

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



### **Why VillagesOKC, Why Now?**

**There are a lot of people in the 50+ demographic.**

According to the United States 2020 Census there are more than 370,000 from Guthrie to Norman and Choctaw to El Reno. That's a lot of people who have this season of life in common.

**We want to know whom to trust and where to start.**

VillagesOKC is a 501c3 non profit and is member driven.

**We are living longer.**

Due to great medicine, people are living longer – some well past a century. We have some as members and with no cognitive decline.

**We need to know whom to trust.**

Oklahoma City has experienced hundreds of new companies in home health, hospice, healthy living, and specialty services to “help” with all the decisions.

**Families want resources too.**

Many seniors have loving families with willing support but are not close by. VillagesOKC is available to fill the gaps.

**Retirement Centers, Independent and Assisted Living are an option.**

Seeing communities personally and the benefits, considering the benefits and costs is the only way to determine the best choice.

**Many people want to age in their own homes.**

Having trusted connections for home maintenance, insurance, roof repair, the yard, changes in Medicare insurance is helpful.

**Why Villages? Why now?**

Isolation is deadly. VillagesOKC is the one connection for people across Oklahoma City. Wherever we reside, getting up each day with a purpose and having daily social connections are as essential as food.

(note: for a free copy of the US Surgeon's recent report on Loneliness and Isolation, call (405)990 6637 or email [info@VillagesOKC.org](mailto:info@VillagesOKC.org)

# Upcoming Events



## The GIFT Workshop

August 3, 10, 17, 24 @ 6:30pm

The GIFT Workshop is a tool to help you document your personal, legal, medical, financial, real estate, passwords, preferences and emergency contacts in the event of a crisis or transition.

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

## Member Monday

August 7th @ 1:00pm

Are you a new member? Swing by the office for a 20 minute presentation on your member benefits and how to access your Villages account online. Learn how to sign up for events, view newsletters, and more!

Not a new member? Stop by and grab a cup of coffee and a snack, meet new members, and chat with others!

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



# MEMBERSHIP

**MONDAYS**



## Women's Coffee

August 8th @ 10:00am

Need a new craft idea?

Make plans to attend the August Women's Coffee for some ways to get those creative juices flowing. Jan Rey will be sharing a variety of easy-to-do crafts. See 'ya there!

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

## When Do I Start Looking At Medicare?

August 8th@ 6:00pm

Speaker: Ginny Curtis-Gillespie,  
Medicare Expert

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



introducing  
**Jeff Albright**

.....  
**training &  
troubleshooting  
expert on  
apple devices**



Jeff Albright  
OWNER  
iCAN help

## iPhone/Ipad Tips and Tricks

August 9th @ 1:00am

VillagesOKC Office

Need help figuring out your new Iphone or Ipad? Or just need someone to show you some tips and tricks? Jeff Albright from iCan Help will be at the VillagesOKC office to be your personal tech tutor, answering all your iPhone and iPad questions!

**Register Here!**

SLTS "The Truth About  
Retirement Community Moves:  
Downsizers Tell All"

August 10th @10:00am

**Register Here!**

SLTS "What is Senior Move  
Management"

August 22nd @10:00am

**Register Here!**





## NewView Factory Tour August 18th @2:30pm

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

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

## "Smelling Your Way to a Better Brain"

(in partnership with Providence Home Health)

Presenter: Dr. Vestal  
August 28th @ 1:00pm

Our Lord's Lutheran Church  
(Hefner Rd)

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



Senior LifeSkills  
*Learning*



## Restaurant Meet Up: Travel By Taste

August 31st @11:30am

Join us for a meal together!  
Limited seating available.

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

**Mark Your Calendars...**

**Men's Coffee is coming in**  
**September!!**

**Friday, September 15th**  
**9:00am @ Panera Bread**

**4225 W Memorial Rd**

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





# *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 August 28th: **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.

## *Welcome New Members!*

Carolyn Stager-Strecker, OKC

Phelecia Reece, OKC

Major General Rita Aragon, Edmond



# August 2023

## MONTHLY PLANNER

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

SUN	MON	TUE	WED	THUR	FRI	SAT
		01	02	03 <a href="#">The GIFT Workshop #1 @St. Eljahs 6:30pm</a>	04	05
06	07 <a href="#">Member Monday 1:00pm</a>	08 <a href="#">Women's Coffee 10:00am</a> <a href="#">When Do I Start Looking at Medicare? 6:00pm</a>	09 <a href="#">Iphone/Ipad Tips and Tricks OKC 1:00pm</a>	10 <a href="#">Senior Living Truth Series 10:00am</a> <a href="#">The GIFT Workshop #2 @St. Eljahs 6:30pm</a>	11	12
13	14	15	16	17 <a href="#">The GIFT Workshop #3 @St. Eljahs 6:30pm</a>	18 <a href="#">NewView Factory Tour 2:30pm</a>	19
20	21	22 <a href="#">Senior Living Truth Series 10:00am</a>	23	24 <a href="#">The GIFT Workshop #4 @St. Eljahs 6:30pm</a>	25	26
27	28 <a href="#">Senior LifeSkills Learning 1:00pm</a>	29	30	31 <a href="#">Restaurant Meet Up 11:30am</a>		

### 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