

FIGHTING AGEISM

BY LISA BLAND-SELIX, EDITOR



"Well he is older than dirt."

These may make us laugh but making jokes about older people isn't funny. From "old geezer" to "crazy old lady" we often take a negative look at people in our society as they age. According to author, Julie Wenger Watson in an article titled, "Fighting Ageism", she quotes 88-year-old professor Emeritus at Duke University, Erdman Palmore, stating, "I think ageism is the last 'ism' that is socially acceptable in our society. It's socially acceptable to make jokes about older people because of their age and to send birthday cards that make fun of old people."

As the older population rises with nearly 600 million people age 60 and over worldwide, the repercussions of stereotyping older people can be significant to this demographic and society in general.

- **Ageism in the Workplace**—this can manifest itself in a variety of ways such as reductions in work duties or hours. Technological advances present challenges to learn new ways of doing business. Ageism is illegal and if you have experienced discrimination due to ageism it should be addressed by the human resources department or brought to the attention of management.

- **Ageism and Health**—Often older people are viewed as "set in their ways" by healthcare professionals and may cause them to lump conditions or aches and pains as the "normal signs of aging." Many health professionals get little instruction in geriatrics or the aging process so some conditions may receive incorrect diagnoses or under/over medication for particular illnesses. Prepare for doctor appointments with written concerns that you have noted since your last appointment and consider taking a family member with you for support and clarification.

- **Ageism, Advocacy and Attitude**—be an advocate for healthy aging. If someone offends you or treats you poorly due to age, do not be afraid to speak up and call them out. As a society we are deeply offended by racism and sexism. Ageism is just as bad but does not draw the outrage of the other two. As a society we must learn to respect those who are advanced in age for their courage, wisdom and experience. Personally, we must maintain a positive attitude as we age. This single trait can help

people live longer and be more productive physically and mentally.

Changing our own attitudes about aging is the best place to start. Stay active. Stay Positive. Stay Independent for as long as you can. Getting older is inevitable but we should be proud of ourselves and as a society, respect people of all ages.

STOP BY THE INFORMATION BOOTHS WHILE
YOU GET YOUR FREE FLU SHOT AT
ONE OF OUR CONVENIENT FLU SHOT CLINICS!



INTEGRIS

Community Flu Clinics

Free Flu Shots

Wednesday, Oct. 17 • 2 to 7 p.m.

Senior Life Network
4125 W. Owen K. Garriott Road • Enid, OK 73703

Saturday, Nov. 3 • 9 a.m. to 1 p.m.

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Free PSA blood testing also available for men who qualify.
Eligibility requirements: Men age 40-75 who are smokers,
African American men, and men with a father, brother
or son who have had prostate cancer.

Saturday, Nov. 17 • 9 a.m. to Noon

INTEGRIS Bass Pavilion
(Drive through Flu Shot Clinic)
401 S. 3rd • Enid, OK 73701

Enter the parking lot on the west side of the building.


Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR OCT.2ND- 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.18TH-10AM-NOON
BY APPT ONLY. PLEASE CALL
TO SCHEDULE**



BRIDGE CLUB*
MEETS HERE
MONDAYS & THURS.
1-4PM
*NOT A SENIOR LIFE ACTIVITY

EDUCATION & FUN

**COFFEETIME W/SLN
AT FIVE80--OCT.3RD--
8:30AM --Be social with us
for coffee at FIVE80 COFFEE-
HOUSE, 122 E. RANDOLPH**

***MEDICARE LUNCH 'N
LEARN--OCT.10TH-NOON-
-RACG-- John Vincent with
MEDICARE ASSISTANCE cov-
ers whats new in Medicare
COMMUNITY FLU SHOT
CLINIC--OCT.17TH--2-
7PM**see front for details

***WHAT SHOE ARE YOU?--
OCT.23RD--2PM--Fun way to
learn about yourself and others!
Find out which shoe best fits you
in this fun, interactive learning
experience w/Lesa Rauh, OSU
Ext.**

**COMPARE & ENROLL MEDI-
CARE --OCT. 30TH--9AM-
4PM--Come and see if you have
the best plan for you--1appt per
hour --SEE BACK FOR INFO**

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.

TAI CHI CLASSES
Tues/Thurs 9:40 AM-10:30

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
OCT.23RD, 10:40am** Volunteers
will be folding, and taping newslet-
ters to prepare them for mailing.
Light lunch provided.

INTEGRIS

Community Wellness



Presents
FIT CLUB

Free group exercise classes!!
Join us Tuesdays and Thursdays
at 5:45pm for 45 minutes of free
group exercise. The whole family is
invited to participate and all fitness
levels are welcome! This is FREE
and no registration is required!

Tues. & Thurs.
5:45-6:30 pm
Champion Park Gymnasium
700 N. 10th Street
Enid, OK

Let's do (make) lunch in... Amish Country! THURSDAY, OCT. 4 --11am

- Must go by and pay 10.00 and register by Sept. 31st at Garfield County OSU Extension, 316 E Oxford Avenue, 580-237-1228 •We will explore traditional Amish (or Pennsylvania Dutch) foods from fluffy chicken stuffing to shoe-fly pie! Learn about the simple fare that graces the tables of these hard-working people. By Lesa K. Rauh, OSU Extension



SOUTHERN FRIED APPLES

INGREDRIENTS

- 1/2 cup butter
- 1/2 cup white sugar
- 2 teaspoons ground cinnamon(or to taste pref.)
- 4 Granny Smith apples - peeled, cored, and sliced

Melt butter in a large skillet over medium heat; stir sugar and cinnamon into the hot butter. Add apples and cook until apples begin to break down, 5 to 8 minutes.

OCTOBER 2018

*Please call Senior Life Network at 234-6060 to sign up for programs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 HEALTH SCREENINGS--8:30-9:30AM	2 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 at Five80-8:30am	3 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30	4 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
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	8 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30	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 *MEDICARE LUNCH 'N LEARN-NOON-RACG	10 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE ALLIANCE (COM. MTG) NOON	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
Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30	15 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30	16 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 SHOT CLINIC--2-7PM	17 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 HEARING SCREENINGS 10AM-12PM	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
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	22 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 VOLUNTEERS NEWSLETTER PREP--10:40AM *WHAT SHOE ARE YOU?--LESA RAUH--2PM	23 Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30	24 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30	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
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	29 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *COMPARE & ENROLL-MEDICARE--9AM-4PM	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	LISA & SMALL GROUP IN BRANSON!	
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	31 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30	31 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	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!	M-Th 8:00-5:00pm F 8:00-4:00pm Phone: (580) 234-6060 Oakwood Mall (NEXT TO DILLARDS)

*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

**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. 10th--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!

TUESDAY, OCTOBER 30TH FROM 9AM-4PM
APPTS. ARE FIRST COME, FIRST SERVE--INDIVIDUALS, APPROX. 1
HOUR, COUPLES 1.5 HRS. PLEASE BRING MEDICARE CARD

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!