

EPWORTH VILLA HAPPENINGS...

Where you can Get Involved, Get Going, Gain Knowledge

Vol. 5 Issue 44
Week of November 25, 2020

Editor: Susan Williams
Community Activities Coordinator

EDITION HIGHLIGHTS:

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A PRAYER OF THANKSGIVING

Lord God, on this day of Thanksgiving,
We ask your blessings on our family,
our friends, our home, our health—and
on the food we are about to eat.

We thank you for this time together and
the many gifts that you have given us.

Help us to remember in this time of
bounty those less fortunate. And may
your love consume us all that we
might share in your glory.

Amen.



<https://epworthvilla.org/communitylife/resident-calendar/>



EPWORTH VILLA

A Life Plan Community

Thanksgiving Fun Facts



Q: Is turkey the real cause of feeling sleepy after a Thanksgiving Day meal?

A: Turkey does contain Tryptophan which could make us feel sleepy; however, sleepiness is likely caused by the over-consumption of alcohol and food, especially desserts.



Q: Is Thanksgiving the biggest drinking night of the year?

A: Yes, more alcohol is consumed on Thanksgiving than any other holiday of the year. So be careful on the roadways if you're traveling Thursday evening.



Q: Did the pilgrims officially declare Thanksgiving as a public holiday?

A: No, Abraham Lincoln declared Thanksgiving a public holiday in 1863.



Q: Why did the Pilgrims first celebrate Thanksgiving?

A: The feast they celebrated in 1621 in Plymouth was the result of a good harvest.

Approximately
46 million turkeys are
eaten on Thanksgiving
every year!

Historians believe the
Pilgrims served wild
game and vegetables,
instead of turkey, at
the first Thanksgiving.

The Macy's
Thanksgiving Day
parade began in
1924 with only
400 employees.

Pilgrim
means foreigner or
traveler from afar!

The state of
California consumes
the most turkey!

HAPPY THANKSGIVING WEEKEND



**THE MARKET WILL BE CLOSED
THURSDAY, 11/26/2020
AND
FRIDAY, 11/27/2020**



**LONG TERM CARE SPECIALISTS
CLINIC AT EPWORTH VILLA**

**RESIDENTS WILL BE SEEN IN
THE LONG TERM CARE
SPECIALISTS CLINIC BY
APPOINTMENT ONLY.
NO WALK-INS.**

**If you feel you need to be seen
or have questions about your
prescriptions, please call the
clinic at
(405) 486-1372.**

PLEASE NOTE:

**The Clinic will be CLOSED
on Thursday, November 26 and
Friday, November 27
for Thanksgiving.
They will REOPEN on
Monday, November 30.**



TREE OF LOVE

Each year at the beginning of the Christmas season, we pause to remember the loved ones we have lost this year, and also light a special “Tree of Love” outside the main entrance. Due to COVID restrictions, we will not be able to have a ceremony this year. However, our prayers go to those who have lost a loved one in the past year.

Here is a statement posted by the Trees of Love, grove of sharing on the wall near the chapel entrance:

The Trees of Love, Groves of Sharing are dedicated to the glory of God; to honor and remember Epworth Villa residents past, present and future; to benefit the Epworth Villa Benevolent Fund; to ensure that our neighbors in need within our community may live along with us always. Generous persons past, present and future energize the Trees of Love, Grove of Sharing with their gifts and make it possible to provide, in perpetuity, the financial resources necessary to follow through with this commitment to benevolent caring.

Merry Christmas to all!

Chaplain Dwight

FROM: 2020 NOMINATIONS COMMITTEE

CHAIR: MARILYN WILLIAMS

TO: ALL IL RESIDENTS

Due to current community restrictions, and the cancellation of the Resident Council December meeting on December 2, I ask for your cooperation on the following: The slate of officers for the Resident Association for 2021 are as follows: President Elect, Don B.; Secretary, Carolyn T.; Treasurer, Lee B., Bill E., elected last year, will become President for 2021. Please call me, Marilyn W., 607-0954, with any opposition or questions. Hearing Nothing is an aye vote, and the slate will be duly elected as of 10:00 A.M. Wednesday, December 2 at 10:00 a.m. Thanks. Love one another.





The Epworth Resident Association is starting a new program to help you document your memories and publish them in a book. This book will be a valuable legacy for your friends, family, and future generations to learn about your life.

Residents wishing to participate will receive a notification once a week with a question for you to answer. This will continue for 39 weeks each Wednesday ending with the publication of your personal memory book in late fall of 2021.

It is easy to get started. Just answer this first question:



My earliest memories of childhood are.....



Then type your answer in an email and send it within one week to EpworthVillaResidents@gmail.com. If you do not have email, then just ask a friend or family member to send it for you.

The weekly questions will be emailed to active participants. Your responses to each week's question will be combined and published in a book. The cost is estimated to be about \$35 for the bound book. Other formats will also be available including an electronic format that may be saved on a computer.

Thanks for the Memories



There will be NO FIRST SUNDAY OF THE MONTH SUNDAY EVENING WORSHIP SERVICES until further notice.

**PROJECT 21 CONCERT
"CHICKEN SCHNITZEL MELTDOWN"
DECEMBER 9TH
7:00 P.M.
EVTV CHANNEL 1960**



Project 21 is a student-run organization of composition students in the Bass School of Music at Oklahoma City University. Project 21 is the name given to the group of students involved in the music composition department of Oklahoma City University. Join these talented performers and composers from Oklahoma City University's Project 21 as they present a concert entitled "Chicken Schnitzel Meltdown"!

**TO THE POINT
WEDNESDAY, DECEMBER 2ND
2:00 PM
EVTV CHANNEL 1960**



The next *To The Point* meeting will be held on Wednesday, December 2nd, at 2:00 pm on EVTV CHANNEL 1960. The meeting will be broadcast live on EVTV Channel 1960 and re-played that evening at 7:00 pm on EVTV Channel 1960.



SUNDAY SCHOOL
SUNDAY, NOVEMBER 29TH
9:00 AM

EVTV CHANNEL 1960

“CREATED, LOVED, KNOWN”

Genesis 1:27; Psalm 139:13-18

Purpose Statement: To respond in awe and gratitude to the powerful God who created us and the loving God who knows us.

Teacher: John Trent

NO VESPERS
THURSDAY, NOVEMBER 26TH
DUE TO THANKSGIVING



VESPERS
THURSDAY, DECEMBER 3RD
3:30 PM
EVTV CHANNEL 1960

Vespers speaker will be Rev. Sam Powers- Senior Pastor,
First United Methodist Church, Edmond.



Wellness Center Weekly Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-9:30am Flex & Stretch Lori EVTV	9:00am-9:30am SilverSneakers EVTV	9:00am-9:30am Flex & Stretch Lori EVTV	9:00am-9:30am SilverSneakers EVTV	9:00am-9:30am Flex & Stretch Lori EVTV	9:00am-9:30am Tai Chi EVTV
	10:30am-11:00am Chair Yoga EVTV Lori		10:30am-11:00am Chair Yoga EVTV Lori		
1:00pm-1:30pm Tai Chi EVTV Lori	1:00pm-1:30pm HasFit EVTV	1:00pm-1:30pm Tai Chi EVTV Lori	1:00pm-1:30pm HasFit EVTV		

FITNESS CENTER SIGN-UP



Please sign up in the 'Fitness Sign Up Book' to reserve your time to use the machines in Fitness Center.

Reminder: ONLY 2 residents at a time may exercise together.

FITNESS EQUIPMENT CHECK OUT

If you are interested in checking out fitness equipment to use in your apartment, stop by the classroom to check out what you need.

Be sure to PRINT your name, date as well marking what equipment you are checking out on the Check Out Sheet.

FITNESS CENTER KEY FOBS

If you already have a fitness center key fob, please seal it in an envelope and give to Lori Love. She will reassign your number to your name and return it to you.

If you do not have a key fob, please reach out to Lori Love, 486-1352 and she will create a key fob for you.

Key Fobs are used to check in for each use of the Fitness Center.



Infant Crisis Services, Inc.
No baby should go hungry

ANNUAL INFANT CRISIS DONATION DRIVE

In the past, at Thanksgiving time, residents have been asked to support the Infant Crisis Service by filling a rather large container with items new moms need for their little ones. This year those of us of advanced age should really not go forth into crowds of shoppers; therefore, we are suggesting that you place a check in the amount of your choice, in a sealed envelope, in box 10B and the donations will be taken to the Infant Crisis office the day after Thanksgiving.

Mickie and Ed D.

“COMING TO THIS TABLE OF THANKFULNESS WITH A GRATEFUL HEART”

This year your Independent Living team will be starting a new tradition at Epworth Villa! The Independent Living lobby table will be decorated for the month of November and will be called “A Table of Thanks.” On the table will be a notebook to write something you’re thankful for this year or a prayer for you or someone else you wish to add to the vases. The Independent Living team will then take what you have written in the notebook and write it on a river rock that will gently be put into the vases. We will invite teammates and residents alike to place their words of thanks into these vases. As the clear vases fill up, you will be able to see people’s words of thanks creating a full month of thankfulness. We look forward to sharing the month of November with you as our hearts are reminded of all that we are thankful for this year.



Blessings, Destiny

Important notice...

Thank you for hosting your independent living visitors exclusively in your apartment or home until they leave the campus.

And thank you for reminding your guests to wear a face covering or mask while in our lobby and hallways.

*At this time visitors are not permitted in the swimming pool, mailroom, cafe or anywhere but the resident’s apartment they are visiting.

ABOVE AND BEYOND....

Talk about dedication, Mario Romero began working at Epworth Villa in May 1990. When he started work as a cook, there were only 8 residents. He said they were setting up the kitchen and served soup and sandwiches for several days. Imagine how many meals he has cooked in 30 years.



Holiday
**GIFT
FUND**

Mario moved to the USA in 1978 and has resided in Oklahoma ever since. He is a devoted family man with 9 children and 14 grandchildren. He is described as “a hard worker with good work ethic”. What a challenge to cook in the kitchen during the pandemic and the recent power outage. He probably has many more stories about cooking at Epworth. Bravo Mario!

You should have received the final envelope for a donation to the Holiday Gift 2020 Fund. This is an opportunity to thank all the hard-working staff at Epworth Villa. Monies will be distributed on Friday, December 11 so don't delay. Give today! If you have already donated, thank you.

ANOTHER WAY TO SUPPORT THE HOLIDAY GIFT FUND....



Have you noticed the framed picture in the lobby of Kennedy Half Dollars? Bids are being accepted now through November 28th for bidders who would like to win \$100.00 worth of half dollars (200 total). Interested? Get your bid in today!

FREQUENTLY ASKED QUESTIONS ABOUT THE HOLIDAY GIFT FUND

Was the “Holiday Gift Fund” previously called “Gratuity Fund”? Yes, that is right, the name was changed for tax reasons. A “gratuity” (like a tip) is taxable and a “gift” is not.

What is the purpose for the Holiday Gift Fund? Oklahoma State law prohibits giving anything of value to employees of retirement communities, but allows establishing an employee recognition program through which residents, family and friends of residents can donate to providers. This is our opportunity to give the staff a tangible token of our appreciation.



FREQUENTLY ASKED QUESTIONS ABOUT THE HOLIDAY GIFT FUND (Continued)



Who receives a holiday gift? All employees of Epworth Villa except upper management receive a gift. That means all employees, including part-time employees, in Independent Living, Assisted Living, the Households, as well as those in Epworth @ Home, are receiving our monetary gift. Contract employees such as those in the Salon or utilized from agencies outside Epworth are not included.

Is the gift tax deductible? No.

How much do employees receive? The amount depends on how much money is being contributed. In 2019 we had \$88,000 to distribute over 196 employees. The amount each employee receives is prorated according to the number of hours, including overtime, each has worked at Epworth Villa for the past 12-month year (December through November).

Are all Epworth Villa residents asked to contribute? Yes, in addition to the residents in Independent Living also residents in Assisted Living and Households 3 and 4 or their financial proxies are sent letters requesting participation.

How much should I give? That is an individual decision. The committee recommends \$25-\$50 per month per resident. In 2019 we raised a little over \$1.00/day, or about \$400 per year, per resident. We would like to go above our goal of \$85,000 in this unusual year where the employees have to go “Above and Beyond” their regular duties. However, every donation is welcome. 100% participation is our goal.

How do I contribute? You received four envelopes (in February, July, September, and November) addressed to Sally Lenz, the Epworth Residents Association treasurer. However, you can contribute however you want, for example monthly, or as a one-time gift. Checks should be made out to “Residents Association” with “Holiday Gift Fund” on the memo line. Put your check(s) in the in-house mailbox of the Epworth Villa Residents Association Treasurer, Sally Lenz, 16B. If you are giving cash, please write your name on an accompanying note, because we hope to have 100% of all Epworth Villa residents contribute.

When does the campaign end? All contributions must be received no later than Monday, November 30, 2020.

When is the gift given to the employees? On Friday December 11.

Who will hand out the gift envelopes? Volunteers of the Holiday Gift Committee.

PLEASE WEAR YOUR MASKS!!

MASKS are REQUIRED to be worn by ALL residents, staff, family members and caregivers when they are in the Epworth Villa Main Building.

The ONLY Exceptions Are:

***While participating in Exercise Classes**

***Exercising in the Pool**

***While Eating and/or Drinking**

***Within your own apartment or office (Residents ONLY. Family, caregivers and staff need to wear a mask when in resident apartments)**

Please help with reminding others you see who are not wearing a mask that they need to have one on. This requirement is for EVERYONE'S Health & Safety!





Look No Further! Fair Trade has the Answer!

Have you considered - -

- chefs use our dark chocolate bars to grate a topping on pies and cakes;
- chocolate bars go very well with any of our 14 coffees or 6 teas or 2 hot cocoa mixes;
- our 2 decaf coffees, 3 decaf teas, and two hot cocoas are the perfect drink for these cooler evenings;
- we have 9 types of bars from a milk chocolate to the 88% dark cocoa;
- gifts? The possibilities are almost endless! When you start combining some of the nine chocolate bars with the cocoas, teas, and coffees, you can please any taste! And you can build any price range basket!
- we do not have a limit on your purchase; in fact, if buying by the case you can get a discount;
- Do you want your recipient to know how their gift is helping others? We have PR articles that explain how much your purchase is appreciated - both by the growers and local charities.
- Completely stumped on what to give? We have a gift card, in any amount, for that person who prefers to pick out their own items.
- Don't want to go out and shop with the virus concerns? No problem! I can send you a listing, you choose what you want & let me know, you can leave your payment at the front desk (mark envelope "Coffee Guy") and I'll replace it with your purchase.

Your support makes a difference! Why not give gifts in good taste (even to yourself?) that help others?

Thank you to those of you buying during these unusual times! Call or text Dave at 405-443-7302 or email at fairtradeisright@gmail.com.

WANTED!

Unused picture postcards – any age, for use in sending birthday greetings to Epworth Villa residents. I'm running out and many have told me that they have enjoyed the scenes they have received. So, if you have some sitting around, would you please pass them on to me, Nancy Z., Box 269. Thank you.

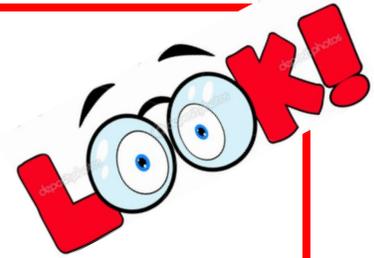




GROCERY SHOPPING FOR IL RESIDENTS

ON WEDNESDAYS ONLY

LIMIT OF 15 ITEMS PER SHOPPING DAY



Grocery shopping for residents is offered weekly on Wednesdays. This service will continue as long as we have residents wanting to utilize the service. The service cost is \$35.00 per month, (billed to your Epworth Villa Account during the months you use the service only) PLUS the cost of your groceries which will be charged to your credit card on the day of the shopping or paid by cash that you, the resident, provides.

If you are interested in having us shop for you, please pick up a shopping list from the drivers' desk. After you have **completed your list, place it back in the box at the concierge desk BY TUESDAYS at 3:00 pm**. If you turn your list in after Tuesday at 3:00 pm, you will have to wait until the next week's shopping day to get your items. Please make sure your name and apartment number are on the form and take your credit card to Susan Williams by 9:00 am on Wednesday so shopping can be completed. *We must have the actual credit card to pay for your purchases if you are not using cash.

If you have questions about this procedure, please contact Susan Williams.

ALCOHOLIC BEVERAGE SHOPPING FRIDAY AFTERNOONS



If you are in need of alcoholic beverages, please see Susan Williams with your list and credit card/cash ON FRIDAYS BY NOON. We will be making a run to the store on Friday afternoon to make purchases and get items back to residents before the weekend.

NOTICE: The location that the driver will purchase your items is at his discretion.

Please do not ask for driver to shop at stores of your choosing.



REMINDER: PLEASE WEAR YOUR NAME TAG

Due to the wearing of masks when residents and staff are out in the Community, people are not always easy to recognize. If everyone will make a point to wear their name tag, it will make it easier for everyone to know who we are.

ELEVATOR REMINDERS

Thank you for remembering to not overcrowd the elevators on campus and for wearing a mask while riding.

There should **ONLY BE 2** residents at a time in **ALL SMALL ELEVATORS** around campus with both persons wearing a mask.

UP TO 4 residents may ride the **LARGE ELEVATORS** around campus at a time with all wearing a mask.

Residents with a **SCOOTER** are asked to please **USE LARGE ELEVATORS** only.



SAVE A TREE!!

If you want to save a tree, raise your hand. Want to know how??? If you have a computer or smart phone and get email, you can receive the Happenings by email weekly.

Help save time, paper and thus the world by opting into this option by letting Michele at the front desk know and she will add you to the distribution list.

Thank you to those who already receive the Happenings by email. You ROCK!!



**Save Paper.
Save Trees.
Save the World.**



PRESCRIPTION PICK UP AVAILABLE

If you are in Independent Living and need prescriptions picked up at a pharmacy off campus, please call or come by Susan Williams' office.

In order to pick prescriptions up she will need your date of birth and a form of payment.



**CANCELLED ON MONDAYS UNTIL
FURTHER NOTICE**

TRANSPORTATION TO DOCTOR VISITS FOR INDEPENDENT LIVING RESIDENTS AVAILABLE

We are once again offering **Rides for our IL Residents to doctors' appointments only**. If you have a doctor's appointment coming up and need transportation, please call the transportation line at 486-1363 to leave a message. Charges will be applied for these rides. ***We are not taking residents to any other locations at this time.**



CAPTION CALL—USE THE PHONE WITH CONFIDENCE

Do you have a hard time hearing on the phone and need captioning to understand the other caller? Try CaptionCall! CaptionCall provides a service that displays captions of what callers say on a large, easy-to-read screen. If you have hearing loss and using captions would help you to use the phone more efficiently, you may be eligible for a system at no-cost to you.

If you are interested in learning more, contact Elizabeth Newell at 749-3512.



BANKING MADE EASY

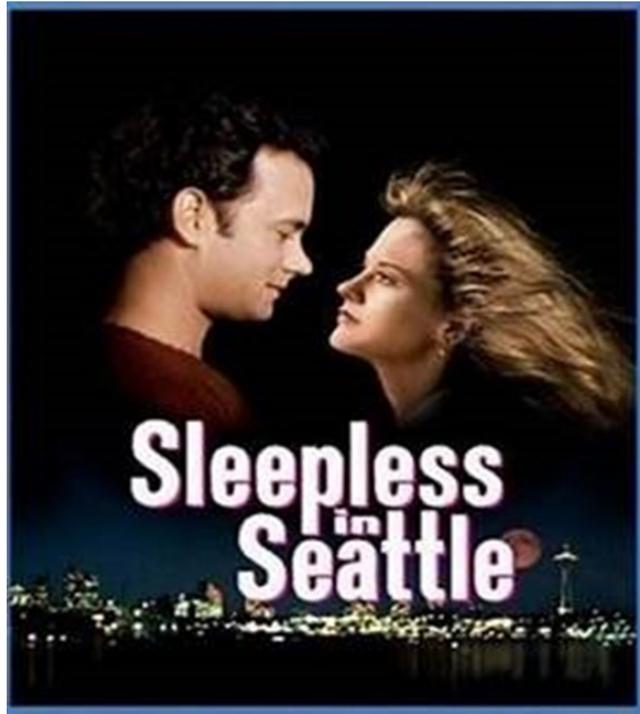
Personal Online Banking • Debit card with rewards
On-site 24 hour ATM • Safe deposit boxes
Trust Services & Estate Planning

Visit **Anita Rucker** for all your banking needs!
Mon-Wed-Fri • 9am – 3pm

BancFirst
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FDIC WWW.BANCFIRST.BANK

***SATURDAY MATINEE MOVIES
ARE DISCONTINUED UNTIL
FURTHER NOTICE**



**EVTV MOVIE WILL BE SHOWN
On EVTV Channel 1960**

SAT. 7:00 PM AND WED. 8:00 PM

**SAT., NOVEMBER 28TH AND
WED., DECEMBER 2ND**

SLEEPLESS IN SEATTLE

Hanks stars as Sam Baldwin, a widowed father who, thanks to the wiles of his worried son, becomes a reluctant guest on a radio call-in show. He's an instant hit with thousands of female listeners, who deluge his Seattle home with letters of comfort.

Epworth Villa Weekly Activities
Week of November 25, 2020 through December 2, 2020

Wednesday
November 25



During the Day
 9:00 a.m.
 11:00 a.m. & 2:00 p.m.
 1:00 p.m.
 8:00 p.m.

Grocery Shopping for Residents
 Flex & Stretch – ETV Channel 1960
 Ron Kelly Update – ETV Channel 1960
 Tai Chi – ETV Channel 1960
 Movie Night (REPLAY) ETV Channel 1960

Thursday
November 26



All Services
Closed Today

HAPPY THANKSGIVING



9:00 a.m.
 10:30 a.m.
 1:00 p.m.

Silver Sneakers – ETV Channel 1960
 Chair Yoga – ETV Channel 1960
 HasFit – ETV Channel 1960

Friday
November 27



NO PRESCRIPTION OR
ALCOHOL PICK UP
AVAILABLE TODAY
 9:00 a.m.
 11:00 a.m. & 2:00 p.m.

Flex & Stretch – ETV Channel 1960
 Ron Kelly Update – ETV Channel 1960

Saturday
November 28



9:00 a.m.
 7:00 p.m.

Tai Chi – ETV Channel 1960
Movie Night – ETV Channel 1960

Sunday
November 29



9:00 a.m.
 10:50 a.m.
 6:00 p.m.

Sunday School – ETV CHANNEL 1960
 St. Luke's Live Stream – ETV CHANNEL 1960
 Sunday School (REPLAY) ETV Channel 1960

<p>Monday November 30</p> 	<p>9:00 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m.</p>	<p>Flex & Stretch – ETV Channel 1960 Ron Kelly Update – ETV Channel 1960 Tai Chi – ETV Channel 1960</p>
<p>Tuesday December 1</p> 	<p>GROCERY ORDERS DUE 9:00 a.m. 10:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m.</p>	<p>For Wednesday Shopping Silver Sneakers – ETV Channel 1960 Chair Yoga – ETV Channel 1960 Ron Kelly Update – ETV Channel 1960 HasFit – ETV Channel 1960</p>
<p>Wednesday December 2</p> 	<p>During the Day 9:00 a.m. 11:00 a.m. 1:00 p.m. 2:00 p.m. 7:00 p.m. 8:00 p.m.</p>	<p>Grocery Shopping for Residents Flex & Stretch – ETV Channel 1960 Ron Kelly Update – ETV Channel 1960 Tai Chi – ETV Channel 1960 To the Point – ETV Channel 1960 To the Point (REPLAY) – ETV Channel 1960 Movie Night (REPLAY) ETV Channel 1960</p>

Business Hours for Services Available at Epworth Villa

M – F	8:00 a.m. to 5:00 p.m. Closed 12:00 - 1:00 p.m.	Long Term Care Specialists Clinic is Open
M, W, F	9:00 a.m. to 3:00 p.m.	BancFirst is Open
M - F	1:00 p.m. to 3:00 p.m.	The Market is Open
M – F	3:00 p.m. to 5:00 p.m.	Thrifty Pharmacy is Open
	DINING	
M - Sun	Meal Pick Up During Assigned Group Time Starting @ 10:45 am	Pick Up in Redbud
M - Sat	7:00 am – 2:00 pm	CAFÉ (To Go Only)