



Golden Oaks Village

Inside this issue:

- Golden Oaks Socks* 1,2
- New Ambassador* 1,3
- Yummy Stuffed Bell* 2
- We're Hiring* 3
- Open House* 3
- Pet Friendly Units* 4
- Senior Dental Health* 4

Golden Oaks collects Socks for Seniors for Upcoming Sock Hop

By Elaine Johns, Director of Sales & Marketing

Charity suffereth long, and is kind... 1 Corinthians 13:4

We're collecting fun socks for a project. As Christians, we have to be the listening ear. We have to be the ones with compassion. We have to be the ones to help with the needy. We have to be the ones who love the unloved. We have to be the ones to help the lonely. We have to be the ones who pray for others. We have to be the ones who share the love of Christ.

So, how warm and fuzzy are you to the world? I recently saw a young teenager in California was collecting socks for seniors. I thought it was a great idea. Want to help me with a local project? Please purchase a fun



Exciting New Ambassador Program begins at Golden Oaks

By Scott Bushong, Golden Oaks Village Executive Director



There is so much to do at Golden Oaks Village. We have a very active faith-based community. Many residents, who are unsure of all the programs, amenities, and services, need assistance when moving into senior living. In addition, many of our neighboring communities need to know more about our life at Golden Oaks and the great

advantages of our community. A new Ambassador Program is being developed to meet this need. The goals of the program are to help new residents' transition into senior living by providing personal assistance as they integrate into life at Golden

Upcoming Events at Golden Oaks Village

- Resident Council Meeting 2:00 pm Monday, March 1st in the Atrium
- Exercise Classes on the veranda at 10 am and 2 pm
- Valentines Banquet March 4th, 5:30 pm
- Sock Hop St. Patrick's Day Sock our Seniors
- Art Classes each Wednesday from 6:30—8:30 pm
- All events observe socially distant rules w/Masks

Stuffed Bell Peppers



6 bell peppers, any color
 4 Tbsp olive oil plus more for drizzling
 8 ounces lean ground beef
 Kosher salt and freshly ground black pepper
 1 onion, finely diced
 2 cloves garlic chopped
 1 medium zucchini finely dices
 4 Roma tomatoes finely diced
 1 1/2 Cups grated pepper jack cheese
 1 Cup cooked long grain wild rice
 Red Pepper Flakes, if wanted

Preheat the oven to 350 degrees F. Cut the tops off the peppers. Remove and discard the stems, then finely chop the tops; set aside. Scoop out the seeds and as much of the membrane as you can. Place the peppers cut-side up in a baking dish just large enough to hold them upright. Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Add the beef, season with salt and pepper and cook, breaking up the lumps, until the meat is cooked through and just beginning to brown, 8 to 10 minutes. Remove to a paper towel-lined plate to get rid of the fat.

Wipe out the skillet and add the remaining 2 tablespoons olive oil. Add the onions and chopped peppers and cook until beginning to soften, 3 to 4 minutes. Add the garlic and zucchini and cook for another minute. Add the tomatoes and season with salt and a pinch or 2 of red pepper flakes. Cook until everything is heated through, then stir in the beef and rice. Taste and adjust the seasoning. Stir in 1 cup of the cheese. Fill the peppers with the rice mixture and top each with a sprinkle of the remaining 1/2 cup cheese. Pour a small amount of water into the bottom of the baking dish and drizzle the peppers with a little olive oil. Cover with foil and bake for 30 minutes. Uncover and bake until the peppers are soft and the cheese is melted and lightly browned, another 15 to 20 minutes.

Sock it to our Seniors continued'

pair of socks to give to all the residents at Golden Oaks. You can buy them at the dollar stores, discount stores or other places. they don't have to be expensive....just fun, warm and fuzzy. Leave your name and address and we'll send a thank you card. Help me brighten the day of our aging seniors! Thanks so much in advance of the ton of socks I expect. Just drop them off in the glass breeze-way at Golden Oaks Towers. 5801 N. Oakwood Rd. in Enid, OK. Please share this challenge to sock our seniors and help. Elaine Johns 580-249-2606.



Golden Oaks Village is Growing and Hiring



Independent Living

Dishwasher	Full time
Life Enrichment Coordinator	Full time

Assisted Living

CNA/CMA/MAT	3-11; 11-7
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Healthcare Services Center

CNA	3-11; 11-7
CMA	Double Weekends
LPN/RN 1	1-7; 3-11 Fulltime
Dietary Aide	Full time



Exciting New Ambassador Program cont'

Oaks. Our Ambassadors, from Golden Oaks, serve as additional marketing specialists who assist our Sales and Marketing Dept. with presentations outside activities and events.

Ambassadors will spread relevant information about Golden Oaks by attending speaking at engagements, distributing newsletters, and welcoming guests into our Golden Oaks family. All will be accomplished through our contacts in settings such as senior centers, faith-based organizations, civic groups and neighborhood groups or associations.

Ambassadors will receive training to prepare them for the year long commitment. They will assist Golden Oaks within Northwest Oklahoma to identify those seniors who need help connecting with our

Join us for an Open House on April 1st

Join us on April 1st from 12-3 pm for an Open House at one of our one bedroom, one bath units in the "E Section" of our neighborhood community. We have five one bedroom units available for you to choose from! Call our professionals for a tour today and select your new home. 580-249-2606

Golden Oaks Village

Faith-Based, Pet Friendly, Active Lifestyle at Golden Oaks Village



Left to Right: Vivian, Mae, Kay and Max

Did you know Golden Oaks is pet friendly?

Moving into senior housing from your longtime family home can be overwhelming. Finding out that you can't bring along your favorite pet can be downright devastating. Restrictions may limit the number of animals allowed, but in many cases, you will be able to have your pet with you.

Seniors who own a cat or dog are healthier, happier, and live longer. A pet provides an opportunity to socialize with others, gives you a sense of purpose, and helps you remain active. So don't hesitate to move to Golden Oaks Retirement Community! Bring your pet and take a walk along the lake on the nature trails. You and Fido will meet many friends on your walkabouts! Call us today at 580-249-2606.

Senior Dental Care: 7 Surprising Dangers of Poor Dental Health

Printed with Permission by Angelike Gaunt

Oral health directly affects overall health and quality of life. In fact, dental disease is a common cause of medical and emergency room visits, according to the American Dental Association. Medications and common chronic illnesses in older adults, such as diabetes or heart disease, put seniors at an increased risk for dental problems. Yet, access to senior dental care continues to be a problem in the U.S. Dental care benefits cease upon retirement and routine dental care is not covered by Medicare. Lack of transportation, age-related memory loss, other cognitive problems, and physical disabilities may also lead to missed dentist appointments and poor dental health for seniors. Good senior dental care may help prevent common problems, like toothaches, gum disease, and tooth loss. Healthy teeth also help older adults enjoy food and eat better. Learn why it's important to make dental health for seniors a priority and how to help your elderly loved one improve their oral health.



7 reasons to make senior dental care a priority

1. Tooth Decay
2. Gum Disease
3. Tooth Loss
4. Heart Disease
5. Diabetes
6. Pneumonia
7. Oral Cancer

How to improve dental health for seniors

1. Remind loved ones to brush
2. Remind your parent to floss
3. Keep dentures clean
4. Schedule dentist visits
5. Tell the dentist about medical conditions and medications
6. Encourage loved ones to eat a healthy diet

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

Phone: 580-249-2606

E-mail: ejohns@goldenoaks.com

www.goldenoaks.com or see us on Facebook www.facebook.com/Goldenoaks

