

We are virtual neighbors enabling mature adults to come together to **LEARN, PLAN, and SERVE** with spirit and dignity.

Connections



This issue features one of our VillagesOKC members.

Kay Stout – Career Coach & Consultant, Founder of two successful Non-Profits

Remember the Split-T, Springlake, Wedgewood, dual packs or drive-in theaters? The friendships and fun I've found at VillagesOKC is augmented by the sheer enjoyment of cohorts who immediately relate and remember with me. And the laughter, always the laughter from remembering!

Connections become more important as we get older. VillagesOKC is a plan, not a place. It is a place where new friends quickly know your name. VillagesOKC for me is a connection that provides access to information, resources and most importantly trusted friendships. I can connect with people and love finding solutions to complex challenges.

VillagesOKC fills the gap of neighbors asking neighbors: "Do you know someone who can ...?" or "Who do you ask for...?" "Who do you know that would be of help?" "If you were me, who would you reach out to?." When friends and family can't "fix it," I reach out to new friends at Villages OKC.

From my varied work life I know a lot of people in many career fields (a former client is a college friend, King Abdullah). Staying in touch with them (thanks to Facebook and LinkedIn) is fun and rewarding. I recently listened to a podcast by Sherron Watkins (Enron). Our paths crossed shortly after she left that organization and thanks to LinkedIn we reconnected.

My son lives close by and is very attentive. I love attending my children's football and baseball games. It brings back memories of following their Dad all over Oklahoma (even Wyoming). And then there are the hundreds of framed family pictures sitting in boxes in my new home. A Village connection provided the link to help hang pictures and decorate my new home.

I grew up in rural Wyoming. My parent's grocery store (with post office in the back) was the gathering place. Now VillagesOKC is the neighborhood connection where those over 50 can **Learn, Plan, Serve** and most of all laugh.

Happy 100th Birthday to Helen Olson!



Helen Olson! Sharp, talented, steadfast, has an incredible green thumb, loves to fish, and is an ideal mother and mother-in-law to Jim & Marilyn.

She cooks full meals, uses Roomba, iPad and Facebook, and a VillagesOKC member. By the way— she ALWAYS wins table games! She also remembers the birthdays of all the children, grandchildren, their spouses and great grandchildren.

She is a blessing!



Memories of the Fort Worth Day Trip

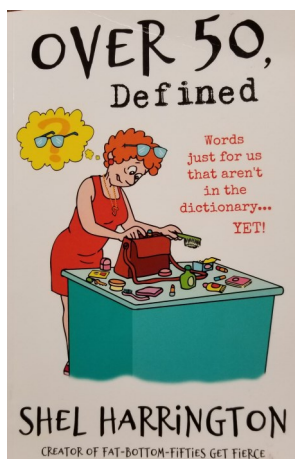


Women's Coffee

Tuesday, November 9



Whipped Bakery & Cafe



Shel Harrington is a humorist who writes for a (*chronologically!*) mature audience. Her smile-inducing book—*Over 50, Defined*— is filled with unique words created to describe the over fifty experience. If you're over 50 this fun's for you!

We meet monthly at Whipped Bakery—39th & McArthur area

Purchase your coffee and/or sweets and enjoy enlightening conversations on a variety of topics. You'll enjoy meeting old friends, making new friends, and fellowship.

Join hostesses, Kay Reid and Gaylene Stiles at Whipped!



2021 Oklahoma Family Caregivers Conference

Join Virtually on Zoom

Wednesday, November 10

10:00am—3:00pm

Connect with other family caregivers

Speakers: Dr Angela Pharris—Professor

Ashleigh Robinson—Miss Oklahoma 2021

Dr Linda Jordan—Author

Learn about:

- Respite programs
- Improving your health & wellness
- Ways to recharge
- Stress management
- Supports across the lifespan from children to older adults



The GIFT

Gathering Information for Transition

This interactive workshop guides participants through 12 key areas most impacted by life transitions. Participants learn time-saving techniques that provide rapid access to key information. GIFT facilitators guide discussions which everyone thinks about, but finds difficult to talk about.



Introductory Price

\$20—Current Members

Presentation Includes:

- Four weekly 1.5 hour sessions (Call about class schedules)
- Exclusive VillagesOKC Gift Binder to keep
- Safe & confidential environment providing support, encouragement, and direction
- Trusted network of professionals to assist with planning and resources
- Full ONE YEAR membership in VillagesOKC
- **Registration required: 405.990.6637**



The Gathering

Where old friends greet and new friends meet

2nd Saturday of each Month

Johnnies 33 E. 33rd St., Edmond

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



Edmond

3rd Saturday of each Month

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

Whipped Bakery has a delightful selections of sandwiches and sweets.



39th & McArthur

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

A Turkey on Every Table

Borrowed from Guidepost: Mary Jarvis, Pawhuska, OK

I lifted the heavy lid of our old freezer in the garage and peered inside, looking for some vegetables to make for dinner. For the past year, we'd scraped by on my small teacher's salary while my husband, Mike, was away at graduate school. With three hungry teenagers to feed, it was a challenge to stretch our grocery dollars. Now, one glance at the half-empty freezer made me question what I'd done on impulse a week earlier.

The Tuesday before Thanksgiving, Kathy, my 14-year-old, blurted out that one of her friends wasn't celebrating the holiday because her mother couldn't afford it. "We could give them our turkey, Mom," she said. "We don't need it since we're going to Uncle Pat's." How could I explain to her that I was saving our turkey for Christmas? We didn't have enough money for Mike to come home for Thanksgiving. The kids and I were going to my brother-in-law's so I wouldn't have to invest in a big dinner. How could I afford another turkey before Christmas?

We taught our kids to help others. But to help someone else when we could barely help ourselves? Still, I knew I couldn't say no. Lord, I hope you have a plan because I sure don't.

We gathered up a bag of potatoes and cranberry sauce I had in the pantry. I sent my son, Matt, out to the freezer in the garage to get some vegetables—and the turkey. When we brought Kathy's friend the food, her mother cried tears of joy. At the time, their happiness made me feel better about giving away our turkey. But now, looking into our freezer, I wondered, Who's going to help us?

I rummaged through the frozen containers—broccoli, carrots, some blackberries from our garden. I pushed aside some frosted bags of green beans and corn. Wait...something was there. Suddenly I stopped and stared. Nestled among the vegetables was a newly bought turkey.

I never found out who the mysterious donor was. Does it matter? Whoever it was knew exactly what we needed, when we needed it.



We'd given our turkey to a family that was even more needy. But who would help us?

12th Annual
The Santa Market
Craft Show 180+ Outstanding Vendors
Friday & Saturday
Nov 19 & 20
9 to 4
State Fair Park-OKC
Pavilion & Centennial Buildings

Proceeds benefitting:
 **Alzheimer's Association**



Join Us For 2 days of Festive Shopping
Free photos with SANTA
Joan Clarke 405-314-1033
thesantamarket@gmail.com

FREE PARKING Special Guest **SANTA** **FREE ADMISSION**
Social Distancing Procedures will be followed



A Cheerful Heart is Good Medicine Proverbs 17:22



Volunteering is good for the brain!



If you enjoy organizing or tackling a task, give the VillagesOKC office a call to check out volunteer projects.

➡ **We currently need an additional 5-6 people to make Good Neighbor calls to members.**

This would be a once a month task making only 4-6 calls.

Contact the VillagesOKC office (below) for more information.

Contacting VillagesOKC

Beverley Bailey, Editor Contact: beverleybailey@villagesokc.org



Beverley

VillagesOKC – 3908 N. Peniel Ave., Ste. 330, Bethany, OK 73008

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



Trusted Businesses in OKC METRO

Recommended By Our Members

AGAPE ROAD, INC.

CHRISTIAN BROTHERS AUTOMOTIVE

HARTSFIELD & EGBERT, PLLC

HOME CARE ASSISTANCE OKLAHOMA

JONATHAN D. REIFF

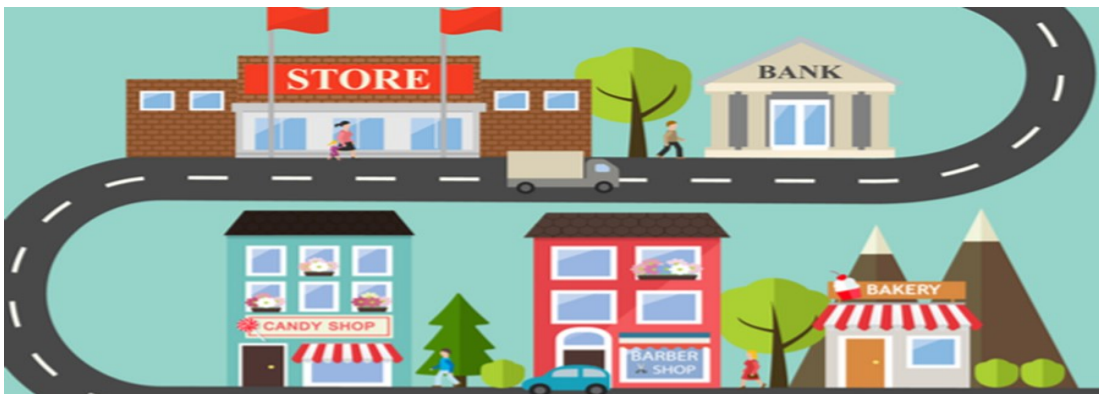
LAURA LYNNS HOME CARE

OASIS SENIOR ADVISORS

PROS MAKE READY SERVICES

TAMI BRUNNER - INDEPENDENT MEDICARE AGENT

WALLIS LAW GROUP



Donor Spotlight

We are very grateful to our sponsors whose regular giving provides a financial bridge for our operation. Please take time to look at the logos and reach out to thank these companies who recognize the value of the aging community. A message of “thanks” is a great way to tell them we care about their success too!



Sponsors, Continued



Smith & Kernke
FUNERAL HOMES & CREMATORY



First Bethany
Bank & Trust
www.firstbethany.com



S. Dean Brown, MD
Internal Medicine



Paula Thurman
Metro First Realty



Paula Thurman
Metro First Realty