

Connections

A PLAN FOR AGING THAT CONNECTS A COMMUNITY



From the Director

Falling in Fall

Marilyn Olson,
Executive Director



The Farmers Almanac, the weather, the calendar – even the squirrels are telling us the beautiful season of fall is here. We prepare for fall in flower beds and in our homes.

Every VillagesOKC member is also making preparations.

According to VillagesOKC Board member the Honorable Lance Robertson, national statistics clearly show that the NUMBER ONE ACCIDENT among mature adults is a fall. And the NUMBER ONE PLACE is in the bathroom. Even the strong Oklahoma City firemen who are called to come rescue someone from the floor all agree.

This Fall, don't fall. VillagesOKC members, 50 and above, plan and take action for what's ahead. Look in your bathroom – each one. Do you have pretty but slippery rugs? Remove them. Is there a night light? If not, add one. When its time to replace the toilet, choose the tall one – or add a riser to what you have. Do you have a grab bar? (No, a towel rack will not support body weight. AND NO SUCTION CUP GRAB BAR is reliable.) If your bath, shower and toilet area don't have grab bars, get one at the local hardware store and have it properly installed – anchored into a stud. (VillagesOKC Members can ask a VillagesOKC handy man to get it done for a \$30 fee. A grab bar won't make you get older; a grab bar makes you safe. (Even the young girls love a grab bar in the shower when shaving their legs.)

Don't Fall in Fall. Instead be a Nifty 50 and Grab A Bar!

Welcome New Members

Robert Bisel, OKC

Member Spotlight



Jan Rey

Jan has been a member for 2 years!

She has just recently taken on coordinating our monthly outings for the rest of 2022 and all of 2023!

She has more energy than the day holds and we love that about her!

If you have any ideas of where you'd like to see us go, contact Jan!

Upcoming Events



See the City: October Women's Pilot Museum

Wednesday, Oct 19th
9:30 am

Meet at VillagesOKC office and we will carpool/caravan there.
For those who would like to have lunch afterwards, we will eat at Sherry's diner
[Register here](#)



THE NINETY-NINES
Museum of Women Pilots

Apple products training and troubleshooting NOW 2 CLASSES TO CHOOSE FROM!

OKC Location
VillagesOKC office
Wed, Oct 12th at 1pm

Edmond Location
Mitch Park Senior Center
Tues, Oct 18th 1pm

[Click here to register!](#)

introducing
Jeff Albright
.....
**training &
troubleshooting
expert on
apple devices**



Jeff Albright
OWNER
iCAN help

Upcoming Events



Second Half Expo

Saturday, October 22nd

8:30am - 2:00pm

Western Heritage Museum

Over 100 of Oklahoma's finest organizations will be exhibiting, providing opportunities, education, and support for the 50+ generation.

VillagesOKC is a proud sponsor of this FREE event.

Mark your calendar!

VillagesOKC Christmas Open House!

Tuesday, Dec 20th

10:00am-2:00pm

Drop In

VillagesOKC staff invites you to:

Christmas Open House

Tuesday, December 20th
Drop in from 10am-2pm



Learn



Where to see the fall foliage in OKLAHOMA

- Talimena Drive Scenic Byway
- Beavers Bend and Hwy 259
- Robbers Cave State Park
- Tahlequah and Hwy 10
- Oologah Lake and Hwy 88
- Chickasaw National Recreation Area

NewView Vision Tip

Keep a thick rubber band around the shampoo bottle to differentiate it from the conditioner.

newVIEW
OKLAHOMA
IT'S NOT WHAT YOU CAN SEE IT'S WHAT YOU CAN BE

You need to know..



Throw away
3 tupperware containers
that don't
have a matching lid,
or vice versa.

Serve

**THE SECOND HALF EXPO
NEEDS YOU!**

**Second Half Expo
Saturday, October 22nd**

We need members to volunteer
in 2 hour time slots between the
hours of 7am-3pm

Grab a friend and volunteer!

405.990.6637 or info@villagesokc.org



Upcoming

MCM INSURANCE

Medicare & Retirement

Navigating Medicare

Join Medicare expert Ginny Curtis as she presents "Navigating Medicare"

October 13th
VillagesOKC office
5:30pm

October 20th
via zoom
5:30pm

[Click here to register](#)

In the Community

WOMEN'S COFFEE

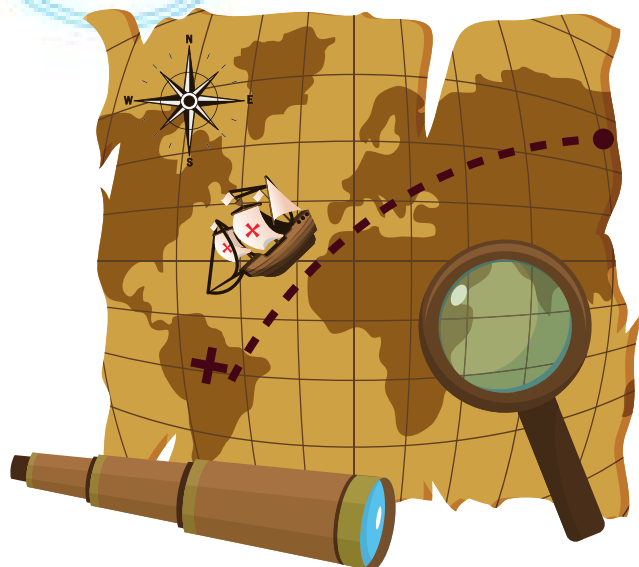
In 1492 Christopher Columbus sailed the ocean blue.....

Make plans to join us on
Tuesday, October 11,
as we talk about DISCOVERY.

This could be something about:

Yourself
Your spouse
Your kids
Your pet

See you at 10:00 am
at Whipped Bakery!!!





October 2022

MONTHLY PLANNER

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

MON	TUE	WED	THU	FRI	SAT	SUN
					01	02
03 Member Monday 1:30pm The GIFT Express Class @5:30pm	04	05 Healthcare POA @ BFC 6:30pm	06	07	08 The GIFT via zoom 10am	09
10	11 Women's Coffee Whipped Bakery @10am	12 Ipad/Iphone training 1:00pm NewView Factory Tour 1pm Advance Directive @ BFC 6:30pm	13 Senior Living Truth Series 10:00am Navigating Medicare 5:30pm	14	15 The GIFT via zoom 10am	16
17	18	19 See the city: Women's Pilot Museum 10:30am	20 Navigating Medicare via zoom 5:30pm	21	22	23
24	25	26	27	28	29	30
31  Veteran's Initiative meeting 11am						

Weekly

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

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Bank & Trust**
www.firstbethany.com



Dean Brown, MD



BUCKELEW
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Christian Brothers Automotive



Pamela Craven, MD

Cardiologist



DIRECTORS LIFE ASSURANCE



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ELDERCARE SERVICES

Sponsors



GOODEN GROUP



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POWERED BY THE FIVE F'S

MERCER ADAMS
FUNERAL SERVICE



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INSURANCE
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OKLAHOMA
HEART HOSPITAL

PROUDLY PHYSICIAN OWNED



Nerve Renewal
NEUROPATHY CLINIC

O.K.L.A.H.O.M.A.
MAKING A BETTER LIFE FOR THE 50+
SENIOR
Journal™

OKLAHOMA
Palliative & Hospice Care

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HOUSECALLS



Providence
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Smith & Kernke
FUNERAL HOMES & CREMATORY



Spanish Cove
Retirement Village



SYNERGY®
HomeCare



THRIVENT®
Be Wise With Money™

Villagio
BRADFORD VILLAGE