



It's a hot town, summer in the city, kind of month!

Hydration in Heat and Humidity**

Thursday, Aug. 1 • 1 to 2 p.m. at Healthy Living OKC
Tuesday, Aug. 13 • 10 to 11 a.m. at Edmond Senior Center

August in Oklahoma is known for being hot and sultry. Sweating may seem a nuisance, but it actually dissipates heat! Learn ways to stay hydrated and keep cool during our blazing hot summers.

Join **Karen Massey, RD, LD**, for this informative presentation. The program will be held at the following locations.

Thursday, Aug. 1, Healthy Living OKC, 1501 N. Rockwell. Call 405-951-2277 to enroll.

Tuesday, Aug. 13, Edmond Senior Center, 2733 Marilyn Williams Dr., Edmond. Call 405-216-7600 to enroll.

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

A 'Straight-Up' Guide to Good Posture**

Friday, Aug. 9 • 10:30 to 11:30 a.m.

"Stand up Straight!" Does this sound like what your mother used to say to you? Well, she was right! As we age, we all have a tendency to 'round down' as our spines compress over time. Have you noticed how we get 'shorter' as we age?

Join **Cathy Patterson, M.S.**, exercise physiologist, to learn how to keep your posture on the 'straight and narrow.' All participants will receive a laminated postural chart demonstrating exercises to help you achieve better posture.

The class will be held at the INTEGRIS Senior Life Wellness Center, 5100 N. Brookline Ave., Suite 100.

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

INTEGRIS

volume 13 • number 8 • august 2019



Fit, Not Frail**

Fridays, Aug. 2 through 23 • 9 to 11 a.m.

Fit, Not Frail is a four-week weight management program for adults age 70-plus 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 Mable Fry Library, 1200 Lakeshore Drive, Yukon.

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

The Cochlear Community Invites YOU!

Tuesday, Aug. 27 • 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 will begin at 5:30 p.m. at the INTEGRIS Senior Life Wellness Center, 5100 N. Brookline Ave., Suite 100. For more information, visit www.cochlear.com/US/events.

Legal Resources for Family Caregivers with Jill Watskey**

Friday, Aug. 23 • 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 the 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.

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

Pre-Diabetes ... Nutrition with Karen Massey**

Wednesday, Aug. 21 • 10:30 to 11:30 a.m. at the INTEGRIS Senior Life Wellness Center

Tuesday, Aug. 27 • 10:30 to 11:30 a.m. at the INTEGRIS Southwest Medical Office Bldg.

Is there a special diet for prediabetes? Just as there isn't one diet for diabetes, there isn't one for prediabetes, either. In both cases, the best approach should be individualized based on health history, calorie needs, physical activity and medications. It's not necessary, or even possible, to banish every gram of sugar. Instead, focus on choosing wholesome foods, in reasonable portions.

Join **Karen** as she discusses simple suggestions for deciphering food labels and adapting food choices.

• Aug. 21, INTEGRIS Senior Life Wellness Center, 5100 N. Brookline Ave., Suite 100.

• Aug. 27, INTEGRIS Southwest Medical Office Building, B-10, 4200 S. Douglas.

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

Opioid Overdose Prevention**

Tuesday, Aug. 20 • 10:30 to 11:30 a.m. at INTEGRIS Health Edmond

Friday, Aug. 23 • 10:30 to 11:30 a.m. at INTEGRIS Canadian Valley Hospital

Presented by the INTEGRIS Community Wellness "Wellness Where You Are" series.

Please join INTEGRIS Community Wellness nurse and health educator **Mary Pinzon, M.Ed., RN, CPE**, for 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.

The programs will be held at the following locations.

- Aug. 20, INTEGRIS Health Edmond, 4801 INTEGRIS Parkway, Edmond

- Aug. 23, INTEGRIS Canadian Valley Hospital, 1201 Health Center Parkway, Yukon

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

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@integriskok.com.

Reminder!

Please do not wear perfume to the presentations or programs as it may trigger severe allergic reactions for many other participants with small sensitivities. Thank you!



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, Aug. 1, 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, Aug. 9, 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, Aug. 7, 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, Aug. 14, 4-5 p.m.

Better Breathers Club

INTEGRIS Health Edmond
Memorial Conference Room
4801 INTEGRIS Parkway

2nd and 4th Thursdays, Aug. 8 and 22,

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

Alzheimer's Caregiver Support Group

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

4th Thursday, Aug. 22, 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, Aug. 27 • 6:30-7:30 p.m.

Caregivers Support Group

Daily Living Center Rockwell
3000 N. Rockwell

3rd Thursday, Aug. 15 • 5:30-6:30 p.m.

Caregivers Support Group

Daily Living Center South
1681 SW 86

2nd Monday, Aug. 12 • 5:30-6:30 p.m.

Caregivers Support Group

Daily Living Center Edmond
3413 Wynn Dr.

1st Thursday, Aug. 1 • 3-4:30 p.m.

Better Breathers Club

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY 3	SUNDAY 4	SATURDAY 10	SUNDAY 11	SATURDAY 17	SUNDAY 18	SATURDAY 24	SUNDAY 25	SATURDAY 31
<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 AARP Driver Safety** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 9 a.m.-3:30 p.m.</p> <p>Hydration in Heat and Humidity** Healthy Living OKC 1501 N. Rockwell 1-2 p.m.</p>	<p>2 INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3400 NW 36th St. 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> <p>Fit, Not Frail** Mable Fry Library 1200 Lakeshore Drive, Yukon 9-11 a.m.</p>									
<p>5 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>6</p>	<p>7 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 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 3400 NW 36th St. 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> <p>A 'Straight Up' Guide to Good Posture** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p>									
<p>12 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>13 Hydration in Heat and Humidity** Edmond Senior Center 2733 Marilyn Williams Dr., Edmond 10-11 a.m.</p>	<p>14 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 INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3400 NW 36th St. 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> <p>Rapid Readers Book Club “Educated: A Memoir” by Tara Westover INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 11:30 a.m.-12:45 p.m.</p>									
<p>19 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>20 Opioid Overdose Prevention** INTEGRIS Health Edmond 4801 INTEGRIS Parkway, Edmond 10:30-11:30 a.m.</p> <p>Hearing Helpers Demonstration INTEGRIS Canadian Valley Hospital 1201 Health Center Parkway, Yukon 10 a.m.-1 p.m.</p>	<p>21 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>Pre-Diabetes ... Nutrition with Karen Massey** INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 10:30-11:30 a.m.</p>	<p>22</p>	<p>23 INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3400 NW 36th St. 1:30-2:30 p.m.</p> <p>Legal Resources for Family Caregivers with Jill Watskey** Sunbeam Family Services 1100 NW 14th Street To enroll call: 405-609-6551 12-1:30 p.m.</p> <p>Opioid Overdose Prevention** INTEGRIS Canadian Valley Hospital 1201 Health Center Parkway, Yukon 10:30-11:30 a.m.</p>									
<p>26 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>27 Pre-Diabetes...Nutrition with Karen Massey** INTEGRIS Southwest (MOB) 4200 S. Douglas, Suite B-10 10:30-11:30 a.m.</p> <p>Cochlear Community Meeting INTEGRIS Senior Life Wellness Center 5100 N. Brookline Ave., Suite 100 5-6:30 p.m.</p>	<p>28 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>30 INTEGRIS Senior FitClub Chair Yoga Will Rogers Senior Center 3400 NW 36th St. 11:30 a.m.-12:30 p.m.</p> <p>INTEGRIS Senior FitClub Will Rogers Senior Center 3400 NW 36th St. 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

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

INTEGRIS SENIOR LIFE WELLNESS

Hearing Helpers Demonstration

Tuesday, Aug. 20 • 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.

**Blood Pressure Power
Blood pressures will not
be offered in August
due to staff vacations.**

**We hope to see you on
Sept. 13 from 11 a.m. to 1 p.m.**

Information Highway – Get the 411!

Positive Directions Mentoring Program

Make a difference in a child's life. Volunteers are needed one hour per week, during the school year at Stanley Hupfeld Academy at Western Village (the INTEGRIS charter school) located at 1508 NW 106, Oklahoma City, and at Fillmore Elementary School, located at 5200 S. Blackwelder, Oklahoma City. For more information and to sign up, please contact lauren.ballou@integrisk.com

Rapid Readers Book Club Discussion

Friday, Aug. 16 • 11:30 a.m. to 12:45 p.m.

You are cordially invited to join the Rapid Readers book discussion of *Educated: A Memoir* by Tara Westover. Feel free to bring a snack and join the group. 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.

Monthly Health and Nutrition Tips

- Long term use of heartburn drugs may weaken your bones, so use the lowest effective dose and try to taper off when you can. Make sure you contact your physician if this condition persists.
- Avoid whispering if you are hoarse. It is usually worse for your vocal cords than speaking in your regular voice. You may sound funny ... but it's true!

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