

SEPTEMBER GATHERING SUCCESS

Pictured:
VillagesOKC
Member Lee
Wait, sharing
her gift of
singing at
the
September
gathering.



We had a great time getting to know more
about each other, and meeting new friends!
We had 4 new people come to the fellowship.

Everyone
introduced
themselves,
and shared
fun fact that
others in the
group might
not have
known.



THE GATHERING

Everyone is invited and welcome to attend this social
gathering! We will talk VillagesOKC, what's new,
what's coming up, and other exciting things,
(like volunteer opportunities)!

Date: Saturday, October 19th, 3:00 - 4:30p

Location: Higher Grounds Coffee
5814 NW 63rd St. Warr Acres

We are thankful to Dignity Memorial for
sponsoring our October gathering!



SPONSOR SPOTLIGHT



Village Testimonial:

Shannon McClure, RN, CAEd - New Member & Supporter
Owner and Executive Director of Eden Care Homes:

Beautiful concept for aging in place in community! The
phrase, "When you help others, you help yourself"
comes to mind. We really are all connected. When you
attend a Villages OKC Event or meet the Executive
Director, Marilyn Olson, you will leave with much more
than helpful information, you will have a new network of
like-minded friends who you can trust to watch out for
you and guide you to the resources you need to age in
place with grace and dignity! ♥ VillagesOKC!



October 2019 Newsletter

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MESSAGE FROM EXECUTIVE DIRECTOR

Connections!

VillagesOKC is all about making connections. Connections with good people all across greater Oklahoma City. Connections with like-minded mature adults. Connections with trusted businesses. All these connections build a network so we,



as mature adults, can take matters into our own hands to remain who we are as long as possible.

At the National Village Conference in Chicago, 300 villages from across the United States and even Australia met to talk about Connections. There was a group from Tulsa exploring the possibility of a village. At the national conference, our region was represented by villages from Amarillo, Austin, Jersey Village, Texas and Lawrence, Kansas with 295 other Villages. Together we shared ideas, learned of new legislation and new products, and learned how to partner with other organizations for maximum benefit and less duplication.

The number one challenge for members in every village around the world is eliminating isolation. Isolation increases coronary artery disease, stroke, early dementia and even increases risk of untimely death. The solution? Connections with people over food. Connections with people over games. Connections with people over exercise.

We were created to live in community and VillagesOKC is one of the many options available to mature adults in Oklahoma City. Find out the details at "What is a Village" at the Rockwell Maps 3 Health and Wellness Center or call the VillagesOKC office for more information.

VILLAGE ANNIVERSARY PARTY



Village-Versary!

Villages celebrated their FIRST Anniversary, September 14th - where they appreciated members and sponsors for their support and service.

Villagers enjoyed a BBQ dinner (thanks to Spanish Cove Retirement Village, Thrivent Financial, and Concordia Life Care), live music by the Upstairs String Band, and a pickleball demonstrated by the OK Pickleball Association.



Pictured: Scott Schafer, VillagesOKC President, helping in the food serving line.

Pictured: Village members enjoying delicious BBQ and sides from Sponsors.



Pictured from left to right: Board Secretary Danny Eischen, President Scott Schafer and Dr. Delilah Joiner.



The Upstairs String Band has 4 musicians, including Steve Muns, the brother of VillagesOKC member Karen Robertson, Mark Strange, Richard Telowiecz and Robert Liebel. Give the Upstairs String Band a follow on Facebook: theupstairsstringband



Thank you to Villager, Carma Branscum, for bringing Pickleball to VillagesOKC.

We had a wonderful demonstration with members join in the game!



Pictured: Board and VillagesOKC member, Lewis McClain, playing in the Pickleball demonstration.

UPCOMING EVENTS

Traveling Villagers

Come say hello to Keri and
enjoy a cup coffee or tea, or a delicious snack!

Date: Thursday, October 3rd | **Time:** 9:00 - 10:00a
Place: Serve Coffee | 6736 NW 39th Expy, Bethany



PICKLEBALL IS HERE!!

Carma Branscum, VillagesOKC member, said, "VillagesOKC is all about keeping our brains strong and our minds sharp. Pickleball is the perfect combination of healthy physical exercise while using cognitive skills. It's the perfect sport for mature adults and their grandchildren to play together."

VillagesOKC is building a roster of curious and interested folks. Come join us! We're beginning where Carma Branscum and OKC Pickleball Ambassador Donna McLean, play regularly in Yukon. But as VillagesOKC PICKLEBALL interest grows, Carma and Donna will offer small workshops or seminars and get VillagesOKC members and friends together at other locations across the greater Oklahoma City area.

Interested— Call VillagesOKC 405 990 6637

When—Tuesdays and Thursdays at 11:00—1:00

Where—Yukon Community Center

2200 South Holly Avenue, Yukon, OK 73008

Supplies—we have everything you need, just come in tennis shoes

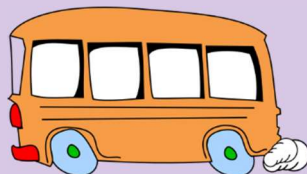
Sr. Living Community Bus Tour

Host: Sr. Living Truth Series

When: Thursday, Oct. 31 @ 10:00 - 11:30a

You'll be touring: North OKC Senior Living Options

Call to sign up/for more info:
405.563.7501



Villagers Are Going to Tulsa!

Make plans to join us for a fun filled day as we head to Tulsa! We will tour the Port of Catoosa, lunch at Roosevelts, and then off to the Gathering, Tulsa's 66-acre riverfront park!

For Questions or to RSVP
405-990-6637 | info@villagesokc.org

Monday, October 14th
Cost: FREE - other than your lunch
Departure: 7:50a from VillagesOKC Office
Return to the VillagesOKC office: 4:45p

MEN'S ROUND TABLE



Come and enjoy a great cup of coffee at the informal meeting time, providing an opportunity to connect with other men in your village!

Host: Bill Johnson & Jim Olson
Date: Wed. October 16th
Time: 9:30 - 10:30a
Location: Perk Place
1649 W 33rd St., Edmond

Women's Coffee Club

Come and join the Village women in an informal meeting, to discuss interesting topics, and share stories!

Host: Faye Horn & Kay Reid
Date: Tue, Oct 22th 10:00 - 11:00a
Where: Higher Grounds Coffee



"This is your Brain on Chocolate"



VillagesOKC invites you to a special web presentation led by brain health experts, Roger Anunsen and Michael Patterson. "This is Your Brain on Chocolate" is a presentation designed to ramp up your brain! Learn about the latest scientific developments in aging and cognitive health.

They'll explain how certain lifestyle approaches and foods (yes, even chocolate), can help trigger the brain's pleasure centers for a happier, longer life.

When: October 30th
10:00 - 11:00a

Where: Spanish Cove
11 Palm Ave, Yukon

Price: Village Members/Spanish Cove: \$10
Guests: \$20

RSVP: 405.990.6637

"My Love Affair with the Brain"

Join us and bring a friend to this **FREE** showing of the award-winning documentary of Dr. Marian Diamond.



This documentary focuses on the brain, passion of scientific discovery, creation of modern neuroscience, women in science, and love - all via the research of beloved professor and YouTube celebrity, Dr. Diamond. Come and learn about the life and science behind Dr. Diamond!

When: Thursday, October 31st
10:00 - 11:30a

Where: Adult Wellness Center / HLWC

RSVP: 405-990-6637 | info@villagesokc.org

Cont. of the Village-Varsity

The Honorable Marilyn Stark, one of VillagesOKC's first volunteer staff members, presented Concordia's CEO, Danny Eischen, with VillagesOKC Visionary Award.

Danny researched Villages across the nation; even attending the National Village to Village Gathering to learn more. Upon returning to OKC, Danny hit the ground running through organizing; providing funds; forming a board; offering support staff, visionary meetings, planning, focus groups and committee meetings. He encouraged, counseled and most importantly persevered through all the many stages of this organization. Danny also worked on recruiting sponsors that continue to support today. His connection, reputation, and networking ability have resulted in credibility and favorable coverage in local newspapers. Danny and Concordia continue to be invested; being the first to offer a VillagesOKC class "Take Your Brain Back to School". Danny, there is no doubt that your work is becoming a reality. We believe VillagesOKC will change many lives enabling many Oklahomans to age in ways never dreamed before.

Danny, we want to say thank you and we believe that soon all of Oklahoma will be saying thank you as well.



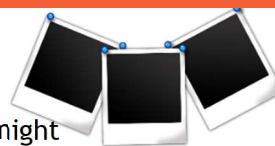
In addition to presenting Danny with the Visionary Award, The Honorable Marilyn Stark, also presented Danny Eischen and Marilyn Olson with Citation of Congratulations for their hard work making VillagesOKC a success and had these kind words to say about our Executive Director, Marilyn Olson.

"Marilyn Olson, has poured her life into making this a reality. Supporting the Board, recruiting volunteers, sponsors, staff, and board members and has refused to let this concept fade away. She has worked hand in hand with the VillagesOKC Board of Directors to ensure that VillagesOKC meets the needs of the community. Marilyn Olson embodies the heart and soul of VillagesOKC

On this one year anniversary, we recognize and commend Marilyn Olson for her efforts to address the issues confronting our citizens as they age; giving each one an avenue to stay where they are as long as possible; living active, productive, and purposeful lives through VillagesOKC, Inc."

Pictures Please!

We would love to see your VillageOKC-Versary pictures. Please e-mail your pictures to info@villagesokc.org and you might see your picture in an upcoming newsletter or on our VillagesOKC Facebook page!



Ashleigh's Baby Shower



Ashleigh's sweet baby boy will be here soon! We are all blessed to know Ashleigh and it's time to celebrate! We will have a come and go baby shower on October 9, 2:00-4:00p at the VillagesOKC office.

Ashleigh is registered at Target and Amazon.

What a Wonderful Way to Honor the Life of Family and Friends

When someone passes away he doesn't disappear completely; but remain in our memories, dreams, the stories we tell, and thanks to VillagesOKC, these dear people can continue impacting the work as they might have were they still living. Flowers fade over time, but a memorial donation will help the living.

VillagesOKC is a 501(c)(3) nonprofit that helps mature adults live active and productive lives. Your gift in memory of a family member, loved one, or friend, will insure VillagesOKC continues to help senior adults in the OKC metro area live with dignity and grace.

As a donor, you will receive a thank you card that can be used as your gift receipt. The individual you want notified of your gift will receive a card that includes our condolences, your name, and address; however, the amount of gift is not disclosed.

To make a memorial donation please provide the name of the deceased individual. The name and address of who you want VillagesOKC to notify and your name, address, and the gift amount.

Contact our office and make your gift by telephone, 405.990.6637 or give your gift online at www.villagesokc.org.