

**Business hours for
August and September:**

Monday	9:00 a.m. – 4:00 p.m.
Tuesday	9:00 a.m. – 4:00 p.m.
Wednesday	9:00 a.m. – NOON
Thursday	9:00 a.m. – 4:00 p.m.
Friday	CLOSED

Coping with Mental and Emotional Exhaustion

When you're exhausted, it's not just physical strain that can take a toll. Overdoing it mentally or emotionally can also be exhausting.

Mental exhaustion stems from too much mental strain – you're overtaking your brain with tasks that require thinking. Ever have a long day at work and feel like you don't have the capacity to decide what to eat for dinner or to choose a TV show? That's mental exhaustion.

"Mental exhaustion can develop when you have to spend a lot of time on complex tasks, such as analyzing data or making critical decisions," said Srinivas Dannaram, MD, a psychiatrist with Banner Thunderbird Medical Center. When you are mentally fatigued, you won't be as alert as you normally are. It will take you longer than usual to complete tasks. You may not be as interested in your work and your performance may suffer.

Over time mental exhaustion can lead to trouble sleeping, stress-related headaches, digestive system problems and ulcers.

Emotional exhaustion develops in response to feelings. You may develop it when you process sadness, anxiety, loss, frustration or similar emotions. You might face emotional exhaustion when situations at home or work leave you feeling lost, separated or helpless. It often develops as a result of life changes or transitions.

Long-lasting emotional fatigue can shorten your attention span and concentration. And you may feel sad, hopeless, anxious or irritable. You may have trouble sleeping. Over time, emotional exhaustion can lead to psychiatric problems such as depression or anxiety.

Mindful changes in your lifestyle can help you cope with mental and emotional exhaustion, adjust to new situations, prepare for stress and prevent exhaustion. Dr. Dannaram recommends exercise, yoga and getting enough sleep.

Other strategies include:

While not always possible, see if you can eliminate or reduce the cause. Can you delegate tasks? Work a break into your routine, even if they are short blocks of time. Avoid napping. Too much daytime sleep can make it hard to get the restorative rest you need at night. Practice gratitude. This combats negative thoughts – take a minute to think about something you're grateful for. Take a walk. Gentle forms of physical activity can boost your mood. Choose healthy foods and drink plenty of water. If you're not getting the relief you need seek help from a behavioral health professional. Seek help if you feel sad, helpless, or hopeless for more than a week or two, aren't able to keep up with your responsibilities, can't sleep, eat or have low energy levels. Banner Emotional Wellness Center can help.

"I am convinced that the negative has power, and if you allow it to perch in your house, in your mind, in your life, it can take you over."

– Maya Angelou

Doc Talks

Doc Talks are presented on Zoom Pro. To register, call High Country Seniors at 928.596.4747. Leave your name, phone contact number and email address. You will receive a link to the meeting in your email. No computer? No problem... you can attend Zoom meetings by phone.

SENIOR EMOTIONAL WELLNESS

Judy Lee, MSW, LCSW; Jill Uptain, Program Manager
Wednesday, August 10, 2022 11:00 a.m.

Times have been difficult the last few years. Navigating a global pandemic, witnessing political upheaval, financial struggles, deaths of friends and loved ones, global warming, monkeypox...the list goes on and on. Trying to maintain a positive attitude can be tough these days. If you notice yourself spiraling down, it's time to reassess how you should go about supporting yourself and others. Our Banner Payson Emotional Wellness Center can help... Join us at this Doc Talk to learn more.

THE BRAIN GYM

Joann Conlin, Payson Senior Center
Wednesday, August 24, 2022 11:00 a.m.

Brain gym exercises are simple activities that improve cognitive function. These exercises help enhance learning, communication ability, attention, memory, academic performance in children and also help maintain a healthy lifestyle. While they were initially designed for kids, they also may help delay Alzheimer's disease, Parkinson's disease, cancer, type 2 diabetes, cardiovascular disease, respiratory problems, and depression and anxiety in adults.

Join Joann Conlin when she presents brain gym exercises. Call 928.596.4747 to register.

THE RISE IN FENTANYL

Bob Shogren, Executive Director of Casa Grande Alliance
Wednesday, September 7, 2022 11:00 a.m.

Arizona is seeing a spike in overdoses and overdose deaths related to fentanyl. More than 2,000 Arizonans overdosed from fentanyl in 2020. There is no sign of the new trend slowing down. Thousands of counterfeit pills have been confiscated by law enforcement. Learn more about fentanyl, it's availability and what you can do to help. Join Bob Shogren for this Doc Talk. Call 928.596.4747 to register.

FOODS TO BOOST YOUR MOOD

Dee McCaffrey, MS
Wednesday, September 21, 2022 11:00 a.m.

Dee McCaffrey is an organic chemist, nutritionist and internationally acclaimed author of *The Science of Skinny* and *The Science of Skinny Cookbook*. Dee holds a Master of Science degree in Human Clinical Nutrition from Maryland University of Integrative Health and is the founder of Processed-Free America, a non-profit organization dedicated to bringing a global awareness of the effect processed foods have on our health, and the healing properties of natural whole foods. She is the lead nutrition instructor at the Southwest Institute of Healing Arts in Tempe, AZ, and will be speaking to us about food that can boost your mood. Please register by calling High Country Seniors at 928.596.4747.



Support Groups, Exercise, Travel

HYPERTENSION WORKSHOP

Do you have High Blood Pressure? Nearly half of adults in the United States have been diagnosed with hypertension.

Join our four week workshop to find out how you can manage your blood pressure. Workshop will begin on August 22, 2022 from 10:00 a.m. – 11:00 a.m. Please plan to attend all four weeks. Class is conducted on ZOOM. You can also attend this class by phone if you don't have a computer. Call 928.596.4747 to register.

QIGONG

Monday & Wednesday

Qi is the life force energy that flows through our bodies. The energy flows through multiple pathways of the body called meridians. Each meridian regulates a particular organ. These meridians are all interconnected. Good health depends on the circulation and balance of energy throughout the entire meridian system.

Gong refers to the development of a skill through ongoing practice. Qigong is about harmonizing our body, mind and spirit using breathing exercises, meditation, self-applied massage and gentle movements. Doing Qigong helps to eliminate stress and anxiety and promotes emotional and physical healing.

Qigong is offered at High Country Seniors each Monday and Wednesday at 9:00 a.m.

DIABETIC WORKSHOP

The next six-week diabetic workshop offered by John Hancock, RN, CDE, will begin on Monday, August 22, 2022 at 11:00 a.m. – noon.

This workshop will continue each Monday. Participants should plan to attend all six sessions. To attend, please call 928.596.4747 and leave your name, phone number and e-mail address. You will receive an email invitation. All you have to do is click the link and follow the prompts. It's easy.

The course will cover the following topics:

- What is diabetes and why do I have it
- Meal planning
- Movement
- Monitoring
- Weight loss
- (How to avoid) Complications

GENTLE YOGA

Monday & Wednesday on Zoom

9:30 – 10:30 a.m.

An excellent class for seniors, those with chronic illness, those new to Yoga and those wanting a gentle practice. To register, please call 970.810.6633. Class is \$8.00 per class: free with Silver Sneakers. (Silver Sneakers may be available through your insurance).

KNIT, STITCH & CROCHET GROUP NEEDS YARN

If you have some "not so old" yarn that you won't be using, the HCS knit, stitch and crochet group can make good use of it. This group makes blankets, scarves and other items that are donated to community organizations to assist those in need. Drop your donation off at 215 N. Beeline.

TONTO GYM DUES ARE DUE IN SEPTEMBER

Quarterly TAG dues are due during the month of SEPTEMBER. Discounted dues are \$60.00 and cover the months of October, November, and December 2022. Checks should be made to BPMC and received in the office by September 30th. Checks received after that date will be returned to the sender. We accept cash, checks or credit cards. For your convenience, you can call to make a credit card payment by phone. Our phone number is 928.596.4747. Our office will be open from 9:00 a.m. – 4:00 p.m. Monday through Thursday.

NOTICE: *If you miss paying your discounted dues at High Country Seniors during the month of September, you will not be able to pay the discounted rate at either Tonto Gym or High Country Seniors. You will have to pay the full amount at the Tonto Gym for the quarter.*

A WORD OF GOOD-BYE FROM JAN PARSONS

I will be retiring from my position as coordinator of High Country Seniors on Wednesday, August 31st. Jennifer Lawless, Banner Payson's Volunteer Coordinator, will be assuming that role on September 1. Jennifer brings with her a wealth of experience and an awesome, truly caring attitude.

I've enjoyed the past 11 years, working with you, organizing activities and getting to know you. It's been a great ride. I wish you all health and happiness and hope you continue to take advantage of the opportunities here at High Country Seniors.



Banner Payson Medical Center
807 S. Ponderosa St.
Payson, AZ 85541

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U.S. Postage
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Every Monday	Every Tuesday	Every Wednesday	Every Thursday	Every Friday
GENTLE YOGA HELD VIRTUALLY 9:30 A.M. - 10:30 A.M.		GENTLE YOGA HELD VIRTUALLY 9:30 A.M. - 10:30 A.M.	T.O.P.S. 7:00A.M. - 9:00 A.M.	
QI GONG 9:00 a.m.-10:00 a.m.	FEELING FIT 9:00 a.m. - 10:00 a.m.	QI GONG 9:00 a.m.-10:00 a.m.	FEELING FIT 9:00 a.m. - 10:00 a.m.	
HYPERTENSION WORKSHOP 10:00 A.M.- 11:00 A.M.	FEELING FIT 10:00 a.m. - 11:00 a.m.	KNIT, STITCH & CROCHET 9:00 a.m. - 11:00 a.m.	PINOCHLE 12:00 noon - 3:00 p.m.	
DIABETIC WORKSHOP 9/13/21 to 10/25/21 11 am - 12 noon	PINOCHLE 12:00 noon - 3:00 p.m.	DOC TALKS		OFFICE CLOSED ON FRIDAY
	BUNCO 1ST & 3RD TUESDAYS 1:00 P.M. \$3.00 TO PLAY	HELD VIRTUALLY 11:00 a.m. ON ZOOM		
		MAJ JONG 1:00 p.m. - 3:30 p.m.		

AUGUST - SEPTEMBER 2022
DOC TALKS - CALL 928.596.4747 TO REGISTER.

AUG 10 **SENIOR EMOTIONAL WELLNESS**
 Judy Lee MSW; Jill Uptain, Program Mgr.

AUG 24 **BRAIN GYM**
 Joann Conlin, Payson Senior Center

SEPT 7 **FENTANYL**
 Bob Shogren, Exec. Dir.

SEPT 21 **FOODS TO BOOST YOUR MOOD**
 Dee McCaffrey, MS

ALL EVENTS BEGIN AT 11:00 A.M. ON ZOOM. ATTEND BY COMPUTER, ANDROID, IPAD, OR PHONE
High Country Seniors is a Banner Payson Medical Center program that improves the lives of those 50 and better.
Membership is \$15.00 annually. We are located at 215 N. Beeline Hwy in Payson. PHONE 928.596.4747

Local Merchant Discounts

The following local businesses offer Banner High Country Senior members a discount – be sure to give them your business! Should you require more information on locations please call 928.596.4747 or stop in at High Country Seniors for a list.

2022 PARTICIPATING MERCHANTS:

- **AAA ALWAYS ON TIME-LOCKSMITH** – 10% off—928.713.7996 or 928.713.8800
- **ABSOLUTE MASSAGE (MOBILE)** – \$10.00 off 1 HOUR MASSAGE—928.978.5734
- **ALL STAGES CARPET CARE** – 10% off—928.951.3812
- **A-MEN DRYWALL & PAINTING, INC.** – 10% off—602.525.4717
- **ATOMIC PEST CONTROL** – 10% off—928.474.3991
- **AVON – CAROL WATTS** – 10% off—928.468.6116
- **BACK TO BASICS HEALTH FOOD** – 10% off—928.474.8935
- **BEELINE CHIROPRACTIC - DR. SANDERS** – 20% OFF all health products—928.474.5555
- **BEVERAGE PLACE** – 10% off wine & liquors—928.474.6300
- **BLACK AND TAN TALES** – 10% off—928.474.9711
- **CARING PRESENCE** – free needs assessment plus two hours care service—928.765.5136
- **CARPENTERS WIFE** – 10% off—928.472.7343
- **CHEEPER SWEEPER** – Residential house cleaning-\$10.00 discount on your first and second cleanings only—928.472.9897
- **CLASSIC LIGHTNING PROTECTION** – 10% off 928.474.1727
- **COMFORT KEEPERS** – Non-Medical In-Home Care 10% off first 4 hours of service with minimum of 20 hours—928.474.0888
- **COYOTE AUTO** – 10% (labor only)—928.472.1100
- **DAN GOOD FLOORING** – 10% DISCOUNT—928.472.4597
- **DANA & ASSOCIATES, LLC** – 10% off Estate planning—928.474.4141
- **DELICIOUS! CAFÉ** – 10% off – Must present High Country Seniors Membership card—928.468.3013
- **DISCOUNT MART** – General Merchandise-3rd Wednesday of every month. 10% off all regular priced items (excludes sale items)—928.978.1980
- **DIVERSIFIED HOME IMPROVEMENT LAWN CARE – HAULING** – 10% off—928.970.1873
- **D&T HOUSEHOLD SERVICES** – 10% off labor on your first job—928.978.7842
- **EL RODEO MEXICAN RESTAURANT and CANTINA** – 10% off, excludes alcohol. Daily Specials! 928.474.3328
- **FINANCE OF AMERICA MORTGAGE** – \$1000 off closing costs on home purchase—928.978.6546
- **FURRY FRIENDS KENNEL** – 10% off one boarding visit (not for grooming visits—928.474.4447
- **HALE ACCOUNTING** – 10% off tax prep—928.468.7077
- **K.J.'s PROFESSIONAL WINDOW CLEANING** – 10% off—928.978.9781
- **LEGAL SHIELD** – 10% off first month membership at sign up—928.472.7906
- **MACKY'S GRILL** – free soft drink with purchase of meal—928.474.7411
- **MARY KAY CONSULTANT** – 10% Discount—928.978.0152
- **MEDICARE/ INSURANCE PLANS** – No Cost Consultation to Help Members Navigate Medicare. Jean Stradling Insurance—928.485.1200
- **MIRACLE EAR AND HEARING CENTER** – Buy package of batteries and get the second free—928.474.5158
- **MOUNTAIN VIEW FUNERAL HOME AND CEMETERY** – 15% off all services—480.832.2850
- **PAST AND PRESENT BOUTIQUE** – 10 % off—928.468.1181
- **PAYSON CANDLE FACTORY** – 10% off—928.474.2152
- **POSTNET** - 10% off—928.472.4355
- **PRINTING BY GEORGE** – 10 % discount—928.472.3169
- **QUALITY INN** – 10% off – room night includes a hot, deluxe breakfast—928.474.3241
- **RIM COUNTRY BBQ** – 10% off - excludes alcohol—928.472.2227
- **RIM REJUVENATION** – \$45/hour-massage—928.595.1600
- **SENOVIC FLOORS** – 10% - installation of floors – tile, wood, vinyl, some carpet—928.474.3910
- **SMART SYSTEMS, INC.** – 10% OFF SERVICE ONLY—928.468.7400
- **TINY'S RESTAURANT** – 10% off, excludes alcohol—928-474-5429
- **TONTO APACHE GYM AND POOL** – Huge discount with High Country Seniors membership—928.474.7093
- **ULTIMATE CARPET CLEANING** – 10% off carpet cleaning and water extraction—928.472.4595 or 928.970.4595
- **VALLEY IMAGING SOLUTIONS** – 10% OFF—928.472.8914
- **WESTERN VILLAGE** – 10 % discount—928.474.3431

HOSPITAL BENEFITS:

- One free meal per day for spouse

OTHER BENEFIT INFORMATION:

- **ADT Companion Services** – 1.866.935.1238 Membership Code: H202788
- **Alamo Rent A Car** – 800.462.5266 Code: SCircle
- **Beltone Hearing Care** – 928.634.0051 Code: 50540