



# VILLAGE VISION

March, 2020 Newsletter

## MINDRAMP IN OKC



*Pictured:*

*Top: Roger Anunsen & Michael Paterson*

*Left: VillagesOKC President, Scott Schaefer & Villager, Mary Fleming*

*Middle: MindRamp co-founder, Roger Anunsen & VillagesOKC Executive Director, Marilyn Olson*

*Right: MindRamp co-founder, Michael Patterson, Villagers, Faye Horn & Richard Ross*

Roger Anunsen and Michael Patterson, known as the Brain Boys, are leading coaches and professors in the area of applied brain health. We were honored to have them come to Oklahoma! Partnering with Concordia, we were able to give them a glimpse into the fun we have here at VillagesOKC!

We had a delicious meet and greet lunch with them on Thursday and on Friday, we were able to hear them present "Your Brain on Love" at Concordia, where we learned how we can all love our brain and even how we can eat some yummy treats to keep our brains healthy.

Special thanks to Linda Wilkins for selecting the food for our lunch and a special thanks to Mary Yarber, Elaine Wood and Faye Horn for helping get everything set up.

This was a member only event. We encourage you to invite your friends to join VillagesOKC so they can also come to the wonderful activities we host each month.

## MESSAGE FROM MARILYN

### VillagesOKC is Changing the Conversation about Aging!



The first step to eliminating Ageism (the negative stereotyping, prejudice and discrimination) begins with me. When we who are age 50 and older see ourselves positively and having “timeless wisdom”, then others reflect on this too. In this phase of life, I may need new goals and a new purpose for living. Being joyful, curious, and interested in learning new skills, gives meaning to life and makes others want to be around us.

Birds of a feather really do flock together. Staying positive and doing hard things is more difficult alone. VillagesOKC members encourage each other to look forward, make plans, serve others, and determine to live our lives with purpose and passion.

***If I have a pulse, I have a purpose!***

## VILLAGESOKC BOARD MEMBER HIGHLIGHT – BRIAN BANKS



VillagesOKC Treasurer, Brian Banks, has been involved in leading and operating businesses in Oklahoma City for over 30 years. An entrepreneur at heart, his professional experience has been focused in businesses specializing in healthcare, leadership, service, and distribution. Brian has led a third-generation family business as well as new business start-ups where he has participated in industry consolidations and business acquisitions. Brian holds a Bachelor of Business Administration from the University of Oklahoma and a Master of Business Administration from Oklahoma City University.

*“Loneliness is a major debilitating problem among mature adults today. VillagesOKC provides social community and resources that help alleviate loneliness and encourages adults to be fully alive in their own home.” --Brian Banks*

## MOVIE MONDAYS AT VILLAGESOKC – MARCH



“My Love Affair with the Brain” is a documentary that covers the brain, the passion of scientific discovery, the creation of modern neuroscience, Albert Einstein, women in science, and love—all via the life and research of beloved professor and YouTube celebrity, Dr. Marian Diamond.

Marian Diamond’s research demonstrated the impact of enrichment—a powerful new understanding of the brain that has literally changed the world, from how we think about ourselves to how we raise our children. Dr. Diamond demonstrated anatomically, for the first time, what we now call plasticity and in so doing, shattered the old paradigm of understanding the brain as static and unchangeable.

### FIVE FREE SHOWINGS AVAILABLE

**When: Mondays in March – 2, 9, 16, 23 and 30, 2020**  
**Where: VillagesOKC Office—3908 N. Peniel Ave., Ste 340**  
**Time: 1:00—3:00pm**  
**(Feel free to bring a snack or even your lunch!)**

**For More Information or to RSVP:**

**E-Mail: [info@villagesokc.org](mailto:info@villagesokc.org)**

**Call or Text: 405-990-6637**

**\*\*NEXT MONTH’S MONDAY MOVIE: *A Beautiful Day in the Neighborhood*\*\***

## APRIL THRIVENT FINANCIAL ZOOM CALL – RETIREMENT ACCUMULATION



**THRIVENT  
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Scott Schaefer, VillagesOKC President, will be offering FREE information to VillagesOKC members. Thrivent Financial is AAA best rated, 100+ year old, membership organization of Christians who want to be wise with money and live generously. As a not-for-profit financial services organization, they offer sound financial advice to help families and communities thrive.

Join us at the VillagesOKC office to have a discussion with Thrivent Financial about important financial decisions. They will be joining us with an interactive Zoom call so you will have an opportunity to see Scott live to ask your questions! We have a topic every month from January—August.

**When: April 7**

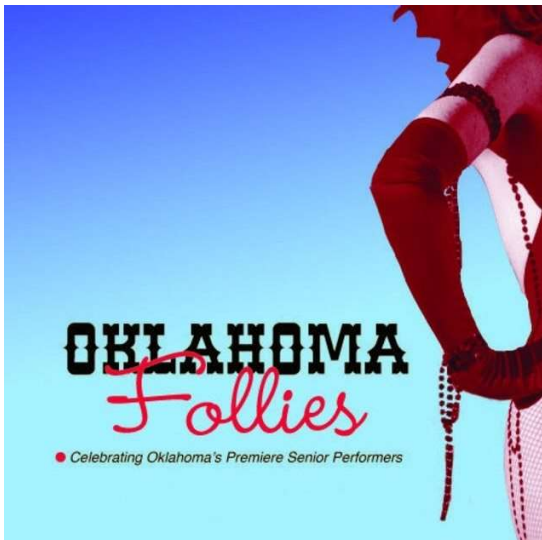
**Time: 2:00-3:00pm**

**Where: VillagesOKC Office 3908 N. Peniel Ave, Ste 340, Bethany**

**RSVP: [info@villagesokc.org](mailto:info@villagesokc.org) or call/text 405-990-6637**

**\*\*NEXT MONTH'S TOPIC: MAY 5, 2020 – Economic Update**

## OKLAHOMA SENIOR FOLLIES



***Join us as we go to the 10<sup>th</sup> anniversary of the Oklahoma Senior Follies!***

Founded in 2011 by Bobbie Burbridge Lane, the Oklahoma Senior Follies' mission is to celebrate Oklahoma's premier senior performers of stage, screen, television and radio, while raising funds to support senior-centric services. Past beneficiaries have included Mobile Meals of Oklahoma County and the Alzheimer's Association.

**When:** Saturday, May 30, 2020

**Time:** 12:45pm – We will meet at the VillagesOKC office and carpool to UCO. The show starts at 2:00pm.

**Cost:** \$25 per ticket – Ticket must be paid for at the time of your reservation. Limited tickets in our VillagesOKC section so reserve your seat NOW!

***Please call 405.990.6637 to RSVP and pay for your ticket before they sell out!***

## HAPPY MARCH BIRTHDAYS

★ **HAPPY** ★  
**BIRTHDAY!**

Susan E. – March 1  
Delilah M. – March 10  
Jean K. – March 18

Gaylene T. – March 25  
Brenda R. – March 28

*If you have not given us your birthday, please contact the office so we can get you added to our birthday list!*



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## CONTACTING VILLAGESOKC

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Website: VillagesOKC.org



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For the most up to date information on current events, please visit our website, [villagesokc.org](http://villagesokc.org) and check out the calendar! New events are added daily!