



VIRTUAL VILLAGE VISION

Edition 21
FEBRUARY 2021

WANT A BETTER BRAIN? – VILLAGESOKC CAN HELP



*Roger and Michael at the Love Your Brain lunch
hosted by VillagesOKC.*

Engaging, scientifically sound, and evidence based sessions. Available in the comfort of your home. VillagesOKC is sponsoring these fun learning opportunities led by MindRAMP founders Michael Patterson and Roger Anunsen and VillagesOKC members Pam Redline and Nancy Driver.

An entire semester for \$50 for members and \$100 for non-members. If you miss a session, don't worry, sessions are recorded and repeated the week following.

10 Two Hour Classes – Non-VillagesOKC Members: \$100 and VillagesOKC Members: \$50

All classes on Wednesdays on Zoom— 1:30—3:30p (*Free Zoom VillagesOKC training available with registration)

Level #1 – Strong Brains, Sharp Minds: The Art & Science Of Aging Intentionally

Feb. 10 – The Longevity Paradox / The Call To Adventure

Feb. 24 – May The Force Be With You / Navigational Aids

Level #2 – Mapping The Future Of Your Mature Mind

March 10 – Motivation / Assessments

March 24 – Planning / Skills for Sustainability

Level #3 – Eight Behaviors That Shape Your Brain

April 14 – CogWheel Overview / Physical Exercise / Mental Stimulation

April 28 – Social Engagement / Stress Management / Diet & Nutrition

May 12 - Sleep / Medical Factors / Environmental Conditions

Practicum #1 – Designing Your Brain Health Action Plan

May 26 - Design Your Personal Action Plan

Practicum #2 – Lions & Tigers & Bears: Group Coaching – To Overcome Obstacles, Setbacks And Discouragement

June 9 – Put Your Personal Action Plan into Action

June 23 –Develop Strategies for Sustainability

To register online, click [HERE](#). Once you register for Level 1, Class 1, you will be registered for the entire 10 course workshop. You can also register over the phone and pay by credit/debit card, by calling the VillagesOKC office. Links will be emailed out the week of each workshop.

VILLAGESOKC FEBRUARY 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.

- 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)
- *Tuesday, February 2, 2021 – Women’s Coffee – 10:00am – on Zoom
[Click HERE](#) to register for this event
- Tuesday, February 2, 2021 – Home Fit Guide: How To Make Your Home Support Your Life – 1:00pm – On Zoom
[CLICK HERE](#) to register for this event (*Description on page 3*)
- *Monday, February 8, 2021 – Azalon Hair Studio Tour and Makeup Lesson – 10:00am
(RSVP Required. See event description on page 3)
- Wednesday, February 10, 2021 – MindRamp Workshop – 1:30pm-3:00pm
Level #1 – Strong Brains, Sharp Minds –
Hour 1: The Art & Science Of Aging Intentionally and Hour 2: The Longevity Paradox / The Call To Adventure
(Preregistration required. See event description on page 1)
- Thursday, February 11, 2021 – Senior Living Truth Series – Quail Creek Country Club – 10:00am-11:30am
Aging in “Right” Place: The Truth about Today’s 55+ Senior Living Options
[3501 Quail Creek Rd, OKC](#)
Join from home or in-person by pre-registering at 405-563-7501 or online at www.seniorlivingtruthseries.com.
- Saturday, February 13, 2021 – Edmond Gathering @ Johnnie’s Charcoal Broiler – 12:30pm-2:30pm
[33 E. 33rd St., Edmond](#)
- *Tuesday, February 16, 2021 – Money Matters with Thrivent Financial – 1:00pm-2:00pm
[CLICK HERE](#) to register for this event
- Wednesday, February 17, 2021 – Christian Women’s Lunch – Quail Creek Country Club – 12:00pm-1:30pm
3501 Quail Creek Road, OKC – Three –course lunch – \$22 or \$27 at the door. RSVP to Peggy – 405.343.0079
- Thursday, February 18, 2021 – VillagesOKC 2021 Townhall Meeting – Zoom – 3:00pm
[CLICK HERE](#) to register for the event
- Saturday, February 20, 2021 – NW OKC Gathering @ Johnnie’s Charcoal Broiler – 12:30-2:30pm
[6629 NW Expressway, OKC](#)
- Wednesday, February 24, 2021 – MindRamp Workshop – 1:30pm-3:00pm
Level #1 – Strong Brains, Sharp Minds –
Hour 1: May The Force Be With You and Hour 2: Navigational Aids
(Preregistration required. See event description on page 1)

*Member Only event

VILLAGESOKC MISSION STATEMENT

We are virtual neighbors enabling mature adults to come together to learn, plan and serve with spirit and dignity.



As in any small town, this is a neighborhood who is connecting the good people of Greater Oklahoma City and trusted businesses to help each other with what we can when we can. It is organized friendships with appropriate boundaries.

VillagesOKC offers friendships to fill the gaps where family, church and existing friends leave off. VillagesOKC also offers trusted information and referral sources for congregations and pastors.

Learning includes creative MindRAMP Brain Classes and MindRAMP Brain Academy. Planning includes the exclusive VillagesOKC GIFT four week-workshops in intimate groups of 12.

Strategic 2021 plan is to hold 33 classes in locations throughout greater Oklahoma City.

Planning also includes Money Matters and Health Matters. Serving includes transportation,

Buddy Checks, Porch Pals, HeShed, Monthly Gatherings in Edmond and Oklahoma City and Trusted Business List access.

MESSAGE FROM MO – THIS IS YOUR VILLAGE



Please make every effort to be at the next VIRTUAL TOWN HALL MEETING, Thursday, February 18 at 3:00pm, so you can help develop the type of virtual village best suited to you. Your leadership and feedback is vitally important! Just think! Together we can create this village to be whatever we choose.

VillagesOKC is a virtual neighborhood enabling mature adults to come together to learn, plan and serve with spirit and dignity. For many, VillagesOKC will provide a way to remain in our homes longer because we are doing life with a larger circle of good, trusted friends. We do that by continuing to learn, plan and serve each other. As Saint Francis said, “It is in giving that we receive.” VillagesOKC members give time and talents and receive blessings, energy and improved quality of life. However, situations and seasons change presenting new opportunities and different interests. Covid and zoom meetings are just two examples. This TOWN MEETING on ZOOM is the time for us together to make some decisions.

- Look at what other villages are doing and evaluate what we had in place for the past year
 - The Calendar events
 - Learning opportunities (MindRAMP)
 - Planning Opportunities (The GIFT)
 - Serving Opportunities (office, Porch Pals, event or program leadership)
- Eliminate what we no longer need (or want)
- Add what we’d like to see in 2021
- Offer to be responsible with the talent and time each has.
 - Look at all the possibilities
 - Identify the best or most interesting

Although we are modeled after the other 300+ villages across the nation, VillagesOKC is a member-driven organization designed to function for members here in Oklahoma City...from Guthrie to Norman and Choctaw to El Reno. You can purchase transportation anywhere; but you cannot buy friendship. VillagesOKC is not a transaction for a service at a cost of \$20.83 per month, rather it is an opportunity to be an integral part of organized friendships with boundaries and liability insurance to insure no one carries too great a load. For me, VillagesOKC is an opportunity to use some of the skills I’ve learned throughout the years – and that is energizing.

But it won’t be a village with only one person. So, will you join me on this journey?

See you on Thursday, February 18 at 3:00pm. To register to be in the Town Hall Meeting, [CLICK HERE](#).

HOME FIT GUIDE: HOW TO MAKE YOUR HOME SUPPORT YOUR LIFE



Tuesday, February 2, 2021 – 1:00pm – On Zoom

[CLICK HERE](#) to register for this event

Join us as Kendra Orcutt, with [Home Mods Therapy](#), shares concepts of home modifications for aging in place, along with some great resources!

Kendra is an occupational therapist whose professional career has specialized in providing home modification, aging in place education, patient advocacy, creative problem solving, and therapy services. She has played critical roles in organizing the delivery of therapy services in a series of different environments ranging from major hospitals, nursing homes, therapy organizations and finally in-home care settings. Kendra is the owner of Home Mods.

She completed her Certified Aging in Place Specialist (CAPS) in 2013 through the National Association of Home Builders (NAHB). She has earned her Specialty Certification in Environmental Modifications (SCEM) from the American Occupational Therapist Association (AOTA) in 2015. She does Home Fit Guide presentations as a volunteer for AARP.

AZALON SALON TOUR

Azalon Hair Studio Tour

Monday, February 8, 2021 – 10:00am

2121 S. Yukon Parkway – Yukon, OK 73099

RSVP IS REQUIRED and requested by February 5 – [RSVP HERE](#)

Join us as we tour Azalon Hair Studio in Yukon! Azalon is owned by VillagesOKC member, Sheila Mauldin. We will receive a FREE makeup lesson and learn some new tips and tricks!

Azalon Hair Studio has 31 stylists that specialize in up to date cutting and hair color and are certified in Brazilian Blowout Treatment and they also offer late appointments.

If you decide to book an appointment after the tour, mention this ad and that you are with VillagesOKC and you will receive 20% off a personalized makeup lesson or application or 20% off hair services.



WANT TO BE A VILLAGESOKC MOVIE STAR?



Have you ever thought you should be a movie star? We can make you a VillagesOKC movie star! Record a video sharing your thoughts on VillagesOKC. It doesn't have to be long. We only need 1-2 minutes. You can pick a specific event or just make a general video. Not sure you can record on your phone? Call Keri and arrange a time for you to come to the office to record your video with our VillagesOKC backdrop. If you record a video, please text it to 405.990.6637 or email to info@villagesokc.org.

SENIOR LIVING TRUTH SERIES



YOU'RE INVITED TO A FREE SENIOR LIVING SEMINAR!

Thursday, February 11, 2021 – Quail Creek Country Club –10:00am-1130am
Aging in “Right” Place: The Truth about Today’s 55+ Senior Living Options

Join from home or in-person by pre-registering at 405-563-7501 or online at www.seniorlivingtruthseries.com

The Senior Living Truth Series is presented by Dr. Nikki Buckelew, PhD. Nikki is a VillagesOKC member and GIFT Facilitator. She is a nationally recognized speaker, educator, and downsizing coach known for her ability to deliver tough topics with enthusiasm and candor.

This high minded and in-depth panel presentation featuring local senior living experts and facilitated by Downsizing Coach, Dr. Nikki Buckelew, will be available in-person, online (via webinar) and by phone (listen only). Below are the details:

More residential living options are available to retirees now than ever before. Knowing where, when, and how to approach a late-life move can be a complex puzzle, but it doesn’t need to be overwhelming.

Whether you are planning for your own future or helping others navigate the senior living puzzle, join us for a high-minded and candid conversation about senior living options and the many considerations associated with the various types.

We will answer these questions and more.

- What differentiates a 55+ active adult community from an independent senior living residence?
- Why do some independent senior apartment complexes offer on-site healthcare support?
- What are the requirements for assisted living communities and nursing care centers?
- Why are some senior apartments more expensive than others?
- How do I know when it’s the right time to move to a retirement community?
- What changes have occurred in senior living due to the pandemic?

HELPFUL SHARING LIST



*Helpful Sharing List Coordinator,
Carolyn Wettengel and her
husband, Fred.*

VillagesOKC members are creative and good-hearted. Carolyn Wettengel offered to compile a list of used/available health aid equipment, which other VillagesOKC members have and would be willing to loan with no liability or guarantees. Each would store in their own garage or attic until someone calls VillagesOKC offices to borrow or receive at no charge. It would include items such as toilet seats, walkers, shower seats, grabbers, portable ramps, chair turns, rolling shower chairs, wheelchair and other helpful health tools.

VillagesOKC would keep the list and update as needed or annually. If you have similar items, you would share with a village neighbor, please email Carolyn Wettengel at kachinadoll@cox.net.

Dick B. recently had 2 knee surgeries and was able to use this chair that was on the VillagesOKC Helpful Sharing List. Check out his video to see how this list helped him after his surgeries.



AMAZONSMILE



VillagesOKC now has an account with Amazon Smile! AmazonSmile is a simple way for you to support VillagesOKC every time you shop, at no cost to you! All you need to do is click on this link, <https://smile.amazon.com/ch/82-3482834>, and it will take you to your Amazon account if you're already signed in on that device. This also works if you have AmazonPrime. If you access the link from your phone and have the app, it will give you prompts on how to set it up where it's a default option for all purchases! If you need help to get this set up for your Amazon account, please contact Keri. Please feel free to share this link with all your family and friends!

VILLAGESOKC DONATIONS

VillagesOKC help older adults stay engaged in their communities and become virtual neighbors that come together to learn, plan and serve with spirit and dignity. You can help ensure viability and take the Village movement forward by making a donation today. Click the link below to make your donation now. We also offer monthly donation options. Contact the office for more information.



THE GIFT – 2021 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 for 2021:

Hosted by: Synergy Home Care – Edmond – Tuesdays – Feb 2, 9, 16, 23 – 4:30pm

Hosted by: TBD – Yukon – Sundays – Feb 21, 28, Mar 7, 17 – 4:30pm

Hosted by: Sally Kernke – Director's Life Assurance – NW OKC – Mondays – March 1, 8, 22, 29 – 4:30pm

Hosted by: Sally Kernke – Director's Life Assurance – NW OKC – Wednesdays – March 3, 10, 24, 31 – 12:00pm

Hosted by: Concordia at Zion Lutheran Church – Tuesdays – April 6, 13, 20, 27 – 10:00am

Hosted by Concordia at Messiah Lutheran Church – Tuesday – July 6, Mondays July 12, 19, 26 – 6:30pm

Be prepared! EVERY VILLAGESOKC MEMBER, all your neighbors, church friends and club friends will want to enroll in one of these 4-week GIFT classes.

Call/text 405.990.6637 to reserve your spot today!

Now Scheduling 2021 Host Locations! All that is needed is seating and a bottle of water for 12 at a church, library, restaurant, insurance agency, realtor office, wellness center or country club. If you have a suggested location for the 4-week GIFT series, please call/text the office 405.990.6637 or email info@villagesokc.org!

GIFT THE GIFT IN 2021

Give the GIFT that lasts the whole year! Gift a VillagesOKC GIFT Membership!

The GIFT Membership may be 'gifted' to a friend, family member, business, etc., meaning the membership fee is paid by someone other than the potential member. We are offering a special GIFT 1 Year Membership at a discounted rate of \$199 for the first year. The GIFT Membership includes a 1 year VillagesOKC Membership and the opportunity to participate in one of the many GIFT workshops we will have all over the OKC metro area in 2021. Donors should contact the VillagesOKC office at 405.990.6637 to initiate the gifting process.



GIFT Facilitators: Julie Davis, Marilyn Olson and Nikki Buckelew

CONTACTING VILLAGESOKC

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

Phone: 405.990.6637

E-mail: info@villagesokc.org

Website: www.VillagesOKC.org



Like us on Facebook!

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



Follow us on Instagram!

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



Subscribe to our YouTube Channel! @VillagesOKC

For the most up to date information on current events, please visit our website, villagesokc.org and check out the calendar! New events are added weekly!

SPONSOR SPOTLIGHT



GOODEN GROUP

Southern Nazarene University

CHARACTER | CULTURE | CHRIST

S. Dean Brown, MD
Internal Medicine



Pamela Craven, MD
Cardiologist

