



2024

# Health & Wellness Calendar

# Health Outcomes - KAY

2016 2017 2018 2019 2020 Trend Status Oklahoma

Prevalence Data									
Smoking Prevalence	24.5%	24.8%	24.1%	24.5%	21.2%			19.1%	
COPD* / Emphysema / Chronic Bronchitis Prevalence	8.8%	9.2%	9.6%	8.6%	8.7%			8.5%	
Binge Drinking Prevalence	13.1%	13.9%	15.2%	14.8%	14.3%			11.6%	
Obesity Prevalence	28.5%	34.6%	35.7%	36.8%	40.2%			36.4%	
Physical Activity (PA) Prevalence (any/last 30 days)	73.1%	68.0%	71.7%	63.2%	69.8%			71.4%	
Aerobic PA Prevalence (150 mins/week)	N/A	44.6%	44.6%	35.8%	35.8%			37.3%	
Minimal Vegetable Consumption Prevalence^	N/A	18.4%	18.4%	27.0%	27.0%			21.5%	
Minimal Fruit Consumption Prevalence^	N/A	45.4%	45.4%	50.1%	50.1%			48.4%	
Depression Prevalence	N/A	26.5%	30.8%	30.2%	30.0%			22.9%	
Asthma Prevalence	7.1%	7.2%	9.9%	12.0%	15.2%			10.8%	
Diabetes Prevalence	11.8%	13.9%	13.0%	13.1%	13.4%			13.0%	
Hypertension Prevalence	N/A	40.7%	40.7%	39.8%	39.8%			51.6%	
Health Care Coverage Prevalence	N/A	89.9%	89.3%	89.1%	87.0%			84.2%	
Personal Doctor Prevalence	70.5%	73.1%	76.8%	78.3%	77.4%			70.2%	
Physical Health Not Good (14+ days/last 30 days)	N/A	18.0%	19.1%	18.1%	15.2%			12.7%	
Mental Health Not Good (14+ days/last 30 days)	N/A	17.5%	19.0%	18.1%	15.5%			15.9%	
Mortality Data									
Cardiovascular Disease Age-Adjusted Death Rate <sup>§</sup>	271.8	335.1	313.5	312.3	307.1			299.8	
Cancer Age-Adjusted Death Rate <sup>§</sup>	181.0	195.1	179.4	179.6	198.7			170.7	

## Legend

- Better than state outcome
- ± 0.5 from state outcome
- Worse than state outcome

## Notes:

\*Chronic Obstructive Pulmonary Disease  
 ^Consumed vegetable/fruit less than one time per day  
 §Age-adjusted rates based on 2000 US population standard. All rates are deaths per 100,000 population. Aerobic PA, Vegetable, Fruit and Hypertension data are only available for odd years; data is carried to even years as placeholders.

## Sources:

- Oklahoma State Department of Health, Center for Health Statistics, Health Care Information, Behavioral Risk Factor Surveillance System, 2019 and 2020.
- Oklahoma State Department of Health (OSDH), Center for Health Statistics, Health Care Information, Vital Statistics (OK2SHARE), 2020.

# 4-5-61

in Kay



## 4 BEHAVIORS



Tobacco Use



Sedentary Lifestyle



Poor Diet



Excessive Alcohol

## 5 CHRONIC CONDITIONS



Cardiovascular Disease



Cancer



Lung Disease



Diabetes



Alzheimer's Disease

## 61% OF DEATHS

Four unhealthy behaviors influence five chronic diseases that account for 55 percent of all deaths in Kay county and for 61 percent of all deaths in Oklahoma.

DATA FROM OK STATE DEPT OF HEALTH 2022 WELLNESS COUNTY PROFILE



# Why a health calendar?

- According to the Oklahoma State Department of Health, being healthy means optimizing all aspects of well-being, including physical, mental, and social well-being. Health is influenced by a variety of personal, social, economic, and environmental factors called 'determinants of health' such as our genetics, behaviors, where we live, and accessibility to health care. The determinants of health are inter-related, and changes in one determinant impact others.
- Oklahoma has historically ranked poorly in many key health indicators. The United Health Foundation ranked Oklahoma's overall health in 2022 as 45th in the United States in their annual America's Health Rankings report. Most of the indicators in the report relate to conditions that Oklahomans live with every day, such as poverty and limited access to primary care. The report cited Oklahoma's high prevalence of non-medical drug use, high percentage of household food insecurity, and high uninsured rate as some of the state's biggest challenges. Such conditions, along with lack of nutrition (Oklahoma is 49th in fruit & vegetable consumption), lack of physical activity (Oklahoma is 42nd), and frequency of mental distress (Oklahoma is 42nd) contribute to the poor health status of Oklahomans.
- Many wellness programs today focus heavily on health metrics people should aim for and behaviors they should be doing, which is important, but we should focus first on the foundation and creating the intrinsic motivation. People are more willing to have a health mindset when invited versus pushed, which is why a wellness calendar is a great communication tool that can create a positive foundation for wellness success.
- Both the Community Health Foundation of Kay County and the United Way of North Central Oklahoma work to improve the health of and the lives in our community. The hope is that community members will embrace this calendar and adopt even one new healthy practice that over time will have a positive impact. Every small step forward is progress leading to a healthier Oklahoma and Kay County!

## TIPS FOR NEW YEAR GOALS:

\***Start with small goals**-don't try to do too much too fast. Start slowly, be consistent, and build from there.

\***Make your goal specific & measurable** - for example, don't list your goal as "exercise more." Instead, set an amount of time for exercise, like "30 minutes, four times per week."

\***Be realistic** - set your goals according to your lifestyle AND what you want to achieve, otherwise you may lose your motivation.

\***Make a plan** - determine the when, where, how, and why's of your goals. Listing specific action steps will help move you forward

\***Stay positive** - focus on the small steps towards your goal & remind yourself of the benefits of achieving it.



# 2024 HEALTH GOALS



GOAL #1:

STEPS TO TAKE:

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 \_\_\_\_\_  
 \_\_\_\_\_  
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GOAL #2:

STEPS TO TAKE:

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 \_\_\_\_\_  
 \_\_\_\_\_  
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GOAL #3:

STEPS TO TAKE:










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GOALS #4:

STEPS TO TAKE:

\_\_\_\_\_  
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 \_\_\_\_\_  
 \_\_\_\_\_

## Healthy Habits for Adults

-  Sleep at least 7 hours each night
-  150 minutes of moderate intensity aerobic activity each week
-  Muscle strengthening activities 2 days each week
-  Men need 125 ounces of water per day and women need 91
-  Learn something new to keep your brain healthy
-  Eat a balanced diet including 5 portions of fruits or vegetables each day
-  Prioritize face-to-face social connection
-  Get outside several times per day
-  Quit smoking and/or vaping



# January 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	1 	2	3	4	5	6
	Spend some time this week thinking about and listing specific, attainable health goals that you can work towards and achieve in 2024					
7 <b>WEEK 1 CHECK-IN</b> Chart progress on goals	8 How many hours did you sleep? Adults need 7	9 Did you eat 5 fruits or veggies today?	10 <b>Mid-week Check-in</b> Are you working on your goals?	11 Add a sunscreen to your morning routine to prevent skin cancer	12 Schedule a lunch or dinner with friends	13 Spend 10-15 minutes outside today
14 <b>WEEK 2 CHECK-IN</b> Chart progress on goals	15 Add fresh fruit in water to help you drink more	16 Try a bodyweight exercise session	17 <b>Mid-week Check-in</b> Are you working on your goals?	18 Establish a relaxing bedtime routine to help you fall asleep	19 How many minutes of activity did you do this week? Adults need 150 minutes	20 Buy a new water bottle or tumbler to help meet your hydration goals
21 <b>WEEK 3 CHECK-IN</b> Chart progress on goals	22 Change up your exercise routine this week to prevent boredom	23 If you smoke or vape, find resources to quit at <a href="http://okhelpline.com">okhelpline.com</a>	24 <b>Mid-week Check-in</b> Are you working on your goals?	25 Use hand weights or canned goods to do a strength workout today	26 Pick a new hobby to learn to keep your brain young	27 Clean out your medicine cabinet today
28 <b>WEEK 4 CHECK-IN</b> Chart progress on goals	29 Write a plan for each goal and what you will do in February to stay on track!	30	31 <b>Mid-week Check-in</b> Are you working on your goals?	Check off any day that you succeed in meeting or working towards a personal goal. <b>DON'T GIVE UP!</b>		



# NATIONAL HEART HEALTH MONTH!



## How does heart disease affect men?



- Heart disease is the leading cause of death for men in the United States, killing 384,886 men in 2021—that's about 1 in every 4 male deaths.
- Heart disease is the leading cause of death for men of most racial and ethnic groups in the United States, including African Americans, American Indians or Alaska Natives, Hispanics, and whites. For Asian American or Pacific Islander men, heart disease is second only to cancer.
- About 1 in 13 (7.7%) white men and 1 in 14 (7.1%) black men have coronary heart disease. About 1 in 17 (5.9%) Hispanic men have coronary heart disease.
- Half of the men who die suddenly of coronary heart disease had no previous symptoms. Even if you have no symptoms, you may still be at risk for heart disease.

## Risk Factors for Heart Disease in Women



- High blood pressure is a major risk factor for heart disease. More than 56 million women in the United States (44.3%) have high blood pressure (defined as 130/80 mm Hg or higher) or are taking blood pressure medicine<sup>5</sup>. This includes almost 1 in 5 women of reproductive age.
- Having high blood pressure increases the risk of developing heart disease and stroke and can lead to early death.
- High blood pressure is often underdiagnosed in women, and fewer than 1 in 4 women with high blood pressure (23.3%) have their condition under control.
- Black women are nearly 60% more likely to have high blood pressure than White women.<sup>8</sup>
- Pregnant women with high blood pressure have twice the risk of developing heart disease later in life compared to pregnant women without this condition.<sup>8</sup> In the United States, high blood pressure develops in 1 in every 8 (13.0%) pregnancies.<sup>10</sup>

## Know Your NUMBERS

These key measurements help determine your current health and health risks...do you know yours?

**BLOOD PRESSURE** Recommended range: Less than 130/80

**BLOOD SUGAR** Healthy target: Fasting below 100mg/dL

**CHOLESTEROL** Goal for total cholesterol: Less than 200 mg/dL

**BODY WEIGHT** BMI (weight divided by height squared) between 18.5 to 25






## SIGNS OF A HEART ATTACK

- ➕ Chest pain that may feel like pressure, tightness, pain, squeezing or aching
- ➕ Pain or discomfort that spreads to shoulder, arm, back, neck, jaw, teeth or upper belly
- ➕ Cold sweat
- ➕ Fatigue
- ➕ Lightheadedness or sudden dizziness
- ➕ Nausea
- ➕ Women may have atypical symptoms such as a brief or sharp pain in neck, arm, or back

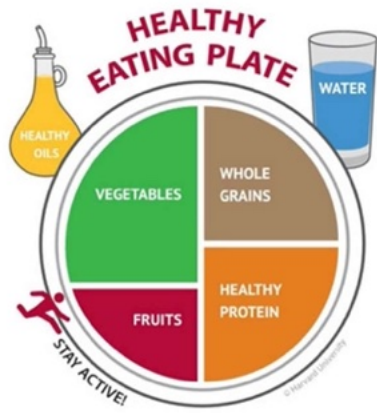


The first Friday in February (**February 2**) is National Wear Red Day. On this day, which is considered American Heart Month, everyone across the country dons the color red in order to raise and spread awareness in hopes to help eradicate heart disease and stroke in millions of women all over the nation. So put on your reddest red – whether it be a lipstick, a pair of pants, or your favorite hat – and paint the city red.

# 2024 February

SUN	MON	TUE	WED	THU	FRI	SAT
				<b>Baked is better!</b> <sup>1</sup> Commit to eating no fried foods today!	<b>Snack Transformation!</b> <sup>2</sup> Choose heart-healthy versions like baked chips instead of fried or fruit instead of ice cream.	<b>Egg Exchange!</b> <sup>3</sup> Use egg whites or egg substitutes in your omelet and recipes to reduce cholesterol.
<b>No Salt Sunday!</b> <sup>4</sup> Commit to adding no salt to your foods today!	<b>Meatless Monday!</b> <sup>5</sup> Get your protein from beans, lentils and nuts.	<b>Drink 32oz. of water during the workday to stay hydrated and avoid fatigue.</b> <sup>6</sup>	<b>What's your real age?</b> <sup>7</sup> Complete the <b>real age assessment</b> by creating a profile at <a href="http://www.realage.com">www.realage.com</a>	<b>MILK MAKEOVER</b> <sup>8</sup> Choose low fat or fat-free milk instead of whole milk.	<b>Ode to Oils</b> <sup>9</sup> Make a recipe using heart-healthy olive oil!	<b>Go for the whole!</b> <sup>10</sup> Make at least 1/2 of your grains whole grains today
<b>Color your plate</b> <sup>11</sup> Fill 1/2 your plate with fruit and veggies for at least one meal	<b>Do the "NOON Walk"</b> <sup>12</sup> Walk 10 min. with coworkers at lunch	<b>How long can you go?</b> <sup>13</sup> Choose low-fat versions of cheeses, yogurt, salad dressings and mayonnaise	<b>Wellness Wednesday</b> <sup>14</sup>  Eat a serving of heart healthy fish like salmon or tuna!	Try a new grain like <sup>15</sup> barley, brown rice, whole-grain pasta or bulgur which is high in fiber and tasty too!	<b>Eat raw, for the day!</b> <sup>16</sup> Try eating only raw foods today. Visit <a href="http://rawfoodrecipes.com">rawfoodrecipes.com</a> for raw recipe ideas!	<sup>17</sup> Take the day off and relax!
<b>Keep track of your calories!</b> <sup>18</sup> Use a calorie calculator to count the calories in everything you eat and drink	<b>Go nuts for nuts!</b> <sup>19</sup> Eat a handful of heart healthy raw nuts like almonds, pecans or walnuts	<b>Reduce your calorie intake</b> <sup>20</sup> Using your results from Sunday, track and reduce your caloric intake by 100 calories	<sup>21</sup> Practice a quick and easy heart-healthy cooking method like roasting, steaming or sauteing!	<b>Exercise after eating</b> <sup>22</sup> Spend the second half of your lunch break stretching and doing push-ups or sit-ups.	<b>I spy.....</b> <sup>23</sup> A healthy heart! Buy a food item at the store with the heart-healthy check mark 	<sup>24</sup> <b>Browse the American Heart Association's website: <a href="http://www.heart.org">www.heart.org</a> and read at least 2 articles.</b>
<b>Control your portion size</b> <sup>25</sup> Today, try to eat off of a smaller plate or share a meal!	<b>Start your WEEK off right</b> <sup>26</sup> Eat a HIGH FIBER breakfast to get your metabolism up and moving!	<sup>27</sup> <b>Drink 32oz. of water during the workday to stay hydrated and avoid fatigue.</b>	<b>Tea Time</b> <sup>28</sup> Switch your coffee or soda for green tea. Studies show green tea reduces cancer and heart disease	<sup>29</sup> <b>You completed the Heart Healthy Challenge! Now get 7-8 hours of sleep to rejuvenate your body!</b>	<b>Calculate one point for each activity completed and put the total number of points for the month in the heart:</b>	

# Build a Healthy & Balanced Diet - by Harvard University



**Make the most of your meal** - with fruits & veggies **1/2 your plate**. Potatoes don't count as veggies due to their negative impact on blood sugar.

**Go for whole grains** - **1/4 your plate** whole grains ( including whole wheat, quinoa, & brown rice) which have a milder effect on blood sugar & insulin than white bread, white rice, or other refined grains.

**Protein Power** - **1/4 your plate** Fish, poultry, beans & nuts are healthy & versatile. Limit red meat & avoid processed meats like sausage and bacon.

**Healthy plant oils** - choose oils like olive, canola, soy, sunflower & others and avoid partially hydrogenated oils.

**Drink water, coffee or tea** - skip sugary drinks & limit milk & dairy products to 1 to 2 servings per day.



MARCH IS NATIONAL NUTRITION MONTH





# March 2024



SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
<b>Save Your Vision Month</b> 3	Schedule a comprehensive eye exam for each family member 4	Wear sunglasses that block out 99-100% of UVA & UVB rays 5	Wear protective eyewear playing sports or while doing activities at home 6	Give your eyes a rest If working at a computer, every 20 minutes, look 20 feet ahead for 20 seconds 7	Wash hands thoroughly before putting in or taking out contact lenses 8	Add a serving of dark leafy green veggies today to help keep eyes healthy 9
<b>Sleep Awareness Week</b> 10	Consistent bed & wake times improve sleep - make a plan today! 11	Take a walk: even a 10 minute walk improves sleep 12	Get outside for 30 minutes - sunlight during the day improves sleep 13	Make your bedroom dark & block out any white or blue lights 14	Help your brain relax - don't watch tv, read, or work in the bedroom 15	Try a relaxation technique like a guided recording or deep breathing exercises 16
<b>Poison Prevention Week</b> 17	Take time today to ensure medicine is locked up & out of reach of children 18	Install carbon monoxide detectors near bedrooms or furnaces 19	Move household cleaners out of reach of children & keep in original containers 20	Never mix household cleaners or chemicals together! 21	If your home was built before 1978, check for lead-based paint 22	Save this poison prevention number in phone & post at home: 1-800-222-1222 23
<b>March 20th was Oral Health Day</b> 24	Schedule a dental exam for family members 1 year or older 25	Talk to your child's dentist about sealants - they prevent cavities & save money 26	Keep your dental floss sight or set a reminder on phone to floss teeth at least once per day 27	Download a printable teeth brushing calendar to help build a routine for kids 28	Swap one soda or juice for water to limit damage to teeth 29	Don't forget to brush your tongue! It can hold bacteria like a sponge 30
Replace your toothbrush! It should be done every three months 31	<b>Goal check in: What progress have you made on the goals you set in January?</b>					

**Stress is a normal part of life, and only becomes a problem when we don't manage it.**

## **STRESS AWARENESS MONTH**

### **Know How Stress Affects Your Body**

Whether it's from everyday deadlines, the work-life balancing act, or financial struggles, stress shows up often. Your body reacts to it. Your heart rate increases, your blood vessels narrow—and especially over the long term that's not healthy! Research shows that stress can make us more likely to get heart disease and have a heart attack. The origins of heart disease begin at a young age, so the earlier in life you learn how to de-stress, the happier you and your heart will be. Ongoing stress acts on more than just your heart. It affects everything from your nervous system and hormones to your lungs and gut. You may not see the connection, and healthcare providers may not ask about your stress. So try to listen to your body while thinking about what's going on in your life.

#### **Find Your Way to Healthy Relaxing**

There's no one way to control stress. You may want to try a stress management program, do yoga, talk to a professional counselor, take an art class, or join friends for a brisk walk. Being in nature is very soothing for some people.

If you're short on time, make a list of three-minute activities you love. Add one to each day of your calendar. Consider:

- Listening to a favorite tune during lunch
- Stretching after a warm shower
- Catching a few minutes of the sunrise or sunset

### **Turn on your relaxation Response**

Did you know your body also has a relaxation response? Your breathing slows and blood pressure and heart rate decrease. The good news is you can trigger that response. Ways to do so often combine breathing deeply and focusing your attention on pleasing thoughts and images. Here are a few relaxation response techniques to try. You can do these on your own or find a teacher or class to start. They may take some practice!

#### **Progressive muscle relaxation**

This approach calls for tightening individual muscles in your body and then releasing the tension. Start by tensing and relaxing your toes, then your calves, and on up to your face. Do one muscle group at a time.

**GOAL: Start each week by choosing one stress relief technique from the list below and practice it on a daily basis.**

- **Magic Fingers-** get a massage.
- **Practice peace-** Meditation, deep breathing, imaginary
- **Take 5-** Take 5 minutes for fun, relaxation, or a quick walk.
- **Unplug-** Turn off technology for the evening.
- **Just say NO! -** Turn down projects and avoid overextending yourself.
- **Keep it simple-** Spend time getting organized.
- **Get some rest-** Get 6-8 hours of continuous sleep.
- **Exercise!** - take 30 minutes to yourself to be physically active.
- **Take some "me" time-** Gardening is a great way to take your mind off stressful tasks.

# Relieve some stress!!

Write in your stress relief techniques for each week!

Put a smiley face in the cell if you have practiced



your stress relief-techniques!

# April 2024

	SUN	MON	TUE	WED	THU	FRI	SAT
Week 1		1	2	3	4	5	6
Week 2	7	8	9	10	11	12	13
Week 3	14	15	16	17	18	19	20
Week 4	21	22	23	24	25	26	27
Week 5	28	29	30				



# May is Mental Health Awareness Month

Call 988 for free & confidential emotional support  
Chat at [988lifeline.org](https://988lifeline.org)



Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Mental and physical health are equally important components of overall health. For example, depression increases the risk for many types of physical health problems, particularly long-lasting conditions like diabetes, heart disease, and stroke. Similarly, the presence of chronic conditions can increase the risk for mental illness.



Mental illnesses are among the most common health conditions in the United States.

\*More than 1 in 5 US adults live with a mental illness.

\*Over 1 in 5 youth (ages 13-18) either currently or at some point during their life, have had a seriously debilitating mental illness.<sup>5</sup>

\*About 1 in 25 U.S. adults lives with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.<sup>6</sup>



There is no single cause for mental illness. A number of factors can contribute to risk for mental illness, such as:

\*Adverse Childhood Experiences, such as trauma or a history of abuse (for example, child abuse, sexual assault, witnessing violence, etc.)

\*Experiences related to other ongoing (chronic) medical conditions, such as cancer or diabetes

\*Biological factors or chemical imbalances in the brain

\*Use of alcohol or drugs

\*Having feelings of loneliness or isolation



Loneliness and social isolation are widespread problems in the US. People with meaningful social connections have less stress and better sleep, better overall health that can lead to a longer life, healthier habits and behaviors, and a better quality of life and sense of belonging. Improving social connections takes time, but try these tips:

\*Invest time in nurturing your relationships

\*Explore ways to meet new people like taking a class or joining a club

\*Share activities you enjoy with a friend

\*Find ways to be responsive, supportive, and grateful to others

\*Reduce practices that lead to feelings of disconnection, like excessive social media use

\*Talk to a healthcare provider if you are concerned about stress, loneliness, and social isolation to ensure you are taking care of your mental health

**Take a mental health assessment test at:**

**[https://screening.mhanational.org/  
screening-tools](https://screening.mhanational.org/screening-tools)**



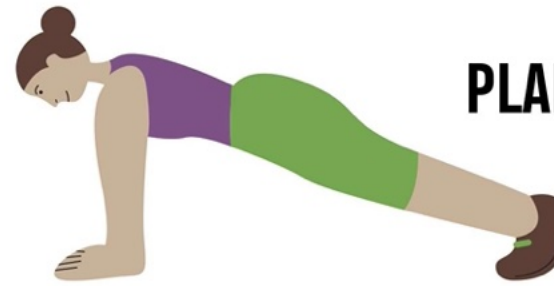
# May 2024



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Take a mental health assessment test	2 Keep a gratitude journal this month	3 Do something kind for someone else	4 Get outside - take a walk or sit & read
5 Stick to a sleep routine	6 Plan something fun this month	7 Take a break from social media	8 Spend 10 minutes clearing clutter	9 Get active for 30 minutes	10 Find & read a book about mental health this month	11 Take a long, hot bath
12 Keep a log of foods & mood this week	13 Let go of a grudge	14 Spend time playing with a pet	15 Prepare tonight for the day ahead	16 Find a way to laugh today	17 Take periodic breathing breaks	18 Do something creative today
19 Give someone a compliment today	20 Plan a vacation or camping trip	21 Sing a song - improves mood & relieves stress	22 Be kind to yourself write 3 nice things about you!	23 Ask a friend for help	24 Watch a motivating TED talk	25 Try 10 minutes of yoga exercise
26 Try a new, healthy snack today	27 Do something today you've put off	28 Share your feelings with someone	29 Play a game or do a puzzle	30 Plant something & watch it grow	31 List your accomplishments so far this year	

# ♂ June is Men's Health Month

- ♂ Men are significantly less likely than women to see a doctor or report symptoms to a health care provider.
- ♂ Only 60 percent of men go to the doctor for a yearly, routine check up, and 40 percent won't go until something is seriously wrong.
- ♂ Women, encourage the men in your life to see a doctor. 20% of men report seeing a doctor so a loved one will stop nagging them.
- ♂ Men's mortality rate is higher than women for 8 out of 10 health conditions including heart disease, cancer, stroke, and diabetes.
- ♂ Prostate cancer is the second leading cause of cancer deaths for men in the United States. A man is 2 to 3 times more likely to get prostate cancer if his father, brother or son had it. Talk to your doctor about having PSA and DRE levels checked.
- ♂ Erectile dysfunction affects nearly 30 million men of all ages across the United States. If you're having problems, see a urologist and make sure it's not an early warning sign for something more serious, like heart disease, high blood pressure or high blood sugar.
- ♂ Men older than 50 should have a yearly physical exam, and men younger than 50 should have a physical exam every three to five years. Even if you're feeling healthy, a regular checkup with your health care team is a good way to validate your health or identify a problem in its early stages.



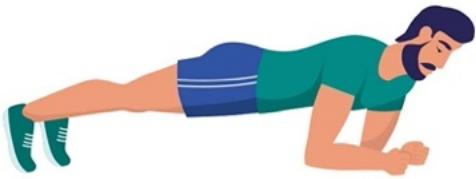
## PLANK CHALLENGE

Planks help improve your core stability, which can help to protect the spine. Although a plank might look like a simple exercise, it's a key part of any workout routine. This functional movement can help improve your core strength and stability, in turn protecting your spine. Before adding this exercise to your regular workout regimen, it's important to consult your physician to confirm that it's safe for you to do.

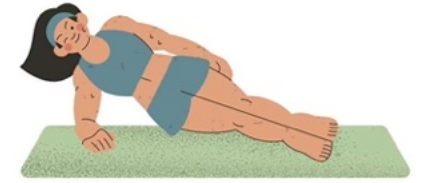
### HOW TO DO A PLANK CORRECTLY:

1. Start in a four-point kneeling position, with hands and knees on the floor and torso in a "table-top" position. Once you're in this position, activate your stomach muscles and try to keep your spine as straight as possible. Keep your ribs pulled in throughout the movement.
2. While maintaining this position, come down onto your elbows, one at a time. Your elbows should be just outside the width of your shoulders and your hands should be flat on the floor.
3. Extend one leg at a time so that they are stretched out behind you and only your forearms and feet are touching the floor. At this point, check your hip position to see if you need to bring your hips down slightly (you probably will). You don't want to stick your butt in the air or allow your hips to drop; try to find the right balance in between.

Your focus during a plank should be on your breathing. When breathing in, imagine that you're sucking air through one of those tiny cocktail straws. When breathing out, imagine that you're quietly "shushing" someone, as exhaling through closed teeth and pursed lips can help keep the tension in your core. When done properly, a plank should start to feel difficult almost right away. Keep in mind that when performing a plank, it's actually best to count your breaths, rather than timing the exercise.



# June 2024



SUN	MON	TUE	WED	THU	FRI	SAT
						1 20 sec. front 15 sec. each side
2 20 sec. front 15 sec. each side	3 20 sec. front 15 sec. each side	4 30 sec. front 20 sec. each side	5 30 sec. front 20 sec. each side	6 30 sec. front 20 sec. each side	7 30 sec. front 20 sec. each side	8 40 sec. front 25 sec. each side
9 40 sec. front 25 sec. each side	10 40 sec. front 25 sec. each side	11 40 sec. front 30 sec. each side	12 40 sec. front 30 sec. each side	13 40 sec. front 30 sec. each side	14 50 sec. front 35 sec. each side	15 50 sec. front 35 sec. each side
16 50 sec. front 35 sec. each side	17 1 min. front 40 sec. each side	18 1 min. front 40 sec. each side	19 1 min. front 40 sec. each side	20 1 min. 10 sec front 45 sec. each side	21 1 min. 10 sec front 45 sec. each side	22 1 min. 10 sec front 45 sec. each side
23 1 min. 20 sec front 50 sec. each side	24 1 min. 20 sec front 50 sec. each side	25 1 min. 20 sec front 50 sec. each side	26 1 min. 30 sec front 55 sec. each side	27 1 min. 30 sec front 55 sec. each side	28 1 min. 30 sec front 55 sec. each side	29 1 min. 45 sec front 1 min. each side
30 1 min. 45 sec front 1 min. each side						

Individual Planks Challenge - Family Plank Challenge - Workplace Plank Challenge



# TIPS FOR: DRINKING MORE WATER

Water is essential for every cell in the body to function correctly. Water aids the digestive system, helps prevent constipation, flushes toxins from the body, promotes good kidney function, keeps your joints and muscles lubricated, supports healthier and younger-looking skin, and helps regulate body temperature.

Mayo Clinic recommends this minimum daily intake of water:

Women – 11.5 cups, or 92 ounces

Men – 15.5 cups, or 124 ounces

**Flavor it** - Add fruit to your water. Lemons, limes and oranges are tried and true. Cucumber, watermelon, strawberries and herbs also are delicious options.

**Tie it into a routine** - Drink a glass of water every time you brush your teeth, eat a meal or use the bathroom.

**Eat it** - Many fruits and vegetables have a high water content, including melon, cucumbers, lettuce and celery.

**Track it** - Use the simple chart below or invest in a high-tech bottle that connects to your smartphone and records how much you drink. You can also set an alarm as a reminder and track your intake in your calendar.

**Challenge a friend** - Kick off a healthy competition with a friend or your kids to see who can meet their guzzling goal most often.

**Take it to go** - Drinking enough water when you are the go can be challenging. Fill your water bottle before you leave home, and bring it along on your daily travels.

**Alternate your drinks** - If you can't give up soda or juice completely, try alternating with water. Each time you finish a glass of water, switch to soda or juice and vice versa.

## BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

**WHAT:** Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

**WHO:** Children, Older adults, More males than females are affected, Outside workers, People with disabilities

**WHERE:** Houses with little to no AC, Construction worksites, Cars

**HOW to AVOID:** Stay hydrated with water, Stay cool in an avoid sugary beverages air conditioned area, Wear light-weight, light colored, loose fitting clothes

During extreme heat the temperature in your car could be deadly.

Outside Temperature 80°

Inside 109°	Inside 118°	Inside 118°
Time Elapsed: 20 minutes	Time Elapsed: 20 minutes	Time Elapsed: 20 minutes

**HEAT ALERTS:** Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
Minor Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Major Excessive heat event in next 36 hours

**DID YOU KNOW?**

- Those living in urban areas may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.
- Most heat-related illnesses occur because of overexposure to heat or over-exercising.
- Sunburn can significantly slow the skin's ability to release excess heat.
- 206 people died in the US as a result of extreme heat in 2011.

**\$30 BILLION** estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit: <http://www.cdc.gov/extremeheat/>

Centers for Disease Control and Prevention  
Office of Public Health Preparedness and Response



COLOR EACH GLASS OF WATER YOU DRINK THAT DAY.

AIM FOR 90Z A DAY OR MORE! The Institute of medicine states that an adequate intake for men is roughly 13 cups of water and for women is 9 cups. Your water needs depends on many factors, including your health, how active you are and where you live.

# July 2024



SUN	MON	TUE	WED	THU	FRI	SAT
	1 VVVVVV VVVVVV	2 VVVVVV VVVVVV	3 VVVVVV VVVVVV	4 VVVVVV VVVVVV	5 VVVVVV VVVVVV	6 VVVVVV VVVVVV
7 VVVVVV VVVVVV	8 VVVVVV VVVVVV	9 VVVVVV VVVVVV	10 VVVVVV VVVVVV	11 VVVVVV VVVVVV	12 VVVVVV VVVVVV	13 VVVVVV VVVVVV
14 VVVVVV VVVVVV	15 VVVVVV VVVVVV	16 VVVVVV VVVVVV	17 VVVVVV VVVVVV	18 VVVVVV VVVVVV	19 VVVVVV VVVVVV	20 VVVVVV VVVVVV
21 VVVVVV VVVVVV	22 VVVVVV VVVVVV	23 VVVVVV VVVVVV	24 VVVVVV VVVVVV	25 VVVVVV VVVVVV	26 VVVVVV VVVVVV	27 VVVVVV VVVVVV
28 VVVVVV VVVVVV	29 VVVVVV VVVVVV	30 VVVVVV VVVVVV	31 VVVVVV VVVVVV			

# Benefits of Yoga

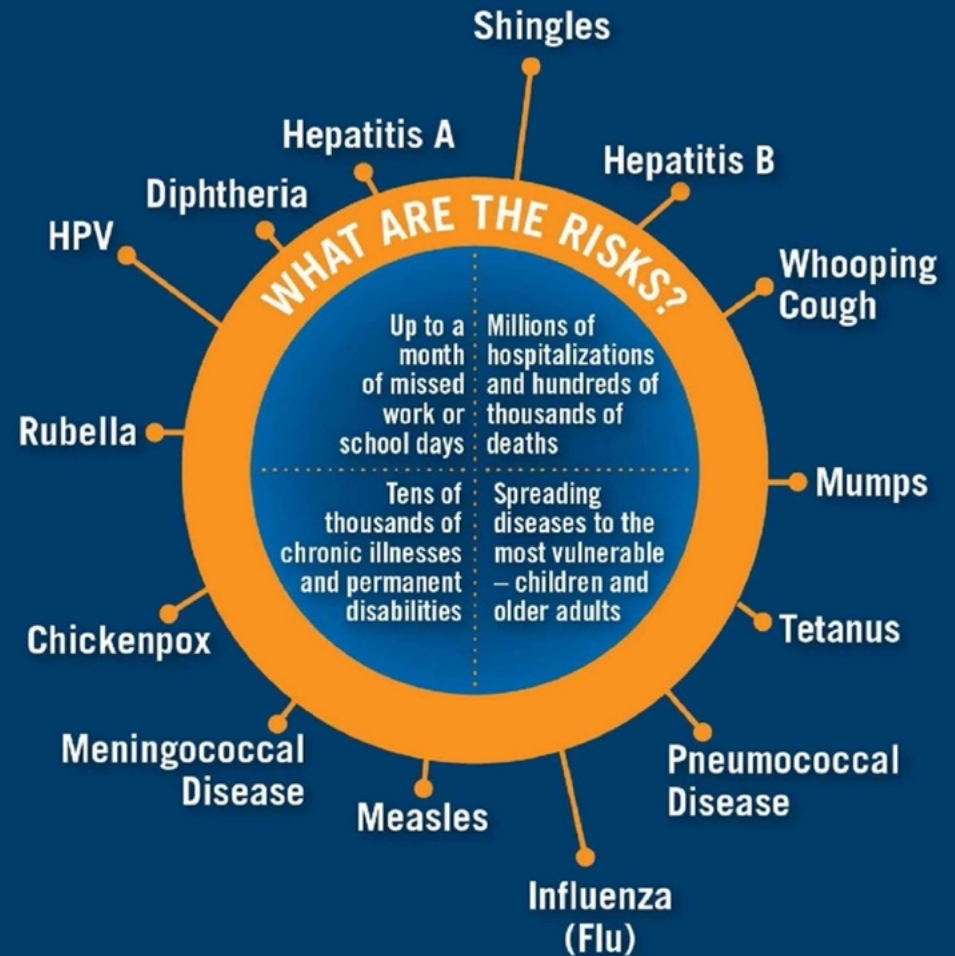


1. Yoga improves strength, balance, & flexibility.
2. Yoga helps with back pain relief.
3. Yoga can ease arthritis symptoms.
4. Yoga benefits heart health by reducing levels of stress & body-wide inflammation.
5. Yoga relaxes you to help you sleep better.
6. Yoga can lead to more energy & brighter moods. A yoga routine can increase physical & mental energy & boost alertness & enthusiasm.
7. Yoga helps manage stress.
8. Yoga can connect you to a supportive community through yoga classes.
9. Yoga promotes better self-care.

~John Hopkins Medicine

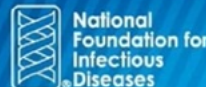
AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

VACCINES AREN'T JUST FOR CHILDREN  
**ADULTS CAN BE PROTECTED**  
..... FROM 14 DEADLY DISEASES .....



























.....  
Talk to your healthcare provider about which vaccines are right for you

For more information, visit [adultvaccination.org](http://adultvaccination.org)



# Yoga Challenge

# August 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<b>Meditation</b>	1. Set the mood, calm music, no distractions. 2. Sit/lay in comfy position. 3. Focus on your breath: Inhale 7 seconds, hold for 3 seconds, exhale for 7 seconds.			 1 <b>Mountain</b>	 2 <b>Tree</b>	 3 <b>Plank</b>
 4 <b>Side Plank</b>	5 <b>10 Min Meditation</b>	 6 <b>Downward Facing Dog</b>	 7 <b>Warrior I</b>	 8 <b>Warrior II</b>	10 <b>10 Min Meditation</b>	 10 <b>Reverse Warrior</b>
 11 <b>Low Lunge</b>	 12 <b>Cat</b>	 13 <b>Cow</b>	14 <b>10 Min Meditation</b>	 15 <b>Triangle</b>	 16 <b>Cobra</b>	 17 <b>Locust</b>
 18 <b>Easy Seat</b>	19 <b>15 Min Meditation</b>	 20 <b>Standing Fold</b>	21  21 <b>Childs Pose</b>	 22 22	23 <b>15 Min Meditation</b>	 24 <b>Boat Pose</b>
 25 <b>Back Extended Pose</b>	 26 <b>Knee Head Pose</b>	27 <b>20 Min Meditation</b>	 28 <b>Side Stretch Pose</b>	 29 <b>Camel Pose</b>	 30 <b>Seated Half Spinal Twist</b>	31 <b>20 Min Meditation</b>



# SEPTEMBER IS HEALTHY AGING MONTH



## SCREENING TESTS FOR ADULTS

- Dental cleaning & exam every six months
- Eye exam - based on age and if using corrective lenses
- Blood tests including thyroid function, fasting blood glucose, CBC, cholesterol, & creatinine at least every 5 years
- Mental health screening - can take one online or get thorough screening with PCP or mental health professional
- Blood pressure check - ages 18 and older & if healthy every 2-5 years, 40 and older every year
- Cervical cancer by pap smear - at least every 3 years
- Skin cancer screening - every 3 years ages 20-40 and every year after age 40
- STD screening - annually in women younger than 24 and if at risk ages 25 and older
- Hepatitis C blood test screening - at least once 18 years +
- HIV screening - at least once ages 13 to 64 and if at risk
- Colorectal cancer - regular screening ages 45-75, earlier if family history
- Mammogram - start by age 40 and at least every other year
- Prostate screening blood test by age 55 and every 2 to 3 years, earlier if family history or family history
- Lung cancer screening - every year ages 50 to 80 if currently smoke or long history of smoking
- Bone density test - women over 65 should schedule; if under age 65 & have gone through menopause, consult with physician
- Dementia screening test if symptomatic

## ACTIVITIES TO EXERCISE YOUR BRAIN



READ



LEARN A FOREIGN  
LANGUAGE



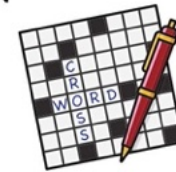
PLAY A MUSICAL  
INSTRUMENT



MEMORIZE  
A POEM



PLAY A GAME  
OF STRATEGY



DO A  
CROSSWORD



TRAVEL



SPEND TIME  
WITH  
FRIENDS



TAKE  
A CLASS



LEARN A NEW  
SKILL



SOLVE MATH  
PROBLEMS



PLAY  
PICKLEBALL



DO A  
PUZZLE



VOLUNTEER



# September 2024



SUN	MON	TUE	WED	THU	FRI	SAT
1 Work a Sudoku puzzle today	2 Check your blood pressure	3 Schedule an eye exam	4 Schedule a mammogram	5 Schedule an appointment for blood test screening	6 Memorize a poem	7 Start a new book
8 Play a game like checkers or chess	9 Schedule a dental exam	10 Schedule a pap smear	11 Schedule a prostate blood test	12 Schedule colorectal screening	13 Research a new skill to learn	14 Check out a library book about the new skill
15 Plan a vacation	16 Check with Dr to see if you need HIV screening	17 Schedule bone density test	18 Are you up to date on immunizations?	19 Schedule a lung cancer screening if needed	20 Play pickleball or take a walk	21 Go to lunch or dinner with friends
22 Research volunteer opportunities	23 Set up a time to volunteer	24 Check with Dr to see if you need Hep C screening	25 Schedule a skin cancer screening	26 Do you need lung cancer screening? Call your Dr	27 Do a mental health screening	28 Take a day trip and see something new
29 Start a jigsaw puzzle	30 Balance your checkbook and don't use a calculator	<b>Goal check in: What progress have you made on the goals you set in January?</b>				



# WALKtober



## DID YOU KNOW?

- People who walk approximately 20-25 miles per week outlive those who don't by several years.
- Walking 20 minutes extra daily will on average burn off 7 pounds of body fat per year.
- Longer, moderately paced daily walks (40 minutes at 60% to 65% maximum heart rate) are best for losing weight.
- Shorter, faster walks (20-25 minutes at 75% to 85% maximum heart rate) are best for conditioning your heart and lungs.



## Are there local walking trails?

**Yes, here is a list of several walking trails:**

- Cann Memorial Garden Trail located at 1500 E. Grand Avenue PC, OK (up to .38 miles)
- Downtown Fitness Trail located at 516 E. Grand Avenue PC, OK (up to 1.53 miles)
- Lake Ponca Walking Trail located at 1150 L.A. Cann Drive PC, OK (up to 1.325 miles)
- Marland Estate Trail/Redbud Trail located at 901 Monument Road PC, OK (up to 1.53 miles)
- RecPlex Trail located at 1604 W. Grand Avenue PC, OK (up to .86 miles)
- War Memorial Trail located at 706 N. Seventh Street, PC, OK (up to 1.325 miles)
- Standing Bear Trail located at 601 Standing Bear Parkway PC, OK (up to 1.72 miles)
- Blinn Park located on East Stone Ave. Tonkawa, OK
- Ray See Park 500 block South Main in Tonkawa, OK
- Riverside Park 400 South E St. In Blackwell, OK

## Stay Motivated

Starting a walking program takes initiative. Sticking with it takes commitment. To stay motivated:

- Set yourself up for success. Start with a simple goal, such as, "I'll take a 5- or 10-minute walk during my lunch break." When your 5- or 10-minute walk becomes a habit, set a new goal, such as, "I'll walk for 20 minutes after work."

Find specific times for walks. Soon you could be reaching for goals that once seemed impossible.

- Make walking enjoyable. If you don't like walking alone, ask a friend or neighbor to join you. If you're energized by groups, join a health club or walking group. You might like listening to music while you walk.
- Vary your routine. If you walk outdoors, plan several different routes for variety. If you often walk in your neighborhood, consider walking somewhere new, such as a city or state park. Try taking routes with hills or stairs as you become used to walking more. Or walk faster for a few minutes and then slow down for a few minutes and repeat the cycle. If you're walking alone, tell someone which route you're taking. Walk in safe, well-lit locations.
- Take missed days in stride. If you find yourself skipping your daily walks, don't give up. Remind yourself how good you feel when you include physical activity in your daily routine, and then get back on track.

Once you take that first step, you're on the way to an important destination — better health.

# WALKtober Walking Challenge Tracker

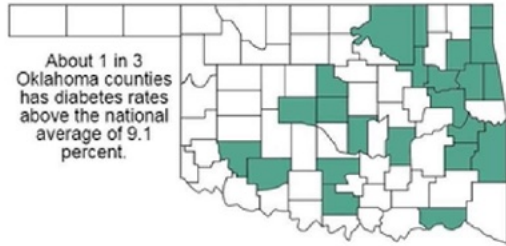
# October 2024

SUN	MON	TUE	WED	THU	FRI	SAT
		1 I walked _____ mins today	2 I walked _____ mins today	3 I walked _____ mins today	4 I walked _____ mins today	5 I walked _____ mins today
6 I walked _____ mins today	7 I walked _____ mins today	8 I walked _____ mins today	9 I walked _____ mins today	10 I walked _____ mins today	11 I walked _____ mins today	12 I walked _____ mins today
13 I walked _____ mins today	14 I walked _____ mins today	15 I walked _____ mins today	16 I walked _____ mins today	17 I walked _____ mins today	18 I walked _____ mins today	19 I walked _____ mins today
20 I walked _____ mins today	21 I walked _____ mins today	22 I walked _____ mins today	23 I walked _____ mins today	24 I walked _____ mins today	25 I walked _____ mins today	26 I walked _____ mins today
27 I walked _____ mins today	28 I walked _____ mins today	29 I walked _____ mins today	30 I walked _____ mins today	31 I walked _____ mins today	<b>Total Minutes walked during the month of October: _____</b>	

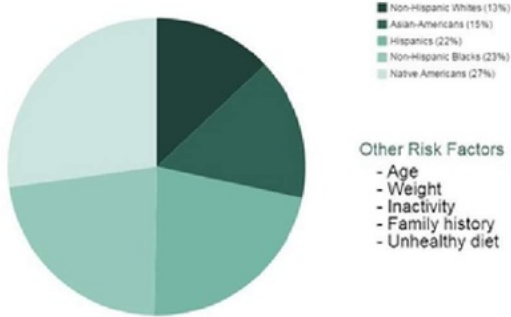
Use this tracker to track your daily, weekly and monthly walking activities. Write down how long you walk or roll each day (walk, bike, scooter, skateboard, wheelchair all count!) at the end of each week.

# Diabetes in Oklahoma

More than 1 in 10 adults in Oklahoma has diabetes.



## Diabetes by Race



The diabetes rate in Oklahoma is higher than the national and global averages.



"Diabetes can affect many parts of the body and is associated with serious complications, such as heart disease and stroke, blindness, kidney failure, and lower-limb amputation."

- Centers for Disease Control and Prevention

# Health benefits of GRATITUDE



According to UCLA Health, research shows that practicing gratitude – 15 minutes a day, five days a week – for at least six weeks can enhance mental wellness and possibly promote a lasting change in perspective. Gratitude and its mental health benefits can also positively affect your physical health. Taking time to be thankful may:

- Reduce depression
- Lessen anxiety
- Support heart health
- Relieve stress

Many people think of gratitude as a trait. But if you practice it, focusing on the positive things in life can become a habit and eventually come naturally to you.

The best way to form a mindset of gratitude is to slip it in throughout the day. You can incorporate more gratitude in your life by:

- **Writing it down:** Take time either at night or in the morning to write down something that went well. Dedicate a notebook or journal to gratitude so you can reflect and remind yourself of those moments.
- **Hitting pause:** Many of us reflexively say, “thanks” often. Next time you hear yourself say it, stop and pinpoint precisely what you are thankful for.
- **Redirecting your thoughts:** You may feel negative or frustrated during the day. When that happens, step back and shift your focus to a positive aspect of the situation.
- **Sharing your gratitude:** Send a quick note telling someone why you are thankful for them or encourage your family to share something they’re grateful for each night at dinner.



SO VERY  
*thankful*  
 INCREDIBLY  
*grateful*  
 UNBELIEVABLY  
*blessed*

# November 2024

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Start a gratitude journal & add to it throughout the month	2 Go out of your way to help someone today.
3 Make a treat for your neighbor.	4 Go on a walk and find something beautiful.	5 DO a random act of kindness	6 Send a quick text to a family member letting them know how thankful you are for them.	7 Give someone a compliment.	8 Share positivity with someone	9 Think of 3 memories you are most thankful for. If it involves someone, share it with them.
10 Do something kind for yourself.	11 Send a letter thanking someone in your life.	12 Hold the door or smile at a stranger as many times as you can today.	13 Call a friend and catch up.	14 What are you thankful for regarding your job? Make a list.	15 What do you love about your hometown? share it with others.	16 What about nature is most beautiful to you?
17 Write down 5 things you love about yourself	18 Sign up for a volunteer opportunity in your community	19 Do something that brings you joy	20 Recall something beautiful you saw yesterday.	21 Listen to a song that makes you happy	22 Identify 3 things that made you smile today	23 Think about a trip that you loved and book a vacation if you can
24 What skill are you grateful for?	25 Send a quick text to a friend letting them know how thankful you are for them.	26 Think of someone that made a difference in your life. Tell them.	27 Find as many excuses as possible to smile today	28 	29 Give someone a HUG	30 Continue your gratitude journal throughout the year



# Healthy HOLIDAY EATING

- 1. Get active** - Create a calorie deficit by exercising before you indulge in all of your favorite foods.
- 2. Eat breakfast** - Experts agree that eating a small meal before holiday celebrations can give you more control over your appetite.
- 3. Lighten up** - Make your traditional recipes healthier with less fat and sugar. Try using fat-free chicken broth to make gravy. Use sugar substitutes in place of sugar and/or fruit purees instead of oil in baked goods. You can also try plain yogurt or fat-free sour cream in creamy dips, mashed potatoes, and casseroles.
- 4. Police your portions** - Before you fill your plate, survey the buffet table and decide what you're going to choose. Then select reasonable-sized portions of foods you cannot live without. Don't waste your calories on foods that you can have all year long. Fill your plate with small portions of holiday favorites that only come around once a year so you can enjoy desirable, traditional foods.
- 5. Skip the seconds** - Try to resist the temptation to go back for second helpings. Leftovers are much better the next day, and if you limit yourself to one plate, you are less likely to overeat and have more room for a delectable dessert.
- 6. Slowly savor** - Eating slowly, putting your fork down between bites, and tasting each mouthful is one of the easiest ways to enjoy your meal and feel satisfied with one plate full of food, experts say.
- 7. Go easy on the alcohol** - Don't forget those alcohol calories that can add up quickly. Have a glass of wine or a wine spritzer and between alcoholic drinks, enjoy sparkling water. This way you stay hydrated, limit alcohol calories, and stay sober.
- 8. Be realistic** - The holiday season is a time for celebration. With busy schedules and so many extra temptations, this is a good time to strive for weight maintenance instead of weight loss.
- 9. Focus on family and friends** - The holidays are not just about the delicious bounty of food. It's a time to celebrate relationships with family and friends. The main event should be family and friends socializing, spending quality time together, not just what is on the buffet.

Source: MedWest Health System

## Take some time this month to celebrate what you have achieved this year & review your goals!

Cope with your stress or depression this holiday season by following these tips from the Mayo Clinic.

- 1. Acknowledge your feelings** - it's normal this time of year to experience sadness & grief. It's ok to cry & express your feelings.
- 2. Reach out** - if you feel lonely or isolated, seek out community or talk to a friend or family member.
- 3. Be realistic** - the holidays don't have to be perfect!
- 4. Set aside differences** - try to accept family & friends as they are, even if they don't live up to your expectations.
- 5. Stick to a budget** - before shopping, decide how much you can spend and stick to it!
- 6. Plan ahead** - set aside specific days for shopping, baking, & spending time with friends or family.
- 7. Learn to say no** - saying yes when you should say no can leave you feeling overwhelmed or resentful.
- 8. Don't abandon healthy habits** - don't let the holidays become a free for all. Overindulgence only adds to your stress & guilt.
- 9. Take a breather** - make some time for yourself. Go for a walk, listen to soothing music, or read a book!
- 10. Seek professional help if you need it** - if you feel persistently anxious, unable to sleep, irritable or hopeless, talk to your doctor or a mental health professional.

# December 2024

SUN	MON	TUE	WED	THU	FRI	SAT
1 Make a plan for healthy eating this month	2 Goal check: Did you achieve your 1st goal?	3 Do you know your heart health numbers?	4 Take time to exercise today & make a plan for movement this month	5 Schedule any screenings you still need this year	6 Continue your gratitude habit & write in gratitude journal	7 Do something creative today!
8 Do you remember the poison control phone number?	9 Goal check: Did you achieve your 2nd goal?	10 Spend 15 minutes doing yoga	11 Check your sleep habits! Are you getting 7 hours?	12 Exchange one soda or juice today for water	13 Work a crossword or sudoku today	14 Even if it's cold, get outside in the sun
15 Spend quality time with family or friends today	16 Goal check: Did you achieve your 3rd goal?	17 Eat your favorite fruit & veggie from March	18 Practice your plank and hold at least one minute	19 Play a game of strategy with family	20 Turn on your favorite music & clear clutter for 15 minutes	21 Check your toothbrush - does it need to be replaced?
22 Eat a heart healthy food today	23 Goal check: Did you achieve your 4th goal?	24 Take a walk today!	25 	26 Swap out a sweet treat for a serving of fruit	27 Play a game with family or friends	28 Try a new way to prepare vegetable
29 Replace batteries in smoke & carbon monoxide detectors	30 Review all goals & achievements this year	31 Spend time thinking about & writing health goals for 2025				

# Community Health Foundation of Kay County

The Community Health Foundation exists to improve the health of the citizens of Kay County through programming, education, scholarships, partnerships, and grants.



Follow the Foundation on Facebook & Instagram

## Scholarships

The Community Health Foundation offers a variety of scholarships to students pursuing a degree in healthcare. Applications for each scholarship are available on [chfkayco.com](http://chfkayco.com).

- High School Senior Scholarship - \$500 scholarship for qualifying graduating high school seniors from Kay County who plan to pursue training in a healthcare field. Applications due by March 1.
- NOC Nursing Scholarship - \$1000 scholarship for nursing students who live or work in Kay County and attend the Tonkawa NOC campus. Applications due for fall semester on September 30 and for the spring semester on January 31.
- General healthcare scholarship - \$500 to \$1000 scholarship for qualifying students in a healthcare degree program from Kay County. Applications received on a rolling basis.



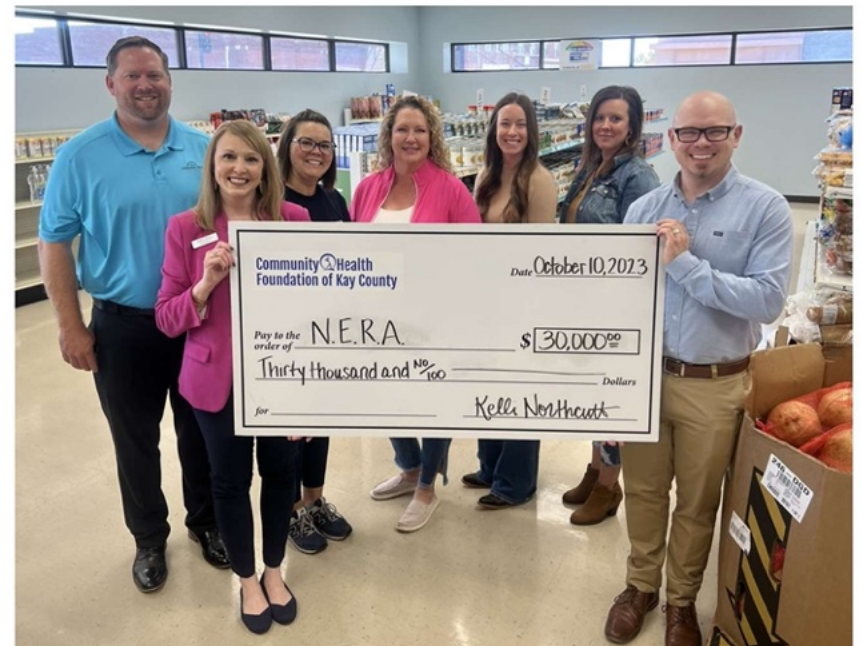
## Grants

The Community Health Foundation provides grants to organizations in Kay County working to improve the health of the community.

- Applying organizations must complete an application for funds by August 15.
- Organizations receiving funds must provide a completed outcome report by July 31 in the following calendar year.
- Grant applications can be found at [chfkayco.com](http://chfkayco.com).

## Community Education Grants

Applications for Community Education grants are available to organizations providing health education in Kay County. Applications are available at [chfkayco.com](http://chfkayco.com) and are received on a rolling basis.



## UNITED WAY OF NORTH CENTRAL OKLAHOMA CHILDREN LITERACY PROGRAM

**IMAGINE** if every child in Ponca City, Tonkawa, Newkirk, Burbank, Fairfax, Shidler, Marland, Red Rock & Kaw City entered school ready to learn and with a love of reading. In 2019, United Way of North Central Oklahoma launched the Dolly Parton's Imagination Library through a gift provided by the Ponca City Literacy Council; local children will receive a FREE age-appropriate book mailed directly to their home until they turn five years old. By getting on board with Dolly Parton's Imagination Library, the children will be able to lay the tracks for a promising future.



Register here!



# United Way of North Central Oklahoma

### OUR MISSION

The Mission of the United Way of North Central Oklahoma is to improve lives with the caring power of our community.

### OUR VISSION

United Way of North Central Oklahoma envisions a community working together to ensure that all of its members flourish and thrive.

### CORE VALUES

We live United by:

- Strengthening the community through compassionate collaboration, involvement and volunteerism.
- Embracing educational opportunities in a changing environment.
- Serving as generous stewards of community resources with high ethics, transparency and integrity.



## FOR 86 YEARS

United Way has been bringing our community together to focus on the most important human needs—building partnerships, forging consciences and leveraging resources to make a measurable difference.

United Way and our partner agencies focus on community needs under 3 focus areas, Education, Financial Stability, Health/Safety. We want to help children and youth succeed, strengthen families, promote self-sufficiency, collaborating to insure vital and safe neighborhoods, and supporting vulnerable and aging population.

## UNITED WAY PROJECTS & PROGRAMS

- DAY OF CARING
- DAYS OF GIVING
- DRUG STORE (Drug Intervention)
- NATIONAL ASSOCIATIONS OF LETTER CARRIER FOOD DRIVE
- PROMOTE VOLUNTEER OPPORTUNITIES IN KAY COUNTY
- RX FOR OKLAHOMA\_ PRESCRIPTION ASSISTANCE PROGRAM
- SINGLECARE\_ PRESCRIPTION DISCOUNT PROGRAM
- VOLUNTEER INCOME TAX SITE



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