

*Enriching the Lives of Active Adults in
 Northwest Oklahoma*

FINDING HOPE...

BY LISA BLAND-SELIX, EDITOR

Our world seems to be fractured in so many ways. Daily, the news can be filled with more negative than positive, more evil than good...How do we rise above the swirling current and maintain our hopefulness?

It is so easy with media being pervasive in our lives to get caught up in the groundswell of current events. Throughout time mankind has been plagued by people and events that rattle to the core. Some older Americans remember the horror of Pearl Harbor and then the subsequent years of being plunged into World War II. Most recently, the 9/11 attacks truly affected the entire nation and saw people question what was truly important in their lives and for our country.

How can we remain hopeful in desperate times? Many times we want instant solutions. Patience and strength may be the answer. Over time things will gradually improve.

When you feel desperate maybe that is the time to go and see if you can lend a hand with others. Go volunteer at the soup kitchen. Bake some cookies and take them to a friend at a nursing home or assisted living center. Feeling useful is a great spirit lifter.

Trying times force us to grow; to think and feel outside of the box and approach things in a different way. Many inventions and ideas were created when something in the equation changed and an aha moment was born.

Ask yourself, are things really that bad? Are you surrounding yourself with negative influences? If you feel someone or something is bringing you down, move in another direction! Surround yourself with people who are uplifting.

Are things darkest before the dawn? We must have faith and remain hopeful. Trying times come and go. Lee Edwards of the B. Kenneth Simon Center for Principles and Politics at the Heritage Foundation, says, "We must love not only those who love us but also those who do not, and be prepared to go gentle into the night, believing in the permanent things of faith, hope, and charity."



FITNESS TESTING IS HERE!

Senior Fitness Testing Program

August 24th -- 10am-4pm

Senior Life/ Mall Event Room
 (across from Chen Garden)

- Maintain and Improve Your Fitness Levels
- Find out how your fitness level compares to others your age and ability level
- Learn fun, new and interesting ways to stay fit
- Appointments for group testing will be made throughout the day
- 6 month Follow-up testing will be conducted to track progress
 - Testing by trained Integriss staff

**CALL 580-234-6060 TO REGISTER!
 (Space is limited, call now!)**



Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR

AUG. 2ND- 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)** This service provided by INTEGRIS Home Care Enid.

*HEARING SCREENING/ HEARING AID CHECKS

AUG. 18TH-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

*DIABETES EDUCATION- SEE BELOW --

AUG. 10TH-SEPT. 14TH 10AM-12PM

*Gratitude--AUG. 10TH--1:30PM LINDA YAUK-See how being thankful can help your health

*STEPS TO LOWER YOUR RISK FOR CANCER--

AUG. 16th--1:30PM--Lesa Rauh, OSU EXT Educator

Join us as we journey through the Steps to Lower Your Risk for CANCER.

*CDC National Diabetes Prevention Program (see back) AUG. 22ND 10AM AND 12NOON SESSIONS

*SENIOR FITNESS TEST- ING--AUG. 24 9-4 (RACG) see front for more details

**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

AUG. 23, 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!

*DIABETES EDUCATION

Diabetes Education Self-Management Class

Take charge of your health in this small, fun 6-week instructor led class. Learn how to live a healthy life with your Diabetes.

**Wednesdays beginning
Aug 10th.-Sept. 14th
10AM-12 Noon**

Call 1-888-951-2277 Integris HealthLine to register

Saucy Sausage-Stuffed Squash

4 medium summer squash (zucchini, yellow or a combination)

12 oz. Italian pork sausages

1 can diced tomatoes in juice with roasted pepper

DIRECTIONS

Scoop flesh from squash

leaving a 1/4-in.-thick shell. Dice flesh.

Cook sausage and diced squash in a large non-stick skillet, breaking up sausage with a spoon, 5 minutes or until browned and cooked. Remove to a bowl; stir in tomatoes.

Put squash halves cut side down in skillet. Add 2 Tbsp water, cover and cook 2 minutes. Turn squash over, cover and cook 2 minutes until crisp-tender.

Fill with sausage mixture. Cover; cook over low heat 2 minutes to reheat.





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 Bridge 1:00-4:00pm</p> <p>1</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p>2</p> <p>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>3</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p>4</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>5</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

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Return Service Requested

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



facebook.com/
SeniorLifeNetwork

Have you or a family member been diagnosed
with pre-diabetes?

Has your physician ever mentioned you
have pre-diabetes risk factors?

CDC NATIONAL DIABETES PREVENTION PROGRAM

MONDAY, AUG. 22ND, SESSIONS AT 10 AM AND 12 NOON
(MAX. OF 6 PER SESSION)

ALSO AUG. 25TH AT 5:30 PM AT INTEGRIS HEART AND
VASCULAR INSTITUTE

The Lifestyle Change Program* is one year long and
consists of 16 core classes (usually one per week)
and six post-core classes (one per month).

Courses taught by Linda Yauk, RD and Sarah Wamsley, RD
For questions or to register call Linda Yauk, RD at 249-4104

*There are certain criteria to be accepted into the program
such as a diagnosis of pre-diabetes or lab values or history
of gestational diabetes

Senior Life newsletter is a
community service of
INTEGRIS Bass Baptist Health Center
and the NORTHWEST OKLAHOMA
OSTEOPATHIC FOUNDATION
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**SINCE 1987, SENIOR LIFE HAS
BEEN PROMOTING HEALTHY
AGING SOLUTIONS TO ENID AND
NW OKLAHOMA**