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

April:

- 1 Co-Parenting for Resilience, 9 am @ OSU Tulsa (rsvp by 3.28.25)
- 1 Small Acreage Series – Urban Garden, 4:30 pm, \$5 (rsvp by 3.18.25)
- 8 Small Acreage Series – Sourdough Bread Workshop, 4:30 pm, \$60 (rsvp by 3-21-25)
- 10 “Dine-In” @ Red Robin in Owasso -“OHCE” receives 20% donation of total turned in receipts! Thanks!
- 15 Small Acreage Series - Atmospheric Steaming, 2:30 pm, \$10 (rsvp by 4.1.25)
- 16 “Mixed Pickles” Workshop, 9 am, \$20, limit 8 (rsvp by 4.11.25)
- 18 Good Friday – Extension Office Closed
- 22 Small Acreage Series - Medicinal Herbs & Foraging, 2:30 pm, \$5 (rsvp by 4-8-25)
- 30 OHCE @ Woodward Park - Tulsa Historical Society & Gardens Tour, break for lunch @ Utica Square (Contact Jean for more Info: 918-373-0553)

May:

- 5 OHCE WEEK Proclamation Presentation, 9 am, carpool to Tulsa County Headquarters
- 5 OHCE WEEK Celebration, 1-3 pm, Cinco de Mayo Party & making blankets for “Child Advocacy Center”
- 6 Co-Parenting for Resilience, 9 am @ OSU Tulsa (rsvp by 5-2-25)
- 9 OHCE WEEK Mayfest, 11 am, carpool to Mayfest vendor shopping & food, downtown Tulsa
- 13 OHCE Executive Board Meeting, 10 am
- 14 OHCE Business Meeting & Potluck, All Welcome, 10 am – Noon
- 15 No-Sugar Strawberry Jam Workshop, 9 am, \$20, limit 8 (rsvp by 5-9-25)
- 20 OHCE Leader Lesson Training (Jun/Jul/Aug) @ 10 am, First Church, 4715 Price Road, Bartlesville
- 26 Memorial Day – Extension Office Closed
- 29 OHCE Reports Due to State (Membership & OHCE Week Reports)



June:

- 3 OHCE Scholarship Apps Due to Extension Office
- 9 OHCE Tulsa County Free Fair Planning Meeting @ 1-3 pm
- 11 Tomato Sauce Workshop, 9 am, \$20, limit 8 (rsvp by 6-6-25)
- 19 Juneteenth – Extension Office Closed



OHCE UPDATES

Oklahoma Home and Community Education

Tulsa County
OHCE
WEEK

May 5th, 2025

Bring a Friend!

Join us as we HOST a "Comfort Items Drive" for the Children's Advocacy Center!

We will be making Blankets for Ages 1-17!

*** PLEASE BRING ***

NEW Stuffed Animals

NEW Fleece Material 36X36

Refreshments will be served

Tulsa County
OSU EXTENSION
Auditorium

4116 E 15th St - Tulsa

Please RSVP by 4/22 to Linda Lawrence
918.639.3090

From

1 - 3
PM

OHCE UPDATES

SHOUT OUT FROM DEBORAH
Tulsa County OHCE President



Greetings - OHCE Tulsa County Members,
We had a great time at Game Day, Mar. 14th, and look forward to Bunco for a Cause, Mar. 25th. Many thanks to Linda Lawrence, Membership Chair and Shari Munroe, Scholarship Chair for coordinating and hosting these FUN events!
We are looking to several exciting events during **OHCE WEEK, May 5-9**. On May 5th @ 9 am, join us as we receive a Tulsa County Commissioners' OHCE Week Proclamation, and then 1-3 pm, we will meet at the extension office for a Cinco de Mayo celebration and "Comfort Items Drive" for Child Advocacy Network (CAN). Invite your friends and rsvp for this event to Linda @ 918-639-3090. (See flyer this issue.) Plan also to attend our Cultural Enrichment event on May 9th with a field trip to Mayfest. Contact Jean @ 918-373-0553 for more info on this event.
Additionally, OHCE-TC has received a generous donation of colorful, kid-themed quilt tops, batting and backing fabrics. I am hoping all our groups consider transforming several of these precious quilt tops into "blankies" in April. We will include these "blankies" with our donation to CAN at our May 14th Spring Business Meeting.
Finally, I encourage you all to attend our "covered dish" Spring Business Meeting on May 14th as we consider several changes/updates to our Bylaws, and we present all our donations to the Child Advocacy Network.
Many thanks to you all for your community service projects and promoting OHCE in our communities.
~ Deborah

FAMILY "ENHANCEMENTS"

(This committee was formerly known as Family Issues)

APRIL-MAY FAMILY ENHANCEMENTS TOPIC: DAILY LIVING SKILLS

DLS – Daily Living Skills – are those abilities that enable you to deal with the challenges of life. If you have good DLS you might be able to avoid problems with alcohol, drug or tobacco use. OHCE promotes teaching life skills to young and old alike. You may be well versed in these skills – but what about your kids or grandkids? Make sure they know. Here are some communication skills we should all use:

- *It is important to look someone in the eye when talking to them.
- *Know how to answer a phone; make sure you can order from a restaurant.
- *Concentrate on active listening. You have 2 ears and 1 mouth for a reason.
- *Don't let letter writing become a lost art! Send those birthday cards.

DONATIONS

Tulsa County Transitional Living Center Donations for 2025: You are welcome to purchase personal hygiene items for our friends at the center, to be donated to them at our Christmas Luncheon in December. However, we are asking that you save \$2.50 each month and purchase a \$25 Walmart gift card to donate to them in December. Thank you for supporting the residents at the center!

~Your Family Enhancements Team



OHCE UPDATES



Greetings & Happy almost Spring!

I wanted to reach out with some ideas for resource management. A couple of things come to mind with springtime upon us in the coming weeks. It is that time of year when we start doing our spring cleaning, garden planning, yard maintenance and usually spend more time outdoors.

- It is a good time of year to look at your closet and purge the old/worn/unused items. Perhaps you can donate to a church clothing closet or another non-profit collection closet.
- With regards to outdoors, perhaps you can assess your current garden plans to see where you might want to plan ahead for canning your own vegetables. I know that our family gets excited for this time of year and we plant a huge garden. However, over the years, we have improved our process of gardening to focus on the items we will 100% consume vs just planting everything we can fit in our garden and have possible waste. So to encourage resource management, perhaps only plant what you know you and your families will consume. Learn to can your vegetables to encourage self reliance and also save money. ****Plus you can have county fair entries, learn a new skill, preserve your home grown goodness and share with others, perhaps. :)**

Wishing you happy Spring & happy gardening!

-Resource Management Chair, Holly Eller



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Tulsa, OK 74112



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Family and Consumer Sciences
Tulsa County OSU Extension Service

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