



*Enriching the Lives of Active Adults in
Northwest Oklahoma*

BLAZE A TRAIL OF WELLNESS

BY LISA BLAND-SELIX, EDITOR



May has been declared "Older Americans Month." Those of us who are 55 and up wonder what defines an Older American? In a Google search, this seems to be a topic of debate as well.

Over the years, the term older and elderly have acquired some baggage. In 1956, the former executive editor of the Washington Post advised his staff to be careful with the use of the word elderly telling them, "When you are 16 you wonder how an old man of 30 manages to drag himself around. When you get to be 30 you feel that 60 is as old as Methuselah. When you get to be 60 you will think that the 'aged' are those in their 90s." And even 57 years later, the Post is still dealing with the question. When a headline referred to a 68-year-old man as elderly, readers reacted, some positive and some negative. Maybe the best idea is to skip the labels altogether!

Many of our societal stereotypes about aging are being challenged as the baby boomers are recreating what the average older American looks like. Advances in scientific research and overall health knowledge and accessibility of that information to the public has facilitated more people taking an active role in their health and wellness as they age. "Old" if defined by life expectancy will remain in flux as people are living longer according to the Huffington Post. According to a MetLife study over 63% of 65-year-olds are receiving full Social Security benefits. Old, elderly, golden, no matter what the title-- it's going to happen to us all.

So, how do we make the most of our later years? The 2016 theme for Older Americans Month is Blaze a Trail. One of the best ways, is to blaze a trail of wellness. Remember that small steps or improvements do count and make a difference.

- 1) Start Slowly. If you haven't made exercise a part of your life lately, start by taking small walks through your house or around the neighborhood. Take a Tai Chi class, we have one at Senior Life twice a week on Tuesdays and Thursdays from 9:35-10:30AM.
- 2) Buddy system. Exercise or activity is much more enjoyable if you find a companion. Or join a class! (We have 18 classes a week at Senior Life!) This adds a

STROKE & BRAIN INJURY RESOURCES

WITH

MARY PINZON, RN

Wednesday, May 25th, at 2PM

**Every 40 seconds, someone in the
United States suffers a stroke.**

**Integris can help you find
support and resources
to survive and succeed**



a level of accountability too.

3) Activity is important, but Nutrition is Vital! Keep a food diary to see what you are eating. Make sure you are making healthy choices. Consult a dietician especially if you have a specific health condition.

4) Wellness has a body and mind connection. Besides eating healthy and staying active, it is important to keep your brain fit by learning new things, reading, taking a class and staying social. By incorporating these healthy tips you too can blaze a trail to wellness. If you are 50 or 90 taking care of yourself is the best prescription for a long and happy life.

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR

MAY 3RD- 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**

MAY 19-10:00AM-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

***STEPS TO A HEALTHY HEART & BLOOD VESSELS**

MAY 17TH-1:30PM
this lesson will provide information on normal changes in the heart and blood vessels with aging, and the role of diet and physical activity in helping to maintain a healthy heart and blood vessels. 3rd in Journey to Health series

***STROKE RESOURCES WITH RN MARY PINZON**

MAY 25TH --2:00PM
Mary Pinzon RN will present Stroke and Brain Injury resources for stroke prevention and Patients and caregivers

Please remember that Senior Life Network is a Scent-Free Place!

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

MAY 24TH, 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!

PROGRAMS AT SENIOR LIFE

New to Medicare

5:30-7:30PM

Friday, May 13th

Marnita Rupp of the Long Term Care Authority will go over Medicare guidelines for new recipients. Please use Back door entrance labeled A-1.

Crescent Roll Pizza

- 1 tube of Crescent roll dough
- Pizza sauce
- 2 string cheese sticks, cut in fourths



To make the pizza crescents, separate dough on a greased cookie sheet. Spoon on about a tablespoon of pizza sauce on each one and spread it around. Place a piece of the string cheese on the long end of the crescent and roll up. Bake your pizza crescents for 12-14 minutes at 375 degrees or until golden brown.


Advanced Yoga
Saturdays 9:30am



MAY 2016



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>2</p> <p>Bridge 1:00-4:00pm</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p>3</p> <p>FREE Health Screening 8:30-9:30am</p> <p>Foster Grandparents-- 11:00AM</p> <p>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>4</p> <p>Advanced Yoga 5:45-7pm</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p>5</p> <p>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> <p>6</p>
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 <p>MEMORIAL DAY <i>Remember those who served!</i></p> <p>Senior Life Closed!</p> <p>30</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p>31</p> <p>Canasta 1:00-4:00</p>	<p>"One who is kind is sympathetic and gentle with others. He is considerate of others' feelings and courteous in his behavior. He has a helpful nature. Kindness pardons others' weaknesses and faults. Kindness is extended to all -- to the aged and the young, to animals, to those low of station as well as the high." -Ezra Taft Benson</p>		<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>

*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.**

SENIOR LIFE

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

Return Service Requested

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SeniorLifeNetwork

HAPPENINGS AROUND ENID

Relay for Life Survivor Brunch

For Survivors and Caregivers
Integrus Bass Pavilion Cafeteria
Saturday, May 14th, 9:30-11:30 AM
Call 580-548-1131 to RSVP

American Heart Association Heart Walk Enid

May 21, 2016

Government Springs Park

9:30 a.m.

Registration not required to walk

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

Watch Channel 11 & 111 on Enidtv.org or on the internet.
Bench Aerobics at 12 PM and Low Impact at 1PM

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