



Senior Citizen Newsletter

ISSUE #2

AGING
GRACEFULLY



May Edition

Dear Readers,

Welcome to the second edition of Aging Gracefully, Senior Newsletter! We were delighted by the warm response to the first issue and are thrilled to continue sharing information for the benefit of our readers.

As we head into the warmer seasons we hope that you are able to get out and enjoy the upcoming events in our community and events section.

If you are not currently physically active we hope this issue inspires you to take the first small step. Whether it's engaging with our fun trivia section, exploring health and wellness tips or browsing the helpful resources we've included, there's something

here for everyone to enjoy and benefit from.

As always, we'd love to hear your thoughts, stories or suggestions for future issues. This is your space and we're honored to be apart of your journey!

Aging Gracefully

EDITOR- LAKEESHA BARR

Trivia Question

What famous toy was introduced in 1959 and became a cultural icon? (Answer will be in next month's issue)

Answer to last month's Trivia Question : Apollo 11

Words of Wisdom

"No act of kindness, no matter how small, is ever wasted." – Aesop

Recipe of the Month

Crockpot Chicken Tacos

Step 1 - Add the chicken to the crockpot, cover with taco seasoning and Rotel

Step 2 - Set the crockpot to low for 7-8 hrs or high for 2-3 hrs

Step 3 - Once the chicken is done cooking use 2 forks to shred and stir into the sauce

Step 4 - Serve on tortillas with your favorite toppings

Ingredients :

1 pack of chicken breast

1 package of taco seasoning

1 can of Rotel

1 package of tortillas

Toppings of your choice

Health & Wellness

May is National Osteoporosis Awareness and Prevention Month

What is osteoporosis?

- Osteoporosis is a chronic condition that weakens bones, making them more likely to fracture.
- It's often called a "silent disease" because bone loss can occur without symptoms.
- People may not know they have osteoporosis until they break a bone.

Who is at risk?

- Women are at higher risk, but men can also develop osteoporosis.

Risk factors include:

- Family history
- Menopause
- Small, thin build
- Ethnicity
- Smoking
- Certain health issues

How can I prevent osteoporosis?

- Get enough calcium and vitamin D
- Exercise regularly
- Eat a variety of dairy, fish, fruits, and vegetables
- Avoid or quit smoking
- Limit alcohol intake

Helpful Resources

Adult Day Health Services (state funded)

Adult day health services meet the physical, social and emotional needs of older adults and those adults with disabilities. DHS contracts with adult day health centers across the state to support the health, nutritional, social and daily living needs of adults in a professionally staffed, group setting.

How to Apply and Who to Contact:

Oklahoma County

Welcome Home 405 692 1800

WovenLife 405 239 2525

Cleveland County

Full Circle 405 447 2955

Community & Events

OKLAHOMA COUNTY

OKC Flower & Garden Festival
May 10th 2025 9am-4pm
Myriad Botanical Gardens

CLEVELAND COUNTY

Cleveland County OHCE Stitches & Stories Quilt & Textile Show May 9th /10th Sooner Fashion Mall
Norman, OK

LOGAN COUNTY

Guthrie's Downtown Market May 2nd 5p-8p
Corner of Oklahoma & Wentz Guthrie, OK

MCCURTAIN COUNTY

Wire and Bead Gem Tree Workshop May 3rd
10am -12 pm For more info call 580 286 3616

SEMINOLE COUNTY

Mother's Day Tea May 10th 1pm-3p
Wewoka Library, Wewoka OK

MONTHLY VIRTUAL MEDICARE 101 MEETINGS

for more info call or text 405 720 4999

Finance/ Security/ Technology

Medicare Card Scams

Examples of Medicare Card Scams

Someone calls you claiming

- You are getting a new, plastic Medicare card
- They need your Medicare number to see if you have received your new one yet

What Can You Do to Stop New Medicare Card Scams?

- Do not confirm your Medicare number or answer "Yes" to any question.
- Do not answer calls from numbers you do not recognize

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Thank you for reading!