

EPWORTH VILLA HAPPENINGS...

Where you can Get Involved, Get Going, Gain Knowledge

Vol. 6 Issue 2
Weeks of January 13, 2021

Editor: Susan Williams
Community Activities Coordinator

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SMITHSONIAN MUSEUM OF AMERICA HISTORY VIRTUAL TOUR

FRIDAY, JANUARY 15TH

7:00 PM

EVTV CHANNEL 1960

On June 28, 1955, President Dwight D. Eisenhower signed the bill authorizing \$36 million for the museum. Groundbreaking took place on August 22, 1958. The museum's area is approximately 750,000 square feet, including a basement, three main exhibition levels, two office-collection levels, and a mechanical penthouse on the roof.

The National Museum of American History opened to the public in January 1964 as the Museum of History and Technology. It was the sixth Smithsonian building on the National Mall in Washington, D.C. Since then, some 4 million visitors a year have passed through the doors to enjoy the museum's exhibitions, public programs, educational activities, collections, and research facilities. The building's location on the National Mall qualifies it as a National Historic Landmark and makes it eligible for listing on the National Register of Historic Places.

In 1980, the museum's name was changed to the National Museum of American History to better represent its basic mission—the collection, care, and study of objects that reflect the experience of the American people.

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





**FACE OF AMERICA:
THE ELLIS ISLAND IMMIGRATION MUSEUM
VIRTUAL TOUR
MONDAY, JANUARY 18TH
3:00 PM
EVTV CHANNEL 1960**

Prior to 1890, individual states, rather than the Federal Government, regulated immigration into the United States. Castle Garden (now Castle Clinton), located in the Battery of Manhattan, served as the New York State immigration station from 1855 to 1890. Approximately eight million immigrants passed through its doors, mostly from Northern European countries; this constituted the first large wave of immigrants to settle and populate the U.S.

In the 1800s, rising political instability, economic distress, and religious persecution plagued Europe, fueling the largest mass human migration in the history of the world. Around 1890, it became apparent that Castle Garden was ill-equipped and unprepared to handle the mass influx, leading the Federal government to construct a new immigration station on Ellis Island. During construction, the Barge Office in the Battery was used for immigrant processing.

The new structure on Ellis Island began receiving arriving immigrants on January 1, 1892. Annie Moore, a teenage girl from Ireland, accompanied by her two younger brothers, made history as the very first immigrant to be processed at Ellis Island. Over the next 62 years, more than 12 million immigrants would arrive in the United States via Ellis Island.



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.

COVID VACCINE CLINIC

Epworth Villa

14901 N. Pennsylvania Ave. OKC, OK

Thursday January 14th

Clinic will be in the Grand Ballroom

8:00 am-5:00 pm

Please see the clinic schedule for your time slot



-No charge w/ health insurance ID card! If you do not have health insurance you are still invited to participate @ no cost!

-We will be providing the Moderna Covid-19 Vaccine. This is a 2-dose series vaccine, doses are given 28 days apart. The second clinic date will be **02/11/2021**.



Questions? Contact Passport Health @
myclinic@passporthealthok.com or
(405) 563-8961

ATTENTION INDEPENDENT LIVING RESIDENTS



Vaccine

Will you need assistance getting to the Grand Ballroom for your COVID Vaccine next Thursday, January 14th?

If so, please contact Susan Williams so we will have your name. We will have someone come get you during your scheduled time.

Get Moving (And Stay Moving) Challenge

Healthy Epworth Initiative

It's time to Get Up and Get Moving! 2020 was a difficult year for many reasons which we don't need to list. The best part....it's behind us and we can start fresh in 2021. Let's start the new year off right!

The challenge is to Get Moving! Starting Monday January 18th, you will receive a form to start tracking the number of minutes you are moving. Grab an accountability partner and set yourself a goal! For those that achieve their 6-week goal will earn a yummy (healthy) prize from Dining Services.

What qualifies as moving?



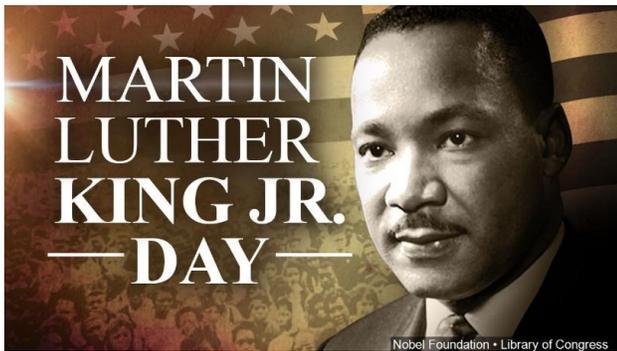
Walking, biking, swimming, stretching, tai chi, exercising! Anything that gets you up and out of that chair.
(Going to get your food or mail does not count as moving for this challenge.)

A few things to know before you get started:

This challenge begins *Monday January 18th* and ends *Wednesday February 24th, 2021*. Prizes will be awarded *Friday February 26th, 2021*.

Track the number of minutes you are moving each day and record it on the calendar/tracker that will be provided. Celebrate each day that you move!

Still want to know more? Contact Lori Love, Wellness Coordinator.



MARTIN LUTHER KING, JR. DAY

MONDAY, JANUARY 18, 2021

It took 15 years of fighting for MLK Day to be declared a national holiday—but some states pair it with a holiday celebrating

Confederate leader Robert E. Lee. But on November 2, 1983, President Ronald Reagan signed a bill in the White House Rose Garden designating a federal holiday honoring Martin Luther King, Jr., to be observed on the third Monday of January.

Martin Luther King, Jr., was born in Atlanta in 1929, the son of a Baptist minister. He received a doctorate degree in theology and in 1955 organized the first major protest of the civil rights movement: the successful Montgomery Bus Boycott. Influenced by Mohandas Gandhi, he advocated nonviolent civil disobedience to racial segregation. The peaceful protests he led throughout the American South were often met with violence, but King and his followers persisted, and the movement gained momentum.

A powerful orator, he appealed to Christian and American ideals and won growing support from the federal government and Northern whites. In 1963, he led his massive March on Washington, in which he delivered his famous “I Have a Dream” address. In 1964, the civil rights movement achieved two of its greatest successes: the ratification of the 24th Amendment, which abolished the poll tax, and the Civil Rights Act of 1964, which prohibited racial discrimination in employment and education and outlawed racial segregation in public facilities. In October of that year, King was awarded the Nobel Peace Prize. He donated the prize money, valued at \$54,600, to the civil rights movement.

In the late 1960s, King openly criticized U.S. involvement in Vietnam and turned his efforts to winning economic equality for poorer Americans. By that time, the civil rights movement had begun to fracture, with activists such as Stokely Carmichael rejecting King’s vision of nonviolent integration in favor of African American self-reliance and self-defense. In 1968, King intended to revive his movement through an interracial “Poor People’s March” on Washington, but on April 4 escaped white convict James Earl Ray assassinated him in Memphis, Tennessee.



**ATTENTION INDEPENDENT LIVING
RESIDENT VOLUNTEERS**

If you volunteered for anything during the month of DECEMBER, you may pick up a Volunteer Hour Log Sheet from Susan Williams.



**DON'T FORGET
TO LOG YOUR HOURS**



*Residents have asked why we ask for Volunteer Hours to be turned in. The reason for the hour collection monthly is that Epworth Villa is considered a non-profit organization. In order to continue being classified as a non-profit, we must report the total number of volunteer hours residents engaged in for the previous year on our income tax return yearly.

If you've never turned in hours but volunteer here at Epworth Villa and/or in the community, please consider reporting your hours monthly starting NOW.



**PODIATRIST DR. PLANTS
WILL BE HERE FRIDAY, JANUARY 22ND
STARTING @ 9:00 AM
WELLNESS STUDIO
FOR IL RESIDENTS**

If you are interested in being seen by Dr. Plants when he comes to Epworth, please sign up in the 'Count Me In' book at the front desk for a time. There will be limited seating for residents to wait. Please do not come too far ahead of your appointment.

IF you have not ever seen him before, please BRING YOUR PHOTO ID and INSURANCE CARD and/OR MEDICARE CARD.

For more information please visit:

<https://www.oklahomafotandankleinstitute.com/>

EUNBI KIM
CLASSICAL PIANIST
VIRTUAL CONCERT
FRIDAY, JANUARY 22ND
7:00 PM
EVTV CHANNEL 1960



Pianist Eunbi Kim (pronounced OON-bee, like book) is creating new ways of experiencing concert music as a performer, speaker, and arts advocate. Through these avenues, Kim shapes the concert experience on and off the stage by seeking interdisciplinary collaborations, commissioning new works, and mentoring the next generation. Her adventurous performances are characterized by their vividly personal themes ranging from dreams to mental illness to familial memories to finding meaning within life. For her efforts, Kim has received international recognition on television and in print, including from the BBC, I Care If You Listen, the Houston Chronicle, The Japan Times, and NHK Television.

Originally from Maryland, Eunbi Kim is based in New York City. She holds a Master of Music degree from the Manhattan School of Music, where she also held a coveted fellowship in the institution's Center for Music Entrepreneurship. She is grateful to her former and current teachers, Elena Arseniev and Anthony de Mare respectively.



YES, WE ARE STILL SELLING FAIR TRADE
COFFEE, TEA, COCOA, AND CHOCOLATE!!

Where is everyone??

This period of "shelter-in-place", social distancing, and other precautions will be with us for quite a while. Chocolate and a good cup of coffee or tea make things seem more tolerable! Cooler weather is also around the corner so get ready with

one of our two hot cocoa mixes - one with milk in it and the other which is dark chocolate with no milk (you provide your own marshmallows!).

Although the Fair Trade has not been set up for the monthly sales outside the Bistro, we still need your support! Let me know what you would like (contact info below) and I will deliver to Epworth. Much easier than going to a store!

We really appreciate those of you continuing to purchase our Fair Trade items. If you have not for a while, we are here for you - just call/text/email me!

Contact Dave Ranek at 443-7302 (phone or text) or email at fairtradeisright@gmail.com

METROPOLITAN LIBRARY SYSTEM PRESENTS:

***PICK UP BINGO CARDS IN THE
EPWORTH LIBRARY ON THE
METROPOLITAN LIBRARY
SHELVES**

Book Bingo

Winter Reading Challenge

Jan. 1 – Feb. 28

Read for fun this winter for a chance to win a prize pack with an eReader or iPad. See library staff for more information.

metrolibrary.org/bookbingo | #IReadBecause

Play Book Bingo!

Metro Library invites you to play BOOK BINGO in January and February 2021.

1. Read books to make a bingo or a blackout on our Book Bingo card.
2. Return your card to your activity director. They will be contacted by the library to get the information and you're entered!

The drawing will be the first week of March 2021.

Book Bingo prizes? Besides the satisfaction of reading great stories, you read 5 books to enter to win:

Amazon Fire Tablet &
Metro Library lap blanket and library branded swag &
Skip-the-Wait pass for reserved material

Or read 25 books to enter to win:

Apple iPad &
Metro Library lap blanket and library branded swag &
Skip-the-Wait pass for reserved material

3. Look for your Book Bingo cards to arrive soon to start your reading engines--- and---
GO!



SUNDAY SCHOOL
SUNDAY, JANUARY 17TH
9:00 AM

EVTV CHANNEL 1960

1 Thessalonians 1:2-10

“HOPE BECAUSE OF CHRIST”

Purpose Statement: To consider how faith, hope and love are marks of the Christian life.

Teacher: Burrel McNaught



VESPERS
THURSDAY,
JANUARY 14TH
3:30 PM



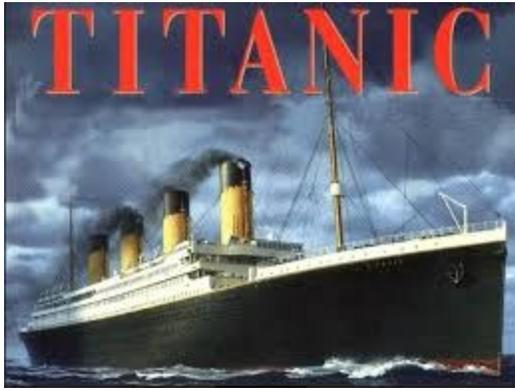
EVTV CHANNEL 1960

Vespers speaker will be Jimette McLean, Retired Diaconal Minister and Epworth Villa IL resident.

VESPERS
THURSDAY, JANUARY 21ST
3:30 PM
EVTV CHANNEL 1960

Vespers speaker will be Dr. Herman Reece. Retired OKC/CBMC Metro Director of Christian Business Men's Connection and Epworth Villa IL resident.





VIRTUAL TOUR OF THE RMS TITANIC

TUESDAY, JANUARY 26TH

7:00 PM

EVTV CHANNEL 1960

RMS Titanic was a British passenger liner that sank in the North Atlantic Ocean in 1912, after colliding with an iceberg during her maiden voyage from Southampton to New York City.

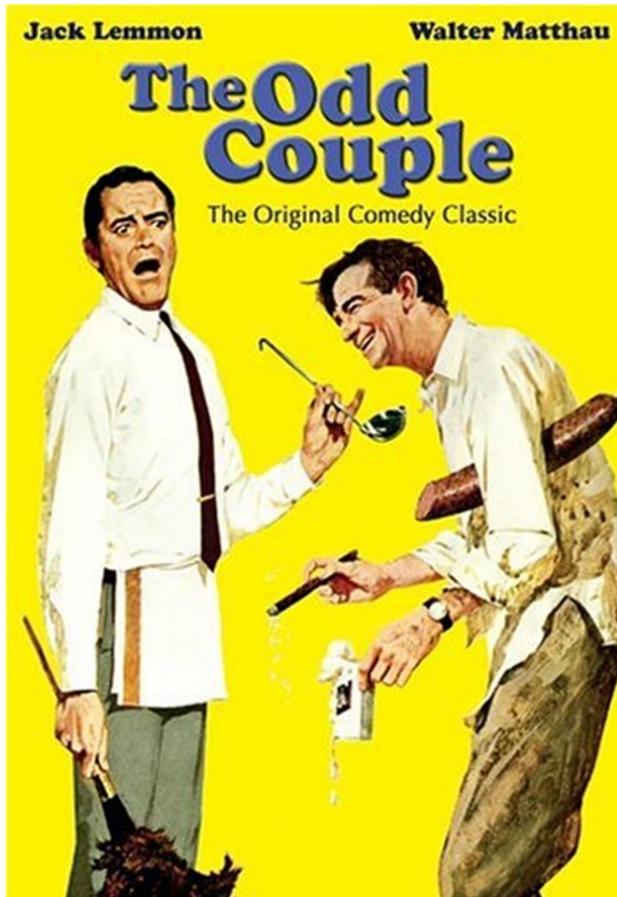
Have you ever wondered what the inside of the ship was like or what the passengers of the Titanic were enjoying before that fateful night? This is your chance to see everything about the ship including where the passengers slept and ate as well as where the crew hung out when not on duty. Make your plans now to tune in to watch.



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.**



**EVTV MOVIE WILL BE SHOWN
On EVT Channel 1960
SAT. 7:00 PM AND WED. 8:00 PM
SAT., JANUARY 16TH AND
WED., JANUARY 20TH**

THE ODD COUPLE

When fussy Felix (Jack Lemmon) becomes suicidal over his impending divorce, he accepts an offer to move in with his best friend, messy Oscar (Walter Matthau). Felix drives Oscar crazy with his obsession over his soon-to-be ex. Oscar tries to get him out of his funk by arranging a double date with two wacky British neighbors, Cecily (Monica Evans) and Gwendolyn (Carole Shelley). When the plan backfires and Felix grows even more despondent, his friendship with Oscar is put to the test.

Wellness Center Weekly Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am-10:00am Flex & Stretch Lori EVTV	9:00am-9:30am SilverSneakers EVTV	9:30am-10:00am Flex & Stretch Lori EVTV	9:00am-9:30am SilverSneakers EVTV	9:30am-10:00am 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.



EPWORTH VILLA DINING HOURS OF OPERATION



CAFE

7:00 am – 2:00 pm
Monday – Saturday
Closed - Sunday

REDBUD MEAL PICK UP

11:00 am – 4:30 pm
Monday – Saturday

10:45 am – 1:45 pm
Sunday

CAFE OPEN

Café will maintain regular hours, 7:00 am to 2:00 pm, Monday through Saturday for carry-out only.

After you order your food, we ask that you move to an area appropriately distanced from others to wait for your food.



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!





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 concierge desk. After you have **completed your list, take it to Susan Williams' office BY TUESDAY at NOON**. If you turn your list in after Tuesday Noon, 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

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On-site 24 hour ATM • Safe deposit boxes
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Epworth Villa Weekly Activities
Week of January 13, 2021 through January 20, 2021

<p align="center">Wednesday January 13</p> <p align="center"></p>	<p align="center">During the Day 9:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 8:00 p.m.</p>	<p>Grocery Shopping for Residents Flex & Stretch – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 Tai Chi – EVTV Channel 1960 Movie Night (REPLAY) EVTV Channel 1960</p>
<p align="center">Thursday January 14</p> <p align="center"></p>	<p align="center">VACCINATION CLINIC 8:00 a.m. – 5:00 p.m. 9:00 a.m. 10:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 3:30 p.m. 7:00 p.m.</p>	<p>For IL Residents and Staff - GRAND BALLROOM (check schedule for assigned time) Silver Sneakers – EVTV Channel 1960 Chair Yoga – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 HasFit – EVTV Channel 1960 Vespers - EVTV Channel 1960 Vespers REPLAY – EVTV Channel 1960</p>
<p align="center">Friday January 15</p> <p align="center"></p>	<p align="center">ALCOHOL ORDER DUE BY NOON 9:30 a.m. 11:00 a.m. – 2:00 p.m. 7:00 p.m.</p>	<p>For Shopping this day</p> <p>Flex & Stretch – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 Virtual Tour of the Smithsonian Museum of American History – EVTV Channel 1960</p>
<p align="center">Saturday January 16</p> <p align="center"></p>	<p align="center">9:00 a.m. 7:00 p.m.</p>	<p>Tai Chi – EVTV Channel 1960 Movie Night – EVTV Channel 1960</p>
<p align="center">Sunday January 17</p> <p align="center"></p>	<p align="center">9:00 a.m. 10:50 a.m. 6:00 p.m.</p>	<p>Sunday School – EVTV CHANNEL 1960 St. Luke’s Live Stream – EVTV CHANNEL 1960 Sunday School (REPLAY) EVTV Channel 1960</p>

<p>Monday January 18</p> 	<p>9:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 3:00 p.m.</p>	<p>Flex & Stretch – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 Tai Chi – EVTV Channel 1960 Face of America: The Ellis Island Immigration Museum – EVTV Channel 1960</p>
<p>Tuesday January 19</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 – EVTV Channel 1960 Chair Yoga – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 HasFit – EVTV Channel 1960</p>
<p>Wednesday January 20</p> 	<p>During the Day 9:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 8:00 p.m.</p>	<p>Grocery Shopping for Residents Flex & Stretch – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 Tai Chi – EVTV Channel 1960 Movie Night (REPLAY) EVTV 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 – Sat Sun	Meal Pick Up 11:00 am – 4:30 pm 10:45 am – 1:45 pm	Pick Up in Redbud
M - Sat	7:00 am – 2:00 pm	CAFÉ (To Go Only)