



**TULSA COUNTY  
EXTENSION**

# STRENGTHENING OKLAHOMA FAMILIES

## Family and Consumer Sciences News

### TULSA COUNTY FAIR 2021



The Tulsa County Fair is set for July 22 & July 23 from 10:00 am - 7:00 pm at the River Spirit Expo, Lower Level. For information about entering the Tulsa County Fair, stop by the Tulsa County OSU Extension Center or call 918-746-3700.

The County Fair is a great way to have some fun with the family and soak up a lot of local flavor. There is definitely something for everyone at the fair! You'll see everything from photography to woodworking to classic needlework to floral exhibits. There will be interesting and educational 4-H and Oklahoma Home and Community Education (OHCE) displays. Additional activities throughout the fair include community resource presentations, a cornhole tournament, a pet show, an Old-Fashioned Ice Cream Festival and the OHCE Membership Tea!

*Come One Come All!*

**July 22 and 23, 2021  
RIVER SPIRIT EXPO**

**(LOWER LEVEL)**

**10:00 am - 7:00 pm**

*Open to the public*



***Free Admission!***

Please note:

Money is required to purchase items, refreshments and event fees.

**Tulsa County  
Extension Office**

**Address**

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

**Phone**

918-746-3706

**Email**

Michelle.Bonicelli@okstate.edu

**Website**

www.oces.tulsacounty.org

**Social Media**

Facebook: TulsaCountyOSUExtension

Twitter: twitter@osuextension72



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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!

# The Importance of Social Connection

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, and more than that, 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.



## Social connections:

**Improve your quality of life:** If you've ever moved away from your social "home base" then you have a good idea of just how much social connections shape your everyday life and well-being. One study showed that social connection is a greater determinant to health than obesity, smoking, and high blood pressure. And social connection doesn't necessarily mean physically being present with people in a literal sense, but someone's subjective experience of feeling understood and connected to others. One scale that experts use to determine a person's subjective level of loneliness is the [UCLA Loneliness Scale](#).

**Boost your mental health:** Friendships offer a number of mental health benefits, such as increased feelings of belonging, purpose, increased levels of happiness, reduced levels of stress, improved self-worth and confidence. A study conducted at a free health clinic in Buffalo, New York found that respondents with insufficient perceived social support were the most likely to suffer from mental health disorders like anxiety and depression.

**Help you live longer:** [Research](#) has shown that social connections not only impact your mental health, but your physical health as well. A review of 148 studies (308,849 participants) indicated that the individuals with stronger social relationships had a 50% increased likelihood of survival. This remained true across a number of factors, including age, sex, initial health status, and cause of death.

**Decrease your risk of suicide:** There are a number of factors that put people at higher or lower risk for suicide. One of these factors is connectedness, which the [Centers for Disease Control](#) (CDC) defines as "The degree to which a person or group is socially close, interrelated or shares resources with other persons or groups." Relationships can play a crucial role in protecting a person against suicidal thoughts and behaviors.

If you're not sure how to begin forming social connections start by looking inward. What are your interests or hobbies? What kind of personalities are you naturally comfortable around? Devote time to becoming active in your community, volunteering, or joining a club or social organization and if you meet a potential friend, create an opportunity to spend time together. Remember that social connections that impact your overall health and well-being may begin with lattes or a shared meal, but they require time and effort. Forming strong, healthy relationships with others means opening up, actively listening, and being open to sharing what you're going through. These relationships can change the course of your life.

Source: <https://www.mindwise.org/blog/uncategorized/the-importance-of-social-connection/>

## 10 Easy Ways to Add More Fiber to Your Diet

If there was a medicine that was all-natural and proven in dozens of scientific studies to help prevent several chronic diseases (like diabetes, heart disease and cancer), keep you fuller longer after a meal, lower your bad cholesterol and blood pressure, aid in blood sugar regulation, keep your digestive system regular and even improve your mental health, many of us would be begging our doctors for a prescription.

Turns out, this magical medicine already exists—and it's actually in your kitchen right now. We're talking about **fiber**.

“The Dietary Guidelines for Americans recommends 14 grams per 1,000 calories, for an average of 25 to 38 grams per day, according to Lauren Harris-Pincus, MS, RDN.



### **What is Fiber?**

Fiber is the part of fruit, veggies, nuts, beans, seeds and whole grains that cannot be digested, Harris-Pincus says. There are two different types of fiber: soluble and insoluble. Both are important for overall health, digestion and preventing diseases. Soluble fiber lowers cholesterol levels, and can be found in oats, beans and other legumes as well as some fruits and vegetables. Insoluble fiber acts like a broom to ‘clean’ your digestive tract and move food through your system, and is in whole grains, fruits and vegetables, kidney beans and bran.

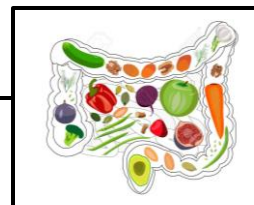
### **10 Easy Ways to Add More Fiber to Your Diet:**

Try these smart strategies to bulk up your fiber consumption throughout the day:

1. Replace white rice with brown rice, quinoa, or farro.
2. Seek out higher-fiber breakfast cereals with less than 3 grams of fiber per serving instead of munching on sugary cereal.
3. Snack on popcorn.
4. Bake with higher-fiber flours like coconut flour, whole-wheat pastry flour or soy flour instead of all-purpose flour.
5. Incorporate fruits and vegetables into at least two meals a day, and aim to fill half your plate with produce.
6. Eat whole fruits and vegetables rather than drinking juice.
7. Leave the peel on produce (that has a peel that's meant for eating, like apples, peaches, cucumbers and potatoes).
8. Swap refined grains for whole grains in commonly eaten foods like cereal, bread, pasta and rice.
9. Add berries, nuts and/or seeds to smoothies, cereal, oatmeal, salads or yogurt.
10. Trade beans for meat in two to three meals per week.

High-fiber foods are good for your health. But adding too much fiber too quickly can promote intestinal gas, abdominal bloating and cramping. Increase fiber in your diet gradually over a few weeks. This allows the natural bacteria in your digestive system to adjust to the change. Also, drink plenty of water. Fiber works best when it absorbs water, making your stool soft and bulky.

Sources: <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating>; [www.blinkhealth.com](http://www.blinkhealth.com)





## Co-Parenting with Technology

Parenting in separate households can often be a difficult task, furthermore trying to stay connected, coordinate events, and be on the same page may seem impossible at times. Technology however can help co-parents and their children maintain positive communication. Besides phone calls, emails, and texting, there are many apps that have been created to help co-parents keep positive communication.

### Useful Co-Parenting Apps

Co-Parenting apps are useful because they can prevent unwanted contact and serve as a buffer limiting communication to only necessary exchanges which can help prevent conflict. Additionally, staying organized and informed can also help minimize conflict between co-parents, while allowing children to have regular contact with both parents. Co-parenting apps can be used to help families communicate in many different ways. Some are designed for sharing calendars, pictures, medical records and expense tracking, while others can assist in creative ways like mapping equal distances for pick up and drop of your child. Some allow the children to also be part of the sharing process as well. The apps below are just a few examples and range anywhere from free to a monthly fee. There are likely other great apps out there too that provide many of the same qualities.

- **2Houses:** This app provides a joint calendar for both co-parents to edit and update scheduled events. Parents can also update medical records, keep track of child related expenses and upload photos to a shared album.
- **Wizard:** This app allows co-parents to communicate positively by a shared schedule, co-parenting tools, and features resource links to counseling and legal services.
- **Kidganizer:** This app promotes positive communication for co-parents who do not always communicate well face to face. It features custody and expenses management.
- **Co-Parenting Tips for Divorced Parents:** This app points out the difficulty of co-parenting while providing tips. It provides facts as well as informational videos. Each day the app sends the co-parents an inspirational quote, word of wisdom or tip of the day.
- **Cozi:** This is another shared calendar app for co-parents but it links to many calendars. This app also allows access to a joined website for easier access. This also allows children to view and access the calendar and be part of the scheduling.
- **Life360:** This app allows co-parents to view the location of their children which can help create peace of mind. The app also allows the children to view the locations of their parents.
- **Peaceful Parent:** This app helps parents to maintain healthy boundaries by allowing co-parents to set limitations for messages such as length of message or number of messages received. It also offers pre-written messages to help communicate relevant information and also allows parents to highlight or flag inappropriate content or hateful words.
- **AppClose:** This free app offers a calendar, messaging, expense tracking, and shared documents without any in app purchases.

### Social Media Accounts

While social media accounts such as Facebook, Twitter, Instagram and Snapchat can also be a useful way to share photos and activities involving your children, it can also allow your co-parent to see into your personal life which could raise emotions and increase conflict between co-parents therefore they should be used with caution. Also, be careful not to vent rage or frustration relating to your co-parent on social media. Though it may momentarily give you some satisfaction to vent, keep in mind how many people may read your posts and tell others about it – your relatives, mutual friends, or possibly even your own children or those close to your children. If in doubt, have a second person read your post before you post anything questionable online. Remember private matters should always remain private.

*Source: Co-Parenting for Resilience Program, part of the Extension mission of Oklahoma State University's College of Education & Human Sciences.*



## SHOUT OUT FROM SHARI

WOW! Our Tulsa County OHCE WEEK was a busy one! On Monday, May 3rd, Michelle Bonicelli & I had the honor to receive our OHCE Week Proclamation from our Tulsa County Commissioner, Karen Keith! Please ask your Group President to share both this & the City of Tulsa Proclamation from Mayor, GT Bynum!

A REALLY HUGE "Shout Out" to Wanda Moore, Kathy Erwin, Ashlee Overall, Deborah McIntyre, Dolores Williams, Jack Bradley, Cheryl Munroe-Ruble, Glenda Tucker, Karen Dick, Janet Fox, Louella Johnson, Dorothy Swindler, Jean Parks. I'm sure there were many others, that took the time to personally give hand-made cards and some goodies to over 160 Essential Workers in their communities! I am so proud of our Tulsa County members! You touched so many lives and you shared what OHCE is with them!

We will all get another opportunity to share OHCE with people in our community at our upcoming "Fun in the Sun" Rummage Sale, on Saturday June 5th! I hope everyone will support this Membership and Promotional Sales Event by bringing items and by inviting everyone you know to come to the sale! Remember - we are a TEAM - "Together, Everyone Achieves More!"

Nuts About OHCE!



*Shari*

**MEMBERSHIP:** Our "Essential Workers Scavenger Hunt" for OHCE Week 2021 was a huge success! 11 of our Tulsa County members, representing all 6 of our local groups, "Spread Thankfulness" by delivering over 163-plus "Thank You" cards to our Essential Workers in our Tulsa County communities! Thank You to everyone who participated.  
~ *Shari Munroe, Membership Chairperson*

## WHAT'S HAPPENING

\*Submit Leader Lesson ideas to your group President ASAP!



**Please remember:**  
While attending an OHCE event:  
**Masks and Social Distancing**  
are required.



### June:

- 1: OHCE Scholarship Applications **due**
- 4: Drop off items for the OHCE garage sale 9:00 to 4:00 – **Volunteers needed** to organize, sort, price, etc.
- 5: OHCE Garage Sale 8:00 am to 1:00 at the OSU Extension Office Parking lot. **Volunteers needed!**
- 14: Chat and Create 10:30 Auditorium
- 28: Chat and Create 10:30 Auditorium

### July:

- 5: Independence Day – Extension Office Closed
- 12: Chat and Create 10:30 Auditorium

**Please note: The OHCE State Meeting has been rescheduled to August 1<sup>st</sup> – 3<sup>rd</sup> in OKC.**

**\*\*\*Tulsa County Fair\*\*\* Please note the changes in the schedule this year!**

- 20 4:00 to 7:00 pm, Accepting Entries, **River Spirit Expo**, Lower Level building, Fairgrounds
- 21 1:00 pm, Fair Judging, **River Spirit Expo**, Lower Level building, Fairgrounds
- 22-23 10:00 am-7:00 pm, Tulsa County Fair, OHCE Gift Shop, **River Spirit Expo**, Lower Level building.
- 23 2:00 to 4:00 pm, OHCE Membership Tea, **River Spirit Expo**, Lower Level building, Fairgrounds.
- 23 4:00 to 7:00 pm, Fair Entry Release and pick up, **River Spirit Expo**, Lower Level building, Fairgrounds.



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 by zoom and/or 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



The Scholarship Committee is pleased to announce this year's Scholarship application is available:

<https://extension.okstate.edu/county/tulsa/oklahoma-home-and-community-education.html>

Your group representatives can also provide you a copy if you are unable to access the online application. **The deadline to have items back at the OSU Extension is June 1st.**

~ **Cheryell Romere, Scholarship Chair**  
[cheryell\\_romere@yahoo.com](mailto:cheryell_romere@yahoo.com)  
Ph: 918-274-9454



## RESOURCE MANAGEMENT

**Whether we end the month a few dollars ahead or a few dollars behind is usually a matter of discipline. This is very applicable on where, why, and when we spend money for food.**

### "Thought Question" for June:

"How can **RESOURCE MANAGEMENT** help you write a grocery list, purchase only the items listed, save money, and promote better shopping practices?"

~ **Dolores Williams, Resource Management Chairperson**

## **It's time to THRIVE!**

Healthy Living Link for June 2021.

I've stumbled onto a Veterans Healthy Living site.

I hope you like it as much as I do. This applies to all people so give it a Like!

<https://www.visn8.va.gov/VISN8/news/documents/V-508CLEAN-2021-Calendar.pdf>

~ **Charline Romine, Healthy Living Committee Chairman**



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



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*Michelle Bonicelli*

Michelle Bonicelli  
Family and Consumer Sciences Educator  
Tulsa County OSU Extension Service

## **CHAT & CREATE:**

Lots of chatting while we have been creating articles for Grace Hospice. The fidget quilts are interesting to play with. We know they will help those who receive them. We have been making adult bibs, tote bags and shawls. We are always looking for other things to create while having a good time together. We continue to meet on the 2<sup>nd</sup> & 4<sup>th</sup> Mondays of each month at 10:30. It would be great if you came to join us in our efforts to get to know others better and help people at the same time. Bring your projects and your ideas! Hope to see you soon.

~**Pat Thomas**

**RUMMAGE SALE! SATURDAY, JUNE 5<sup>th</sup> 9:00 to 1:00, at the OSU Extension Parking Lot (Gate 6 North side of the Fairgrounds) Bring your "gently used" household items, (No Clothes), to donate on Fri. June 4<sup>th</sup>, to the OSU Extension Auditorium from 9:00 AM - 4:00 PM. This sale will help us raise money for future Tulsa County OHCE projects! Remember we are a 501c3 Non-Profit so we can provide anyone with a Tax Deduction Form!**  
**PLEASE SUPPORT THIS "FUN IN THE SUN" EVENT - Wear your Hawaiian Shirts!**  
**Volunteers are needed to help work this event! Please contact SHARI MUNROE at 918-408-6918**