



# VIRTUAL VILLAGE VISION

Edition 18  
NOVEMBER 2020

## MESSAGE FROM MARILYN



The end of the year is just around the corner and with that comes the opportunity for end-of-year giving. The mission statement for VillagesOKC is: VillagesOKC enables mature adults to come together to learn, plan, and serve our neighbors with spirit and dignity.

Although this has been a very unusual year, it has also been an exciting one. Rather than cancel or abandon programming, it was decided to approach these challenges with creativity and innovation.

In-person meetings, classes, and sessions were converted to the Zoom format. To date, close to 1500 individuals have participated. This includes Village members, community residents, and other interested persons.

One new program, Porch Pals, is designed to promote mental health well-being of VillagesOKC members who have been isolated during the pandemic. It includes receiving a monthly Hug 4

Your Heart gift and a porch visit. Feedback has been one of overwhelming gratitude and appreciation.

Expansion of The GIFT project and MindRamp classes/seminars is planned for 2021 and with that comes the need for financial support. Please consider giving to VillagesOKC and remember that VillagesOKC is a 501(c)3 non-profit for tax purposes. Also, the IRS allows for RMD (Required Minimum Distribution) to a qualified charity, such as VillagesOKC.

Make every day count!

Marilyn Olson, Executive Director

## VOLUNTEERING BENEFITS ALL AGES



*Pictured: SNU Women's Soccer team and VillagesOKC members at The Grand Skilled Nursing and Therapy.*

Southern Nazarene University Women's Soccer and local non-profit, VillagesOKC, partnered to bring joy to the residents of The Grand Skilled Nursing and Therapy in Bethany.

On a beautiful October Thursday, The Grand residents came outside to watch the SNU Women's Soccer team play. For additional enjoyment, The Grand staff handed out popcorn and drinks. VillagesOKC members were on hand to support and encourage all with recommended distancing and masks.

Soccer Coach Julie Duncan said, "Some residents had not been outside for several months and were warmed by the sunshine and the enthusiasm of the young women. Two residents were particularly interested since they had played on a soccer team in their youth". One resident said, "I played all positions since I was not afraid of the ball."

Along with funds from a VillagesOKC sponsor, Thrivent Financial, the SNU Women's team purchased small usable items and presented these gifts for each of the nearly 100 Grand residents. While the SNU athletes wait for the spring season, teams are doing service projects like this throughout the community. Volunteering in partnership with local organizations, such as VillagesOKC, provides an intergenerational connection that benefits all.



*Pictured: Marilyn Olson, Bev Morgan and Keri Sapcut*

## VILLAGESOKC NOVEMBER SCHEDULE

*For the most up-to-date information, check the VillagesOKC online calendar with this link:*

[VILLAGESOKC CALENDAR](#)

*For all Zoom meetings, after registering, you will receive a confirmation email containing information about joining the event. Zoom sessions will be recorded for viewing at a later date. Portions of recorded sessions could be used for promotional opportunities on Facebook, Instagram and by sponsors.*

- Pickleball—Mondays and Wednesdays—9:30-11:30am — Jackie Cooper Gym, [1024 E Main St, Yukon](#)  
Tuesday and Thursday — 11:00-1:00pm — Yukon Community Center, [2200 S Holly Ave, Yukon](#)  
(Masks are required at both locations)
- Fridays in November 2020 — HeShed at Fred Wettengel's house — 10:00-11:30am  
Men's fix-it morning! If you have a project you've been working on or you want to start repairing a broken item, this is the spot for you! Contact the office for the address or more information!
- Tuesday, November 10, 2020 — Women's Coffee — 10:00am — Call the office to let us know if you'll be there!  
Aloha Shave Ice and Coffee Shoppe—8000 NW 39th Expy, Bethany
- Tuesday, November 10, 2020 — Money Matters with Thrivent — Hosted by: Scott & Preston Schaefer — 1:00pm  
Topic: Require minimum distributions, charitable giving, and insurance policies to benefit your church or other non profit organizations  
[Click HERE](#) to register for this event.
- Wednesday, November 11, 2020 — Improv for Communication (class 1) with Caitlin Cairns — 2:00-3:00pm  
Having good communication skills means knowing how to respond to conversations on-the-fly, paying attention to how the person is reacting to you and adapting to changes in the moment — just like in improv theatre! During the three-part class, you'll participate in classic improv and theatre games and have fun while building better communication skills!  
[Click Here](#) to register for this event.
- Thursday, November 12, 2020 — Senior Living Truth Series — Truth about Senior Living Healthcare Options— 10:00am  
Please register by calling 405.563.7501 or by [clicking HERE](#)
- Thursday, November 12, 2020 — Feed Your Brain with Jessica — Nutritional Health Coach — 2:00-3:00pm  
Did you know the structure and function of your brain is dependent upon the nutrients you get from food? Learn how to build your meals to promote optimal brain health. Top 10 brain "booster" and top 10 brain "buster" foods will be discussed. Supplements, herbs, and lifestyle support will also be integrated into this 1 hour presentation.  
[Click HERE](#) to register for this event.
- Friday, November 13, 2020 — Healing Touch with VillagesOKC Members Jean & Carolyn — 10:00am  
Healing Touch (HT) is an energy based therapeutic approach to healing. The goal of HT is to restore wholeness through harmony and balance in the energy system to help the individual self heal. HT can be used for all ages and states of health/illness and even for plants and animals. HT complements traditional approaches to health and healing. It is not a substitute for them.  
[Click HERE](#) to register for this event.
- Saturday, November 14, 2020 — November Edmond Gathering @ Johnnie's Charcoal Broiler — 12:30-2:30pm  
[33 E. 33rd St., Edmond](#) (33<sup>rd</sup> and Boulevard St.) — See event description below.
- Wednesday, November 18, 2020 — Improv for Communication (class 2) with Caitlin Cairns — 2:00-3:00pm  
[Click Here](#) to register
- Thursday, November 19, 2020 — MindRamp Elective, Alive Inside—1:00pm (in person at the office or online)  
See event description below.  
[Click HERE](#) to register for this event.
- Saturday, November 21, 2020 — November Gathering @ Johnnie's Charcoal Broiler — 12:30-2:30pm  
[6629 NW Expressway, OKC](#)

## THE GIFT – UPCOMING DATES



The GIFT is a four-week interactive workshop guiding participants through 12 key areas most impacted in a transition. Participants learn time-saving techniques, providing rapid access to key information when needed. Attendees receive the exclusive VillagesOKC GIFT Binder to keep, a trusted network of professionals with resources, and a safe and confidential environment providing support, encouragement and direction.

### The GIFT workshop dates:

\*[Spanish Cove Academy](#), Yukon—Mondays— Nov, 9, 16, 23, 30—10:00am  
Virtual— Saturdays—Nov 7, 14, 21, (skip Thanksgiving week), Dec 5—10:00am  
\*[Synergy HomeCare](#), Edmond—Tuesdays—Feb 2, 9, 16, 23—4:00pm



VillagesOKC member, Dr. Delilah M:

*It has been said that "sometimes, we don't know what we don't know, until we know" lol! That is how I feel about my experience with the GIFT. The information covered concisely in the GIFT workshops encouraged me to have strategic conversations with my spouse, which lead to even more strategic conversations and education related to future retirement planning. The information has been critical to our life planning as we look to our future together. My husband recently faced a major surgery and was able to face it with greater peace of mind due to the critical work he had completed prior to that surgery. I believe that the tag line for the GIFT should be "Greater Peace of Mind" because that is what is achieved by working through the Gift modules (sessions).*

**Be prepared! EVERY VILLAGE MEMBER will want to enroll in one of these 4-week GIFT classes this fall.**

**Call/text 405.990.6637 to reserve your spot today!**

**We need host locations! If you know of a location that would be willing to let us host a 4-week GIFT series, please call/text the office 405.990.6637 or email [info@villagesokc.org](mailto:info@villagesokc.org)!**

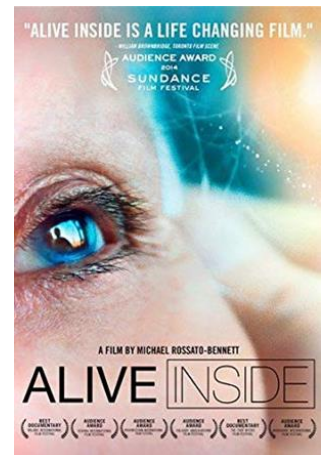
## MINDRAMP ELECTIVE – ALIVE INSIDE

Thursday, November 19, 2020 – MindRamp Elective, Alive Inside—1:00pm  
(in person at the office or online)

[Click HERE](#) to register for this event.

A joyous cinematic exploration of music's capacity to reawaken our souls and uncover the deepest parts of our humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country who have been revitalized through the simple experience of listening to music. His camera reveals the uniquely human connection we find in music and how its healing power can triumph where prescription medication falls short.

Join us for the inspirational and emotional story that left audiences humming, clapping and cheering at the 2014 Sundance Film Festival, where it won the Audience Award.



## GIFT A VILLAGESOKC MEMBERSHIP



Give the gift that lasts the whole year! Gift a VillagesOKC Membership! Both individual and household memberships may be 'gifted' to a friend, family member, business, etc., meaning the membership fee is paid by someone other than the potential member. Donors should contact the VillagesOKC office at 405.990.6637 to initiate the gifting process.



## AZALON SALON – YUKON

VillagesOKC Member, Sheila Mauldin, owns the largest salon in the state of Oklahoma. It is located in Yukon. They have 31 stylists that specialize in up to date cutting and hair color and are certified in Brazilian Blowout Treatment. VillagesOKC will be scheduling a salon tour and makeup tutorials in early 2021!

Sheila has already been a huge asset to VillagesOKC by providing and decorating at our anniversary party that was held in September.

For more information on Azalon Hair Studio, check out their Facebook page:

<https://www.facebook.com/azalonhairstudio/>



## THE GATHERING – NW OKC & EDMOND



*Pictured: Steve, Joyce, Larry and Nancy enjoying lunch and conversation at the 1<sup>st</sup> Edmond Gathering at Johnnie's.*

NW OKC – [6629 NW Expressway, OKC](#) – November 21, 2020 – 12:30-2:30pm

We will have 2 monthly Gatherings! Join us at our Edmond Gathering, NW OKC or both! We have a private dining room so buy your food and head into the VillagesOKC room for some fun!

Everyone, members and friends, are welcome to attend this social gathering! Johnnie's has a great selection of burgers, salads, hotdogs and gluten free options.

## ANNIVERSARY PARTY 2020 PICTURES



*Pictured: Larry and Nancy*



*Pictured: Scott and Jacqueline*



*Pictured: Robin and Marilyn*

The anniversary party was a success! If you have pictures, we would love to see them! Please text them to 405.990.6637 or email them to [info@villagesokc.org](mailto:info@villagesokc.org).

To check out all the great pictures that were taken, please [CLICK HERE](#).

## WILLING TO BE INTERVIEWED?



One of our many strong sponsors is the [Oklahoma Senior Journal](#) and OSJ Radio show which airs on HANK FM every Saturday.

Robin Gunn, Host of the OSJ and is a VillagesOKC member loves promoting seniors. Now every quarter two VillagesOKC members will be part of her pre-recorded radio show, responding to interview questions, or sharing how the organization has been a resource for them. Be ready to say yes or better yet, call Keri in the office to put your name on the list.

## VILLAGESOKC VIDEO



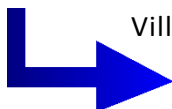
Click on this link, [VillagesOKC Virtual Neighbors](#), to watch our new VillagesOKC video! Please feel free to forward this to your friends, family and anyone you think would like to know more about VillagesOKC! Special thanks to Dick Baze, Nancy Driver, Mary Fleming, Bobbie Gunn, Lewis McClain, Keri Sapcut, Andrea Stewart, Anna Stewart, Gaylene Stiles, Linda Wilkins and Elaine Wood for your help and participation in this video.

## CONNECT TO A FRIEND

For mental and physical health, it is important to reach out and stay connected. VillagesOKC members are making phone calls to members to inform, invite, and just visit. We call these buddy checks. You can help keep our members connected by offering to make a few friendly calls from your home each month. A friendly call from someone offering to meet them at Gathering or tell them about the HeShed or even about the upcoming MindRAMP class, can make someone's day brighter. Let the office know if you'd be willing.



## LET KERI KNOW



VillagesOKC wants to keep up with you and see all the fun and exciting things you are doing. Please let Keri know what you're up to by sending pictures of your adventures. Pictures can be sent to [info@villagesokc.org](mailto:info@villagesokc.org) or text 405.990.6637.

## THANKSGIVING HOLIDAY OFFICE HOURS

The VillagesOKC office will be closed on Thursday, November 26 and Friday November 27 for the Thanksgiving holiday. We will reopen on Monday, November 30 at 9:00am.



## CONTACTING VILLAGESOKC

VillagesOKC – 3908 N. Peniel Ave., Ste. 340, Bethany, OK

Phone: 405.990.6637

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

Website: [www.VillagesOKC.org](http://www.VillagesOKC.org)



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<https://www.instagram.com/villagesokc/>



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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!

## SPONSOR SPOTLIGHT



GOODEN GROUP

Southern Nazarene University

CHARACTER | CULTURE | CHRIST

S. Dean Brown, MD  
Internal Medicine



Pamela Craven, MD  
Cardiologist



OKC MATURE MOVES  
Overjoyed... not overwhelmed!

