



TULSA COUNTY
EXTENSION

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Sciences News

Holiday Entertaining Hacks



Let the OSU Extension Service and OHCE help ease you into the holiday spirit with our first ever virtual holiday event! Grab a cup of cocoa, snuggle up in your favorite recliner and join us online Thursday, December 2 at 7pm as Extension Educators and OHCE members demonstrate some super-easy, super-fun “Holiday Entertaining Hacks.” It’s a free event, you don’t even have to leave home. All you need is your iPad or computer and you’re set. You will, however, need to have access to “Zoom” which is easy to obtain by going to zoom.us on your computer or by downloading to your mobile device from your app store.

There are several ways to register for this virtual event. One is to find our event page on Facebook. Search for “Holiday Entertaining Hacks – Virtual.” This bit.ly link will take you directly to the registration form: <https://bit.ly/OHCEholiday>.

Or, you can use this link to register: <https://fb.me/e/1mPnn9jYN>

OHCE (Oklahoma Home and Community Education) is a county-based, statewide organization with a unique relationship with OSU Extension. Together, OHCE members and County Extension Educators work to make local communities more resilient by addressing local issues with science-based information from Oklahoma State University. OHCE members also have a lot of fun learning together and serving their communities through various community service projects. You can learn more about OHCE at their website: ohce.okstate.edu.



Join Virtual OHCE for:
Holiday Entertaining Hacks
December 2, 2021, 7pm via Zoom

Join us for our first virtual OHCE event devoted to Holiday Entertaining Hacks.

- Easy Christmas Morning Cinnamon Rolls, Jessica Riggins
- Holiday Make-Ahead Casserole, Michelle Bonicelli
- Charcuterie Boards, the season’s hottest trend, Debbie Sharp
- Party-Perfect Napkin rings, under 50¢, April Green

Please help us reach new OHCE members by sharing our Facebook Event page on your personal pages:

<https://www.facebook.com/events/432741991619156>
or search for *Holiday Entertaining Hacks – Virtual*



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If you receive the monthly newsletter by mail and would like to receive it by email, please call Roxanne at 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

Effortless Hors D'oeuvres

By: April Sins, MS, RDN, LDN



There are numerous ways to pair flavors and textures when you are in a pinch. Let these effortless hors d'oeuvres be your guide for quick and delicious pairings to serve at your next gathering:

Tart apples with cream cheese crostini: thinly slice an apple of your choice, spread on a light layer of cream cheese, layer with another slice of apple, and add a drizzle of honey if you'd like.

Savory spinach and goat cheese skewers: assemble a skewer by rotating fresh leaves of spinach and sliced goat cheese and drizzle with a fruit-based balsamic vinaigrette.

Caprese salad on a stick with chicken sausage: assemble a skewer with sliced chicken sausage, basil leaves, fresh mozzarella balls, cherry tomatoes, drizzle with balsamic vinaigrette, and season with salt and pepper.

Mango stuffed puff pastry: grab a croissant dough from the frozen section of your grocery store, stuff it with sliced mangoes, wrap towards the center while keeping the majority of the center mangoes unwrapped, bake it, and enjoy.

Brie bites with raspberry preserves: take mini phyllo pastry shells, fill with warm brie cheese, top with raspberry preserves, and garnish with mint leaves.

Charcuterie board: If you'd like to serve a little bit of everything at once, you're in the right place! This is your opportunity to get creative, use what's already on hand, or even put all those leftovers to use. Here is a rough template of foods to place on that beautiful wooden charcuterie board you've been longing to show off:

- **Cheese:** Any cheese will do, but try to serve cheeses that are both easy to cut into and pair nicely with toppings like preserves or pepper jellies. For example, a plain goat cheese log topped with cranberry sauce or fig preserves would work nicely here. Add a more savory cheese like cheddar, brie, or gouda to add variety.
- **Crackers/Bread:** Cheese without crackers just wouldn't feel right, so now it's time to add that crunchy texture to our board. Simply pick a cracker here, it doesn't have to be anything fancy, and place them near the cheeses you've laid out since this is where they belong. If you have leftover rolls or cornbread, toast them again and cut them into smaller slices for serving.
- **Meat:** Here is your chance to use any leftover smoked turkey or baked ham for something besides a sandwich. Simply place your leftover slices of smoked turkey or baked ham on the board and/or add other meats like prosciutto or salami. Garnish with a whole rosemary sprigs to make it even more cheerful!
- **Produce:** Add some freshness to your board by chopping up fresh vegetables like bell peppers, cucumbers, and garnish with arugula or basil. If you have leftover shallots or red onion, slice thinly and let them soak in a seasoned balsamic and olive oil mixture for a few minutes to quickly make "pickled" onions. While you've got the chopping board out, slice up fruits like pears and apples or simply add vines of grapes or whole unpeeled satsumas/tangerines to whatever blank spaces you have left on the board.

And there you have it—effortless hors d'oeuvres. Remember to use what is already in your refrigerator or pantry, look for seasonal items, and have fun with it! *Source:* <https://fruitsandveggies.org/stories/effortless-hors-doeuvres/>

Don't Let Stress Steal Your Holiday Joy

The countdown to Christmas is on. With all the demands put on you (often only placed there by yourself), it's easy to get caught up in the to-do lists and miss the joy you want to experience this time of year. Keep the holidays as stress-free as possible by using these last-minute holiday hacks and following this helpful advice.



JUST SAY NO

Declining an invitation or a request for help when you're already busy doesn't mean you're a grinch; it means you know your limits and you recognize the importance of being able to dedicate your time to the things that are the most important to you and your family.

Terry Clark-Jones, a specialist with Michigan State University Extension, says, "A good trick to manage is to stick the word "**No**" on the phone or in a location that you see often, if you are susceptible to saying yes to every request of your time."

Think about saying no to your own expectations, as well. For those who struggle with this, "Ask yourself if it will matter in five years," advises Margie Memmott of Utah State University Extension. "Become more flexible. Some things are worth not doing perfectly, and compromise can be found on some issues."

TURN OFF THE FAKE NEWS

If seeing everyone else's perfect holidays on Facebook and Instagram makes you feel like you aren't doing a good enough job, it may be a good idea to take a break from social media. Remember, the images you see there are only selected highlights, and you don't have to replicate that beautiful tablescape or imitate that seemingly ideal family outing.

"Decide what is good for your immediate family and stick with it," Clark-Jones recommends. "Fight perfectionism and unrealistic expectations. Manage the holiday hype. It can be very easy to get wrapped up in all the holiday advertisements to the point where you forget what the holiday season is about. Try to remember what makes a great celebration. It is family – not the decorations, expensive presents, and fancy food."

SEEK HELP AND ACCEPT IT

Do you have Superman or Superwoman syndrome – the mind-set that you should be able to do everything yourself with no help? "Let others ease your schedule," says Christine Smith of North Carolina State University Extension. "Enlist family, friends, and neighbors to help with meal preparation or childcare. 'Tis the season for helper elves." It's important to remember that accepting help from other people means letting those responsibilities go. If your child offers to wrap gifts for other family members, you can't go back later and rewrap them to your standards. Let it go if there's a smudge left behind after someone else cleans the bathroom mirror or if the stockings aren't all hung perfectly evenly. "Free yourself from your own expectations for a perfect holiday season," Smith says.

CONSIDER THE MEMORIES YOU'RE MAKING

Whether you intend to or not, you're making memories this holiday season. If your son drops the cheesy potatoes on the floor as he carries the dish to the table, take it in stride. Don't let the memory be a bad one. Instead, have him help you whip up a packet of instant mashed potatoes and sprinkle some cheese on top. Let him remember how everyone raved over his delicious culinary creation. Remember that traditions evolve over time, and embrace new ones as you let old ones go.

"Most of all, take time to enjoy the season," Smith says. "Express gratitude for all that you have, enjoy time with loved ones, and revel in the holiday spirit."

Source: <https://www.agriculture.com/family/don-t-let-stress-steal-your-holiday-joy>

It's New Year's Resolution Season

Every New Year's Eve, millions of Americans resolve to make their life better. Whether that includes getting healthier, becoming wealthier, or striving for a work-life balance, these resolutions often don't go any further than thoughts in our minds.

Set your intentions for the New Year by writing down what you want to give your attention to in 2022. Research shows by writing down your intentions, you are more likely to work toward them and succeed in reaching them. Out of that list of intentions, rate and prioritize what is most valuable and important. Then set goals. Lacking goals is like taking a trip without making a plan or having a destination; you'll never know where you are going to end up.

Written goals increase your chances of accomplishing the behavior you desire. Written goals make it easier to plan action steps, monitor progress, and define the end date. Setting a goal such as getting healthier this year is not specific enough. Behavior change occurs if there are written goals which include a deadline.

Improving your life requires planning; and it starts with setting **SMART** goals. **SMART** Goals should have criteria that correspond to each of the following categories: **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**ime-bound.

- Make goals that are **Specific**; clearly defined or outlined, the Who? What? Where? When? And Why?
- Make goals that are **Measurable**; how will you measure your progress; what do you want to do?
- Make goals that are **Attainable**; neither too easy, nor too hard to accomplish? Is it likely to happen; is it achievable, what steps are involved?
- Make goals that are **Realistic**; what knowledge, skills, resources, and abilities are necessary to reach this goal?
- Make goals that have a **Time Line**; when will it start, when will it finish? Will it be a short-term goal or a long-term goal? Set a specific deadline to the goal.

Identify small, do-able "action steps". Procrastination is easy. Tomorrow always seems like a good day to make changes. With the small steps approach, anything you do towards your goal is a step in the right direction. No step is too small to get stared.

Consider the major obstacles that keep getting in your way. Identify them and make plans to overcome them. Is it denial, fear, lack of clear goals, or just not knowing where to start? Obstacles and relapses are normal.

Prepare for them by thinking about the following:

- What are obstacles that keep me from achieving these goals?
- What are strategies to overcome each obstacle?
- What factors have caused me to relapse in the past?
- What can I do to address these factors in the future?

Friends or family can be a resource or an obstacle. Enlist the support of the people that will help you be accountable to your goals. Make a commitment to change so they can be encouraging and motivating to you on your journey. Often goals seem insurmountable; but put your mind to it. Negative thoughts such as "I can never do this" are common. Instead, think positive thoughts, such as "I can do this one small step at a time." Keep imagining how good it will feel to reach a goal.

Finally, take time to celebrate all of the small steps you achieved along the way. Taking small steps, being realistic, and staying positive will help you keep your intentions in the New Year. Happy New Year!

Source: <https://extension.colostate.edu/topic-areas/family-financial-stability/setting-intentions-for-the-new-year/>





SHOUT OUT FROM SHARI



Dear OHCE Members,

MERRY CHRISTMAS & HAPPY NEW YEAR Everyone! As we close 2021 I want to **SHOUT OUT** to all our groups in Tulsa County for what you have accomplished! Thank you for pouring back into our communities! To my County Officers and Committee Chairs, past and future, “Thank you” for serving! A big Shout Out to Jean Parks for volunteering to change out our OHCE bulletin board for these last two months. Now as we look forward to 2022 I want us to continue spreading the word to everyone what OHCE is all about! It’s about continuing to educate our families, children, communities and ourselves about the changes that are always going to be coming!! OHCE, with the help of the OSU Extension, will step up and meet the challenges. May 2022 be our best year ever!

Nuts about OHCE! *Shari*



WHAT’S HAPPENING

December:

- 1:** 11:00 am, Holiday Luncheon @ Memorial Drive Methodist Church, 7903 E 15th St., Tulsa
- 6:** 5:00 – 8:00 pm, Family Holiday Workshop @ Tulsa County Social Services, 2401 Charles Page Blvd, Tulsa
- 13:** 10:30 am, Chat and Create
- 23-24:** Christmas – Ext. Office closed
- 31:** New Year’s Eve - Ext. Office closed

January:

- 3:** 7:00 pm, President’s Quarterly Zoom meeting
- 10:** 10:30 am, Chat and Create
- 17:** MLK Day – Ext. Office Closed
- 18:** 10:00 am, Leader Lesson Training in Owasso, location pending. (Planning for: Owasso Assembly of God)
Address: 9341 N 129th East Ave, Owasso
- 19:** 9:00 am, Board Meeting, 10:00 am, Business Meeting
- 24:** 10:30 am, Chat and Create
- 25:** Alternative Date (snow date) for Leader Lesson training. 10:00 am at Owasso Assembly of God (pending)

The 2021 OHCE Holiday Luncheon will be held on Wednesday, December 1, 2021 at 11:00 am at the Memorial Drive Methodist Church located at 15th Street and Memorial. (\$15.00 per person.)

RSVP and \$\$\$ were DUE due on 11-16-21.

~ Glenda Meinheit, Holiday Luncheon Chairperson



Oklahoma Home and Community Education (OHCE), consists of six groups that meet in and around Tulsa. The groups meet once a month, at various times. The groups meet in at libraries, churches or community centers. To start or join a group, call the Tulsa County OSU Extension Office at 918-746-3706.



OHCE UPDATES



Membership:

Family Fun Workshop Night - Bring your family for A Christmas Carnival! Monday, December 6th. Join us from 5-8! We will be at the Tulsa County Social Services at 2401 Charles Page Blvd. **NO COST but please bring Cupcakes or cookies (preferably store bought) for our Cakewalk!**

We will have fun activities for all starting with Pizza and Corn dogs, followed by painting Holiday ornaments, then fishing, a Cakewalk and finish our evening with Cocoa and Caroling! **RSVP by Dec. 2 to Shari Munroe: 918-408-6918.**

~Shari Munroe, Membership Chairperson



December:

How can **RESOURCE MANAGEMENT** increase your awareness in many areas of savings as you prepare for an economical holiday season?



January:

How will **RESOURCE MANAGEMENT** help you know what can be recycled, and where, after the holidays?

*~ Dolores Williams,
Resource Management
Chairperson*

The Healthy Living THRIVE focus this month....

A healthy reminder for the Holiday Season. Thrive time!

<https://www.cdc.gov/healthequity/features/holidayseason/index.html>

~Charline Romine, Healthy Living Committee Chairperson



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Michelle Bonicelli

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Tulsa County OSU Extension Service

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