



## Exercise and Your Joints = Flexibility\*\*

**Thursday, July 11 • 1 to 2 p.m.**

Keeping your joints well 'oiled' and doing the things you want to do as you age, comes down to keeping your flexibility. How do I do this, you might ask? Join INTEGRIS exercise physiologist, Cathy Patterson, M.S., for an informative, interactive presentation on how to keep your joints from drying up!

This class will be held at HealthyLivingOKC, 11501 N. Rockwell. There is no charge for this class. **Registration is required.**

## B.E. F.A.S.T. and Keep your Emergency MedFiles Up to Date!\*\*

**Friday, July 12 • 10:30 to 11:30 a.m.**

Please join **Mary Pinzon, M.Ed., RN, CPE**, INTEGRIS Stroke Education Nurse, for the latest information on identifying a stroke using the B.E. F.A.S.T. techniques.

She will follow that with handing out Emergency MedFiles to each participant and going over the specifics and importance of filling these out and keeping them updated and handy in case you have a medical emergency.

This class will be held at INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100. There is no charge for this class. **Registration is required.**

## Be Safe, Don't Fall\*\*

**Friday, July 12 • 10 to 11 a.m.**

Join **Lauren Ballou**, INTEGRIS Wellness Specialist, to learn tips and tricks to improve your balance and how to prevent complications from falls.

The class will be held at INTEGRIS Canadian Valley Hospital, 1201 Health Center Parkway, Yukon. There is no charge for this class. **Registration is required.**

## INTEGRIS

volume 13 • number 7 • July 2019

### ANNOUNCING Our New Name!

We are proud to announce that the INTEGRIS Third Age Life Center and the Lifetime of Harmony newsletter have a new name!

### INTEGRIS Senior Life Wellness

We are still located at our north campus, 5100 N. Brookline Ave., and our south campus, 4200 S. Douglas, B10, in Oklahoma City. For now, some of our literature and doors will still read INTEGRIS Third Age Life Center, but we assure you our wonderful programming, events, and health and wellness series and activities will be the same or even better. It will be a slow process of getting our programs and materials to reflect this name change, but we are excited about the new name and new look!

### Scrawny vs Brawny\*\*

**Tuesday, July 16 • 10:30 to 11:30 a.m.**

Learn lifestyle factors that can delay onset, and slow down, the loss of strength. Diet, regular exercise and adequate protein are all important in keeping your muscle. Join **Karen Massey, RD, LD**, for this informative presentation.

The class will be held in the Memorial classroom at INTEGRIS Health Edmond, 4801 INTEGRIS Parkway. There is no charge for this class, but **registration is required.**

## Will Eating 'X food' Kill You? Nutrition with Karen Massey\*\*

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

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

It's almost impossible to escape being bombarded with all sorts of dire warnings suggesting that eating (or not eating) a particular food could ruin your health. Admittedly, poisonous mushrooms can kill you, but many of the eye-catching 'pop-ups' commonly depicted seem to suggest that ordinary foods are conduits for disaster. Not so!

Eating a healthy diet is, and always has been, about including a variety of foods from the basic food groups. But, notably, there are times when being 'skeptical' is a good thing. Join Karen for tips on how to recognize nutrition nonsense when you see it.

There is no charge for these classes, but **registration is required.**

### Senior Café\*\*

**Thursday, July 18 • 4 to 5 p.m.**

Please join us for a great meal, health education and friendly conversation at the INTEGRIS Senior Café! You will enjoy Beef Tenderloins with veggies, and Brownies for dessert. Hearing Helpers Educator Elaine Lains will present information about hearing and aging. She will tell you about some of the 'handy' equipment that is available to assist you in hearing better. Ending the evening is, of course, BINGO with prizes!

Dinner is served at INTEGRIS Southwest in the Cancer Center Conference Rooms, 4401 S. Western Ave., for only \$5 per person, collected at the door. **Call 405-951-2277 to reserve your place at the table.**

## Self-hypnosis for Stress and Anxiety\*\*

**Tuesday, July 30 • 6 to 7 p.m..**

Please join the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit for an evening on stress management. Brandy Lance, certified hypnotherapist, will speak about the power of positive affirmations, and will teach participants how to effectively write their own. She will also teach the class self-hypnosis techniques and positive anchors to help during times of stress.

The program will be held at the Arcadia Trails INTEGRIS Center for Addiction Recovery, 4851 INTEGRIS Parkway, Edmond. Call the INTEGRIS HealthLine at 405-951-2277 to enroll. There is no charge for this presentation, but **reservations are required.**



## INTEGRIS Retired Employees Luncheon Meeting

**Friday, June 14 • 10:30 to 11:30 a.m.**

Held the second Thursday every other month. The next meeting will be July 11 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.

## Information Highway – The 411

- 1) Please do not wear perfume to the presentations and programs as it may trigger severe allergic reactions for many other participants who have smell sensitivities.
- 2) Positive Directions mentoring program – Make a difference in a child's life ... be a mentor! If you are interested in learning more or signing up for the fall school semester, please contact Lauren Ballou at lauren.ballou@integrisk.com.
- 3) Our Spanish classes, at the INTEGRIS Senior Life Wellness Center, will resume this fall.



## 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**

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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.*

**2nd Wednesday, July 10, • 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, July 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 Member / \$20 Non-Member

**2nd Monday, July 8 • 7-8 p.m.**

**Hearing Loss Association**

Lakeside Methodist Church

2925 NW 66 Street

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

**Hearing Loss Association**

Lakeside Methodist Church

2925 NW 66 Street

**1st Wednesday, July 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, July 10 • 4-5 p.m.**

**Better Breathers Club**

INTEGRIS Health Edmond

Memorial Conference Room

4801 INTEGRIS Parkway

**2nd and 4th Thursdays, July 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, July 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, July 23 • 6:30-7:30 p.m.**

**Caregivers Support Group**

Daily Living Center Rockwell

3000 N. Rockwell

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

**Caregivers Support Group**

Daily Living Center South

1681 SW 86

**2nd Monday, July 8 • 5:30-6:30 p.m.**

**Caregivers Support Group**

Daily Living Center Edmond

3413 Wynn Dr.

**1st Thursday, July 4 • 3-4:30 p.m.**

**Better Breathers Club**

(canceled July 4)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>1</b></p> <p><b>INTEGRIS Senior FitClub</b> 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><b>2</b></p>	<p><b>3</b></p> <p><b>INTEGRIS Senior FitClub</b> 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><b>4</b></p> 	<p><b>5</b></p> <p><b>INTEGRIS Senior FitClub Chair Yoga</b> Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Senior FitClub Chair Fitness</b> Will Rogers Senior Center 3400 NW 36th St. 1:30-2:30 p.m.</p>
<p><b>8</b></p> <p><b>INTEGRIS Senior FitClub</b> 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><b>9</b></p>	<p><b>10</b></p> <p><b>INTEGRIS Senior FitClub</b> 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><b>11</b></p> <p><b>Exercise Your Joints = Flexibility**</b> HealthyLivingOKC 1501 N. Rockwell 1-2 p.m.</p>	<p><b>12</b></p> <p><b>AARP Driver Safety**</b> INTEGRIS Southwest (MOB) 4200 S. Douglas, Suite B-10 9 a.m.-3:30 p.m.</p> <p><b>INTEGRIS Senior FitClub / Chair Yoga</b> Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Senior FitClub / Chair Fitness</b> Will Rogers Senior Center 3400 NW 36th St. 1:30-2:30 p.m.</p> <p><b>B.E. F.A.S.T. and Emergency MedFiles**</b> INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p> <p><b>Monthly Blood Pressure Checks</b> INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 Come and Go 11:30 a.m.-1 p.m.</p> <p><b>Be Safe, Don't Fall**</b> INTEGRIS Canadian Valley Hospital 1201 Health Center Parkway, Yukon 10-11 a.m.</p>
<p><b>15</b></p> <p><b>INTEGRIS Senior FitClub</b> 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><b>16</b></p> <p><b>Scrawny vs Brawny**</b> INTEGRIS Health Edmond 4801 INTEGRIS Parkway 10:30-11:30 a.m.</p>	<p><b>17</b></p> <p><b>Will Eating 'X food' Kill You? Nutrition with Karen Massey**</b> INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p> <p><b>INTEGRIS Senior FitClub</b> 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><b>18</b></p> <p><b>Senior Café**</b> INTEGRIS Southwest Cancer Center Conference Rooms 4401 S. Western Ave. 4-5 p.m.</p>	<p><b>19</b></p> <p><b>Hearing Helpers Demonstration</b> INTEGRIS Southwest -MOB -B10 4200 S. Douglas 10 a.m.-1 p.m.</p> <p><b>INTEGRIS Senior FitClub Chair Yoga</b> Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Senior FitClub</b> Will Rogers Senior Center 3400 NW 36th St. 1:30-2:30 p.m.</p> <p><b>Rapid Readers Book Club</b> "The Reckoning" by John Grisham INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 11:30 a.m.-12:45 p.m.</p>
<p><b>22</b></p> <p><b>INTEGRIS Senior FitClub</b> 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><b>23</b></p> <p><b>Will Eating 'X food' Kill You? Nutrition with Karen Massey**</b> INTEGRIS Southwest (MOB) 4200 S. Douglas, Suite B-10 10:30-11:30 a.m.</p>	<p><b>24</b></p> <p><b>INTEGRIS Senior FitClub</b> 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><b>25</b></p>	<p><b>26</b></p> <p><b>INTEGRIS Senior FitClub Chair Yoga</b> Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Senior FitClub</b> Will Rogers Senior Center 3400 NW 36th St. 1:30-2:30 p.m.</p>
<p><b>29</b></p> <p><b>INTEGRIS Senior FitClub</b> 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><b>30</b></p> <p><b>Self-hypnosis for Stress and Anxiety**</b> Arcadia Trails 4851 INTEGRIS Parkway, Edmond 6-7 p.m.</p>	<p><b>31</b></p> <p><b>INTEGRIS Senior FitClub</b> 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><b>Refer to weekly activities list on page 2 for recurring activities.</b></p>	
				<p><b>** Reservation required. Call the INTEGRIS HealthLine at 405-951-2277.</b></p>

SATURDAY 6  
SUNDAY 7  
SATURDAY 13  
SUNDAY 14  
SATURDAY 20  
SUNDAY 21  
SATURDAY 27  
SUNDAY 28  
SATURDAY 29  
SUNDAY 30

**INTEGRIS**

*Community Wellness*

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Oklahoma City, OK 73112

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M O N T H L Y P R O G R A M S

LIFETIME OF HARMONY NEWSLETTER

### Blood Pressure Power

**Friday, July 12 • 11:30 a.m. to 1 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.

### Rapid Readers Book Club Discussion

**Friday, July 19 • 11:30 a.m. to 12:45 p.m.**

You are cordially invited to join the Rapid Readers Book Club discussion of *The Reckoning* by John Grisham. Feel free to bring a snack 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 registration is not required.

### Hearing Helpers Demonstration

**Friday, July 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 in the Medical Office Building, Suite B10, 4200 S. Douglas.

Come and go during the stated hours to view the devices and learn about other resources for people with hearing impairments. There is no charge for this service and reservations are not required..

## Did you Know? • 100 Health and Wellness Tips

- To get the most nutrients from your baked potato, eat the skin.
- Romaine lettuce has six times as much vitamin C and eight times as much beta carotene as Iceberg lettuce.
- Weight loss products are the No. 1 type of consumer fraud in the U.S.

Visit us online at [www.integrisk.com](http://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.

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