

AGING Gracefully

Keep Mentally Engaged

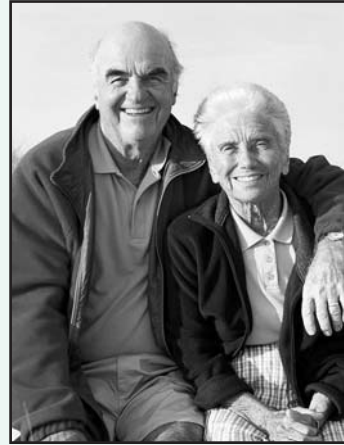
Take on mental challenges. Discuss politics or current affairs with friends. Enroll in a class. Write your memoirs. Learn a language. Start a new career.

Stay Connected with Family and Friends

Cultivate friends of all ages. Participate in any kind of community or church activity that suits you. Being socially engaged helps prevent depression and can improve your feelings of self-worth, which may, in turn, help you maintain your physical health.

Be Open to Loving Touch

Make room in your life for any kind of tender, loving touch, such as hugging your kids and grandkids and friends, and playing with a pet. Even scheduling a massage often is good for you. And if you have a partner, have sex often. Dr. Andrew Weil points out in his latest book, *Healthy Aging*, that studies show people who have healthy sex lives tend to live longer and more happily.



Eat Wisely

A balanced, nutrient-rich diet is important for maintaining a strong immune system, cardiovascular health, and a good body weight.

Oatmeal for breakfast instead of sugar cereals, fresh vegetables and fruits, whole grains, and foods high in omega-3 fatty acids.

Supplement Your Diet

Talk with your doctor about taking a good daily multiple vitamin. Increasing your intake of essential vitamins, minerals, and enzymes can help maintain good health and build a strong immune system.

Cultivate Contentment

Dr. Andrew Weil in his book *Healthy Aging*, says, "To my mind, the denial of aging and the attempt to fight it are counterproductive and a failure to understand and accept an important aspect of the human experience. Be willing to make the necessary adjustments to aging with dignity and grace."

INTEGRIS James L. Hall Jr. CENTER FOR MIND, BODY AND SPIRIT

The INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit is a not-for-profit educational organization committed to improving health by increasing awareness of the healing power of the connection between mind, body and spirit. The center is intended as a community resource. For more information, please call (405) 943-3921, or write:

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CENTER FOR MIND, BODY AND SPIRIT

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HARMONY

James L. Hall Jr. Center for
MIND, BODY AND SPIRIT

INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit presents Mind/Body Essentials

6:30 p.m. at INTEGRIS PACER Fitness Center

Monday, June 26

MANAGE STRESS AND AVOID BURNOUT

- Charlotte Lankard, LMFT

If the majority of your visits to a doctor's office have a stress related component - ulcers, gastrointestinal problems, headaches, muscle spasms, high blood pressure, TMJ, etc. - you can equip yourself with some easy tools to manage your stress. Come prepared to listen and move and learn, and laugh on your way to better health.



Lankard

Charlotte Lankard, M.Ed., LMFT, is director of the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit, a licensed marriage and family therapist and a weekly columnist for *The Oklahoman*.

This program is underwritten by Dr. and Mrs. William E. Hood. Sally Hood is a member of the advisory board of INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit.

Monday, July 24

A CREATIVE APPROACH TO JOURNALING ... DEFINITELY NOT A DIARY!

- Pat Lynn Moses, LPC

Even those of us who are sure that we can not, or will not, write every day in a journal can benefit from a more creative approach to recording our thoughts and feelings.



Moses

Journaling is writing 'from the inside out,' using words to express what resides within - and it isn't always done every day! For an even more creative approach, think "not just writing" for expression, but also adding bits and pieces of other things ... memorabilia, pictures, marks. Come join us for an evening of exploring ideas and playing with materials designed to inspire and motivate us to find our own way to express ourselves.

Pat Lynn Moses, MHR, MA, ATR-BC, LPC, is a licensed professional counselor and a registered and board certified art therapist who works with cancer patients and families at the Troy & Dollie Smith Cancer Center at INTEGRIS Baptist Medical Center.

This program is underwritten by INTEGRIS Baptist Medical Center's Patient Care Services, and Julie Krywicki, RN, who is a member of the advisory board of the Center for Mind, Body and Spirit.

Monday, Aug. 28

CAREGIVERS NEED CARE, Too!

- Rachel Boggess,
M.Ed., CMC

The health care literature says caregiving is satisfying work, because it is an expression of love for someone who is important to you. And most of the time that is true, but there are also other words we hear - tied down, isolated, lonely, frustrated, sad, pushed beyond



Boggess

SUMMER CLASSES FOR KIDS

Have you wished your children could learn to nourish their lives with more peace, inner quiet, and balance? The Center for Mind, Body and Spirit will offer classes during the month of June designed for this purpose.

We believe these classes can help kids to lead a healthier lifestyle, because distress during a long period of time reduces resistance to disease and results in physical illnesses, as well as emotional and behavioral problems.

Because most visits to a doctor's office have a stress related component, we believe that if individuals can learn in childhood to pay attention to their bodies, be aware of stress warning signals and be equipped with relaxation techniques, the result will be a happier childhood and a healthier adult – emotionally and mentally, as well as physically.

10 a.m. YOGA FOR KIDS — Kids will learn to pay attention to stress in their bodies and also discover the quiet, still place within where they can center and focus as they move through the changes, challenges and confusion of growing up. The class will be led by Kerry Ann Richards, the center's administrative assistant.

11 a.m. SAND MANDALAS — Training Lives One Grain of Sand at a Time – Art therapist Angie Rolke, from Norman, will lead the children in creative growth through self expression by building sand mandalas. The construction of a sand mandala combines the ancient tradition and

symbolism of the mandala through color and art. The contemplative, healing power of creating a sand mandala expands your consciousness and allows you to journey to the center of your own creativity. The construction of a sand mandala is done as a meditation or prayer for healing, from the center to the outside.

This program underwritten by Dr. Bill Hawley and Mr. Jay Henry, members of the center's advisory board.

4900 N. Portland, Suite 102 • Oklahoma City, OK

AGES: 8 to 11

TIME/DATE: 10 a.m. to Noon - TUESDAY and THURSDAY mornings in JUNE

LOCATION: INTEGRIS James L. Hall Jr. Center For Mind, Body and Spirit

COST: \$10 to cover cost of materials

RESERVATIONS: Call 943-3921

CLASS SIZE IS LIMITED.

INTEGRIS Health MIND/BODY ESSENTIALS



FROM THE DIRECTOR

By Charlotte Lankard, LMFT, director, James L. Hall Jr. Center for Mind, Body and Spirit

Relaxation Classes for KIDS

Children ages 8 to 11 will be able to participate in two classes during the month of June, *Yoga for Kids* and *Creating Sand Mandalas*.

You can also teach your kids relaxation techniques at home through music, art and proper breathing. There are many helps in our library that will be useful.

How Relaxation Classes Can Help Children

- Learn about their bodies
- Know that the quiet, still place within

is there for them, through the changes, challenges, and confusion of growing up.

Visit Our Library for Books and Tapes

You can check out tapes and CDs that children can use at home to practice self calming, or when they are upset or have difficulty falling asleep.

There are also good books and workbooks that adults can check out to educate themselves about personal stress warning signals and how to manage stress, and ways to teach this to children.

How You Can Help at Home Home Practice

- Choose a quiet place.
- Dim the lights if possible.
- Wear loose, comfortable clothing.
- Practice taking slow, deep breaths and relaxing the muscles of the body when breathing out.

Be aware of the kinds of music playing in your home. A fast and peppy beat of music will increase hyperactivity. A soft and slower beat will help in relaxation. Our bodies automatically entrain to the beat of the music.

AGING Gracefully

"No one wants to be old, but since we lack any acceptable alternative, maybe we should focus on growing old well," says Nina Zolotow, writer and yoga teacher.

Bradford Gibson, Ph.D., a professor at the Buck Institute for Age Research, points out that preparation for growing old well begins not by using more potent pharmaceuticals, but through relatively simple alternative solutions that include stress management, exercise and dietary changes.

Dr. Gibson believes these actions have the most potential to reduce what we consider the negative effects of aging – mental and physical decline – and age-related chronic diseases such as diabetes, arthritis, and Alzheimer's.

Recent studies sponsored by the National Institute on Aging concur. Researchers there identified three healthy, long-lived groups – one from Sardinia (an isolated Mediterranean island), another on Okinawa (an island off

Japan), and the third, a community of Seventh-Day Adventists in Loma Linda, Calif. – and discovered several common practices.

Listed below are the eight steps these three groups have in common. The best part? All the steps are natural, and most of them are free.

Be Active Every Day

Exercise does more than just help you live longer. It also increases your strength and flexibility, keeps your joints lubricated and helps you maintain your balance.

Manage Your Stress

Prolonged exposure to stressful conditions can cause serious physical and emotional problems, including heart disease and high blood pressure, digestive disorders, a weakened immune system, anxiety, insomnia, and depression.

Cancer PREVENTION

From the American Cancer Society comes the news that Americans could prevent more than 60 percent of all cancer deaths in a single year by following four steps. Sound too simple? You decide.

- Stop smoking.
- Eat healthier. Less fats, more fruits and vegetables.

- Exercise regularly.
- Participate in recommended cancer screenings such as mammograms, prostate exams, colorectal exams, and Pap smears.

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Mind/Body Essentials

physical endurance, coping with feelings of guilt for sometimes acting in a resentful, angry way, and feeling sorry for yourself. Come learn new insights and innovative ways to care and cope.

Rachel Boggess, M.Ed., CMC, is the care coordinator at INTEGRIS Third

Age Life Center where she has developed a strong referral base for geriatric care management.

This program is underwritten by Rev. Karrie Oertli, M.Div., director, Pastoral Care Services at INTEGRIS Baptist Medical Center, and adminis-

trative director of the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit.

Make reservations by calling the INTEGRIS HealthLine at (405) 951-2277.