

Loneliness Can Contribute to Substance Use Disorder



No one likes to feel lonely, meaning a feeling of disconnect from those around you, not necessarily simply being alone. Some people choose to be alone for meditative or restorative purposes. However, when one feels lonely or disconnected from those around them, it is not considered positive and has more to do with feelings of social withdrawal and poor social interaction. It may even have to do with the person's expectation versus their reality (Hosseiner et al, 2014).

If someone is having a hard time maintaining social relationships this person may not feel well and develop health conditions. Substance use disorders (SUD) may result in order to cope with these conditions. However, in the SUD cycle, a person is more likely to be further separated from their loved ones as they start to use substances, which only further increases feelings of isolation. In addition, some substances, like heroin, bring feelings of closeness and connection that an individual would get from healthy human connection (Christie, 2021).

What to Do to combat loneliness in everyday life:

1. **Service:** It's a good reminder to think of someone else or a good cause instead of yourself. Doing this can help improve your sense of self-worth (Wang et al, 2014). Among adolescents, service has shown to improve their conflict resolution skills and their vocational capacity (Hernantes et al, 2017). An act of service can be as easy as helping a family member, friend, or neighbor. You might try doing a Google search for service opportunities in your area.
2. **Social relationships:** We all need friends, family, and loved ones. However, even those with loved ones around them have tough bouts of mental health (Ang, 2021) and can feel lonely at times. If you start feeling a little lonely this year, reach out to a few friends or family members. Even sending a text to a few people may help lift your spirits and mood.
3. **Self-love:** Some psychologists believe that our level of self-love is connected to our ability to love others and that in order to love yourself you need to know and take care of yourself (Vadjed Samiei, 2016). Doing something nice for yourself can help you feel better (Wang et al, 2014). There are many ways you can do nice things for yourself – find one that is meaningful to you. For example, you could find a nice gift for yourself or give yourself some time to journal or do something you love.
4. **Gratitude:** It is always a good time to be grateful. Even when circumstances seem bleak, practicing gratitude can help you remember many of the good things you have in life. Studies show that gratitude is associated with well-being and can be used to face difficult times (Jans-Beken et al, 2017). To help increase one's gratitude, one can express gratitude to those around them or make a list of all the items for which they are grateful. *Source: extension.usu.edu*

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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!

Why Your Mobility Worsens as You Age, and What to Do About It



Mobility is one of the keys to life lived well — allowing you to get up, move around and do everything you want (and without pain). But it also happens to be something that can decline through the years. Fortunately, it's something you have more control over than you might think. Mobility losses have less to do with changing bodies and more to do with changing lifestyles.

4 Ways to Preserve (and Improve!) Mobility as You Age

"We are not doomed to frailty just because we grow older if we are willing to stay active and make wellness a priority," says [Michelle Rogers, CPT](#), a certified personal trainer and senior fitness specialist. "Remaining active and living a healthy lifestyle is one of the best things you can do for your present and future self."

Here are the habits that experts want you to stick with:

1. Stay Active

Do what you can to build activity into your day. You can offset some of those mobility losses due to aging if you just keep moving. And that doesn't mean training for a marathon or sweating buckets doing a high-intensity interval workout (though it can!). "One of the simplest and best exercises is walking. That's a great place to start," Rogers says.

2. Mix Up Your Moves

It's great to find a workout you love, but doing the exact same exercises every day isn't ideal for joint mobility. Better are exercise sessions that look different on different days of the week.

A combination of activities — like [strength training](#), cycling, running and yoga — will move your joints in all the ways possible.

3. Take Standing Breaks

If you have a desk job, then you're probably spending long periods of time sedentary at your desk. And you might be able to relate to the sensation of getting up after sitting for a while to feel tight and achy. One of the ways we can counteract that is to move often. If you're at a desk job, consider standing up on your feet and/or walking once an hour for five minutes.

4. Get Bendy

Stretching that target your shoulders, spine, hips, calves can battle chronic stiffness that plays into mobility losses in older adults, says Jo. Stretching — both with static (bend and hold) stretches as well as dynamic (flowy) ones — is a great opportunity to move your joints in ways they otherwise might not move regularly. Many [yoga](#) workouts also include a flexibility and mobility component. However, you decide to bend and stretch, focus on challenging yourself — but always without pain.

If you're not physically active, you're not conditioning your joints to move through their full intended range of motions. This can also cause loss of mobility in older adults.

Warning: *Natural age-related changes happen gradually over time. If you experience a sudden loss of mobility, immediately seek medical attention.*

Source: <https://www.livestrong.com/article/13768998-loss-of-mobility-aging/>

Organic or GMO? Experts explain food lingo

As Oklahomans start a new year with new nutrition goals and eating habits, they're faced with an overwhelming amount of industry diet terms and food lingo. Experts from the [Robert M. Kerr Food and Agricultural Products Center](#) (FAPC) at Oklahoma State University clarified some of the most common references.

Organic

The difference between conventional (non-organic) and organic food involves how it is grown and manufactured. While both foods follow regulations and guidelines to make them equally safe to consume, organic food regulations are different.

"Organic-produced foods rely on the use of natural substances and methods throughout the entire food production process, while conventionally grown foods allow for the additional usage of approved synthetic substances and methods," said Renee Albers-Nelson, FAPC milling and baking specialist. "Because there are many opinions of what natural is, the U.S. Department of Agriculture (USDA) created the National Organic Program (NOP), a federal regulatory program to develop and enforce federal standards for organically produced products sold in the U.S."

The USDA NOP inspects farms and food manufacturing facilities to approve their use of the USDA Organic seal. There are four types of USDA Organic claims that can be made, and they are defined by the USDA NOP as follows:

1. 100% organic – used to label any product that contains 100% organic ingredients.
2. Organic – any product that contains a minimum of 95% organic ingredients; up to 5% of ingredients may be non-organic.
3. Made with an organic item – product contains at least 70% organically produced ingredients.
4. Specific organic ingredient listings – specific organic ingredients may be listed in the ingredient statement of products containing less than 70% organic contents.



GMO

According to the Food and Drug Administration, GMO stands for a genetically modified organism and is used to describe a plant, animal or microorganism that has had its genetic material, DNA, altered with technology. Modification includes the transfer of specific DNA from one organism to another.

The USDA's Animal and Plant Health Inspection Service, the U.S. Environmental Protection Agency and the FDA are responsible for guaranteeing that biotech products are safe as a food for humans and animals as well as the environment.

With the passage of the National Bioengineered Food Disclosure Law in 2018, as of Jan. 1, 2022, manufacturers, importers and retailers with annual receipts of \$2.5 million or more will be required to disclose to the consumer if a food or ingredient is bioengineered. The USDA defines a bioengineered food as one that contains detectable genetic material modified through lab techniques. A bioengineered food cannot be created through conventional breeding or be found in nature. Approved methods of label disclosure are guided by the National Bioengineered Food Disclosure Standard.

Janice Hermann, an OSU Extension specialist in nutritional sciences, said understanding terms and labels benefits the consumer. "Using the Nutrition Facts Label can help you make healthier food and beverage choices," she said. "The Nutrition Facts Label and ingredient list are the safest, most important labels to read and are regulated by the FDA."

Source: <https://news.okstate.edu/in-the-media/?page=2>

Oklahoma Vegetable of the Month: Greens

Greens are the first vegetables to come up in the springtime. If well-protected, some will stay alive through the winter and begin growing once the days start to warm. Spinach that overwinters is sweeter than that which is planted later. Spinach is probably the best known of the greens, but there are many others, including young dandelion greens! Swiss chard grows very well in Oklahoma as do mustard and beet greens. Other greens available in the grocery store and winter farmers' markets this time of year are collard greens, kale and an assortment of Oriental greens.

Be a Food Explorer: Spinach Salad

Many times, children will eat raw spinach, even if they don't like lettuce. Set up a mini salad bar with spinach and additional ingredients like sunflower seeds, mandarin oranges, grated carrots, mushrooms, red, yellow and green bell peppers, grapes, apple slices, nuts, etc. Provide a slightly sweet dressing such as honey mustard or poppyseed, and encourage students to build their own salad or just eat the ingredients individually.

Source: https://oklahoma.agclassroom.org/resources_calendar/03_greens/

Baked Kale Chips

Ingredients

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon seasoned salt

Instruction

1. Preheat oven to 350 degrees F. Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale.
3. Drizzle kale with olive oil and sprinkle with seasoned salt.
4. Bake until the edges are brown but not burnt, 10-15 minutes.

Nutritional Info:
Servings Per Recipe: 4
Amount Per Serving
Calories: 96.4
Total Fat: 7.5 g
Cholesterol: 0.0 mg
Sodium: 1,774.0 mg
Total Carbs: 7.3 g
Dietary Fiber: 2.6 g
Protein: 2.5



Source: https://oklahoma.agclassroom.org/resources_food/recipes/baked_kale/

Red, White and Blue and OHCE too!

Join us on **Tuesday, March 29th** 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,

"Serving Others" is our 2022 theme. There are so many ways to "serve others"...Maybe it's picking up someone that doesn't drive at night and bringing them to an evening meeting or event. Maybe it's making them a "Thinking of You" card and putting it in the mail to someone you haven't seen in a while. Maybe it's preparing a meal for a busy family with children that are just too swamped and doesn't have time to cook a meal! This month ask yourself, "Who can I serve?" Please let me know what your group is doing to "serve others". A big "Shout Out" to our Jenks Night Owls for updating our OHCE Bulletin Board for March and April! Another big "Shout Out" goes to our County Officers and Dolores Williams for helping set everything up for our Bunco for Scholarships! We had a really great turnout for January and February!! And a REALLY BIG "Shout Out" to Michelle Bonicelli for being our OHCE Advisor. We wish her well in all her endeavors as she goes into retirement! We will miss you!

Nuts about OHCE! *Shari*



Greetings from your Family Issues team.

We would like to build on the work from last year to encourage our OHCE families. From bringing generations together to supporting our military families we will offer practical suggestions on how each of us can make a difference. We look forward to serving you and our community.

Elaine Egan – Family Issues Chairperson

The new year has brought higher prices for gasoline, utilities, etc.

How can RESOURCE MANAGEMENT help you discover ways to save as prices increase?"

~ Dolores Williams, Resource Management Chairperson



WHAT'S HAPPENING

March:

- 11: RSVP for Game Day to Jean Parks
- 14: 11:00 am Chat & Create
- 17: 1:00 to 3:00 pm Game Day "Wearin' of the Greens" & Canned Food Drive
- 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.

April:

- 11: 11:00 am Chat & Create
- 15: Good Friday, Extension Office Closed
- 25: 11:00 am Chat & Create
- 28: 6:00 – 8:00 pm 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!

- 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 – OHCE President

Our "Wearin' of the Greens" Game Day will be on Thursday, March 17th from 1-3 PM in the Auditorium. Invite your friends to join us for Fun, Fellowship & BINGO with Lots of Prizes! We will also have some very special door prize drawings for those people who bring a canned food item to be donated to THE MISSION in Owasso. You'll receive an "Extra ticket" for each extra canned food item you bring!

Please **RSVP by 3/11 to Jean Parks at jparks149@gmail.com or call her at (918)373-0553**



BUNCO FOR SCHOLARSHIPS will be on Thursday, March 31st from 10:00 AM to NOON. Extension Auditorium - BYOD (Bring Your Own Dice) - Donations Appreciated! Again, this is a Membership event! Please invite your friends to come check out OHCE! Who do you know that likes to play Bunco???

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Family and Consumer Sciences
Tulsa County OSU Extension Service

Exercise is the focus this month!
<https://shapeyourfutureok.com/healthy-living-101/understanding-physical-activity/>



~Charline Romine-Healthy Living Chairperson

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