

WTNS Radio OSU Extension Update for January 2, 2023
Healthy People. Healthy Finances. Healthy Relationships.

On today's OSU Extension update for Healthy People, Healthy Finances, & Healthy Relationships we'll talk about one word for 2023, and as always look at some upcoming programs from OSU Extension.

Like every new year, a blank page lies before us. What a privilege it is to fill a page each week, sharing thoughts and ideas with you. My hope is that you learn or remember, reconsider or reflect on the impact our knowledge and habits have on our health, wealth, and relationships.

During 2022, some of my favorite topics were building credit, the important role of grandfathers, kitchen gadgets and hacks, brain health, dirt candy, digital fashion, and stretching the food dollar. Here are my favorite three from the past year.

3. Reconsider buying items in single-use plastic containers - Only 5 percent of plastics were recycled in the US in 2019. The Plastic-Free July campaign suggested choosing one type of single-use plastic you typically use that you could do without. I chose to switch to powdered laundry detergent.

2. There's Power in the Pen when coping with stress - There are many research studies that support the usefulness and benefits of journaling. Journaling can help improve physical health. Research has shown that writing about what stresses us improves our mood and even boosts the immune system.

1. When do parents have the most influence in their children's lives? - Many countries around the world focus on the first 1,000 days of life as the most critical for ensuring a child will have greater opportunities as they grow up. Locally, anyone with infants and young children can benefit from the Help Me Grow program. (coshdd.org/help-me-grow)

For nearly a decade I have shared my "one word" for the year with you. Some years these have been focused on character qualities I'd like to improve— kind, gentle, open, content. Other years have reflected a lifelong quest to better manage my time and focus – margin, pace, wait.

This time I am taking a different approach. I am finding there are certain tasks in my life that I push to the back burner year after year. Things that I would say are important, but they are not urgent. They also are not easy, or I would have tackled them by now. This is not nearly as

spiritual a pursuit as past years have been. Yet I know this is a complex task that will require discipline and perseverance and will be quite emotional.

I find myself caught between two worlds. The print photo world I grew up in and the digital photo world in which I now live. And I feel woefully inadequate in organizing memories in both.

I am the current keeper of totes of our family's photo albums from my childhood and my parents' childhoods. I want to be able to share these with my brother- for each of us to be able to have digital copies as well as original prints. That is focus number one.

And then there is the next generation. The years and years of photos of my children in digital format that I not only want them to have access to, but also to be able to enjoy in some type of physical form. My second focus this year is to find a system to organize these photos in a way that helps to tell the story of their growing up years.

So, my word for 2023 is photo. I'll be sure to share what I learn on my journey this year and welcome any advice you have about successfully navigating print and digital photo management.

And now let's look at some upcoming programs from OSU Extension. Direct food marketing in Ohio is hot. The latest USDA survey identified over 7,000 Ohio farms with direct food sales—third highest in the nation. OSU Extension is hosting a three-part webinar series on “Starting a Food Business,” to help producers wanting to sell home-based and farm-raised foods directly to consumers and retailers. I hope you'll join me for this free webinar series which includes *Start-Up Basics* on January 24, *Selling Home-Based Foods* on February 29 and *Selling Meat and Poultry* on March 28. Find details and the registration link at go.osu.edu/foodbusiness .

In closing, at OSU Extension, we are proud to work for Coshocton County to help educate and improve our families, farms, and businesses. Please feel free to contact OSU Extension for more information at 740-622-2265 or visit our website at coshocton.osu.edu. Make it a healthy day!