

Thrive

# GET OUT AND PLAY

MAY TOOLKIT



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May is finally here! It's a humble month that hides within it many hours of potential. May is typically seen as the month to start getting outside and doing stuff, but this month also holds important holidays such as Mother's Day and National Women's Week.

Taking all of this into consideration, Thrive has deemed May the "Get Out and Play" month, with special emphasis being placed on physical, emotional and social well-being. Family health and fitness will be highlighted with suggested activities, for both work families and home families. Don't worry, moms, we have a special week for you, too! We will focus on all mothers, traditional and nontraditional, the week of May 9-13.

We can't wait to share this month with you. Please send us updates, pictures, and insights to [Thrive@omes.ok.gov](mailto:Thrive@omes.ok.gov). Thrive loves to hear from our agencies!

## BENEFITS OF PLAY. PLAY CAN:

### RELIEVE STRESS

Play is fun and can trigger the release of feel-good chemicals, called endorphins, which promote an overall sense of well-being and can even relieve pain temporarily.

### IMPROVE BRAIN FUNCTION

Fun activities that challenge the brain, like completing puzzles or playing chess, can help prevent memory problems and improve overall brain function.

### STIMULATE THE MIND AND BOOST CREATIVITY

The action of play can stimulate the imagination, help a person adapt and enhance problem-solving skills.

### IMPROVE RELATIONSHIPS AND CONNECTION TO OTHERS

When you share laughter and fun with another person, it fosters compassion, empathy, trust and intimacy. Just developing a playful nature can help lessen the stressin', break the ice with strangers, make new friends and possibly form new professional relationships.

### KEEP YOU FEELING YOUNG AND ENERGETIC

Play can boost your vitality and energy, and even improve your resistance to illness.

## CREATE OPPORTUNITIES TO PLAY:

### GAME NIGHT

Host a regular game night with friends.

### SOCIAL NIGHT

Arrange nights out with work colleagues like bowling, miniature golf, playing pool or singing karaoke.

### PARK

Schedule time in a park to throw a frisbee or fly a kite with friends.

### PETS

Play with a pet. Young dogs, especially, make very willing playmates. If you don't have your own, borrow one from your local animal shelter.

### FUN PEOPLE

Surround yourself with playful people. They'll help loosen you up and are more likely to support your efforts to play and have fun.

### ICEBREAKING

Joke with strangers at a checkout line or restaurant. It'll make the time pass quicker and you may even spark up new friendships.

### KIDS

Play with kids. Goofing around with kids helps you experience the joy of play from their perspective and is important to the child's development and your own health. If you don't have young children, arrange a play date with your grandkids, nephews, nieces, other young relatives or friends that have children.



# CREATE OPPORTUNITIES TO PLAY WITH KIDS:

## OUTDOORS

Play outdoors. Throw balls. Push kids on swings. Make mud pies. Go on a hike around the neighborhood. Take a nature walk in your backyard. Encourage your children to be active outdoors. Help them develop motor coordination and learn good sportsmanship.

## GAMES

Play games: card games, board games, silly and wacky kids' games. Praise them. Encourage them. Laugh with them.

## CRAFTS

Get involved in a craft project together. Build a jigsaw puzzle as a family. Bake cookies. Paint a picture.

## MUSIC

Listen to music together. Sing along. Play rhythm instruments along with music. Get out the guitar or keyboard and make music.

## READ

Read a book together. Ask questions. Ask them to change the story or make up a new one.

## MOVIES

Watch a movie together. Find out what they liked, how they felt. Discover the child's interests. Comment on and discuss any bothersome content, either words or actions.

## LETTING LOOSE

Play kid games like Follow the Leader, Guess What I Am? or Hide and Seek.

## FAMILY NIGHTS

Establish a family game night. Pick a night and gather your family to play games and bond through friendly competition. Make sure the games are appropriate for the youngest player. Teach your child how to take turns and be a good loser as well as a good winner.

Source: Child Development Institute  
Adapted from The Benefits of Play for Adults by HelpGuide.





# MOM WEEK

Happy Mom Week! In celebration of both Mother's Day and National Women's Health Week, we at Thrive wanted to combine the two in support of women everywhere. Everyone is a mom or knows a mother, either in a traditional or nontraditional role. There are pet moms, parent moms, coworkers or community leaders we consider "moms" or mentors. All of these women deserve to be honored and empowered to make well-being a top priority in their lives.

To help celebrate this week, Thrive has a list of suggestions for women to partake in that exemplify our core pillars: purpose, social well-being, financial well-being, community well-being, physical well-being and emotional well-being. Observe this holiday week by picking one or two activities you or the special mom in your life may enjoy doing. Or let loose and try to do them all.

**PURPOSE:** Take a class. Plan a class date for yourself or the special mother in your life around a topic of passion. It can be a cooking class, knitting class or even a public speaking class. Whatever the topic is, make sure it's something that inspires. For an idea of where to look for various classes, try your local vo-techs, churches, grocery stores, health centers or YMCAs.

**SOCIAL:** Make traditions. Traditions are important in families. They're what establish our beliefs and practices and are something special to pass down. Start a tradition within your mother's circle. Either take time to go to lunch every first Friday of the month, plan on going to the movie theatre when the newest sappy chick flick comes out or even plan a big Spring Break adventure once a year. Whatever you decide your tradition to be, keep it! That's what makes it a tradition.

**COMMUNITY:** Support her activities. Is there something that the mother in your life is really passionate about? In support of her, plan or fundraise for a cause that you both care about. Or, both of you can perform secret acts of service for family members/co-workers/neighbors as a team.

**FINANCIAL:** The \$5 meal. Have everyone in your family (be it work or home) get a \$5 bill. Then go to the store and pick out whatever you want to eat. No preplanning, anything goes! Your family may come up with some weird combos, but the laughs will be worth it. It can even become a fun cooking lesson.

**PHYSICAL:** Get screened. All of us (moms included) should try to be the healthiest we can be. This means being aware of what's going on with our bodies – both the good and bad. Check with your doctor or nurse about a routine checkup. Below is a list of screenings for women and how often they should be done.

**EMOTIONAL:** Practice mindFULLness. Mothers are some of the busiest people around. They're cooking, cleaning, working, mothering... they are constantly on the go. All of this leads to added stress and often overwhelming feelings. Help yourself or the mom in your life to slow down and smell the roses by being more mindful. Mindfulness is the practice of being present and deliberately aware of inner thoughts and surroundings. No idea where to start? A list of great one-minute stress strategies can be found [here](#).

**We at thrive hope that every mother everywhere has a great week. We care about each and every one of you and are thankful for all that you do!**



# PREVENTIVE SERVICES FOR WOMEN

Appropriate Screenings for Women: Based on Guidelines  
From the U.S. Preventive Services Task Force

## What is the U.S. Preventive Services Task Force?

The task force is an independent, volunteer group of national experts in prevention and evidence-based medicine. The task force works to improve the health of all Americans by making evidence-based recommendations about clinical preventive services such as screenings, counseling services and preventive medicines. The recommendations apply to people with no signs or symptoms of the disease.

To develop a recommendation statement, task force members consider the best available science and research on a topic. For each topic, the task force posts draft documents for public comment, including a draft recommendation statement. All

comments are reviewed and considered in developing the final recommendation statement.

## Always Talk to Your Doctor about Appropriate Screenings

Getting the best health care means making smart decisions about what screening tests, counseling services and preventive medicines to get and when to get them. Many people don't get the tests or counseling they need. Others get tests or counseling they don't need or that may be harmful to them.

Task force recommendations can help keep you healthy and prevent disease by teaching you about screening tests, counseling services and preventive medicines. The following table provides information about common screenings for women based on age.

SCREENING TEST	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65+
BLOOD PRESSURE	If there are no other risk factors, get screened every 3-5 years. If risk factors are present, get screened every year.	Get blood pressure checked every year.	Get blood pressure checked every year.	Get blood pressure checked every year.
BREAST CANCER		Recommended to talk with your doctor to determine whether screening is right for you.	Get screened every 2 years starting at age 50.	Get screened every 2 years up to 74 years old.
CERVICAL CANCER	Get screened starting at age 21 with Pap Smear every 3 years, or for women starting at age 30 who want to lengthen the screening interval, screening with a combination of Pap Smear and human papillomavirus (HPV) testing every 5 years.	Get screened with Pap Smear every 3 years, or, for women who want to lengthen the screening interval, screening with a combination of Pap Smear and human papillomavirus (HPV) testing every 5 years.	Get screened with Pap Smear every 3 years, or, for women who want to lengthen the screening interval, screening with a combination of Pap Smear and human papillomavirus (HPV) testing every 5 years.	Screening not recommended for women older than 65 who have had adequate prior screening and are not otherwise at high risk for cervical cancer.

SCREENING TEST	AGES 18-39	AGES 40-49	AGES 50-64	AGES 65+
<b>CHOLESTEROL</b>	Starting at age 20, get a cholesterol test if you are at increased risk for heart disease.*	Get a cholesterol test if you are at increased risk for heart disease.	Get a cholesterol test if you are at increased risk for heart disease.	Get a cholesterol test if you are at increased risk for heart disease.
<b>COLORECTAL CANCER</b> (using fecal occult blood testing, sigmoidoscopy or colonoscopy)			Starting at age 50, get screened for colorectal cancer. Talk to your doctor about which screening test is best for you and how often you need it.	Get screened for colorectal cancer through age 75. Talk to your doctor about which screening test is best for you and how often you need it.
<b>DIABETES SCREENING</b>		Recommended for women who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.	Recommended for women who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.	Recommended for women who are overweight or obese as part of a heart disease risk assessment. Talk to your doctor to decide how often this test is necessary.
<b>OVARIAN CANCER</b>	Not recommended. Talk with your doctor if you have an increased genetic risk for ovarian cancer or if you are already being treated for ovarian cancer.	Not recommended. Talk with your doctor if you have an increased genetic risk for ovarian cancer or if you are already being treated for ovarian cancer.	Not recommended. Talk with your doctor if you have an increased genetic risk for ovarian cancer or if you are already being treated for ovarian cancer.	Not recommended. Talk with your doctor if you have an increased genetic risk for ovarian cancer or if you are already being treated for ovarian cancer.
<b>SKIN CANCER</b>	Not recommended if you have no signs or symptoms of skin cancer. Women who have concerns about their skin should talk with their doctor.	Not recommended if you have no signs or symptoms of skin cancer. Women who have concerns about their skin should talk with their doctor.	Not recommended if you have no signs or symptoms of skin cancer. Women who have concerns about their skin should talk with their doctor.	Not recommended if you have no signs or symptoms of skin cancer. Women who have concerns about their skin should talk with their doctor.
<b>DENTAL EXAM</b>	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.	Go to the dentist twice every year for an exam and cleaning. Your dentist will evaluate if more frequent visits are needed.
<b>EYE EXAM</b>	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.	If you have vision problems, have an eye exam every 2 years or more often if recommended by your doctor.

\*You may be at increased risk of heart disease if you have any of the following:

1. Diabetes.
2. Previous personal history of heart disease.
3. Family history of cardiovascular disease before age 50 in male relatives or age 60 in female relatives.
4. Tobacco use.
5. High blood pressure.
6. BMI  $\geq$  30.

# SOURCES

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