



**Try to remember the kind of September when life was slow and oh, so mellow...**

## Mental Health First Aid\*\*

**Tuesday & Wednesday, Sept. 3 & 4  
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.**

## Applied Brain Science: the Power of a Smidgeon\*\*

**Tuesday, Sept. 3 • 10:30 to 11:30 a.m. at the  
INTEGRIS Southwest Medical Office Bldg.**

**Friday, Sept. 27 • 10:30 to 11:30 a.m. at the  
INTEGRIS Senior Life Wellness Center**

Join **Marilyn Olson**, from Villages OKC, as she presents a renowned video on brain health. Following the video she will lead a group discussion. There will be handouts and dark chocolate for all participants.

There is no charge, but **reservations are required.**

- Sept. 3, INTEGRIS Southwest Medical Office Building, B-10, 4200 S. Douglas.
- Sept. 27, INTEGRIS Senior Life Wellness Center, 5100 N. Brookline Ave., Suite 100.

## Label Literacy\*\*

**Tuesday, Sept. 17 • 10:30 to 11:30 a.m.**

The FDA's Nutrition Facts provide a tremendous amount of information but may be overwhelming. Join INTEGRIS Community Wellness dietitian, Karen Massey, RD, LD to learn how to navigate and find what's most pertinent to your health goals. The class will be held at INTEGRIS Health Edmond, 4801 INTEGRIS Parkway, in the Memorial classroom. There is no charge for the class. **Registration is required.**

# INTEGRIS

volume 13 • number 9 • september 2019

## F + A + Z = Energy\*\*

**Thursday, Sept. 5 • 1 to 2 p.m.**

Ever want to 'package' a young child's energy? Want to know how the 'energizer bunny' just keeps going and going? Find out the 3 best ways to get and keep energy. 'Plugging in' can be good but learning how to 'un-plug' is even more important!

Join **Cathy Patterson, M.S.**, exercise physiologist, to learn how to boost your energy levels and then finish up with 'un-plugging' techniques to conserve your energy.

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

## Understanding Alzheimer's and Dementia\*\*

**Thursday, Sept. 12 • 11:30 a.m. to 12:30 p.m.**

With the 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 how these diseases manifest themselves.

Classes will be held at INTEGRIS Senior Life Wellness, 5100 N. Brookline Ave., Suite 100. There is no charge for the class. **Registration is required.**

## Preventive Health Services Covered by Medicare\*\*

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

**Friday, Sept. 13 • 10:30 to 11:30 a.m. at the  
INTEGRIS Senior Life Wellness Center**

Get detailed information on screenings, immunizations, and life-style counseling that Medicare helps pay for. Medicare 'open enrollment' will also be discussed. Also, find out the dates and why it is important to check to see if they update their insurance each year. Learn who qualifies for the 'Extra Help' benefit. Lots of important information we all need to know.

There is no charge, but **reservations are required.**

- Sept. 10, INTEGRIS Southwest Medical Office Building, B-10, 4200 S. Douglas.
- Sept. 13, INTEGRIS Senior Life Wellness Center, 5100 N. Brookline Ave., Suite 100.

## Hope for Recovery Luncheon\*\*

**Wednesday, Sept. 11 • 11:30 a.m. to 1 p.m.**

You've left the hospital ... now, what? Life after a stroke can be challenging. Things are different now, and you may not know what to expect or where to turn for help. The Hope for Recovery Luncheon is a good first step. The program will address your concerns and offer solutions and support.

Locations will vary, so call the INTEGRIS HealthLine for more information and to reserve your spot. There is no charge, but **reservations are required.**

## Spanish Classes – Fall / Winter 2019\*\*

**Mondays, Sept. 16th – Dec. 9th**

**9-10:30 a.m. – Intermediate level**

**11 a.m.-12:30 p.m. – Beginner level**

Join our instructor, Mr. Tim Rice, to learn Spanish, as this class will keep your mind sharp by discovering that you can learn a new language at any age!

Students will need to purchase the textbook, *Barron's Learn Spanish the Fast and Fun Way*, by Gene Hammitt, available through Barnes and Noble or Amazon.

Classes will be held at the INTEGRIS Senior Life Wellness, 5100 N. Brookline Ave., Suite 100. There is no charge for the class. **Registration is required.**

## “Eating with Grandma” ... Nutrition with Karen Massey\*\*

**Wednesday, Sept. 18 • 10:30 to 11:30 a.m.**

**at the INTEGRIS Senior Life Wellness Center**

**Tuesday, Sept. 24 • 10:30 to 11:30 a.m. at the  
INTEGRIS Southwest Medical Office Bldg.**

There is no question that children today lead very different lives than their grandparents, but many families also rely on grandparents to help with child care. The difference in generations can be most apparent at mealtime!

Join Karen as she discusses simple suggestions for deciphering food labels and adapting food choices. There is no charge, but **reservations are required.**

## Senior Café\*\*

**Thursday, Sept. 19 • 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 Apple Glazed Chicken and veggies with Carrot Cake for dessert. Community Wellness dietician, **Pam Patty, RD, LD** will present a ‘lively’ discussion on senior nutrition. 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.**



## 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, Sept. 5 • 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, Sept. 13 • 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, Sept. 4 • 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, Sept. 11 • 4-5 p.m.**

**Better Breathers Club**

INTEGRIS Health Edmond  
Memorial Conference Room  
4801 INTEGRIS Parkway

**2nd and 4th Thursdays, Sept. 12 & 26  
11:30 a.m.-1 p.m.**

**Alzheimer's Caregiver Support Group**

INTEGRIS Senior Life Wellness Center  
5100 N. Brookline, Suite 100

**4th Thursday, Sept. 26 • 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, Sept. 24 • 6:30-7:30 p.m.**

**Caregivers Support Group**

Daily Living Center Rockwell  
3000 N. Rockwell

**3rd Thursday, Sept. 19 • 5:30-6:30 p.m.**

**Caregivers Support Group**

Daily Living Center South  
1681 SW 86

**2nd Monday, Sept. 9 • 5:30-6:30 p.m.**

**Caregivers Support Group**

Daily Living Center Edmond  
3413 Wynn Dr.


**1st Thursday, Sept. 5 • 3-4:30 p.m.**

**Better Breathers Club**

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

# september 2019

“Knowledge is love and light and vision.” — Helen Keller

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Refer to weekly activities list on page 2 for recurring activities.</b></p>		<p><b>** Reservation required.</b> Call the INTEGRIS HealthLine at 405-951-2277.</p>		
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
 <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>Mental Health First Aid**</b> Metro Technology Center 1900 Springlake Dr. (2 day program) 8 a.m.- noon</p> <p><b>Applied Brain Science: Power of a Smidgeon**</b> INTEGRIS Southwest Medical Office Bldg., B10, 4200 S. Douglas 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>AARP Driver Safety**</b> INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 9 a.m.-3:30 p.m.</p> <p><b>F+A+Z= Energy**</b> Healthy Living OKC 11501 N. Rockwell Ave. 1-2 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>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<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>Preventive Health Services Covered by Medicare**</b> INTEGRIS Southwest MOB, B-10 4200 S. Douglas 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>Hearing Helpers Demonstration</b> INTEGRIS Health Edmond 4801 INTEGRIS Parkway <i>Come and Go</i> 1-3 p.m.</p> <p><b>Hope for Recovery Luncheon**</b> Call the INTEGRIS HealthLine for more information. 11:30 a.m.- 1 p.m.</p>	<p><b>Understanding Alzheimer's and Dementia**</b> INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave. Suite 100 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Retired Employees Luncheon**</b> INTEGRIS Baptist Medical Center Cafeteria Contact: swilliams13@cox.net for reservations 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>Preventive Health Services Covered by Medicare**</b> INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave. Suite 100 10:30-11:30 a.m.</p> <p><b>Blood Pressure Power</b> INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave. Suite 100 <i>Come and Go</i> 11:30 a.m.-12:30 p.m.</p> <p><b>INTEGRIS Senior FitClub / Chair Yoga</b> Will Rogers Senior Center 3400 NW 36th St. 1:30-2:30 p.m.</p>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<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>Spanish Classes**</b> INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 9-10:30 a.m.-Intermediate 11 a.m.-12:30 p.m.-Beginner</p>	<p><b>Label Literacy**</b> INTEGRIS Health Edmond 4801 INTEGRIS Parkway 10:30-11:30 a.m.</p>	<p><b>Eating with Gramma**</b> INTEGRIS Senior Life Wellness 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>Senior Café **</b> INTEGRIS Southwest Cancer Center Conf. rms 4401 S. Western Ave. 4-5 p.m.</p>	<p><b>Tai Chi**</b> INTEGRIS Canadian Valley Hospital 1201 Health Center Parkway, Yukon 10-11 a.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 Discussion</b> INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 <i>Where the Crawdads Sing</i> by Delia Owen 11:30 a.m.-12:45 p.m.</p>
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
<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>Eating with Gramma**</b> INTEGRIS Southwest Medical Office Bldg - B10 4200 S. Douglas 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>Applied Brain Science: Power of a Smidgeon**</b> INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.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>
<b>30</b>				
<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>				

SUNDAY 1  
SATURDAY 7  
SUNDAY 8  
SATURDAY 14  
SUNDAY 15  
SATURDAY 21  
SUNDAY 22  
SATURDAY 28  
SUNDAY 29

# INTEGRIS

Community Wellness

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

115.4380

RETURN SERVICE REQUESTED

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## MONTHLY PROGRAMS

### INTEGRIS SENIOR LIFE WELLNESS

#### Rapid Readers Book Club Discussion

Friday, Sept. 20 • 11:30 a.m. to 12:45 p.m

You are cordially invited to join our Rapid Readers Book Club discussion of *Where the Crawdads Sing* by Delia Owen. The book club meets at the 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, Sept. 13 • 11:30 a.m.-1 p.m.

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.



#### Tai Chi\*\*

Friday, Sept. 20 • 10 to 11 a.m.

Looking for a way to reduce stress? Try Tai Chi! Join John Morton, B.S. and health educator for the Canadian County Health Department as he guides you through this graceful form of exercise, often used for stress reduction.

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

#### INTEGRIS Retired Employees Luncheon Meeting

Friday, Sept. 12 • 10 to 11 a.m.

Held the second Thursday every other month. The next meeting will be Nov. 14 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 Tips

- Limiting or avoiding surgery foods and beverages may help raise your HDL (good) cholesterol and lower triglycerides (both are types of fats in the blood).

Visit us online at [www.integrisk.com](http://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. Please call the INTEGRIS HealthLine at 405-951-2277 for reservation.**