



VIRTUAL VILLAGE VISION

Edition 22
March 2021

MEET THE GIFT FACILITATORS

The GIFT (Gathering Information for Transitions) workshops are led by volunteer facilitators who give of their time and expertise. These caring professionals enjoy guiding small group discussions about legal, insurance, medical, financial, real estate, daily routines, crisis plan, retirement communities, nursing care, funeral plans, internet information and important contacts. Their personal experiences shared in the groups are so helpful and encouraging.

Members of VillagesOKC are extremely grateful to: Nikki Buckelew (OKC Mature Moves/Buckelew Realty), Julie Davis (Concordia), Jeff Aynes (Synergy Home Care), Mat Jones (Interim Hospice), Jeremy Allen (Providence Home Care), Susan Ellis (Spanish Cove), Holly Andrews (HomeWithHolly), Sally Kernke (Directors Life/Smith Kernke), Rebeca Foster (TFNA) and Preston Schaefer (Thrivent Financial Shaefer Group). They have generously offered their time facilitating GIFT workshops. Please take time to thank these professionals who practice giving living.

In addition to Facilitating GIFT classes, these professionals have extensive expertise specializing in real estate and downsizing, financial services and financial planning, grief share, funeral pre-planning, home care, hospice, personal services, and retirement services.

The GIFT is a VillagesOKC exclusive and the perfect starting point for any person, any age, who wants to discuss, decide and be prepared. Workshops are offered every month at various times and locations all across greater Oklahoma City.



Jeremy Allen,
Providence Home Care



Holly Andrews,
Home With Holly



Jeff Aynes,
Synergy Home Care



Dr. Nikki Buckelew
OKC Mature
Moves/Buckelew
Realty



Julie Davis,
Concordia Life
Plan Community



Susan Ellis
Spanish Cove
Retirement
Community



Rebecca Foster
National Finance
Alliance



Mat Jones
Interim HealthCare of
Oklahoma City OK



Sally Kernke,
Smith & Kernke Funeral
Homes



Marilyn Olson,
VillagesOKC



Preston Schaefer,
Thrivent Financial

VILLAGESOKC MARCH 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, March 9, 2021 – Women’s Coffee – 10:00am – Whipped Bakery
[3820 N. MacArthur Blvd – Warr Acres](#)
- Wednesday, March 10, 2021 – MindRamp Workshop – 1:30pm-3:00pm
Level #2 – Motivation and Assessments (*Registration has ended for this event*)
- Saturday, March 13, 2021 – Edmond Gathering @ Johnnie’s Charcoal Broiler – 12:30pm-2:30pm
[33 E. 33rd St., Edmond](#)
- *Tuesday, March 16, 2021 – Money Matters with Thrivent Financial – 1:00pm-2:00pm
[CLICK HERE](#) to register for this event
- Wednesday, March, 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
- Saturday, March 20, 2021 – NW OKC Gathering @ Johnnie’s Charcoal Broiler – 12:30-2:30pm
[6629 NW Expressway, OKC](#)
- Tuesday, March 23, 2021 – Supplements for Immune System - 11:00am – 12:00pm
[CLICK HERE](#) to register for this event
- Wednesday, March 24, 2021 – MindRamp Workshop – 1:30pm-3:00pm
Level #2 – Planning and Skills for Sustainability (*Registration has ended for this event*)

**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.

DR. DELILAH JOINER-MARTIN AND DR. NIKKI BUCKELEW WORKING TOGETHER



Dr. Nikki Buckelew
OKC Mature Moves &
Buckelew Realty



Dr. Delilah Joiner-Martin
Professor & Program Director
Family Studies & Gerontology

Southern Nazarene University was an original VillagesOKC partner and continues to be with Dr. Delilah Joiner Martin as the representative. Early in VillagesOKC development, Nikki Buckelew and OKC Mature Moves/Buckelew Realty provided leadership for our grassroots organization.

Long ago, prior to development of VillagesOKC, Dr. Joiner-Martin was one of the encouraging professors for undergraduate student, Nikki Buckelew. Now that Dr. Nikki Buckelew holds her terminal degree, “Dr. Nikki” will be teaching *Personal and Professional Development* at Southern Nazarene University in the Adult Studies Department where Dr. Joiner-Martin is director.

Dr. Joiner-Martin and Dr. Buckelew have been consistent supporters of the village movement and VillagesOKC in greater Oklahoma City. We are proud to know these professionals as VillagesOKC Members and friends.

OU STUDENTS CREATE PROMOTIONAL PLANS FOR VILLAGESOKC



Professor Cynthia Frisby

Thirty-five seniors in their final journalism class at Oklahoma University are preparing their last project before they graduate in May. Twenty-eight year veteran Professor Cynthia Frisby directs the class in this Capstone Project.

The seniors are divided into four PR/Marketing “Agencies” who each have selected VillagesOKC as the “client”. They will research, create and present their very best suggestions for promoting VillagesOKC. They are evaluated based on the “agency’s” effectiveness to create a plan, which would increase VillagesOKC membership by 144 and sponsor revenues by \$60,000 throughout greater Oklahoma City by December. All this phenomenal brain power without impact on the VillagesOKC budget.

This wonderful collaboration of OU students and VillagesOKC came because of the long time VillagesOKC relationship with Concordia Life Plan Community and their partnership with the Gooden Group. The Gooden Group’s representative, Demery Pennington, was herself in the OU Capstone class just three years ago and provided the current connection with VillagesOKC. Thank you, Demery.

VILLAGESOKC EARNS NATIONAL RECOGNITION



VillagesOKC, has been selected by the Mather Institute as an honoree of the [2020 Promising Practices Awards](#). VillagesOKC was recognized for Bringing Brain Health Education to the Community.

Organizations working with older adults from across the country sent in submissions about how they are moving away from conventional practices through new and innovative approaches. Eight organizations with powerful ideas and

practices were highlighted for continuing to move the aging services industry forward, despite an abnormally unusual year.

“The Promising Practices Awards honor true leaders in ideation and implementation,” said Cate O’Brien, PhD, assistant vice president and director of the Mather Institute. “We hope these projects will serve as a catalyst for organizations across the country and around the world to spark innovation in their own programs.”

Over the past two years, VillagesOKC has worked closely with MINDRAMP Consulting, a brain health consulting and coaching company, to develop and sustain a Brain Health Initiative, offering MINDRAMP’s unique approach through live presentations, videos, podcasts, web-based classes and workshops. The initiative presents a behavioral and risk-management approach that is specifically tailored for the mature adult population. From 2019-2020, more than 360 older adults attended brain health classes.

“The Brain Health Initiative has expanded the range and depth of our remotely delivered services and has positioned us as a leader in the aging community,” said Marilyn Olson, Executive Director of VillagesOKC. “As MINDRAMP says, ‘Everyone wants a better brain.’ Offering this program has grown our membership and our place in the greater community.”

Check out the News 9 story [HERE](#).

2021 THE YEAR OF THE VILLAGE



We have claimed 2021 as the Year of the Village. The deep personal friendships and one on one connections available through VillagesOKC are needed now more than ever.

Our organizational infrastructure is strengthening and since this is our third year, it is time to get highly visible. It’s time to let other individuals, churches and organizations know about the growing number of dynamic mature adults who are excited about life, learning and wanting to engage with others. These individuals represent a lifetime of experience and are willing to share while preparing for our own aging and advanced aging.

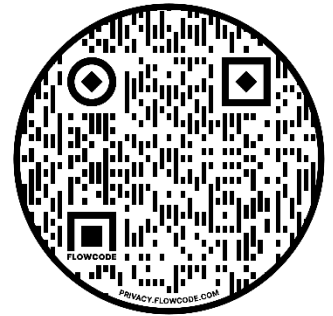
By December, we expect brand awareness of our name, our tree and the concept of positive, joyful aging, will permeate Oklahoma City. Talk about VillagesOKC with your doctor and ask him/her to display brochures in every exam room. Talk about it with neighbors and church friends. Invite friends to attend a zoom or live event with you. But absolutely, positively make sure everyone in your circle has taken the GIFT workshop. You are welcome to audit the workshop a second time once you’ve been through the workshop.

IT'S NEVER BEEN EASIER TO DONATE

It's never been easier to donate to VillagesOKC!

All you need to do is pull out your phone, scan the QR code with your camera and it'll take you right to the VillagesOKC website to make your donation.

Please contact the office for more information on using this QR code.



SHIPT



"I've heard about it but was apprehensive to try." "I've used it for two years for my mother in law." This is how village friendships benefit each person. Madelyn told Mary. Mary told Steve. Steve told Karen. Then Karen Shipt to her son in Texas. Trusted friends give confident referrals. Shipt is used and recommended by Villages members for convenience, in bad weather, when

health issues prevent, or when you simply don't want to get out. Shipt shoppers shop (say that 3x fast) just for you at Target, Crest, Bed Bath and Beyond and a host of favorite other places. \$10 per shopping experience or \$99 per year unlimited. Once shopping is complete, the Shipt Shopper brings it to your door or just open your garage. Who knew life could be so convenient?

VILLAGESOKC IS ON YOUTUBE

Did you know that VillagesOKC has a YouTube channel? We've loaded all our testimonials and our VillagesOKC videos to YouTube for easy access. Click [HERE](#) to check out the videos we currently have loaded. You can also go to YouTube.com and search VillagesOKC!



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!

GIFT WORKSHOPS 2021



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: Sally Kernke – Director's Life Assurance – NW OKC – Mondays – March 8, 22, 29, April 5 – 4:30pm

Hosted by: Sally Kernke – Director's Life Assurance – NW OKC – Wednesdays – March 10, 24, 31, April 7 – 12:00pm

Hosted by: Marilyn Olson – VillagesOKC Office – Bethany – Mondays – March 22, 29, April 5, 12 – 1:00pm

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!

OSJ Radio Show



VillagesOKC members, Dick & Caroline Baze recording a radio segment with Robin Gunn.

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 who 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.

CONTACTING VILLAGESOKC

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

Phone: 405.990.6637

E-mail: info@villagesokc.org

Website: www.VillagesOKC.org



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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

