

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

Connections



Partnerships Multiply Efforts

Question: There are so many great opportunities for mature adults in Oklahoma City. But how do you find out about them . . . Or know where to start . . . Or whom to trust?

Answer: VillagesOKC
VillagesOKC.org
VillagesOKC Facebook
VillagesOKC Instagram
VillagesOKC LinkedIn
VillagesOKC YouTube

VillagesOKC is becoming the magnet, attracting information for older adults from “trusted organizations” all across greater Oklahoma City. So much is going on. So many opportunities.

On Thursday, March 10, we are partnering with *Senior Living Truth Series* focusing on decluttering.

On Tuesday, March 29, VillagesOKC is honoring Vietnam Era Veterans in a powerful Pinning Ceremony. This is possible by partnering with the Oklahoma History Center, Humana, Oklahoma Warrior Honor Flights, GLM3 Productions, LLC and navigating Medicare. Homeowners associations such as Harvest Hills South are now including VillagesOKC opportunities. Perhaps your neighborhood newsletter would include these opportunities. Call the office for more details.



The partnership with *Brain Health Pros* continues in March with an eight week workshop, BRAIN ACADEMY, held at Mitch Park in Edmond.

April 13, our partner, *NEW VIEW*, is offering a VillagesOKC tour through the factory. Don't miss this!

Also in April, our partner, *Christian Women/Men Luncheon* is holding a bazaar. VillagesOKC volunteers are needed on April 14 to assemble give-away bags for this event.

On Friday, May 6, the Statewide Caregiver Conference at Crossings Community Church is bringing together many VillagesOKC partners.

So, you get the idea!

OKC is a great place to live and continue birthdays. With valued partnerships like these ***we are Changing the Conversation about aging.***



Marilyn Olson,
Executive Director

Women's Coffee

Tuesday, March 8 ~ 10am



Come for the fellowship . . . Leave with a new friend!

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



Senior Living Truth Series

Learn the TRUTH about . . . Downsizing & Decluttering

Thursday, March 10 ~ 10-11:30am

Quail Creek Country Club

FREE Seminar

Pre-registration Required—405.563.7501



Get Crafty—Wednesday, March 9 ~ 10am



We will learn how to create an 'acrylic geode pour painting.'

Sound intriguing? If you can pour paint colors on an 8x10 canvas, you can do this project! Kafie Carman will facilitate this fun morning of creativity.

Edmond Mitch Park (Off Covell Rd)

\$10 for all supplies needed

Please join us and bring a friend.

Register at VillagesOKC.org or call 405.990.6637

Viewpoint: Caring for someone with dementia? Help is available!

This is an excerpt from Robin's article featured in the Sunday Oklahoman:

"To love a person is to learn the song in their heart and sing it to them when they have forgotten" is a beautiful, inspirational quote by the late Norwegian author, Arne Gaborg. His words ring so true in my heart as I think back to my time spent caring for my late father, Gordon C. Gunn. Reflecting on my family's experience during the 13-year period of caring for my father, I would love to help shed light on the often overlooked challenges of caregiving for a loved one with dementia. There are multiple resources available to help. Do not hesitate to reach out for help!

Robin is a VillagesOKC member and owner of *The Oklahoma Senior Journal*. You can reach her at rgunn@okseniorjournal.com. Her column addressing senior issues appears monthly in *Viewpoints*.



Robin Gunn

Caregiver Ambassador Tuesday, March 8 ~ 3:30 pm

Providence Home Care

2831 NW 59th St

RSVP—405.990.6637

This is your special invitation to hear **Ginny Curtis** of **MCM Medicare**, a VillagesOKC member and 30+ year veteran in insurance. She will be addressing "Understanding How to Pay for HealthCare."

Caregiver Ambassadors currently consist of laymen and clergy who are meeting to develop "lay caregiver coaches" with each congregation—each community of faith. If this is a ministry that tugs at your heart, please attend this information meeting.



The G.I.F.T. *Gathering Information for Transition*

Everyone who takes the GIFT workshop leaves with a sense of accomplishment and satisfaction.

Colene L.: The GIFT is wonderful—so well put together. I thought I was on top of everything but there was information I never thought of—just a fantastic class! However, I already need a bigger binder!

Faye H.: Thrilled about the GIFT. Everybody needs to take this class. Wonderful gift to leave to your children.

If you haven't taken THE GIFT, join a workshop soon!



Call VillagesOKC

405.990.6637

For workshop dates



Dr. Trang

Dr. Trang, Clinical Pharmacist

Tuesday, March 15— 10-11:30am

Edmond Mitch Park

(Off Covell Rd)

Topic: The Fire Within—Role of Inflammation

The True Test of Friendship



The true test of friendship is truth telling. Because we care enough to be honest. That's what a village provides—true friends to make each other the best we can be.

"It is one of the severest tests of friendship to tell your friend his/her faults. So to love a person that you cannot bear to see a stain upon, and to speak painful truth through loving words, that is friendship."

Henry Ward Beecher

Blanket Drive—Huge Success



50 people are warmer because of the generosity of VillagesOKC members and our partners at First Bethany Bank & Trust. It all started when one member had an idea, joined with others to get the word out and now the delivery has been made. The *What Would Jesus Do Church* was so grateful to be able to connect these warm blankets with people who really needed them.

THANKS, VillagesOKC!

FOR YOUR SERVICE FOR YOUR SACRIFICE WE HONOR YOU

PLEASE JOIN US FOR A VIETNAM WAR ERA COMMEMORATION CEREMONY

Humana is proud to support Vietnam Veterans and their families.

WHO:

Veterans who served on active duty in all Armed Forces between November 1, 1955 and May 15, 1975, regardless of location, are eligible to receive recognition.

WHERE:

Oklahoma History Center
800 Nazih Zuhdi Dr.
Oklahoma City, OK 73105

WHEN:

Tuesday March 29, 2022
Time: 10:30 am - 12 pm
*Doors Open at 10 am



For more information, call the
Oklahoma History Center

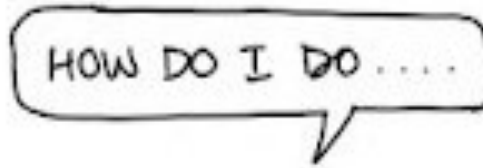
(405) 522-0765

Monday – Saturday, 10 a.m. – 5 p.m.



Humana®

GHHKSLINEN 021



Interested in a Class?

405.990.6637 or

info@villagesokc.org

How Do I do it? That's the question many ask when we need help with our smart phones and iPads. "And why do they keep updating and moving my icons? I know learning is good for my brain, but I need help."

If this is you . . . you qualify for a small group

meeting with someone who will **SIMPLY** and **S L O W L Y** answer your questions and **P A T I E N T L Y** show you how to use your device. If interested, please contact VillagesOKC office to leave your name on a waiting list for an upcoming class

Lives Well Lived Celebrating the Secrets, Wit, and Wisdom of Age



A video presentation that celebrates the incredible wit and wisdom of people ages 75-100 who reveal their secrets and insights for living a meaningful life. "You'll laugh, you'll cry, you'll see life in a new light after watching **Lives Well Lived**—no matter what age you are!"

We are looking for locations to show the **Lives Well Lived** video

Contact the VillagesOKC office if your church or organization is interested

405.990.6637

Contacting VillagesOKC

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

Phone: 405.990.6637

E-mail: info@villagesokc.org

Website: www.villagesokc.org



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AGAPE ROAD, INC.

CHRISTIAN BROTHERS AUTOMOTIVE

HARTSFIELD & EGBERT, PLLC

HOME CARE ASSISTANCE OKLAHOMA

JONATHAN D. REIFF

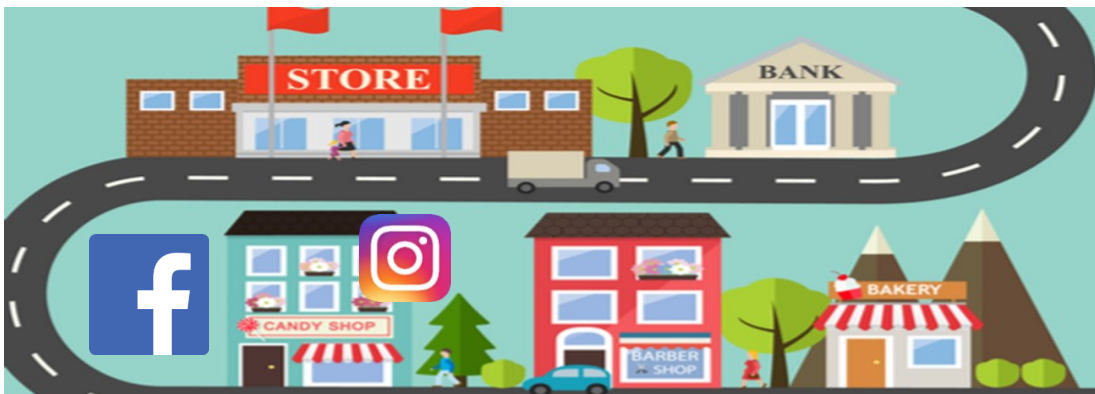
LAURA LYNNS HOME CARE

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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



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