



## February 2025

**Member Count: 187**

**Goal for the month: 192**



### A Note from the Director

#### **Spread the Love!**

At VillagesOKC, members share information and experiences because we are a network of like-minded friends.

One of the great benefits of being a VillagesOKC member is access to the **Trusted Provider List**—a collection of businesses and organizations recommended by fellow members. This means a

VillagesOKC member has personally used and endorsed these services.

We keep the list up to date! Members report any changes, such as businesses closing, being sold, coming under new management, or no longer meeting expectations. The list is updated electronically daily and is available to current members who call the office. For added convenience, we also print it quarterly.

The **Trusted Provider List** reaches hundreds of people through the best advertising possible—**word of mouth!**

### **Help Us Grow the List!**

If you've had a great experience with a local business—whether it's a cleaner, restaurant, tire dealer, home repair service, fence company, or dog groomer—let us know! Simply email us with their contact information so your fellow VillagesOKC members can benefit too.

We'll follow up with the business, share your compliment, and introduce them to VillagesOKC.

**Spread the love... and the Trusted Provider List!**

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[Click here for the VillagesOKC Calendar](#)

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**Sharron Dana - Edmond**

**Joy Leuthard - Choctaw**

**Diane Hanold - OKC**

**Debbie Clark - OKC**

# Mandi Autry - Edmond

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## Who Does What to support VillagesOKC



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**Positive Aging Workshops Coming in 2025!**

# POSITIVE → aging

VillagesOKC presents Positive Aging workshops each month at Metro Tech Business Conference Center. Each one is located at 1900 Springlake Drive from 10:00 am - 11:30 am.

Each event is **FREE** but pre-registration is required. Register online at VillagesOKC.org or call (405) 990-6637. Want more? *Become a member! Contact us for details.*

2025



JAN  
8

#### FINDING YOUR PURPOSE

Start out the new year on the right path by getting tips to find your purpose this year.

JUL  
9

#### HOW TO MAKE YOUR MONEY LAST A LIFETIME

Steps to take now and how to create a plan for your future

FEB  
13

#### LOVE YOUR AGE

Discover why its beneficial to love the age you are at- right now.

AUG  
13

#### HEAR TODAY, HEAR TOMORROW

Explore the different types of hearing aids available, their benefits & latest advancements.

MAR  
12

#### HOW TO STAY OUT OF THE ER

The doctor shares steps you can take to keep you out of the Emergency Room this year.

SEPT  
10

#### DON'T DIE WITHOUT THESE DOCUMENTS

Critical legal documents every individual should have in place.

APR  
16

#### VISION VITALITY

The doctor gives reasons why mature adults shouldn't miss annual comprehensive eye exams.

OCT  
8

#### SUCCESSFUL SLEEP

Actionable insights to help you achieve sleep success

MAY  
7

#### A MATTER OF BALANCE

Learn how keeping strong balance can improve your brain and ward off dementia.

NOV  
12

#### WHAT IS A GOOD DEATH?

The emotional & psychological journey of healing after experiencing loss.

JUN  
11

#### MEDICARE ALL YEAR LONG

Keep ahead of changing Medicare rules and connect with a trusted agent.

DEC  
10

#### MINDSET MAKEOVER

How shifting our mental approach can lead to improvement in our personal & professional life.

Contact information:

call (405) 990-6637

email: [info@VillagesOKC.org](mailto:info@VillagesOKC.org)

[Sign up here for February's Workshop](#)

[Sign up here for March's Workshop](#)

## Don't Miss Out on This Month's Happenings with VOKC

**Medical history**

**Crisis Plan**

**list of passwords**

**binder with critical information organized**

**End of Life Decisions**

**Solutions for what if..**

**connections to local professionals**

**The GIFT Workshop**

**TheGiftWorkshop.org**  
(405) 990-6637

  
**VillagesOKC**

VillagesOKC has developed a workshop that offers planning and education resources to our members and the community we are a part of. The origin was a personal need for our executive director, Marilyn Olson, who needed readily accessible paperwork when caring for 3 family members who did not live close by. It prompted questions for her about how one would make the process easier for those in any caregiver situation. What things should be in place? What forms should be signed? What decisions pre-made? Many of our VOKC members have been left in difficult situations because someone simply did not prepare.

This workshop is **FREE** for Members.

The GIFT Workshop was born from these discussions. GIFT stands for Gathering Information For Transitions. The GIFT is a 4-week workshop that covers 12 topics impacted by a crisis or transition. A binder with fillable pages is given to participants and a facilitator leads a group of 12 or less through these topics. Local guest professionals are invited to each session to offer their expertise, resources and answer questions.

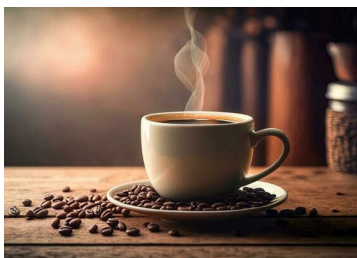
Join the workshop today and give the best gift to yourself and your family.

February workshop will be at VillagesOKC 4th floor on Feb. 4, 11, 18, and 25. You can register here: [https://vokc.memberclicks.net/index.php?option=com\\_mcform&view=ngforms&id=2221732](https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2221732)

April workshop will be at Acclaim Living on N. Penn Ave on April 3, 10, and 24th. You can register here:

[https://vokc.memberclicks.net/index.php?option=com\\_mcform&view=ngforms&id=2222667](https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2222667)

If you are interested in further dates, call April at the office and she can get you signed up for a later date that fits your schedule.



## Men's and Women's Coffee

Come join us this month for Coffee

### Women's Coffee: Share the Love

Join us at **Bethany Library at 10 AM** on **Feb. 11th**.

This month, we're celebrating **Valentine memories**—come share your stories, enjoy good company, and sip on your favorite brew. 🎁 **Special treat:** A Valentine gift awaits everyone who attends! Bring a friend and make it a morning to remember. ❤️ Register here:

[https://vokc.memberclicks.net/index.php?option=com\\_mcform&view=ngforms&id=2231123](https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2231123)

Men's coffee will be held at Old School Bagel Company at 9am on February 7th. Want to join us? Register here: [https://vokc.memberclicks.net/index.php?option=com\\_mcform&view=ngforms&id=2228133](https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2228133)

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## Discover VillagesOKC

Discover what makes VillagesOKC special! Join us for an engaging class held on the first Monday of every month at 1 PM in the VOKC offices. It's

the perfect opportunity to learn about our mission and why VillagesOKC exists.

## February Discover Class

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### Help with Your Mobile Device is Here!

Having trouble understanding your phone and unlocking its full potential? We offer monthly classes tailored for both Android and iPhone users.

If you're interested in our February Android class, register here: [https://vokc.memberclicks.net/index.php?option=com\\_mcform&view=ngforms&id=2231917](https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2231917)

For the iPhone class, register here: [https://vokc.memberclicks.net/index.php?option=com\\_mcform&view=ngforms&id=2231937](https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2231937)



**FIVE RINGS**  
**FINANCIAL**  
OKLAHOMA CITY

### Ready to tackle Social Security without the stress?

Join us for a fun, easy-to-follow class hosted by The VillagesOKC and Five Rings Financial! Whether you're nearing retirement or just want to get ahead, this session will break down the basics so you're prepared to make smart decisions when the time comes.

**When: February 27 at 5:30 PM or March 1 at 10:00 AM**

**Where: The VillagesOKC**



Grab a friend and come learn how to make retirement planning a breeze—see you there!  
Register here: <https://vokc.memberclicks.net/25febiverings>

March class: <https://vokc.memberclicks.net/25marchfiverings>

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## Come hang out with friends and give back to VOKC!



Join us this month! Last month was a big success and so much fun! Come hang out and eat on February 20th at S&B's on NW Expressway from 5-9 PM! Enjoy a meal with family and friends, and 20% of the proceeds from receipts turned in will go to VOKC. Both dine-in and carry-out orders qualify—so bring everyone along!

Want to help out? We're looking for greeters to welcome guests during the evening. If you can volunteer for an hour or two, please call the office and let April know. We'd love to have two greeters per hour!



### February Classes will be held on:

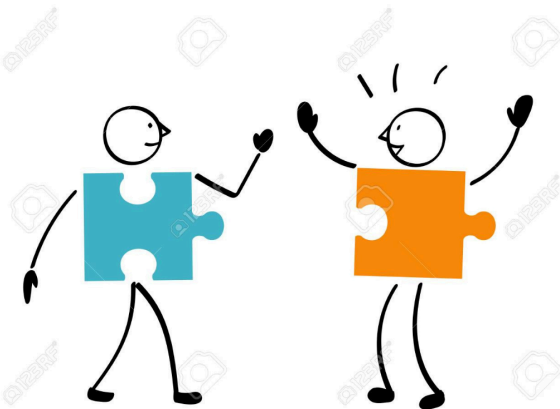
- \*February 6th - Medicare Parts and Plans at 10
  - \*February 8th - Navigating Changes at 10 am
  - \*February 18th - Veterans & Changes at 5:30 pm
  - \*February 18th - Medicare Parts & Plans at 6:30pm
-



**Stephen Moore**  
***National Economist***  
**February 20, 2025**

Stephen Moore has served as a Senior Economic Advisor to Presidents focusing on tax reform, regulatory reform, and energy policy. He is a Senior Economic Analyst at CNN. His breadth of experience on the intersection of the private sector and public policy will provide you with actionable insights for the most pressing issues. With more than thirty years of experience as an economist and as a leading thinker on the impact of government on business, Moore is well positioned to provide his audiences with a deepened understanding of the shifts in our global economy. Recently he wrote on the economy and public policy for the *Wall Street Journal* and is on their editorial board. If you want a clearer understanding of the economy and how you can benefit, do not miss this lecture.

If you are interested in attending this, let April know in the office.



Member to Member Connections

**Join Us in Making a Difference at Kaleo**

Doug Eaton and a few others from our group volunteer once a month at Kaleo, spending two hours assembling bags of free food and supplies for children, firefighters, police officers, and community workers across the state. It's a simple way to stand together and support those who serve us daily (it does require you to be standing for two hours). They'd love to have more helping hands—whether you're a member or not. If this is something you want to be a part of we will be meeting Feb. 13th at 1pm and if you need a ride, that is available as well. You can register here:

[https://vokc.memberclicks.net/index.php?option=com\\_mcform&view=ngforms&id=2233478](https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2233478)

## Looking for Bridge Players!

Kay Stout is hoping to kick off a casual bridge club in the Edmond area. Whether you're a seasoned player or just want to learn in a fun, low-pressure group, she'd be thrilled to have you join. If this is something you want to do, call the office and we will get you connected with Kay.

## Bird watchers unite!

Johnina Wardwell is getting a group together to go birdwatching with a guide at Mitch Park in Edmond. If this sounds like something you are interested in doing, call the office and we will get you in contact with Johnina.



Join AARP Oklahoma for Senior Day at the Capitol on March 3, 2025. This free event is an opportunity for those interested in matters affecting aging Oklahomans to meet their lawmakers and share their views on important legislation.

**8:30 a.m.** - Registration at 2nd floor rotunda or register in advance online [HERE](#) (please note this takes you to an external site).

**10 a.m.**- Senior Day Session begins in the House Chamber 4th floor, westside

### Location:

Oklahoma State Capitol  
2300 N. Lincoln Blvd.

*\*Please leave extra time for parking and security.*

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Please join us in welcoming the 2025 OAALA Class. The Kickoff Event will include a keynote address from Lance Robertson, as well as the history behind OAALA with Pat Baker. We'll have guest speakers from Oklahoma Human Services as well, including CAP Director Jeromy Buchanan. We hope you'll join us in welcoming the new class!

Registration required.

Please register here: [https://ousurvey.qualtrics.com/jfe/form/SV\\_51hqxiwgdG1i8bl](https://ousurvey.qualtrics.com/jfe/form/SV_51hqxiwgdG1i8bl)

The mission of Oklahoma Aging Advocacy Leadership Academy (OAALA) is to identify, train and develop volunteer leaders, aging services professionals, and advocates in issues related to aging. Through the Academy, persons are empowered to become committed leaders for today and tomorrow to successfully advocate for Oklahoma's aging population.



### 🔥 Inflammation 101: Understanding the Good, the Bad & the Ugly 🔥

Join us for a **1-hour** deep dive into inflammation —what it is, why it matters, and how you can make simple diet and lifestyle choices to support a balanced inflammatory response. Learn how to **calm the fire within** with key dietary factors, lifestyle habits, and essential vitamins and supplements.

### 🛒 Exclusive Natural Grocers Tour 🛒

After the session, we're thrilled to invite you on a special **tour of Natural Grocers!** Explore their wide selection of organic products and commitment to health and wellness. Whether you're a longtime shopper or new to the store, this is a great opportunity to learn and connect.

📍 **Meet Gaylene at 1 PM**

📍 **Natural Grocers – 5903 Northwest**

Expressway, Warr Acres, OK 73132

Mark your calendars—we can't wait to see you there! 🎉



🔍 ✨ **Discover the History, Friendship & Flavor!** ✨ 🔍

Join Bonnie Terrill and friends for a fascinating tour of the **Masonic Lodge**, where history and mystery come alive. 🏠 Afterward, enjoy a delicious lunch at **Missy's**, the perfect way to cap off the adventure! 🍴

📅 **When:** February 11th

🕒 **Time:** 10:00 AM

Don't miss this opportunity for great company, intriguing stories, and mouthwatering food. Bring a friend and make it a day to remember!

Contact April in the office for more info or to get in touch with Bonnie. Register here:

<https://vokc.memberclicks.net/25febmaisonictemple>



🌟 **ReCreation Adventure Tours & VillagesOKC: The Perfect Pair!** 🌟  
"We create pathways, you create memories!"

VillagesOKC is thrilled to team up with ReCreation Adventure Tours to bring you exciting, fun-filled day trips! 🚌 ✨ Explore new places, meet new friends, and make unforgettable memories.

👉 **Want to join the adventure?**

Check out all the details for each day trip on our calendar page: [villagesokc.org](http://villagesokc.org) or [2025 Tours](#)



**Join us this month for Game Night at Johnnies Char-Broil on Northwest Expressway.**

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

**You are welcome to come to eat/chat and just watch the games as well!**

**Be sure to mention at the register that you are with VILLAGESOKC so that we will get credit and some fundraising money for your purchase!**

Register here: [https://vokc.memberclicks.net/index.php?option=com\\_mcform&view=ngforms&id=2231916](https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2231916)



**Lost your contacts on your phone?**

**Here's how to get them back**

There are several options or methods to restore your contact information on an iPhone or Android so it is easy to find a solution that should work for you.

# *Celebrating Those Who Support VillagesOKC*

## **Sustaining Partners**



## **Supporting Partners**



## **Advancing Partner**

# **MCM Insurance Navigating Medicare**

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## **Contributing Partner**

**Seniors Real Estate Institute**

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## **Villages Best Friends**

**Avem Health Partners**

**CompleteOK**

**Concordia**

**DHS/CAP (Community Living and Adult Protective Services)**

**Directors Life**

**Dr. Dean and Joneva Brown**

**Five Rings Financial**

**Guardian Angels**

**Hearts for Hearing**

**Mercer Adams**

**Nerve Renewal**

**Oklahoma Rehab**

**StretchZone**

**Wright Law Firm**

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Bethany, OK 73008

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