

CELEBRATION OF HOPE!



**BY LISA BLAND-SELIX,
EDITOR**

June 3rd is National Cancer Survivor Day. First Friday, June 1st, 2018 is our local Garfield County Relay for Life Celebration in Downtown Enid on the Court House lawn from 6-10 PM.

According to the website, American Cancer Society.org, Relay for Life, "Originally started in May 1985, Dr. Gordon "Gordy" Klatt walked and ran for 24 hours around a track in Tacoma, Washington, raising money to help the American Cancer Society with the nation's biggest health concern: cancer. One person can make a difference. Now Relay for Life events are held all across the country with over 3.5 million survivors, patients, advocates, volunteers, caregivers and researchers doing everything within their power to save lives."

We have all known loved ones, mothers, fathers, spouses, sisters, brothers, friends and co-workers who have received the dreaded cancer diagnosis. Survival rates have improved for many types of cancers. Some cancer patients are beating the odds with advances in treatments and drugs to fight the disease. These brave individuals keep fighting the fight, many winning the battle.

Donations to the American Cancer Society via events such as Relay for Life help provide needed funding for new drugs, treatments, and other needs of cancer patients so please consider giving to the cause.

If you are a survivor or caregiver, we salute you! Head downtown on June 1st and join the celebration of hope; walk in memory of loved ones and give for a future of a world free of cancer!

STRATEGIES FOR DEALING WITH NON-COMPLIANT DIFFICULT PATIENTS OR LOVED ONES

WEDNESDAY,
JUNE 20TH 1:30PM
SENIOR LIFE COMMUNITY ROOM

☀ **Call 580-234-6060 to RSVP!**

This panel discussion with local experts will give participants the opportunity for patients, loved ones, caregivers and others to work for solutions to provide the best possible outcome for their care.

TRAVEL UPDATES...

KALEO TOURS Kicks on Route 66!

THURSDAY, AUGUST 23RD, 8:00AM

Depart 8:00AM, Go to Weatherford and tour the Heartland Museum, lunch at Lucilles, on to Elk City to visit Route 66 Museum, then head to Clinton for dinner at the White Dog Hill Restaurant 139.00 including two meals and attractions!
NEED TO PAY & REGISTER BY JULY 20TH
MC, VISA, CASH OR CHECK

BRANSON, OCT. 24-26TH, Trip 18-1024

See Samson at Sight and Sound!

CALL 580-234-6060 TODAY TO RESERVE!*

OKC to Branson, includes Dogwood Canyon picnic and the New South Gospel Quartet-plus an evening selection of some different Branson faves-\$428.00 for pp dbl & \$528.00 pp for single. Please call if you are interested as this trip! Deposit of 100.00 upon reservation and final pmt. due by Sept. 20, 2018. 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.)

* LIMITED NUMBER FROM ENID, TRIP IS OPEN TO KALEO CUSTOMERS ALSO

An INSPIRING American Cancer Society fundraising event

Help Us Find A Cure!
At Relay For Life Of Garfield County

June 1, 2018

**Enid Downtown
Courthouse Lawn
6pm - 10:00pm**

Honors cancer Survivors & Caregivers

Remembers loved ones lost to cancer

FIGHTS BACK AGAINST CANCER!

* Sign up a team * Fundraise * Take turns walking *
* Moving ceremonies * Fun entertainment *
* Food * Free to public *

For information call 903-780-5624 or 580-278-4458

www.relayforlife.org/
[garfieldcook](http://garfieldcook.com)

The Power of Purple
Colorectal Research Right Now

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR/ JUNE 5TH- 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--
JUNE 21ST-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
JUNE 19TH at 8:30AM**

EDUCATION & FUN

*AARP SAFE DRIVING TUES., JUNE 12TH- -9AM-3PM-see back

page

COFFEE TIME W/SLN AT FIVE80--TUES.

JUNE 19TH--8:30AM --Be social with us for coffee at FIVE80 COFFEEHOUSE, 122 E. RANDOLPH

***CAREGIVING 101-
JUNE 19TH--1:30PM**--Lesa Rauh will share important tips for caregivers to care for themselves, PT. 4 OF 6WKS

*STRATEGIES FOR NON-COMPLIANT JUNE 20TH--1:30PM

Panel of local experts help w/ strategies for better care for loved ones

*DOCUMENTS WE NEED --JUNE 27TH--1:30PM

Learn what documents we all need to have on file with Legal Aid of Okla.

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

JUNE 26TH, 10:40am Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided.

Aging is a continuous process...The best advice I can give is: Take care of your body as though you were going to need it for 100 years, because you might.

--Robert Waldinger,
Psychiatrist, from
Harvard Gazette

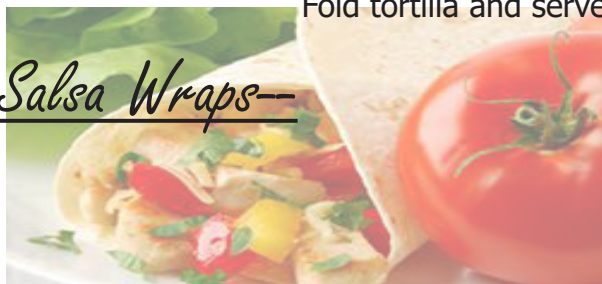
DOCUMENTS WE ALL NEED ON FILE

**WITH STACY BROYLES,
Paralegal and Senior Coordinator for Legal
Aid of Oklahoma, Stillwater office
Wed., June 27th at 1:30PM
Senior Life Community Room
Find out what documents we all need on file**

* Call 580-234-6060 to RSVP!

Brown chicken breast pieces in olive oil in skillet, and stir in your favorite salsa. Cook until chicken is thoroughly cooked, then shred chicken in the sauce. Layer on warmed tortillas with lettuce, tomatoes, cheese, sliced avocado, and sour cream. Fold tortilla and serve.

Super Easy Salsa Wraps--



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



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



JUNE 2018



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

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>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>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>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 •HEALTH SCREENINGS-8:30-9:30AM</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>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</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>
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<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>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 •VOLUNTEERS NEWS PREP--10:40AM</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 •DOCUMENTS --1:30PM-</p>	<p>Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</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>

•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.**

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

*AARP SAFE DRIVING COURSE

\$15/AARP members--\$20/non-members

Tuesday, June 12th--9 am- 3pm

Space A-2 next door to SLN, Oakwood Mall

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.



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

Lisa Bland-Selix

Editor and Prog. Coordinator

Anita Luetkemeyer

Exec. Director, NW/OOF

Deb Sexton

Certified Fitness Instructor

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

www.seniorlifeok.org

Be happy, be social, be fit!