

Build your social network...

BY LISA BLAND-SELIX,
EDITOR



Hope you are all enjoying the warm glow of summer! July is Social Wellness month so resist the temptation to stay inside the confines of your cool home!

Senior Life's motto is Be Happy. Be Social. Be Fit. Staying plugged in to groups or organizations, friends, loved ones, and relatives helps keep you healthy. We all try to eat well, drink water and do our exercise but are you taking the steps to stay social?

According to the University of Minnesota's website, <https://www.takingcharge.csh.umn.edu>, Social wellness means "nurturing yourself and your relationships." As we age, some may have caregiving demands or just lose sight that staying connected to others can be as important to your overall well-being as some other health recommendations.

The site goes on to say research shows that:

- People who have a strong social network tend to live longer.
- The heart and blood pressure of people with healthy relationships respond better to stress.
- Strong social networks are associated with a healthier endocrine system and healthier cardiovascular functioning.
- Healthy social networks enhance the immune system's ability to fight off infectious diseases.

How Can I Grow My Social Network?

- Work out. We have a great exercise program here at Senior Life with 16 classes per week. Walk in the mall with a buddy. Go try out Fit Club. (see info inside page 2)
- Volunteer. Many of our local organizations are always looking for volunteers to do a variety of jobs that might fit your passion. Check them out!
- Now is the time to find that hobby or try your hand at painting or drawing. Our local library has a variety of programs to choose from monthly.

These are just a few ideas to get you out and about with others. Remember it's never too late to BE HAPPY. BE SOCIAL. BE FIT!

Have you wondered ?

What to do if:

- You took too much of your medication
- You are concerned about a drug interaction
- You have made a mistake with a household product
- You have missed a dose of your medication



Join us for Basic Poison Prevention Lunch 'N Learn



with Laura Brennan, Education Coordinator
Oklahoma Center for Poison & Drug Information
Wednesday, July 11th at noon

Mall Event Room, Center Court, Oakwood Mall
(across from Chen Garden)

- Such topics as:
- Drug Interactions
 - Naloxone kits & Opioids
 - Medical marijuana (if bill passes)
 - Medication Safety, Storage & Disposal

Don't miss this trip...



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

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR/ JULY 10TH- 8:30 - 9:30am, FREE NOTE: DIFFERENT DAY

BECAUSE OF THE HOLIDAY! 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- JULY 26th-10AM-NOON** BY APPT ONLY. PLEASE CALL TO SCHEDULE

EDUCATION & FUN

*** JOIN US FOR LUNCH AT OSU EXT--JULY 5TH** SEE BELOW--**MUST HAVE RESERVATION!**

*** POISON PREV-LUNCH-WED., JULY 11TH NOON**--see front-page

*** CAREGIVING 101- JULY 17TH--1:30PM--**Lesa Rauh will share important tips for caregivers to care for themselves, PT. 5 OF 6WKS
COFFEETIME W/SLN AT FIVE80--TUES. JULY 18TH--8:30AM --Be social with us for coffee at FIVE80 COFFEEHOUSE, 122 E. RANDOLPH

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. Certified 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 JULY 24TH, 10:40am Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided.

Senior Life Coffee Club

Join us for coffee & conversation at Five80 Coffee House, 122 E. Randolph, Enid, Ok
TUESDAY
JULY 18TH at 8:30AM

RESPOND TO EVERY CALL THAT
EXCITES YOUR SPIRIT
--RUMI

FIT CLUB

FREE group exercise classes!!

Every Tuesday & Thursday at 5:45 pm

Looking for a way to be healthier and happier in 2018?!

Join us for **FREE** every Tuesday and Thursday for group fitness exercise at the **Champion Park Gym** located at 10th and Chestnut.

A certified group instructor will provide 45 minutes of strength training, core strengthening, flexibility and cardiovascular improvement for all fitness levels. Bring your family and friends because you won't want to miss this opportunity to start the year off healthier. In addition, we will provide you with free health screenings and health education! No registration is required.

Human Service Alliance's Health Planning Committee

INTEGRIS
Community Wellness

RURAL HEALTH PROJECTS, INC.
Serving Oklahoma Area Health Education Center (SHARED)

Garfield County Health Department

Enid
OKLAHOMA



Champion Park Gymnasium
700 N. 10th St. Enid
Every Tuesday and Thursday
5:45 -6:30 p.m.

TSET HEALTHY LIVING PROGRAM
Serving Garfield and Grant Counties

A Community Health Improvement Program

Travel Updates

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**

Let's Do (make) Lunch in France...
Join us at the Garfield Cty. Ext. Office, 316 E. Oxford



Cooking Class is at 11am, Thurs., July 5th SPACE IS LIMITED! MUST have Res. by July 3rd to eat!

followed by noontime tasting and culinary tour! Cost is just \$10 per person if coming for cooking class or join us during NOON hour. CALL 234-6060 TO RESERVE!


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



JULY 2018



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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 Yoga Level 2 8:30-9:30 3 Tai Chi 9:40-10:30 RESERVE FOR FRANCE LUNCH</p>	<p>4  Senior Life Closed</p>	<p>5 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 FRANCE LUNCH SEE PG.2-11-1PM</p>	<p>6 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 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>10 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 •HEALTH SCREENINGS-8:30-9:30AM</p>	<p>11 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 •POISON CONTROL-LUNCH NOON-RACG •DEEP-wk 1-10AM</p>	<p>12 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE ALLIANCE (COM. MTG)</p>	<p>13 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 Bench Step Aerobics 8:30 - 9:30 2Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p>	<p>17 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 •CAREGIVING 101-1:30PM</p>	<p>18 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 •DEEP-wk 2-10AM</p>	<p>19 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>20 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>23 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>24 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 •VOLUNTEERS NEWS PREP-- 10:40AM</p>	<p>25 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 •DEEP-wk 3-10AM</p>	<p>26 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 HEARING SCREENINGS--10am-noon</p>	<p>27 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>30 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>31 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>OFFICE HOURS: M-Th 8:00-5:00pm F 8:00-1:00pm 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 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.



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SeniorLifeNetwork



FREE Classes for People with Diabetes

Take charge of your life by learning how to control your diabetes.

Sign Up Today!

Senior Life Network

Learn how to take better care of your diabetes.

Sign up for a Diabetes Self-Management Education class and learn how to take charge of your health.

In these classes you will learn how to live a healthier life with diabetes:

- Find out how diabetes affects your body
- Make sense of your blood sugar numbers
- Meet others who have diabetes
- Have fun learning in a small group through games, activities and support conversations
- Learn about diabetes through classes located in the community near your neighborhood

What to expect:

A trained instructor leads the class, which meets several times. Your class will be small – probably no more than 20 people. You will have plenty of time to ask questions and learn more from others in your class.

To sign up, call the number listed below. Hurry because seats are limited.

Senior Life Network, 4125 W. Garriott, Enid

10:00 a.m. to 12:00 p.m., Wednesdays, July 11 - August 15

To sign up, call 548-1110



This material was prepared by TMF Health Quality Institute, the Medicare Quality Innovation Network Quality Improvement Organization, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents do not necessarily reflect CMS policy. 1150W-QIO008-02-14-12.

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!