

Strengthening Oklahoma Families



Family and
Consumer Sciences

Pittsburg County OSU Extension
707 West Electric—McAlester OK 74501
Office 918.423.4120 Fax 918.423.7053
www.oces.okstate.edu/pittsburg

April 2016

Co-Parenting for Resilience Benefits Both Parents & Children

When a couple exchanges vows at their wedding, the last thing they are thinking will happen is getting divorced. Going through a divorce is not something people want to experience, especially for those who have minor children. It is a difficult situation for everyone involved. However, the Oklahoma Cooperative Extension Service offers divorcing parents a program with the insights, strategies and skills necessary to reduce the stress and conflict associated with divorce and promote adjustment and resilience among their children.

Inside Includes:

Don't Get Stuck in a Rut	2
The Positive Side of Life	2
OHCE President Notes	3
Recipe	4
Upcoming Events	4

Oklahoma State University Cooperative Extension's Co-Parenting for Resilience class meets the requirements of House Bill 2249, which requires divorcing parents to participate in co-parenting classes, said Ron Cox, OSU Cooperative Extension family science specialist.

"We've seen a lot of success with the program. The requirements of HB 2249 went into effect November 2014. In 2015, there were 425 classes held in 58 of the 77 counties across the state," Cox said. "Nearly 2,500 parents participated in the classes, with another 322 completing the online version." One of the things that sets Co-Parenting for Resilience above other options is OSU Cooperative Extension has been offering co-parenting classes and curriculum for more than two decades. Over time the program evolved into what it is today and offers parents the most up-to-date research and strategies on marriage, divorce and children.

A multidisciplinary team of OSU researchers worked with Extension educators, judges and community members to develop today's Co-Parenting for Resilience class, which uses lectures, discussions, videos and interactive activities to help parents figure out the best ways to help their children adjust to divorce.

Cox said, generally, in co-parenting relationships, former spouses or partners make a conscious effort to reduce conflict between them and work together to overcome the challenges of divorce to help their children adjust to the new family structure. OSU Cooperative Extension educators teaching the class hold degrees in the human sciences and are specially trained to work with divorcing couples.

"Even though parents are now mandated to attend the program, the feedback we get is extremely positive," he said. "We get reports of how nearly all participants have changed their behavior toward their co-parent, as well as how they developed new strategies to be an effective parent during and after the divorce. In addition, 92 percent of participating parents would recommend the program to a friend going through divorce." Part of the class also includes follow-up materials for 12 months after completion to help reinforce the concepts and strategies learned.

"Divorce isn't easy, even for adults, and especially for children," Cox said. "Our goal is to increase parental cooperation and reduce the trauma experienced by the child, and Co-Parenting for Resilience does that."

For more information about Co-Parenting for Resilience classes, including costs and course dates, check with the local OSU Cooperative Extension office, or visit coparenting.okstate.edu.



Don't Get Stuck in a Health Rut

Source: *Guide to a Strong & Healthy Oklahoma*



Arthritis is a leading cause of disability in Oklahoma, but don't let that stop you.

People with arthritis can exercise to reduce the pain.

Diabetes is increasing in adults & children in Oklahoma. Did you know Type II diabetes is preventable and controllable just by eating better and moving more?

High blood pressure is known as the silent killer. It often has no signs until a person suffers a heart attack or a stroke.

Obesity affects more than 60% of Oklahomans. Even the small steps to eat better and move more will benefit your health.

Mental health is just as important as physical health. Anxiety, depression & sadness affect many Oklahomans, but there is hope for living a healthier, happier life.

Good nutrition has a positive effect on mental & physical well-being. Healthy eating can help Oklahomans

live longer & healthier lives. It also can reduce the risk of chronic diseases, such as heart disease, some cancers, stroke & diabetes.

Remember, healthy eating begins at birth. Human milk is the ideal food for babies & breast-feeding is good for mothers, too.

Physical limitations don't need to slow you down. Find a good exercise program to fit your need. Don't think hard workouts that are painful & boring are your path to healthy living. Imagine doing fun activities you look forward to and enjoy. Do physical activity for fun and watch the health benefits follow at any age.

Tobacco use and secondhand smoke can cause and worsen many health problems. There is no safe level of tobacco use. If you use tobacco, please take time to call **800.QUIT-NOW (784.8669)**

The facts.....About one-quarter of adult Oklahomans smoke—more than 600,000 people. The estimated direct and indirect \$\$costs\$\$ of

tobacco use in Oklahoma exceed \$2 billion annually. Oklahoma has one of the highest percentages of smoking-caused deaths in the nation.

Moms who smoke before or during pregnancy are three times more likely to have a baby with a low birth weight.

Among women who recently gave birth in Oklahoma, about one-third smoked prior to pregnancy.

**WE CAN BE A
STRONG & HEALTHY
OKLAHOMA**

**EAT BETTER MOVE
MORE BE TOBACCO
FREE**



The Positive Side of Life

- ◆ Birthdays are good for you—the more you have, the longer you live.
- ◆ Happiness comes through doors you didn't even know you both left open.
- ◆ Ever notice that the people who are late are often much jollier than the people who have to wait for them?
- ◆ If Wal-Mart is lowering prices every day, how come nothing is free yet?.

- ◆ You may be only one person in the world, but you may also be the world to one person.
- ◆ Some mistakes are too much fun to only make once.
- ◆ Don't cry because it's over; smile because it happened.
- ◆ We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some have weird names & all are different

colors.....but they all exist very nicely in the same box.

- ◆ A truly happy person is one who can enjoy the scenery on a detour.



Setting on my back porch drinking coffee, watching my puppy play, and drinking in the sunshine, I am so thankful for the renewing of mind, body, and spirit. Thinking of Spring, the “*Butterfly Gardening and Bird Watching*” OSU Fact sheets are in for the April and May’s leader lessons. Each group President please contact me to pick up your fact sheets.



Despite the weather, there were eight of us that went to the SE District Meeting in Sulphur. Over three hundred pillowcases were collected with more coming in. These pillowcases will be going to the Oklahoma City Children’s Hospital.

Sewing 101 was a success (*see picture below*). We had eight students, five teachers, and two children. Several of the students requested more classes, so there will be a class April 26, 9 am – 12 noon. The class will be how to make a Pillowcase Dress. **Supplies needed: 1 yard cotton fabric, 1 package of double fold bias tape, and matching thread.**

Please check the calendar dates for more programs coming up. More volunteers are always appreciated. *See you soon.*



Frances

Shirley House working the Silent Auction table at the 2016 SE OHCE District Meeting.

Student displaying the pillowcases they made at the March Sewing 101.



CHICKEN QUESADILLAS

1 cup chopped, cooked chicken
2 TBS chunky salsa 1/4 cup chopped white onion
Non-stick cooking spray
1/4 cup canned chopped green chili peppers (*optional*)
1/2 cup Monterey Jack/Colby cheese, shredded (*other cheeses are OK*)
4 flour tortillas (10")



Preheat electric skillet to 350⁰ F. Mix chicken, salsa, onions, and green chili peppers (*optional*). Place 1/4 chicken mixture on half of a tortilla. Top with 1/4 cheese; fold over mixture and seal edges. Place in skillet sprayed with non-stick cooking spray. Brown on one side at medium heat for approximately 3-4 minutes. Turn tortilla over and brown other side. Cut each folded tortilla into 3 wedges.

Nutrition Info Per Serving: 250 calories, total fat 10g, saturated fat 4.5g, protein 16g, total carbohydrate 23g, dietary fiber<1g, sodium 480mg, Excellent source of calcium, Good source of iron. **Makes 4 servings—Serving Size: 1 quesadilla**



- April 8** **KIDS Fair Meeting**—8 a.m.
Pittsburg Co. Health Dept.
- April 16** **KIDS Fair** (*formerly Baby Fair*)
Theme: "Let's Move and Groove"
10 a.m.—2 p.m. EXPO
- April 15 & 16** **"Looney about Quilting"** - Quilt
Show—Ada—*see enclosed flyer.*
- April 29** **Sewing 101**—OSU Extension Office
9 a.m.—Noon. Invite a friend.
- May 2-6** **OHCE Week**
- May 8** **KIDS Fair** follow-up meeting.
8 a.m. at the Pittsburg Co.
Health Dept.

*A grateful heart
is the mainspring of
happiness.
Happiness held is the
seed and
happiness
shared is the
flower.*



Editor.....David W. Cantrell
Ext. Educator/CED Pittsburg Co.
david.cantrell@okstate.edu

Prepared by: Pat A. Tolson,
County / CNEP Secretary
pat.tolson@okstate.edu
918.423.4120