

GAIN A NEW PERSPECTIVE

BY LISA BLAND-SELIX, EDITOR



We all have good days and bad days. That is part of life. The recent weather outbreaks of hurricanes and then other world happenings can sometimes rattle us to the core. Suffering and destruction of property from natural disaster, terrorist attacks etc. can definitely be upsetting to us all. Or even on a smaller scale when a friend or loved one makes a negative comment that plays repeatedly in your mind.

Often times we get caught up in cycles of rumination, according to Amy L. Eva, Ph. D in an article titled "Four Ways to Gain Perspective on Negative Events," in the Greater Good Science Center's online magazine. Rumination is defined as simply going over a thought or a problem without completion.

What are some of the best ways to get past these feelings? According to Dr. Eva one of the best solutions is a teachable skill called "self-distancing." Dr. Eva explains, "If you are caught up in all of the emotionally arousing details of how you were wronged, what she said, how she said it, and how it makes you feel, you may be reacting from a self-immersed perspective. However, a self-distanced perspective features the ability to take a step back and view yourself more objectively."

Here are four steps to practice self-distancing:

1) Visualize an observer—Think about flying over the challenging experience or how a thoughtful friend would respond. Five year olds were more effective in distressing situations when they asked themselves, "What would Batman do?" Use someone who is brave and a role model and ask how they would react.

2) Avoid using "I"—in your self-talk use your own name or the pronouns he, she or they—this simple step seems to remove anxiety and make the stressors more tolerable.

3) Write about the event—by putting events into writing it allows you to "step back" from the event and express your feelings. This "self-distanced perspective" technique helps remove some of the emotionally charged feelings. Using first person pronouns and showing the root causes of the stressors is helpful and more effective for distancing.

4) Focus on your future self--"How will I feel about this in one week or ten years from now?" This exercise in "mental time travel" takes our immediate attention away from the here and now and also encourages our emotional recovery. Challenges in our lives are a constant. Hopefully these exercises can help us all deal with the events we face and be more prepared to put them into a healthy perspective.

"If you look the right way, you can see that the whole world is a garden." --

— Frances Hodgson Burnett, *The Secret Garden*

Please join us for the

INTEGRIS

Foundation

Community

Health Fair

Saturday, Oct. 28th

9-noon

CNB Center

- Free Flu Shots
- Health Screenings including:
Blood pressure, Cholesterol, PSA's,
Glucose and BMI
- Physician presentations on
fitness and women's health issues

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR OCT. 3RD- 8:30 - 9:30am, FREE

This monthly screening is USUALLY held on the first Tuesday (EXCEPT FOR HOLIDAYS) First come, first served, no registration required. For an accurate blood sugar reading, please fast the morning of the screening. **PLEASE USE**

OUR MAIN ENTRANCE (South side of the mall) This service provided by INTEGRIS HOME HEALTH ENID

***HEARING SCREENING/ HEARING AID CHECKS OCT.19th-10AM-NOON**

Please call to make an appointment to get your hearing checked by Hedges audiologist Dr. Kim Tinius

EDUCATION & FUN

***SENIOR LIVING OPTIONS--
-OCT. 10TH--11:30 AM -1:00PM
--LUNCH 'N LEARN-- RACG--PANEL
DISCUSSION ON SENIOR LIVING OP-
TIONS**

***MEDICARE LUNCH 'N LEARN OCT. 11TH-NOON RACG**

John Vincent, senior services support specialist from the Medicare assistance program will share some of the latest updates on Medicare coverage



LIKE US ON FACEBOOK FOR THE LATEST UPDATES

EDUCATION & FUN cont. WEEKLY EXERCISE

***HEALTHY HOMES--OCT.
17TH-1:30 PM LESA RAUH-
-5th in our Healthy Home se-
ries from OSU Ext. This covers
Drinking Water and on-site Waste
Management. If you have a well
and/or septic system, are you
sure your water is safe?**

**COFFEETIME W/SLN
AT FIVE80--WED.
OCT.18TH--8:30AM --Be
social with us for coffee at
FIVE80 COFFEEHOUSE, 122 E.
RANDOLPH**

***CRAFTERNOON
OCT.18TH-3-5PM bring
your favorite craft and work
on it with us**

***LUNCH 'N LEARN W/ DR.
MATOUSEK-- OCT.25TH--
NOON--RACG--See below for
details.**

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. Yoga Sat
& Wed. Instructor is Robin Parrish
TAI CHI CLASSES
Tues/Thurs 9:40 AM-10:30
NEW! WED. EVE. YOGA--5:45 PM
SAT. MORN. YOGA W/ROBIN-
-9:30AM

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 while you walk

VOLUNTEER
NEWSLETTER ASSEMBLY
OCT. 24TH, 10:40am Volunteers
will be folding, and taping newslet-
ters to prepare them for mailing.
Light lunch provided.

"I will love the light for it shows me the way, yet I will en-
dure the darkness for it shows me the stars."
— Og Mandino

*Are you confused about eldercare for
yourself or a loved one?
Join us for an informative panel
with local professionals discussing:*

- Nursing Homes • Assisted Living • Senior
Independent Living • Hospice Home Health*

SENIOR LIVING OPTIONS

Tuesday, October 10th
11:30-1pm, Oakwood Mall
Event Room
Light Lunch provided



Please join us for an
**INTEGRIS
LUNCH 'N LEARN
WITH DR. SARAH
MATOUSEK, M.D.
WED., OCT. 25TH
AT NOON**

Sarah Matousek, M.D., specializes in the diagnosis and treatment of lung disease and critical care. She will discuss lung screenings and take questions.
Call 580-234-6060 to register
Light lunch provided
This will be in the mall event room across from Chen Garden, Center Court, Oakwood Mall

Inter. Yoga
Saturdays 9:30am
w/Robin



OCTOBER 2017



*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>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 Health Screenings-8:30-9:30am FOSTER GRANDPARENTS Meets HERE</p> <p>3</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>Beg. Yoga -5:45pm-</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p> <p>5</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>
<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>9</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *SENIOR LIVING OPTIONS--11:30-1PM</p> <p>10</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 11:30 LUNCH n Learn John w/OID</p> <p>11</p> <p>Beg. Yoga -5:45pm-</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE ALLIANCE (COM. MTG) NOON</p> <p>12</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>13</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>16</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *HEALTHY HOME W/LESA RAUH--1:30PM</p> <p>17</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 *COFFEE-FIVE80-8:30AM *Crafternoon--3-5PM</p> <p>18</p> <p>Beg. Yoga -5:45pm-</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 Hearing Screenings 10:AM-12 NOON</p> <p>19</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>20</p>
<p>Bench Step Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p> <p>23</p> <p>COMPARE & ENROLL--8AM-1PM-JUDY RUPP</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 VOLUNTEERS NEWSLETTER PREP--10:40AM</p> <p>24</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 *DR. MATOUSEK--NOON RACG *Crafternoon--3-5PM</p> <p>25</p> <p>Beg. Yoga -5:45pm-</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 NORMAN TRIP 8AM--NORTH PARK LOT</p> <p>26</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>27</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 labeled 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--FOR DEEP(DIABETES ED) AND TOOLS CLASSES PLEASE REGISTER W/NUMBER LISTED**

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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**MEDICARE UPDATES LUNCH 'N
LEARN W/ JOHN VINCENT**

John Vincent, Medicare Assistance support specialist will go over some of the latest updates for Medicare coverage.

Wednesday, Oct. 11th--Noon
Oakwood Mall Event Room, Center Court,

Across from Chen Garden

Call 580-234-6060 to register

**SEE BELOW FOR COMPARE AND ENROLL TIMES
WITH JUDY RUPP & LONG TERM CARE AUTHORITY**

**MEDICARE PART D COMPARE & ENROLL SESSIONS
WITH JUDY RUPP & LONG TERM CARE AUTHORITY**

NOW IS THE TIME TO REVIEW YOUR COVERAGE
AT SENIOR LIFE NETWORK!

MONDAY, OCTOBER 23RD FROM 8AM-1PM

MONDAY, OCTOBER 30TH FROM 8AM-1PM

APPTS. ARE FIRST COME, FIRST SERVE--INDIVIDUALS, APPROX. 1
HOUR, COUPLES 1.5 HRS. PLEASE BRING MEDICARE CARD
& MEDICATION LIST, STRENGTH & DOSAGE

Senior Life newsletter is a
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and the NORTHWEST OKLAHOMA
OSTEOPATHIC FOUNDATION
We are located at Oakwood Mall
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**SINCE 1987, SENIOR LIFE HAS
BEEN PROMOTING HEALTHY
AGING SOLUTIONS TO ENID AND
NW OKLAHOMA--Celebrating 30 Years!**

www.seniorlifeok.org

Be happy, be social, be fit!