



October/November 2025

**TULSA COUNTY
EXTENSION**

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Sciences News

Harvesting the Power of Gratitude

By: Trisha Gedon, OSU Sr. Communications Specialist

In today's fast-paced world, getting caught up in the hustle and bustle of life can be easy. Practicing gratitude is a way to slow down and appreciate what life has to offer. Gratitude is more than a fleeting feeling or a polite expression, said Matt Brosi, Oklahoma State University Extension family science specialist.

"Author Kristi Nelson describes gratitude as 'not just a reaction to good events, but a daily discipline of presence, humility and interdependence that can transform how we experience every moment,'" Brosi said. "It's a mindset that invites people to slow down, notice life's gifts and acknowledge the role of others, nature or the divine in their lives."

Why does gratitude matter? Research shows that gratitude is deeply transformative and improves these four areas of life:

- **Emotional well-being:** Regular gratitude practice reduces stress, anxiety and depression while increasing optimism and resilience.
- **Physical Health:** Studies link gratitude to better sleep, a stronger immune system, reduced inflammation and a lower risk of heart disease.
- **Relationships:** Often called "social glue," gratitude fosters empathy, generosity, forgiveness, and stronger bonds with loved ones.
- **Meaning and Spiritual Depth:** Gratitude deepens a sense of purpose, reframes aging and loss, and nurtures awe and connection.

"As we approach the holiday season, it's a great time to become more intentional with gratitude," he said. "It is trainable and expandable through intentional, practical habits. Gratitude is a skill that grows stronger with daily attention."

There are numerous ways to practice gratitude, and evidence-based practices include:

- **Gratitude journaling:** Write down three to five specific things you're grateful for each week.
- **Gratitude letters or visits:** Write a note of appreciation to someone who has impacted your life. Deliver it in person for an even greater boost.

Tulsa County Extension Office

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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!

Harvesting the Power of Gratitude ... Continued

Strengthening Oklahoma Families/Tulsa County

- Mindful moments: Pause daily to notice small gifts and savor them.
- Express thanks out loud: Share appreciation with coworkers, family or strangers to strengthen relationships.
- Serve others: Acts of generosity and service reinforce humility and purpose.
- Savor positive experiences: Slow down and fully experience joyful moments to create lasting memories. Linger on the feelings, sights or meaning.
- Connect with transcendence: Whether through nature, spirituality or awe, connecting to something bigger fosters perspective and peace.

Brosi said that practicing gratitude can help transform suffering, change brain chemistry, build character and a legacy.

“Gratitude isn’t just a reaction – it’s a revolutionary way of engaging with life,” he said. “Practicing gratitude doesn’t mean ignoring pain or pretending everything is perfect. Instead, it invites you to take nothing for granted, savor what’s here and act with love and purpose.”

OHCE REMINDERS!

LEADER LESSON SURVEYS

Leader Lesson Surveys are due @ the Extension Office!

MEMBERSHIP DUES for 2026

Membership Forms and Dues are due by Oct. 17th to your Group Treasurer!

Bring your form and dues to your October group meetings!

Don’t forget!

We want everyone included in the new Roster & Yearbook for 2026!

Group Treasurers submit all Membership Forms & Dues to the County Treasurer
by the DEADLINE of OCTOBER 24th!

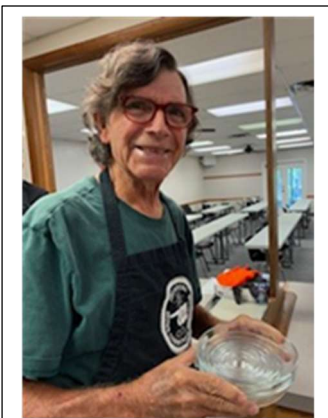
Register Now



FCS WORKSHOP

Hot 'n' Sweet Chili Sauce

**“A FUN, SKILL
BUILDING
WORKSHOP!”**



TULSA COUNTY
EXTENSION

OHCE DEMO DAY 2025!

What a fantastic day! 85 participants enjoyed craft demos, great food, prizes, a silent auction, and plenty of fellowship. A big THANK YOU to everyone who contributed—especially our amazing presenters! Together, we raised **\$1,899** for the scholarship fund!



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



CHANNEL 6

FCS NEWS SPOTS:

2025 SMALL ACREAGE SERIES:
https://youtu.be/u_6S2I4PHhM

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

October:

- 7 Co-Parenting for Resilience @ OSU Tulsa Campus 9am-1pm (register by 10-3-25)
- 10 FCS Program Advisory Committee Meeting (PAC Meeting) @ 9 am in the Auditorium
- 16 OHCE Cultural Enrichment Tour of the Will Rogers Museum in Claremore @ 11 am (see article)
- 17 OHCE Membership Dues (& new group officers/committees list) – to Group Treasurer
- 20 **Master Gardener's Only, Pear Butter Demo, 9 am, Free, limit 40 (rsvp by 10-15-25)**
- 24 OHCE Membership Dues Deadline (& new group officers/committees list) – to County Treasurer

November:

- 3 Co-Parenting for Resilience @ OSU Tulsa Campus 9am-1pm (register by 10-31-25)
- 6 OHCE YEARBOOK MEETING, 10 am @ Extension
- 11 Veteran's Day Holiday – Extension Office Closed
- 12 OHCE After the Fair Meeting #2, 1:30 pm @ Extension
- 20 **Easy Jelly Workshop, 9 am, \$20, limit 8 (rsvp by 11-14-25)**
- 27/28 Thanksgiving Holiday – Extension Office Closed



December:

- 1 OHCE RSVP Deadline for Holiday Luncheon, Coe Ann, 918-636-6734
- 2 Co-Parenting for Resilience @ OSU Tulsa Campus 9am-1pm (register by 11-21-25)
- 11 OHCE Holiday Luncheon 11 am to 1 pm @ Extension
- 12 OHCE Family Holiday Party, 6 pm to 8 pm @ Tulsa County Transitional Living Center
- 25/26 Christmas Holiday – Extension Office Closed



**TULSA COUNTY
EXTENSION**



Tulsa County

Fellowship!

OFFICE

FUN!

2025 HOLIDAY Potluck Luncheon

11 11 AM
DEC TO 1 PM

Please Bring
a NEW
Tea Towel to
Exchange!

* HOLIDAYS AROUND THE WORLD *

Tulsa County Extension - Auditorium - 4116 E 15th St, Tulsa

Please bring a \$25 Gift Card and collected Items for the
Tulsa County Transitional Living Center

RSVP by December 1 to Coe Ann 918.636.6734

For more information contact
the OSU Extension - 918.746.3706

OHCE UPDATES

SHOUT OUT FROM DEBORAH

Tulsa County OHCE President



Greetings - OHCE Tulsa County Members,

Many thanks to the Demo Day Committee, Jean Parks, Sharilyn Munroe, Ashlee Eller, the presenters and all who helped with Demo Day. This year's event was a great success and raised a lot of money for OHCE-TC Scholarships! Many thanks also to Debbie Owens and the Red Ford Church of God members who were terrific hosts.

By the time you receive this newsletter our Fall Business Meeting and nominations for new county officers will be over. Congratulations to the newly elected nominees for 2026-27! Officer installation will take place at our January 14, 2026, Business Meeting. Please join me in thanking all our members who volunteer in so many OHCE roles to help our group members as well as all our community partners.

Remember, the deadline for group treasurers to send their 2026 OHCE-TC dues and membership forms to our Tulsa County Treasurer, Debbie Owens, is **October 24th**. And be sure to look at the newsletter calendar for important upcoming events.

SPECIAL NOTE - OHCE Tulsa County is having a **non-perishable** food pantry drive benefitting the Coffee Bunker in September and October. The Coffee Bunker food pantry's biggest needs are **canned fruit** and **canned protein** (Spam, chili, stew, tuna, and chicken), **pasta sauce**, **pasta** and **shelf-stable milk**. The Coffee Bunker Food Pantry Collection Box will be at the OSU Extension Office until October 31st.

~Deborah

Coffee Bunker helps veterans transition to civilian life and provides many resources and help to area veterans. Please visit <https://coffeebunker.org> for more information or if you know someone who may benefit from their services.

FAMILY ENHANCEMENTS

By: Elaine Egan, Chair

OCTOBER/NOVEMBER TOPIC:

Know Where to Get Help – Or Where to Send People When They Need Help?

The Tulsa and Creek Counties Senior Nutrition program offers NO COST lunches Monday through Friday at 10 different locations around the area. You must be 60 or over to participate. Call them before your first visit to reserve your meal. They might even be able to provide transportation. Call them at 918-835-4160 for more info or to volunteer to deliver meals.

OCT/NOV DONATIONS UPDATE

Have you been saving \$2.50 each month for a gift card to present to the Tulsa County Transitional Living Center at our Holiday Luncheon. Only two more months! Let's make it a great Christmas for the families staying there!

- Your Family Enhancements Team



OHCE UPDATES



CULTURAL ENRICHMENT TOUR OF WILL ROGERS MUSEUM

1720 W. Will Rogers Blvd.,
Claremore, OK 74017

OCTOBER 16, 2025

Meet at the Museum @ 11 am, or
commute together from the Extension
Center @ 10:30 am.

Please RSVP by 15th @ 918-373-0553



HAPPY
FALL
YA'LL!

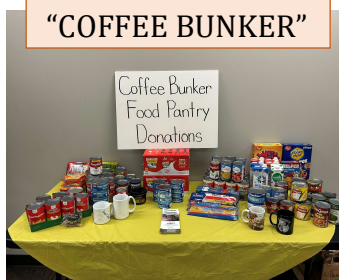


OWASSO JEWELS



At their September meeting, The Owasso Jewels collected 54 rolls of toilet paper to donate to the Owasso Resource Center.

"COFFEE BUNKER"



THANK YOU TO EVERYONE
THAT HAS DONATED TO THE
COFFEE BUNKER FOOD PANTRY
PROJECT!

DONATIONS WILL BE ACCEPTED
THROUGH FRIDAY, OCTOBER
31ST @ THE OSU TULSA
COUNTY EXTENSION CENTER.

Tulsa County Extension Office
4116 E 15th Street
Tulsa, OK 74112



Family and Consumer Sciences
Tulsa County OSU Extension Service

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