



Thrive



JULY TOOLKIT

# OKLAHOMA

KICK BACK,  
RELAX  
AND

STAYCATION!



# KICK BACK, RELAX AND STAYCATION!

Would you like to reduce your stress levels, help your heart stay healthy and strong, improve the relationships you have in your life, and improve your overall mental health? It isn't in a magic pill. It is simpler than that. It is called a vacation. Yes... a vacation! Researchers have found that employees who take regular vacations experience a range of health benefits that include:

- Decrease in heart disease.
- More positive emotions and fewer negative feelings.
- Less likely to become tense, depressed or tired.
- Mental and physical health boosts for the entire family.

Taking a vacation certainly doesn't mean you have to break the bank. If you have been saving up to take a big trip, that's great! But for those of us who haven't, a staycation is a perfect way to take a break from the ordinary while remaining mindful of your financial goals. A staycation is a vacation spent in your hometown or home state while

enjoying all that your home environment has to offer. You'll save money on travel costs since you won't have to pay for a plane ticket, a long road trip or the cost of lodging. We've included some wonderful ideas for a staycation in Oklahoma in this toolkit, as well as some safety tips for your recreational outdoor activities.

This month is also a prime time to get the family together. Who doesn't like a good BBQ, a family picnic or family reunion? With so much going on, it's easy to forget the other people in our lives that enrich us. Remember this month to not only spend time with family, but to also include your friends and community. Consider inviting a neighbor to the July 4 picnic, or participating in a charity event as part of your family reunion. These activities will enhance your community well-being and create wonderful, lasting memories.

So in July, we encourage you to kick back, relax and staycation – you deserve it!

-The Thrive Team

*Source: Health Benefits of Taking a Vacation  
By Jill Ferguson 3/4/2016*



# WANT TO BE HAPPY? SPEND ON EXPERIENCES NOT THINGS



## MILLENNIALS



are embracing the concept of buying experiences (which also boost their social media feeds) rather than things.

## WHY ARE SOME PEOPLE HAPPIER? IT BREAKS DOWN TO ABOUT:

**50%**  
genetics, what you're born with.



**40%**  
daily activities and experiences, like what we do, who we're with and how we feel.

**10%**  
life circumstances like privilege, status or looks.

Research has shown that money increases happiness up to about

# \$75K

annually, but plateaus above that salary.



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## *What will make you happier:*

*Buying a nicer car or taking a family trip?*

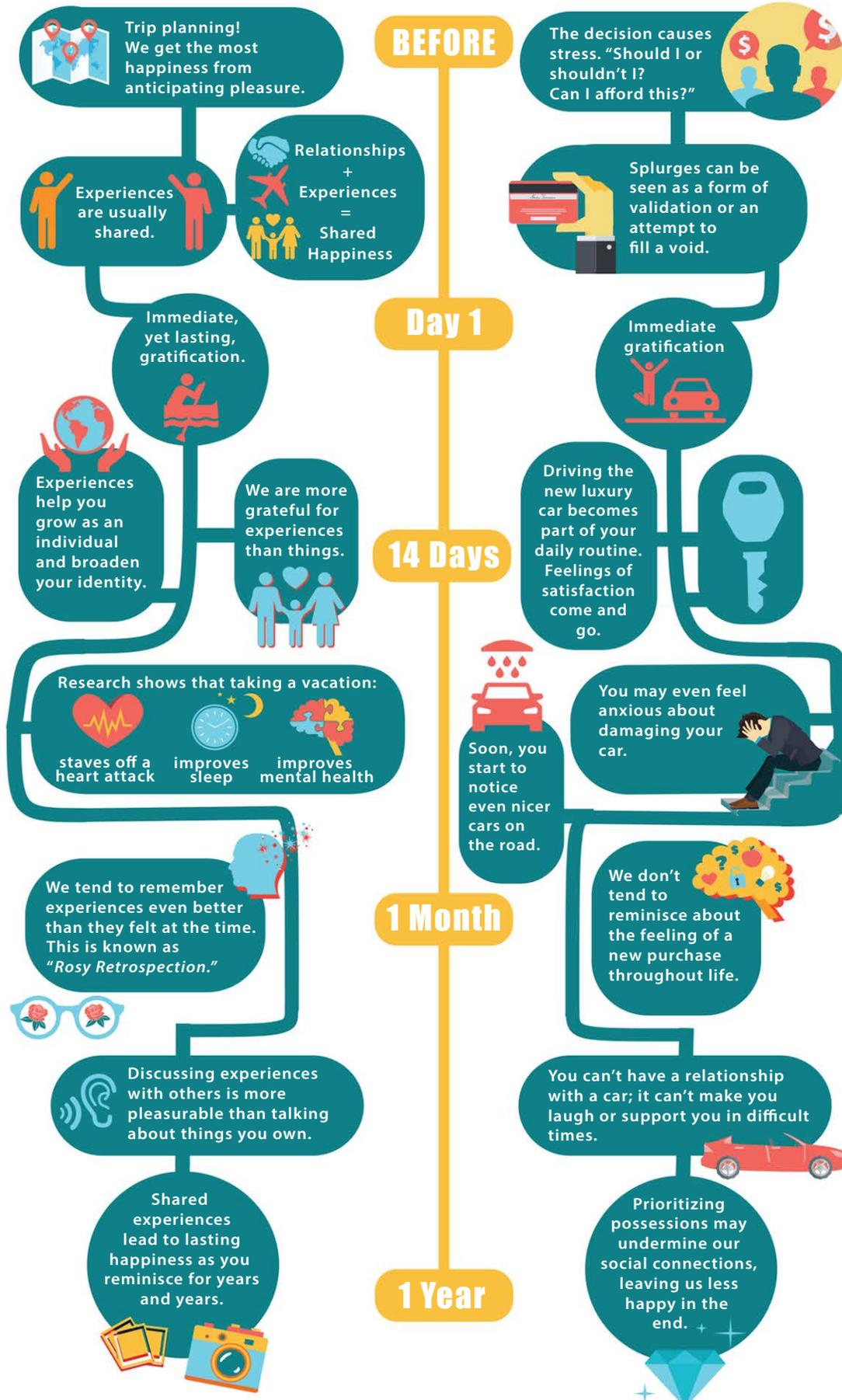
*Here's what the research says:*



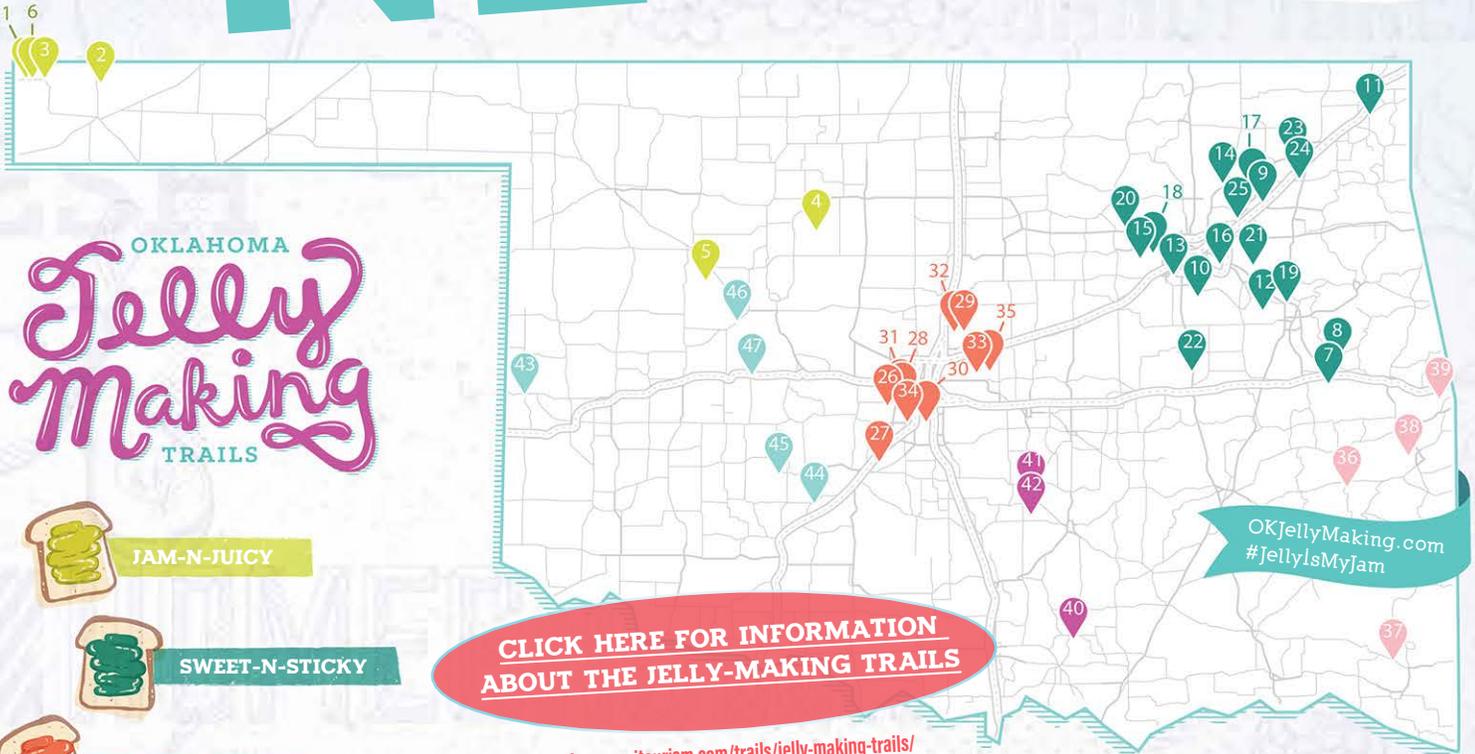
# SPENDING ON EXPERIENCES "VACATION"

VS.

# SPENDING ON THINGS "NICER CAR"



# TRY SOMETHING NEW!



## OKLAHOMA Jelly Making TRAILS



JAM-N-JUICY



SWEET-N-STICKY



LUSH-N-LIVELY



PLUMP-N-PERKY



RIPE-N-READY



BRIGHT-N-BOUNCY

CLICK HERE FOR INFORMATION  
ABOUT THE JELLY-MAKING TRAILS

<http://oklahomaagritourism.com/trails/jelly-making-trails/>

OKJellyMaking.com  
#JellyIsMyJam



PICK IT. TAKE IT.  
MAKE IT!

Are you ready to pick greatness? This is your chance to experience true farm-to-table as you collect awesome, local produce and take it home to create a jarful of sticky sweet memories.

The Oklahoma Jelly Making Trails have all the best fruits, veggies, and other homegrown delights your heart desires. So no matter what you crave out of your organic experience, these Trails are ready to astound your palate and satiate all exploration levels. Stroll through manicured orchards where trees dangle ripe treats. Romp through the wilderness to discover thickets of bushes blanketed in sweet and wild delicacies. Or simply select the best and brightest goodies from boxes full of already picked produce, and prepare to make your friends super jelly!

WHY DID THE JELLY WOBBLE?  
BECAUSE IT SAW THE MILK SHAKE

# OKLAHOMA JELLY MAKING TRAILS

## JAM-N-JUICY

1. **Black Mesa Bed & Breakfast**  
Kenton, OK 73946  
800-821-7204
2. **Hitching Post Bed & Breakfast & Ranch**  
E0075 Rd  
Boise City, OK 73933  
580-261-7413
3. **Hoot Owl Ranch**  
D0085 Rd  
Kenton, OK 73946  
580-261-7789
4. **Island Guest Ranch**  
Ames, OK 73718  
800-928-4574
5. **Little Robe Creek Lodge**  
N2350 Rd  
Oakwood, OK 73658  
580-977-7072
6. **Mesa Valley Guesthouse**  
Kenton, OK 73946  
580-516-1971

## SWEET-N-STICKY

7. **360 Farms**  
21838 S 115th St E  
Porum, OK 74455  
918-464-2505
8. **CalZhoma Christmas Tree and Mum Farm**  
13822 S Hwy 10  
Gore, OK 74435  
918-489-2876
9. **Canyon Berry Farms**  
20126 S Dickerson Rd  
Claremore, OK 74017  
918-344-9191
10. **Endicott Farms, LLC**  
13310 Adams Rd  
Mounds, OK 74047  
918-344-4582

11. **Gibson's Farm & Produce**  
52911 E 190 Rd  
Afton, OK 74331  
417-622-7291
12. **Livesay Orchards**  
39232 E 231st St S  
Porter, OK 74454  
918-483-2102
13. **Meadow Blackberry Farm**  
3200 Westgreen Way  
Sapulpa, OK 74066  
918-227-1987
14. **Owasso Tree & Berry Farm**  
11039 N 129th E Ave  
Owasso, OK 74055  
918-272-9445
15. **Rock Creek Farms**  
20612 W 61st St S  
Sand Springs, OK 74063  
918-637-7243
16. **Roses Inc. Green Country**  
500 E Washington St  
Broken Arrow, OK 74012  
918-455-7673
17. **Sollymon Farm**  
12191 Vest Dr  
Claremore, OK 74017  
918-949-5074
18. **The Berry Barn**  
13602 W 51st St  
Sand Springs, OK 74063  
918-241-4363
19. **The Peach Barn - Orchard & Bakery**  
SW Corner of Hwys 69 & 51B  
Porter, OK 74454  
918-686-0440
20. **Three Fruits and a Veggie Family Farm**  
549 County Rd 1577  
Osage, OK 74054  
918-242-3158

## OKLAHOMA Jelly Making TRAILS

21. **Thunderbird Berries 32100 E**  
71st St S  
Broken Arrow, OK 74014  
918-640-7168
22. **Uncle Buck's Berries**  
14626 E Lavender St  
Schulter, OK 74460  
918-319-1307
23. **Wild Rose Strawberry Farm**  
7645 N 429 Rd  
Adair, OK 74330  
918-785-2212
24. **The Crooked Little House**  
6315 Hwy 28 W  
Adair, OK 74330  
918-785-2287
25. **The Nut House**  
26677 S Hwy 66  
Claremore, OK 74019  
918-266-1604

## LUSH-N-LIVELY

26. **Agape House Berry Farm**  
10912 S Czech Hall Rd  
Mustang, OK 73064  
405-628-8092
27. **Brown Farm and Garden, LLC**  
2185 County St 2880  
Chickasha, OK 73018  
405-222-9025
28. **Buffalo Creek Berry Farm**  
9211 Sloan Rd  
Mustang, OK 73064  
405-412-4515

29. **Crestview Inc. Farms**  
5521 N Douglas Blvd  
Arcadia, OK 73007  
405-823-2430
30. **Orr Family Farm**  
14400 S Western  
Oklahoma City, OK 73170  
405-799-3276
31. **SandStone Vineyards**  
9540 SW 89th  
Mustang, OK 73064  
405-745-5836
32. **Sorghum Mill Christmas Tree and Blackberry Farm**  
7121 Midwest Ln  
Edmond, OK 73034  
405-340-5488
33. **Spencer's Orchard and Greenhouses**  
5528 N Peebly Rd  
Harrah, OK 73045  
405-454-3471
34. **TG Farms**  
1580 OK-37  
Newcastle, OK 73065  
405-387-3276
35. **Wind Drift Orchards**  
19400 NE 63rd St  
Harrah, OK 73045  
405-454-6618

## PLUMP-N-PERKY

36. **Creekside Berry Farm**  
17881 SE 110th Rd  
Red Oak, OK 74563  
918-448-8387
37. **HoneyBear Ranch**  
Broken Bow, OK 74728  
580-584-6022
38. **Maple Creek Berry Farm**  
33423 Pleasant Valley Rd  
Poteau, OK 74953  
918-658-9139

39. **Wild Things Farm**  
700 Beatty Ave  
Pocola, OK 74902  
918-626-4053

## RIPE-N-READY

40. **Baker's Acres - Baker Pecans**  
11250 S Muldrow Rd  
Tishomingo, OK 73460  
580-371-3529
41. **Peach Tree Farms**  
Oklahoma 3W  
Byars, OK 74831  
580-759-3784
42. **Stratford Pullen Peaches**  
E1500 Rd  
Stratford, OK 74872  
580-759-3164

## BRIGHT-N-BOUNCY

43. **Buffalo Creek Lodge & Guide Service**  
RR 1, Box 10  
Sweetwater, OK 73666  
580-821-1420
44. **Forbidden Fruits Farm & Vineyards**  
Rte 1, Box 1350  
Cyril, OK 73029  
405-757-7670
45. **Lavender Valley Acres**  
10041 County Rd 1410  
Apache, OK 73006  
580-588-2855
46. **Old Caldwell Trail Stables and Guest Ranch**  
Rte 1, Box 620  
Fay, OK 73646  
580-309-0135
47. **P-Bar Farms**  
1002 Old 66 Rd  
Hydro, OK 73048  
580-772-4401

- Veggies
- Herbs
- Sand Plums
- Wine Grapes
- Prickly Pears
- Jelly Sold Here
- Peaches
- Elderberries
- Berries
- Roses
- All
- \*Call for directions

Crops are seasonal and subject to growing conditions. Many farms require an appointment, so be sure to call ahead before embarking on your sticky, sweet adventure!

OKLAHOMA  
AGRITOURISM

# VACATION SAFETY TIPS

## SUN SAFETY

Summer fun typically means more exposure to the sun, so be aware of the dangers of excess exposure to UV radiation. The most common risk is a painful sunburn, but it can lead to more serious health problems including skin cancer, premature aging of the skin, cataracts and other eye damage and immune system suppression. Here are a few tips for sun safety this summer:

- The sun's UV rays are strongest between 10:00 a.m. and 4:00 p.m., so be sure to apply plenty of sunscreen if you plan to be outside during this time.
- Generously apply about one ounce of sunscreen to cover all exposed skin 15 minutes before going outside. SPF 30 is recommended and be sure to re-apply every two hours.
- Wear protective clothing, including a wide-brimmed hat and sunglasses.
- Give your skin a break and take cover in the shade periodically.
- Water and sand reflect the sun's rays, which may increase your chance of sunburn.

## WATER SAFETY

Whether you are swimming, boating, diving or floating down a river, water recreation can be a great addition to your summer vacation. However, it is important to remember that water activities can also become dangerous and present various hazards, especially for children. The Department of Tourism has listed some safety tips to get familiar with before you head out. A complete list of safety tips can be found at [TravelOK.com](http://TravelOK.com). Here are some extra tips for lake and pool safety this summer:

### LAKES

- Avoid water that is discolored, or where foam or scum is present.
- Swim in safe or designated swimming areas only.
- Swim with a partner.
- Know your limits; swimming in lakes is different than in a pool.
- ALWAYS watch children.
- Wear ear plugs and swim goggles when appropriate.
- Shower before and after swimming and wash cuts and scrapes with clean soap and water.

### POOLS

When we swim we share water with many people. We all need to do our part to help keep ourselves, our families and friends healthy. Keeping the chlorine at healthy levels is important and the CDC has a few tips to keep the water safe for swimming:

- Shower before you get in the water.
- Don't pee or poop in the water.
- Don't swallow the water.
- Take a break from the water every hour to re-apply sunscreen.
- Drink fluids as you can become dehydrated.

# CAMPING SAFETY

Camping is more than just packing and unpacking, cooking and cleaning up. It is a state of mind, a chance to really get away from being indoors and constantly connected to email and cell phones. You get the chance to connect to nature, family and friends. The best part is you can be creative and spontaneous. The CDC has some great tips that will help this experience be enjoyable for everyone:

- Be up-to-date on vaccines such as tetanus, pertussis, meningitis and hepatitis A.
- Avoid bug bites by using insect repellent containing at least 20 percent DEET.
- Wear protective clothing.
- Remember food safety such as keeping food cool and sealed in waterproof bags.
- Wash hands and surfaces often or use hand sanitizer.
- Protect against carbon monoxide poisoning:  
**PROTECT AGAINST CARBON MONOXIDE POISONING.**
- Have a first aid kit on hand.
- Always have a companion with you when hiking or swimming.



# BOATING SAFETY

Recreational boating can be an affordable leisure activity. It can provide an outlet for entertainment and reduce stress through enjoyment of the outdoors. It is a way that families and friends can experience quality time and create fond memories and experiences. Here are some safety tips from the CDC that you should keep in mind before setting sail:

- Stay alert: Keep a lookout for other boats, jet skiers, water skiers, divers and swimmers.
- Don't drink: Do not drive a boat under the influence or ride with a driver who has been drinking alcohol.
- Get educated: Make sure you know and practice what to do if someone falls out of the boat.
- Get a Vessel Safety Check: A free public service: [www.vesselsafetycheck.org](http://www.vesselsafetycheck.org).

Prevent Carbon Monoxide Poisoning: Engines on boats and onboard generators are capable of producing carbon monoxide and can poison someone who breathes too much of it:

## WATER SAFETY.

## RESOURCES FOR MORE DETAILED INFORMATION

THE DEAL ON BOATING AND JET SKIING

STAY OUT OF THE WATER

ALWAYS RIDE AT A SPEED

CAMPING HEALTH AND SAFETY TIPS

SAFETY - OUTDOOR AND RECREATION: LIGHTNING