



HAVE A FRIGHFULLY GREAT OCTOBER!



Senior Day of Wellness – Your Health is Your Greatest Wealth #active mind #active body #active spirit**

Friday, Oct. 4 • 8:30 a.m. to Noon

It's the annual INTEGRIS Senior Day of Wellness! Join us for a fun interactive morning of presentations and movement. Complimentary light snacks, door prizes and more.

This year's program will be held at Crossings Community Center, 10255 N. Pennsylvania. There is no charge, but **reservations are required**. Call 405-717-9812 or register online. Space is limited, so register early!

How to Register Online

- 1) Go to integrisok.com/senior
- 2) Go to "READ MORE" under the program you want
- 3) ADD TO BASKET
- 4) VIEW YOUR CART
- 5) Press Continue
- 6) Fill out "Registration Information" (name, email, etc.)
- 7) Press Continue and follow directions.

INTEGRIS

volume 13 • number 10 • october 2019

Fit, Not Frail**

Tuesdays, Oct. 1 through 22 • 1 to 2:45 p.m.

Fit, Not Frail is a four-week weight management program for adults age 70+ that meets once a week for an hour and a half. The program emphasizes healthy eating and activities that bolster muscle strength, range-of-motion and balance.

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

Hacking Your Snacks**

Thursday, Oct. 3 • 1 to 2 p.m.

Snacks account for about 25 percent of the calories in the average diet, which isn't necessarily a bad thing if those calories are factored as energy needs.

However, most popular snack foods tend to be low in nutritional value and high in saturated fat, sodium and added sugars. The good news is that snacking CAN be part of a healthy routine. Join **Karen Massey, RD, LD**, for this informative presentation.

The class will be held at Healthy Living OKC, 11501 N. Rockwell. There is no charge, but **reservations are required**.

Yoga in Your Chair ... Anywhere! ****

Friday, Oct. 11 • 10 to 11 a.m.

Join **Teresa Dunham, RN**, health educator for INTEGRIS Community Wellness, to experience one of the gentlest forms of yoga available. All moves are done from your chair!

The class will be held at INTEGRIS Canadian Valley Hospital, 1201 Health Center Parkway, Yukon. There is no charge, but **reservations are required**.

Ten Warning Signs of Alzheimer's and Dementia**

Thursday, Oct. 10 • 11:30 a.m. to 12:30 p.m.

With an increase in the prevalence of these life changing diseases due to the aging brain, it is an issue that many people want and need to be educated about. Join Ms. Jody Joiner, J.D., for an informative discussion on 10 important warning signs of Alzheimer's, and dementia detection.

The class will be held at INTEGRIS Senior Life Wellness, 5100 N. Brookline Ave., Suite 100. There is no charge, but **registrations are required**.

Balance and Vertigo in the Aging Adult**

Friday, Oct. 11 • 10:30 to 11:30 a.m.

Join **Kimberly Yates, PT, DPT**, physical therapist from INTEGRIS Jim Thorpe Outpatient Rehabilitation, for a presentation on how aging affects vertigo and the balance system. She will discuss various strategies and exercises to combat this issue for better overall wellness. Don't miss it! The program will be held at INTEGRIS Senior Life Wellness, 5100 N. Brookline, Suite 100. There is no charge, but **reservations are required**.

****Reservation required. To register, go to www.integrisok.com/senior or call 405.717.9812.**

Mental Health First Aid**

**Tuesday and Wednesday, Oct. 15 and 16
8 a.m. to noon**

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders. This eight hours of training will give you the skills you need to provide initial support to someone who may be developing a mental health or substance use problem and help connect them to appropriate care.

The two-day program will be held at the Metro Technology Center, 1900 Springlake Dr. There is no charge for the program, but **reservations are required**. Please call 405-424-8324 to enroll.

Paleo, Keto, Pegan – What’s the Difference? **

**Wednesday, Oct. 16, 10:30 to 11:30 a.m.
at INTEGRIS Senior Life Wellness Center,
5100 N. Brookline Ave., Suite 100**

**Tuesday, Oct. 29, 10:30 to 11:30 a.m.,
at INTEGRIS Southwest, 4200 S. Douglas
Ave., Medical Office Building B-10**

Popular diets often refer to terms that are poorly understood. The confusion is multiplied once marketers add their own branding and definitions. What does it mean if your friend says he’s on a ‘paleo-keto’ diet? Is being in ‘ketosis’ a good thing?

If you’re scratching your head, join Karen Massey, RD, LD, INTEGRIS community dietitian, for some quick pointers on how to decide if one of these popular regimens is right for you. There is no charge, but **reservations are required**.

Tools for Living with Chronic Pain**

Mondays, Oct. 7 to Nov. 11 • 1:30 to 4 p.m.

This is an interactive program designed for people who have a primary or secondary diagnosis of chronic pain. Pain is defined as being chronic or long term when it lasts longer than 3-6 months, beyond the normal healing time of an injury.

The workshop will be held at INTEGRIS Senior Life Wellness Center, 5100 N. Brookline Ave., Suite 100. There is no charge for this program, but **registrations are required**. Please call 405-213-6985 or 405-301-3823 to register.

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, Oct. 3, 9 a.m.-3:30 p.m.

AARP Driver Safety Program**
INTEGRIS Senior Life Wellness Center
5100 Brookline, Suite 100
\$15 AARP Member / \$20 Non-Member

2nd Friday, Oct. 11, 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

1st Wednesday, Oct. 2, 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, Oct. 9, 4-5 p.m.

Better Breathers Club
INTEGRIS Health Edmond
Memorial Conference Room
4801 INTEGRIS Parkway

**2nd and 4th Thursdays, Oct. 10 and 24,
11:30 a.m.-1 p.m.**

Alzheimer’s Caregiver Support Group
INTEGRIS Senior Life Wellness Center
5100 N. Brookline, Suite 100

4th Thursday, Oct. 24, 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, Oct. 22 • 6:30-7:30 p.m.

Caregivers Support Group
Daily Living Center Rockwell
3000 N. Rockwell

3rd Thursday, Oct. 17 • 5:30-6:30 p.m.

Caregivers Support Group
Daily Living Center South
1681 SW 86

2nd Monday, Oct. 14 • 5:30-6:30 p.m.



Caregivers Support Group
Daily Living Center Edmond
3413 Wynn Dr.

1st Thursday, Oct. 3 • 3-4:30 p.m.

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

october 2019

The world is full of nice people; if you can't find one, be one!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Refer to weekly activities list on page 2 for recurring activities.</p>	<p>1</p> <p>Fit, Not Frail** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 1-2:45 p.m.</p>	<p>2</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>3</p> <p>AARP Driver Safety** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 9 a.m.-3:30 p.m.</p> <p>Hacking Your Snacks** Healthy Living OKC 11501 N. Rockwell 1-2 p.m.</p>	<p>4</p> <p>INTEGRIS Senior Day of Wellness** Crossings Community Center 10255 N. Penn, Oklahoma City 8:30 a.m. - noon</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 3400 NW 36th St. 1:30-2:30 p.m.</p>	SATURDAY 5	SUNDAY 6
	<p>7</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>8</p>	<p>9</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>10</p> <p>Ten Warning Signs of Alzheimer's and Dementia** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 11:30 a.m. -12:30 p.m.</p>	<p>11</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 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>Yoga in Your Chair ... Anywhere!** INTEGRIS Canadian Valley Hospital 1201 Health Center Parkway, Yukon 10-11 a.m.</p> <p>Balance and Vertigo in Aging Adults** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p>	SATURDAY 12
<p>14</p>  <p>Columbus Day</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>15</p>	<p>16</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>Paleo, Keto, Pegan - What's the Difference?* INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p>	<p>17</p>	<p>18</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>Hearing Helpers Demonstration INTEGRIS Southwest (MOB) 4200 S. Douglas, Suite B-10 10 a.m.-1 p.m.</p> <p>Rapid Readers Book Club Discussion <i>The Chef</i> by James Patterson INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 11:30 a.m. -12:45 p.m.</p>	SATURDAY 19	SUNDAY 20
<p>21</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>22</p> <p>Trauma Informed Yoga** Arcadia Trails INTEGRIS Center 4851 INTEGRIS Parkway, Edmond 6-7:30 p.m.</p>	<p>23</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>24</p>	<p>25</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 26	SUNDAY 27
<p>28</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>29</p> <p>Paleo, Keto, Pegan - What's the Difference?* INTEGRIS Southwest (MOB) 4200 S. Douglas, Suite B-10 10:30-11:30 a.m.</p>	<p>30</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>31</p> <p>Happy Halloween</p> 	<p>** Reservation required. Call the INTEGRIS HealthLine at 405-951-2277.</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

INTEGRIS SENIOR LIFE WELLNESS

Lifestyle is Medicine

Have you been diagnosed with prediabetes? Do you have an immediate family member with type 2 diabetes? Are you overweight or obese? Do you get less than 150 minutes of physical activity each week? If you answered yes to any of these questions, we have the program for you!

Lifestyle is Medicine is a group-based class that focuses on weight loss, nutrition and physical activity to improve your health.

Class dates and locations vary. For information please contact Meagan Ballard, at 405-717-9823 or lifestyleismedicine@integrisk.com.

Rapid Readers Book Club Discussion

Friday, Oct. 18 • 11:30 a.m. to 12:45 p.m.

You are cordially invited to join our Rapid Readers Book Club discussion of *The Chef* by James Patterson. The book club meets at INTEGRIS Senior Life Wellness Center, 5100 N. Brookline, Suite 100. Everyone is welcome; there is no fee to join in, and registrations are not required.

Blood Pressure Power

Friday, Oct. 11 • 11:30 a.m. to 1 p.m. • INTEGRIS Senior Life Wellness Center

It's important to know your numbers! Get your blood pressure checked today! Come and Go. There is no charge for this service and no registration is required.



Trauma Informed Yoga**

Tuesday, Oct. 22 • 6 to 7:30 p.m.

We are all impacted by stress and trauma. A traumatic event is any experience that is overwhelming to a person physically or emotionally. When we don't process these experiences, we create stress and anxiety in our bodies.

In yoga practice, we consciously synchronize breath and movement. The goal of a trauma informed yoga class is to create a safe place for students to connect breath and movement, which creates self-regulation.

Certified yoga instructor Ashley Glenn will show you how yoga can help you deal with stress, anxiety and trauma. The class, offered by the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit, will be held at the Arcadia Trails INTEGRIS Center for Addiction Recovery, 4851 INTEGRIS Parkway, Edmond.

There is no charge for the class; however, **reservations are required**. Please register online at integrisk.com/mindful for your events/classes.

Visit us online at www.integrisk.com

INTEGRIS Senior Life Wellness is published by INTEGRIS Health's Senior Life Wellness 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 INTEGRIS Senior Life Wellness, 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. To register, go to www.integrisk.com/senior or call 405.717.9812.**