This American Heart Month:

Pledge to Move with Heart!

Take a stroll down the candy aisle at your local grocery store and you will see shelves chock full of big red hearts filled with chocolates. It is February, the month of love and Valentine’s Day. It also is a time to consider the risks of heart disease as the country observes National Heart Month.

Heart disease is the leading cause of death for both men and women in the United States and in Oklahoma. Fortunately, there are many things you can do to lower your risk of heart disease, including being more physically active, said Janice Herman, Oklahoma State University Cooperative Extension nutrition specialist.

“This year, the National Heart, Lung and Blood Institute is encouraging Americans to move more and adopted the theme Move with Heart. The Move with Heart campaign lines up perfectly with the recent release of the Physical Activity Guidelines for Americans, 2nd edition,” Hermann said.

Research shows regular physical activity can lower the risk of heart disease and stroke. When combined with regular physical activity, other healthful lifestyle measures such as a healthful diet and not smoking, the impact is even greater. Regular physical activity can help with weight control. Regular physical activity also can help lower the risk of other conditions that can strain your heart, such as high blood pressure, high blood cholesterol and diabetes.

For health benefits, the Physical Activity Guidelines for Americans recommends adults strive for 150 minutes a week of moderate physical activity, 75 minutes a week of vigorous physical activity or a combination of moderate and vigorous activity. In addition, adults are recommended to do strength training exercises two or more days a week.

“Only about 23 percent percent of U.S. adults meet the Physical Activity Guidelines. In the most recent America’s Health Rankings, Oklahoma ranked 47th in the nation with 32 percent of adults reporting no physical activity other than their regular job in the past 30 days,” she said.
An example of 150 minutes a week of moderate activity would be walking at a brisk pace, for 30 minutes, five days a week. Moderate physical activity will get your heart pumping and leave you a little breathless. You do not have to do all your daily activity at one time.

“Some people may get overwhelmed at the thought of 150 minutes of exercise, but breaking it down into smaller segments can make it seem less daunting,” Hermann said. “You can break activity into smaller amounts of time throughout the day, even small amounts of activity add up and can have lasting health benefits.”

Something else to keep in mind is not to let age be a deterrent. It is never too late, or too early, to improve your heart health. Even small changes make a difference when you Move with Heart. Try to move a little more every day. You can easily do this by taking the stairs, parking farther away from your office or the grocery store. Other ways to incorporate more movement are walking, gardening, taking the dog for a walk. If you work on a computer at a desk, simply get up and take a walking break from the screen. All of these active moments count toward your total minutes of exercise. “When starting a new exercise program, don’t start with strenuous physical activity. Start slowly and build up to activities that leave you feeling a bit breathless and that get your heart beating faster,” Hermann said. “Keep increasing the intensity, duration and frequency to reach the 150 minutes of recommended moderate physical activity each week. Your heart will thank you.”
West District OHCE Meeting (Northern Region)

Host Counties: Beaver, Harper & Texas

Coffee/Registration/Silent Auction
Business Meeting/Call to Order
State OHCE Business Report
State Conference Update
Recognition of Award Winners

Quillows & Bags For All
Steps To A Healthy Brain
Trips On A Tankful
Floral Arranging

President’s Message
Numerous OHCE State Committee Sessions in the morning!
Door Prizes & Silent Auction Winners Announced

AARP Home Fit & Family Caregiving
Herbs & Plants
Floating Teacups
Tomato Growing Crash Course

Designated Conference Hotel
Quality Inn & Suites – (580) 338-0831
501 E Hwy 54, Guymon
Double Room - $80.10/room + tax
A block of rooms are being reserved under West District OHCE until March 15th!
Call the hotel today to reserve a room!

FRIDAY NIGHT FUN!- Taco Bar $5– 6 p.m.
Driving in Friday night and would like to visit with other OHCE members? A Taco Bar will be available at the Enrichment Center located next to the Victory Memorial United Methodist Church at 5th & Quinn.
Taco Bar Registration -$5 (Please turn in to your county treasurer with your meeting registration.)
Join us as we experience the most amazing variety of food in Israel. We will start preparing lunch at 11:00 am on Wednesday, February 6th in the conference room. The cost is just $10! If you work, it’s okay to just join us at noon and eat with us! Everyone must register and pay for this class in advance before February 4th. Class is limited to 16 participates and we usually have a full house.

Let’s do Lunch:
- Wed. March 6th—Ireland
- Wed. April 3rd—the Caribbean
- Wed. May 8th— South Africa
- Wed. June 5th— Lebanon

Chopped Israeli Salad

https://www.myrecipes.com/recipe/chopped-israeli-salad

Ingredients

2 cups diced cucumber  2 cups diced tomato
1 cup diced orange bell pepper  1/2 cup chopped fresh flat leaf parsley
2 tablespoons fresh lemon juice  1 tablespoon extra-virgin olive oil
5/8 teaspoon kosher salt  1/4 teaspoon freshly ground black pepper

How to make it

Place all ingredients in a large bowl, stirring to combine. Refrigerate until ready to serve. A fine dice allows the salt and lemon to penetrate the vegetables and draw out their juices. The longer it sits, the better it gets.

Serves 6 (serving size: about 2/3 cup)
**OHCE News & Notes**

**OHCE Sewing with Knits workshop**

*“Camisoles, Nighties and Slips”*

taught by Sue Schmidt, Clothing Chair  
**Friday, February 15th 10a-2p.**

Please register in advance. Call 237-1228 or stop by the Extension Center. Cost is $5, payable to OHCE.

Create your own custom fitted pattern, then create beautiful camisoles, nighties or slips from one versatile pattern! Choose your own fabric and lace, pack up your notions and lunch, then join your friends to learn how to sew on lightweight knits. Pattern sizes range from small to 4x. Purchase ¾ yard lightweight knit for sm-xl or 1-1/8 yard for 2x-4x. Additional fabric if you want to make a nightie or slip. One yard of pre-washed coordinating lace (up to 2-3/8in. wide) is needed as well. (lightweight knits = jersey, tricot, single knit, cotton t-shirt, etc...) A complete supply list will be available when you register.

**REMINDER! DON’T FORGET!**

Each group needs to bring a big bowl of snack mix, a batch of brownies or cookies to the Garfield County OSU Extension Office by 5pm on Monday, February 11th

For the **RESILIENCE DOCUMENTARY SCREENING**

**Spring Barn Quilt “Come & Go” Workshops**

**Thursday, March 7 (2-7pm) & Friday, March 8 (9-4p)**

Pick your design, (there will be EIGHT to choose from!) register and pay in advance by March 1st. Your 2x2 foot board will be primed and the design drawn on, waiting for you! Limited to 24 participants (please let us know which day you expect to attend at time of registration. Invite a friend. Bring a sack lunch or snacks. Cost is $20 per person, payable to OSU.

**Leader Lesson**

*What shoe are you? Temperament Assessment*

**Wednesday, February 27th—2p.m.**

Garfield County OSU Extension Center

**Bunny Deco-Mesh Cultural Arts Workshops**

Choose from Thursday, February 21st from 4-7p.m. or Friday, February 22nd from 11a.m-4p.m  

*Registration and payment are due by Monday, February 18th.* Cost is $25 which includes all supplies and instructional materials. Checks should be made to Garfield County OHCE. Bring a pair of scissors to cut deco mesh and a hot glue gun.

It should take about 2 hours to complete your wreath. So arrival times are flexible.

Instructed by Shirley Clark and Jovita Lang

**STRENGTHENING OKLAHOMA FAMILIES**

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit [https://eeo.okstate.edu](https://eeo.okstate.edu)
Garfield County Cooperative Extension Service
Oklahoma State University
316 E. Oxford
Enid, OK 73701

Dates to Remember

**OHCE**
February 1- State Reports due
Feb. 11-Treats for Resilience movie event 5p
    Resilience Movie 11:30a(RSVP for lunch)
    Resilience Movie 6:30p (no RSVP)
Feb 21 Cultural Arts workshop 4p
Feb 22 Cultural Arts workshop 11a
Feb 27 Leader Lesson 2p
Mar 1  Dist. Mtg. Registration due
Mar 4 OHCE Board mtg. 9a
Mar 7/8 Spring Barn Quilt workshops
Mar 22 Drive to Guymon
Mar23 West Dist. OHCE Mtg. Guymon 8:30a

**LESA**
Jan. 29 Co-Parenting 1-5p
Jan 30 Ambassador’s Board Mtg. OKC
Feb 4 Money Smart 2:45p
    Speaker@ Cent. Chr. Women’s mtg. 6p
Feb 6  Let’s Do Lunch 11a
Feb 8 Normal Aging webinar 10a
Feb 11 Dr. Appt OKC 11a
    Resilience Movie Event 5:30p
Feb 12 Stress on Kids webinar 1p
Feb 14 Resource Alliance mtg 12p
Feb 15 Normal Aging Webinar 10a
    Money Smart 2:45p
Feb 18 Tai Chi@Golden Oaks 4p
Feb 19 Keys to embracing Aging SLNet 1:30p
Feb 20 Sooner Success 1p
Feb 21 Hoe & Grow Garden Grp 10a
    Retired Educators 11a
    Lifeskills @SBILC 2p
    Cultural Arts workshop 4p
Feb 22 Cultural Arts workshop 11a
Feb 25 Tai Chi@Golden Oaks 4p
Feb 26 Co-Parenting 5-9p
Feb 27 Leader Lesson @ Kingfisher 10a
    Leader Lesson @ Enid 2p
Feb 28 Leader Lesson @ Watonga 12p
Mar 4 OHCE Board Mtg 9a
Mar 5 Opioid/OD/Suicide Invst. STW 9a
Mar 6 Let’s Do Lunch 11a
Mar 7-8 Spring Barn Quilt workshops