



Golden Oaks Village

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## Golden Oaks Village Welcomes Interim Executive Director

Dawn Ann Mendenhall currently lives in Kingfisher with her husband of 42 years, David. They have two children, a son, Jay, who lives in Enid with his wife and four daughters, and a daughter, Maggie, who is an LVAD and Heart Transplant RN in San Diego, California.

Before moving to Kingfisher, she resided in Fairview for 25 years. Part of that time, she was the accountant and then Nursing Home Administrator at Fairview Fellowship Home, while her husband pastored at First Baptist Church. In Kingfisher, she worked for a CPA firm and is currently a self-employed



Upcoming Events at Golden Oaks Village

- Resident Council Meeting 2:00 pm Monday, May 3rd in the Chapel
- Bean Bag Baseball May 13 & 27
- Luau Social on Sat. May 22nd. 6:30 pm
- Drum Fit 10 am every Friday in the Oak Room
- Movies in the Chapel Tuesday/Thursday
- Trip to the Railroad Museum May 25th
- All events observe socially distant rules w/Masks

## New Life Enrichment Coordinator is Rockin' and Rolling at Golden Oaks



Senior living isn't just about finding a place to live; it's about living your best life. Life enrichment programs help seniors become involved in enjoyable activities every day. An effective program doesn't just offer a calendar full of activities. It includes those that benefit a senior's quality of life. Abby Grey is our newest blessing at Golden Oaks. She's committed to serving our residents with her creativity, talents and skills

Life enrichment programs are the plans and activities offered at a community that support residents' physical, social, emotional, and cognitive well-being. In addition to fostering personal growth and creativity, these programs are designed to keep seniors engaged and active in the community.

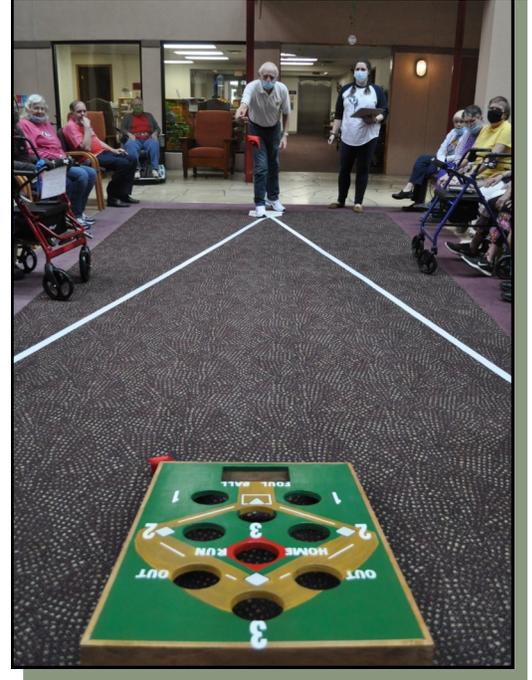
## ***Residents Take the Field w/ Bean Bag Baseball***

Bean bag baseball is a big hit in the Golden Oaks Atrium and gathers quite a crowd of players, spectators and cheerleaders.

Bean bag baseball varies just a little bit from the American classic: There's no bat. The diamond is set up more like a bowling alley. The outfield and infield are empty. And the batter is the pitcher. Many will recognize bean bag baseball as a modified game of Cornhole. The "batter" stands at home plate and pitches his bean bags to the board 15 feet across the room. Each hole on the board is marked with a baseball action: single, double, triple, home run, foul, and out. The batter takes the action of the hole in which his bean bag falls.

"The whole idea is to keep seniors active and moving," said Elaine Johns, Director of Sales & Marketing. Across the room from home plate sit three chairs, representing first, second and third bases. If the batter throws a triple, the rules of the game require him to walk to the bases, touch the chairs marked first and second and sit in the chair representing a triple. And each player must touch home base again to score.

"It's a great game that those with any mobility issues can play," Johns said. "We've had them play aided with a cane, a walker, a wheelchair, a scooter and someone even played with "designated runner." The game can be modified for seniors who are more frail, she said. Other players can join the game as a runner for those with gait issues. As we see it, it's also great socialization opportunity," said Johns. After being confined to regulations from the Covid-19 pandemic, it's a fun way to gather together while remaining socially distant. The game is complete with the National Anthem being sung, Mayor, George Pankonin throwing out the first pitch, and traditional baseball music being played during the entire 9 innings.



Special thanks to Sherry Braud for playing the baseball themed music during the event which enhanced the kickoff season in April. The event was so successful, the seniors will be playing the game every two weeks. The winning team has the challenge of adding items to a traveling trophy which is presented to the winners following each game.

As the season continues, the residents will be designing their tee shirts and honing their skills for the final playoffs at the end of summer.

So suit up and lets "play ball."

## ***Join us for an Open House on May 6th***

Join us on May 6th from 12-3 pm for an Open House at our only three bedroom, two bath unit in the "E Section" of our neighborhood community. We have several other units available for you to choose from! Call our professionals for a tour today and select your new home. 580-249-2606

# Drum Fit Classes Provide More than Fun!!



It goes without saying that being involved in a community and surrounded by a good group of friends can have a huge positive impact on your mood and outlook on life. We believe this is not only true in work, but also in play, which is why Drum Fit is focused on inclusive group workouts. Although it may be uncomfortable for some of us to step into a class full of people to get our sweat on, there are many advantages to exercising in a group, whether you

are best friends or just newly acquainted.

In addition to being a great source of physical activity, Drum Fit exercise classes provides essential 'Brain Fitness' components such as: fine motor skills, coordination, reflexes, cross lateral movement, bilateral movement, spatial awareness, eye- hand coordination, unilateral movement and cognitive association.

Our residents meet every Friday at 10 am to work out with the drums! For further information on our activities contact Abby Grey at 580-249-2600.

**Golden Oaks**

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FOR MORE INFO: (580) 249-2606

GOLDEN OAKS IS A NONPROFIT FAITH-BASED SENIOR RETIREMENT VILLAGE LOCATED ON 110 ACRES SURROUNDED BY TWO LAKES. WE OFFER AN EXCITING MAINTENANCE FREE LIFESTYLE WITH LIFE ENRICHING ACTIVITIES AND EVENTS ALONG WITH CONTINUUM OF CARE FOR SENIORS 55+

## Mother's Day

Second Sunday of May

G	T	O	A	N	O	I	T	A	I	C	E	R	P	P	A
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J	L	A	G	R	B	I	I	N	H	U	O	F	E	L	N

APPRECIATION	GUIDANCE	NURTURE
BEAUTIFUL	HUGS	PERFUME
BREAKFAST	JEWELRY	PROTECTIVE
CANDY	JOY	SHARE
CHARMING	KISSES	TELEPHONE
COMFORT	LAUGHTER	TENDER
DEVOTED	LOVE	THE BEST
FLOWERS	MATERNAL	WARM
FORGIVING	MOM	WISE
GIFTS	MOTHER	

# Signs of Dehydration & the Need to Drink Water

It's clear that there are many benefits of drinking water, including increasing brain power and flushing out toxins. However, seniors can be prone to dehydration for a variety of reasons, and dehydration can be associated with many serious health concerns. Whether you're a senior or a senior caregiver, it's important to notice the signs of dehydration in seniors and to work to prevent them from happening.

Dehydration can be dangerous for all individuals, but seniors are especially susceptible. Seniors can be prone to dehydration for a variety of reasons, and the following are among the main causes.

1. Signs of thirst diminish with age. The need for hydration is still there, but the sense of thirst isn't as strong as it used to be.
2. Medications may affect how much water intake is needed. Medications can have a variety of effects, including the need for more water intake or causing you to sweat more.
3. Seniors may not have the physical or mental ability to drink enough water, know when they are thirsty, or communicate that they are.

## Signs of Dehydration

While seniors can be prone to dehydration more than young or middle-aged adults, the signs of dehydration are similar for people of all ages. They include:

Headaches	Dizziness	Low blood pressure
Sunken eyes	Constipation	Rapid heart rate
Inability to sweat or produce tears	Low blood pressure	Low urine output
Dry mouth	Lethargy	Confusion



Because you might not sense that you're thirsty, it's important to make a conscious effort to drink water. Be proactive by drinking water first thing in the morning and throughout the day. Add reminders into your phone, or tell someone with you to remind you to drink it.

Other smart tricks include having the water easily accessible, keeping it at the temperature that tastes best to you, and carrying it with you when traveling. If gulping water makes you feel too full,

sip it slowly throughout the day. If you simply don't like the taste of water, consider adding some fresh fruits into it to give it a boost of flavor.

Staying hydrated is especially important for seniors who enjoy spending time outdoors in the summer. Your body must maintain a certain temperature to function at its best, so when you get hot, your body sweats in order to cool itself down. Sweat, of course, means loss of water, so you need to stay hydrated when you're outdoors. Regulating your body temperature by drinking water could also help you prevent heat exhaustion.

While they can provide some hydration, caffeinated or alcoholic beverages can dehydrate you as well, so it may be wise to limit their consumption, especially in the sun.

It's also important to remember your water while exercising. Drink a cup of water a few hours before your routine, and take small sips throughout your workout or walk. Drink water after you're done too.

Because a variety of factors can make a difference for each person, ask your doctor how much water consumption is ideal for you.



# MAY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p><b>Card Games in the Oak Room 1-4 pm M-F</b></p>	<p><b>Watercolor Class Every Monday Art Room 1:00-3:00 pm</b></p>	<p><b>Crochet 2:30 2nd Floor Foyer Every Wed.</b></p>	<p><b>Quilting 9:30am G-315 Every Wednesday</b></p>	<p><b>*Trip to Indian Creek Village MOVED TO JUNE!</b></p>		<p><b>1</b></p> <p><b>Board Games on the Veranda 1-4 pm</b></p>	
<p><b>HAPPY ANNIVERSARY MR./MRS. MARSHALL MAY 24TH</b></p>							
<p><b>2</b></p> <p><b>Chapel 1:30 pm Allen Seibel</b></p>	<p><b>3</b></p> <p><b>Bible Study 10 am Oak Rm</b>                      Grocery List due by 2 pm                      Resident Council Mtg 2:00 pm</p>	<p><b>4</b></p> <p><b>Movie Morning 10 am</b>                      Singing Saints 5:45 pm</p>	<p><b>5</b></p> <p><b>10 am New Res. Orientation</b>                      Art Class 6-8 pm</p>	<p><b>6</b></p> <p><b>Open House in E-Section</b>                      Movie Day 2:00pm                      Nat'l Day of Prayer                      Bingo 6:30 pm</p>	<p><b>7</b></p> <p><b>DrumFit 10 am Oak Rm</b></p>	<p><b>8</b></p> <p><b>Mother's Day Brunch 11:30 - 1:00 pm</b>                      Board Games on the Veranda 1-4 pm</p>	
<p><b>9</b></p> <p><b>Chapel 1:30 pm Jerred Unruh</b></p>	<p><b>10</b></p> <p><b>Bible Study 10 am Oak Rm</b>                      Grocery List due by 2 pm                      Cornhole 2 pm</p>	<p><b>11</b></p> <p><b>Braum's Trip 1:30pm</b>                      Linda &amp; Stephanie Gospel Duo 6:30 pm</p>	<p><b>12</b></p> <p><b>Wed Bible Study 1:00pm</b>                      Art Class 6-8 pm</p>	<p><b>13</b></p> <p><b>Movie Day 10am &amp; 2pm</b>                      Bean Bag Baseball 2 pm Atrium                      Bingo 6:30 pm</p>	<p><b>14</b></p> <p><b>DrumFit 10 am Oak Rm</b>                      Family Fued 2pm Atrium</p>	<p><b>15</b></p> <p><b>Board Games on the Veranda 1-4 pm</b></p>	
<p><b>16</b></p> <p><b>Chapel 1:30 pm Richard Stephens</b></p>	<p><b>17</b></p> <p><b>Bible Study 10 am Oak Rm</b>                      Grocery List due by 2 pm</p>	<p><b>18</b></p> <p><b>Movie Morning 10 am</b>                      Bruce Crain 6:30 pm</p>	<p><b>19</b></p> <p><b>Wed Bible Study 1:00 pm</b>                      Art Class 6-8 pm</p>	<p><b>20</b></p> <p><b>Movie Day 10am &amp; 2pm</b>                      E Section Party 11-1 pm                      Bingo 6:30 pm</p>	<p><b>21</b></p> <p><b>DrumFit 10 am Oak Rm</b>                      Jeopardy 2pm Atrium</p>	<p><b>22</b></p> <p><b>Hello, Summer! Luau Social 6:30pm</b>                      Board Games on the Veranda 1-4 pm</p>	
<p><b>23</b></p> <p><b>Chapel 1:30 pm James Yoder</b></p>	<p><b>24</b></p> <p><b>Bible Study 10 am Oak Rm</b>                      Grocery List due by 2 pm                      Cornhole 2 pm</p>	<p><b>25</b></p> <p><b>Trip to RR Museum &amp; Lunch 10:30 am \$15</b></p>	<p><b>26</b></p> <p><b>Birthday/Anniv. Luncheon 11:30</b>                      Wed Bible Study 1:00 pm                      Art Class 6-8 pm</p>	<p><b>27</b></p> <p><b>Movie Day 10am &amp; 2pm</b>                      Bean Bag Baseball 2 pm Atrium                      Bingo 6:30 pm</p>	<p><b>28</b></p> <p><b>DrumFit 10 am Oak Rm</b></p>	<p><b>29</b></p> <p><b>Virgil Fussell 100 BD Oak Rm</b>                      Board Games on the Veranda 1-4 pm</p>	
<p><b>30</b></p> <p><b>Chapel 1:30 pm Tom Stanley</b></p>	<p><b>31</b></p> <p><b>Memorial Day No Bible Study</b>                      Grocery List due by 2 pm tomorrow</p>	<p><b>HAPPY BIRTHDAY</b></p> <p>MAY 2 DENISE KRAUSSE                      MAY 3 ROSIE VOTH                      MAY 5 BETTY WELCH                      MAY 10 MICKEY BLAKLEY                      MAY 11 RUTH ANN EVANS                      MAY 12 COLLEEN QUIGLEY</p>				<p><b>HAPPY BIRTHDAY</b></p> <p>MAY 17 KATHY KOCH                      MAY 18 VERNA HENTHORN                      MAY 22 MARY LOU WINTER                      MAY 27 MARILYN SPENCER                      MAY 29 VIRGIL FUSSELL 100 YEARS</p>	

## ***Fresh Taco Salad from our Kitchen to Yours***

### **Ingredients**

4 cups mixed salad greens  
1 15 ounce can black beans, rinsed and drained  
2 ears of corn, husks and silks removed and kernels cut off the cobs  
 $\frac{3}{4}$  cup matchstick-size pieces peeled jicama  
 $\frac{1}{2}$  cup chopped tomato (1 medium)  
1 medium avocado, halved, seeded, peeled, and sliced  
1 fresh jalapeño chile pepper, stemmed, seeded, and thinly sliced  
2 cups multigrain tortilla chips with flaxseeds  
 $\frac{1}{2}$  cup refrigerated fresh salsa  
 $\frac{1}{2}$  cup crumbled queso fresco (2 ounces)  
1 recipe Cilantro Ranch Dressing

Line a large serving platter with salad greens. In a medium bowl combine black beans, corn, jicama, and tomato. Spoon mixture over greens. Arrange avocado and chile pepper slices over bean mixture. Top with chips, salsa, and cheese. Drizzle with Cilantro Ranch Dressing.

### **Cilantro Ranch Dressing**

1 cup light sour cream  
 $\frac{1}{4}$  cup buttermilk  
2 tablespoons snipped fresh cilantro  
1 tablespoon snipped fresh chives  
1 tablespoon lime juice  
2 cloves garlic, minced  
1 teaspoon chili powder

In a small bowl whisk together sour cream, buttermilk, cilantro, chives, lime juice, garlic, and chili powder.

Nutrition Facts Per Serving: 214 calories; total fat 9g; saturated fat 3g; polyunsaturated fat 1g; monounsaturated fat 3g; cholesterol 11mg; sodium 447mg; potassium 630mg; carbohydrates 29g; fiber 8g; sugar 4g; protein 10g; trans fatty acid 0g; vitamin a 972IU; vitamin c 17mg; thiamin 0mg; riboflavin 0mg; niacin equivalents 1mg; vitamin b6 0mg; folate 69mcg; vitamin b12 0mcg; calcium 151mg; iron 2mg.



## ***Interim Executive Director comments cont'***

bookkeeper. Her hobbies include golfing and playing the piano.

Dawn Ann stated, "Many things have changed in senior living since I have been directly involved, but one thing will never change: my belief that senior adults bring extreme value to our world and we should tap into your great knowledge and wisdom. I will do my best to ensure you have the greatest living experience possible at Golden Oaks Village and to ensure our employees are given the tools they need to be successful in providing that experience for you."

"This has been an extremely difficult year, I know. I applaud each of you, your families, and our staff members for "hanging in there". Working together as a team, I am confident each day will give us something to look forward to – until the glorious day of our Lord's return!"

We are pleased and blessed to have her leading our team at Golden Oaks Village.

## ***Life Enrichment Coordinator cont'***

Although they might seem like perks, they are much more than that. Having activities that suit your loved one's lifestyle and interests is essential to their overall quality of life. Here are a few reasons you should look closely at life enrichment programs during your senior living search.

An active lifestyle is essential to healthy aging. Staying active can help seniors manage chronic medical conditions, maintain healthy bones, muscles, and joints, and prolong independence. Unfortunately, many seniors struggle to remain active after retirement. Life enrichment programs that include physical activity can keep seniors moving.

Strong relationships are important at any age. Feeling connected to others can reduce stress and anxiety, lower the risk of depression, and lead to a longer life. It also provides a sense of belonging, which contributes to self-esteem. It can be challenging for seniors to stay socially active, especially after retirement when they don't have as many opportunities to meet people. Life enrichment programs with a social focus, such as those in a group setting, can help seniors make friends.

Many senior enrichment programs include activities that promote cognitive health. Keeping the mind active improves memory and reasoning abilities, and gives an overall sense of achievement. By participating in life enrichment programs, seniors can preserve and sometimes improve their brain health. Reading, puzzles, and board games are all examples of life enrichment activities that stimulate the mind.

At Golden Oaks, we believe in supporting every aspect of a senior's wellness while helping them maintain their independence. Our unique wellness programs focuses on encouraging our residents to stay mentally, physically, and emotionally engaged, in addition to staying healthy.

We invite you to schedule a tour at our local community to learn how our programs positively affect our residents' everyday lives.

For more information on our active faith-based lifestyle, contact our professionals at Golden Oaks. Call us today at 580-249-2606

## Golden Oaks Village

## Memory, Forgetfulness, and Aging: What's Normal and What's Not?

Many older adults worry about their memory and other thinking abilities. For example, they might be concerned about taking longer than before to learn new things, or they may sometimes forget to pay a bill. These changes are usually signs of mild forgetfulness — often a normal part of aging — not serious memory problems.

What's the difference between normal, age-related forgetfulness and a serious memory problem? Serious memory problems make it hard to do everyday things like driving and shopping. Signs may include:

**Asking the same questions over and over again | Getting lost in familiar places**

**Not being able to follow instructions | Becoming confused about time, people, and places**

Talk with your doctor to determine whether memory and other cognitive problems are normal and what may be causing them. You may also wish to talk with your doctor about opportunities to participate in research on cognitive health and aging.

Some older adults have a condition called mild cognitive impairment, or MCI, meaning they have more memory or other thinking problems than other people their age. People with MCI can usually take care of themselves and do their normal activities. MCI may be an early sign of Alzheimer's disease, but not everyone with MCI will develop Alzheimer's. Signs of MCI include:

**Losing things often | Forgetting to go to important events or appointments | Having more trouble coming up with desired words than other people of the same age**

If you have MCI, visit your doctor every six to 12 months to track changes in memory and other thinking skills over time. There may be habits and behaviors you can change and activities you can do to help you maintain memory and thinking skills.

Dementia is not a normal part of aging. It includes the loss of cognitive functioning — thinking, remembering, learning, and reasoning — and behavioral abilities to the extent that it interferes with a person's quality of life and activities. Memory loss, though common, is not the only sign of dementia. People with dementia may also have problems with language skills, visual perception, or paying attention. Some people have personality changes.

While there are different forms of dementia, Alzheimer's disease is the most common form in people over age 65. The chart below explains some differences between normal signs of aging and Alzheimer's. If you, a family member, or friend has problems remembering recent events or thinking clearly, talk with a

Normal Aging	Alzheimer's Disease
Making a bad decision once in a while	Making poor judgments and decisions a lot of the time
Missing a monthly payment	Problems taking care of monthly bills
Forgetting which day it is and remembering it later	Losing track of the date or time of year
Sometimes forgetting which word to use	Trouble having a conversation
Losing things from time to time	Misplacing things often and being unable to find them

doctor. He or she may suggest a thorough checkup to see what might be causing the symptoms.

Memory and other thinking problems have many possible causes, including depression, an infection, or medication side effects. Sometimes, the problem can be treated, and cognition — the ability to clearly think, learn, and remember — improves. Other times, the problem is a brain disorder, such as Alzheimer's disease, which cannot be reversed. Finding the cause of the problems is important for determining the best course of action.