

Connections



A strong community is filled with people who know and care about one another. They enjoy each others success and look for ways to do life WITH. In June, the virtual neighbors of VillagesOKC demonstrated perfectly the benefits of this community.

Member and recognized Artist Steve Childers was one of the selected artists to exhibit at *Festival of the Arts*. His art is a unique technique called POINTILISM.*



There is a rigorous screening process to be selected to participate in the Festival. After hours of creating the artwork, there are six eleven hour days spent in the booth

Now THIS is a Village

and visiting with the crowds.

Last Spring, when VillagesOKC members heard Steve would be showing his work, they were proud and wanted to be part of the action. Members were intrigued with Steve's talent and wanted to see his work. Always eager to help, members quickly reduced the stress of the long days by providing transportation to and from the venue. It was valet service with a friend! Eight Village Members (including several new members from recent GIFT classes) took turns providing transportation to and from the Festival—from early morning to late at night.

The result? Steve had a very successful show with many other village members stopping by for wonderful conversations and finding joy in his work. VillagesOKC is the connection for making new friends and nurturing conversations with old friends. Transportation. Friendship. Good conversations. These opportunities build relationships which make life meaningful and prevent isolation

Next, Steve will show his work at The Paseo Gallery in December. This will provide VillagesOKC members with another opportunity for purpose and connections.

Have a friend who isn't a



Marilyn Olson,
Executive Director

member yet? Encourage that friend to start with The GIFT. This is the Year of the Village!

**Pointilism: Rather than mixing colors on the palette, pointillists like Steve, systematically place dots or points of pure color alongside each other on the canvas. It relies on the eyes of the viewer to mix the colors. For example, dots of blue and yellow paint are optically blended to form green.*

THE JOURNAL RECORD BEACON AWARDS

The Journal Record is pleased to announce the 14th annual Beacon Awards honorees. This program is designed to recognize and honor the businesses that offer vital support to Oklahoma's non-

profit community. The 2021 Beacon Awards Ceremony will be July 8 at 4:00pm.

VillagesOKC is honored to be nominated as 'A nonprofit organization contributing to another nonprofit organization working to meet specific

needs in the community.'

Honorees are chosen from three categories: Charitable Influence, Philanthropic Impact, and Nonprofits Serving Nonprofits.

You are welcome to join us at the 'watch party' on July 8, 4:00pm at the VillagesOKC Office.

**Congratulations to
YOUR VillagesOKC!**

Awards Ceremony— July 8, 4:00pm

Meet Our New Office Coordinator!



Charlotte Thomas is the newest member of VillagesOKC team.

She's an original Okie—born in Lawton—and after living in Los Angeles for almost 20 years, she returned to her roots in 2014.

Charlotte is married to Malcolm and they have four children and 2 grandchildren.

She comes to us with a wealth of knowledge and experience and we are quickly putting her skills to good use. Another perk she brings with her is that of being a Notary Public. If any of our members need this service, please drop by the office and she will be happy to assist you.

Welcome, Charlotte!

Tech Mondays *Technology is best when it brings people together*



What is Instagram and how does it work?

This one-hour tech session will bring you up to speed on this wildly popular social media app for sharing photos.

Each session will be interactive and require your phone or iPad. Attendance is limited to six (6) participants to ensure personal assistance.

Mark your calendar!

July 12, 19, or 26

10am or 1pm

Choose day and time

[CLICK HERE to register](#)

Women's Coffee — Tuesday, July 13, 10am



Join us at Whipped Bakery (39th & McArthur area) for coffee and sweets. You'll enjoy meeting old friends, new friends, and gaining new information.

This month **Marilyn Olson** will share about the **CareGiver Ambassador** ministry—an Oklahoma City multi church

network of individuals who feel a strong desire to help the aging population within their churches.

The purpose is to enable volunteers from local churches to help resource families in planning, preparing, and making wise decisions for their aging loved ones.



Come here what it's all about.

Join us on July 13—10am



Am I Taking Too Many Drugs?

Join us for *Lunch & Learn*

According to the American Society of Consultant Pharmacists, the elderly take an average of 15-18 prescriptions per year. This practice, known as ‘polypharmacy’ has a high price tag of medication-related problems such as drug to drug interactions and adverse effects which leads to falls, hospitalizations, and hospital readmissions.

At this get-together, you will learn how to prevent drug interactions and minimize drug side effects. In addition, you will learn about telomere and how it effects your longevity.

Join us along with Dr. Trang

Tuesday, July 27



Bring your Lunch
and your questions!

11:00—12:30

VillagesOKC Office Suite 330
3908 N Peniel

[CLICK HERE to register](#)



Dr. Trang Nguyen

The Gathering

Where old friends greet and new friends meet

2nd Saturday of each Month @ 12:30

Interurban, 1301 E. Danforth, Edmond 73034

[CLICK HERE](#) to let us know you'll be there!

Johnnie's has a great selection of burgers, salads, hotdogs and gluten free options.

3rd Saturday of each Month @ 12:30

Whipped Bakery 3820 N MacArthur Blvd, Warr Acres, OK 73122

[CLICK HERE](#) to let us know you'll be there!

Whipped Bakery has a delightful selections of sandwiches and sweets

Purchase your lunch and join our VillagesOKC friends in a private dining room.

Everyone— members and friends are welcome to attend this social gathering!



Edmond



39th & McArthur

Community Resources Gaylene Stiles

Drivers are needed for the monthly delivery of the Porch Pals project. Teams of two—a driver and a porch visitor—travel together. Each route contains 3-6 deliveries and takes approximately 2-3 hours of your time once a month.



The original purpose of the Porch Pals was to fill the void of those living alone; and to reach out to members who expressed isolation, loneliness, or loss of community.

Thanks to the Oklahoma Community Foundation, a grant of \$5000 was received for 2021.

Having a safe distance porch visit is a great way to meet people. Feedback from both the deliverers and receivers have been lifted spirits, renewed positivity, and happiness. If you are interested call the VillagesOKC office at 450-990-6637.

*"It takes a lot of help
to be independent."*



Gaylene

A Cheerful Heart is Good Medicine *Proverbs 17:22*



There once was a woman who woke up one morning, looked in the mirror, and noticed she had only three hairs on her head. "Well," she said, "I think I'll braid my hair today." So she did and she had a wonderful day

The next day she woke up, looked in the mirror and saw that she had only two hairs on her head. "Hm...mm...", she said, "I think I'll part my hair

down the middle today." So she did and she had a grand day.

The next day she woke up, looked in the mirror and noticed that she had only one hair on her head. "Well," she said, "Today I'm going to wear my hair in a pony tail." So she did, and she had a fun, fun day.

The next day she woke up,

looked in the mirror and noticed that there wasn't a single hair on her head. "YAY!" she exclaimed. "I don't have to fix my hair today!"

Attitude is everything. Be kinder than necessary, for everyone you meet is fighting some kind of battle.

Live simply, Love generously, Care deeply, Speak kindly. Be Grateful!

newVIEW
OKLAHOMA

Wednesday July 14
10—Noon

[CLICK HERE](#) to register

NewView Oklahoma is a non-profit organization that seeks to empower blind and vision impaired individuals to achieve their maximum potential through rehabilitation, employment, and community outreach. NewView is the leading employer of the blind and visually impaired individuals in Oklahoma and operates the only comprehensive Low Vision Clinic in the state. Individuals facing vision loss learn to live life without limits through all stages of life.

Join us for this amazing tour organized by members, Elaine Wood, RN and Brenda Rice, RN



Marcie Murphy

Land & Cruise Specialist

Franchise Owner

Cruise Planners Travel **Marcie Murphy**

The return to Europe has started. France, Greece, Iceland, Italy, and Spain, among others, have begun allowing Americans to visit so long as they are fully vaccinated and willing to take a COVID-19 test in some cases.

Visitors to Europe will need to show proof of a negative

COVID-19 test no more than three (3) days before returning back to the United States.

The European Union has added the United States to its safe travel list. If a cruise is what you are looking for we have you covered. Cruise Lines will start sailing from Florida and Texas in July.

"Traveling—it leaves you speechless, then turns you into a storyteller." Ibn Battuta



Projects Needing YOUR Help

If you enjoy organizing or tackling a project,
give the VillagesOKC office a call to set a time to volunteer.



- ◆ Have great people skills? We're always looking for help recruiting and getting to know new members.
- ◆ Volunteers to schedule and coordinate the GIFT classes and make sure attendees know where and when workshops are located.
- ◆ A volunteer is needed to schedule GIFT Video Testimonials of those who have gone through the 4 week workshop.
- ◆ Volunteers are needed to organize records, write thank you notes, create a history album, file news clippings, and even straighten up the storage cabinet.
- ◆ Volunteers are needed to assist with deliveries for Porch Pals once a month.
- ◆ The Public Relations team will soon need a volunteer to assist with articles and photos.
- ◆ A volunteer is needed to organize our Trusted Business Listings and do data entry.
- ◆ Another volunteer is needed to coordinate the calendar – this could be quarterly (3 months) or for the year.
- ◆ Other tasks always come available. Just call and check out the needs!

Most projects have a beginning and an end; a few are on-going either weekly or monthly. Some projects could even be done at your home.

Volunteering is good for the brain!

Contact the VillagesOKC office for more information or to set up a time to volunteer.

Contacting VillagesOKC

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