



# VILLAGE VISION

December, 2019 Newsletter

## MESSAGE FROM THE DIRECTOR

### It's a PLAN not a PILL!



Yes, that's right! Having like-minded, trusted friends to laugh, learn and even get through the hard things takes planning. Becoming a member of VillagesOKC is certainly a more effective HEALTH BENEFIT than medication.

There is no pill to prevent isolation, to activate the brain, or to magically provide colleagues who are further down life's path and willing to guide and share what to expect. We believe VillagesOKC is better than a pill. In this group, there is always "someone who knows, or someone who knows someone with the answers."

Together we are figuring out how to navigate this thing called aging and extreme aging. Some have described the VillagesOKC as "a happening." Others see it as a safety net, but most say it adds purpose and meaning to life - extending what family, longtime friends and church already provide. VillagesOKC members believe we can find solutions by coming together, sharing and harnessing the power of our networks with others.

Think of it! The Association of Alzheimer's International Conference met in July and reported that we can reduce our risk of dementia by 60% IF ONLY WE WILL MAKE SOME LIFESTYLE CHANGES. Frankly, I need friends to help me accomplish those changes. And VillagesOKC is that group of friends!

Aging is to be celebrated! It's the declining and disease and debilitation challenges that we battle, but not define us. Together we are determined to live long and die short, having fully lived the plan for our lives.

Make Every Day Count,

*Marilyn Olson*

## GIFT A VILLAGESOKC MEMBERSHIP



Give the gift that lasts the whole year! Gift a VillagesOKC membership. Both Individual and household memberships may be 'gifted' to a friend, family member, business, etc., meaning the membership fee is paid by someone other than the potential member. Donors should contact the VillagesOKC office to initiate the gifting process.

## CHRISTMAS IN THE PARK



### Join us for a night under the lights!

Spanish Cove will be taking us on a ride through the Yukon city parks, made up over 100 acres of Christmas cheer that include over 425 displays and five million lights.

When: Monday, December 16

Time: Arrive at the VillagesOKC office at 4:20pm (We will leave the VillagesOKC office at 4:40pm)

Arrive: Spanish Cove for 5:00pm dinner (complimentary) – Board bus at 6:00pm to tour the lights

Depart light tour at 7:00pm – Arrive back at the VillagesOKC office at 7:20pm

**RSVP REQUIRED – Please call 405-990-6637 or e-mail [info@villagesokc.org](mailto:info@villagesokc.org) to reserve your spot!**

## END OF THE YEAR SPECIAL PRESENTATIONS OF “WHAT IS VILLAGESOKC”

We will be offering three end of the year special presentations of “What is VillagesOKC”. If you know someone that is wanting to get more information and start 2020 as a Villager, please have them come and learn more about us!



Thursday, December 5 from 1:30pm-2:30pm - VillagesOKC office, 3908 N. Peniel Ave., Ste 340.

Tuesday, December 17 from 1:30pm-2:30pm - VillagesOKC office, 3908 N. Peniel Ave., Ste 340.

Thursday, December 19 from 10:00am-11:00am - Adult Wellness Center, 11503 N. Rockwell

## WOMEN'S COFFEE CLUB



**What's the best way to enjoy your morning cup of coffee? With FRIENDS!**

When: December 17, 2019

Time: 10:00am-11:00am

Location: Higher Grounds: 5814 NW 63<sup>rd</sup> St., Warr Acres

## MEN'S COFFEE HOUR

***Join the men of the Village for a hot cup of coffee and conversation!***

When: December 18, 2019

Time: 9:30am-10:30am

Location: Stella Nova: 1041 NW 150<sup>th</sup> St., Edmond



## GATHERING FUN

Thank you to The Gathering hosts, Elaine Wood and Linda Wilkins, for bringing us a discussion on various health care devices and brain health. Special thanks to Floy with Dignity Memorial for sponsoring.

Please join us at our December Gathering on December 21 from 3:00-4:30 at Higher Grounds as we celebrate Christmas! Please bring your favorite Christmas cookies to share with the group and also be thinking of your favorite Christmas memory.

We will be taking a donation of toiletries, gloves, hats, small toys and gentle used Christmas décor to take to the women's shelter to bring them some holiday cheer.



Bring a friend! We would love to meet them!

## VILLAGE MEMBER TESTIMONIAL



**Villager Pam Redline, 58**  
Trainer at Golds Gym  
Brain Enthusiast

**“I joined VillagesOKC because I wanted to design my future self.”**

The concept of VillagesOKC resonated because I wanted to know what the aging journey ahead looked like. I wanted to craft my own future.

Linking up with VillagesOKC gave me mentors for aging well and the education to navigate the journey.

We imagine a world where we continue to live active, productive lives remaining in the home of our choosing for as long as possible.

\*\*This article was featured in the Sunday Oklahoman. We were given a free ad that ran on November 24, 2019. \*\*

## WE WANT YOUR TESTIMONIAL

We want to hear from you! What made you join VillagesOKC? What is your favorite part of being part of the group? Any advice you would give to a person considering joining? If you would like your responses featured in an upcoming newsletter please e-mail me your responses to [info@villagesokc.org](mailto:info@villagesokc.org)

## OFFICE CHRISTMAS & NEW YEARS HOURS



The VillagesOKC office will be closing at 2:00pm on Wednesday, December 24, 2019 for the Christmas holiday. We will be back in the office on December 26, 2019 at 9:00am.

We will be closing at 2:00pm on Wednesday December 31, 2019 for the New Year's holiday. We will be back in the office on January 2 at 9:00am.

## SPONSOR SPOTLIGHT



## CONTACTING VILLAGESOKC

VillagesOKC – 3908 N. Peniel Ste 340, Bethany, OK

Phone: 405-990-6637

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

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



Like us on Facebook! @VillagesOKC



Follow us on Instagram! @VillagesOKC