



EXTENSION

STRENGTHENING OKLAHOMA FAMILIES

Family and Consumer Science News

OK County Monthly News Oklahoma Home & Community Education

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CALENDAR OF ACTIVITIES

May 2-8, 2021 OHCE Week

May 15, 2021 Senior Drive Thru Health and Safety Fair, Putnam City Baptist Church, 9:00-12:00.

May 27, 2021 "Backyard Poultry", Brad Secraw, Cleveland County Extension Agriculture Educator, 9:30am, Extension Conference Center. Business Meeting Cancelled.

Thought for The Day: You will find the key to success under the alarm clock. - Benjamin Franklin

DEADLINE FOR Jun 2021

NEWSLETTER

May 20, 2021

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Website for Extension Center:

<https://extension.okstate.edu/oklahoma>

Website for OHCE:

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

Website for Genealogy

Group: www.ohcegenealogy.com

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EDUCATOR'S COLUMN

By Lisa Hamblin

OHCE Week is May 2-8, so be on the lookout for a special video coming to your email that week. Even though we are unable to have any special events to recognize our wonderful members this year, I hope you enjoy the video!

The Senior Drive Thru Health & Safety Fair will be a great opportunity for OHCE to recruit new members. We will be having a booth at the May 15th event at Putnam City Baptist Church (See attached flyer). Seniors will slowly drive through the parking lot and we will be giving out our membership brochures and answering questions about OHCE. Pat Smith will be contacting each group for volunteers to work in 1 hour shifts between 9:00-12:00 on Saturday.

Please remember to submit your Volunteer Hours Forms at the next leader lesson or mail them to the Extension Center.

Happy Spring!
Lisa Hamblin



Memorial Service for Deceased Members

By Jan Beattie

Since it is now unknown when we will be able to have our annual Achievement Luncheon again this year, we will continue to keep a record of those lost since our last Memorial Service in 2019.

I still need information for Betty Kill from the Cardinal group. Thanks for the photos submitted to me. I have been able to locate only very limited information for her. If you have any knowledge or memories of Betty, please email them to me at jankb80@sbcglobal.net.

I could also use additional photos for Evelyn Gianfillipo from Las Amigas/Will Rogers group and Theresa Terry from Solider Creek.

If groups lose additional members, please let me know so we can remember them at the next Memorial Service.

Genealogy Group **By Kathy Fetters**

The Genealogy group met on Wednesday, April 21 at the OSU Extension Center. Following the salutes to the flags, review of minutes and treasurer report our President, Jan Beattie, went over our monthly inspiration, which is our Genealogy Quick Tip. This month was a selection of ten projects to help spring clean our genealogy and inspire us to improve and update our family trees. Those tips are available on our website: www.ohcegenealogy.com.

Our speaker this month was vehoae, also known as Shirl Yancey, a member of our group. vehoae loves history and researching history. She is the author of a non-fiction book, "Conscience: Breaching Social Amnesia" and a fictional novel, "Pahutchae's Pouch". Both of these books were thoroughly researched down to the tiniest detail and so she has successfully blended both fiction and factual history. Her deep study of primary documents has led her to finding wonderful things long hidden and forgotten in some libraries. She was certainly and inspiration to all of us to spend the time to look at those primary sources and document what we find.

Next month the Genealogy group will again meet at the OSU Extension center to hear Dr. Patricia Cook present " Lessons from Pilgrim Gardens.



Announcing

Effective Immediately
Genealogy Group
is now meeting at
the OSU Extension Center
on the third
Wednesday monthly
10:00 a.m. ~ noon

Come visit us soon!

For More Information visit our website
www.ohcegenealogy.com
or find us on Facebook

Social Committee
By Jan Bohannon

We are happy to provide you with a Word Search Puzzle in this newsletter. The Social Committee has prepared a surprise gift for each of you. They will accompany your copy of April's Leader Lesson.

Don't FORGET to be on the lookout. 😊 Please don't forget to complete and submit your Volunteer Hours Sheet for the month of April. The member with the highest number of volunteer hours will be the winner of a \$25 Braum's Gift Certificate! Group Secretary's: Please include the name of the member who submitted the highest volunteer hours on your group's volunteer form for April. Good luck, everyone!

CULTURAL ENRICHMENT COMMITTEE
by Pat Smith

Welcome to 2021! In many ways it is not different from 2020, we still cannot use the OSU Extension buses to go on a county group trip. However, most of our members have had their vaccine and can now safely leave their homes. But many of us with adult children have found that our children are still controlling our activities! As one of my friends said, "I am tired of my children telling me what I can or cannot do, I am going to break out of this prison that my children have set for me." That story gave me a grin, which I needed!!

I want to share with you a wonderful exhibit that is currently at the National Cowboy & Western Heritage Museum. It is "SPIRO AND THE ART OF THE MISSISSIPPIAN WORLD." This is a travelling exhibit and will be traveling to its next location on May 10, 2021.

The exhibition explores the archaeological and historical data connecting the Spiro site to other communities throughout North and Central America, discusses the Spiroan community and religious activities, and highlights the enduring legacy of Native Americans today who are descended from Mississippian cultural groups. There are collections, maps and much much more!

If you have had your vaccine and feel safe to venture out, I would encourage you to visit the National Cowboy & Western Heritage Museum at 1700 NE 63rd Street to take in this exhibit individually or with your OHCE Group. Their contact information is 405-478-2250, open Monday - Saturday 10:00 am to 5:00 pm; Sunday 12:00 pm to 5:00 pm. REMEMBER THIS EXHIBIT CLOSSES IN OKLAHOMA CITY ON MAY 9, 2021!!

HEALTHY LIVING/CULTURAL ENRICHMENT COMMITTEES
by Pat Smith

At the Oklahoma County Executive Board meeting on Thursday, April 22, 2021, OHCE Advisor Lisa Hamblin shared that she had been contacted by Kim Lopez of the TRIAD (sheriff, police and seniors) organization regarding the first annual Oklahoma County Sheriff's Office TRIAD Senior Drive Thru Health & Safety Fair. This event will be held at Putnam City Baptist Church Parking lot, 11401 N. Rockwell, OKC. Saturday, May 15, 2021 from 9:00 am to Noon (inclement weather day is May 22, same time and location). Also, there will be an opportunity to meet Oklahoma County Sheriff Tommie Johnson, III.

After discussion, the Oklahoma County Executive Board passed a motion to participate in this event by having a booth (table placed in front of a car) and distribute information about the OK County OHCE organization (Groups and County). Pat Smith volunteered to help Healthy Living Chair Kathryn Wells with planning/organizing OK County OHCE and Groups participation in this TRIAD event. We were asked to provide a Door Prize and Secretary Gayla Mosteller volunteered to donate a cookbook for a Door Prize, plus OHCE Bits & Bytes Group also has volunteered to donate a flash drive, which gives us a second Door Prize.

Kathryn and I will be organizing the OK County activities for our handout. We need your groups to participate by sharing some information about what your Group does for Education and/or Service. We already have OHCE Bits & Bytes Group signed up to provide information for our handout. Also, we will need a few volunteers to help man the booth (table) at the event on May 15, 2021. We will keep you updated by email as plans develop. Please contact Pat Smith at 405-623-1010 (c), 405-948-8515 (h) or pmsmithokc@gmail.com. Thank you!

MODERN HOMEMAKERS by Gwen Smith

The Modern Homemakers met in April for the 1st meeting since last October. It was fun, refreshing and exciting to see each other and catch up on all the events in each other's lives. Pres. Diane Lee conducted a short business meeting. Some things discussed were present projects and future ones. Following, some of the six members present made a "bee line" to the Braums ice cream counter.

OKLAHOMA COUNTY OHCE FEATURED IN NATIONAL REPORT

Each year, the National Extension Association of Family and Consumer Sciences (NEAFCS), requests reports from all state Extension programs that focus on family and consumer sciences. The best programs from around the country are selected for mention in their national report that is sent to members of Congress, state legislators, and other important stakeholders. OSU Extension is highlighted in all 11 reports, and Soldier Creek member, Gayla Mosteller is featured in a photo!

The report on COVID-19 response is attached to the newsletter. You can read the other 10 program reports at <https://www.neafcs.org/impact-statements>. Please submit your volunteer hours forms to show everyone what great things are happening in Oklahoma County!

OHCE AWARDS LUNCHEON POSTPONED

It was voted at the April 22nd executive board meeting to postpone the Spring awards luncheon due to COVID restrictions and discuss options at the next executive board meeting on August 19th.

OHCE LEADER LESSONS IN PERSON ONLY

Due to the constant changing of technology and time constraints on educators, leader lessons will be in person only beginning with the May lesson. Materials will be available for pick-up if no one from a group attends the lesson.

OHCE BOOTH AT SENIOR HEALTH AND SAFETY FAIR

It was voted at the April 22nd executive board meeting that Oklahoma County OHCE would have a booth at the Senior Drive Thru Health and Safety Fair, Saturday, May 15th, 9:00-12:00 at Putnam City Baptist Church (See attached flyer). Corporal Kim Lopez of the sheriff's office is organizing this event and invited OHCE to participate. OHCE member, Pat Smith is organizing the booth and volunteers. Please say "Yes!" when she contacts your group for a commitment of 1 hour. This is a great recruiting opportunity for new members!

ITEMS FOR VETERANS TO BE DELIVERED JUNE 30TH

For the month of May, please save the following items for the OHCE bags to be delivered on June 30th. Members will meet at the Extension Conference Center at 9:30am to stuff the canvas bags with personal items, and then deliver to Veterans Medical Center. Please make sure your items are at the Extension Center on that day!

For the month of May, please save the following items for the OHCE bags to be delivered on June 30th:

- Personal packs of Kleenex
- Packets of bottled water flavoring
- Bar soap
- Body wash
- Magazines

Ice Cream

Find and circle all of the Ice Cream flavors that are hidden in the grid.
The words may be hidden in any direction.

O I H C A T S I P B B N K N A O
O R L V C N A I L T A T Y N O U
C H E A A Y A U A T M U R O L C
V H C C E N E C I U T N R M A T
U R O A I B I L E U L L E A L K
P O C C E R O L N P B A H N M U
A C N R O P O L L A R W C N O L
L K R I A L E C N A U E E I N O
B Y U E E Z A A I E R L T C D R
I R N T A C N T E L O P E T L K
N O U H E A K C E I B A B A U B
A A T A P U M P K I N M A K B B
A D S T R A W B E R R Y T Z R N
O T H G U O D E I K O O C H H C

ALMOND

BANANA

BLUEBERRY

BUTTER PECAN

CHERRY

CHOCOLATE

CINNAMON

COOKIE DOUGH

HAZELNUT

LICORICE

MAPLE WALNUT

NEAPOLITAN

PEACH

PISTACHIO

PUMPKIN

ROCKY ROAD

STRAWBERRY

VANILLA

[Did you enjoy this puzzle? Visit: https://www.puzzles.ca/word-search](https://www.puzzles.ca/word-search)

*Come meet Oklahoma County Sheriff
Tommy Johnson III*



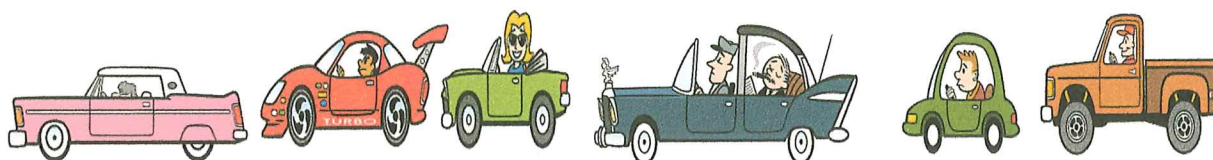
At our first



OKLAHOMA COUNTY

SHERIFF'S OFFICE TRIAD

SENIOR DRIVE THRU HEALTH & SAFETY FAIR



Putnam City Baptist Church Parking lot

11401 N Rockwell, OKC

You are invited, no registration REQUIRED

BROUGHT TO YOU BY:



AND ALL OUR COMMUNITY PARTNERS WHO SET UP BOOTHS AND BLESSED OUR COMMUNITY TODAY!

SATURDAY MAY 15TH

9:00-NOON

*** INCLIMENT WEATHER DAY***

May 22nd

FREE ADMISSION!
FREE OPIOID TRAINING AND NARCAN KIT WORTH \$200!
FREE snacks and bottled water!
FREE "BE SAFE" STROKE AWARENESS TRAINING
FREE MEDICATION DISPOSAL BAGS!
DOOR PRIZES!

QUESTIONS? 869-2555



IMPACT 2021

Through Extension programs across the nation, Family and Consumer Sciences Extension Educators provide a multitude of Educational opportunities to meet the needs of diverse audiences.

COVID-19 Response

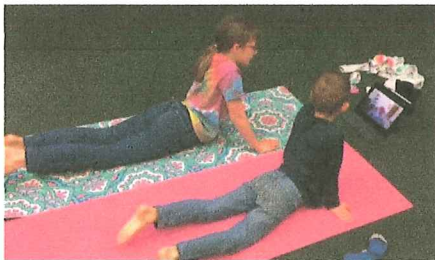
Extension professionals strive to create relevant, community-focused programming to meet local needs, and Extension programs are often viewed as a trusted source of information. In 2020, community needs rapidly changed because of the spread of the novel coronavirus disease and a global pandemic. Extension organizations and institutions quickly adjusted their delivery methods to address educational, food access and resource needs.

"This resource will ensure Alabama is ready to quickly share information about local food resources in emergency and non-emergency times. SNAP-Ed continues to ensure that Alabama residents have what they need to access healthy food and maintain healthy lives."

Addressing Mental Health and Stress

In **Michigan**, WiMSU Extension began offering *virtual family yoga*. Family yoga included mindfulness, breathing and gentle movement to help families learn strategies for stress management.

Maryland provided workers in helping professions (medical, education, etc.) the #MDWellness text messaging service, to promote self-care activities that assist in maintaining professional's wellbeing.



Indiana programs offered 11 webinars on stress, anxiety, depression, finances, and health reaching over 700 individuals. 100% of participants reported learning how to improve mental health, understand difficult situations happen and how to reduce stress for themselves and family. **Utah** created a *Safety and Mental Health*

Awareness Campaign to reduce the spread and mitigate the potential isolating effects of physically distancing guidelines on mental and emotional health, reaching over 2 million individuals. **Kentucky's** program aimed to reduce increased stress around the holidays. Programs included financial saving and spending tips, recipes and easy crafts to do together. Program evaluations showed 1180 crafts were made, 303 recipes were tried, while 91% of participants implemented one money saving strategy.

Connecting Communities to Resources

Alabama SNAP-Ed partnered with End Child Hunger in Alabama to create the *County Food Guides* (aub.ie/foodguides), an online map showing available food resources, when keeping track of where and when food was available during the pandemic.

Oklahoma Home and Community Education members sewed and donated 52,860 cloth masks to Veterans centers, medical facilities, childcare facilities, nursing homes, government offices, grocery stores, fire departments, and the U.S. Coast Guard, when mask requirements began but supplies were low.



"I keep masks in my car to hand out. While I was shopping, someone asked where I got mine because the childcare center where she works didn't have any. I gave her four masks; she was so grateful she cried." - Oklahoma

Raising kids, Eating right, Spending smart



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