



Lifetime of Harmony Newsletter



Esperanto – Quick Course Spanish**

Tuesdays, March 5 to April 9 • 10-11:30 a.m.

Prepare your mind to tackle the Spanish language. Esperanto is specifically designed to learn Spanish in a fraction of the time it takes to learn with other methods. Instructor **Tim Rice** will help you start your language adventure.

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

Tools for Living with Chronic Pain**

Mondays, March 11 to April 15 • 1:30-4 p.m.

This six-session, interactive program was developed for people who have a primary or secondary diagnosis of chronic pain. Pain is defined as being chronic or long term when it lasts for longer than three to six months, or beyond the normal healing time of an illness or injury.

You will learn techniques to deal with issues such as frustration, fatigue, isolation and poor sleep. Exercise, medications, nutrition and treatments will also be discussed. The program will be held at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100. The workshop is free, but **registrations are required.**

Reminder!

Hearing Helpers Demonstration Services
Monday through Friday • 10 a.m. to 3 p.m.
Faye Donalson Hearing Helpers Room
5100 N. Brookline Ave., Suite 100
No registration required.

INTEGRIS

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INTEGRIS Senior Café**

Thursday, March 21 • 4 to 5 p.m.

Join us for a great meal, health education and friendly conversation at the Senior Café! You will enjoy a glazed ham dinner and German chocolate cake for dessert. Join INTEGRIS community wellness dietitian **Karen Massey, RD, LD**, for a presentation about your health and good nutrition.

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.**



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. When the Oklahoma City Public Schools are closed due to bad weather, all activities at, or sponsored by, the INTEGRIS Third Age Life Center will be cancelled.

2) RSVP Provide a Ride – Since 1994, RSVP Provide a Ride has offered adults 60+ free transportation to medical appointments throughout central Oklahoma. Call 405-605-3106.

3) Positive Mentoring Make a difference in a child's life...volunteer to become a mentor! Contact Lauren Ballou for more information: lauren.ballou@integrisok.com.

Positive Stress 'Mindset' **

Friday, March 8 • 10:30 to 11:30 a.m. at the INTEGRIS Third Age Life Center

Tuesday, March 19 • 10:30 to 11:30 a.m. at the INTEGRIS Southwest, Medical Office Bldg.

Are you feeling an abundance of unwanted stress lately? Coping with 'pressure' and feeling better could be as easy as changing your mind about the things that appear to 'stress you out'. Start thinking of stress as a challenge and an opportunity rather than a threat.

Join INTEGRIS exercise physiologist **Cathy Patterson** to learn how your 'mindset' influences your life and could slow down the aging process.

• March 8 at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100, **There is no charge for this class. Registration is required.**

• March 19 at the INTEGRIS Southwest Medical Office Building, B-10, 4200 S. Douglas. **There is no charge for this class. Registration is required.**

Keeping (Lost) Weight Off • Nutrition with Karen Massey**

Wednesday, March 20 • 10:30 to 11:30 a.m.
at the INTEGRIS Third Age Life Center

Tuesday, March 26 • 10:30 to 11:30 a.m.
at the INTEGRIS Southwest, Medical Office Building

Losing weight is one thing, keeping it off is another. The industry rarely concentrates on the later. Losing weight generates more uproar. There are countless diets, gadgets and supplements promoting jazzy ways to lose weight, but marketers tend to shy away from the touchy topic of keeping it off.

If you feel like you are 'stuck in a rut,' join **Karen Massey, RD, LD**, for some tips on keeping (lost) weight off.

• **March 20** at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100. **There is no charge for this class. Registration is required.**

• **March 26** at the INTEGRIS Southwest, Medical Office Building, B-10, 4200 S. Douglas. **There is no charge for this class. Registration is required.**

Authentic Irish Soda Bread and Wishing You the Luck O' the Irish!

Ingredients

4 cups flour, 1/2 cup sugar, 2 tsp baking powder, 1 tsp baking soda, 3/4 tsp salt, 2 tsp caraway seeds, 2 eggs slightly beaten, 1 cup buttermilk, 1 cup sour cream, 2 cups raisins

Directions

Preheat oven to 350° F. Spray a 9" round cake pan with nonstick baking spray. Mix flour, sugar, baking powder, baking soda, salt, caraway seeds and stir (set aside). Combine eggs, buttermilk, sour cream, beat until smooth. Stir this mixture into the flour mixture until almost moist; stir in raisins. Knead the dough in bowl 10-12 times. The dough will be soft and sticky. Place dough in pan, pat down forming a round mound. Cut two 4" long and 3/4" deep slashes forming a cross on top on top of dough. Bake for 65-75 minutes until brown and sounds hollow when tapped. Cool and serve warm.

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.

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.

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, March 7 • 9:00 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, March 8 • 9:00 a.m.-3:30 p.m.

AARP Driver Safety Program

INTEGRIS Southwest,
Medical Office Building

4200 S. Douglas, Suite B-10

\$15 Member / \$20 Non-Member

2nd Monday, March 11 • 7-8 p.m.

Hearing Loss Association

Lakeside Methodist Church
2925 NW 66 St.

3rd Thursday, March 21 • 1:30-2:30 p.m.

Hearing Loss Association

Lakeside Methodist Church
2925 NW 66 Street

1st Wednesday, March 6 • 12:30-1:30 p.m.

Cardiac Rehab Support Group

INTEGRIS Southwest

Cancer Center Conference Rooms

4401 S. Western

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

2nd Wednesday, March 13 • 4-5 p.m.

Better Breathers Club

INTEGRIS Health Edmond

Memorial Conference Room

4801 INTEGRIS Parkway

2nd and 4th Thursdays, March 14 and 28

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

Alzheimer's Caregiver Support Group

INTEGRIS Third Age Life Center

5100 N. Brookline, Suite 100

2nd Thursday, March 14 • 6-7 p.m.

ACES (All Cancer Education and Support Group)

INTEGRIS Cancer Institute

5911 W. Memorial Road, Conf. Rooms D and E

For information and reservations, call 405-773-6608.

3rd Tuesday, March 19 • 6-7:30 p.m.

Us Too Prostate Support Group

INTEGRIS Cancer Institute

5911 W. Memorial Road, Conf. Room C

For information, call 405-773-6608.

4th Thursday, March 28 • 6-7 p.m.

ACES (All Cancer Education and Support Group)

INTEGRIS Southwest Cancer Institute

Cancer Center Conference Rooms

4401 S. Western

For information and reservations, call 405-636-7951.

1st Thursday, March 7 • 3-4:30 p.m.

Better Breathers Club

Lung Disorders Support Group

INTEGRIS Southwest Cancer Institute

Cancer Center Conference Room

4401 S. Western

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<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>		<p>1</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Chair Fitness Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 p.m.</p>	SATURDAY 2
<p>4</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>5</p> <p>Esperanto – 6 weeks Spanish Classes** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 March 5 to April 9 10-11:30 a.m.</p>	<p>6</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>7</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>8</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Chair Fitness Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 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>Positive Stress 'Mindset** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p> <p>Monthly Blood Pressure Checks INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 Come and Go 11:30 a.m.-1 p.m.</p>	SATURDAY 9
<p>11</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>Tools for Living with Chronic Pain** 6 week session INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 March 11 through April 15 1:30-4 p.m.</p>	<p>12</p>	<p>13</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>Hearing Helpers Demonstration INTEGRIS Health Edmond 4801 INTEGRIS Parkway 1-3 p.m.</p>	<p>14</p>	<p>15</p> <p>Rapid Readers Book Discussion <i>The Book Thief</i> by Marcus Zusak INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 11:30 a.m.-12:45 p.m.</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 p.m.</p>	SUNDAY 10
<p>18</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>19</p> <p>Positive Stress 'Mindset** INTEGRIS Southwest, Medical Office Bldg. B-10, 4200 S. Douglas 10:30-11:30 a.m.</p>	<p>20</p> <p>Keeping (Lost) Weight Off** INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</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>21</p> <p>Senior Café** INTEGRIS Southwest Cancer Center Conf. Rooms 4401 S. Western Ave. 4-5 p.m.</p>	<p>22</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 p.m.</p>	SUNDAY 17
<p>25</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>26</p> <p>Keeping (Lost) Weight Off** INTEGRIS Southwest, Medical Office Bldg. B-10, 4200 S. Douglas 10:30-11:30 a.m.</p>	<p>27</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>28</p>	<p>29</p> <p>INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3501 Pat Murphy Drive 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3501 Pat Murphy Drive 1:30-2:30 p.m.</p>	SATURDAY 23
					SUNDAY 24
					SATURDAY 30
					SUNDAY 31

Daylight Savings Time Begins. Spring Forward!



INTEGRIS

Community Wellness

5100 N. Brookline Ave., Suite 100
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M O N T H L Y P R O G R A M S

LIFETIME OF HARMONY NEWSLETTER

Rapid Readers Book Discussion

Friday, March 15 • 11:30 a.m.-12:45 p.m.

You are cordially invited to join our Rapid Readers book discussion of *The Book Thief* by Marcus Zusak. 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.

AARP Driver Safety Courses**

Thursday, March 7 • 9 a.m. to 3:30 p.m.

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

Friday, March 8 • 9 a.m. to 3:30 p.m.

INTEGRIS Southwest Medical Office Bldg., 4200 S. Douglas, Suite B-10. There is no charge for the program, but **reservations are required.**

Blood Pressure Power

Friday, March 8 • 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.

Hearing Helpers Demonstration

Wednesday, March 13 • 1 to 3 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 Health Edmond, 4801 INTEGRIS Parkway.

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

Fitness and Wellness Tip of the Month

Try to avoid close contact with sick people. If you must get in close contact with someone who is sick, here are some safe guards to protect yourself: 1) Wear a protective face mask 2) Carry hand sanitizer and use it 3) Wash your hands if possible 4) Save your visit or assistance for another day.

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.

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