

# Connections



## From the Director

### Mature Adults and Technology

Marilyn Olson,  
Executive Director



Communication is essential to friendship and business-and even family. Mature adults in the 21st century, like those in VillagesOKC, embrace technology. Technology is one of the tools which empower independence – if I am willing to learn.

**\*\* We will be offering free classes to members to begin weekly in August at VillagesOKC.**

### Nine Reasons to Learn New Technology

1. “Learning something new and something challenging improves brain plasticity.” – Marion Diamond, PhD
2. My iphone calendar means I am keeping socially active through communicating with friends and family which lowers risk or onset of dementia.
3. Taking photos on my phone means I can capture special moments to share and remember.
4. The voice on google maps tells me every turn to take which keeps me from getting lost.
5. Exercise features , heart rate and steps, can be automatically recorded also preventing risk of dementia.
6. Being able to record a valuable conversation or presentation is a wonderful asset of technology.
7. Having phone numbers and address accessible gives me independence .
8. A smart phone is SIMPLER and EASIER to use than a flip phone – who knew?
9. Having a smart phone means I don’t have to be smart, just wise enough to plan to attend the upcoming WEEKLY, personalized iphone and ipad Training and Troubleshooting support provided by VillagesOKC beginning Wednesday August 3.

Register [HERE](#) today. Free for Members.

# Welcome New Members

Pat Burns, NWOKC

## Member Spotlight



### Steve McMaster

Steve has been a member since 2018! He has a passion for caregivers and is the driving force behind our CareGiver Ambassador initiative that educates faith communities on a monthly basis with caregiver resources. And fun fact, we will be having a member cookout in Steve's backyard so stay tuned for details!

# Upcoming Events



## MEMBERSHIP MONDAY

Come watch  
the Skytrain documentary  
at the VillagesOKC office

12 spots available

[Register here](#)

Monday, Aug 15th

1:00 pm

VillagesOKC office

## Apple Products training and troubleshooting

Wednesdays in August  
9am

VillagesOKC office

FREE for Members  
\$25 for Non Members

limited space available

[Register Here](#)

introducing  
**Jeff Albright**

.....  
training &  
troubleshooting  
expert on  
apple devices



Jeff Albright  
OWNER  
iCAN help



# Upcoming Events



It's an evening you  
**WON'T** want to miss!

**VillagesOKC's 4th  
Anniversary Party!**  
**Friday, Sept 9th**  
**6:00pm**

Watch the mail for your  
invitation soon!  
[Register here!](#)

Join our **FALL**  
**SEE THE CITY TOUR**  
as we visit places of interest  
around Oklahoma City!

This month we will be touring  
the newly renovated  
Oklahoma State Capitol

**Tuesday, August 23rd**  
**10am.**

Register [HERE](#)



# *You need to know..*



**Choose 1 unfinished project you are no longer interested in, and release it**

**TIP!**  
**Protecting yourself from fraud**

**\*Change your passwords every 90 days**



# NewView



## Tips for Aging Adults with Vision Loss

Label Everything! Bump dots, puff paint, or stickers of varying shapes will be easy to identify

# In the Community

## WOMEN'S COFFEE

Tuesday, August 9th

Favorite (Hymns)

Bring along your favorite hymn to share. Now, we don't mean your favorite HIM, but your favorite HYMN.

Whipped Bakery

3820 N MacArthur, Warr Acres

10:00am





# August 2022

## MONTHLY PLANNER

TO REGISTER FOR ALL EVENTS GO TO  
[VILLAGESOKC.ORG](https://villagesokc.org)

MON	TUE	WED	THU	FRI	SAT	SUN
01 <a href="#">The GIFT Express Class @5:30pm</a>	02	03 <a href="#">Iphone/Ipad training 9:00am</a> <a href="#">Lives Well Lived Documentary @2pm</a>	04 <a href="#">The GIFT @Providence Home Care @10am</a>	05	06	07
08	09 <a href="#">Women's Coffee Whipped Bakery @10am</a>	10 <a href="#">Iphone/Ipad training 9:00am</a> <a href="#">NewView factory tour @1pm</a> <a href="#">Lives Well Lived Documentary @2pm</a>	11 <a href="#">Senior Living Truth Series Quail Creek CC @10am</a> <a href="#">The GIFT @Providence Home Care @10am</a>	12	13	14
15 <a href="#">Member Monday Skytrain showing 1pm</a>	16 <a href="#">Dr. Trang @10am</a>	17 <a href="#">Iphone/Ipad training 9:00am</a> <a href="#">Lives Well Lived Documentary @2pm</a> <a href="#">Christian Men and Women's Luncheon @11:30am</a>	18 <a href="#">The GIFT @Providence Home Care @10am</a>	19	20	21
22 <a href="#">Member Monday 10am</a>	23 <a href="#">See The City: OK State Capitol 10am</a>	24 <a href="#">Iphone/Ipad training 9:00am</a> <a href="#">Lives Well Lived Documentary @2pm</a>	25 <a href="#">The GIFT @Providence Home Care @10am</a>	26	27	28
29	30 <a href="#">Bethany Library Book Club @11am</a>	31				

## Weekly

Pickleball - Mon - Thurs @ Jackie  
 Cooper Gym 9am-12pm

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