

# Connections

Empowering adults to age with vitality and purpose.



## From the Director

### What can \$20 buy?



Marilyn Olson,  
Executive Director

In today's economy at Walgreens, \$20 can buy a bottle of Nyquil and two packages of bandages.

But much better to prevent illness. How? Learn health tips at the Wednesday, November 6 Positive Aging.

By registering in advance \$20 will get a ticket to learn healthcare information for a lifetime from local healthcare professionals. Paul Rothwell, MD will be speaking on "INFLAMMATION: The Good, The Bad and the Ugly." Keith Bishop, BS is a clinical nutritionist will give his powerful presentation "Prevailing Over Cancer."

During the 10-2 event, there will be time for individual questions after each presentation. Lunchtime will be a great Swadley's boxed meal allowing ample opportunity to interact with a dozen high-quality local representatives offering trustworthy information. Additionally, at this event Sams Club representatives will be there with bonus opportunities.

**BUT FOR VILLAGESOKC MEMBERS ALL THIS IS AT NO ADDITIONAL COST by registering.**

It pays more than a mere twenty-dollars to be a VillagesOKC member. Seating at Positive Aging is limited, register today.



# October 2024

## MONTHLY PLANNER

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

SUN	MON	TUE	WED	THUR	FRI	SAT
		01	02	03 Senior Living Truth Series 10:00am	04 Men's Coffee 9:00am	05
06	07 Member Monday 1:00pm Healthcare Forms Workshop 6:30pm	08 Women's Coffee 10:00am Android User Meet Up 1:00pm Anniversary Party 5:00pm	09 iPhone Workshop BETHANY- Taking Notes on iPhone 1:00pm	10	11	12
13	14	15 Alzheimer Support Group 6:00pm	16	17 Town Hall Lecture Series 11:00am	18	19 Second Half Expo 8:00am
20	21 Senior Lifeskills Learning North 1:00pm	22 Tell Me More Series: 10:00am	23 Senior Lifeskills Learning EDMOND 1:00pm	24	25	26
27	28	29	30 iPhone Workshop EDMOND: Taking Notes on iPhone 1:00pm	31 Restaurant Meet Up 11:30am		

NewView Oklahoma  
Calendar of Events

# Men's Coffee

October 4th

9:00am @ Old School Bagel Cafe  
10946 N May  
OKC, OK 73120

Join other VillagesOKC men for coffee and conversation. Bring a friend as we try to grow this group.

[Click Here to Register!](#)

# Upcoming Events



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## womens coffee

*Bethany Library*



## Women's Coffee

October 8th @ 10:00am  
Bethany Library

Fall has finally arrived join us for a morning of "pumpkin" talk and treats.

[Click Here to Register!](#)

# Here are the October Navigating Medicare Classes!

To register contact Paige Peterson  
email:  
[paige@navigatingmedicare.com](mailto:paige@navigatingmedicare.com)  
call or text:  
(405)892-8446



## NAVIGATING MEDICARE **MEDICARE PARTS & PLANS**

WEDNESDAY, OCTOBER 9TH 10:00 - 11:00 AM

VillagesOKC office: 3908 N Peniel Suite 400



### Who should attend:

Those becoming Medicare eligible in the next 6 months, those who have turned 65, those turning 65, anyone helping another with Medicare planning, people Medicare eligible on a group plan/work plan, Veterans with VA with and without VA benefits.

**What we'll talk about:** Options you have to use or delay Medicare so you can decide what is best for your situation

## NAVIGATING MEDICARE **THE TRUTH & CHANGES** FOR 2025

- SATURDAY, OCTOBER 12 10:00 AM - 11:00 AM
- TUESDAY, OCTOBER 22 5:30 PM - 6:30 PM
- SATURDAY, OCTOBER 26 10:00 AM - 11:00 AM
- SUNDAY, OCTOBER 27 2:00 PM - 3:00 PM

VillagesOKC office: 3908 N Peniel Suite 400



The most changes to Medicare coverage in 20 years will occur January 1, 2025.  
We will discuss how to prepare and navigate the changes to your advantage.

**Who should attend:** Anyone on Medicare, Medicare age on a group plan, aging into Medicare, or new to Medicare should attend to be prepared for changes to coverage in 2025.

# Member Monday

## “Discover VillagesOKC”

October 7th

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! We will also be going over the new member database and how to use it.

[Click Here to Register!](#)



**MEMBERSHIP**  
MONDAYS



## Healthcare Forms Workshop

October 7th

6:30pm @ VOKC Office

This workshop is a 90 minute session. Participants are required to be a minimum age of 18.

Participants receive the following state created forms: Advance Directive, Power of Attorney (healthcare) and the HIPAA. An attorney is invited to the workshop to explain each item and answer questions. Notary services are available.

[Click Here to Register!](#)

# Android User Meet Up

October 8th @ 1:00pm

VillagesOKC Office Suite 400

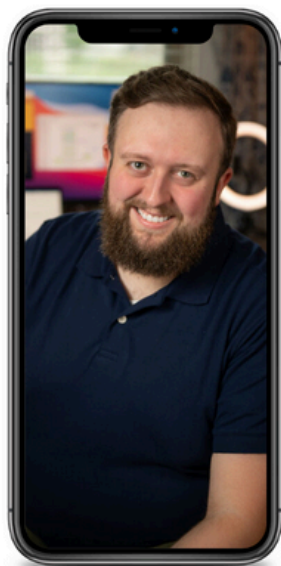
We have an iPhone class and now we have a class for Android users! We will meet in the VillagesOKC 4th floor conference room with other Android users, share our knowledge and plan what we would like to learn about next month!

[Click Here to Register!](#)



*introducing*  
**Jeff Albright**

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



Jeff Albright  
OWNER  
iCAN help

## iPhone Worksop BETHANY

### Music on iPhone

October 9th @ 1:00pm

VillagesOKC Office

Topic: Taking Notes on iPhone

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!](#)

**OKC Town Hall Lecture  
Series: Joe Theismann  
October 17th @11:00am**

Church of the Servant

VillagesOKC has two guest tickets to  
OKC Town Hall to hear speaker Joe  
Theismann, NFL Quarterback and  
Business Entrepreneur.

**Contact the office.  
(405)990-6637**



**SENIOR  
LIFESKILLS  
LEARNING**

EDUCATING OKLAHOMA CITY ABOUT  
SENIOR TOPICS!

**Senior Lifeskills Learning  
NORTH**

October 21st @1:00pm  
Our Lord's Lutheran Church on  
Hefner Rd

Speaker:

Panel Discussion

Topic:

Feet, Use Don't Abuse

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

# Tell Me More Series

October 22nd @10:00am

NW Metro Library, 5600 NW 122nd St

This seminar is dedicated to exploring the intricacies of organizing and benefiting from estate sales. Attendees will learn about the various formats estate sales can take, the costs involved, and the potential return on investment. The session will provide valuable insights into planning and executing a successful sale, including pricing strategies, item presentation, and marketing techniques. Discover how to navigate the emotional and practical aspects of estate sales, ensuring you maximize their benefits.

This seminar is ideal for anyone looking to understand and leverage the full potential of estate sales.

Register online, or by calling or texting  
405.452.0758

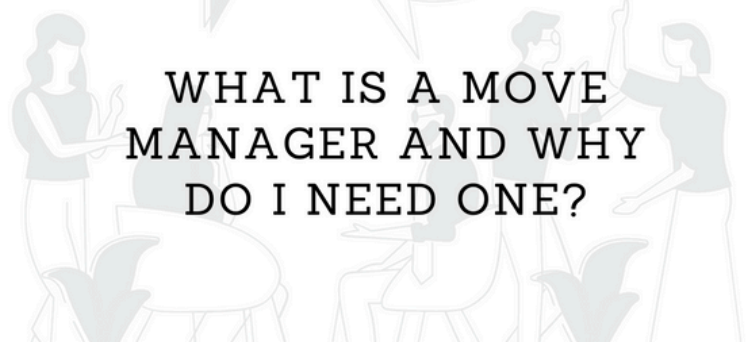


OKC MATURE MOVES

Overjoyed... not overwhelmed!

tell me  
more...

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



2024  
SENIOR  
LIFESKILLS  
LEARNING  
Edmond

## Senior Lifeskills Learning Edmond

October 23rd @1:00pm

Mitch Park YMCA

Join us in Edmond to hear Education from a local Healthcare Professional. This month Susan Radcliffe, RN will be discussing: Think Your Way to Health. This event is Free to everyone.

[Click Here to Register!](#)



# iPhone Workshop EDMOND:

## Music on iPhone

October 30th @ 1:00pm

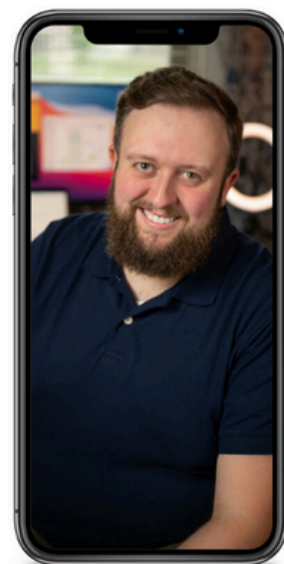
Topic: Taking Notes on iPhone

Training and troubleshooting with an expert for an hour and a half on any and all Apple devices. Bring you iPhone or iPad and all your questions, ready to learn! If you are a VillagesOKC Member you can attend this class as many times as you like for FREE! Non Members are welcome to attend for \$20.00 each class.

[Register Here!](#)

introducing  
**Jeff Albright**

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**training &  
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apple devices**



Jeff Albright  
OWNER  
iCAN help



**Resturaunt Meet Up:  
Florence's**

**October 31st @ 11:30am**

1437 Northeast 23rd Street

Join us for our monthly lunch meet up  
around the city!

Meet us there or carpool from the office!  
If you want to carpool meet at 11:00.

[Register Here!](#)

# Looking Ahead:

Join us for our next big Positive Aging Event. We will have two impressive speakers during the day and a box lunch from Swadleys. There will be vendor tables around the room to visit as well. This event is FREE to VillagesOKC Members but guests are welcome for \$20.

# POSITIVE aging

BROUGHT TO YOU BY VILLAGESOKC AND COMPLETEOK HOMECARE & HOSPICE

## THE DATE



Wednesday  
November 6th  
10:00 -2:00 pm

## THE TOPIC: INFLAMMATION

**Paul Rothwell, MD**  
"Inflammation: The Good, the Bad, the Ugly"  
**Keith Bishop, B.Sc., Clinical Nutrition**  
"Prevailing over Cancer"

## THE PLACE



Metro Technology Center  
Business Conference  
Center  
1900 Springlake Drive



Registration required.  
VillagesOKC office at (405) 990-6637 or QR code.  
Fee: VillagesOKC members free.  
Non-members: \$20.  
A box lunch is included.



Sponsored by  
**COMPLETEOK**

**REGISTER HERE NOW**

*Welcome our New Members!*

**Chuck Wood and Honor Roofing - OKC**

**Rebecca Foster - Midwest City**

**Andrea Jones - OKC**

**Anita Mihalcik - Edmond**

**Shirley Mears - Yukon**

*Thank you to this month's  
Renewing Members!*

**Margaret Bridgewater - OKC**

**Danny Eischen - Kingfisher**

**Angel Meyers - OKC**

**Judy Akins - OKC**

**Gary and Linda Banz - OKC**

**Ken and Beverly Christofferson - Bethany**

**Gregory and Shari Spencer - OKC**

**Dwight and Pamela Thompson - OKC**

# Sustaining Partners.



**COMPLETEOK**

**Nerve Renewal**  
NEUROPATHY CLINIC

## Supporting Partner.



## Advancing Partner.

MCM Navigating Medicare

## Contributing Partner.

Concordia Life Plan Community  
Director's Life Assurance Company  
Mercer Adams Funeral Service  
Senior Care Referral  
Physician Housecalls

## Village Friends.

Sharon Brady	Cruise Planners: Marcie Murphy
Priscilla Cude	Thrivent Financial
Gloria Frasher	Wellness and Longevity
Patricia Harper	Whole Health Nutrition
Diana Hendrix	Honor Roofing
Donna Lamberti	
Robbie Litsch	
Cathy Meyer	
Alyssa Nash	
Ben Robinson	
Jim Olson	
Pat Burns	

## Corporate Partners.

Brain Builder Pros  
Buckelew Reality  
Force 50 Foundation  
Grant Estate Law  
NewView Oklahoma  
OKC Friday News  
Oklahoma Senior Journal  
Oklahoma Warrior Honor Flights  
Senior Living Truth Series  
Southern Nazarene University  
OKC Mature Moves  
S. Dean Brown  
West OKC Rotary Club