


Golden Oaks Village

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 May 15th at 5:30

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**Upcoming Events at
Golden Oaks Village**

- Monday, Feb 8th
Exercise Classes on
the veranda at 10
am and 2 pm
- Tour of Vietnam
Wall , Military Muse-
um and Veterans
Park
- Art Classes each
Wednesday from
6:30—8:30 pm
- All events observe
socially distant rules
w/Masks

Residents Celebrate the Day of Love at Golden Oaks

By Paula Yoder, Life Enrichment

In the middle of winter, it's nice to warm our hearts with a day that celebrates love and friendship.

Though we tend to think of Valentine's Day as one of romance, it began as a day to honor saints. Our

saintly seniors look forward to observing the day of love in some way or another. Some have grown up making and giving valentines to classmates, some have celebrated the day with a sweetheart. They enjoy keeping long standing traditions or starting new ones when they move into senior living communities. Residents at all care levels attend parties, bake, decorate and savor heart themed cakes and cookies and participate in special crafts throughout the day. Our residents will be treated to a four course meal, gifts and entertainment.



Senior Wellness: Blue Print for an Active Lifestyle

By Scott Bushong, Golden Oaks Village Executive Director



The concept of aging is shifting, and it is shifting rapidly! Driven by science and data, today's senior is embracing the concept of living a more active, healthier, and longer life. Golden Oaks Village is committed to leading the way in the creation of a more dynamic and active retirement concept that helps today's senior live life on their own terms. According to Joseph F. Coughlin, Director of the Massachusetts Institute of Technology AgeLab, "our concept of old age is made up." It is basically a social construct that originated around 100 to 150 years ago. The made-up notion of old age, as presented through products and marketing, tells us that it's time to retire, to withdraw, to stop. But it's not...

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A Colorful and Protein packed Berry Chicken Salad Recipe from our Kitchen



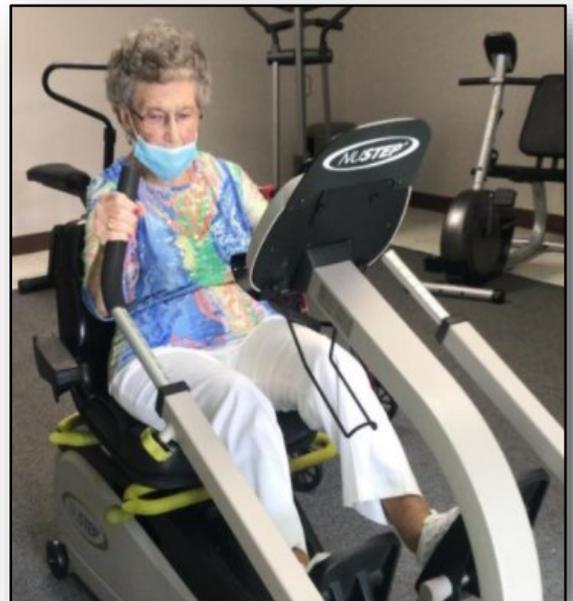
- 1/4 C Olive Oil Mayonnaise or Regular Mayo
- 1 tsp. Sugar
- 1/2 tsp dried tarragon
- Salt & Pepper
- 1 1/2 C Chopped/Shredded Leftover Chicken (1 breast)
- 1 C Diced fresh Strawberries or whole fresh Blueberries
- 1/2 C fresh or frozen Peas, thawed
- 1/4 C chopped Celery
- Torn salad greens or spinach

Whisk the first 3 ingredients together in a large bowl. Season with salt and pepper to taste. Add chicken, berries, peas, and celery, and stir well to combine. Scoop chicken salad over salad greens or spinach for a fresh and filling lunch. This salad is better when made ahead of time so the flavors can blend. But don't add the strawberries until you're ready to serve, as they tend to turn the salad pink when they sit.

Golden Oaks Active Lifestyle cont'

it's actually an entire life stage that has yet to be invented."

As a faith based non-profit community, Golden Oaks is committed to serving the whole person. At the cornerstone of this service is continued development of new life enrichment and wellness programs that help seniors define the next chapter of their life. Key elements of Golden Oaks approach to life enrichment are focused around enhanced spiritual programming, physical fitness, social engagement, as well as opportunities for life-long learning. As we enter the next decade, Golden Oaks is focused on redefining the current retirement model. Emphasis will be placed not on a person's challenges and limitations; but will embrace a new model that focuses on an individual's potential, regardless of their age!



Unique to northwest, Oklahoma; Golden Oaks is nestled on 110 acres in NW OK. It offers the beauty and peacefulness of country living surrounded by two manicured stocked fishing lakes, an indoor pool, a golf driving range, as well as walking trails. We offer industry leading services that include Independent living Cottages and Apartment homes, exceptional Assisted Living, Residential Care Apartments, Short-Term Rehabilitation Services, as well as Person-Centered Long Term Care Services.

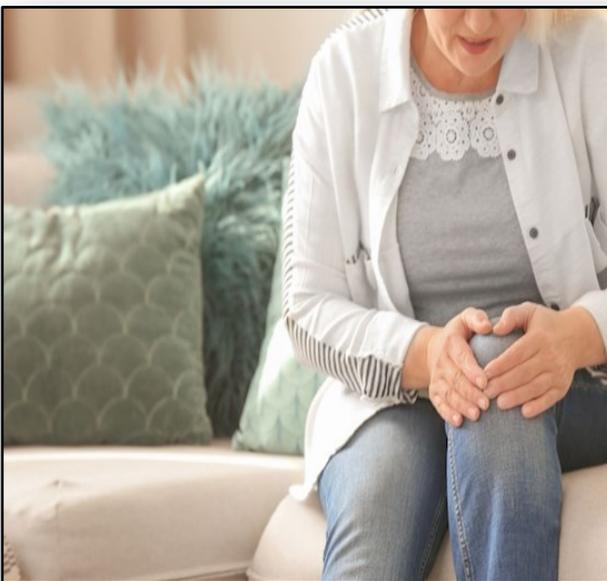
Cold, Cold Go Away..... Tips for Dealing with Arthritis Pain in Winter

How many times have you sworn that a storm was coming because your arthritis pain was flaring up? How many times has a bone-chilling cold caused your joints to swell and get inflamed with pain and stiffness?

Winter weather can be especially tough for those who suffer from arthritis, and there could be some truth to the old wives' tale that aching joints can be an indicator of a change in weather. In fact, the Arthritis Foundation even cites studies that show lower barometric pressure caused more aches and pains for people in barometric pressure chambers.

Arthritis can be classified as either inflammatory or non-inflammatory. Inflammatory arthritis features inflammatory white blood cells in the joint fluid. Forms of inflammatory arthritis include rheumatoid arthritis, lupus arthritis, gout, and many others. Forms of non-inflammatory arthritis include osteoarthritis, arthritis of thyroid disease, arthritis after injury and many others. Studies have shown that cold weather can affect both inflammatory and non-inflammatory arthritis.

With winter in full swing, cold weather pain and arthritis can be uncomfortable and affect your quality of life. The cold doesn't cause arthritis, but it can increase joint pain, according to the Arthritis Foundation. Here are some great tips to deal with arthritis pain during the winter months.



- 1. Stay warm and layer up**
- 2. Eat a healthy diet**
- 3. Get your stress under control**
- 4. Stay active and exercise**
- 5. Consider wearing compression gloves & socks**
- 6. Get your vitamin D**
- 7. Skip the soda**
- 8. Get Plenty of Rest**

Active Living with Faith-Based Purpose

Join us at Golden Oaks, for a tour of our apartments, cottages or townhouses and meet our residents. Call Elaine to reserve your lunch tour @ 580-249-2606. Ask her about the move in specials for winter.



Making the Move after you Pack

Now that you've downsized your belongings, how are you going to make your move? You'll want to have an



answer in mind from the beginning of your downsizing process.

Will you be rounding up family members to help pack and drive a moving truck? Or will you pay for a full-service moving company to pack, ship, and unpack your things? Perhaps something in-between, with a mobile storage option in which you pack a container, and then the storage company does the shipping?

For seniors, there's often another option. More companies, known as senior move managers, are popping up across the country that cater specifically to seniors moving — either to smaller homes or moving into senior living or nursing communities. They'll usually do as much or as little as you want, from packing and moving to home cleaning and estate sales.

There are hundreds of senior move specialists. The [National Association of Senior Move Managers](#) reported nearly 1,000 companies as members in its 2015-16 annual report.

There are now senior move special-

ists in most communities. These are people trained to help at every step of the way, from selecting the new residence to downsizing, to transportation back and forth, etc. They are generally very reasonable in cost and well worth the expenditure. Most real estate brokers know of such professionals, as do estate attorneys and financial advisers.

It's important to keep these options in mind as you downsize because it might change your opinion on whether to keep or sell certain items. If you're moving everything yourself, a 300-pound china cabinet might be better suited for the consignment shop to avoid the hassle and risk of injury. If you're paying for full-service, you might be more inclined to keep it, but know that such heavy items add onto the price tag.

You'll also want to be on the lookout for potential scammers. It's fairly rare, but there are some companies out there that will promise one attractive price for a full-service move, and then once your stuff is all packed up in the truck, they'll demand more money while holding your items hostage. Do your research and use companies that come with recommendations from family and friends.

If you're undecided about what type of move is best for you, let MYMOVE help you [compare moving options](#).

Dealing with the emotional toll of downsizing

Inevitably, most people will struggle a bit with nostalgia when they've reached a point where it's time to downsize. Change is hard for everyone, but the older we get, the more accustomed we are to our surroundings and our 'stuff,' even if all that stuff threatens to strangle us,

Much of these negative feelings come from both sadness and fear, which is why we recommend making a downsize as early as possible when it's easier to adjust to a new environment.

Many senior living communities allow potential residents to spend a few nights on site to get an idea of what it would be like to live there. Take advantage of that if you can.

You want to make sure you find the right fit, And don't let the apprehension get you down. Looking forward to a new environment can help ease the transition. Focus on the positives and appreciate how much simpler life will be with fewer surfaces to dust, rooms to vacuum, or towels to wash.

Your [downsize doesn't have to be stressful, sad, or scary](#).

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