



# Lifetime of Harmony Newsletter



## Opioid Overdose Prevention\*\*

**Wednesday, May 1 • 10:30 to 11:30 a.m.**

A simple, practical way to learn what an opioid overdose is, how to prevent or recognize a possible overdose, and how to respond to this medical emergency.

You will see a demonstration of the “rescue” medication used in opioid overdoses and learn how to access this life-saving medication to keep at home for this type of emergency.

Join us at the Third Age Life Center, 5100 Brookline, Suite 100. There is no charge for this class.

## Legal Resources for Family Caregivers with Jill Watskey\*\*

**Friday, May 3 • Noon to 1:30 p.m.**

Perhaps one of the most difficult parts of caregiving is understanding and making good decisions about legal and financial issues. This seminar will address Long Term Care Planning, Estate Planning, and Avoiding Probate. The seminar is presented by elder law attorney, Jill Watskey, with Watskey Law Office.

The seminar will be hosted at Sunbeam Family Services, 1100 NW 14th Street. For more information and to enroll, please call 405-609-6551. **Registration is required.**

## Bands and Balls Fitness\*\*

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

Using bands and balls is a fun, easy way to get fit. Join INTEGRIS fitness instructor, Kim Biggers, for this informative, interactive class. Bands and balls are provided, and you get to take your band home!

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

## INTEGRIS

volume 13 • number 5 • may 2019

## Too Many Diets ... Nutrition with Karen Massey\*\*

**Wednesday, May 15 • 10:30 to 11:30 a.m. at the INTEGRIS Third Age Life Center**

**Tuesday, May 28 • 10:30 to 11:30 a.m. at the INTEGRIS Southwest Medical Center Office Bldg.**

Poly-diets? Most people have heard of “polypharmacy” as it relates to taking too many medications. The same thing can happen with dietary modifications. If your “avoid” list is a mile-long, while your “allowed” list is down to seven foods – it’s time to reevaluate.

Some once-touted regimens have since been deemed unnecessary or obsolete. Fads get mixed-in, too. If you’re intentionally including or excluding specific foods, but aren’t sure where you picked-up this regimen – it may be time to ask, “why”? Join Karen for information on how to eat healthy.

• **May 15 - INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100.** There is no charge for this class. **Registration is required.**

• **May 28 - INTEGRIS Southwest Medical Center Office Building, B-10, 4200 S. Douglas.** There is no charge for this class. **Registration is required.**

## It’s Senior Prom Time\*\*

**Thursday, May 30 • 1 to 3 p.m. • Lost in the ‘50s**

Get out your bobby socks, poodle skirts and letter sweaters, or maybe even your ‘50s prom dress! It’s time to get *Lost in the ‘50s!* Join us for an afternoon filled with ‘50s music, dancing, refreshments, photos with Elvis and crowning of a Prom King and Queen.

The event will be held at the Petroleum Club Event Center (formerly Jim Thorpe Event Center), 4040 N. Lincoln Blvd. There is no charge, but **reservations are required.**

## Senior Café\*\*

**Thursday, May 16 • 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 Chicken Almandine with brown rice and veggies, and cobbler for dessert. INTEGRIS community wellness health educator, Brenda Rice, will present informative advice and information about your health and aging, followed by BINGO with prizes!

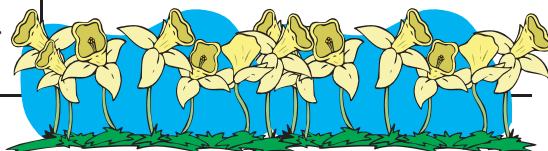
Dinner is served at INTEGRIS Southwest in the Cancer Center Conference Rooms, 4401 S. Western Ave., for only \$5 per person, collected at the door. **Call 405-951-2277 to reserve your place at the table.**

## Fitness from your Chair\*\*

**Tuesday, May 21 • 10:30 to 11:30 a.m.**

Looking for a safe and practical alternative to traditional exercise? Chair fitness and chair yoga may be the answer. Join INTEGRIS certified fitness instructor, Mike Chavez, B.S., specialist in community benefits, to burn calories, improve muscle tone and increase range of motion, all from a chair!

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



## The Cochlear Community Invites YOU!

**Tuesday, May 28 • 5 to 6:30 p.m.**

Have fun and take action! Explore how the cochlear family of volunteers can be a wonderful resource for those seeking information on advanced hearing loss solutions, and support for those who have implants.

Come check out what we are doing and discover how you can get involved. Families are welcome! Beverages and light snacks will be served. The Meet and Greet starts at 5 p.m. and the meeting begins at 5:30 p.m. at the INTEGRIS Third Age Life Center, 5100 N. Brookline Ave., Suite 100. For more information, visit [www.cochlear.com/US/events](http://www.cochlear.com/US/events).

## Save the Dates!

### The 4th Quarter of Your Life – Spring Training

**Friday, May 10, 8 a.m. to 5 p.m.**

Information and Presentations  
ALL seniors need to know!  
by *Well Preserved* with Eunice Khoury  
Crossings Community Church  
14600 Portland Ave.,  
Oklahoma City, OK 73134

## Feed Your Brain: Nutrition for Concentration and Focus\*\*

**Tuesday, May 21  
6 to 7:30 p.m.**

Please join the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit and Natural Grocers for an evening on brain health and nutrition. Do you find it hard to concentrate or focus? Are you irritable or moody for no discernable reason? Feeling absent minded or suffering from periodic brain fog? Learn the secrets of better brain health and how your food may connect.

The program will be held at INTEGRIS Baptist Medical Center, 3300 NW Expressway, in the Raymond A. Young Conference Center J, K and L. Call the INTEGRIS HealthLine at 405-951-2277 to enroll. There is no charge for this presentation, but **reservations 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, May 2 • 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, May 10 • 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, May 13 • 7-8 p.m.**

**Hearing Loss Association**

Lakeside Methodist Church

2925 NW 66 St.

**3rd Thursday, May 16 • 1:30-2:30 p.m.**

**Hearing Loss Association**

Lakeside Methodist Church

2925 NW 66 Street

**1st Wednesday, May 1 • 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, May 8 • 4-5 p.m.**

**Better Breathers Club**

INTEGRIS Health Edmond

Memorial Conference Room

4801 INTEGRIS Parkway

**2nd and 4th Thursdays, May 9 and 23**

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

**Alzheimer's Caregiver Support Group**

INTEGRIS Third Age Life Center

5100 N. Brookline, Suite 100

**4th Thursday, May 23 • 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 405-636-7982.

**4th Tuesday, May 28 • 6:30-7:30 p.m.**

**Caregivers Support Group**

Daily Living Center Rockwell

3000 N. Rockwell

**3rd Thursday, May 16 • 5:30-6:30 p.m.**

**Caregivers Support Group**

Daily Living Center South

1681 SW 86

**2nd Monday, May 13 • 5:30-6:30 p.m.**

**Caregivers Support Group**

Daily Living Center Edmond

3413 Wynn Dr.

**1st Thursday, May 2 • 3-4:30 p.m.**

**Better Breathers Club**

**Lung Disorders Support Group**

INTEGRIS Southwest Cancer Center

Cancer Center Conference Room

4401 S. Western

# may 2019

“It’s not what you LOOK at that matters, it’s what you SEE.” — Thoreau

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>Refer to weekly activities list on page 2 for recurring activities.</b></p> <p>** Reservation required. Call the INTEGRIS HealthLine at 405-951-2277.</p>		<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>Opioid Overdose Prevention**</b> INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p>	<p><b>2</b></p> <p><b>AARP Driver Safety**</b> INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 9 a.m.-3:30 p.m.</p>	<p><b>3</b></p> <p><b>INTEGRIS Senior FitClub Chair Yoga</b> Will Rogers Senior Center 3401 Pat Murphy Dr. 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Senior FitClub Chair Fitness</b> Will Rogers Senior Center 3401 Pat Murphy Dr. 1:30-2:30 p.m.</p> <p><b>Legal Resources for Family Caregivers**</b> Sunbeam Family Services 1100 NW 14th St. 12-1:30 p.m.</p>	SATURDAY 4	SUNDAY 5
<p><b>6</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>7</b></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>Bands and Balls Fitness**</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 <i>Come and Go</i> 11:30 a.m.-1 p.m.</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 3401 Pat Murphy Dr. 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Senior FitClub</b> Will Rogers Senior Center 3401 Pat Murphy Dr. 1:30-2:30 p.m.</p>	SATURDAY 11	SUNDAY 12
<p><b>13</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>14</b></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>Too Many Diets...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>16</b></p> <p><b>Senior Café**</b> INTEGRIS Southwest Cancer Center Conference Rooms 4401 S. Western 4-5 p.m.</p>	<p><b>17</b></p> <p><b>INTEGRIS Senior FitClub Chair Yoga</b> Will Rogers Senior Center 3401 Pat Murphy Dr. 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Senior FitClub</b> Will Rogers Senior Center 3401 Pat Murphy Dr. 1:30-2:30 p.m.</p> <p><b>Rapid Readers Book Club</b> <i>My Brilliant Friend</i> by Elena Ferrante INTEGRIS Third Age Life Center 5100 N. Brookline Ave., Suite 100 11:30 a.m.-12:45 p.m.</p>	SATURDAY 18	SUNDAY 19
<p><b>20</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>21</b></p> <p><b>Hearing Helpers Demonstration</b> INTEGRIS Canadian Valley 1201 Health Center Parkway, Yukon 10 a.m.-1 p.m.</p> <p><b>Fitness from Your Chair**</b> INTEGRIS Health Edmond 4801 INTEGRIS Parkway, Edmond 10:30-11:30 a.m.</p> <p><b>Feed Your Brain: Nutrition for Concentration and Focus**</b> INTEGRIS Baptist Conf. Center Rooms J, K and L 6-7:30 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>24</b></p> <p><b>INTEGRIS Senior FitClub Chair Yoga</b> Will Rogers Senior Center 3401 Pat Murphy Dr. 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Senior FitClub</b> Will Rogers Senior Center 3401 Pat Murphy Dr. 1:30-2:30 p.m.</p>	SATURDAY 25	SUNDAY 26
<p><b>27</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>28</b></p> <p><b>Too Many Diets...Nutrition with Karen Massey**</b> INTEGRIS Southwest (MOB) 4200 S. Douglas, Suite B-10 10:30-11:30 a.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>Senior Prom**</b> Petroleum Club Event Center 4040 N. Lincoln Blvd. 1-3 p.m.</p>	<p><b>31</b></p> <p><b>INTEGRIS Senior FitClub Chair Yoga</b> Will Rogers Senior Center 3401 Pat Murphy Dr. 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Senior FitClub</b> Will Rogers Senior Center 3401 Pat Murphy Dr. 1:30-2:30 p.m.</p>		

# INTEGRIS

## Community Wellness

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

115.4380

RETURN SERVICE REQUESTED

Non-Profit Org.  
U.S. Postage  
PAID  
Okla. City, OK  
Permit No. 1286

## MONTHLY PROGRAMS

### LIFETIME OF HARMONY NEWSLETTER

#### Blood Pressure Power

**Friday, May 10 • 11:30 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, May 1 • 11:30 a.m. to 12:45 p.m.**

You are cordially invited to join the Rapid Readers book discussion of *My Brilliant Friend* by Elena Ferrante. 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

**Tuesday, May 21 • 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 Canadian Valley Hospital, 1201 Health Center Parkway, Yukon. 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.

#### INTEGRIS Retired Employees Luncheon Meeting

Held the second Thursday every other month. The next meeting will be 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](mailto:swilliams13@cox.net).

#### Monthly Health and Nutrition Tip

The U.S. Dietary Guidelines already include beneficial strategies that lower disease risk. In other words, the recommended diet, for everyone, was drafted to be heart-healthy. People diagnosed with known heart disease have heightened reasons to adhere, but the overarching recommendations are very similar to the therapeutic regimens. Generally speaking, dietary strategies that promote health and reduce risk include a variety of fruit, whole grains, legumes, fish, lean meat, low-fat dairy and healthy oils limiting saturated fat, trans fat, sodium and added sugars.

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.**