

## BETTER SAFE, THAN SORRY!

BY LISA BLAND-SELIX, EDITOR



Summertime and the livin' is easy. Catfish are jumpin' and the cotton is high... Well, most of this doesn't really apply anymore except for maybe the fish, they are still jumpin' and we don't grow that much cotton around here! Life seems to get more complicated in our world, no matter what season it is!

June is National Safety Month. It's a great time to make sure that you, your home and assets stay safe from outside elements. A few small adjustments can make you and your home safer. Twenty two percent of Americans over the age of 71 experience some type of decline mentally; usually not severe enough to force them from their homes but some simple safety steps can bring you peace of mind.

### FALL PREVENTION

- 1) Install shower and tub grab bars
- 2) Place no-slip mats on the shower floor and bathtub
- 3) Make your home lighting brighter
- 4) Remove obstacles such as magazine racks or large vases
- 5) Have your vision checked often and regularly
- 6) Start exercising regularly—Tai Chi is great for fall prevention and balance (Senior Life offers a class twice a week at 9:35 on Tuesdays and Thursdays) Use a chair to exercise if you cannot stand comfortably

### KITCHEN SAFETY

- 7) Use the microwave rather than the stove
- 8) Make sure smoke detectors are installed in all rooms and have batteries
- 9) Keep a fire extinguisher handy

### CAR SAFETY

- 10) Make sure all doors are locked and windows rolled up while driving. You don't want someone jumping into your car when you stop in traffic.
- 11) Never leave anything valuable in plain view.
- 12) Never leave car keys inside the vehicle, not even for "just a minute."
- 13) Always lock the doors when you leave the vehicle, even for only a short time.
- 14) Park as close as possible to where you are going.
- 15) Avoid hiding a spare key in the car.

16) When returning to your car, look around as you approach the vehicle.

17) Have your key ready in your hand before approaching the car; don't fumble looking for the key.

18) Peek into the back seat of your car before getting in.

19) Once you're inside the car, lock all doors immediately

### FINANCIAL SAFETY

20) Never leave your purse or wallet unattended.

21) Always carry your wallet or any bills in a front pocket, never in a rear pocket.

22) Avoid having large amounts of cash or valuables at home.

23) Tear up or shred all personal and financial information; never just throw it into the trash.

24) Never give your Social Security number or particulars about your bank accounts to anyone; if someone calls you and asks you to confirm that the account numbers are yours, don't do it.

25) If you get calls asking for donations, tell them to send requests by mail; never discuss donations over the phone.

26) Verify the status of a charity before making a donation.

Taking care of yourself and your property is the best way to insure that you will live many years and remain in your home which is the goal for most of us.



# Senior Life Programs \*Please call 234-6060 to RSVP

## **HEALTH SCREENINGS**

**BLOOD PRESSURE/SUGAR**  
**JUNE 7TH- 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**  
**JUNE 16-10:00AM-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**

**\*\*AARP Safe Driving Class**  
 June 7th, 11:00 - 5:00pm,  
 \$15/AARP memb  
 \$20/non-members

designed for drivers age 50+, led by a trained volunteer with workbooks /video. No written test, and no driving. Many insurance companies give discounts for taking class. Ask your insurance agent before signing up. Bring your driver's license and AARP card with you.

**\*KNOW THE 10 SIGNS --ALZHEIMER'S LUNCH AND LEARN--JUNE 14TH NOON--**Come and hear about the 10 signs to watch for with Alzheimer's and enjoy a light lunch. This will be at the Room Across From Chen Garden at mall

**\*LUNCH AND LEARN WITH DR. LEBRIJA--JUNE 15TH RACG** SEE BELOW

**\*Steps to a Healthy Heart--June 21st--1:30PM--Lesia Rauh, OSU EXT educator-**Risks & causes of heart disease & how diet can lower risk factors plus other recommendations for a healthier heart--4th in Journey through Health series

## **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**  
**JUNE 28TH, 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. LEBRIJA**

JOIN US FOR A LUNCH AND LEARN-- WHAT'S NEW

IN FOOT CARE

WITH DR. EDWARD A. LEBRIJA

WED., JUNE 15TH

NOON

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

## **EASY NUTELLA BROWNIES**

1 1/4 CUP NUTELLA  
 2 EGGS  
 1/2 CUP ALL PURPOSE FLOUR



Grease a 9x9 baking pan and preheat oven to 350F. Mix all ingredients into a large bowl with a large wooden spoon until batter is smooth. Pour into baking pan and smooth top with spatula. Bake about 15 minutes until toothpick is clean. Do not overbake or they will dry out. Let cool, cut and serve.

**Advanced Yoga**  
Saturdays 9:30am



# JUNE 2016



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Bench Step Aerobics <b>1</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30  Advanced Yoga 5:45-7pm	Yoga Level 2 <b>2</b> 8:30-9:30 Tai Chi 9:40-10:30  Pitch 12:00-3:00 Bridge 1:00-4:00pm	Bench Step Aerobics <b>3</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30
Bench Step Aerobics <b>6</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30  Bridge 1:00-4:00pm	Yoga Level 2 <b>7</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>HEALTH SCREEN-INGS--8:30-9:30 AM</b> <b>*AARP SAFE DRIVING--11-5</b> Canasta 1:00-4:00	Bench Step Aerobics <b>8</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30  Advanced Yoga 5:45-7pm	Yoga Level 2 <b>9</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>Community Meetings:</b> 12:00pm Res. Alliance  Pitch 12:00-3:00 Bridge 1:00-4:00pm	Bench Step Aerobics <b>10</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30
Bench Step Aerobics <b>13</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30  Bridge 1:00-4:00pm	Yoga Level 2 <b>14</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>*Know the 10 Signs-ALZHEIMER'S Lunch and Learn-NOON(RACG)</b> Canasta 1:00-4:00	Bench Step Aerobics <b>15</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30 <b>*Lunch and Learn-NoonDr. Lebrija(RACG)</b> Advanced Yoga 5:45-7pm	Yoga Level 2 <b>16</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>*Hearing Screening-10 am-Noon</b>  Pitch 12:00-3:00 Bridge 1:00-4:00pm	Bench Step Aerobics <b>17</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30
Bench Step Aerobics <b>20</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30  Bridge 1:00-4:00pm	Yoga Level 2 <b>21</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>*Steps to a Healthy Heart -1:30</b> Canasta 1:00-4:00	Bench Step Aerobics <b>22</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30  Advanced Yoga 5:45-7pm	Yoga Level 2 <b>23</b> 8:30-9:30 Tai Chi 9:40-10:30  Pitch 12:00-3:00 Bridge 1:00-4:00pm	Bench Step Aerobics <b>24</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30
Bench Step Aerobics <b>27</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30  Advanced Yoga 5:45-7pm	Yoga Level 2 <b>28</b> 8:30-9:30 Tai Chi 9:40-10:30 <b>VOLUNTEER NEWS-LETTER PREP--10:40 AM</b> Canasta 1:00-4:00	Bench Step Aerobics <b>29</b> 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30  Advanced Yoga 5:45-7pm	Yoga Level 2 <b>30</b> 8:30-9:30 Tai Chi 9:40-10:30  Pitch 12:00-3:00 Bridge 1:00-4:00pm	<b>Hours of Operation:</b> <b>M-Th 8:00-5:00pm</b> <b>F 8:00-4:00pm</b>  <b>Phone:</b> <b>(580) 234-6060</b> <b>Oakwood Mall</b> <b>(Next to Dillards)</b>

**\*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  
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Return Service Requested

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



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## HAPPENINGS AROUND ENID

### GARFIELD COUNTY RELAY FOR LIFE

For Survivors and Caregivers  
Downtown Courthouse Lawn

First Friday, June 3rd, 6 PM-12 Midnight

- Food • Games • Music • Bounce House • Special ceremonies • Theme walks

**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

## CAN'T BE HERE? EXERCISE WITH US AT HOME...

Watch Channel 11 & 111 on Enidtv.org or on the internet.  
Classes vary--check the schedule at enidtv.org

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

We are located at Oakwood Mall  
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Senior Life is in its 29th year providing  
healthy aging solutions to  
Enid and Northwest Oklahoma.