



VIRTUAL VILLAGE VISION

Edition 19
DECEMBER 2020

MESSAGE FROM MO

Aging Has No Limits If I have a pulse, I have a purpose.



As long as we are living, I have potential and a purpose. Lately I've had to ask myself, "What am I doing with the abilities and potential the Almighty God has built into me? Since the goal is to live an active useful life until age 100, I need to figure out what I'm going to do in this season.

Here's my Positive Action Steps:

1) Believing. I am believing it is possible to live to be 100 and be creative, useful and an interesting person! I am choosing to look for ways to help others. VillagesOKC Porch Pals is just another great opportunity. Call Gaylene, Caroline or Keri to be part of the next Porch Pal Assembly and Delivery Team.

2) Confident. I am confident nothing impossible – not just for Bob Weiland but for me. Bob lost his legs in Vietnam but chose to become a champion weight lifter, marathon runner, tri-athlete, motivational speaker, television actor and raised money for the hungry. He used his handicap as a stimulus. Ouch! His story reminds me I cannot use age or aches and pains to be a self-imposed limitation. What do I have in my hand? How can I cheer, bless, encourage or help someone else?

3) Words. Words Are Powerful- I am determined not to spend my life telling the world (and myself) that I can't. I do have the ability to live a long, active and useful life. I have asked others to hold me accountable when I slip and talk negatively about myself, or aging, or the future. Faith in God has freed me from shrinking, from self-doubt, from inferiority, from shyness, from fear and from focusing on my limitations.

I am grateful for the education, activities and new friends at VillagesOKC. Next year is going to be exciting full of learning, planning for the unexpected and serving one another. VillagesOKC members all across Oklahoma City will be getting rid of stinkin' thinkin' and breaking old age-related limitation barriers. Do your friends a favor. Ask them to register for a GIFT workshop and join us on this exciting journey called aging.

Make every day count!

Marilyn Olson, Executive Director

THANK YOU BOARD MEMBERS



Thank you to two outgoing board members, who on December 31, complete their term of office on VillagesOKC Board. Judy Akins and Daryl Osmos have each served for three years. They have generously given time, talent and treasure just for your success. Judy's branding strategies for VillageOKC and The GIFT has given visual consistency. Daryl's experience on boards and his work with Thrivent donors have provided wise counsel and funding. They have each provided strong leadership in early development of VillagesOKC. We are so very grateful. Please email them your thanks to info@villagesOKC.org.

VILLAGESOKC DECEMBER SCHEDULE

For the most up-to-date information, check the VillagesOKC online calendar with this link:

[VILLAGESOKC CALENDAR](#)

For all Zoom meetings, after registering,
you will receive a confirmation email containing information about joining the event.

- Pickleball – Mondays and Wednesdays – 9:30-11:30am – Jackie Cooper Gym, [1024 E Main St, Yukon](#)
Tuesday and Thursday – 11:00-1:00pm – Yukon Community Center, [2200 S Holly Ave, Yukon](#)
(Masks are required at both locations)
- Fridays in December 2020 – HeShed at Fred Wettengel’s house – 10:00-11:30am (except December 25)
Men’s fix-it morning! If you have a project you’ve been working on or you want to start repairing a broken item, this is the spot for you! Contact the office for the address or more information!
- Tuesday, December 1, 2020 – Women’s Coffee – 10:00am – on Zoom
[Click HERE](#) to register for this event.
- Thursday, December 3, 2020 – MindRamp Elective, Lives Well Lived – 1:00pm – on Zoom
See event description below.
[Click HERE](#) to register for this event.
- Tuesday, December 8, 2020 – Money Matters with Thrivent – Hosted by: Scott & Preston Schaefer – 1:00pm
Topic: Economic Update
[Click HERE](#) to register for this event.
- Wednesday, December 9, 2020 – Improv with Caitlin – 2:00pm
[Click HERE](#) to register for this event.
- Saturday, December 12, 2020 – November Edmond Gathering @ Johnnie’s Charcoal Broiler – 12:30-2:30pm
[33 E. 33rd St., Edmond](#) (33rd and Boulevard St.) – See event description below.
- Saturday, December 19, 2020 – November Gathering @ Johnnie’s Charcoal Broiler – 12:30-2:30pm
[6629 NW Expressway, OKC](#)

VILLAGESOKC HOLIDAY HOURS



The VillagesOKC office will be closing at 12:00pm on December 24 for Christmas Eve.

We will also be closing at 12:00pm on December 31 for New Year’s Eve.

HELPFUL SHARING LIST



VillagesOKC members are creative and good-hearted. Carolyn Wettengel offered to compile a list of used/available health aid equipment, which other VillagesOKC members have and would be willing to loan with no liability or guarantees. Each would store in their own garage or attic until someone calls VillagesOKC offices to borrow or receive at no charge. It would include items such as toilet seats, walkers, shower seats, grabbers, portable ramps, chair turns, rolling shower chairs, wheelchair and other helpful health tools.

VillagesOKC would keep the list and update as needed or annually. If you have similar items you would share with a village neighbor, please email Carolyn Wettengel at kachinadoll@cox.net.

MINDRAMP ELECTIVE – LIVES WELL LIVED



Thursday, December 3, 2020 – MindRamp Elective, Lives Well Lived – 1:00pm
(on Zoom)

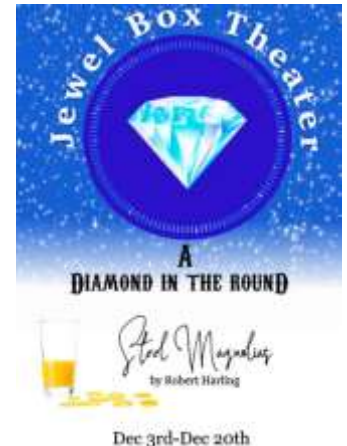
[Click HERE](#) to register for this event.

Lives Well Lived is a feature documentary film by Sky Bergman that celebrates the incredible wit and wisdom of adults 75 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.

STEEL MAGNOLIAS AT THE JEWEL BOX THEATER

VillagesOKC supporter, Caitlin Cairns, of Bradford Village, will be performing in the Jewel Box Theater production of Steel Magnolias. Steel Magnolias is about a young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship, and welcome her into the fold.

Because of Covid19 The Jewel Box Theater will be streaming this show live from the theater to your home smart TV, laptop, PC, tablet or phone. They are offering 30 seats to watch the play live at the theater for each performance. YOU MUST WEAR A MASK the entire time. The actors will be in special clear masks as well and everyone will be seated with their party, then 8 feet from the next audience members. If you would like to be one of the live audience members, please make your reservation [HERE](#) and the first 30 people to reserve seats will get to attend live. If the particular date you want does not have seats try another. If you'd like streaming tickets click [HERE](#).



GIFT A VILLAGESOKC MEMBERSHIP



Give the gift that lasts the whole year! Gift a VillagesOKC Membership! Both individual and household memberships may be 'gifted' to a friend, family member, business, etc., meaning the membership fee is paid by someone other than the potential member. Donors should contact the VillagesOKC office at 405.990.6637 to initiate the gifting process.

VILLAGESOKC VIDEO

Click on this link, [VillagesOKC Virtual Neighbors](#), to watch our new VillagesOKC video! Please feel free to forward this to your friends, family and anyone you think would like to know more about VillagesOKC! Special thanks to Dick Baze, Nancy Driver, Mary Fleming, Bobbie Gunn, Lewis McClain, Keri Sapcut, Andrea Stewart, Anna Stewart, Gaylene Stiles, Linda Wilkins and Elaine Wood for your help and participation in this video.

THE GIFT – 2021 DATES



The GIFT is a four-week interactive workshop guiding participants through 12 key areas most impacted in a transition. Participants learn time-saving techniques, providing rapid access to key information when needed. Attendees receive the exclusive VillagesOKC GIFT Binder to keep, a trusted network of professionals with resources, and a safe and confidential environment providing support, encouragement and direction.

The GIFT workshop dates for 2021:

Hosted by Nikki Buckelew, Senior Living Truth Series via Zoom: Virtual – Saturdays – Jan 16, 23, 30, Feb 6, – 10:00am

Hosted by: Synergy – at Synergy HomeCare – Edmond – Tuesdays – February 2, 9, 16, 23 – 4:00pm

Hosted by: Concordia at Zion Lutheran Church – Tuesdays – April 6, 13, 20, 27 – 10:00am

Hosted by Concordia at Messiah Lutheran Church – Tuesday July 6, Mondays July 12, 19, 26 – 6:30pm

Hosted by Concordia at TBD location – Mondays – October 4, 11, 18, 25 – Time TBD

Be prepared! EVERY VILLAGE MEMBER and all your neighbors and church friends and club friends will want to enroll in one of these 4-week GIFT classes.

Call/text 405.990.6637 to reserve your spot today!

Now Scheduling 2021 Host Locations! All that's needed is seating and a bottle of water for 12 at a church, library, restaurant, insurance agency, realtor office, wellness center or country club. If you have a suggested location for the 4-week GIFT series, please call/text the office 405.990.6637 or email info@villagesokc.org!

CONNECT TO A FRIEND

For mental and physical health, it is important to reach out and stay connected. VillagesOKC members are making phone calls to members to inform, invite, and just visit. We call these Buddy Checks. You can help keep our members connected by offering to make a few friendly calls from your home each month. A friendly call from someone offering to meet them at Gathering or tell them about the HeShed or about the upcoming MindRAMP class, can make someone's day brighter. Call the office to be a Calling Buddy.



PICTURES NEEDED: LET KERI KNOW

VillagesOKC wants to keep up with you and see all the fun and exciting things you are doing.

Please let Keri know what you're up to by sending pictures of your grandchildren, a new book you are reading, or your latest project. Pictures can be sent to info@villagesokc.org or text 405.990.6637.

CONTACTING VILLAGESOKC

VillagesOKC – 3908 N. Peniel Ave., Ste. 340, Bethany, OK

Phone: 405.990.6637

E-mail: info@villagesokc.org

Website: www.VillagesOKC.org



Like us on Facebook!

<https://www.facebook.com/villagesOKC/>



Follow us on Instagram!

<https://www.instagram.com/villagesokc/>



Subscribe to our YouTube Channel! @VillagesOKC

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!

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