



**Random Acts of Kindness**  
Random Acts of Kindness Week is February 13-19, 2022

The work to create a kinder world never ends. There is no limit on the amount of goodness we can put into the world!

You are invited to join the annual Random Acts of Kindness Day (RAK DAY) celebration on Thursday, February 17, 2022. #MakeKindnesstheNorm

Source: <https://www.randomactsofkindness.org/>



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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 Roxanne at 918-746-3706. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

# 3 Major Health Benefits of Cruciferous Vegetables



Cruciferous vegetables like cauliflower, Brussels sprouts, broccoli, kale and wasabi are beloved by many. With kale shake recipes galore and everything made from cauliflower, there are a few reasons we're drawn to this particular group of vegetables — they're versatile and have health benefits, too. We know vegetables are good for us because they're full of nutrition, but cruciferous vegetables have unique properties that may improve your health in more ways than one.

This family of vegetables may vary in color and shape but all in all, they're fairly comparable when it comes to their nutrient content. Cruciferous vegetables are known for vitamins C and E, fiber, folate and carotenoids. They also contain a phytochemical called glucosinates, per a January 2018 review in the *Journal of Human Health Research*. These nutrients are said to be responsible for the health benefits these foods offer.

## **1. They May Support Heart Health**

A growing body of research links eating cruciferous veggies to a reduced risk of heart disease. Regularly eating these vegetables was linked with lower total and HDL cholesterol levels in a January 2018 review. In fact, researchers pooled the findings of eight studies looking at the effects of cruciferous and leafy green vegetables on heart disease for a January 2016 review in the *Journal of Royal Society of Medicine Cardiovascular Diseases*. They found there was a 16 percent reduced risk of heart disease in those who ate the most cruciferous vegetables compared to those who ate these vegetables less frequently.

## **2. Improve Blood Sugar Control**

Like all vegetables, cruciferous veggies contain dietary fiber, which helps to slow digestion and the rate at which we absorb sugar from the foods we eat. Glucosinolates and other compounds in this family of vegetables have been linked to improvements in blood sugar control, according to a January 2016 meta-analysis in the *Journal of Diabetes Investigation*. Cruciferous vegetables may help with blood sugar control by decreasing insulin resistance, per an April 2012 study in the *International Journal of Food Sciences and Nutrition*.

## **3. Linked to Lower Rates of Cancer**

Eating cruciferous vegetables has also been associated with a lower risk of certain cancers, according to a July 2017 review in the *International Journal of Epidemiology*. Research from 95 different studies was analyzed to help the scientists understand the relationship between eating fruits and vegetables and heart disease, cancer and mortality. The researchers determined that eating cruciferous veggies regularly was linked to a decreased risk of cancer. But, these types of studies do not determine cause and effect, but more of a potential relationship. While more research needs to be done, the American Cancer Society published diet and physical activity guidelines for the prevention of cancer that highlight cruciferous vegetables. The article notes that there is ongoing research on this group of vegetables (and others) and their effect on cancer risk, and recommends following the *2020-2025 USDA Dietary Guidelines for Americans* by aiming to eat 2.5 to 3 cups of vegetables every day, including cruciferous vegetables.

**Gas and Bloating from Cruciferous Veggies:** A common complaint when eating broccoli, cabbage or other cruciferous vegetables is stomach discomfort from bloating and gas. This happens because these vegetables are high in fiber and they contain raffinose, a complex carbohydrate that's fermented in our guts, according to Harvard Health Publishing. When the fermentation occurs, gas builds up. To prevent this, try to stay hydrated and start out with smaller portions, increasing as tolerated. Make sure you chew thoroughly. Another option is to take a digestive enzyme, which helps your body break down and process these foods more easily.

**How Much Should You Eat:** The USDA guidelines recommend 1.5 to 2.5 cup-equivalents of **dark-green veggies** each week. This group includes many cruciferous vegetables like broccoli, kale, turnips and more. But according to the *Centers for Disease Control and Prevention*, only 9% of us are eating enough veggies on a daily basis as it is, so the best first step for most of us — is to just start eating more vegetables, period. *Source: <https://www.livestrong.com/article/13728437-benefits-of-cruciferous-vegetables/>*



## 7 Scientific Benefits of Helping Others

Volunteering your time, money, or energy to help others doesn't just make the world better—it also makes **you** better. Studies indicate that the very act of giving back to the community boosts your happiness, health, and sense of well-being. Here are seven scientific benefits of lending a hand to those in need.

### **1. HELPING OTHERS CAN HELP YOU LIVE LONGER.**

Want to extend your lifespan? Think about regularly assisting at a soup kitchen or coaching a basketball team at an at-risk high school. Research has shown that these kinds of activities can improve health in ways that can lengthen your lifespan—volunteers show an improved ability to manage stress and stave off disease as well as reduced rates of depression and an increased sense of life satisfaction—when they were performed on a regular basis. This might be because volunteering alleviates loneliness and enhances our social lives—factors that can significantly affect our long-term health.

### **2. ALTRUISM IS CONTAGIOUS.**

When one person performs a good deed, it causes a chain reaction of other altruistic acts. One study found that people are more likely to perform feats of generosity after observing another do the same. This effect can ripple throughout the community, inspiring dozens of individuals to make a difference.

### **3. HELPING OTHERS MAKES US HAPPY.**

One team of sociologists tracked 2000 people over a five-year period and found that Americans who described themselves as “very happy” volunteered at least 5.8 hours per month. This heightened sense of well-being might be the byproduct of being more physically active as a result of volunteering, or because it makes us more socially active. Researchers also think that giving back might give individuals a mental boost by providing them with a neurochemical sense of reward.

### **4. HELPING OTHERS MAY HELP WITH CHRONIC PAIN.**

According to one study, people who suffered from chronic pain tried working as peer volunteers. As a result, they experienced a reduction in their own symptoms.

### **5. HELPING OTHERS LOWERS BLOOD PRESSURE.**

If you're at risk for heart problems, your doctor has probably told you to cut back on red meat or the hours at your stressful job. However, you should also consider adding something to your routine: a regular volunteer schedule. One piece of research showed that older individuals who volunteered for at least 200 hours a year decreased their risk of hypertension by a whopping 40 percent. This could possibly be because they were provided with more social opportunities, which help relieve loneliness and the stress that often accompanies it.

### **6. HELPING OTHERS PROMOTES POSITIVE BEHAVIORS IN TEENS.**

According to sociologists, teenagers who volunteer have better grades and self-image.

### **7. HELPING OTHERS GIVES US A SENSE OF PURPOSE AND SATISFACTION.**

Looking for more meaning in your day-to-day existence? Studies show that volunteering enhances an individual's overall sense of purpose and identity—particularly if they no longer hold a life-defining role like “worker” or “parent.”

Source: <https://www.mentalfloss.com/article/71964/7-scientific-benefits-helping-others>

## Heart Healthy Valentines Chocolates

These heart healthy Valentine's chocolates combine dates, walnuts, and chocolate for a tasty treat.

Prep Time: 25 mins Cook Time: 0 mins

Servings: 12 chocolates

Calories: 148 calories

### Ingredients

- 1 1/2 cup walnuts, chopped
- 8 medium dates, Medjool
- 1/2 cup cocoa powder, unsweetened



### Instructions

1. Blend walnuts in a high-powered blender or food processor until a powder.
2. Pit the dates, then add walnut powder to a bowl and the pitted dates. Using your hands mix the two ingredients together until the dates are completely incorporated.
3. Add the cocoa. Shape into a mold.
4. Top with dried fruit, coconut, granola, or peanut butter!

### Nutrition

Calories: 148 cal | Carbohydrates: 16g | Protein: 3g | Fat: 10g | Saturated Fat: 1g | Sodium: 1mg | Fiber: 3g | Sugar: 11g

Source: <https://www.superhealthykids.com/heart-healthy-valentines-chocolates/>

These chocolates are the epitome of heart healthy, as they are made with 3 simple ingredients:

**Walnuts:** The Vitamin E, specifically the form found in walnuts, have been shown to have significant heart protection. Further studies are showing walnuts are also protective from metabolic syndrome, type 2 diabetes and other cardiovascular problems.

**Dates:** High in fiber, dates, help keep cholesterol levels normal!

**Cocoa:** Flavonoids in cocoa can help with cardiovascular health, aid in digestion, reduce tendency to form blood clots, and generally improves blood vessel function.

## Red, White and Blue and OHCE too!

Join us on **Tuesday, March 29<sup>th</sup>** at the Broken Arrow Armed Forces Center for the **2022 NE District OHCE Meeting**. We plan to celebrate OHCE and our country with lots of patriotism. The Facility is large with lots of open space and will be a great place to have our first meeting since the pandemic!!

Lunch will be catered by Stu-B-Que Catering with Chicken or Pulled Pork, Cheesy Potatoes, Green Beans, Mixed Vegetables and Cobbler.

Workshops that are being planned include: Dealing with Stress, Diet and Inflammation, Medical Identity Theft, Macramé, Tatting, Vinyl Clings, Isaiah Quilts and Applying Mindfulness and Communication Techniques.

***Save the date and plan to attend!***





## SHOUT OUT FROM SHARI



Dear OHCE Members,

Wow! It's February already! 2022 has come in with a bang and has brought with it many NEW opportunities and challenges. We had a great Winter Business Meeting. Welcome to Jean Parks, our new Vice President and Deborah McIntyre, our new Treasurer! A special "Shout Out" to all our new Committee Chairs - Thank You for serving!

This year I want our focus to be on "Serving Others". As OHCE Members, and in partnership with the OSU Extension, we continue to be uniquely positioned to help "Serve" our families and communities and bring educational programs to the forefront of everything we do! Keep inviting everyone to our upcoming events! A big "Shout Out" to our Jenks Group for updating our OHCE bulletin board.

Nuts about OHCE!

*Shari*



### Virtual OHCE Valentine Event

Theme: Valentine's Day with Friends

Date: Thursday February 10, 2022, 7-8pm

Where: Zoom

Demonstrations:

- Valentine (Strawberry) Trifle Recipe – Dea Rash
- Leader Lesson: "3 Keys to Better Relationships" Dolores Williams, Tulsa County OHCE
- Handmade Valentine Cards
- Bath Bombs

Register: [https://okstateches.az1.qualtrics.com/jfe/form/SV\\_25o2BPK2I8HYXm6](https://okstateches.az1.qualtrics.com/jfe/form/SV_25o2BPK2I8HYXm6)

## WHAT'S HAPPENING

### February:

- 10: Virtual Valentine's Day with Friends, 7-8pm by Zoom
- 14: 11:00 am Chat & Create
- 15: 1:00 pm OHCE Appreciation Tea
- 18: NE District Meeting registration money **DUE** to County Treasurer
- 21: President's Day – Extension Office closed
- 24: 6:00 - 8:00 pm BUNCO for Scholarship, bring your own dice.
- 28: 11:00 am Chat & Create

### March:

- 11: RSVP for Game Day to Jean Parks
- 14: 11:00 am Chat & Create
- 17: 1:00 to 3:00 pm Game Day
- 28: 11:00 am Chat & Create
- 29: 2022 NE District OHCE Meeting at the Broken Arrow Armed Forces Center
- 31: 10:00 – Noon BUNCO for Scholarship, bring your own dice.



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

Oklahoma Home and Community Education (OHCE), consists of five 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:** This year the Membership Committee will be sponsoring monthly events

## "BUNCO for Scholarships!"

Please - BYOD (Bring Your Own Dice!)  
Donations will be accepted at the door.  
Location: OSU Extension Auditorium  
Please mark these dates on your calendars!

- 2/24 - 6:00 - 8:00 PM
- 3/31 - 10:00 - Noon
- 4/28 - 6:00 - 8:00 PM
- 5/26 - 10:00 - Noon
- 6/30 - 6:00 - 8:00 PM
- 7/28 - 10:00 - Noon
- 8/25 - 6:00 - 8:00 PM
- No BUNCO in Sept.**  
**due to Tulsa State Fair**
- 10/27 - 10:00 - Noon
- 11/17 - 6:00 - 8:00 PM
- 12/22 - 10:00 - Noon



~Shari Munroe, Membership Chairperson



**Tuesday, February 15<sup>th</sup>**

*OHCE* Appreciation Tea

**1:00 to 4:00 pm  
in the Auditorium.**

**This event will be for all  
Past Tulsa County  
Presidents, Current County  
and Group Officers.**

**Please bring your favorite  
apron!**

**Almost everyone thinks about a healthier body and lifestyle at the beginning of a new year. However, how can Resource Management help you discover new ways to have, and maintain, a "healthy home"?**



~ Dolores Williams, Resource Management Chairperson

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*Michelle Bonicelli*

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