

# Southeast Family and Consumer Sciences

News from Belmont-Guernsey-Monroe-Morgan-Muskingum-Perry-Washington Counties

Healthy Finances Healthy People Healthy Relationships

FALL/WINTER 2024 EDITION

## Belmont County OSU Extension

54422 Roscoe Rd., Suite A  
St. Clairsville, OH 43950  
(740) 695-1455

## Guernsey County OSU Extension

335B Old National Rd.  
Old Washington, OH 43687  
(740) 489-5300

## Monroe County OSU Extension

46764 SR 26  
Woodsfield, OH 43793  
(740) 472-0810

## Morgan County OSU Extension

155 E. Main St., Suite 320  
McConnelsville, OH 43756  
(740) 962-4854

## Muskingum County OSU Extension

225 Underwood St. #600  
Zanesville, OH 43701  
(740) 454-0144

## Perry County OSU Extension

212 Main St. (lower level)  
New Lexington, OH 43764  
(740) 743-1602

## Washington County OSU Extension

1115 Gilman Avenue  
Marietta, OH 45750  
(740) 376-7431



## Healthy Finances

### Saving for the Holidays

1. Create a budget.
2. Set spending limits with family and friends.
3. Explore layaway options.
4. Take advantage of sales and store discounts, compare prices from different suppliers.
5. Challenge stores to match the price of items to competitors.
6. Gift a homemade treat.
7. If possible, purchase items through out the year.
8. Gift a family or group versus purchasing a gift per person.



# Healthy Finances (cont'd)

## Setting Realistic Financial Goals

1. Create a monthly expense record—where are your finances going? Include both fixed and adjustable expenses.
2. Create a spending plan including income and expenses.
3. Establish an emergency fund—how much is necessary?
4. Set specific time-oriented goals (Ex.: I want to pay off my car in 8 months.)



# Healthy People

## Steps for a Healthier Heart

As many of us know, February is known as American Heart Month, a time to spotlight cardiovascular diseases or heart disease. Cardiovascular diseases are the leading cause of death in the United States and Worldwide. Heart disease actually describes a range of conditions: coronary heart disease (CHD), congenital heart disease, peripheral artery disease, and stroke. Because I'm not a medical professional, I'm going to leave discussions about those conditions to someone who knows a lot more about them than I do – say the American Heart Association. I do spend a fair amount of time working to offer people easy ideas that they can use in their everyday lives to improve their health. Here is a list of small steps that you can take to reduce your risk of heart disease:

- Eat another vegetable and fruit each day. Make sure you vary the colors, eat high potassium fruits and veggies, and include leafy greens and berries.
- Make your breakfast count. Include lots of whole grains like whole oats, brown rice, or whole wheat. Eat at least one fruit or vegetable. Watch the pre-packaged foods that may include more fat, sugar, or sodium than you would like to have.
- Include protein rich beans, legumes, and nuts. Beans and legumes are

packed with minerals and fiber, but don't have the saturated fats of animal proteins. They contain fiber and will often help you to feel full longer. Add them to your salad or eat them for a snack.

- Add some fatty fish. Salmon, trout, tuna, herring, orange roughy, halibut, and mackerel are loaded with omega-3 fatty acids. These fats help keep plaque from clogging your arteries. Just avoid fried fish.
- Have a hobby. Enjoying a hobby can actually lower your stress, promote mental health, and improve relationships. What are your favorite hobbies?
- Be positive! When you have a more positive outlook or attitude you often have lower blood pressure, lower levels of stress and depression, and better blood sugar levels. Try the "No complaining challenge" for a day and build to a week. Smile more and let go of things you can't control.
- Write down 3 funny things. Take time every day to write down 3 funny things that you heard, saw, or did. Encourage others to share funny things that happened to them.

Research has found that humor is powerful. When we laugh, we reduce depression and increase blood flow that can strengthen our heart. Take time to journal. Funny things every day to have long-term health improvements.

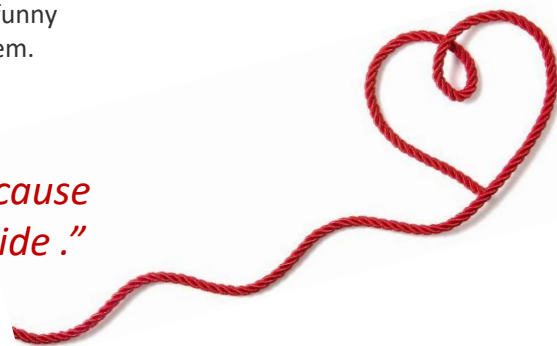
While there are numerous other things you can also do to improve your health, if you pick one or two of these easy steps you can be on your way to a healthier heart. I personally work on my positivity and just recently started looking at the funny things. I can't wait to hear what you think of the funny things practice.

**Writer:** Lisa Barlage, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Ross County. From materials developed by the Live Healthy Live Well Team.

**Reviewer:** Ken Stewart, Extension Educator, Family and Consumer Sciences, Ohio State University Extension, Monroe County.



*"Cardiovascular diseases are the leading cause of death in the United States and Worldwide."*



# Healthy People (cont'd)

## Exploring the Heart of it All

This Fall why not join Ohio State University Extension Family and Consumer Sciences Educators as we take a virtual road trip around Ohio? Explore wellness topics through weekly email messages and optional Wellness Wednesday Webinars (over Zoom). Topics include: the health benefits of travel, the perks of eating and shopping local, how reading can benefit you, and why we should all get outside and enjoy nature a little more. Each week the OSU Team will encourage you to get out and enjoy some of the wonders that we have in our home state – either by actually visiting or taking virtual tours of sites.

The email challenge connects participants with tips, research, and resources to help blend nature, health, finances, mental wellness, local foods, and more. Go to [go.osu.edu/lhlwguernsey](http://go.osu.edu/lhlwguernsey) and answer a few short questions to get registered by October 15. During the week of October 14 all registered participants will receive a pre-challenge message. Participants will then receive one email per week from October 21 to December 2. Participants will have access to optional resources available including the Ohio State University Extension Live Healthy Live Well Blog, a free 5-week Wednesday wellness webinar series, and a tracking bingo card. Pre-and post-challenge online surveys will be used to track participant progress and comments.

Join our award-winning group as we offer another chance to connect with adults who are interested in wellness via email. "Exploring the Heart of It All" will challenge you to explore a variety of ways you can journey around Ohio to find a healthier you. This program is offered free and is sponsored by Ohio State University Extension.

For additional information contact Caitlin Mathews-Smith, Extension Educator, Family and Consumer Sciences, at [mathews-smith.1@osu.edu](mailto:mathews-smith.1@osu.edu) or 740-489-5300.

## 10-Minute Tuna Melt

### Ingredients

- 1 5-ounce can no-salt-added water-packed tuna, drained
- 1 small celery stalk, chopped
- 2 tablespoons chopped jarred roasted red pepper
- 1 scallion, minced
- 3 tablespoons low-fat plain Greek yogurt
- 1 teaspoon Dijon mustard
- ¼ teaspoon ground pepper
- 4 teaspoons mayonnaise or softened butter
- 4 slices whole-grain bread
- 2 slices sharp Cheddar cheese

### Directions

1. Stir tuna, celery, roasted red pepper, scallion, yogurt, mustard and pepper together in a medium bowl until well blended.
  2. Spread 1 teaspoon mayonnaise (or butter) on one side of each slice of bread. Flip 2 of the slices and top each with half of the tuna mixture, 1 slice cheese and another slice of bread, mayonnaise-side up.
  3. Heat a large skillet over medium heat. Place the sandwiches in the pan and cook, turning once, until the cheese is melted and the bread is golden, 3 to 5 minutes per side. Serve immediately.
- Yields: 2 Servings



Picture from:  
<https://www.eatingwell.com/recipe/7907251/10-minute-tuna-melt/>

## Live Healthy Live Well

This program utilizes group face-to-face teaching and innovative approaches such as email wellness challenges, online programming and social media to distribute reliable, evidence-based health and wellness information to busy Ohioans.

Possible "Lunch and Learn" topics for your business or organization include:

- Sleep: Are You Getting Your ZZZs?
- To Salt or Not To Salt
- Cooking for One or Two
- Planning Healthy Meetings
- MyPlate and Weight Management
- Physical Activity: A Good Fit
- Save Your Skin: Sun Safety

**\*\*You can also follow LHLW all year round by signing up to join the blog at [livehealthysu.com](http://livehealthysu.com)\*\***

## ServSafe



### Belmont County

To schedule an exam by appointment, please contact Lorrissa Dunfee at (740) 695-1455 or email [dunfee.54@osu.edu](mailto:dunfee.54@osu.edu)

### Guernsey County

335B Old National Rd.  
Old Washington 43768 (lower level)  
Cost: \$ 150.00  
Dates: Nov. 5, 6, & 7  
9:00 am-4:00 pm  
Exam: Nov. 8, 9:00 am -11:30 am  
**Deadline to register: Oct. 18**

### Washington County

1115 Gilman Ave.  
Marietta, OH 45750  
Cost: \$ 150.00  
Dates: Oct. 8, 15, 22  
9:00 am-3:00 pm  
**Deadline to register: Sept. 24**

## Person in Charge

### Washington County

1115 Gilman Ave.  
Marietta, OH 45750  
Cost: \$ 25.00  
Date: Nov. 1  
9:00 am-3:00 pm  
**Deadline to register: Oct. 18**



# Healthy Relationships



## Successful Co-Parenting

### Belmont County

54422 Roscoe Rd. Suite A, St. Clairsville

- Sept. 18, Oct. 24, or Dec. 14  
9:30 a.m. to 12:00 p.m.  
Cost: \$ 30.00  
To Register: (740) 695- 1455

### Monroe County

46764 SR 26, Woodsfield

- Oct. 19, a.m. to 12:00 p.m.  
Cost: \$ 15.00  
To Register: (740) 472-0810

### Morgan County

Riecker Building Room 325  
155 E. Main St., McConnelsville

- Oct. 10  
6:30 p.m. to 9:00 p.m.
- Nov. 18  
9:30 a.m. to 12:00 p.m.  
Cost: \$20.00  
To Register: (740) 962-4854

## Tai Chi for Arthritis

### Monroe County

Woodsfield Generation Center  
118 Home Avenue, Woodsfield OH 43793  
FREE  
Fridays at 10:15 am-11:00 am

## Active Parenting of Teens

### Morgan County

155 E. Main St.  
McConnelsville, Suite 320  
Cost: \$ 30.00  
Dates: Tuesday Oct. 22<sup>nd</sup>, 29<sup>th</sup>,  
Nov. 5<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> & Dec. 3  
2:00 p.m. to 4:30 p.m.

Register at (740) 962-4854 by  
**Oct. 15**

Learning Objectives:

- Methods of respectful discipline
- Skills for clear, honest communication
- Concrete strategies to prevent risky behavior
- How to be an encouraging parent

### Perry County

Perry County Senior Center

- Oct. 2, or Nov. 6  
5:30 p.m. to 8:00 p.m.  
Cost: \$ 25.00  
To Register: (740) 743-1602

### Washington County

1115 Gilman Ave., Marietta

- 2<sup>nd</sup> Monday of each month  
Cost: \$ 30.00 payable with exact cash  
at the class  
To Register: (740) 376-7431

For more information on Successful Co-Parenting classes, please visit:  
<https://fcs.osu.edu/programs/health-y-relationships/successful-co-parenting-person>

## Monroe HOPE Alliance

(Suicide and Substance Use Prevention)  
Hybrid meeting option.

### In-person:

1:00 pm-2:00 pm at the Monroe County  
OSU Extension Office 46764 State Route  
26, Woodsfield, OH 43793

Virtually via Zoom ID:  
987 7318 9516

## Local Leisure

Looking for things to do this winter? A quick internet search will yield lots of indoor arts and crafts projects that you can do together as a family. However, maybe you're looking for a quick day trip to get you out of the house and exploring new places close to home. Check out some of our great local finds below. Be sure to call ahead to check hours open and prices if applicable.

- Baker Family Museum- Caldwell, OH**
- Campus Martius Museum- Marietta, OH**
- The Castle- Marietta, OH**
- Escape Zone- Cambridge, OH**
- Great American Steam Locomotive Museum- Cambridge, OH**
- Imperial Glass Museum- Bellaire, OH**
- The Monroe Theatre- Woodsfield, OH**
- The National Museum of Cambridge Glass- Cambridge, OH**
- Ohio River Museum- Marietta, OH**
- Peoples Bank Theatre- Marietta, OH**
- Quilt Barn Self Driving Tour- Woodsfield, OH**



**Belmont County OSU Extension Office**

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**Guernsey County OSU Extension Office**

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Old Washington, OH 43687  
(740) 489-5300

**Monroe County OSU Extension Office**

FCS Educator: Ken Stewart  
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Woodsfield, OH 43793  
(740) 472-0810

**Morgan County OSU Extension Office**

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McConnelsville, OH 43756  
(740) 962-4854

**Muskingum County OSU Extension Office**

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225 Underwood St. #600  
Zanesville, OH 43701  
(740) 454-0144

**Perry County OSU Extension Office**

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New Lexington, OH 43764  
(740) 743-1602

**Washington County OSU Extension Office**

FCS Educator: Amanda Bohlen  
1115 Gilman Avenue  
Marietta, OH 45750  
(740) 376-7431

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## References

Hendrickson, L. A. (n.d.-b). *Holiday spending*. Holiday spending | UMN Extension.  
<https://extension.umn.edu/spending-and-saving/holiday-spending>

Howard, J. (2023, September 19). *10-minute tuna melt*. EatingWell.  
<https://www.eatingwell.com/recipe/7907251/10-minute-tuna-melt/>