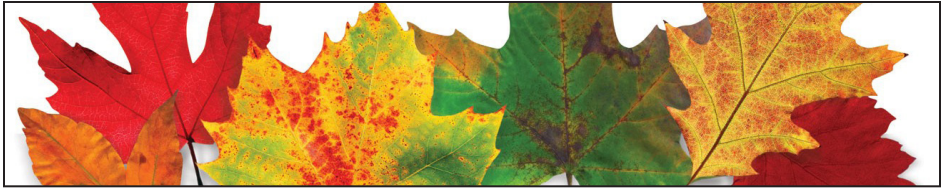


...LEARN TO SWIM

By Lisa Bland-Selix, Editor



As many of you know, I lost my dad this past month. As we get older this is just part of our lives. We will lose people, jobs, and other things to which we are deeply attached. For some it might be a pet, a dear friend or spouse or even a job or activity one dearly loves. Grief following loss is part of the human condition. Everyone experiences it and deals with it in different ways. Some want quiet and solitude. Some want noise and surround themselves with activity and loved ones. No matter what, we all must come to terms with grief and loss. There is NO right or wrong way to mourn what we have lost but hopefully these suggestions might help you find your way to peace and healing. According to writer Augusta Falletta, in an article on the Buzzfeed.com website she offers a few suggestions to help those struck with grief cope and move forward. She offers these suggestions:

1. Set aside 15 minutes of time each day to be alone and give yourself space to grieve. This time alone gives you time to focus on the object of your grief and to help you move forward. Cry, yell or just meditate.
 2. Write love letters to your loved one. This can help you put thoughts into words to express them and provide a way to communicate your status. Reflecting on these over time can also prove to be cathartic.
 3. Seek out a therapist, clergy or other professional to share your feelings. Sometimes it helps just to voice your feelings and concerns to a totally neutral person. They can help determine if you are progressing in coming to grips with your loss.
- These are just a few helpful tips. But we must take the time to grieve, mourn, forgive, and resolve to heal our bodies and souls. A quote by Vicki Harrison says it best, "Grief is like the ocean, it comes in waves, ebbing and flowing. Sometimes the water is calm, and sometimes it is overwhelming. All we can do is learn to swim."

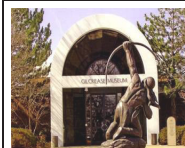
INTEGRIS

Physical Therapy Solutions for Women's Health Challenges Lunch 'N Learn

Wed., Sept. 19th at Noon

Mall event room, center court
(Room across from Chen Garden)
Please join us for a light lunch and Q & A
with Heath Gibson, PT, DPT, CBIS

☎ Call 580-234-6060 to register



Tulsa Trolley Time Tour & Mrs. Miller's!

Thursday, November 1st at 8:00am



Register and pay by Oct. 1st
\$139.00 , insurance \$6.45pp

Depart at 8:00 am. First stop, The Gilcrease Museum with lunch on your own, depart and then on to Port of Catoosa. Then off to downtown Tulsa to meet step-on-guide with a Trolley Tour of Tulsa. Then depart at around 4:30 for homemade Amish dinner at the famous Mrs. Miller's, then return to Enid.

Call NOW to reserve!

Senior Life Programs *Please call 234-6060 to RSVP

HEALTH SCREENINGS

BLOOD PRESSURE/SUGAR/ SEPT.11TH(diff. date due to holiday)- 8:30 - 9:30am, FREE

First come, first served, no registration required. For an accurate blood sugar reading, please fast the morning of the screening. **PLEASE USE OUR MAIN ENTRANCE (South side of the mall)** This service provided by INTEGRIS HOME HEALTH ENID

***HEARING SCREENING/ HEARING AID CHECKS-- SEPT.20th-10AM-NOON** BY APPT ONLY. PLEASE CALL TO SCHEDULE to make an appointment to get your hearing checked by Hedges Regional Speech & Hearing audiologist Dr. Kim Tinius

EDUCATION & FUN

COFFEETIME W/SLN AT FIVE80--SEPT. 5TH-- 8:30AM --Be social with us for coffee at FIVE80 COFFEE-HOUSE, 122 E. RANDOLPH

EDUCATION & FUN cont.

***VETERANS BENEFITS Q&A--SEPT. 12TH--1:30 PM**For Veterans or Spouses, check and see what benefits are available with DAV volunteers

***LUNCH 'N LEARN W/ HEATH GIBSON,PT--SEPT.19TH-NOON-RACG-** hear about some new therapy options for female health challenges

***AARP SAFE DRIVING--SEPT. 20TH 9AM-3PM--** SEE BELOW FOR DETAILS

***APPEALING APPLES- SEPT. 25-2PM--**Lesa Rauh will share important tips for making the most of apples and prep for different apple favs

***JOURNEY PARTNERS--SEPT. 25TH--6:30PM--**Do you have a loved one in a nursing home or assisted living? Please attend and share your journey with this group

WEEKLY EXERCISE

GROUP EXERCISE CLASSES

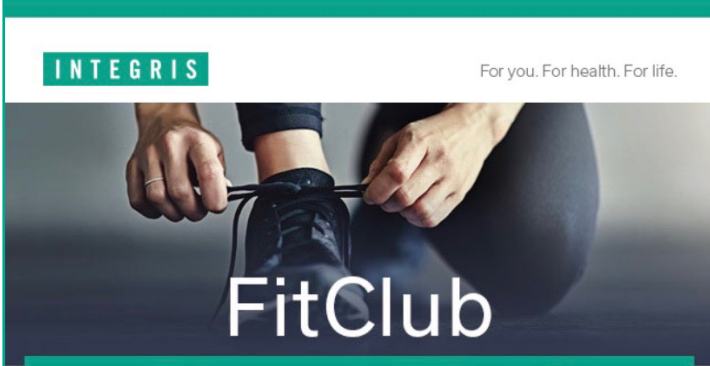
Monday - Friday, \$3.00/class
Classes for all levels and abilities, no registration required. See the exercise class schedule on pg. 3. Certified Instructor is Deb Sexton.

MALL WALKING

Monday - Friday
2 laps around the mall--1.3 miles! Three laps -1.95 miles! Members may Hang up your coat and safely store your keys or purse at Senior Life while you walk in Oakwood Mall (during SLN hours) operation).


VOLUNTEER

NEWSLETTER ASSEMBLY SEPT. 25TH, 10:40am Volunteers will be folding, and taping newsletters to prepare them for mailing. Light lunch provided.



Every Tuesday and Thursday- Champion Park Gym
5:45 to 6:30 p.m.
Fit Club

Come join us for free group exercise at Champion Park Gym, located at 10th and Chestnut! Fit Club is a community health improvement program. Everyone is invited to participate. For questions, contact Teresa.Dunham@integrisok.com



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Travel Updates

BRANSON, OCT. 24-26TH, Trip 18-1024

See Samson at Sight and Sound!

CALL 580-234-6060 TODAY TO RESERVE!*

OKC to Branson, includes Dogwood Canyon picnic and the New South Gospel Quartet-plus an evening selection of some different Branson favs--\$428.00 for pp dbl & \$528.00 pp for single. Please call if you are interested as this trip! Deposit of 100.00 upon reservation and final pmt. due by Sept. 20, 2018. Travel protection ins. for 20.90. Includes: Trans., Two nights lodging, four meals and attractions on itinerary. (If a group goes from Enid to OKC-might be a small chg for trans.)

*LIMITED NUMBER FROM ENID. TRIP IS OPEN TO KALEO CUSTOMERS ALSO

***AARP SAFE DRIVING COURSE**

\$15/AARP members--\$20/non-members

Thursday, Sept. 20th--9 am- 3pm
Space A-2 next door to SLN, Oakwood Mall

Designed for drivers age 50+, led by a trained volunteer with workbooks /video. No written test, and no driving. Many insurance companies give discounts for taking class. Ask your insurance agent before signing up. Bring your driver's license and AARP card with you.

*Please call Senior-Life at 234-6060 to register

SEPTEMBER 2018

*Please call Senior-Life at 234-6060 to register

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* Please RSVP to all programs so that we can get an accurate count especially when we are serving food! Thank you!</p>				
<p>OFFICE HOURS: M-Th 8:00-5:00pm F 8:00-1:00pm</p> <p>Phone: (580) 234-6060 Oakwood Mall (NEXT TO DILLARDS)</p>				
<p>Happy Labor Day SENIOR LIFE CLOSED!</p>	<p>3 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>4 Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>COFFEE@FIVE80--8:30AM</p>	<p>5 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 RESOURCE ALLIANCE (COM. MTG)</p>	<p>6 Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 8:30 - 9:30 2Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p>	<p>10 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *HEALTH SCREENINGS-8:30-9:30AM</p>	<p>11 Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30</p> <p>*VETERANS BENEFITS-1:30PM</p>	<p>12 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>13 Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>	<p>17 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>18 Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35 - 12:30 *Lunch 'N Learn--noon RACG</p>	<p>19 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *HEARING SCREENINGS--10am-noon *AARP SAFE DRIV--9AM-3PM</p>	<p>20 Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>
<p>Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>	<p>24 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30 *VOLUNTEERS NEWS PREP-10:40AM *APPEALING APPLS--2PM *JOURNEY PARTNERS--6:30PM</p>	<p>25 Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>	<p>26 Yoga Level 2 8:30-9:30 Tai Chi 9:40-10:30</p>	<p>27 Bench Step Aerobics 8:30 - 9:30 Low Impact Aerobics 9:35 - 10:35 Strength & Flexibility 10:40 - 11:30 Yoga 11:35-12:30</p>

***RSVP required.** Please call Senior Life Network at 234-6060. See Page 2 of the newsletter for detailed description of all classes and events. **Activities are held in the Community Room** unless otherwise specified. Please be aware you will have to use our outside entrance (door labeled Senior Life Network A#1) for evening or weekend activities. **Please note that the schedule may change due to unforeseen circumstances. RACG--Room across from Chen Garden, Oakwood Mall Center Court--FOR DEEP(DIABETES ED) AND TOOLS CLASSES PLEASE REGISTER W/NUMBER.**

SENIOR LIFE

4125 W. Owen K. Garriott, Suite A-1
Enid, OK 73703

Return Service Requested

This publication is educational and not meant to replace medical advice.



facebook.com/
SeniorLifeNetwork

HAVE YOU RECENTLY CHANGED ADDRESSES?

The post office will not forward newsletters so when they are returned a few times with no forwarding address we are forced to remove the name from the database! Please keep us up to date so we can keep you up to date with all that is going on at Senior Life Network!

Thank you to all of your prayers, cards and warm thoughts with the passing of my father, Richard "RD" Bland. We truly appreciate your thoughtfulness!

--Lisa Bland-Selix & Family

Journey Partners...

Tuesday, Sept. 25th at 6:30pm

Do you have a loved one in Assisted Living or Nursing Home Care? Please come to this new support group just for you. We request caring & sharing about your unique journey of care.

Senior Life newsletter is a community service of INTEGRIS Bass Baptist Health Center and the NORTHWEST OKLAHOMA OSTEOPATHIC FOUNDATION

We are located at Oakwood Mall
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Enid, OK 73703 • 580-234-6060
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SINCE 1987, SENIOR LIFE HAS BEEN PROMOTING HEALTHY AGING SOLUTIONS TO ENID AND NW OKLAHOMA!

www.seniorlifeok.org

Be happy, be social, be fit!