

*Enriching the Lives of Active Adults in
 Northwest Oklahoma*

SENIOR INDEPENDENCE!

BY LISA BLAND-SELIX, EDITOR

Independence! In the United States we celebrate our Independence on July 4th with parades, picnics, fireworks and a host of other traditions that surround this holiday to commemorate our independence from Great Britain.

We certainly want to remain independent as we age. According to the Wall Street Journal there are several things we can do to stay healthy and independent for a long time.

- 1) Improve and maintain your fitness level—Staying fit is one of the best ways to live longer and live independently. Dr. Walter Bortz II, in his book, "The Roadmap to 100: The Breakthrough Science of Living a Long and Healthy Life," says staying active is one of the single best things to function better physically and emotionally in our senior years. Keep up your motivation by working out with friends or challenging each other by keeping track with one of the many activity trackers available today. (See our Senior Fitness Testing Program in the box on the right.)
- 2) Be Social—social connections are a great way to increase wellness and happiness. A Brigham Young University study found that being isolated socially was as detrimental as smoking 15 cigarettes a day and was more harmful than being obese and or sedentary. Keep up your friendships and make new friends by volunteering or attending classes.
- 3) Evaluate your living conditions--Does your home need modifications for you to live there or do you need to downsize? Many opt for moving to a smaller home or apartment or retirement community to give them ease of shopping, freedom from yard work and maintenance, and access to healthy prepared meals.
- 4) Get extra help--some household chores and errands can be difficult as we get older. Family, friends or reputable companies can help you with chores, repairs or transportation.

Living independently can be a reality if we take a few steps to ensure that we are doing all we can do to make ourselves, happy, healthy and safe! As our new motto says, Be Happy, Be Social, Be Fit! Happy 4th of July from Senior Life Network!



Save the Date!

Senior Fitness Testing Program
 August 24th / 10am-4pm
 Senior Life/ Mall Event Room
 (across from Chen Garden)

As we live longer, it is increasingly important to pay attention to one's physical condition. The ability to enjoy an active, independent lifestyle well into later years will depend on maintaining personal fitness levels. Have you ever wondered how your physical fitness compares to others of similar age and abilities? Or what you need to do to improve your physical fitness in order to perform everyday activities safely and independently? By participating in the Senior Fitness Testing Program, you will find answers to these questions and more! Fun, easy skills and exercises will be given out! Appointments for group testing will be made throughout the day. Follow up testing will be conducted to track progress.

**Watch for more details in next month's
 newsletter!**



Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR

JULY 5TH- 8:30 - 9:30am, FREE
This monthly screening is always held on the first Tuesday of the month. First come, first served, no registration required.

For an accurate blood sugar reading, please fast the morning of the screening. Please use the front entrance (South side of the mall) to Senior Life Network. This service provided by INTEGRIS

***HEARING SCREENING/ HEARING AID CHECKS**

JULY 21-10:00AM-NOON FREE

Please call to make an appointment to get your hearing checked by audiologist Kim Tinius from Hedges Regional Speech & Hearing Center.

CARDS

Bridge:

Mondays 1 - 4pm
Thursdays 1 - 4pm



Canasta:

Tuesdays 1 - 4pm

Dominoes/Pitch:

Thursdays 12 - 4pm

EDUCATION

***LUNCH AND LEARN WITH DR. WHITSON--JULY 13TH RACG SEE BELOW --Dr. Whitson will discuss topics concerning pulmonology and lung disease (see below!)**

***STEPS TO LOWER YOUR RISK FOR DIABETES-- JULY 19th--1:30PM--Lesa Rauh, OSU EXT Educator**

Join us as we journey through the Steps to Lower Your Risk for Diabetes. Using the new Healthy Eating Pattern for Diabetes, we will discover ways to combine food and lifestyle to reduce the risk and effects of this disease.

***SENIOR FRAUD SEMINAR LUNCH AND LEARN--JULY 20TH 12NOON-2PM--**

This seminar will cover Medicare fraud and ways for beneficiaries to protect themselves and banking fraud and how to protect your finances (see back page for more details!)

WEEKLY EXERCISE

GROUP EXERCISE CLASSES

Monday - Friday, \$3.00/class
Classes for all levels and abilities, no registration required. See the exercise class schedule on pg. 3. Instructor is Deb Sexton.

NEW! TAI CHI CLASSES
Tues/Thurs 9:40 AM-10:30

MALL WALKING

Monday - Friday
Did you know two laps around the mall is 1.3 miles? Three laps is 1.95 miles! Hang up your coat and safely store your keys or purse at Senior Life Network while you walk in Oakwood Mall (during SLN hours)

VOLUNTEER

NEWSLETTER ASSEMBLY
JULY 26, 10:40am (NEW TIME)

Volunteers will be stuffing, folding, and taping newsletters to prepare them for mailing. Light lunch will be provided. We can always use more help! **Optional:** May meet for meal the night before!

***LUNCH AND LEARN WITH DR. BRIAN WHITSON**

Dr. Whitson specializes in Pulmonary Medicine and Critical Care--Join us for a lunch and learn and Q&A with Dr. Whitson
WED., JULY 13TH NOON

THIS WILL BE IN THE ROOM ACROSS FROM CHEN GARDEN, OAKWOOD MALL

3-Ingredient Pulled Pork

- 1 (2 pound) pork tenderloin (pork shoulder or butt can be used)
- 1 (12 ounce) can of root beer
- 1 (18 ounce) bottle of bbq sauce
- 8 hamburger buns

DIRECTIONS

Place the pork in a slow cooker and pour the can of root beer over meat. Cover, cook on low for 6 hours or until pork shreds easily with a fork. After cooking, drain and discard the root beer. Shred the pork and place it back in the slow cooker. Pour the barbecue sauce over the pork and stir to combine. Serve immediately or keep warm in cooker until ready to serve. Serve on buns.




Advanced Yoga
Saturdays 9:30am



JULY 2016



*Please call Senior Life Network at 234-6060 to sign up for programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Hours of Operation: M-Th 8:00-5:00pm F 8:00-4:00pm</p> <p>Phone: (580) 234-6060 Oakwood Mall (Next to Dillards)</p>		<p><u>ATTN:</u> <u>ADVANCED YOGA</u> <u>ON WED. AT</u> <u>5:45 PM IS BEING</u> <u>DISCONTINUED</u></p>		<p>CLOSED FOR THE 4TH OF JULY-- DEB ON VACATION</p>
<p>CLOSED FOR July 4th</p> 	<p>DEB VACATION--NO TUES CLASSES HEALTH SCREENINGS--8:30-9:30 AM Foster Grandparents--11 am Canasta 1:00-4:00</p>	<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 Pitch 12:00-3:00 Bridge 1:00-4:00pm</p>	<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
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***RSVP required.** Please call Senior Life Network at 234-6060. See Page 2 of the newsletter for detailed description of all classes and events. Activities are held in the Community Room unless otherwise specified. Please be aware you will have to use our outside entrance (door labled Senior Life Network A#1) for evening or weekend activities. **Please note that the schedule may change due to unforeseen circumstances. RACG--Room across from Chen Garden--Oakwood Mall Center Court**

SENIOR LIFE

4125 W. Owen K. Garriott, Suite A-1
Enid, OK 73703

Return Service Requested

This publication is educational and not meant to replace medical advice.



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SeniorLifeNetwork

SENIOR FRAUD SEMINAR

WEDNESDAY, JULY 20TH 12-2PM
CENTER COURT, OAKWOOD MALL
EVENT ROOM (ACROSS FROM CHEN GARDEN)

JOIN US FOR AN INFORMATIVE PROGRAM WITH
RAY WALKER, DIVISIONAL DIRECTOR, MEDICARE ASSISTANCE
PROGRAM, OKLAHOMA INSURANCE DEPARTMENT
AND ELAINE DODD, VP OF THE FRAUD DIV. WITH THE
OKLA. BANKER'S ASSOCIATION AS THEY SHARE TIPS ON HOW
TO PROTECT YOURSELF FROM FRAUD

PLEASE CALL 580-234-6060 FOR RESERVATIONS

HAPPY JULY 4TH!

SENIOR LIFE NETWORK WILL BE CLOSED JULY 1ST & 4TH

Now is the time to get in shape with a Senior Life Network membership! 10.00 for Lifetime

- MONTHLY NEWSLETTER • EDUCATIONAL CLASSES
- EXERCISE CLASSES WITH A CERTIFIED INSTRUCTOR (3.00 PER CLASS) • FUN • FELLOWSHIP

Senior Life newsletter is a
community service of
INTEGRIS Bass Baptist Health Center
and the NORTHWEST OKLAHOMA
OSTEOPATHIC FOUNDATION

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Senior Life is in its 29th year providing
healthy aging solutions to
Enid and Northwest Oklahoma.