

Connections

Empowering adults to age with vitality and purpose.



From the Director



Marilyn Olson,
Executive Director

Speak up, Speak Now

Do I want someone else to decide my options for aging successfully?

Am I willing to step, speak up, and create more opportunities to connect with like-minded individuals who are learning, planning, serving and connecting in order to age successfully?

Each individual has the freedom to be involved, or not. VillagesOKC is a member-driven non-profit organization of like-minded people who are empowered to age with vitality and purpose. Here is your opportunity to give input.

What are your suggestions? Complete the survey at this link:

[Click Here for Survey](#)

Here is an example of the survey: On a scale of 1-5 (1= poor 5= great)

1. Because of my connections and involvement with VillagesOKC, I am more informed and have greater confidence in my own ability to age well. (1-5)
2. The GIFT workshop was particularly helpful to me. (1-5)
3. The iPhone, Android workshops are valuable to me. (1-5)
4. The friendships I've gained through VillagesOKC are highly important to me. (1-5)
5. The knowledge I've gained or been reminded of help me. (1-5)
6. The Veteran events are most important to me. (1-5)
7. The "See the City" and "Day Trips" are important to me. (1-5)
8. The LifeSkills Learning and Positive Aging workshops are so helpful because:
9. Circle all those that apply- Next year, I would be willing to help VillagesOKC:
a) plan b) organize c) set up d) greet e) lead a small group
f) share a skill I know how to do g) be a restaurant meet-up host
h) do whatever I can with what I have i) lead game night
9. I especially have appreciated VillagesOKC for:
10. I wish VillagesOKC would:
11. And another thing:
12. Here's my name and contact info or I wish to remain anonymous.



July 2024

MONTHLY PLANNER

TO REGISTER FOR ALL EVENTS
GO TO VILLAGESOKC.ORG

SUN	MON	TUE	WED	THUR	FRI	SAT
	01 Member Monday 1:00pm	02	03	04 OFFICE CLOSED	05 Men's Coffee 9:00am	06
07	08	09 Women's Coffee 10:00am Game Night at Johnnies 5:00pm	10 TheGIFT Workshop#1 10:00am iPhone Workshop BETHANY- Apps on iPhone 1:00pm	11 Senior Living Truth Series 10:00am	12	13 Navigating Medicare Truth and Changes 2025 10:00am
14	15 Senior Lifeskills Learning North 1:00pm	16 Android User Meet Up 1:00pm Navigating Medicare Truth and Changes 2025 6:00pm	17 TheGIFT Workshop#2 10:00am	18	19 Senior Lifeskills Learning Metro 11:00am	20
21	22 Restaurant Meet Up 11:30am	23	24 TheGIFT Workshop#3 10:00am	25 Caregiver Coaches 4:00pm	26	27 Navigating Medicare Truth and Changes 2025 10:00am
28	29	30 HealthCare Forms Workshop 6:30pm	31 TheGIFT Workshop#4 10:00am			

NewView Oklahoma
Calendar of Event

Member Monday

July 1st

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!

[Click Here to Register!](#)

Upcoming Events



MEMBERSHIP
MONDAYS



Game Night

at Johnnies

July 9th @ 5:00pm

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

[Click Here to Register](#)

Eat at Johnnies on Northwest Highway anytime this day and tell them you are with VILLAGESOKC and we will get a percentage of the profit!

Men's Coffee

July 5th

9:00am @ Panera Bread

Join other VillagesOKC men for coffee and conversation.

4225 W Memorial Rd

[Click Here to Register!](#)



womens coffee

Bethany Library



Women's Coffee

July 9th @ 10:00am

Bethany Library

Join us for Women's Coffee this month to hear Part II of Faye Horn's story.

She will be sharing of her time spent in Spain as a young wife/mother.

[Click Here to Register!](#)

iPhone Worksop BETHANY

Downloading Apps on iPhone

July 10th @ 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!

[Click Here to Register!](#)

introducing
Jeff Albright

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



Jeff Albright
OWNER
iCAN help



Senior Living Truth Series
**"Mastering Life's Chapters:
Estate Planning Truths for
Every Stage"**

July 11th @ 10:00am
Crossings Community Church

[Click Here to Register](#)
or by calling (405)563-7501

Senior Lifeskills Learning NORTH

July 15th @ 1:00pm

Our Lord's Lutheran Church on
Hefner Rd

Speaker: Panel

Topic: Scams, What I have learned

[Click Here to Register!](#)

SENIOR LIFESKILLS LEARNING

EDUCATING OKLAHOMA CITY ABOUT
SENIOR TOPICS!

Android User Meet Up

July 16th @ 1:00pm

VillagesOKC Office Suite 400

We have an iPhone class and now we have a class for Android users! We will meet in the VillagesOKC 4th floor conference room with other Android users, share our knowledge and plan what we would like to learn about next month!

[Click Here to Register!](#)



The GIFT Workshop

Wednesdays in July (10, 17, 24, 31)

10:00am - 11:30am @ Jefferson Gardens

15401 N Pennsylvania Ave Edmond, OK 73013

An interactive workshop guiding participants through 12 key areas most affected by life transitions. Local guest professionals add to the experience by providing valuable resources and experience about their topic. Each participant receives a binder and USB drive.

[Click Here to Register](#)



Senior Lifeskills Learning METRO

Metrotech Springlake Campus Wellness

Education Classroom

1600 SpringLake Dr

Friday, July 19th

11:00am - 12:00pm

Join Gaylene Stiles and Marilyn Olson as they discuss topics concerning Seniors. This months topic will be Your Brain on Chocolate

[Click Here to Register](#)

2024

SENIOR
LIFESKILLS
LEARNING

Metro



Navigating Medicare Truth and Changes 2025

July 13th @10:00am

July 16th @6:00pm

July 27th @10:00am

VillagesOKC Office Suite 400

Since questions come at age 57- 65, VOKC has a Navigating Medicare agent in the office. Medicare plans change EVERY YEAR and 2025 has more changes than normal. Doctors and dentists also change plans – even mid-year. Staying informed is essential for VillagesOKC adults who are empowered. These changes will effect everyone so be sure to make it to a class to learn what they are!

[Register on our July Calendar](#)
[HERE](#)

for the date that best suits you!

Or call the office at (405) 990-6637



Restaurant Meet Up:

Chicken Foot

1316 W Memorial Rd #100

July 22th @11:30am

Join us for our monthly lunch meet up around the city! This month we are going to enjoy some Chicken Strips and such!

[Register Here!](#)

Tell Me More Series

July 23rd @10:00am

The Secret to Letting Go of All That Stuff™ is a seminar specifically designed for long-time homeowners grappling with the challenge of downsizing and decluttering. This session focuses on changing the mindset attached to personal collections and unneeded items, providing practical strategies for simplifying your living space. Learn the psychological aspects of detachment from possessions and gain insights into efficiently organizing, decluttering, and preparing for a future move. This seminar is ideal for those seeking to make moving easier for themselves or their families, by mastering the art of letting go with grace and ease.

Register by calling or texting 405.452.0758

[or online here](#)



OKC MATURE MOVES

Overjoyed... not overwhelmed!

**tell me
more...**

WHAT IS A MOVE
MANAGER AND WHY
DO I NEED ONE?



Caregiver Coaches:

Advantage Wavier and Other State Funded Programs

July 25th @4:00pm

Heritage Fellowship Church

329 W. Edmond Rd

The Goal of Caregiver Coaches is to resource volunteer laymen to guide the faith community through the challenges of aging. Network. Train. Equip.

[Register Here!](#)



Caregiver Coaches

NETWORK TRAIN EQUIP

The **HEALTHCARE FORMS**[®] WORKSHOP

Healthcare Power of Attorney
Advance Directive
HIPAA privacy

Healthcare Forms Workshop

July 30th 6:30pm-8:30pm

When you can't make your own health decisions WHO WILL?

WHAT TREATMENT DO YOU WANT?

Leave with these forms completed, witnessed and notarized:

Healthcare POA

HIPPA

Advanced Directive

[Click Here to Register](#)

SECOND ANNUAL

FRAUD PREVENTION CONFERENCE



Don't be a
sitting duck!



REGISTER NOW

SCAN THE CODE
OR CALL
405-713-1086

metrotech.edu/fraudprevention

REGISTRATION IS OPEN! JULY 12 - 19 - 26, 2024

-  **DAY 1 - JULY 12** | PROTECTING YOUR ONLINE IDENTITY
-  **DAY 2 - JULY 19** | BANKING AND FINANCIAL FRAUDS
-  **DAY 3 - JULY 26** | HEALTHCARE FRAUD AND EXPLOITATION

All sessions are 9 AM - 12 PM | Watch online, host an online watch party at your location, or attend in-person at Metro Tech's NEW District Center

Expert speakers from local and national organizations will present you with the latest statistics and trends in existing and emerging scams targeting unsuspecting people, especially our population over 50. Learn tips and gain insight to help you avoid and recover from a devastating financial crisis.

 **METROTECH**

PARTNERED WITH



405.424.TECH | metrotech.edu

District Center | 1900 Springlake Dr | Oklahoma City, OK 73111

VillagesOKC is happy to support our partner, the YMCA with a Back-to-School Drive for the children they serve at the Bethany YMCA. Please bring a backpack or two to be placed in the donation box inside of the VillagesOKC office during the month of July. We will deliver these backpacks to the Back To School Bash on Saturday, July 27.



THE VILLAGESOKC UMBRELLA


OUR PARTNERS

New View Oklahoma
MetroTech
YMCA


OUR CULTURE

We are an organization that works WITH seniors, not FOR. We encourage positivity and personal responsibility within a community to change the conversation about aging.

OUR CONTACT INFO

 (405) 990-6637

 info@VillagesOKC.org

 3908 N Peniel
Suite 330
Bethany, OK 73008



OUR MISSION

EMPOWERING ADULTS TO AGE WITH VITALITY & PURPOSE.

Welcome our New Members!

Bob and Roseann Harmon - Bethany

David and Celeste Nimmo - OKC

Hilde Vormann - OKC

Rhevone Wilson - OKC

Thank you to this month's Renewing Members!

Faye Horn - Bethany

Paul and Jan Reinbold - OKC

Elaine Wood - Bethany

Marilyn Stark - Bethany

Dick and Caroline Baze - Yukon

Beverly Morgan - Yukon

Dwight and Pam Thompson - OKC

Judy Killian -OKC

Bobbie Gunn - OKC

Sustaining Partners.



Nerve Renewal
NEUROPATHY CLINIC

COMPLETEOK

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

Village Friends.

Bonnie Terrill
Ben Robinson
Beth Weitzel
Jerry Pickering
Jim Olson
Pat Burns
West OKC Rotary Club

Corporate Partners.

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