

## Intergeneration Month



Reach across the ages. You never know what might happen. It is so important for each of us to practice loving one another – even as we practice social distancing.

The Intergenerational Foundation launched Intergeneration Month, held each September, to connect generations and to prompt folks from varying age groups to befriend and learn from each other.

One way to reach out to others is to create your own Conversation Cards. Conversation Cards are designed to spark meaningful dialogue between people of all ages and social backgrounds. They help users explore thought-provoking questions that can bridge generational and social gaps, building consensus and mutual understanding.

**Some sample questions include:** (Source: <https://conversationstartersworld.com>)

- \* What would be your perfect weekend?
- \* How often do you stay up past midnight?
- \* What's your favorite number? Why?
- \* What do you do to make the world a better place?
- \* Who is your oldest friend? Where did you meet them?
- \* Who in your life brings you the most joy?
- \* Where is the most beautiful place you have been?
- \* What's your favorite season? Why?
- \* If you had to change your name, what would your new name be?
- \* Which is more important, having a great car or a great house? Why?

These prompts empower users to experience inspiring conversations between people, especially those with generational and social differences.

Human beings are inherently social creatures. As far back as we can trace, humans have traveled, hunted, and thrived in social groups and for good reason. Humans who were separated from their tribe often suffered severe consequences. Social groups provide us with an important part of our identity. They teach us a set of skills that help us to live our lives. Feeling socially connected, especially in an increasingly isolated world, is more important than ever. The benefits of social connectedness shouldn't be overlooked.

Source: [www.bridgestogether.org](http://www.bridgestogether.org), <https://www.mindwise.org/>

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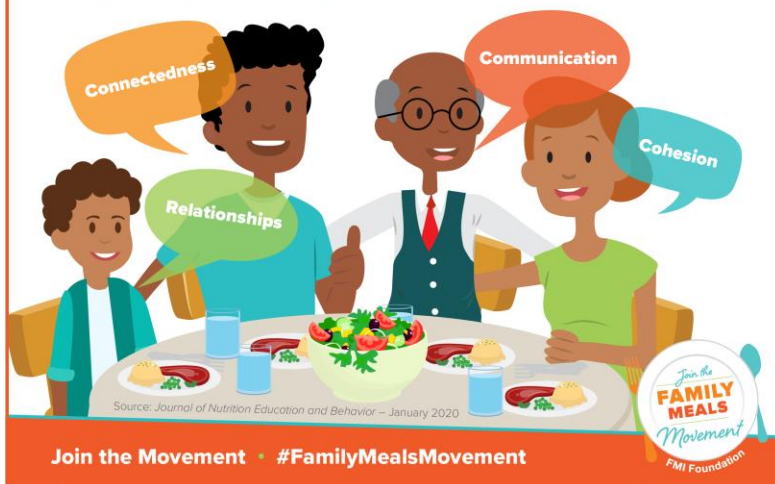
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If you receive the monthly newsletter by mail and would like to receive it by email, please call Roxanne at 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

## FAMILY MEALS MAKE FAMILIES STRONGER

The most comprehensive study to date proves that **family dynamics improve with the frequency of family meals.**



## Why Family Meals Matter?

Making family meals happen can be tough under the best of circumstances, but COVID-19 has added a whole new layer of challenges to family meals. The pressures confronting each family may differ, but researchers, health experts, popular media, and communities across America are joining the movement to commit to one more meal at home per week every September for **#FamilyMealsMovement!**

Families like yours are joining in and seeing the benefits. In fact, more than 8 in 10 of those seeing the National Family Meals Month™ campaign say that it is important and, better yet, are taking action to making family meals happen!

### The data on why family meals matter is positively overwhelming:

Studies show again and again the significant, measurable scientific proof about the positive, lifelong benefits of family meals. Family meals nourish the spirit, brain and health of all family members.

- Regular family meals are linked to higher grades and self-esteem and delayed sexual activity.
- Children who grow up sharing family meals are more likely to exhibit prosocial behavior as adults, such as sharing, fairness and respect.
- With each additional family meal shared each week, adolescents are less likely to show symptoms of violence, depression and suicide, less likely to use or abuse drugs or run away, and less likely to engage in risky behavior or delinquent acts.
- Adults and children who eat at home more regularly are less likely to suffer from obesity.
- Increased family meals are associated with greater intake of fruits and vegetables.

### THE DANGER OF FEWER FAMILY MEALS IS REAL...

A significant study on the relationship between certain family characteristics and adolescent problem behaviors, published in the *Journal of Adolescent Health*, found that teens who have infrequent family dinners (fewer than three per week) are:

- 3.5 times more likely to have abused prescription drugs or to have used an illegal drug other than marijuana or prescription drugs.
- 3 times more likely to have used marijuana.
- More than 2.5 times more likely to have used tobacco.
- 1.5 times likelier to have used alcohol.

Source: <https://www.fmi.org/family-meals-movement>

September is National Fruits & Veggies Month (NFVM) a four-week-long celebration of everyone’s favorite and flavorful plants—fruits and veggies!

The Produce for Better Health Foundation (PBH) and global health experts agree that enjoying more fruits and vegetables is the single most important action we can take to boost health and happiness. But, brace yourself. We are in a consumption “crisis” Nearly 9 in 10 Americans don’t eat enough fruits and veggies.

The fact is most Americans have been experiencing this crisis for decades even though

- 1) everyone knows that fruits and vegetables are healthy.
- 2) we are constantly encouraging everyone to eat more.

**WE MUST DO SOMETHING DIFFERENT TOGETHER—** YOU are an integral part of National Fruits & Veggies Month! There is power in numbers, which is why we love having you on our side. After all, fruits and veggies are always in season, so let’s build #haveaplant hype all year long!



## Hummus and Feta Sweet Peppers

**Prep Time:** 15 mins

**Servings:** 12



### Ingredient List

- 12 Sweet Snacking Peppers
- 1 cup red pepper hummus
- ¼ cup feta, crumbled
- 2 Tbsp. fresh chives, minced

### Instructions

- Using a sharp knife, slice the top ½ of each sweet pepper on a bias. Set the removed piece of pepper aside to use for a different purpose. Peppers can be cut in half, but cutting the top third keeps the peppers stem intact, making it easier to handle as an appetizer.
- Fill a sandwich bag with Red Pepper Hummus, seal and cut a small hole in a bottom corner of the bag. (The sealed sandwich bag will not work like a piping bag.) Pip hummus into the 12 sweet peppers.
- Top each pepper with crumbled Feta cheese and chives. Serve cool or room temperature.

Nutritional analysis per serving: Calories: 77, Total Fat: 4g, Sodium: 115mg, Carbohydrates: 8g, Sugars: 4g, Protein: 3g



Join us to elevate fruit and veggie consumption to a national priority with ready-made resources in our NFVM TOOLKIT! Let’s celebrate this month and beyond, with all the fruits and veggies that you know and love—fresh, frozen, canned, dried and 100% juice—that can taste great and are proven to support your health and happiness!

Source: <https://fruitsandveggies.org>

## Why Is the Census Important?

A census is an important record that societies use to make effective decisions. Censuses influence policies that impact the everyday lives of real people, including decisions made in education, transportation, health, housing, and even environmental preservation.

The 2020 census gives officials and businesses an accurate idea of the lay of the land and needs of the people. Through this knowledge, officials can know how better to serve the community and provide benefits, including the following:

- ❖ Better sanitation.
- ❖ Businesses that fill a need in a community.
- ❖ Effective transportation.
- ❖ Money allocated to the right areas.
- ❖ Schools and hospitals built and maintained.
- ❖ Construction for needed highways.
- ❖ Organized housing districts.



2020 Census Enumerators are making their final push through counties in Oklahoma during August and September. While there was some question about the final date of counting heads between September 30 or October 31, the President has mandated that September 30 will be the final date. Thus, the final date for door knockers, Census Enumerators, to be in the field will probably be about the third week of September.

**The final date for a self-count--reporting online, by phone, or by mail--is September 30, 2020.**

Oklahoma, with about 58%, is currently behind the national response rate of 63% and behind the 2010 Oklahoma Census response rate of about 62%.

Oklahoma's rural counties continue to lag behind the urban counties. This suggests the urban Congressional and State Legislative districts will receive relatively more Federal and State program funds, and they will gain more representatives in Congress and the Legislature.

## How to Participate in the Census

Every household in the United States will get an invitation to participate in the census. You can respond to the census in various ways, depending on what you feel most comfortable with:

- ❖ Submitting an online form: <https://my2020census.gov/>
- ❖ Responding by mail: You may receive multiple mailings for the 2020 Census this year, including an invitation to respond to the 2020 Census and follow-up postcards and letters.
- ❖ Answering by phone: To begin, call 1-844-330-2020.

Record-keeping and storytelling have always been important, whether it was by scrawling on a cave wall, writing on a scroll, or singing out loud through generations. A census is one way to keep a record of our own story as a society.

**For additional information, please visit: <https://my2020census.gov/>**

*Sources: Dr. Larry Sanders, Oklahoma State University, <https://2020census.gov/en/what-is-2020-census.html>*



## SHOUT OUT FROM SHARI



2020 is flying by! I pray that you have been able to continue to stay safe during this pandemic. Thank you to all our groups for continuing to stay connected and serve your communities.

Congratulations to Charline Romine for 5 Years and Jean Tomassi for 15 years of OHCE membership! We would have recognized these ladies at our Membership Tea this year. They will be receiving their Certificate and Pin!

A special SHOUT OUT to our Scholarship Committee for all their hard work! Our ZOOM Presentation was amazing... we even had Sandy Pogue, our New OHCE State President, and Brenda Miller, our NE District Advisor, in attendance! If you have not participated in a ZOOM Meeting, you do not know what you are missing. It is a great way to stay connected with everyone.

As most of you know, the COVID numbers are continuing to rise. (as of me writing this) Due to this, all events are still cancelled and we will probably be unable to have our Fall Business Meeting in person. I am hoping to be able to have a ZOOM Meeting for this! Please be checking with your Group President for updates. Just because we are not meeting, doesn't mean we don't have business to conduct!

Another SHOUT OUT to Eastside, Knit N Stitch, The Owasso Jewels & Diamonds in the Rough for already raising funds for our Scholarship 2021 program by making handmade items and listing them on Facebook! We have had a lot of DONATIONS and have raised over \$300! Woo Hoo!!!

Finally, here is something I came across last fall and wrote in my calendar:

**KEEP GROWING** - Yes, we must keep growing! Invite friends to join OHCE! Remember to be "Nuts About OHCE"

**TRY NEW THINGS** - Yes, we are ALL having to change up the way we are doing things!! - try a ZOOM Meeting!

**EMBRACE CHALLENGES** - Yes, we need to Embrace New OPPORTUNITIES! We have to "Think Outside the Box"

I want to encourage you to stay positive! We are all in OHCE for a reason! What's your reason?

Nuts about OHCE!

*Shari*

### WHAT'S HAPPENING



**ALL EVENTS CANCELLED UNTIL FURTHER NOTICE!**



The OHCE Fall Business Meeting date and time is to be determined, it will most likely be held by Zoom.

Oklahoma Home and Community Education (OHCE), consists of eight 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 in your neighborhood or community, call the Tulsa County OSU Extension Office at 918-746-3706.



# OHCE UPDATES



**MEMBERSHIP DUES:** 2021 OHCE Dues and Membership forms will be due to the Extension Office from each group on October 16<sup>th</sup>. The Membership Committee will be mailing new membership forms to all current members. You will need to return your dues and your Membership form to your Group Treasurer.



***The Healthy Living THRIVE focus this month....***

Health information from the WHO (World Health Organization). Are we THRIVING yet? We need to keep up our healthy living and come out on the other side of this COVID19 better from it.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

*~Charline Romine, Healthy Living Committee Chairman*



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