



## Preventing Back Pain: The Basics

One of the best ways to prevent back pain is to keep your back muscles strong. Follow protect your back and prevent back pain:

Do back-strengthening and stretching exercises at least 2 or 3 times a week.

Stand and sit up straight.

Avoid heavy lifting. If you do lift something heavy, bend your knees and keep your back straight. This way, your leg muscles will do most of the work.

Get active and eat a balanced diet. If you are a healthy weight, you will have less strain on your back.

There are different types of back pain. Back pain can be acute (short term) or chronic (long term). It can feel like a sudden, sharp pain or a dull, constant ache.

**Acute** back pain lasts a few days to a few weeks. It's often caused by an accident, fall, or lifting something that's too heavy. Acute back pain usually gets better on its own.

**Chronic** back pain lasts for more than 3 months. It's much less common than acute back pain. Most chronic back pain can be treated without surgery

Most people have back pain at some point in their lives. It's one of the most common reasons people visit a doctor or nurse. You are more likely to experience back pain as you get older. Many people hurt their backs when they lift, push, or pull something that's too heavy.

You may also be at risk for back pain if you: \*Are pregnant \*Have poor posture (don't stand and sit up straight) \*Aren't physically active \*Are overweight \*Fall or have an accident \*Have a health problem that can cause back pain (like arthritis or cancer) \*Smoke

### Take Action!

Take care of yourself to avoid back pain. Preventing back pain is easier than treating it.

#### Strengthen your back.

Physical activity can make your back stronger and lower your risk of back pain.

Do back-strengthening and stretching exercises at least 2 or 3 times a week.

Try a yoga class. It can help stretch and strengthen muscles and improve your posture.

Stay active. Regular physical activity can help keep your back muscles strong. Aim for 2 hours and 30 minutes of moderate aerobic activity a week.

If you have an injury, health condition, or disability, ask your doctor or nurse which types of exercise are best for you.

#### Focus on good posture.

Good posture can help prevent back pain.

Try not to slouch when standing and sitting.

Sit up straight with your back against the back of your chair and your feet flat on the floor. If possible, keep your knees slightly higher than your hips.

Stand tall with your head up and shoulders back.

If you can, switch between standing and sitting so you aren't in the same position for too long.

#### Lift correctly.

Lift things with your legs, not your back. Keep your back straight and bend at your knees or hips. Get help if the load is too heavy for you to lift alone.

#### Prevent back injuries at work.

Back injuries are the most common type of workplace injury. Staying safe at work can help you prevent injuries.

#### Watch your weight.

Staying at a healthy weight lowers your risk of back pain. If you are overweight, losing weight in a healthy way can reduce the strain on your back.

#### Get enough calcium and vitamin D.

Getting enough calcium and vitamin D can help keep your bones strong and prevent osteoporosis ("os-tee-oh-puh-ROH-sis"). Osteoporosis makes your bones weaker and more likely to fracture (break).

[https://americashealthiestcampus.okstate.edu/preventing-back-pain-basics?utm\\_source=Innovators&utm\\_campaign=106b966198-Innovators\\_November\\_2017&utm\\_medium=email&utm\\_term=0\\_ce63694bec-106b966198-26115285](https://americashealthiestcampus.okstate.edu/preventing-back-pain-basics?utm_source=Innovators&utm_campaign=106b966198-Innovators_November_2017&utm_medium=email&utm_term=0_ce63694bec-106b966198-26115285)

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TULSA COUNTY  
EXTENSION



## In this issue:

- ❖ Preventing Back Pain
- ❖ Keeping Your Brain Fit
- ❖ Summer Consumer Tips
- ❖ Tips to Survive the Dog Days of Summer
- ❖ 9 Bites to Better Tasting Fruits and Vegetables
- ❖ Oklahoma Vegetable of the Month: Lettuce and Teriyaki Lettuce Wraps Recipe
- ❖ OHCE News & Updates

If you receive the monthly newsletter by mail and would like to receive it by email, please call 918-746-3700. Receiving it by email would greatly reduce our printing and postage expenses.

Thank you!

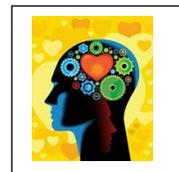
## Keeping Your Brain Fit

Is your brain fit? Have you exercised it today?

Let's take a moment to give your brain a quick checkup. Your brain is the control center for your body. Just like any piece of equipment we need to take care of it so that it runs efficiently and will last a lifetime.

How well you age depends on three things:

1. your genes or family health history,
2. the environment with which you live, learn, earn, and play in.
3. the lifestyle choices you make every day.



The other organ which is essential for your brain and body function is your heart. The heart and the brain work in harmony with one another to keep you alive. If your heart is not working well, that can cause a reduction of blood flow to the brain. The brain needs oxygen and ample blood flow to work at its best. Roughly 25% of the blood from each heartbeat goes to the brain.

It is important to take care of your brain as you age. There are four areas we need to focus on to get our brains fit. They are:

1. cognitive activity,
2. physical health and exercise,
3. diet and nutrition, and
4. social engagement.

### What we know about brain health

#### Cognitive activity

Keeping your mind active forms new connections among your brain cells. Learning new ideas encourages blood flow to the brain. Be sure to engage in activities that stimulate the brain to improve cognitive function. Engaging in formal education is one of the best ways to keep your brain healthy and it can provide protection against developing dementia.

#### Physical health and exercise

Research has shown that regular and vigorous physical activity increases blood flow to the brain. This cardiovascular activity may reduce your risk of cognitive decline.

#### Diet and nutrition

Nutritious food is fuel for the brain and your heart. Eating a nutritious diet can reduce your risk of heart disease, cancer, Parkinson's, Alzheimer's, stroke, and diabetes. Just like the old adage, you are what you eat!

#### Social engagement

Social engagement is associated with living longer and with fewer disabilities. Staying involved in activities in your community helps you to maintain your skills. Remaining socially and mentally active may support brain health and possibly delay the onset of dementia.

### What can we do?

#### Cognitive activity

Read a book, complete a puzzle, learn a new skill or hobby, and become a lifelong learner.

#### Physical activity

Check with your doctor before you start and get moving! Any movement is better than no movement! Start out small and safely. If you smoke, make a plan to quit. Avoid excess alcohol and manage your stress. Be sure to get plenty of sleep. Your brain needs this time to rest, organize and rejuvenate itself. Protect your head with a helmet. See your doctor regularly to monitor your numbers. Take action to manage your blood sugar, blood pressure, weight, and cholesterol.

#### Diet and nutrition

Eat your fruits, vegetables, and whole grains. Choose nuts, beans, and legumes more often. Keep your meat and poultry lean and include fish at least two times a week. Choose heart healthy oils. Work in partnership with your doctor when choosing to take a vitamin or dietary supplement.

Avoid saturated fats and trans fats. Choose less often these products, processed foods, solid fat, sugar and salt, deep fried foods, and unhealthy fast food. Moderation is the key for having a healthy diet.

#### Social engagement

Go visit family and friends. Stay involved in your community, become a volunteer!

Extension has numerous opportunities to volunteer from [4-H youth development](#) to [Master Gardeners](#) to [Master Foodies](#), [Master Wellness](#), and [County Extension Councils](#). There are so many things you can do. No matter what your interest, we think Extension volunteering offer opportunities to learn, make new friends, feel a sense of accomplishment, and have fun.

So, what is the take home message? Keep your brain fit by moving, eating right, keeping your brain active and staying connected with others.

# Summer Consumer Tips

Theft can ruin your family vacation. Pick pockets, credit card fraud, identity theft – consumers are more vulnerable when they travel. Tourists are often targets. Take steps to keep your family finances secure while traveling. According to the Federal Trade Commission, 2.98 million consumers submitted reports about fraud, identity theft and other types of consumer concerns, with a loss of \$905 million to fraud in 2017. Take action to lower your risk of theft and fraud.



Here are five tips to safely manage your family vacation spending:

1. Carry a limited amount of cash. It's a good idea to have some cash on hand but limit the amount you carry. If you're a victim of theft, cards can be cancelled and replaced but your cash is lost forever.
2. Take a limited number of cards. If your purse or wallet is stolen, you'll have fewer cards to cancel and fewer opportunities for the thief to make fraudulent charges. If a card is stolen, you'll need to provide the financial institution with the card number. For the cards you take on vacation, have the card numbers with you but stored in a secure location.
3. Protect your card information. Scammers use cameras, keypad overlays, and skimming devices to capture the information from your card's magnetic strip without your knowledge and get your PIN. Don't use ATM's or other card readers if they look as if they've been tampered with. Cover the number pad with your other hand as you enter your PIN.
4. Notify your bank that you're traveling. Some banks or credit card companies will put a "hold" on your card if they see charges from an unfamiliar location.
5. Use a pre-paid travel card. Many credit card companies offer pre-paid cards. These are typically purchased at your bank. You decide how much money to "load" on the card before you leave.

Learn more about consumer safety, identity theft, and fraud from the Federal Trade Commission at <http://www.consumer.ftc.gov/topics/privacy-identity>

Laura Hendrix, Ph.D., AFC®; Accredited Financial Counselor  
Associate Professor -Personal Finance and Consumer Economics

Source: [https://www.uaex.uada.edu/life-skills-wellness/personal-finance/uaex-money-blog/Summer\\_Vacation\\_Safe\\_Travels.aspx](https://www.uaex.uada.edu/life-skills-wellness/personal-finance/uaex-money-blog/Summer_Vacation_Safe_Travels.aspx)

## Tips to Survive the Dog Days of Summer



### Keep Cool without Air Conditioning

- Use fans. At night they help rid the house of the heat of the daytime sun.
- Use ceiling fans. They make people feel four degrees cooler than the actual temperature.
- Close shades and windows. During the day, that is. At night, open windows opposite one another for cross-ventilation.

### Keep Cool with Air Conditioning

- Set the thermostat at 78 F or higher if you use a ceiling fan. You save 3 to 5% on your air conditioning cost for each degree you raise the thermostat.
- Clean or replace the filters. Check furnace and air filters monthly or as recommended by the manufacturer.
- Use the "AUTO FAN" setting.
- Getting an air conditioner? Buy Energy Star. It can save you up to 10% over one that doesn't have the label. However, have an air conditioning technician or energy auditor determine the right size for the space.
- Install a programmable thermostat. Make sure it is programmed to turn down the heating or cooling automatically when you are not home and when you are sleeping.

### Cooking

- Avoid the stove or the oven. Use toaster ovens, crockpots, microwaves when you are cooking small to medium-sized meals. They use less energy than your stove or oven.
- Use the smallest pans possible. It takes less energy to heat them.
- Use lids. They help the food cook more quickly by keeping the steam in.
- Turn off electric burners and ovens just before cooking is complete. The food will continue to cook.
- Keep preheating time to a minimum.
- Don't peek! You lose heat every time you open the door or lift the lid.
- Keep oven racks clear. Foil on oven shelves blocks heat and costs money.

### Refrigerators

An old refrigerator costs the average family about \$140 a year (that's almost \$12 per month). To cut those costs:

- Check refrigerator temperatures. You're losing money if they're lower than 37-40°F for fresh food and 0-5°F in your freezer. To check? Put one thermometer in a glass of water in the center of the refrigerator, and another between packages in the freezer. Read them after 24 hours. To keep refrigerators cold, close doors quickly.
- Defrost manual-defrost refrigerators. Frost makes these models less efficient - and can contribute to food spoilage.
- Cover and wrap food. Uncovered foods and liquids release moisture and drive-up electricity costs.
- Got a second older refrigerator? Unplug it! Remember: it can cost about \$140 a year to keep it plugged in. And always remove the door when you unplug the refrigerator so that children cannot accidentally be caught inside.
- Buying a new refrigerator? Get an **Energy Star** model. Replacing a refrigerator bought in 1990 with a new **Energy Star** model would save enough energy to light the average household for over three months.

### How Can Kids Help?

- Turn off the lights. When you leave your room - and the bathroom.
- Turn off the radio, TV, computer, and games when you stop using them.
- Take shorter showers. They use about half as much water as a full bathtub.
- Check for problems. Mom and Dad haven't noticed. Like dripping faucets - it takes energy to heat the water.
- Share rides with friends to after-school activities.
- Close the fridge! Decide what you want from the refrigerator BEFORE opening the door - then close it quickly.
- Try a sweater if you're cold in the house? Don't turn up the thermostat.

Source: Cornell Cooperative Extension

## 9 Bites to Better Tasting Fruits and Vegetables

Use these preparation and storage "bites" to enjoy the abundant summer produce at its peak of flavor, appearance, and safety!

### Bite 1. Prevent cut fruit from turning brown.



Keep cut fruits, such as apples, pears, bananas, and peaches, from turning brown by coating them with an acidic juice such as lemon, orange, or pineapple juice. Or use a commercial anti-darkening preparation with fruits, such as Fruit-Fresh®, and follow the manufacturer's directions.

Another method to prevent browning is to mix them with acidic fruits like oranges, tangerines, grapefruit and other citrus fruit or pineapple. Prepare the acidic fruit(s) first. Then, cut the other

fruits, mixing them with in the acidic fruit(s) as you prepare them.

Cut fruits as close to serving time as possible. Cover and refrigerate cut fruit until ready to serve. Refrigerate peeled/cut fruits and vegetables so they are at room temperature no longer than 2 hours, TOTAL time.

### Bite 2. Make the most of your melon baller.

Melon ballers, those little kitchen gadget with a scoop at each end of a handle about six inches long, can save valuable time in preparing fruits and veggies. Even if you never make melon balls, use a melon baller to:



- Core apples and pears.
- Cut away the inner membrane from peppers.
- Scoop out the inside of a cherry tomato and make tiny stuffed appetizers. Try stuffing the tomatoes with your favorite tuna salad sandwich mixture.
- Remove seeds and surrounding pulp from fruits and veggies like cucumbers, tomatoes, zucchini papaya and kiwi.
- Scoop out the insides of potatoes for twice-baked potatoes

### Bite 3. Take a salad spinner for a spin!



Salad dressing slides off damp salad greens and collects in the bottom of the salad bowl. You will get more flavor with less dressing (and fewer calories!) if salad greens are washed and dried before tossing your salad with dressing. A tablespoon of an oil and vinegar dressing may be all it takes for two cups of dried salad greens.

The easiest and **quickest** way to dry salad greens is in a salad spinner.

A salad spinner uses centrifugal force to remove water from freshly washed salad greens and herbs. Your wet greens are placed in a perforated basket that fits in a larger outer bowl. The bowl is covered with a lid that has a gear-operated handle, pull-cord, or knob that you pump to turn the inner basket and spin the water off into the outer bowl.

Pack greens lightly to avoid overcrowding and bruising them. After spinning, pat off any remaining moisture with clean paper towels.

When purchasing a salad spinner, take it for a spin at the store! You want a model that is sturdy, has a well-fitting lid and spins easily. Choose a model large enough so you don't have to go through several "spin cycles" to dry all your greens.

A salad spinner also may be used to dry washed clusters of grapes. Note: If you are preparing small clusters of grapes for garnishing, cut the clusters with scissors. This helps keep the grapes attached to the stem.

**Bite 4. Do this with radishes before refrigeration.**



If the leafy radish tops are attached, remove them before storing. Radishes don't keep as well if their tops are left on. Store unwashed radishes in an open or perforated plastic bag in a refrigerator crisper drawer that is separate from the one in which you store fruits. Wash radishes and trim their roots just before using.

**Bite 5. Wash fruits and vegetables correctly.**

Even if you plan to peel produce before eating or eat / scoop / cut it out of the peel (such as cantaloupe halves, watermelon balls, pineapple chunks), it is still important to wash it first so dirt and bacteria aren't transferred from the knife onto the fruit or vegetable.

Here are some additional guidelines from the Food & Drug Administration (FDA) on washing produce:

- Wash all produce thoroughly under running water before eating, cutting, or cooking. This includes produce grown conventionally or organically at home or purchased from a grocery store or farmer's market. Washing fruits and vegetables with soap or detergent or using commercial produce washes is not recommended.
- Scrub firm produce, such as melons and cucumbers, with a clean produce brush.
- Dry produce with a clean cloth towel or paper towel to further reduce bacteria that may be present.
- Remove the outermost leaves of a head of lettuce or cabbage.

**Bite 6. Separate fruits and vegetables from these foods.**



"Keep fruits and vegetables that will be eaten raw separate from other foods such as raw meat, poultry or seafood - and from kitchen utensils used for those products," advises the Food and Drug Administration (FDA). FDA gives these additional recommendations:

- Wash cutting boards, dishes, utensils and counter tops with soap and hot water between the preparation of raw meat, poultry and seafood products and the preparation of produce that will not be cooked.
- If you use plastic or other non-porous cutting boards, run them through the dishwasher after use.

**Bite 7. Keep fruits and vegetables separate in the refrigerator.**

Store fruits in a refrigerator crisper drawer separate from the one in which you store vegetables. Fruits give off ethylene gas which can shorten the storage life of vegetables. Some vegetables give off odors that can be absorbed by fruits and affect their quality.

**Bite 8. Know which fruits ripen after they're picked.**



Apricots, bananas, cantaloupe, kiwi, nectarines, peaches, pears, plantains, and plums continue to ripen after they're picked. The tomato, which is actually a fruit, also continues to ripen after picking.

Fruits that you should pick or buy ripe and ready-to-eat include apples, cherries, grapefruit, grapes, oranges, pineapple, strawberries, tangerines, and watermelon.

To speed the ripening of fruits such as peaches, pears, and plums, put them in a ripening bowl or in a loosely closed brown paper bag at room temperature. Plastic bags don't work for ripening.

**Bite 9: Refrigerate fruits and vegetables in perforated plastic bags.**

This helps maintain moisture yet provides for air flow. Unperforated plastic bags can lead to the growth of mold or bacteria. If you don't have access to commercial, food-grade, perforated bags, use a sharp object to make several small holes in a food-grade plastic bag (about 20 holes per medium-size bag).



# 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!

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



**Join Us for OHCE WEEK on Thursday, May 5th**, at the Extension Auditorium, for a fun "Cinco de Mayo" afternoon of fun and Cultural Enrichment from 1:00 - 3:00 PM. We will have several demonstrations and some "Take Home" items.

\*\*\*PLEASE RSVP\*\*\*Call or Text Shari Munroe (918) 408-6918 by 4/29\*\*\*

Join Us on May 26th at 10:00 AM for BUNCO for Scholarships in the Auditorium. INVITE A FRIEND! Donations Accepted.

## PROMOTIONAL SALES

Join us on May 18th after the Business Meeting for our PLANT & BOOK SALE! Please bring any plants or books you want to donate to the sale before the meeting.

## LOOK WHAT'S COMING UP!

Many Families are going to be choosing to have "Staycations" this year! We want to encourage you and your friends and neighbors to see all the great things to do in and around the Tulsa area this Summer! One thing you can do is come check out the **TULSA COUNTY FREE FAIR (July 19-22), at the Tulsa County Fairgrounds**. (Place to be Announced) Entries will be dropped off on Tuesday, 7/19 and then it will be open to the Public on Thursday, 7/21-22. Tulsa County Residents can enter their favorite cookies, fudge, breads, or those paintings they've been working on! Or maybe it's a crocheted blanket? Who do you know that sews or quilts?? Who do you know that takes awesome photographs? Or Crafts?? Or Table Settings?? You're encouraged to **ENTER IT in the Tulsa County FREE Fair!** Or maybe you want to let the kids enter in their projects in the YOUTH DIVISION!!! There is also an EXCEPTIONAL DIVISION for anyone with Mental or Physical Challenges! You can go online to the Tulsa County OSU Extension website and download a copy of last year's 2021 Fair book to see a list of all the entries! Who wants a 1st Place Blue Ribbon? (Did you get that it is a **FREE FAIR??**)

## LEADERSHIP DEVELOPMENT

Leader Lesson Training on Tuesday, May 17th at the Mutual Girls Club of Bartlesville at 10:00 - 3401 Price Rd, Bartlesville, OK.

~Shari Munroe – OHCE President

## Oklahoma Vegetable of the Month:

### Lettuce

Lettuce, a member of the sunflower family, is one of the oldest known vegetables and is believed to be native to the Mediterranean area. In the US lettuce ranks second only to potatoes as the most popular vegetable. Average US consumption in the 1990s was 30 pounds of lettuce per person per year.

Lettuce cannot be harvested mechanically because no machine has been invented that can tell a good head of lettuce from a bad head of lettuce. Lettuce must be harvested by hand.

There are four main types of lettuce - head lettuce, romaine, loose leaf and butterhead. Head lettuce is better known as iceberg lettuce. Up until the 1920s it was known as "crisp head" but was renamed when California growers began shipping the lettuce under mounds of ice to keep the heads cool and crisp. Romaine lettuce was named by the Romans who believed it had healthful properties. In fact, the Emperor Caesar Augustus put up a statue praising lettuce because he believed it cured him from an illness.

Iceberg lettuce doesn't offer much nutritionally, but romaine and loose-leaf lettuce are nutrient rich. In fact, romaine and looseleaf provide five to six times the amount of vitamin A and five to ten times the vitamin A compared to iceberg. Romaine and butterhead also are good sources of folate, which helps prevent birth defects and may decrease risk of heart disease.

In Oklahoma, lettuce is grown early in the spring in home gardens. It is a cool weather crop and tends to bolt in our hot summers. Lettuce is a good vegetable to grow in classroom gardens because it is ready to eat 40-50 days after it is planted.

Good question: What happens when a vegetable bolts?  
 Answer: The word "bolts" sometimes means "runs fast."  
 When a vegetable bolts, it starts to grow very quickly, growing flowers and then developing seeds. Usually, it develops a bitter flavor at that point and is no longer good to eat.

### **Be a Food Explorer**

Lettuce is best known for its use as a base for salad, but it can also be used as a wrap, in the same way a tortilla is used. Lettuce can also be added to soups.



Source: [https://oklahoma.agclassroom.org/resources\\_calendar/05\\_lettuce](https://oklahoma.agclassroom.org/resources_calendar/05_lettuce)  
**Oklahoma Vegetable of the Month: Lettuce ([agclassroom.org](http://agclassroom.org))**

## Teriyaki Lettuce Wraps

Lettuce wraps make great appetizers or enjoy two for an entree. Pairs well with fresh or canned pineapple.



### Ingredients

- 1/4 cup water
- 1 tablespoon cornstarch
- 1/2 cup teriyaki sauce, reduced sodium
- 1 pound ground turkey, 85% lean (or thinly sliced)
- 1 cup water chestnuts, chopped
- 1 tablespoon cooking oil
- 6 iceberg lettuce leaves

### Directions

1. Mix the water, cornstarch, and teriyaki sauce.
2. Add meat and water chestnuts.
3. Heat oil in a skillet or heavy saucepan and add meat mixture; stir until cooked through.
4. Serve in a lettuce leaf.

### Notes

Ground or thinly sliced beef or pork can be substituted for turkey.

### Serving: 6

### Nutrition Information:

<b>Total Calories</b>	<b>191</b>
<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	3 g
Cholesterol	54 mg
<b>Sodium</b>	<b>425 mg</b>
<b>Carbohydrates</b>	<b>8 g</b>
Dietary Fiber	1 g
Total Sugars	4 g
Added Sugars included	3 g
<b>Protein</b>	<b>14 g</b>
Vitamin D	0 mcg
Calcium	33 mg
Iron	2 mg
Potassium	232 mg

N/A - data is not available

Source: <https://www.myplate.gov/recipes>



## SHOUT OUT FROM SHARI



**Dear OHCE Members,**

CONGRATULATIONS to Ashlee Overall-Eller for winning the NE District Rookie of the Year! We are so proud of you! Good Luck at State!

A Big Shout Out to our NEWEST MEMBERS who attended our "New Member Meet & Greet" in April! It was so nice getting to meet our new members that joined from 2020-2022. Those in attendance were Mardi Dixon from Valley View, Ginny Greek from Jenks, Ashlee Overall-Eller from Jenks Night Owls, Susan Snodgrass from Knit and Stitch and Elaine and Larry Egan, Doris Eggerd and Jack Bradley, Jr all from Owasso Jewels. They received a packet of OHCE information and got some OHCE 'Goodies'! We look forward to them plugging into committees soon!

MAY is a busy month for OHCE! We will receive our OHCE WEEK Proclamation, on 5/2, from our Tulsa County Commissioners at their meeting. Thank you to OSU Tulsa County Extension Director, Jan Dawson, and to Valley View President, Coe Ann Patton, for representing OHCE!

Please join us during OHCE WEEK (May 1-7) as we celebrate what OHCE is all about! Stop in on 5/5, (Cinco de Mayo), for some demonstrations on "101 things to make with Cake Mixes" and "How to Make Seed Pods" - made out of recycled paper that you can give to someone special and remind them how much you care! (Remember to Serve Others)

Also, don't forget our May Business Meeting on Wednesday, May 18th for our Business Meeting starting at 10:00 AM. Our Guest Speaker will be Life Share Oklahoma! Find out how you can save another person's life!

Finally, a Big Shout out to Knit and Stitch for our new information on our OHCE Bulletin Board for May/June.

**Nuts about OHCE! *Shari***

## WHAT'S HAPPENING

### May:

- 1-7 OHCE Week
- 2 7:00 pm President's Quarterly Meeting
- 9 11:00 am Chat and Create
- 16 7:00 pm OHCE Board Meeting, ZOOM
- 17 10:00 am Leader Lesson training for June, July and August, Mutual Girls Club of Bartlesville
- 18 10:00 am Business Meeting
- 23 11:00 am Chat and Create
- 26 10:00 am to 12:00 pm BUNCO for Scholarships, bring your own dice
- 30 Memorial Day – Extension Office Closed

### June:

- 1 OHCE-Tulsa County Scholarship Applications due
- 1 Deadline for OHCE Week Reports to State Membership Chair
- 1 Deadline for 50, 60, 70-year members to State Membership Chair
- 13 11:00 am Chat and Create
- 27 11:00 am Chat and Create
- 30 6-8 pm BUNCO for Scholarships



**\*\*\*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



## Tulsa County Family Issues

Elaine Egan

### MAY 2022 FAMILY ISSUES

Supporting the Tulsa County Emergency Shelter in May: Let's collect some **combs and hairbrushes**. We will share all those at the December Christmas Luncheon.

### MAY FAMILY ISSUES TOPIC: SUPPORTING MILITARY FAMILIES

**SAY THANK YOU:** Write a note of thanks to a military family through *Operation Appreciation* and *Blue Star Families*.

**SEND A CARE PACKAGE:** Send a care package to let service members know people are thinking of them. Contact the *USO* or *Operation Shoebox*.

**VOLUNTEER:** Many organizations support the troops. *Wounded Warrior's Foundation*, *The Fisher House Foundation*, and *Quilts of Valor* are some examples.

**DONATE:** Offer your financial support via organizations such as *Soldiers Angels*, *The Coffee Bunker (Tulsa)*, or your local *VFW*.

### Tulsa County Resource Management

A will should be reviewed every two years, as changes may need to be made. How can **RESOURCE MANAGEMENT** help you when you plan your will?



**Dolores Williams**  
Resource Management  
Chairperson

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



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Family and Consumer Sciences  
Tulsa County OSU Extension Service

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