

Golden Oaks Village hosts free hearing tests during monthly wellness meeting - March 21st at 9:30 am

By Elaine Johns, Director of Marketing, Golden Oaks Village

It's been proven that your hearing health is directly connected to your overall health. Hearing loss can reduce your quality of life by making communication more difficult, heightening stress, isolating you from society, and straining relationships with your family and friends. Physically, the inability to hear alarms, warning sounds or the voices of your family members could potentially put lives in danger. Even emotionally, the impact can resonate throughout family and social circles — from frustration with repeating things over and over, to sadness at seeing a loved one isolate themselves from the people and activities they enjoy. Free hearing tests will be provided to those residents who sign up prior to the wellness meeting.



Top Exercises for Seniors During the Winter Season

By Elaine Johns, Director of Marketing, Golden Oaks Village

Exercise is important for your health. The National Institute of Aging recommends that you try to include at least 30 minutes of vigorous activity in your routine every day. You will get the most benefit from your physical activity if you include these types of exercise: Balance; Endurance; Flexibility; and Strength. The winter season can make it difficult to keep up with these kinds of activities, Research into Senior Living has proven that:

- Older adults who report the highest levels of well-being and happiness are those who socialize, work or volunteer and exercise.
- Having healthy social relationships is a significantly higher predictor of longevity and is associated with reduced rates of depression and better cognitive health.
- Older adults who are physically active have lower rates of coronary heart disease, high blood pressure, stroke and some cancers, as well as higher levels of functional and cognitive health.

Golden Oaks Village creates opportunities to engage in all those areas. They're built into every day, all in one place. Add to that regular, nutritious meals, access to medical care, and services and amenities that relieve the burdens of homeownership, and it's easy to see why more seniors have decided this as a great way to enjoy the good life.

Golden Oaks offers a variety of exercise activities for our residents. We have an exercise room that residents can take advantage of all the latest exercise equipment available at your local gym. Recumbent bikes, treadmill, weights, elliptical trainers and other equipment. To enhance the safety of our seniors we began a Tai Chi class that is held both in our independent and long term care facilities. More than 15 residents are enrolled in each class which works at a pace that feels comfortable, is very gentle and low impact. It focuses on building strong bones, improves their balance and strength, increases flexibility, lowers high blood pressure, reduces anxiety and maintains healthy weight.

Swimming is an excellent activity to enjoy all year round. But especially when the weather outside is cold and if you end with a quick dip in the hot tub to ease your joints. Swimming helps improve balance, endurance, flexibility and strength. Golden Oaks indoor heated pool offers year round exercise and has a lift allowing for wheelchair access, if needed.

Walking is the most natural form and other than a good pair of shoes no additional equipment is needed. Walking outdoors does provide you with the most benefit, but during the cold and icy months, you may need to utilize the indoor corridors and atrium for walking indoors. You can take advantage of the pathways around the lake when the weather is suitable. No matter what form of exercise you choose to do with your parent or senior



Aging with Grace Conference held June 28th CNB Center

By Elaine Johns, Director of Marketing, Golden Oaks

RSVP of Enid and Grace Care present the 2nd Annual Aging with Grace Conference. A one day educational conference highlighting community resources for aging with grace and safety. This year we are teaming up with Mike Fields, District Attorney, and The Elder Abuse Task Force; a team of state and local prosecutors, law enforcement, State Departments of Health Services, local businesses and agencies, like RSVP of Enid, which provide services to the elderly. This is a one-of-a-kind conference that you won't see anywhere else. If you have ever wondered what resources are available for your aging loved one - now is your chance to find it all in one room! You won't want to miss out on this amazing opportunity to come together with local businesses, agencies and groups to talk first hand with professionals who can help you navigate the aging process. This event is open to the public.

TOPICS FOR THE CONFERENCE INCLUDE:

- Navigating the Difficult World of Medicare/Medicaid
- Introducing The Elder Abuse Task Force
- Elder Abuse Awareness Month
- The Misdiagnosis of Dementia vs. Aging Issues
- "Don't Touch My Keys"
- Veterans Benefits - Aid & Attendance
- Having an Effective Estate Plan
 - Wills/Trusts
 - Power of Attorney's
 - Advanced Healthcare Directives



Aging with Grace Conference hosts Geriatric Neurologist, Dr. Germaine Odenheimer as Keynote Speaker

Dr. Germaine Odenheimer is a Geriatric Neurologist with special expertise in issues involving cognitive decline in the elderly as well as medical conditions that effect driving safety. She was recruited to the University of Oklahoma, College of Medicine in 2001 to help develop educational programs for medical students, to prepare them for their future with aged patients. She ran the curriculum in Geriatrics for 4th year medical students which included required visits to Adult Day Care Centers and Alzheimer Support groups. Her clinical work focused on veterans with dementia and other cognitive problems. Although she recently retired as Professor Emeritus, she continues to teach at OU Health Sciences Center for interprofessional training bringing multiple health care professionals together to improve patient outcomes.

She serves on the OK State Council on Aging, the State Long-Term Care Ombudsman committee, and recently joined the board of the Independent Transportation Network (a non-profit organization that provides rides to the elderly and visually impaired.)

Veteran Aid and Attendance offsets cost of Senior Care

By Elaine Johns, Director of Marketing, GOV

More than one-third of Americans over 65 are either wartime veterans or are married to one, which means they may qualify for benefits that can help offset the cost of senior care. Yet less than 10 percent of those who qualify have even applied for Veterans Aid & Attendance, which can be used to help pay for in-home or home health care, assisted living communities, and long term care nursing facilities.

Golden Oaks Villiage can assist you with information designed to help veterans and their families learn more about Aid & Attendance. It includes information about:

- How award amounts are determined
- How long the application and approval process takes
- Who is eligible for VA Aid & Attendance
- How this benefit can be used to pay for care at home and in senior living
- How to apply for VA Aid & Attendance
- What documents are required for application
- Where to find resources for help with the application process

Golden Oaks is available to make presentations to inform our seniors about this free program that offsets the cost of senior care. Benefits are paid directly to the veteran or surviving spouse. In 2019, qualifying veterans and their spouses could be eligible for a VA Pension of over \$2,230 per month to help cover the costs of elder care assistance. For further information contact: Elaine Johns at (580) 249-2600 or email at ejohns@goldenoaks.com.

