



Lifetime of Harmony Newsletter



Fit, Not Frail**

Tuesdays, April 2 through 23 • 10 to 11:30 a.m.

Fit, Not Frail is a four-week weight management program for senior adults 70-plus that meets once a week for 1-1/2 hours. The program emphasizes healthy eating and activities that bolster muscle strength, range-of-motion and balance.

The program will be held at the Edmond Senior Center, 2733 Marilyn Williams Dr., Edmond. There is no charge for this program, but **reservations are required. Call 405-216-7600 to enroll.**

INTEGRIS

volume 13 • number 4 • april 2019



Informed Senior Seminar**

Friday, April 12 • 8 a.m. to 12:30 p.m.

A day of education and resources for active seniors and those who care for seniors.

Healthy Nutrition, Fitness Safety, Scams, Medicare Part D, Conceal and Carry/Gun Laws are just a few of the topics covered, as well as multiple booths with pertinent information for all senior adults.

A continental breakfast will be available and door prizes will be given away at the end of the day. **Registration is required by calling the OKC Action Center at 405-297-2535 by April 5.** Seating is limited so call early to reserve your spot today! The program will be held at the OSU/OKC campus, 900 N. Portland Ave. in the Student Center on the third floor.

Medicare Changes and Challenges in 2019**

Friday, April 12 • 10:30 to 11:30 a.m., INTEGRIS Third Age Life Center

Tuesday, April 23 • 10:30 to 11:30 a.m., INTEGRIS Southwest, Medical Office Bldg.

Join senior services support specialist John Vincent for the latest information on 2019 Medicare updates and changes. He will also discuss the new Medicare cards.

These programs will be held at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100, and at the INTEGRIS Southwest, Medical Office Building, 4200 S. Douglas, B-10. There is no charge for the presentations, but **reservations are required.**

Information Highway – The 411

Your INTEGRIS Third Age Life Center offers this section in the *Lifetime of Harmony* newsletter to bring you some important dates, events and resources! Make sure you check this out each month!

1) Inclement Weather – When ice storms, snow or any severe weather threatens, be sure to listen to newscasts for school closings. **Please note! When the Oklahoma City Public Schools are closed due to bad weather, all activities and classes at this location, INTEGRIS Third Age Life Center, 5100 N. Brookline Ave. will be cancelled.**

2) INTEGRIS Retired Employees Luncheon Meeting – second Thursday every other month. The next meeting will be held on May 9, in the cafeteria Atrium at INTEGRIS Baptist. The festivities begin at 11:30 a.m. For more information, please contact Sharon Williams at swilliams13@cox.net.

3) MyRide Statewide – One-Call / One-Click/ 24/7 Service. 1-844-656-9743. Calling this number will provide you with the Oklahoma transportation resources available to you. Visit www.MyRide.ok.gov for more information.

5 Signs That It's Time to Consider Senior Living**

Friday, April 26 • 10:30 to 11:30 a.m.

Please join **Lisa Sanders**, community relations manager from Northaven Place, when she discusses the signs that indicate it may be time to start looking at senior living facilities. Whether it's a 55-plus active living community or a continuing care community that ranges from independent living to assisted living to nursing care, it's important to understand the signs and then what the options are. Lisa's presentation will be informative and important. Don't miss it!

The program will be held at the INTEGRIS Third Age Life Center, 5100 N. Brookline, Suite 100. There is no charge for the program, but **reservations are required.**

****Reservation required. Please call the INTEGRIS HealthLine at 405-951-2277 for reservation.**

Diet or Regular? Nutrition with Karen Massey**

Wednesday, April 17 • 10:30 to 11:30 a.m.
at the **INTEGRIS Third Age Life Center**

Thursday, April 25 • 10:30 to 11:30 a.m. at the **INTEGRIS Southwest, Medical Office Bldg.**

Most popular soft drinks are available in two versions, the “sugary” version and the “diet” one. This seemingly simple decision stirs-up a lot of opinions and emotions. Some disavow both versions as unnecessary beverages while others have a strong preference for one or the other. Like all dietary choices, the “right” answer depends on the “bigger” picture. How much and how often are important factors.

These programs will be held at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100, and at the INTEGRIS Southwest, Medical Office Building, 4200 S. Douglas, B-10. There is no charge for the presentations, but **reservations are required.**

Food as Medicine**!

Monday, April 22
6 to 7 p.m.

“Let your food be your medicine and your medicine be your food.” – Hippocrates

If you want to be healthy, one of the most powerful tools at your disposal is your fork. What you choose to put in your mouth has a direct impact on your long-term risk for developing chronic disease.

Join **Juli Johnson, APRN**, integrative medicine practitioner with the INTEGRIS Cancer Institute, for a discussion about simple ways to replenish your body with nutrients needed to function optimally and improve your health, energy and well-being.

Location for the program: Natural Grocers, 7013 N. May Ave. There is no charge for the program, but **registrations are required.**

Weekly FITNESS Activities

Monday

INTEGRIS Senior FitClub • 9-9:50 a.m.

Cardio-Strength Fitness

Crossings Community Center
10255 N. Pennsylvania Ave.

INTEGRIS Senior FitClub • 10-10:50 a.m.

Senior CHAIR Fitness

Crossings Community Center
10255 N. Pennsylvania Ave.

INTEGRIS Senior FitClub • 11-11:50 a.m.

Zumba Gold

Crossings Community Center
10255 N. Pennsylvania Ave.

INTEGRIS Senior FitClub • 9:15-10:15 a.m.

Cardio/Strength CHAIR Fitness

INTEGRIS Southwest, Medical Office Building
4200 S. Douglas, Suite B-10

Tuesday

Laughter Yoga • Noon-1 p.m.

Will Rogers Garden Expo Center
3400 NW 36 Street

Wednesday

INTEGRIS Senior FitClub • 9:15-10:15 a.m.

Cardio/Strength CHAIR Fitness

INTEGRIS Southwest, Medical Office Building
4200 S. Douglas, Suite B-10

INTEGRIS Senior FitClub • 10:30-11:30 a.m.

Cardio/Strength CHAIR Fitness

INTEGRIS Southwest, Medical Office Building
4200 S. Douglas, Suite B-10

INTEGRIS Senior FitClub • 9-9:50 a.m.

Cardio-Strength Fitness

Crossings Community Center
10255 N. Pennsylvania Ave.

INTEGRIS Senior FitClub • 10-10:50 a.m.

Cardio-Strength CHAIR Fitness

Crossings Community Center
10255 N. Pennsylvania Ave.

INTEGRIS Senior FitClub • 11-11:50 a.m.

Zumba Gold

Crossings Community Center
10255 N. Pennsylvania Ave.

Thursday

Bowling at Heritage Lanes • 11 a.m.-2 p.m.

11917 N. Pennsylvania Ave.
(Special rate available)

Friday

INTEGRIS Senior FitClub • 11:30 a.m.-12:30 p.m.

Yoga/CHAIR Fitness

Will Rogers Senior Citizens Center
3501 Pat Murphy Drive

INTEGRIS Senior FitClub • 1:30-2:30 p.m.

Cardio-Strength CHAIR Fitness

Will Rogers Senior Citizens Center
3501 Pat Murphy Drive

Support Groups and Supplementary Classes

Call 405-951-2277 for information, unless alternate phone number is shown.

1st Thursday, April 4 • 9 a.m.-3:30 p.m.

AARP Driver Safety Program**

INTEGRIS Third Age Life Center
5100 Brookline, Suite 100

\$15 AARP Member / \$20 Non-Member

2nd Friday, April 12 • 9 a.m.-3:30 p.m.

AARP Driver Safety Program**

INTEGRIS Southwest Medical Center
Medical Office Building
4200 S. Douglas, Suite B-10

\$15 AARP Member / \$20 Non-Member

2nd Monday, April 8 • 7-8 p.m.

Hearing Loss Association

Lakeside Methodist Church
2925 NW 66 St.

3rd Thursday, April 18 • 1:30-2:30 p.m.

Hearing Loss Association

Lakeside Methodist Church
2925 NW 66 Street

1st Wednesday, April 3 • 12:30-1:30 p.m.

Cardiac Rehab Support Group

INTEGRIS Southwest, Cafeteria
Dining Rooms 3 and 4
4401 S. Western

For information and reservations, call 405-636-7388.

2nd Wednesday, April 10 • 4-5 p.m.

Better Breathers Club

INTEGRIS Health Edmond
Memorial Conference Room
4801 INTEGRIS Parkway

2nd and 4th Thursdays, April 11 and 25

11:30 a.m.-1 p.m.

Alzheimer's Caregiver Support Group

INTEGRIS Third Age Life Center
5100 N. Brookline, Suite 100

4th Thursday, April 25 • 6-7 p.m.

ACES (All Cancer Education and Support Group)

INTEGRIS Southwest Cancer Institute
4401 S. Western, Cancer Center Conference Room
For information and reservations, call 405-636-7951.

4th Tuesday, April 23 • 6:30-7:30 p.m.

Caregivers Support Group

Daily Living Center Rockwell
3000 N. Rockwell

3rd Thursday, April 18 • 5:30-6:30 p.m.

Caregivers Support Group

Daily Living Center South
1681 SW 86

2nd Monday, April 8 • 5:30-6:30 p.m.

Caregivers Support Group

Daily Living Center Edmond
3413 Wynn Dr.

1st Thursday, April 4 • 3-4:30 p.m.

Better Breathers Club

Lung Disorders Support Group
INTEGRIS Southwest Cancer Center
Cancer Center Conference Room
4401 S. Western

april 2019

“The only thing you have to fear is fear itself.” — Franklin D. Roosevelt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>2</p> <p>Fit, Not Frail** (4 week course) Edmond Senior Center 2733 Marilyn Williams Dr., Edmond Call 405-216-7600 to enroll. 10-11:30 a.m.</p>	<p>3</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>4</p> <p>AARP Driver Safety** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 9 a.m.-3:30 p.m.</p>	<p>5</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3401 Pat Murphy Dr. 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Chair Fitness Will Rogers Senior Center 3401 Pat Murphy Dr. 1:30-2:30 p.m.</p>
<p>8</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p> <p>Monthly Blood Pressure Checks INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 <i>Come and Go</i> 11:30 a.m.-1 p.m.</p>	<p>9</p>	<p>10</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>11</p>	<p>12</p> <p>Informed Senior Seminar** OSU/OKC Student Center Third Floor, 900 N. Portland 8 a.m.-12:30 p.m.</p> <p>AARP Driver Safety** INTEGRIS Southwest (MOB) 4200 S. Douglas, Suite B-10 9 a.m.-3:30 p.m.</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3401 Pat Murphy Dr. 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3401 Pat Murphy Dr. 1:30-2:30 p.m.</p> <p>Medicare Changes** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p>
<p>15</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>16</p>	<p>17</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p> <p>Diet or Regular?* Nutrition with Karen Massey INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30 -11:30 a.m.</p>	<p>18</p>	<p>19</p> <p>Hearing Helpers Demo INTEGRIS Southwest MOB 4200 S. Douglas, Suite B-10 10 a.m.-1 p.m.</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3401 Pat Murphy Dr. 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3401 Pat Murphy Dr. 1:30-2:30 p.m.</p> <p>Rapid Readers Book Club <i>Saving Fish from Drowning</i> by Amy Tan INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 11:30 a.m.-12:45 p.m.</p>
<p>22</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p> <p>Food as Medicine** Natural Grocers 7013 N. May Ave. 6-7 p.m.</p>	<p>23</p> <p>Medicare Changes** INTEGRIS Southwest MOB 4200 S. Douglas, Suite B-10 10:30-11:30 a.m.</p>	<p>24</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>25</p> <p>Diet or Regular?* Nutrition with Karen Massey INTEGRIS Southwest MOB 4200 S. Douglas, Suite B-10 10:30 -11:30 a.m.</p>	<p>26</p> <p>5 Signs That it's Time to Consider Senior Living** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3401 Pat Murphy Dr. 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3401 Pat Murphy Dr. 1:30-2:30 p.m.</p>
<p>29</p> <p>INTEGRIS Senior FitClub Crossings Community Center 10255 N. Penn, Oklahoma City 9-9:50 a.m. 10-10:50 a.m. 11-11:50 a.m.</p>	<p>30</p>	<p>Refer to weekly activities list on page 2 for recurring activities.</p>		<p>** Reservation required. Call the INTEGRIS HealthLine at 405-951-2277.</p>

SATURDAY 6

SUNDAY 7

SATURDAY 13

SUNDAY 14

SATURDAY 20

SUNDAY 21

SATURDAY 27

SUNDAY 28

INTEGRIS

Community Wellness

5100 N. Brookline Ave., Suite 100
Oklahoma City, OK 73112

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MONTHLY PROGRAMS

LIFETIME OF HARMONY NEWSLETTER

Blood Pressure Power

Friday, April 12 • 1:30 to 3 p.m.

It's come and go, with no appointment needed. Stop by the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100, and have your blood pressure checked. There is no charge for this service.

Hearing Helpers Demonstration

Friday, April 19 • 10 a.m. to 1 p.m.

Learn about assistive listening devices available to help compensate for hearing loss. A representative of the Faye Donalson Hearing Helpers Room will demonstrate some of these devices at INTEGRIS Southwest Medical Office Bldg. 4200 S. Douglas, Suite B-10.

Come and go. There is no charge for this service and reservations are not required.

Rapid Readers Book Club Discussion

Friday, April 19 • 11:30 to 12:45 p.m.

You are cordially invited to join the Rapid Readers book discussion of *Saving Fish from Drowning* by Amy Tan. Bring a snack if desired and join the group at the INTEGRIS Third Age Life Center, 5100 N. Brookline, Suite 100. Everyone is welcome; there is no fee to join in and no registration is required.

'Every-bunny' loves Deviled Eggs

Ingredients

- 12 large eggs
- 1/4 cup creamy salad dressing (such as Miracle Whip)
- salt and ground black pepper to taste
- hot sauce (spicy) or pickle relish (sweet); choose which type you like
- 1/4 teaspoon dry mustard



Directions

Boil eggs until hard. Drain and cover eggs with cold water. Peel cooled eggs. Cut hard-cooked eggs in half lengthwise and remove yolks; mash yolks in a bowl with creamy salad dressing, salt, black pepper, hot sauce and dry mustard until smooth. Spoon egg yolk, filling egg white halves; cover and chill at least 30 minutes before serving.

Fitness and Wellness Tip of the Month

Stay home if you're sick!

Wait at least 24 hours after you no longer have a fever (100°F or 37.8°C) or signs of a fever (without the use of a fever-reducing medicine, such as Tylenol®) to leave your home and actively be around other people.

Visit us online at www.integrisk.com

Lifetime of Harmony is published by INTEGRIS Health's Third Age Life Center, and the James L. Hall Jr. Center for Mind, Body and Spirit. Our mission is to improve the health of the people and communities we serve. Letters and comments may be addressed to Lifetime of Harmony, 5100 N. Brookline Ave., Suite 100, Oklahoma City, OK 73112. The James L. Hall Jr. Center for Mind, Body and Spirit is located at 3366 NW Expressway, Suite 100, Oklahoma City, OK 73112.

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