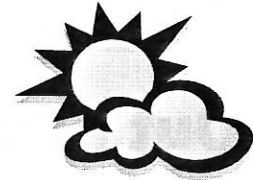
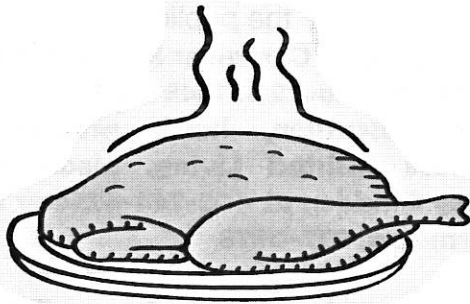


Life-Times



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



Celebration at Center

Participants, staff, and members of the Center's board of directors will enjoy a traditional **Board Appreciation Thanksgiving** feast together on Wednesday, November 14, in the Life Center kitchen. As always, Participants will be involved in the food planning and preparation, which begins days before! If you normally do not attend on Wednesdays 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!

The Life Center board is a group of volunteers from the community, past caregivers, FCC members, and local people who work in aging services. The Board supports the staff, assists in policy and decision making, and ensures the staff is adhering to all policy and procedures. They all believe in the program and work to keep the Center alive.

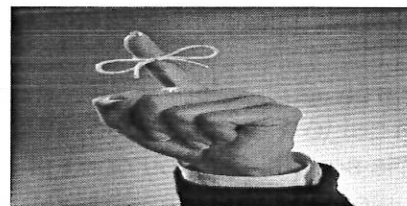
Our Current board consists of:

Shelley Gladden, Cindy Melancon, Valerie Zayat-Bloodgood, Margaret Keener, Gladeen Allred, Kendra Moreland, Patty Armbruster, Jeanne Croka, Brandee Hancock, Meg Busteed, Sonja Gentry, and Keri Bruce.

Looking Ahead

CENTER CLOSINGS:

- Thursday, November 22nd (Thanksgiving)
- Friday, November 23rd (day after Thanks.)
- Monday, December 24th
- Tuesday, December 25th (Legal Holiday)
- Monday, January 1st (legal holiday)



- Daylight Savings Time (fall back)
Sunday Nov. 4th
- Life Center Annual/ Board of Directors Meeting:
Tuesday, Nov. 13th, 12:00 p.m.

SPECIAL EVENT: Save the Date



Annual Christmas "Potluck" Dinner
Friday Dec. 14th, 12:00-2:00



(continued on back)

Out and About



- The Botanic Garden - Thursday, November 1st, 1:30 - 3:00
- Sheerar Museum - Wednesday, November 7th, 1:30 - 3:00
- Historical Perry, - Thursday, November 15th, 1:00 - 3:30
Nov, 16th
- Library Bookworms - Tuesday, November 27th, 1:00 - 3:00



And Speaking of Weather...

In the event of severe weather and/or driving conditions, the Center may or may not be closed. The Center does NOT close because the public schools close. The Center rarely closes for weather as long as staff can get to the Center. So, if the weather is severe and you don't plan on coming, please make sure to call the center and notify us. If we are open the staff will assume that Participants scheduled for that day will attend, unless you call and cancel for the day.

If the Center will be closed due to the severity of the weather, it will be posted on our Facebook and Twitter pages by 6:00 a.m. The voicemail on our phone will also be changed by 6:00 a.m. letting you know if we will be closed. If you call after 6 a.m. and the voice message is the usual one, we will open at 7:30 a.m.



CAREGIVER CORNER

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

Life Center Caregiver Support Group:
Wednesday Nov. 21st 11:45-1:00,
Group discussion, lunch provided by Primrose Assisted Living, please RSVP: Shelley Gladden at 405-744-4254 or Kristy Moorman at 377-0978

Parkinson's Support Group: Tuesday Nov. 6th at 5:30 p.m., Topic: Let's Talk with guest facilitators Dr. Pat Darlington and Ms. Michelle Christian (LPC) Honska Meeting Room at Stillwater Medical Center.

Contact:

Sabiha Parveen, Ph.D, 405-744-5116, sabiha.parveen@okstate.edu.

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

Community Difference Makers

This month our Participants will be looking into different opportunities that may be available for us to give back to our community. We have been packing snackpacks for children through a local school. We are open to some ideas if anyone is aware of a need that may fit our capabilities.

If so, please call Gayla at 405-377-0978.

