

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

# Connections



## ***If You're Not Growing You're Dying . . .***

Imagination is a special gift from the Creator only available to humans. The beginning of a new year is an opportunity to anticipate what is ahead by simply imagining it, picturing it, making a DECISION about a new purpose.

Having a clear purpose and being of value to others gives life meaning. Putting this in writing such as on a business card, helps solidify the decision to go for it. If someone asks, "What are you doing in retirement?" you now have a clear purpose – and that spawns conversation and new friendships.

Lou Holtz said. "In this world you're either growing or you're dying, so get in motion and grow." There is no status quo. You are either moving forward or losing ground. Have you seen evidence of this in yourself and other people you have come in contact?

Pierce Marrs wrote: When I was thirty years old I went to work as Vice President of Sales for an eighty-year-old gentleman who owned a thriving company and had achieved a high degree of success. Shortly after getting to know him and his wife I couldn't help but notice how vibrant and mentally sharp they were at their age.

As I spent time with them I quickly learned that they were in a constant state of growing and learning. He woke up early every day and stayed

### ***So start Growing today.***

actively involved in all aspects of his company while his wife was in a continuous state of learning and achieving various degrees well into her sixties and seventies.

On the contrary, the results of choosing a path with no growth can allow the mind and body to deteriorate making one seem older than their years.

Staying physically and mentally active and in a continuous state of learning makes you healthier, happier, more interesting and more valuable.

This year, VillagesOKC is focusing on helping senior adults imagine and clearly state their purpose in this new season of life. C. S. Lewis wrote:

*You can't go back and change the beginning, but you can start where you are and change the ending.*

You can start today.



Marilyn Olson,  
Executive Director



---

## Happenings in January



### Dr. Trang, Clinical Pharmacist

Tuesday, January 18

Edmond Senior Center.

10:00-11:30am

---



### Cook2gether

Join us Saturday, January 22 - 2-3:30pm at **Whipped Bakery** for a cooking demonstration by the Chef/owner, \_\_\_\_\_

This will be a fun afternoon learning tricks & tips for a rotisserie chicken!

---

### Women's Coffee

Tuesday, January 11 ~ 10am



Whipped Bakery & Cafe

**We've decided to continue Christmas into January.**

Dr. Tim Taylor, a professor of religion at Southern Nazarene University, is a collector of nativity scenes and will bring some of his favorites to share with us.

Do you have a collection? We'll be interested to hear about them also.

**Don't miss this special morning!**



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!



# The Gathering *Where old friends greet and new friends*

**This is for You in '22.** Begin the New Year with VillagesOKC friends as we welcome guest, Audrey Streetman. Audrey retired from banking after serving 35 years as Senior Vice President of Commercial Lending with BancFirst.

Audrey is a published poet and memoirist and was honored as a finalist in the 2016 Oklahoma Book Awards. Shortly after retiring Audrey began writing her memoir, *The Well*, which chronicles her early Texas childhood as well as her banking career. What a privilege to hear her story.

She lives in OKC and is the proud mother of three daughters, eight grandchildren and four great grandchildren.



Audrey Streetman

**Audrey Streetman will join both locations to kick off 2022.**

**Bring a friend to lunch!**

**The GATHERING—EDMOND**

**January 8—12:30pm**



**The GATHERING—OKC**

**January 15—12:30pm**



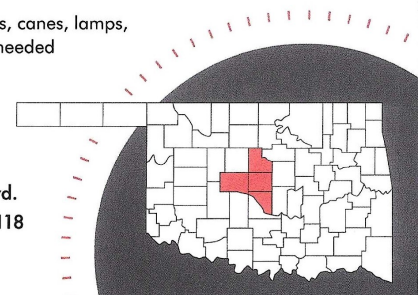
newVIEW  
OKLAHOMA

## LOW VISION SERVICES FOR OLDER ADULTS

Thanks to a grant provided by Areawide Aging Agency, Oklahomans **60 years or older** who are residents of Canadian, Cleveland, Logan, and Oklahoma Counties may qualify to receive services **FREE OF CHARGE** regardless of insurance or health coverage, including:

- Transportation to/from the OKC Low Vision Clinic
- Low vision examination and evaluation
- Provision of an individual rehabilitation plan
- Assessment of the client's home to determine safety and modifications
- Up to four hours of in-home training for daily living, mobility, and technology skills
- Provision of magnifiers, canes, lamps, and other devices as needed

OKC Low Vision Clinic  
4301 North Classen Blvd.  
Oklahoma City, OK 73118  
P: (405) 286-9699



---

## The GIFT



This interactive workshop guides participants through 12 key areas most impacted by life transitions.

Introductory Price

\$20—Current Members

Alumni (repeat)—no charge



Registration required:

405.990.6637

Call about

February-March Classes

---

## What I Realize—for the Each New Year



A gentleman who has crossed 70 and is heading towards 80 was asked what sort of changes he is feeling in himself. He responded with the following:

After loving my parents, my siblings, my spouse, my children, and my friends, I have now started loving myself.

I have realized that I am no “Atlas”. The world does not rest on my shoulders.

I have stopped bargaining with vegetable and fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter’s school fees.

I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.

I stopped telling the elderly that they’ve already told that story many times. The story makes them walk down

memory lane and relive their past.

I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.

I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient, but also for me. And a small tip for the recipient of a compliment: never, NEVER turn it down - just say ‘Thank you’.

I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearance.

I walk away from people who don’t value me. They might not know my worth, but I do.

I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.

I am learning not to be embarrassed by my emotions. It’s my emotions that make me human.

I have learned that it’s better to drop the ego than to break a relationship. My ego will keep me aloof, whereas with relationships, I will never be alone.

I have learned to live each day as if it’s the last. After all, it might be the last.

I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time. Just choose to be!

\*\*\*\*\*

This is too insightful not to share. Why do we have to wait to be 60 or 70 or 80? We should practice this at any stage and age.



# Don't Miss The New Brain Academy

Thursdays in February and March



## YOUR AMAZING BRAIN

*Did you know . . .*

You can structure your behavior and lifestyle to encourage your brain to grow and remain strong throughout your life.

## *The Brain Academy*

**BUILDING YOUR BRAIN  
WORKS THE SAME WAY AS  
BUILDING YOUR BODY**

How can you build your brain?  
At the Brain Academy. . .

Thursdays, February 3 - March 24 (8 wks)  
1-2:30 pm

Edmond Parks & Recreation Center  
2733 Marilyn Williams Drive

**VILLAGES MEMBERS: \$60  
NON-MEMBERS: \$120**

REGISTRATION:

**405.990.6637**



**Pam Redline**

MES, OES, CPT, GFI  
BRAIN BUILDERS PROS, LLC  
Certified Trainer



**Nancy Driver**  
Facilitator



[VillagesOKC.org](http://VillagesOKC.org)

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



## VillagesOKC Shirts Available



We have received a new shipment of VOKC shirts that are available to purchase. There are a variety of sizes from L—2XL. Stop by the office to check them out. We think you'll be pleased.

Tab front / V Neck—\$30

T-Shirt—\$20

## Contacting VillagesOKC

Beverley Bailey, Editor      Contact: [beverleybailey@villagesokc.org](mailto:beverleybailey@villagesokc.org)

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

Phone: 405.990.6637

E-mail: [info@villagesokc.org](mailto:info@villagesokc.org)

Website: [www.VillagesOKC.org](http://www.VillagesOKC.org)



Like us on Facebook! <https://www.facebook.com/villagesOKC/>



Follow us on Instagram! <https://www.instagram.com/villagesokc/>



Beverley

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

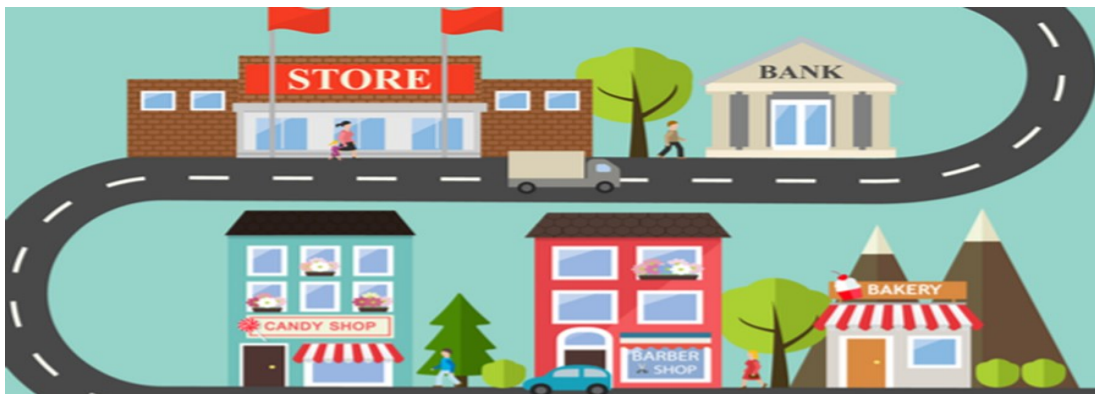
LAURA LYNNS HOME CARE

OASIS SENIOR ADVISORS

PROS MAKE READY SERVICES

TAMI BRUNNER - INDEPENDENT MEDICARE AGENT

WALLIS LAW GROUP





## Sponsor Spotlight

We are very grateful to our sponsors whose regular giving provides a financial bridge for our operations. 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



S. Dean Brown, MD  
Internal Medicine



Paula Thurman  
Metro First Realty



Pamela Craven, MD  
Cardiologist