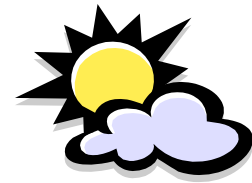


Life-Times



411 W. Mathews, Stillwater, OK 74075 405-377-0978

lifecenter@brightok.net www.lifecenterads.org



Celebration at Center

Participants, staff, and members of the Center's board of directors will enjoy a traditional Thanksgiving feast together on Friday, November 18, in the small fellowship hall of the church. As always, Participants will be involved in the food planning and preparation, which begins days before!

If you normally do not attend on Fridays but would like to attend on this special day, please call a week or so ahead. We want to prepare plenty of turkey and fixins' for all!

Looking Ahead

CENTER CLOSINGS:

- Thursday, November 24 (Thanksgiving)
- Friday, November 25 (day after Thanks.)
- Monday, December 26 (legal holiday)
- Monday, January 2 (legal holiday)



- Life Center Annual/ Board of Directors Meeting:
Tuesday, Nov. 15, 12:15 p.m.

SPECIAL EVENT:



Annual Christmas "Potluck" Dinner
Friday, December 16, 12:00 – 2:00
(Mark your calendar!!)

Election Day Activities

On Tuesday the 8th, there will be a discussion of political parties and their history. Participants will have an opportunity to express their political affiliations and maybe learn something they didn't know about the other parties. Up to Election Day, the current candidates running for office will be discussed in the News & Views at 9:00 each morning in preparation for voting on the 8th.



And speaking of being on different sides of the issue...

On Friday Nov. 11th there will be a continuing education class on "The Union, The Confederacy". This class will include a video presentation and discussion about the Civil War and the issues that divided our country. Included in this session will be a discussion of the life of veterans after the war ended and how life changed for the United States as a country.

Out and About



- Pleasant Valley One-Room Schoolhouse
Tues. Nov. 1st, 9:30 a.m.
- Stillwater Arts and Crafts Festival
Fri., 4th, 9:30 a.m.

- **Sheerar Museum – Tues. 22nd, 1:30 pm**

(continued on back)



All of the following groups are free and open to the public:

Sterling House of Stillwater: Caregiver Support Group **Wed. Nov. 16th**, 11:30-1:00, **Validation Therapy**, lunch provided, rsvp to Shelley Gladden at 624-1616.

Renaissance of Stillwater: Alz. & Dementia Caregiver Support Group **Tues. Nov. 29**, 6:00-7:00 p.m., meal provided, rsvp to Ginger Thomas at 743-4900.

Golden Oaks Village: Health & Wellness Series, **Coping with Holiday Stress**, Friday Nov. 11 at 3 p.m. Contact CC Crane at 377-1114.

Parkinson's Support Group: Friday Nov. 4, 6:00 p.m., Social Hall of the First United Methodist Church, 7th & Duck. The speaker will be Dr. Kevin Klos, neurologist. Snacks provided, rsvp to Marty Bullock at 405-564-0749.

Alzheimer's Association- resources, caregiver group listings, education & training: www.alz.org or 800-272-3900.

For more information, referrals, or resources, contact Jacqui Sanders Lutterbie at 377-0978 or lifecenter@brighthok.net.

A Farewell Note from Sandy Bond:

Working at the Life Center has taught me a lot over the past four years – as a professional and an individual. The Participants have deepened my understanding of how to live life, to cherish the little things, to make friendships regardless of age, how to have fun, and to go where life takes you. At this moment, my life is taking me on a journey to the Oklahoma City area where my husband has taken a job as a youth minister and I have taken a job at the VA Medical Center. I am sad to leave all of my friends at the Life Center but as I have learned from many wise people at the Life Center; I am going to



enjoy the ride and trust my instincts. Thank you for all of the good memories and your life lessons.

We will miss you, Sandy! Good luck and visit when you can!



New Faces at Center

Include Students & Volunteers

You may have noticed several new faces helping out at the Center the over the past few months. One is a volunteer who contacted the Life Center through the new United Way Community Volunteer Center. Each of our three volunteers work one day a week managing front desk duties.

Eleven OSU, Langston, and NOC students currently work part time at the Center. The proximity of the Center to the campus has resulted in a steady flow of students over the years. Many of these students have developed into outstanding employees and have become full time staff following college.



And Speaking of Outstanding Employees:

Gayla Allen, who came on board in April as our Recreation Therapist, has agreed to take on the role of Activity Director. So, we are fortunate to have Gayla in this position. With over 18 years experience in the field of Recreation Therapy, she is working hard to maintain the quality programming that Sandy provided and keep things creative and interesting for each Participant. She also occasionally has an energetic volunteer to help out: her seven year old son Jacob!

So, to fill Gayla's position, we are fortunate to have Kristy Moorman return to as a Recreation Therapist. Kristy worked for the Center five years ago as Activity Director (Sandy was hired to fill **her** position) and left to focus on her growing trio of boys. Now she is

ready to come back and we welcome her as another creative, dedicated, and caring addition to the team! (And don't be surprised if you see her sons Colby, Cade, or Brody helping out!)