



VILLAGE VISION

January, 2020 Newsletter

MEMBER FOCUS: PAM REDLINE

Introduction to Cognitive Wellness



VillagesOKC Villager, Pam Redline

As a Medical Exercise Specialist, I daily see people in all stages of health and wellness challenges. Many I work with want to address the oncoming train of cognitive decline that is inevitable with aging if allowed to progress uninterrupted. These proactive people want an aggressive plan to prevent the decline that is certain, if it is not arrested and reversed. They know that brain health is the key to taking charge of our own cognitive health and wellness continuum.

"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.

Research shows that we possess the power to improve every aspect of our health by taking charge of our brain health and craft our own future. Check out the VillagesOKC calendar for the next Brain Health Class!

MESSAGE FROM THE DIRECTOR

Changing the Conversation About Aging

2020 is shaping up to be a really good year because members are seeing the vision come to life.

VillagesOKC members imagine a world where we live active, productive lives, in the home of our choosing. As a virtual village, in order to accomplish that, we are connecting trusted people with trusted organizations and businesses across Oklahoma City.

It is important that we use words describing ourselves which are consistent with active, productive mature adults. We choose to live with joy, curiosity, wonder, positivity, and gratitude. We no longer say, "At my age ..." We do not describe ourselves as "having an Alzheimer's moment." Instead we use words that describe our own future as we see it in the future. The Scriptures have it right. "As a man thinks in his heart, so is he. As VillagesOKC members, we are changing the conversation about aging starting with our own words. If it is to be, it's up to me.

Today, I'm going to choose words of life and hope and gratitude. Being with those who are like-minded is uplifting. A great way to start the year and start changing the conversation is to have lunch at JOHNNIES on NW Expressway, 12:30 -2:30 Saturday January 18. Don't miss our new Gathering spot. See you there!



*Marilyn Olson
VillagesOKC Executive Director*

MOVIE MONDAYS AT VILLAGESOKC – JANUARY

Lives Well Lived is a feature documentary film that celebrates the incredible wit and wisdom of adults up to 100 years old, who are living their lives to the fullest. Encompassing over 3000 years of experience, forty people share their secrets and insights to living a meaningful life. Their intimate memories and inspiring personal histories will make you laugh, perhaps cry, but mostly inspire you.

THREE FREE SHOWINGS AVAILABLE

When: Mondays in January—January 13, 20 and 27, 2020

Where: VillagesOKC Office—3908 N. Peniel Ave

Time: 1:00—3:00pm

(Feel free to bring a snack or even your lunch!)

For More Information or to RSVP:

E-Mail: info@villagesokc.org

Call or Text: 405-990-6637

**LIVES
WELL
LIVED**

*...A heartfelt reminder that for many, age is just a number.
— LA Times*

****NEXT MONTH'S MONDAY MOVIE: ALIVE INSIDE****

FEBRUARY THRIVENT FINANCIAL ZOOM CALL – PREPARE WISELY



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Scott Schaefer, VillagesOKC President, will be offering FREE information to the VillagesOKC Members. Thrivent Financial is AAA best rated, 100+ year old, membership organization of Christians who want to be wise with money and live generously. As a not-for-profit financial services organization, they offer sound financial advice to help families and communities thrive.

Join us at the VillagesOKC office to have a discussion with Thrivent Financial about important financial decisions. They will be joining us with an interactive Zoom call so you will have an opportunity to see Scott live to ask your questions! We have a topic every month from January—August.

When: February 4

Time: 2:00-3:00pm

Where: VillagesOKC Office 3908 N. Peniel Ave, Ste 340, Bethany

RSVP: info@villagesokc.org or call/text 405-990-6637

****NEXT MONTH'S TOPIC: March 3 – Securing & Preparing**

MEN'S COFFEE HOUR



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

When: January 15, 2020

Time: 9:30am-10:30am

Location: Stella Nova – 1041 NW 150th St., Edmond

WOMEN'S COFFEE CLUB



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

When: January 28, 2020

Time: 10:00am-11:00am

Location: Higher Grounds – 5814 NW 63rd St., Warr Acres

GATHERING FUN



The December Gathering was a great success! It was standing room only by the end of our event! Special thanks to our host, Susan Ellis with Spanish Cove, for keeping us entertained with a fun emoji Christmas carols game, Christmas memories and lots for fellowship with fellow Villagers. A very special thanks to all of those who brought items for the YWCA. Susan took 15 bags to them and they were so grateful.

VILLAGESOKC GATHERING LOCATION CHANGE

NEW YEAR! NEW TIME! NEW LOCATION!

TIME FOR FELLOWSHIP! PURCHASE YOUR LUNCH!

We listened to your requests for more fellowship time! Grab your food and come sit with the VillagesOKC in our private dining room. Everyone, members and friends, are welcome to attend this social gathering! Johnnie's has a great selection of burgers, salads, hotdogs and gluten free options. We will talk VillagesOKC, what's new, what's coming up, and you pick up the new calendar!

When: January 18, 2020

**Where: JOHNNIE'S CHARCOAL BROILER – 6629 Nw expressway—OKC
(Between Rockwell and Macarthur)**

Time: 12:30pm-2:30pm

For more information please contact the VillagesOKC office: info@villagesokc.org or call/text 405-990-6637

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.

VILLAGESOKC MEMBER TOTALS FOR 2019

We ended 2019 with 86 members! Thank you for introducing VillagesOKC to your friends, family, churches and neighbors. We have a big goal of 250 members by the end of 2020!! We need YOU to help us get there! If you have an organization or group that would benefit from being part of VillagesOKC, please contact the office to set up a time for one of your fellow Villagers to come give a presentation.

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GOODEN GROUP



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Website: VillagesOKC.org



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For the most up to date information on current events, please visit our website,
villagesokc.org and check out the calendar! New events are added daily!