
VOKC January newsletter

1 message

VillagesOKC <info@villagesokc.org>

Thu, Jan 23, 2025 at 2:29 PM

Reply-To: info@villagesokc.org

To: aprilmccoy@villagesokc.org



January 2025

Member Count: 181**Goal for the month: 186**

New Year, New Opportunities

Live with purpose. Offer the gift of friendship this year.

One of the most meaningful things we can do in life is to let others know they are not alone. Connection is the antidote to loneliness, isolation, and fear—emotions that often accompany this stage of life. By reaching out, each of us holds the power to make the world a better place, one moment and one connection at a time. Discover the joy of helping someone else this year!

VOKC is your village and we're making it easier than ever to connect. Here's what's new:

- **Catch Our New Commercials:** Eddie Roach and the media team have created 15-second spots on meTV (think *Happy Days*) to spread the word.
- **VOKC Guest Tickets:** April in the office has Guest Tickets ready to help you invite a friend to an event.
- **Day Trips:** Bring a friend along on one of the many scheduled Day Trips this year.
- **Volunteer Opportunities:** Join us monthly to pack food boxes for children at Kaleo or be a greeter at our Positive Aging events or even help with stuff in the office.
- **Community Outreach:** Team up with a friend to deliver VOKC materials to local businesses and clinics that want to share our message.
- **Monthly Meetups:** Don't miss our new monthly gathering at S&B, featuring the world's best sweet potato fries!

There's so much more to explore. Here's how to get started this January:

- **Monday, January 6:** Discover VOKC and learn what's ahead this year.
- **Wednesday, January 8:** Attend *Positive Aging* at MetroTechnology Center, featuring an inspiring presentation by Michael Houston, Ph.D., on *Finding Purpose*.

Remember, VOKC members don't let friends age alone. Call a friend today and plan your month with a VOKC opportunity. Together, let's make this year one of connection, purpose, and joy.

[Click here for the VillagesOKC Calendar](#)



Laura Winchester

Norma Neely

Oliver Delaney

Terry Billen

Joseph Uvino

Wendy Uvino

Gerry Pinkston

Who Does What to support VillagesOKC



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

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

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

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



The GIFT

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.

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.

January classes will be held virtually on Jan. 4, 11, 18, and 25th. You can register here:

https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2220030

February classes will be at Rivermont Independent Living center in Norman on Feb. 4, 11, 18, and 25. You can register here: https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2221732

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

You will not want to miss the January Women's Coffee! We will be treated to a special tour of the Smithsonian exhibit Voices & Votes at the Bethany Library at 10am on January 14th. Want to join us? Register here: https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2228597

Men's coffee will be held at Old School Bagel Company at 9am on January 4th. Want to join us? Register here: https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2228130



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.

January Discover Class



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 January Android class, register here: https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2228716

For the iPhone class, register here: https://vokc.memberclicks.net/index.php?option=com_mcform&view=ngforms&id=2228973



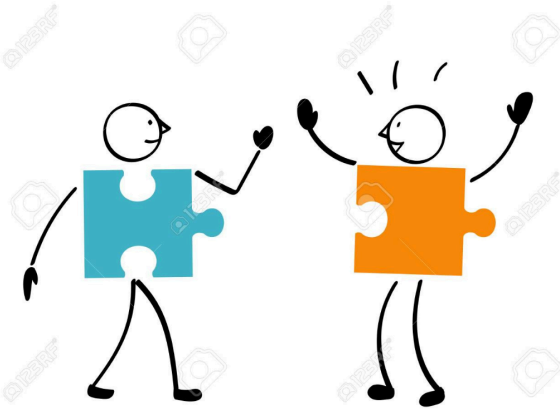
Come hang out with friends and give back to VOKC!

Come hang out and meet other members on January 16th 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!



VillagesOKC is getting some airtime! Thanks to Eddie Roach for securing us a commercial spot on MeTV starting this month and airing all year long. We also want to extend our gratitude to our members who were part of making this opportunity happen. Be sure to check us out: <https://metv.com/wheretowatch/affiliate/650>.



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.

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.

Want to Be Part of the Fun?

Reach out to the office, and we'll connect you with Doug or Kay. There's always room for one more!



Two of our members are part of the Putnam City Retired Travel Club, and they'd love for you to join in on their fun day trips across the state. It's a great way to explore, meet new people, and create lasting memories. Mark your calendars and start planning ahead—specific times and costs will be announced closer to the dates.

Upcoming Trips:

- **January 22:** Melting Pot
- **February 22:** Muskogee Wine Festival
- **May 10:** Strawberry Festival
- **August 23:** Oklahoma Opry & Dinner
- **September 26:** Fin & Feather Fall Festival
- **December 6:** Day of Festivals

Special Events:

- **February 12:** Downtown Discovery
- **March 1:** Frederick Oyster Fry & Craft Show
- **May 28:** Let's Go to Lunch – Eischen's
- **July 22:** Let's Go to Lunch – Blake Shelton's Ole Red
- **October 9:** Nation of Culture

Want to Come Along?

If any of these trips catch your eye, contact the office, and we'll connect you with the group. Adventure is calling—don't miss out!



Got a new gadget? Here are some tips to help you get it started. First, secure your device with a strong password or biometric options like fingerprint or facial recognition. Check for updates right away to ensure you have the latest features and security patches. Don't forget to enable tracking features, like "Find My Device," in case it ever gets lost. Install essential apps, including any productivity tools or security software you'll need. Set up cloud backups to keep your data safe and accessible, and tweak your settings for the perfect display, notifications, and permissions. Finally, personalize your device with custom wallpapers and layouts to make it truly yours. Enjoy exploring all it can do!

Check out this article if you want to know more tips or trick for digital devices.

<https://cyberguy.com/tech-tips-tricks/new-electronics-holidays-what-do-first/>

Celebrating Those Who Support VillagesOKC

Sustaining Partners



Supporting Partners



Advancing Partner

MCM Insurance Navigating Medicare

Contributing Partner

Seniors Real Estate Institute

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

Mercer Adams

Nerve Renewal

StretchZone

Wright Law Firm



Contact Info:

VillagesOKC

3908 N. Peniel

Ste 330

Bethany, OK 73008

(405) 990-6637

info@villagesokc.org

This email was sent to aprilmc coy@villagesokc.org by info@villagesokc.org

Villages OKC • 3908 N. Peniel Avenue, Ste 340, Bethany, Oklahoma 73008, United States • 405-990-6637

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