

CELEBRATE MOMS!

By LISA BLAND-SELIX,
EDITOR



May is a busy month! School winds down. Graduations, summer vacation planning and Mother's Day! This year it is Sunday, May 13th.

According to the website, www.history.com, the official Mother's Day holiday arose in the 1900s as a result of the efforts of Anna Jarvis, daughter of Ann Reeves Jarvis. Following her mother's 1905 death, Anna Jarvis conceived of Mother's Day as a way of honoring the sacrifices mothers made for their children. Jarvis later decried that the holiday had become too commercial! Jarvis remained childless throughout her life.

This is the day to celebrate the Moms in your life and if you are so lucky to be somebody's mom, YOU! Mothers come in all shapes, sizes and colors. Mothers can be biological or they can be arranged. The precious role that this individual plays in the lives of those around them can be profound or sometimes hurtful and haunting. Many of us have what I refer to as "Mom tapes" that still remind us of things such as manners or what to wear. This little internal compass guides you through the rough seas of life.

In visiting with people you hear of some examples of non-traditional moms. I have two friends that sort of adopted each other. One lost her mom many years ago and her adopted mom never had her own children but had step children that are grown. These two ladies share a wonderful relationship; go on outings and have a special bond that gives them both joy and strength.

Then there are those special people who adopt children who need a mom in their lives. They accept this role head-on with all of the challenges that go with the job. Stepping in and helping a child grow to adulthood can be overwhelming but exhilarating at the same time. Many times these children still have some contact and some memory of their birth mom but are living and adapting to life in a new environment with new rules and maybe a radically different home situation. These moms are able to help these children assimilate into their homes, new schools and a whole new life. That takes a special person to respond to the challenge.

Many have chosen not to have children but may be a type of mother figure in children's lives. Some of the strongest examples of these role models include teachers and the school secretary. Our teachers spend a great deal of time in the classroom shaping young minds and become like a mother to the children in their care. The school secretary or admin position is the bearer of Band-Aid's for booboos and a cheerleader for those who pass by her desk and need an extra word of encouragement or a laugh. As we get older, we may forget what we had for dinner last week but we still remember those teachers, education support staff and other influential people who made a difference in our lives so many years ago.

Take time to celebrate the moms in your life and others who have contributed to make you the person you are today!

INTEGRIS

WEDNESDAY, MAY 9TH at Noon
Lunch and Learn about
Sleep Disorders with
RANDY ROTH, RPSGT, RST

Director of the Integris
Sleep Institute of Enid
*(this will be at the space across from
Chen Garden in Oakwood Mall)*

☛ Call 580-234-6060 to RSVP!

Travel Updates...

Kaleo Tours are working on some great day trips for over the summer! Hint: Route 66 theme and the White Dog Hill Restaurant in Clinton and maybe Lucille's in July!
Still working on the details!

Branson lovers who want to see Samson at Sight and Sound! Kaleo has a trip that is going Oct.24-26 that is from OKC to Branson, includes Dogwood Canyon picnic and the New South Gospel Quartet-plus an evening selection of some different Branson favs--This is Trip 18-1024 and runs \$428.00 for pp dbl & \$528.00 pp for single. Please call if you are interested as this trip is offered to all of Kaleo folks. Deposit of 100.00 upon reservation and final pmt. due by Sept. 20, 2018. For info and reservations call 580-234-6060. Travel protection ins. for 20.90. Includes: Trans., Two nights lodging, four meals and attractions on itinerary. (If a group goes from Enid to OKC-might be a small chg for trans.)

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR/ MAY 8TH- 8:30 - 9:30am, FREE

This monthly screening is USUALLY held on the first Tuesday (unless the first Tues. is the first day 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 OUR MAIN ENTRANCE (South side of the mall) This service provided by INTEGRIS HOME HEALTH ENID

***HEARING SCREENING/
HEARING AID CHECKS--
MAY 24TH-10AM-NOON**
BY APPT ONLY. PLEASE CALL TO SCHEDULE

Senior Life Coffee Club

Join us for coffee & conversation at Five80 Coffee House, 122 E. Randolph, Enid, Ok
**TUESDAY
MAY 15TH at 8:30AM**

EDUCATION & FUN

***SLEEP LUNCH'N LEARN-MAY 9TH-- NOON**

Join INTEGRIS Sleep Lab Director Randy Roth discuss sleep disorders etc. Light lunch provided **RACG**

COFFEETIME W/SLN AT FIVE80--TUES. MAY 15TH--8:30AM

--Be social with us for coffee at FIVE80 COFFEEHOUSE, 122 E. RANDOLPH

***CAREGIVING 101-MAY
15TH--1:30PM**--Lesa Rauh will share important tips for caregivers to care for themselves, PT. 3 OF 6WKS

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.

MALL WALKING

Monday - Friday
2 laps around the mall--1.3 miles! Three laps -1.95 miles! Members may Hang up your coat and safely store your keys or purse at Senior Life while you walk in Oakwood Mall (during SLN hours) operation).

VOLUNTEER

**NEWSLETTER ASSEMBLY
MAY 22ND, 10:40am** Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided.

***PLEASE RSVP TO ALL EVENTS THAT HAVE * IN FRONT**

I've learned that life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

--Andy Rooney

Middle age is when you still believe you'll feel better in the morning. --Bob Hope

INTEGRIS

Community Wellness

FREE FITCLUB IS STILL GOING!

Tues. & Thurs.

5:45-6:30 pm

H Champion Park Gymnasium
700 N. 10th Street
Enid, OK

Garfield County
Health Department



Chicken Broccoli Alfredo Crock Pot Recipe

Author: The Frugal Girls

Prep time: 5 mins

Cook time: 3 hours 30 mins

Total time: 3 hours 35 mins

Serves: 4

Ingredients

4 Boneless Skinless Chicken Breasts, fresh or thawed

1½ jars Classico Creamy Alfredo Sauce (15 oz. jars)

10 oz. Frozen Broccoli Florets

Instructions

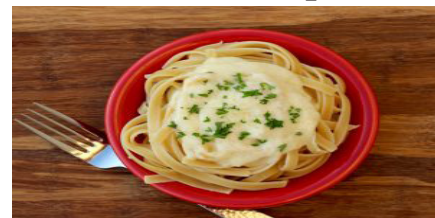
Place chicken in Crock Pot, and Cook on HIGH for 2.5 hours or LOW for 5 hours

After 2.5 hours on HIGH or 5 hours on LOW, drain juices from Crock Pot.

Evenly spread Alfredo Sauce over chicken, then top with Broccoli Florets.

Cook on HIGH for 1 more hour {covered}, or until done.

Optional: Serve with a side of Pasta. ENJOY!




•Please call Senior-Life at 234-6060 to register



MAY 2018



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>M-Th 8:00-5:00pm F 8:00-1:00pm</p> <p>Phone: (580) 234-6060 Oakwood Mall (NEXT TO DILLARDS)</p>	<p>Yoga Level 2 1 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>Bench Step Aerobics 2 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 3 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>Bench Step Aerobics 4 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 7 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 8:30-9:30 Tai Chi 9:40-10:30 • Health Screen- ings-8:30-9:30am FOSTER GRANDPAR- ENTS Meets HERE</p>	<p>Bench Step Aerobics 9 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30 • SLEEP LUNCH 'N LEARN-NOON RACG</p>	<p>Yoga Level 2 10 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE ALLI- ANCE (COM. MTG)</p>	<p>Bench Step Aerobics 11 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 14 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30</p>	<p>Yoga Level 2 15 8:30-9:30 Tai Chi 9:40-10:30 Coffee at 580- 8:30am • CAREGIVERS W/LESA RAUH- 1:30PM</p>	<p>Bench Step Aerobics 16 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 17 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>Bench Step Aerobics 18 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 21 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 22 8:30-9:30 Tai Chi 9:40-10:30 • VOLUNTEERS NEWS PREP-- 10:40AM</p>	<p>Bench Step Aerobics 23 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 24 8:30-9:30 Tai Chi 9:40-10:30 Hearing Screenings 10am-noon</p>	<p>Bench Step Aerobics 25 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
 <p>MEMORIAL DAY <i>Remember those who served</i> SENIOR LIFE CLOSED</p>	<p>Yoga Level 2 28 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>Bench Step Aerobics 29 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 30 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>REMINDER ABOUT BAD WEATHER-- IF Enid Public Schools close DUE TO WEATHER, Senior Life will close. We are here on other days where school might be out unless it is a major holiday!</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. 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.



facebook.com/
SeniorLifeNetwork



Is there a program or activity you would like to see at Senior Life Network? If there is enough interest and we can make it happen we will!

Suggestions: seniorlife.enidok@gmail.com

WANTED: GREAT CERTIFIED YOGA INSTRUCTORS!

We need an instructor for our Saturday 9:30AM class (inter.-adv.) & our Wednesday 5:45pm (beginner-inter. class.)

Please call 580-234-6060 to inquire or email: seniorlife.enidok@gmail.com



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 4125 W. Owen K. Garriott, Suite A-1 Enid, OK 73703 • 580-234-6060 seniorlife.enidok@gmail.com

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SINCE 1987, SENIOR LIFE HAS BEEN PROMOTING HEALTHY AGING SOLUTIONS TO ENID AND NW OKLAHOMA!

www.seniorlifeok.org

Be happy, be social, be fit!