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 Trouble-shooting support provided by VillagesOKC beginning Wednesday August 3.

Welcome New Members

Pat Burns, NWOKC

Member Spotlight



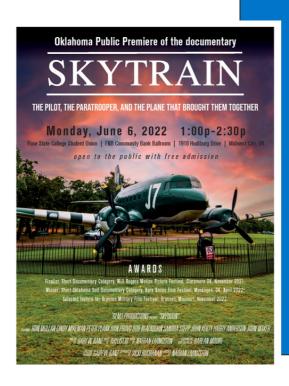
Steve McMaster

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



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

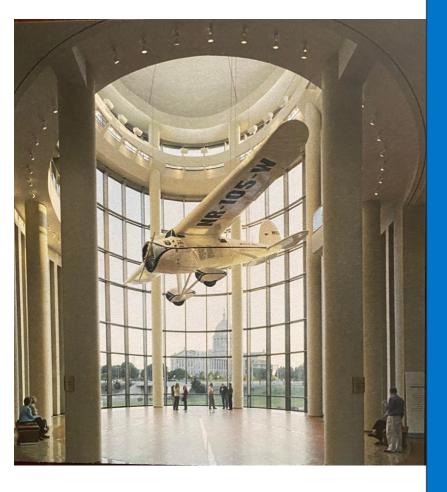
infroducing
Jeff Albright

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 <u>HERE</u>



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 pain, 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







MONTHLY PLANNER

TO REGISTER FOR ALL EVENTS GO TO VILLAGESOKC.ORG

MON	TUE	WED	THU	FRI	SAT	SUN
O 1 The GIFT Express Class @5:30pm	02	03 Iphone/Ipad training 9:00am Lives Well Lived Documentary @2pm	0 4 The GIFT @Providence Home Care @10am	05	06	07
08	Women's Coffee Whipped Bakery @ 10am	Iphone/Ipad training 9:00am NewView factory tour @1pm Lives Well Lived Documentary @2pm	11 Senior Living Truth Series Quail Creek CC @10am The GIFT @Providence Home Care @10am	12	13	14
15 <u>Member Monday</u> <u>Skytrain showing</u> <u>1pm</u>	16 <u>Dr. Trang</u> @10am	Iphone/Ipad training 9:00am Lives Well Lived Documentary @2pm Christian Men and Women's Luncheon @11:30am	18 The GIFT @Providence Home Care @10am	19	20	21
Member Monday 10am	23 See The City: OK State Capitol 10am	24 Iphone/Ipad training 9:00am Lives Well Lived Documentary @2pm	25 The GIFT @Providence Home Care @10am	26	27	28
29	30 Bethany Library Book Club @11am	31				

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

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Dean Brown, MD



BUCKELEW REALTY GROUP



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Pamela Craven, MD Cardiologist











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Paula Thurman

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