

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 **Taking a Breather in July**

Marilyn Olson,
Executive Director



July gives us a great chance to slow down, take stock, evaluate. The hot and lazy days of summer give time to think about what we want for the future. It's part of wise planning. And VillagesOKC members know the value of having a plan for what's ahead.

This means we have intentionally reduced the number of events on the July calendar. You can be proud. Instead of duplication, VillagesOKC is focused on filling the gaps, connecting members with resources that already exist in the community.

During the past six months, VillagesOKC has welcomed MORE NEW MEMBERS than in the entire year prior. And our retention rate of current members is at 96%. This means we are serving people. We have shared free education and the positive aging message to hundreds of learners. Sixty people in the Guthrie/Edmond area attended events, more in North Oklahoma City and many more from the south and east areas of our great city. This means the word is spreading about VillagesOKC- the one connection to trusted friends and information.

Since January the monthly LifeSkills Education at Our Lords Lutheran Church, the GIFT /Healthcare Forms Workshops, the Veteran pinning ceremonies and the bus trip to Texas shows the impact of this growing Village movement. The day of Positive Aging at Rose State and Southern Nazarene University were successful. And to top it off, our weekly Empowering Independence Podcast continues to connect listeners with local professionals and great information.

With fewer events in July Village leadership will more effectively organize the TWO BIG EVENTS in the fall. Do not miss the fun and food at the "Boots and Bling" Anniversary Party on Tuesday, September 26 at the Harn Homestead. The first day of November will be an exciting city-wide event at MetroTech Springlake with speakers and movies to help us each grow our brain at any age.

You can be proud VillagesOKC continues to help Oklahoma City become the best place in the nation to age successfully.

Upcoming Events



dog days of summer

Reminder:

We are taking the hot and lazy days of July to slow down our calendar. If you are dropping by the office, be sure to call before you drop by to make sure a staff member is there.

(405)990-6637

OFFICE CLOSED

July 3rd and 4th

Enjoy your holiday!





Women's Coffee

July 11th@ 10:00am

Kay Reid will be leading us in a patriotic discussion and we will continue hearing personal life stories from members.

[Register Here!](#)

Brain Heart Connection

July 14th@ 10:00am

Susan Radcliffe, RN, MN, MHR
discusses the Brain Heart connection
in a small, personal setting.
Limited space available.

[Register Here!](#)





Senior LifeSkills
Learning

"How to Live Scam Free"

(in partnership with Providence Home Health)

Presenter: Deputy Tara Hardin

July 17th @ 1:00pm

Our Lord's Lutheran Church

(Hefner Rd)

[Register Here!](#)

CareGiver Ambassador

July 18th @ 3:30pm

Speaker: Dr. Trang

[Register Here!](#)



CareGiver
AMBASSADOR



SLTS "The Truth About Staying in Control: Communicating with Adult Children"

July 20th @10:00am

[Register Here!](#)

SLTS "Hosting A Family Meeting: Best Practices for Successful Communication"

July 25th @10:00am

[Register Here!](#)

NewView Factory Tour

July 21st @2:30pm

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

[Register Here!](#)

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

Save the Date

For VillagesOKC Anniversary Party!

BOOTS **& Bling**

SEPTEMBER 26, 2023

HARN HOMESTEAD 6-8 PM

RSVP TO 405 990 6637



Hope to see everyone there!

**Aging,
been there,
done that,
got the t-shirt
*Literally!***

**Don't have the t-shirt? We have it for you!
All members can swing by and pick up your free
VillagesOKC Love Your Age t-shirt!
*Sizes are first come, first serve!***



**Take our Member Survey for a chance to win a \$25 gift card!
[Here is the link](#)**

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

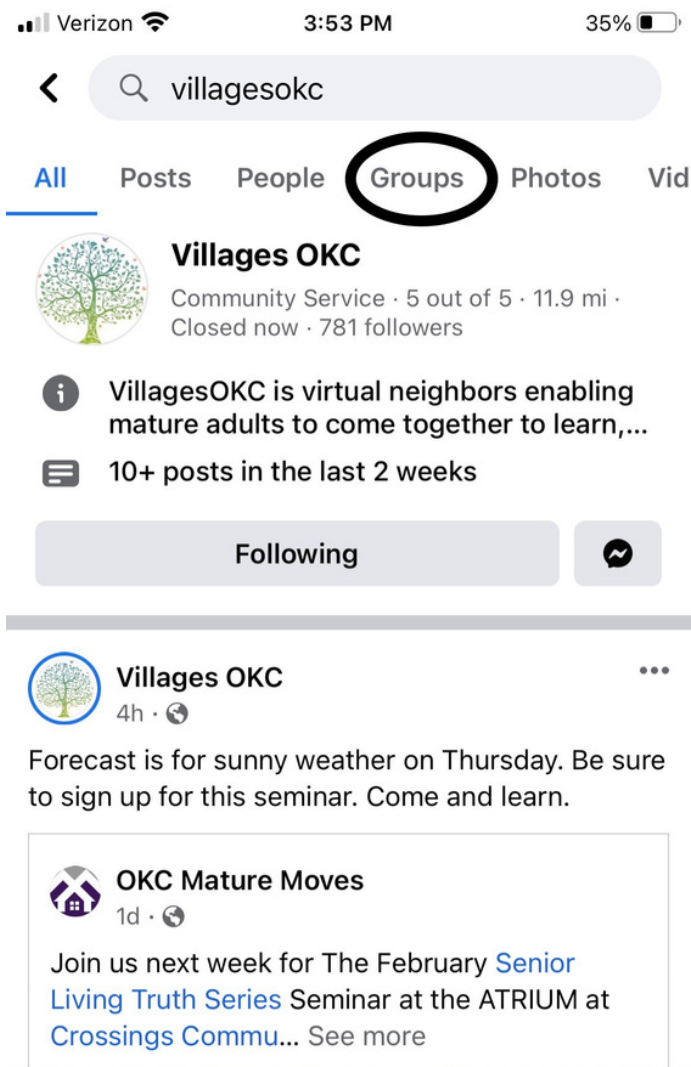


Join us on June 19th: **REGISTER HERE!**

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 is in full swing!

Time: JUNE and JULY

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.



July 2023

MONTHLY PLANNER

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

SUN	MON	TUE	WED	THUR	FRI	SAT
02	03 OFFICE CLOSED	04 OFFICE CLOSED	05	06	07	08
09	10	11 Women's Coffee 10:00am	12	13	14 Brain Heart Connection 10:00am	15
16	17 Senior LifeSkills Learning 1:00pm	18 Caregiver Ambassador Meeting 3:30pm	19	20 Senior Living Truth Series 10:00am	21 NewView Factory Tour 2:30pm	22
23	24	25 Senior Living Truth Series 10:00am	26	27	28	29
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