Jobs, kids, extracurricular activities. It is no secret the world in which we live is fast-paced. With all the obligations couples have on their plates on any given day pulling them in different directions, it is understandable it can be difficult to find time to focus on their relationship.

The last thing some couples want is to have to work on their relationship, let alone hear what they should be doing more of, said Matt Brosi, Oklahoma State University Cooperative Extension marriage and family specialist and director of the Marriage and Family Therapy program.

“To keep a relationship flourishing, it needs time and attention,” Brosi said. “If we’re not careful, we can lose touch with our most important relationships and, when neglected, the relationship could suffer. Fortunately, there are a number of things couples can do to nurture their relationships that don’t take much time or thinking. Three of the main things to do are develop a relationship vision, handle differences and conflict with dignity and create opportunities for connection.”

For couples to prioritize their relationship, they need some sort of vision of what they want it to be like. Ask yourself some questions. What are my (our) deepest relationship values? What dreams do I (we) have for this relationship? Are your expectations balanced between what you want and what is possible to achieve?

Nathan Hardy, assistant professor in OSU’s Department of Human Development and Family Science, said it is important to keep in mind there always will be obstacles along the way.

“Remember to be patient with yourself, your partner and your relationship. It takes persistence and an optimistic outlook to achieve your vision,” Hardy said. “It also takes negotiation and problem-solving around areas where you and your partner differ.”

It is inevitable a couple will deal with differences, whether they be conflicting values, beliefs, desires, agendas, hopes or dreams. Sometimes couples can be overwhelmed by their difference and often get caught up in a negative pattern of conflict.

Brosi said you must establish your negotiable and non-negotiable differences and learn to accept your partner for who they are.

“No one is perfect, and a successful
STRENGTHENING OKLAHOMA FAMILIES

KEYS TO EMBRACING AGING

Keys to embracing aging is now being offered every month at Senior Life Network located in the Bass Pavilion, 1st floor conference room at 1:30pm.

March 12th—Physical Activity
April 23rd—Brain Activity
May 14th—Social Activity
June 11th—Tuning-in to the Times
July 23rd—Safety

Aug. 13th—Know your Health Numbers
Sept. 10th—Stress Management
Oct. 8th—Financial Affairs
Nov. 12th—Sleep
Dec. 10th—Taking Time for You

relationship consists of partners who learn to tolerate and accept one another,” he said. “Maintain a positive perspective of your partner and forgive frequently. Of course, some things are simply unacceptable, and you’ll need to advocate for your own dignity in the relationship.”

Everyone gets caught up in the heat of a conflictual moment, and it often can result in saying or doing something regrettable. It’s important to develop emotional regulation skills so that you can keep calm and act in a way that brings out the best in you.

Hardy said another aspect of relationships is some couples get caught up in the same arguments. Research shows happy couples do not resolve every difference, or even stop fighting about them.

“Instead, learn to listen to each other’s point of view, talk calmly, convey respect, apologize and express appreciation. Successful couples are intentional about creating and sustaining rituals of connections,” Hardy said. “Do things just for the two of you. Building rituals of connection takes some planning, and it’s important for both of you to have clear expectations for the rituals.”

Brosi and Hardy also have other tips for being healthy individuals in healthy relationships, including increasing your capacity to tolerate the discomfort inherent in all relationships, maintain a positive interpretation of one another, forgive one another every day, bond with one another and laugh often.

“Just as a flower needs time and attention in order to flourish in the garden, it’s important to take time to cultivate your relationship as well,” Brosi said.
**2019 GARFIELD COUNTY OHCE QUILT BLOCK CHALLENGE**

**Oklahoma Batik in fall colors is our fabric choice for this year’s challenge! Get Okie Creative!**

$5 entry fee includes fat quarter of designated fabric.

- Create a 12-1/2” x 12-1/2” block. This is the finished size.
- Must use designated fabric (OHCE will provide a fat quarter of 100% cotton fabric. Any other 100% cotton fabric may be used to complete the block).
- You may embroider by hand or machine, paper piece, die cut, applique or strip piece your block.
- All quilt blocks become property of Garfield County OHCE. They will be made into a sampler quilt to be raffled off as a fundraiser for the Garfield County OHCE Scholarship Fund.
- Entries will be taken at the Garfield County Free Fair on Wednesday and Thursday until 10 a.m. You need not pre-enter your block as a fair exhibit. Challenge prizes will be paid by Garfield County OHCE.
- Affix the numbered sticker you received in your fabric packet to the bottom right hand corner of the front side of finished quilt block for entry and voting.
- This contest is open to any resident of Garfield County. All proceeds benefit the Garfield County OHCE Scholarship Fund.

**Winners will be determined by viewer’s choice during the 2019 Garfield County Free Fair.**

*PICK UP YOUR FABRIC AT GARFIELD COUNTY OSU EXTENSION CENTER.*

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**SUICIDE PREVENTION BROWN BAG LUNCH & LEARN**

Learn signs and conversation starters that save lives.

OSU Extension Center
March 13th at noon
316 E Oxford, Enid OK
580-237-1228

Our guest speaker will be Jennifer Derouen, daughter of OHCE member Janice Burns. Jennifer works for the Harris County Juvenile Justice System in Houston, Texas. She provides suicide prevention training for professionals within the justice system and is an excellent source of information regarding this issue.
Let's do Lunch in Ireland

Wednesday, March 6th—11:00 am

Are you feeling lucky? If so, $10 reserves your ticket to an exciting culinary trip to the Emerald Isle! Cooking starts at 11:00 am. If you work, it's okay to eat with us at noon. Registration fee due by March 5th. Class limited to 16 participates.

Let's do Lunch:
Wed. April 3rd—the Caribbean
Wed. May 8th—South Africa
Wed. June 5th—Lebanon
Wed. July 3rd—Brazil

Best Irish Soda Bread

Ingredients
4 cups all-purpose flour
1/4 cup sugar
2 teaspoons baking powder
1 teaspoon salt
1/2 cup raisins or 3 tbls caraway seeds
1/2 teaspoon baking soda
1 cup cold butter, cubed
2 eggs, lightly beaten
1 cup buttermilk

- In a large bowl, combine the flour, sugar, baking powder, salt and baking soda. Cut in butter until crumbly. In a small bowl, whisk eggs and buttermilk; stir into flour mixture just until moistened. Fold in raisins. Turn onto a lightly floured surface; gently knead 5-6 times.
- Divide dough in half; shape each portion into a round loaf. Place 6 in. apart on a greased baking sheet.
- Bake at 375° for 30-35 minutes or until golden brown. Transfer to a wire rack.

Nutrition Facts:
1 slice: 255 calories, 12g fat (8g saturated fat), 57mg cholesterol, 343mg sodium, 31g carbohydrate (7g sugars, 1g fiber), 5g protein.
West District OHCE Meeting (Northern Region)

SATURDAY - MARCH 23rd - 8:30 am

Meeting Registration: $20 Due by March 1, 2019
Late Registration : $25 – Lunch Guaranteed through March 15th, 2019

- There will be a caravan to Guymon that will leave at noon from the Garfield County OSU Extension Center on Friday, March 22nd.
- Friday night there is Taco Bar at 6pm and the cost is $5 and needs to be paid with registration.
- Please make sure you have room reservations if you haven’t already.

OHCE Board Meeting

Monday March 4th, 9am

We will be discussing plans for OHCE week events.

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

Text to me Emoji: The shorthand of social media

Wednesday, March 27th—2p.m.
Garfield County OSU Extension Center

This newsletter is published monthly by the Garfield County OSU Extension Center and is one way of communicating educational information. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement is implied.

Lesa K. Rauh, Extension Educator
Family & Consumer Sciences/4-H

OHCE News & Notes

First Friday Event—April 5th

Donations will be collected. Durable medical equipment collection from 6-8 pm on the Court House drive. Early donations can be made at CDSA. Loaves and Fishes is collecting nutritional supplement shakes such as Ensure or Boost that same evening. Early donations can be made at Loaves and Fishes.

Volunteer Opportunities

April 9th, 2019

Farm 2 You Event at Pleasant Vale Elementary
This will be an all day interactive event to teach children about the food chain from farm to table and nutrition. Ten volunteers needed to help work at a station and help with the children. Contact Lesa for more details.

Make a Difference!
DONATE

Choose from this list:

- Text to me Emoji
- Early donations can be made at CDSA.
- Loaves and Fishes is collecting nutritional supplement shakes such as Ensure or Boost that same evening. Early donations can be made at Loaves and Fishes.

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
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<th>Dates to Remember</th>
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<tr>
<td><strong>OHCE</strong></td>
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<tr>
<td>Feb 27 Leader lesson 2p</td>
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<td>Mar 1 OHCE Dist Mtg. $ due!</td>
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<td>Mar 4 OHCE Board Mtg 9a</td>
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<td>Mar 6 Let’s Do Lunch 11a</td>
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<td>Mar 7 Barn Quilt Wkshp 2-7p</td>
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<td>Mar 8 Barn Quilt Wkshp 9-4p</td>
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<td>Mar 13 Suicide Prevention Brown Bag L&amp;L 12p</td>
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<td>Mar 15 Last Day for Late Reg $25 for Dist OHCE Mtg.</td>
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<td>Mar 22 Caravan to Guymon 12p</td>
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<td>Mar 23 NW Dist OHCE Mtg. 8:30a</td>
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<td>Mar 27 OHCE Leader Lesson 2p</td>
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<td>Apr 1 OHCE Board Mtg 9a</td>
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<td>Apr 8-9 Farm 2 You Event</td>
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| **LESA**          |
| Mar 4 OHCE Board Mtg. 9am |
| Mar 5 Opioid/OD/Suicide Training 9am STW |
| Mar 6 Let’s Do Lunch 11a |
| Mar 7 Active Parenting webinar 1p |
| Mar 8 Spring Barn Quilt Wkshp 2-7p |
| Mar 11 Tai Chi@ Golden Oaks 4p |
| Mar 12 Enid Collaborative 8:30a |
| Mar 13 OHCE Suicide Prev. L & L 12p |
| Mar 14 Resource Alliance 12p |
| Mar 15 Caregiving Insy Webinar 10a |
| Mar 18 Tai Chi@ Golden Oaks 4p |
| Mar 21 Life Skills @ SBILC 2pm |
| Mar 22 Caravan to Guymon 12p |

| **Garfield County Cooperative Extension Service** |
| Oklahoma State University |
| 316 E. Oxford |
| Enid, OK 73701 |