

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

# Connections

A PLAN FOR AGING THAT CONNECTS A COMMUNITY



## *From the Director*

Marilyn Olson,  
Executive Director



May is Older Americans Month (OAM) and this year's theme, "Aging Unbound" offers an opportunity to highlight diverse aging experiences and discuss how communities can combat aging stereotypes when older actually spans seven unique decades from age 50-120. Although we emphasize older Americans in May, individually we have the opportunity to continue this discussion all year.

This month VillagesOKC moderated a conversation with The Honorable Lance Robertson who served as Director of Aging Services from 2007 to 2017, Karen Poteet who worked with Lance and then served from 2017 to 2020 and Jeromy Buchanan, who is in a similar position currently as Director of Community Living, Aging and Protective Services under the department of Oklahoma Human Services. Their combined work spans 16 years of continuous improvement in the lives of older Oklahomans.

The three discussed what Aging Unbound meant to them, the accomplishments under their leadership and what excited them about the future of aging in the Great State of Oklahoma. It became clear in the discussion that Oklahoma is a national leader in reframing aging in part because of the continuity of philosophy from strong leadership from Robertson, Poteet and Buchanan. Oklahoma is quickly becoming the best place to age successfully.

# *New Members*

Nancy Morgan - OKC

Susan Radcliffe - OKC

Alan Webb - Edmond

Judy Unsell - OKC

# *Renewing Members*

Ken & Jeanette Eason - Bethany

Robin Gunn - OKC

David & Ruth Nantze - Bethany

Paula Sparks - Yukon

John & Carma Branscum - Yukon

Dick & Caroline Baze - Yukon

Mary Ann Allred - Yukon

Helen Olson - Bethany

Charlotte Colbert - Edmond

Kafie Carman - Guthrie

Shelley Stutchman - Edmond

Neil Johnson - Edmond

Dwight & Pamela Thompson - OKC

# Upcoming Events

**Join us for Member Mondays!**

**May 1st and June 5th**

**1:00pm @ VillagesOKC Office**

**New Members:**

Join us to learn about membership benefits, what's going on at Villages and how to get involved.

**Current Members:**

Come and meet our new members!

**[Register Here!](#)**



**MEMBERSHIP**  
— MONDAYS

**2 out of 3**

U.S. adults have  
**not** completed an  
advance directive



**POA and AD Workshop**

**May 2nd @7:00pm**

When you can't make all your  
medical decisions,  
**WHO WILL???**

This class is held at the  
VillagesOKC Office and free to  
members. \$30 for guests.

**[Register Here](#)**

VillagesOKC

## **SPRING COOKOUT!**

at Steve & Joyce's home



**SATURDAY  
MAY 6TH  
5PM**

15500 Milanese Avenue



## **VillagesOKC Cookout at Steve & Joyce McMaster's!**

May 6th @ 5:00pm

Let's all get together and enjoy  
another cookout!

VillagesOKC will supply the meat,  
you will bring a side or dessert!

Invite a friend that needs to know  
more about VillagesOKC.

**[Register Here!](#)**

## **Women's Coffee**

May 9th @ 10:00am

Since May is "Graduation" month,  
let's talk about a special graduation in  
your life. Bring a photo or diploma to  
share.

We will also hear a short "story" from one  
of our participants as we begin the  
journey of story telling.

**[Register Here!](#)**

## **Women's Coffee**

AT WHIPPED BAKERY





# POSITIVE *aging*

BROUGHT TO YOU BY VILLAGESOKC  
AND GRANT ESTATE LAW

*Topics:*

Brain Heart connection  
New look at fitness & nutrition  
movie: Age of Champions  
Conquering Loneliness



*date & location:*

Wednesday May 10, 2023

Registration: 9:30 am

10:00 am- 2:30 pm

Rose State College

Jeanie Webb Student Union



\*light lunch included

**FREE! Register using QR code or call 405-990-6637  
REGISTER BY MAY 1ST**

[Register for Positive Aging at Rose State Here!](#)

SLTS "The Truth About Selling  
the Family Home"

May 11th @10:00am

[Register Here!](#)

SLTS "Smart and not so Smart  
Accessibility Ideas for your  
Home"

May 23rd @10:00am

[Register Here!](#)







**Edmond Senior  
Educational Series**  
(in partnership with Brain Builders Pro)

**May 16th @ 1:00pm  
Tips to Prevent Falls From  
Failing Vision  
Speaker: Ronita Smalley**

**[Register Here!](#)**

**CareGiver Ambassador  
Meeting**

**May 16th @ 3:30pm  
Join us as we meet to discuss  
resources for those that are  
caregivers.**

**[Register Here!](#)**





## Western Heritage Museum Tour

**May 16th @ 12-3**

Join us for lunch and a VIP tour  
of the National Cowboy and  
Western Heritage Museum by  
docent General Ben Robinson.  
The Museum Grill has a variety  
of lunch options.

**[Register Here!](#)**

## See The City!

### Horse Feathers Equestrian

**May 17th @10:00am**

Join us to see this hidden gem in  
OKC. If you choose, you will be  
able love on donkeys, miniature  
horses and rescued horses. We will  
also have the opportunity to  
observe and assist with grooming,  
feeding, and mucking stalls.

**[Register Here!](#)**





## Iphone/Ipad Tips and Tricks

**May 18th @ 1:00pm**  
(Edmond Parks and Rec)

**[Register Here!](#)**

## Restaurant Meetup Chuanyu Fusion

**May 18th**

**11:30am-12:30pm**

**Join other VillagesOKC Members  
for Lunch!**





## NewView Factory Tour

May 19th @2:30pm

See how they employ  
vision imparied individuals  
in a manufacturing  
setting.

[Register Here!](#)



Senior LifeSkills  
*Learning*

## "Get a Grip on Improving your Brain"

(in partnership with Providence Home Health)

Presenter: Dr. Vestal

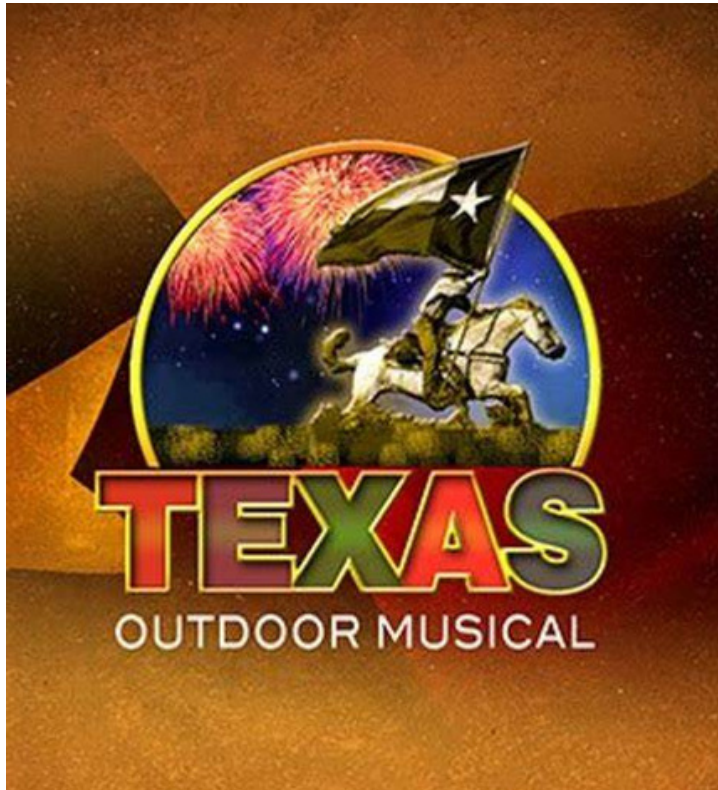
May 22nd @ 1:00pm

Learn about 3 ways to measure your  
brain health and ways to improve it.

Our Lord's Lutheran Church  
(Hefner Rd)

[Register Here!](#)

# Save the Date



**June 15th** trip to see  
the musical “Texas” in  
the Palo Duro Canyon  
State Park

Transportation is  
provided by Village  
Tours bus company



Departure time  
1:00PM.

We will arrive back  
around 3:00AM. (yawn)

Cost: Members \$145

Guests \$165

**MORE INFO HERE!!**



OKLAHOMA  
Human Services

## Multisector Plan on Aging



### Listening Sessions

We need your help! Oklahoma Human Services is working to make Oklahoma a great state for seniors. We value you and would like to ask for your opinion as we develop a Multisector Plan on Aging. This plan is a long-term approach to improve the lives of all older Oklahomans. Our goal is to give every senior the confidence to live life on their terms and to provide the resources they will need to lead a healthy lifestyle.

Through our listening sessions, we are asking attendees to share their experience and input so that we can better understand the current issues facing our aging population, especially those 65+.

**Your feedback will help shape the future landscape for older Oklahomans.**



### SAVE - THE - DATE:

Please join us at one of the following locations to share your perspective.  
We look forward to meeting you!



**MAY 8**

Woodward, OK



**MAY 9**

Tulsa, OK



**MAY 10**

McAlester, OK



**MAY 11**

Lawton, OK



**MAY 12**

Oklahoma City, OK



Use the QR code to RSVP for the listening session closest to you!

# Edmond Education Series

Edmond Parks and Recreation Center  
2733 Marilyn Williams Dr. Edmond, OK  
North Entrance 1:00 pm - 2:30 pm

February 16  
March 16  
April 20  
May 18



## iPhone and iPad Technology

Instructed by Jeff Albright, the owner of iCanHelp, this class focuses on iPhone and iPad technology and troubleshooting. Bring your device and learn something new!



## Learn

Speakers come from all types of backgrounds and specialties. Enjoy choosing one or all of these topics:

FEBRUARY 21: Ralph Redline, PT  
Fall Prevention

MARCH 21- Dr. Vestal:  
Steps for improving the brain

APRIL 18- Dr. Rothwell  
Wellness & longevity

MAY 16- Ronita Smalley  
Tips to prevent falls due to failing vision

Sponsors



**FREE!** Register at [VillagesOKC.org](http://VillagesOKC.org) or call (405) 990-6637



# Learn with Villages

## 2023 SCHEDULE

EDUCATING OKLAHOMA CITY  
ABOUT SENIOR TOPICS!

**JANUARY 16**

HOW TO FALL CORRECTLY

**FEBRUARY 20**

ROCKS: NOT IN YOUR HEAD

**MARCH 20**

I WANT TO VOLUNTEER, BUT...

**APRIL 17**

YOUR BRAIN CAN CHANGE YOUR  
BLOOD PRESSURE

**MAY 22**

GET A GRIP ON IMPROVING YOUR  
BRAIN

**JUNE 19**

ALZHEIMER'S VS DEMENTIA:  
WHAT'S THE DIFFERENCE?

**JULY 17**

HOW TO LIVE SCAM FREE

**AUGUST 28**

SMELLING YOUR WAY TO A BETTER  
BRAIN

**SEPTEMBER 18**

INSIDER TIPS ON DOCTOR VISITS

**OCTOBER 23**

COMMUNICATION SUCCESS: SAY YES

**NOVEMBER 13**

BALANCING A STRONG BRAIN ON  
ONE FOOT

**DECEMBER 18**

WHATS COOKIN: TASTING FAIR



Senior LifeSkills  
*Learning*



OUR LORD'S  
LUTHERAN CHURCH  
2900 W HEFNER RD



1:00 – 2:30 PM



PRE-REGISTRATION  
REQUIRED

**FREE**



@ 405-990-6637

VillagesOKC.org

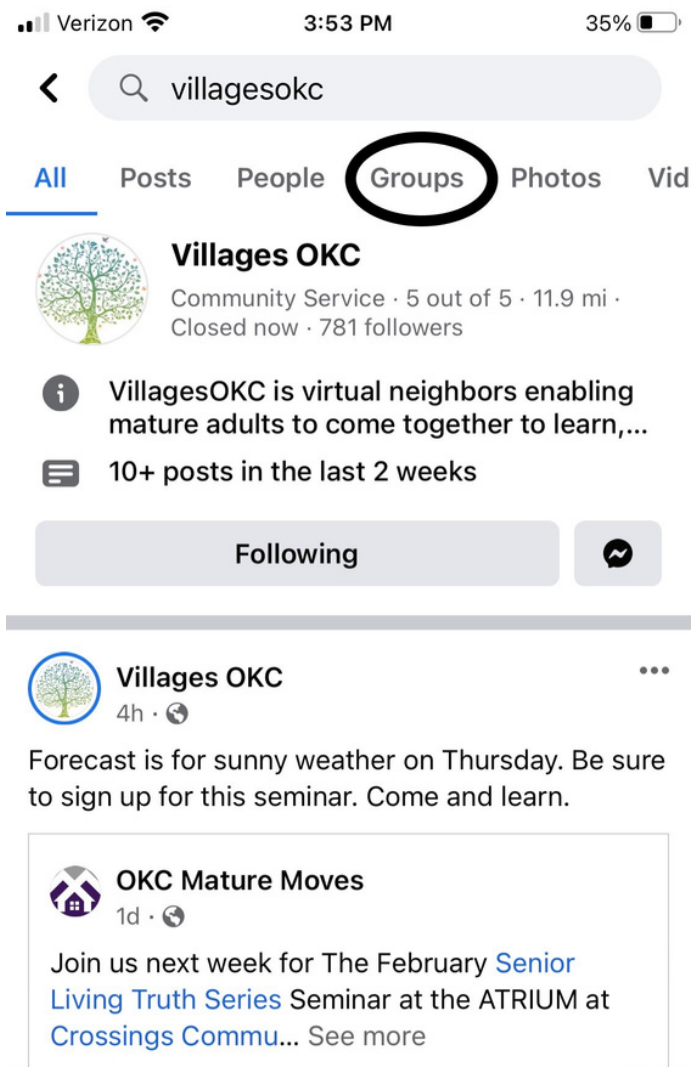


Join us on February 20th: [REGISTER HERE!](#)

# Just for Members

Send us your prayer requests! We have a team of prayer warriors ready to pray for you.

Call the VillageOKC Office 405-990-6637 to share your request and we will pass it on.



Join our private,  
**MEMBERS ONLY**  
Facebook page:

## VillagesOKC Members

If you're on the public Villages Facebook page, select Groups or Visit Group.

Ask to join the group.

From Facebook search, select Groups once the Villages OKC page is displayed.

See attached image.

From a computer, select More to see the Groups option.



# **FRIENDS DON'T LET FRIENDS AGE ALONE**

## **Membership Drive Starts this MONTH!**

**Time:** May and June

**Theme:** Friends don't let friends age alone

Each member is challenged to have a friend join them in VillagesOKC membership.

### **Referral Levels:**

**1 member:** free VillagesOKC coffee mug

**2 members:** half hour with tech guru Jeff Albright, plus above

**3 members:** all events free for the rest of 2023, plus above

**4 members:** renewal membership half off, plus above

**5 members:** renewal membership FREE, plus above

Each new member during the Membership campaign will be welcomed on social media, as well as the referrer.



# May 2023

## MONTHLY PLANNER

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

SUN	MON	TUE	WED	THUR	FRI	SAT
	01 <a href="#">Member Monday 1:00pm</a>	02 <a href="#">POA and AD Workshop 5:30pm</a>	03	04	05	06 <a href="#">VillagesOKC Cookout at Steve and Joyces 5:00PM</a>
07	08	09 <a href="#">Women's Coffee Whipped Bakery 10:00am</a>	10 <a href="#">Senior LifeSkills Learning: Positive Aging 9:30am</a>	11 <a href="#">Senior Living Truth Series 10:00am</a>	12	13
14	15	16 <a href="#">Edmond Senior Educational Series Caregiver Ambassador Western Heritage Museum Tour</a>	17 <a href="#">See The City:Horse Feathers Equestrian 10:00am</a>	18 <a href="#">Iphone/Ipad Tips and Tricks Class Edmond 1:00pm Restaurant Meet Up 11:30am</a>	19 <a href="#">NewView Factory Tour 2:30pm</a>	20
21	22 <a href="#">Senior LifeSkills Learning 1:00pm</a>	23 <a href="#">Senior Living Truth Series 10:00am</a>	24	25	26	27
28	29 OFFICE CLOSED	30	31			

### Weekly

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

NewView Oklahoma  
Calendar of Events



# *Sustaining Partner*



**Nerve Renewal**  
NEUROPATHY CLINIC

# *Supporting Partner*



**Providence**  
HOME CARE

# *Advancing Partners*

Diffie Ford Lincoln Dealership

Thrivent Financial Services

# *Contributing Partner*

Christian Brothers Automotive

Concordia Life Plan Community

Director's Life Assurance Company

Mercer Adams Funeral Service

OKC Mature Moves

Oklahoma Palliative & Hospice Care

S. Dean Brown

# *Village Friends*

Cruise Planners

Eye Care Associates of Bethany

Gooden Group

Grant Estate Law

Hartsfield & Egbert, PLLC

Smooth Finish Roofing and Construction

# *Corporate Partners*

Brain Builder Pros

Buckelew Realty

Force 50 Foundation

MCM Insurance Medicare & Retirement

NewView Oklahoma

OKC Friday News

Oklahoma Senior Journal

Oklahoma Warrior Honor Flights

Senior Living Truth Series