



HEALTH LITERACY

Literacy Can Affect a Person's Health

How does literacy affect a person's health? Literacy is the ability to read, write, compute and solve problems with proficiency necessary to function at a job, in the family and in society. So, what exactly is health literacy? It's the degree to which individuals have the ability to find, understand, and use information and services to make informed health-related decisions and actions for themselves.

Megan Monteith, Oklahoma State University Extension Health Disparities Area Specialist, said health literacy requires a complex group of reading, listening, analytical and decision-making skills, along with the ability to apply these skills to health situations.

"Health literacy is a key social determinant of health, or factor in the environment that affects people's health. More than one-third of adults in the U.S. have low health literacy," Monteith said. "According to the National Center for Education Statistics, people aged 65 or older with self-reported poor health, have health insurance from Medicare Medicaid or have no insurance; live below the poverty level; are Hispanic or Black; and more likely to have poor health literacy skills."

The Centers for Disease Control and Prevention indicates that nine out of 10 adults struggle to understand and use health information when it's unfamiliar, complex or filled with jargon.

"Unfortunately, limited health literacy has very real consequences on a person's health. Adults with limited health literacy have more serious medication errors; higher rates of emergency room visits, hospitalizations and death; and worse preventative care and health outcomes for their children," she said. "In addition, those adults are more likely to report poorer overall health and have poorer ability to manage chronic diseases, and they're less likely to understand their diagnosis."

Monteith also noted that individuals with low health literacy are less likely to have screenings or preventative care, tend to seek treatment in later stages of the disease and are more likely to be hospitalized and re-hospitalized.

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

Thank you!

Health Literacy continued

Strengthening Oklahoma Families/Tulsa County

Some individuals have difficulty understanding the correct dosage of medicines, misinterpret warnings on prescription labels or simply don't know when their next appointment is scheduled.

"Each day, millions of adults make decisions and take actions on issues that protect not only their own well-being, but also that of their family members," she said. "This goes beyond the traditional health care settings such as a doctor's office or hospital. These actions take place in homes, at work and in schools across the state and country. The combination of errors made with these decisions is estimated to cost the health care system between \$50 billion and \$73 billion per year."

This is why it's so important for individuals to know how to read, write, compute and solve problems. In Oklahoma, 43% of the residents are unable to perform more than simple, everyday literacy activities. On average, about 24 percent of students starting high school as a freshman drops out of school prior to graduation. Also, 59% of Oklahoma students live in poverty.

"A rise of 1% in literacy scores leads to a 2.5% rise in labor productivity," Monteith said. "The higher the literacy scores, the more likely individuals are of having a better understanding of health issues and treatment." Source: Trisha Gedon. Division of Agricultural Sciences and Natural Resources



TULSA COUNTY ANNUAL OHCE HOLIDAY LUNCHEON

December 7th, 2022,
11:00 A.M.

"AN OLD FASHION CHRISTMAS"

We invite all of our OHCE members to join us for "An Old Fashion Christmas" Holiday Luncheon, Tuesday, December 7th, 2022, at 11:00 a.m., at the Fellowship Lutheran Church, 6727 South Sheridan Road. We will serve a catered lunch, catered by T'W'S-AFAB Catering. The cost of the lunch will be \$15.00, please mail reservations and check payable to Tulsa County OHCE, to the OHCE Treasurer, Deborah McIntyre, 3023 West 56th Street, Jenks, OK 74037. Luncheon Registration Deadline is November 21st.

HOLIDAY LUNCHEON COVERS DUE OCTOBER 21ST

The deadline for "Holiday Luncheon Covers" is October 21st, at the Extension Office. The vote on Holiday Luncheon Covers will be November 1st. Your Holiday Luncheon Committee has planned a fun filled day for all of our OHCE members! We look forward to seeing each of you there!
Coe Ann Patton, Holiday Luncheon Chairperson

REMINDER

2023 OHCE-TC \$24
Membership Dues
Deadline is October 1st

Please remit Membership Dues and Forms for all New and Renewing Members to:
Deborah McIntyre, 12588 S. 7th Pl.,
Jenks, OK 74037
OR TO:
OSU Extension – Place in Red Crate
OHCE TC Treasurer's Folder.

Budgeting and Planning Tools

The following tools provided by UW-Madison Division of Extension Financial Education Programs will allow you to make future financial decisions based on accurate and complete information. Putting together and following a spending plan can be overwhelming, but following these steps will let you create a plan for your personal finances going forward.

Paper and Pencil Worksheets to Print and Fill In

Monthly Cash Flow Worksheet

- Includes a blank worksheet and a worksheet with suggested common expenses to help you think about your personal spending
- Good worksheet to start with if you have never written down or tracked expenses before

Detailed Spending Plan

- Five pages, includes financial savings goals and more extensive monthly/annual spending categories
- Includes tips for making a realistic spending plan and where to start if spending cuts are needed
- Worksheet is very detailed for those who are more aware of their monthly expenses
- Can be used as a self-study budgeting guide

Monthly Spending Plan

- Detailed 4-pages of typical (and sometimes un-thought-of or un-reported) household expenses
- Second column available to indicate how you plan to adjust your spending to cover bills or meet financial goals
- Worksheet might be overwhelming if you have never looked at your spending before, but may help to identify “spending leaks” or the “hole in the pocket”

Four Week Money Management Plan

- A spending plan that divides monthly income into up to four pay periods
- Helpful if you are trying to figure out how to spread your money out over a month or how to save up across a couple paychecks to make a car or rent payment
- Includes a one-page description on how to use the worksheet

Excel Worksheets to Save to Your Computer and Fill In as You Track Spending

Monthly Budget

- Use this to track your expected income and expenses against what you actually spend each month.

Personal Spending Plan

- A spreadsheet that can be used to list fixed expenses (rent or mortgage, car payments, etc.) variable monthly expenses (costs that change each month or are only due intermittently) and discretionary expenses (items that are not necessities) to determine if you can make ends meet.

Source: [Creating a Budget—Financial Education \(wisc.edu\)](http://wisc.edu)

Oklahoma Vegetable of the Month

Pumpkin is definitely an October food, since 80 percent of the pumpkin supply in our country is available in October. Since the most common way to eat them is in pie, most of us think of pumpkins as fruit, but the pumpkin is actually a vegetable - a cucurbit - like squash, cucumbers and watermelon.

Pumpkins were an important crop to some of the first known residents of present Oklahoma, the Wichita people who were settled along the Red River when European explorers and traders first encountered them in present Oklahoma.

Roasted Pumpkin Seeds



THE BEST THING ABOUT CARVING A PUMPKIN IS ROASTING THE SEEDS!

Ingredients

- 1 ½ Cups raw whole pumpkin seeds
- 2 teaspoons butter, melted
- 1 pinch salt

Instructions

- **Step 1**
Preheat oven to 300 degrees F (150 degrees C).
- **Step 2**
Toss seeds in a bowl with the melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes or until golden brown; stir and spread every 10 min.

Tip: Line baking sheet with parchment paper, for less mess.

Source: Allrecipes

Nutrition Facts Per Serving:

83 calories; protein 3g; carbohydrates 8.6g; fat 4.5g; cholesterol 3.6mg; sodium 12.5mg.



SHOUT OUT FROM SHARI

OHCE MEMBERS,

I LOVE Fall! The cooler weather, the pumpkin lattes and the craft fairs! Tulsa County OHCE has a lot of fun activities planned and I'm so excited about our 6th Annual DEMO DAY on October 15th! This is the perfect opportunity for you to invite your neighbor and come have some fun! There will be a Silent Auction, Brown Bag Raffles and a 50/50 Drawing, not to mention the Door Prizes!!! A Huge "SHOUT OUT" to Jean Parks and the Demo Day Committee for all their hard work and planning! "THANK YOU!"

My next "Shout Out" is for Ashlee Eller and David and Shari Munroe and their helpers for working the Extension Parking Lot during the Tulsa State Fair! We raised money for OHCE and the United Way!

October is when we renew our OHCE Membership! I'm so proud to be a VOLUNTEER for this great organization! We do so many great things for our families and communities! Who do you know that's looking for somewhere to "Volunteer" their time? OHCE has a place for EVERYONE! Men, Women and Children! We are BLESSED to have access to so much information through our partnership with the OSU Extension!

Another BIG "SHOUT OUT" to our Tulsa County FCS Educator, Stacey Jones and our wonderful Administrative Assistant, Debbie Owens! We appreciate you all so much!

Keep "Volunteering" - Do what Y.O.U. (Your Own Uniqueness) do! I want to encourage you to become an FCS Master Volunteer in 2023! We all have our own unique gifts and talents to "Volunteer" to bring OHCE. Keep "Volunteering"!!! Keep Serving others! Keep Sharing the OHCE Opportunity!

Shari

MEMBERSHIP

Demo Day is October 15th at the OSU-TULSA Conference Center from 10AM - 1PM. FREE Admission and \$10 for a Fellowship Box Lunch. PLEASE RSVP! Contact Jean Parks at 918.373.0553 or Shari Munroe at 918.408.6918 for more information.

BUNCO for Scholarships is Thursday, October 27th from 10AM - Noon - Lots of Prizes will be given away...Don't Miss Out!

TULSA COUNTY FAMILY ISSUES

OCTOBER 2022

by Elaine Egan

Supporting the Tulsa County Emergency Shelter:

Let's collect some **TOOTHBRUSHES**. We will share them at the December Christmas Luncheon.

OCTOBER FAMILY ISSUES TOPIC: Family Communications

Many times, we assume that communication with family members and close friends should be effortless. After all, we spend lots of time with them. Shouldn't they know what we are thinking? Here are some tips to prevent misunderstandings.

- *Be available: Make time in your schedule to stop and talk. PUT DOWN the PHONE!
- *Be a good listener: When you really listen, people feel valued.
- *Show empathy: Don't tell people how they feel; let them know you understand.
- *Be a good role model: Use words and tones to send clear, positive messages.



OHCE UPDATES



WHAT'S HAPPENING

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

October:

- 1 **Group Treasurer** Collects 2023 Dues - Per Member
- 10 Chat and Create @ **11am**
- 14 Membership Forms and Money are Due to the **County Treasurer**. Group Member List and Group Officer Form Due to Ext. Office
- 15 Demo Day @ OSU Tulsa **9:45am-1pm**
- 21 Holiday Luncheon Program Covers Due to Ext. Office
- 21 Christmas Jelly Canning Class **10-3pm** (Pre-Registration Required)
- 24 Chat and Create @ **11am**
- 27 Bunco @ **10am**

November:

- 1 Vote on Holiday Luncheon Program Covers
- 11 Veterans Day, Extension Office Closed
- 14 Chat and Create @**11am**
- 15 Nominations for State Member Awards Due to Ext. Office
RSVP and \$ Due to Treasurer for Holiday Luncheon
- 17 Bunco @**10am**
- 17 Yearbook Meeting @**1pm**
- 21 Holiday Luncheon Money Due to Deborah McIntyre
- 24-25 Thanksgiving, Extension Office Closed
- 28 Chat and Create @**11am**

December:

- 5 Family Holiday Workshop **6-8 pm** – Membership Outreach – All Ages Welcome!
- 7 Holiday Luncheon and Installation of Officers
- 12 Chat and Create @**11am**
- 22 Bunco @ **10am**
- 26-27 Christmas, Extension Office Closed



OHCE UPDATES



Oklahoma Home and Community Education
County Membership Form
Return membership form with dues to county OHCE Treasurer.

MEMBER INFORMATION

Date: _____ New Member: or Renewal:

First Name: _____ Last Name: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Send Outreach Newsletter by email: YES

Group name: _____ Member since: _____

Email: _____ County: _____

VOLUNTARY INFORMATION REQUEST (*Equal Opportunity Information Request-you are not required to answer any of these questions.*)

Age Range: 19 years & under ; 20-34 ; 35-44 ; 45-64 ; 65-79 ; 80& over

Gender: Female ; Male

Ethnicity Hispanic/Latino: Yes ; No ;

Race (Select one or more):

White

Black/African American

American Indian/Alaska Native

Hawaiian/Pacific Islander

Asian

Member Signature: _____

County Use Only Below this Point



OHCE UPDATES



Knit N Stitch: Promoting Literacy in Children!



OHCE Tulsa County Knit 'n Stitch group members, presented Lanier Elementary Kindergarten and First Grade students with 53 handmade bookbags and 40 new and gently used books. The presentation was made to help promote literacy in elementary age children, one of our OHCE 2022 State Goals. They also presented Lanier with clothing items for their students' clothes closet, including 72 pair of new, children's underwear!

Knit 'n Stitch has adopted Lanier Elementary for one of their group projects this year. Lanier Elementary is located at 1727 S Harvard, Tulsa, and is only a few blocks from the OSU Extension Office where the Knit 'n Stitch group meets.

Tulsa County Resource Management

HOLIDAYS AHEAD!!!

How can **RESOURCE MANAGEMENT** make each event more enjoyable?

Dolores Williams
Resource Management
Chairperson

Tulsa County Extension Office
4116 E 15th Street
Tulsa, OK 74112



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Family and Consumer Sciences
Tulsa County OSU Extension Service

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