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









# From the Director



Marilyn Olson, Executive Director

### **Betty Crocker Knows!**

Over 100 Years Ago, Betty Crocker was created as a way to personalize the General Mills corporation. Betty Crocker wasn't real, but she has sold a lot of food and cook books. She was a fictional character used in advertising campaigns for food and recipes. (Here's a photo of my first Better Homes Junior Cookbook from Betty Crocker.) Why? Because General Mills knew people don't do business with big companies and impersonal organizations. People do business with local, friendly people they know and trust. And a lot of people have trusted their friend, Betty. (Net sales in 2023 were \$5 Billion)

VillagesOKC is becoming the one connection for people to meet people they know and trust. Connections for iPhone technology. Connections for brain and health education. Trusted connections for the decisions in whatever Stage Not Age we are in. Betty was right. People want to connect. And it is happening. VillagesOKC in 2023, had 2,507 connections and that is an increase over the previous year by 85%. Why? Because VillagesOKC is a safe, trusted connection of like-minded, local people in this city. In Edmond at the YMCA, at MetroTech Springlake Campus, at churches all across the city there are people who meet for the first time. They get to know, like and trust each other. Just like Betty Crocker.

Check out the event opportunities on the VillagesOKC.org event calendar or now also on www.LoveYourAge.org

VillagesOKC the one trusted connection for people to Learn. Plan. Serve.





#### MONTHLY PLANNER

# TO REGISTER FOR ALL EVENTS GO TO VILLAGESOKC.ORG

SUN	MON	TUE	WED	THUR	FRI	SAT
				01	02 Men's Coffee 9:00am	03
04	05 Member Monday 1:00pm	O 6  Game Night at Johnnies  5:00pm	07	O8 Senior Living Truth Series 10:00am	09	10
11	12	Women's Coffee 10:00am	iPhone Workshop BETHANY: Avoiding Scams on iPhone 1:00pm	OKC Town Hall Lecture Series 11:00am	16	17
18	19 Senior Lifeskills Learning North 1:00pm		2 1  Positive Aging: Listen to Your Gut 9:30am  Senior Lifeskills Learning Edmond 1:00pm	22 Caregiver Coaches 4:00pm	23	24
25	Restaurant Meet Up-Pho Lien Hoa 11:30am	27	iPhone Workshop EDMOND: Avoiding Scams on iPhone 1:00pm	29		

Weekly

Pickleball - Mon - Thurs

@ Jackie Cooper Gym 9am-12pm

NewView Oklahoma

Calendar of Events

# Upcoming Events



# Men's Coffee February 2nd 9:00am @ Panera Bread

Join other VillagesOKC men for coffee and conversation. 4225 W Memorial Rd

**Register Here!** 

Member Monday
February 5th
1:00pm @ VOKC 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!

<u>Register Here!</u>



# Game Night at Johnnies February 6th @ 5:00pm

Get yourself a burger and onion rings for dinner and join us in the back meeting room for some games and conversation.



**Register Here!** 



Senior Living Truth Series
"The Truth About Staying
Purposeful: Work, Play,
Volunteer"

February 8th @ 10:00am Crossings Community Church

**Register Here** 

or by calling (405)563-7501



# Women's Coffee

February 13th @ 10:00am

Bethany Library

Join other VillagesOKC ladies and bring a friend as we get to know each other better and hear Leyda Haley's story.

**Register Here!** 

# iPhone Worksop Bethany Avoiding Scams on iPhone

February 14th @ 1:00pm 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!

infroducing
Jeff Albright

training &
troubleshooting
expert on
apple devices



Jeff Albright OWNER iCAN help





# Are You A Senior Looking for Meaningful Part-Time Work

- Want to Do good and make money®?
- Interested in working flexible hours?
- Do you consider yourself patient, empathetic, and reliable?
- Intrigued by helping those in need of assistance while making genuine connections?

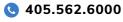
# Consider becoming a Seniors Helping Seniors® caregiver!





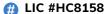












## **Oklahoma City Town Hall**

February 15th @11:00am Church of the Servant

Thomas David Jones
United States Astronaut,
Pilot, and Author

Register Here!



# SENIOR LIFESKILLS LEARNING

EDUCATING OKLAHOMA CITY ABOUT SENIOR TOPICS!

# Senior Lifeskills Learning NORTH

February 19th @1:00pm
Our Lord's Lutheran Church on
Hefner Rd

"How Is Your Balance?" with Chris Coleman

**Register Here!** 

#### **JANUARY 15**

Dr. Michael Houston Finding Your Purpose in 2024

#### **FEBRUARY 19**

Chris Coleman How Is Your Balance?

#### MARCH 18

Panel Supplements: Yes or No

#### **APRIL 15**

Marilyn Olson Fearless Aging

#### **MAY 20**

Nikki Buckelew How To Hold a Family Meeting: Who, How and When

#### **JUNE 17**

Chris Coleman Healthy Body, Healthy Brain

#### **JULY 15**

Panel Scams: What I've Learned

#### **AUGUST 19**

Providence Home Care and Hospice: Having the Hospice Conversation

#### **SEPTEMBER 16**

Panel Ask a Nurse

#### **OCTOBER 21**

Panel Feet: Use, Don't Abuse

#### **NOVEMBER 18**

Panel 10 Tips to Love the Holidays

#### **DECEMBER 16**

Let's Celebrate Friendship

2024

# SENIOR LIFESKILLS LEARNING

EDUCATING OKLAHOMA CITY ABOUT SENIOR TOPICS!



MONDAY OF EVERY MONTH

# OUR LORD'S LUTHERAN CHURCH 2900 Hefner Rd

1:00 - 2:30 pm

#### Register here



VillagesOKC.org

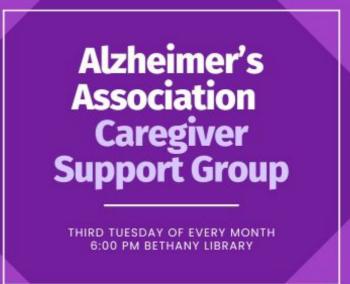


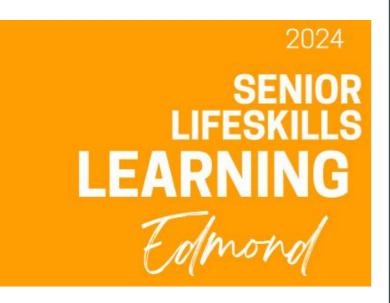
# Alzheimer's Caregivers Support Group with Herb Magley

February 20th @ 6:00pm Bethany Library

An Alzheimer's Association support group is an open gathering of people with common problems, needs and interests who come together to share their feelings, thoughts and experiences in a combined effort to better cope with and manage the shared problems of dementia in a safe environment.

Register Here!





# Senior Lifeskills Learning EDMOND

February 21st @ 1:00pm Mitch Park YMCA

Exercise and Weight Loss with Dr. Kevin White

**Register Here!** 

# BROUGHT TO YOU BY VILLAGESOKC AND COMPLETEOK HOMECARE & HOSPICE

Feb 21

9:30am-2:30pm

REGISTRATION BEGINS AT 9:00 AM



Hear Gut Health Speakers: Debbie Ozment, DDS, MS Candace Sturlin, PA.

Metro Technology Center Business Conference Center 1900 Springlake Drive





Register for this **FREE** event by calling VillagesOKC at (405) 990-6637 or scan the QR code.
A **light lunch** is included.



**Sponsored by** 



**L** (405) 990-6637



# **Caregiver Coaches**

February 22nd @ 4:00pm Bethany First Church

Resourcing volunteer laymen to guide the faith community through the challenges of aging.

Topic: Don't Die Without These Legal Documents

**Register Here!** 





## **Restaurant Meet Up**

February 26th @ 11:30am Pho Lein Hoa 2

Join us for our monthly lunch meet up around the city! This month we will be trying Pho!

Register Here!

# iPhone Workshop Edmond Avoiding Scams on iPhone February 28th @ 1:00pm Mitch Park YMCA

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!**

# in roducing Jeff Albright

training &
troubleshooting
expert on
apple devices



Jeff Albright OWNER iCAN help

# Just for Members

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

Call the VillagesOKC

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

# Volunteering grows your brain. This month's Volunteer Opportunity is PLARN!!

## **CROCHETERS AND CRAFTERS UNITE**

The poor and unhoused will continue to be with us—Jesus told us that. You can help our brothers and sisters who struggle with these challenges by helping to make Plarn (Plastic "Yarn" made from plastic grocery bags) which can then be crocheted into sleeping mats. The 3' X 6' mats make it possible for a person to have a cushion and to be protected from dampness when sleeping on the ground. They can also be used for insulation from the cold.

Bring your favorite scissors and join us at 10:00 a.m. at Crossings Community Center: 10255 N.

Pennsylvania to learn how to cut bags and make Plarn and how to crochet mats. We also crochet or loom hats and scarves that are given, along with the mats, to places like City Care, City Rescue and Church Under the Bridge.

You can make a difference in your community! For questions or more information call Deena Noland, VOKC member at 405-664-7525 or Terri Phander, OKCCCC coordinator at 405-887-2762

Sponsored by OKC Crafting Crusaders for Christ at Crossings Community Center



# Welcome our New Members!

Stan Coker - Colorado
Anissa Chadick - Edmond
John and Kathy Larsen - Bethany
Annette Rusher - OKC

# Create a festive environment this Valentines Day!

Putting up decorations makes any holiday festive and more special.

Valentine's Day is a great reason to make simple DIY decorations for yourself or spread some love to your neighbors!

# Simple Valentine decoration ideas:

- Hearts everywhere cut hearts out of colored paper and stick them up around the house, in the car or on your neighbors mailbox.
- Faux stained glass window cut hearts out of colored tissue paper and stick them up on a light-filled window. Overlapping them makes beautiful patterns.
- Fun chain garland cut pink and red colored paper into equal-sized strips. Make interlocking rings by pasting or stapling the ends together then hang them around the house or on your neighbors door.
- Festive heart garland <u>this tutorial</u> shows how to make a fun garland of colorful hearts to have or share.

# Sustaining Partners





# Nerve Renewal

# Supporting Partner



# Contributing Partner

Concordia Life Plan Community Director's Life Assurance Company **Grant Law** MCM Navigating Medicare Mercer Adams Funeral Service **OKC Mature Moves** S. Dean Brown Senior Care Referral

Thrivent Financial

# <u>Village Friends</u>

**Bonnie Terrill** Ben Robinson

Beth Weitzel

Jerry Pickering

Jim Olson

Pat Burns

West OKC Rotary Club

# <u>Corporate Partners</u>

**Brain Builder Pros Buckelew Reality** Force 50 Foundation NewView Oklahoma **OKC Friday News** Oklahoma Senior Journal

Oklahoma Warrior Honor Flights Senior Living Truth Series

Southern Nazarene University