



September 2025

**TULSA COUNTY  
EXTENSION**

## **STRENGTHENING OKLAHOMA FAMILIES**

### **Family and Consumer Sciences News**



## **OSU EXTENSION OFFERS TIPS TO DEAL WITH INFLATION**

**By: Trisha Gedon, OSU Sr. Communications Specialist**

As the inflation rate rises, many Oklahoma families feel the pinch. As prices go up on everything from food, gas and other expenses, Oklahoma State University Extension offers consumers some tips to help deal with rising costs. Mengya Wang, OSU Extension finance specialist, said while steady inflation is good for the economy, when prices rise too fast, families may have a hard time making ends meet.

"A slow, steady inflation rate is good for the economy because that means people are spending money and businesses are producing more goods," she said. "However, when prices spike quickly, people's money doesn't go as far. While consumers can't control inflation, they can control how they spend money."

Inflation happens when the cost of labor and raw materials go up, and businesses pass the cost increase on to consumers. Wang said we saw an upturn in inflation after COVID when people began getting out to do their shopping and eating out.

"For a while after COVID, consumer demand outpaced the supply, so we saw a rise in prices," she said.

Wang has some tips for consumers to help make their dollars stretch right now.

- Buy second-hand whenever possible. Look for clothing and other needed items at resale stores.
- Be intentional with discounts. Look for coupons, sales or loyalty discounts.
- Cut energy costs by bumping up the thermostat. Line-dry clothes instead of using the dryer.
- Cook at home instead of eating out.
- Avoid expensive coffee drinks by making coffee at home.
- Cancel subscriptions to streaming services and other auto-ship services that aren't being used.

"It's important to be intentional with spending," Wang said. "Cutting out a stop at the coffee shop each morning can save consumers a lot of money over time. Take those savings and invest them in ways that will grow, such as retirement, college or emergency funds. Emergency funds are important for those unexpected expenses such as car repairs, medical bills or home repairs. Avoid taking on high-interest debt – it can trap consumers in a vicious cycle in which they're constantly paying interest and struggling to keep up."

## **Tulsa County Extension Office**

### **Address**

4116 E. 15<sup>th</sup> Street  
Tulsa, OK 74112

### **Phone**

918-746-3721

### **Email**

stacey.jones11@okstate.edu

### **Website**

www.oces.tulsacounty.org

### **Social Media**

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!**

## OSU Extension Offers Tips to Deal with Inflation ... Continued

### Strengthening Oklahoma Families/Tulsa County

She also suggests looking at ways to increase income. Check into job opportunities with flexible schedules such as driving for Uber, pet sitting or dog walking.

"Consider learning a new skill that can help prepare you for a better-paying job," she said. "Now is a great time to invest in yourself for a bigger dividend down the road. It's important to be competitive in the job market and you want to be ready with a better opportunity presents itself."

Wang also has guidance for long-term financial goals. Consumers may have to adjust timelines for some of their goals.

"If you were putting \$100 a month into a vacation fund, cut it back to \$50 or even \$25," she said. "Whatever you do, don't give up. Small investments add up over time. Adjusting your timeline and revising goals will help keep you on the path to achieve those goals."

Now is also a good time for consumers to review their investment portfolio. Wang suggest talking with a financial planner and making sure investments are diversified to get the best return.

"In tough financial times, it's important to stay informed about spending and adjust your budget accordingly," she said. "Prioritize expenses and clearly define your wants versus your needs. Stay informed about spending and adjust accordingly. Prioritize expenses. Determine wants and needs. Smart money decisions now will make a difference in the future."

Call for More Info  
Extension Office  
@ 918-746-3706

**"DEMO DAY"**  
**SATURDAY, SEPTEMBER 13, 10-3 PM**  
**RSVP TO: Jean @ 918-373-0553**  
**BY: SEPT. 1<sup>ST</sup>!**

Event Location  
Reminder:  
Red Fork Church of God  
3319 W. 41<sup>st</sup> St., Tulsa

### "2025 OHCE SCHOLARSHIP RECIPIENTS"

Oklahoma Home and Community Education (OHCE) award a total of \$7,400.00 in scholarships this year! Thank you to the 2025 OHCE Scholarship Committee and Judges for their work in facilitating the program this year and awarding the following candidates with very well deserved academic scholarships! A huge thanks to all of our Tulsa County members that worked so hard to help raise this money throughout the year and a special thank you to our Scholarship Chair, Sharilyn Munroe for her leadership and relentless efforts to build this scholarship fund. OHCE is making a big impact in our county, everyday, in so many ways!

We are so proud of each of our 2025 Scholarship Winners! They were all excellent candidates and each one of them is striving to continue their education, most in post graduate studies, while all working and serving in impactful ways in our community and beyond.

Our sincere congratulations to each one of these five Scholarship Winners...



Kellen Mayberry



Lindsay Owens



Ryan Williams



Kayley Williamson



John Williamson



# LIVE WELL BEYOND CANCER

Our program is meant to meet you where you are. We are offering it through Cooperative Extension and your local Extension office. You can connect with others to enrich your survivorship journey, close to home.

Our program includes six classes, each one hour, once a week for six weeks.

CLASS 1	Physical Activity
CLASS 2	Nutrition
CLASS 3	Mental Health
CLASS 4	Resources
CLASS 5	Finances
CLASS 6	Continued Care

- Since we are trying a new approach, we are doing a small scale study. You may be eligible to take part.
- If you take part, you will attend our six weekly sessions. Before and after the six weeks, you will do surveys and a Zoom meeting. You do this all from home.
- Our program is six weeks. We designed it with survivors to offer support that is missing.
- Taking part in our program and study carries very low risk. You do not have to pay and we will compensate you up to \$120 in gift cards.

**SCAN HERE  
TO SIGN UP**



Call or e-mail at  
[braunlab@ou.edu](mailto:braunlab@ou.edu) or  
567-240-1582

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IRB NUMBER: 17371  
IRB APPROVAL DATE: 04/16/2025



# TULSA COUNTY FREE FAIR & OHCE MEMBERSHIP TEA

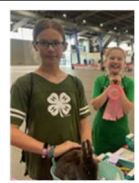
## 2025 Tulsa County Free Fair a Fun and Festive Success!

The 2025 Tulsa County Free Fair was a joyful celebration of community spirit, creativity, and talent.

Dozens of wonderful exhibits were entered across a variety of categories, and many talented participants took home well-earned ribbons for their outstanding work. Each entry reflected the dedication and creativity of our residents, making the fair a showcase of local talent.

A heartfelt **thank you** goes to Elaine Egan and the entire Fair Committee, along with our hardworking superintendents and volunteers.

We're already looking forward to next year's fair and the many ways our community will continue to shine!



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



CHANNEL 6

**FCS NEWS SPOTS:**

EASY PEACH COBBLER:

<https://youtu.be/uYwNQ4Cti98>

Cancer Survivorship Program

<https://youtu.be/770gEBnvVGU>

## **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\***

### **September:**

- 1 Labor Day Holiday – Extension Office Closed
- 2 Co-Parenting for Resilience @ OSU Tulsa Campus 9am-1pm (register by 8-29-25)
- 8 OHCE County Treasurer's Budget Meeting, 1 p.m., @ Extension Office
- 11 Hot 'n Sweet Chili Sauce Workshop, 9 am, \$20, limit 8 (rsvp by 9-5-25)
- 13 **OHCE DEMO DAY!!! Holiday Craft Demos/Food/Prizes @ Red Fork Church of God, 3319 W. 41<sup>st</sup> St., Tulsa, Register by 9-1-25.**
- 16 OHCE Executive Board Meeting, 10 am, @ Extension Office
- 17 OHCE Business Meeting @ 10am-Noon, OSU Tulsa, 700 N. Greenwood, North Hall, BS Roberts Room (Election of Officers/4-H Gate Sign \$ Due)  
Pot-luck luncheon @ Noon, Hosts: Valley View... please bring a dish to share!

### **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)
- 21 OHCE RSVP & payment Deadline for Holiday Luncheon
- 27/28 Thanksgiving Holiday – Extension Office Closed



**TULSA COUNTY  
EXTENSION**



**PEACH COBBLER  
RECIPE LINK ABOVE**



## OHCE STATE REPORT AWARDS

PRESENTED @ OHCE STATE MEETING IN OKC JULY 13-15, 2025  
**CONGRATULATIONS - TULSA COUNTY WINNERS!!!**



### DISTRICT REPORTS:

OHCE WEEK REPORT: 1<sup>ST</sup> PLACE winner: NORTHEAST DISTRICT Report By: LINDA LAWRENCE,  
Knit N Stitch Group, Tulsa County

### COUNTY REPORTS:

MEMBERSHIP REPORT: 3<sup>RD</sup> PLACE winner: TULSA COUNTY Report By: LINDA LAWRENCE,  
Knit N Stitch Group, Tulsa County

### LOCAL GROUP REPORTS:

OHCE WEEK REPORT: 1<sup>ST</sup> PLACE winner: OWASSO JEWELS Report By: SHARILYN MUNROE,  
Owasso Jewels Group, Tulsa County

MILITARY SUPPORT: 1<sup>ST</sup> PLACE winner: KNIT N STITCH Report By: DEBORAH MCINTYRE,  
Tulsa County Knit N Stitch, Tulsa County

HEALTHY LIVING: 3<sup>RD</sup> PLACE winner: KNIT N STITCH Report By: DEBORAH MCINTYRE,  
Tulsa County Knit N Stitch, Tulsa County



**CONGRATS TO ALL OF  
OUR WINNERS!!!**

## EXTENSION @ TULSA BOYS HOME

### A FUN DAY JUDGING THE HOT SAUCE COMPETITION



A huge "thank you" to the Tulsa Boy's Home for inviting Extension to assist with judging their "Hot Sauce Competition!" Six lodges entered six unique hot sauces, with custom labels! Great job to all!

## OHCE UPDATES

### SHOUT OUT FROM DEBORAH

Tulsa County OHCE President



Greetings - OHCE Tulsa County Members,

Many thanks to the fair committee, Stacey, Debbie, Ashlee, and the superintendents for all their hard work. The County Fair was great! Thank you also to Linda Lawrence and the Membership Committee for a fabulous Membership Tea at the County Fair. And a big thank you to Sharilyn Munroe and the Scholarship Committee and all those who helped raise scholarship funds throughout the year. OHCE-TC awarded scholarships to 5 deserving recipients at the tea this year. Wow!

September is a busy month. Committee chairs and county officers are asked to attend the 2026 Budget meeting on Sept. 8, at 1 pm, and the Executive Board meeting on Sept. 16, at 10 am, each held at the Extension Office. **And all members and their guests** are invited to the Fall Business Meeting on Sept. 17th at 10 am at the OSU Tulsa Campus, 700 North Greenwood, Tulsa. We will have the Election of Officers at this meeting. Note - Valley View are hosts.

Finally, I encourage you all to attend the 9th Annual Holiday Demonstration Day on Saturday September 13th. There will be great food, fun, door prizes and demos! Look in this newsletter for more details... and register without delay!

**SPECIAL NOTE** - OHCE Tulsa County is having a **non-perishable** food pantry drive in September and October, benefitting the Coffee Bunker. 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 is at the OSU Extension Office. Additionally, any members or guests who contribute **non-perishable** foods at our Sept. 17th Fall Business Meeting will receive a ticket for each item donated and entered in a drawing at the end of the Business Meeting. ~ 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 about their resources.\*\*\***

### FAMILY ENHANCEMENTS

By: Elaine Egan, Chair

#### SEPTEMBER TOPIC:

**"PROTECT YOURSELF"**

- "Your computer is locked up. Do not turn it off. Call this number now!"
- "We are holding your grandchild in jail, and they need bail money. Send money now!"
- "You missed jury duty, and we have a warrant for your arrest. Send it to us now!"
- The #1 digital risk for seniors is scams and fraud. It can happen on-line or over the phone. Sometimes it is hard to tell if a situation is real or not. Don't respond to unsolicited calls. Don't click on links in email or on social media that you don't trust. If you receive a message from one of your contacts that doesn't seem right, confirm it with the individual. Protect yourself.

### SEPTEMBER 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. We are getting close. Let's make it a great Christmas for the families staying there!

**- Your Family Enhancements Team**

Thank you for  
supporting  
the residents  
at the center!





# 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 15<sup>th</sup> @ 918-373-0553**



## KNIT 'N STITCH

Awarded 1st place winners  
in the "military support"  
category at the OHCE State  
Meeting in July. The group  
won this honor by donating  
items last fall to the Coffee  
Bunker, including: 50 hygiene bags, 27 prs. socks, 3  
stocking caps, and 85 lbs. of non-perishable food.



## PROMOTING FAMILY LITERACY

KNIT 'N STITCH Group  
made **151** handmade  
book bags for Lanier  
Elementary Students  
(PreK, Kinder, & 1<sup>st</sup>)



**OSU  
TULSA  
COUNTY  
EXTENSION  
@ TULSA  
FARMER'S  
MARKET!**

Tulsa County Extension Office  
4116 E 15<sup>th</sup> Street  
Tulsa, OK 74112



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Family and Consumer Sciences  
Tulsa County OSU Extension Service

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