



## Golden Oaks Village

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### Upcoming Events at Golden Oaks Village

- Thursday, Jan 7  
Dine n Dash—drop by Golden Oaks for a look at a ground floor pet friendly unit. 11—1 pm
- Tour of Vietnam Wall and Veterans Park
- Valentines Day Celebration
- All events observe socially distant rules w/Masks

## Golden Oaks Welcomes New Health Services Director

By Elaine Johns, Golden Oaks Village

2020 has been a year of changes, but a great change at Golden Oaks is our newest staff member, Robin Barby.

Robin has been introducing herself to all the residents and has begun making great relationships with all the staff and GOV Family.

The daughter of a local physician, she was raised in Blackwell, but married and relocated to the Beaver, Okla. area. She and her family still operate a cattle ranch and are excited about their new future in Enid.

We are blessed to have her leading our Golden Oaks team. Welcome to Enid Robin!



*Pictured: Robin Barby, far left*

## Reflections of a Crazy 2020

By Elaine Johns. Golden Oaks Village

As a mother, granny, and caregiver, I can't help but be hopeful for what will come from this pandemic.

I hope that when this all passes, we appreciate how technology has allowed us to remain connected to loved ones, but it is no replacement for personal connections. I hope to see more people at dinner without phones in front of them.

I hope we all have a greater appreciation for teachers and the time, effort, energy, care and love that goes into helping not just one child, but a classroom full of them. I hope to see societies and parents be less critical and more supportive.

I hope we don't forget the risks doctors and nurses have taken, the sacrifices

they have been placed on those professions. I hope more people stop to say thank you to those who keep us well.

I hope after doing it alone, parents value the village they have in helping raise their children, be it a nanny or day care provider or grandparents or friends who help in big and small ways.

# A GOV Dish From Our Café to Yours!



16 oz. medium pasta noodles cooked  
 16 oz. alfredo sauce  
 1 tsp salt  
 1 oz. ranch dressing mix  
 3 cups cooked and shredded chicken  
 1 cup cheddar cheese  
 2 cups mozzarella cheese  
 8 slices bacon

Preheat oven to 350 degrees. In a large bowl, add in your pasta, alfredo sauce, salt, ranch seasoning, chicken, 1 cup cheese and half of your bacon pieces. Stir together. Pour cooked pasta into a 9 x 13 pan. Sprinkle remaining cheese over the top of the pasta. Sprinkle bacon pieces over top of cheese. Bake 20 minutes or until cheese is melted and the dish is bubbly and hot throughout. Serve immediately.

## Reflections of a Crazy 2020 cont'

I hope those reluctant to vaccinate see the value in modern medicine and the horrors that can happen when we don't have herd immunity to protect the most vulnerable among us.

I hope we recognize the critical role nature plays in our well-being and stop destroying mother nature. I hope to see more kids choosing to play outside over playing video games, and more people making time for walks outdoors.

I hope we appreciate travel, both near and far, for all of the ways it enriches our lives. I hope more people choose to spend money on experiences rather than things after feeling the void of being isolated with all of our belongings.

I hope we start to see workers in the food, supply chain, and environmental service industries as vital and worthy of a living wage. Perhaps in the future, more of us will understand that they too save lives as well as keeping us well fed and safe.

I hope we understand that unemployment is a blessing to receive when unemployed and not a retirement program. There are many businesses that need employees and having a good work ethic is a great asset. Don't begin to demand those things from our governments, get a job and give back to those less fortunate.

I hope we remember the fear we felt about not having our basic needs met, and the desire to flee to the grocery store and hoard up on all the toilet paper and sanitary cleaner, and remember those who are just living day to day and worry over having a can of food to eat.



I hope this pace of life allows us to slow down, find quiet, and find balance when we come out on the other side. May we all take from this time the importance of long conversations, meditation, time in the kitchen, the sound of birds outside, dancing to music, reading, writing, and making art.

I hope we carry with us the acts of kindness we have heard of and witnessed during this time. May we remember the resilience of the human spirit and try to emulate those who have been a light in dark times. I hope we remember that our actions really do matter. When this is all said and done, let's cherish the beauty of "normal."

Stay hopeful, friends.

## Golden Oaks welcomes Chloe, the new Therapeutic Visitation Dog



It doesn't take a scientist to know that pets make people feel good; anyone who's ever stroked a dog's fur or felt a cat's thrumming purr knows this. Science can, however, tell us how and why pets can be therapeutic. Just 15 minutes bonding with an animal can result in a drop in heart rate, blood pressure and stress levels .

Over the long term, pet and human interactions can lower cholesterol levels, fight depression and may even help protect against heart disease and stroke. This is why pets for the elderly can be so beneficial. For seniors, the benefits of a furry companion can be life-changing.

Pets can make the elderly feel needed, and that feeling can translate into a greater sense of purpose and self-worth. During what can be a lonely time of life, the unconditional love of a cherished dog or cat can be a bridge to more socialization with others, lowered stress, mental stimulation and a renewed interest in life.

## Four Benefits of Vitamin D for Seniors

Vitamin D is a crucial component of healthy aging. However, many older adults don't get enough of it, leading to symptoms of vitamin D deficiency, including bone softening, nausea, cognitive difficulties, and frailty. To avoid these problems, older adults should aim for the recommended dose of vitamin D for seniors: 600 IU for those under 71 and 800 IU for those 71 and older.

Here are benefits of Vitamin D:

- ◆ Vitamin D boosts senior happiness and mental health
- ◆ Vitamin D helps with bone health in seniors
- ◆ Vitamin D helps prevent cancers and infections
- ◆ Vitamin D helps to protect oral health

How to get the recommended dose of vitamin D:

- ◆ Sunshine is one of the best natural sources of vitamin D. Take an afternoon walk, sit by a window and read or invest in a UV lamp for colder months.
- ◆ One TBSP of Cod Liver Oil supplements 170% of daily vitamin D
- ◆ Four or five slices, white mushrooms are half of the needed vitamin D intake
- ◆ A cup of milk, which is fortified with Vitamin D, contains 20% of daily recommended value.

Beyond these natural sources, a doctor or dietitian may recommend a Vitamin D supplement, after ruling out medication interactions or other health risks.

## Dine & Dash - Thurs. Jan 7th 11-1

Join us at Golden Oaks, from 11 am to 1 pm, for a socially distant tour of a ground floor, pet friendly apartment. Patio Door Access. We will serve up a delicious bowl of Loaded Potato Soup and a Sandwich to go! Call Elaine to reserve your lunch tour @ 580-249-2606. Pre-Registrants eligible to win a door prize. Subject to change based on health guidance.



# Senior Friendly Guide to Downsizing

Most seniors know that there will come a day when they'll have to downsize, either to simplify their lifestyle, to cut costs, to be closer to grandchildren, or to address medical needs. It's often a stressful and tolling process — both emotionally and physically. But it doesn't have to get overwhelming. Here are some tips to make downsizing easier.

## 10 Tips to make downsizing later in life easier

### 1. Start early.

Give yourself plenty of time for this process, because it will inevitably take longer than you expect. Take your time, and don't try to sort through your entire house in one day or weekend. A couple of weeks to a month is a more realistic timeline. Take it one room at a time, and take breaks throughout. "If you aren't rushed, you'll find downsizing to be much less stressful.

### 2. Start small.

You probably already know things you want to get rid of in the kitchen or garage, but avoid diving into such a big room at the very beginning. You have years and years of things to sort through. Start in an area with little emotional attachment. The laundry room or linen closet are good options. Understand your needs. If you're moving into a two-bedroom house, four sets of sheets should be plenty. The rest can go.

### 3. Eliminate rooms you won't have in your new home.

If you're moving to an apartment or townhome, you might not have a garage or office space. Nearly everything in those spaces will need to be sold, donated, tossed, or relocated to other rooms. These areas might also be good items for consignment or garage sales; nice office furniture and outdoor tools are more valuable than old sofas or mattresses.

"Organize backwards— pack the keepers. What's left can be looked at and most can be shared or donated."

### 4. Get rid of duplicates.

You'll find this is especially true in your kitchen. You have two or three spatulas and

ladles, a couple of oversized stock pots, and four different sized cookie sheets

### 5. Make Yes or No piles — no Maybes.

When you're going through years of belongings, some things are going to tug at your heartstrings, and you'll be tempted to make a third pile of things to keep if you have space. Don't fall for it. You'll end up with a Maybe pile that's bigger than either of the other two. Moving isn't cheap, either; do you really want to pay extra to move stuff you don't even want? Don't delude yourself by telling yourself you'll deal with it at your next destination. No, you won't."

### 6. Reduce collections creatively.

It can be hard to let go of a lifetime collection of porcelain dolls or snow globes from all your vacations, but they will eat up a lot of space or end up stored in a box where you'll never see them. Instead, pick a couple to keep and take high-resolution photos of the rest, then have them made into a photo book that can sit on your coffee table or mantle.

### 7. Don't be afraid to sell things yourself.

With Craigslist, Ebay, numerous smartphone apps, yard sales, and an abundance of consignment shops, selling your belongings has never been easier. You probably won't make a ton of money on most items, so consider how much time you want to invest. Yard sales are usually faster, but items won't sell for as much. Craigslist has its drawbacks, but you'll have a much wider audience and can probably get more for your stuff. Consignment is a good option for high-end furniture, handbags, and other accessories; prices are reasonable, and they'll sometimes pick up heavy furniture for you.

### 8. Consider legacy gifts early.

Is there an antique clock in your foyer

that you plan to one day leave to your son? Maybe a china collection your granddaughter adores? If there are certain heirlooms or pieces you plan to leave to your family in your will, consider giving those gifts now. This has two benefits: you'll get the items out of our way, and you'll be able to enjoy the feeling of giving those items to your loved ones now.

### 9. Allow some time to reminisce.

While you're cleaning and sorting, there will be some days when you want to stop emptying the kids' bedrooms and just look through the kindergarten drawings, soccer trophies, and once-prized stuffed animals. It's OK to pause and let the nostalgia take over for a bit. Cry if you need to, or move on to another room and come back. This is why you started early — just don't let it prevent you from eventually getting the job done.

### 10. Use this as a chance to bond.

Invite the kids and grandkids over for the weekend. Talk to the young ones about where you bought your favorite trinkets. Tell them about your family's heirlooms. Let them help pack, ask questions, and spend time with you. Get help posting items for sale online.

It can be one more moment your family shares together in the house you've loved — before you start making those memories together in your next home. Remember that it's your family that's important for the memories you cherish, not the stuff around you.

See next month's  
edition for  
"Making the Move"

Golden Oaks Village, 5801 N. Oakwood Rd, Enid, Oklahoma 73703

E-mail: [ejohns@goldenoaks.com](mailto:ejohns@goldenoaks.com)

[www.facebook.com/Goldenoaks](http://www.facebook.com/Goldenoaks)

Phone: 580-249-2606

[www.goldenoaks.com](http://www.goldenoaks.com)

