

EPWORTH VILLA HAPPENINGS...

Where you can
Get Involved, Get Going, Gain Knowledge

Vol. 6 Issue 8
Weeks of February 24, 2021

Editor: Susan Williams
Community Activities Coordinator

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CIRQUE DU SOLEIL

VIRTUAL SPECIAL

FRIDAY, FEBRUARY 26TH

7:00 PM

EVTV CHANNEL 1960



**RESIDENT QUARTERLY
FINANCIAL REVIEW MEETING**

THURSDAY, FEBRUARY 25TH

11:00 AM

EVTV CHANNEL 1960

**FINANCIAL
REVIEW**

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



EPWORTH VILLA
A Life Plan Community



**TOP 100 PLACES TO VISIT IN EUROPE
VIRTUAL TOUR
WEDNESDAY, FEBRUARY 24TH
7:00 PM
EVTV CHANNEL 1960**



***RESIDENT COUNCIL
WEDNESDAY, MARCH 3RD
10:00 AM***

RESIDENTS MAY VIEW ON EVT V CHANNEL 1960

Because of social distancing and a limit on the number of people in the ballroom, **ONLY** leaders of Standing Committee, Interest Groups and Management led groups will be allowed to attend the meeting in person. Mark your calendar now and plan to tune in to EVT V Channel 1960 to see the meeting live.

***TO THE POINT
WEDNESDAY, MARCH 3RD
2:00 PM
REPLAY—7:00 PM
BOTH ON EVT V CHANNEL 1960***



The next *To The Point* meeting will be held on Wednesday, MARCH 3RD, at 2:00 pm on EVT V CHANNEL 1960. The meeting will be broadcast live on EVT V Channel 1960 and re-played that evening at 7:00 pm EVT V Channel 1960.



THE PETERSEN AUTOMOTIVE MUSEUM VIRTUAL VAULT TOUR

MONDAY, MARCH 1ST

6:00 PM

EVTV CHANNEL 1960

Now you can “STAY AT HOME” and discover some of the most iconic and rare cars, motorcycles, and trucks spanning more than 120 years of automotive history on the largest guided automotive tour in the United States. Gayle Anderson says we can “STAY AT HOME” and explore the treasures in THE VAULT at the Petersen Automotive Museum in Los Angeles. The tours don’t appeal just to car fans. It’s an educational opportunity to learn about history, politics, and culture.

The virtual Vault tour is designed “For enthusiasts looking for digital entertainment while practicing social distancing,” and as such, “The Petersen Automotive Museum will stream Vault tours during its temporary closure.” Led by The Petersen’s Collection Manager Dana Williamson, “the hour-long digital tour provides rare access to never-before-seen race cars, movie cars, and culturally significant vehicles from the Vault.”

“Although we wish patrons could be visiting us at this time, we understand the risks and wanted to offer a new experience for fans of the museum to enjoy from the comfort of home,” says Petersen Executive Director Terry L. Karges, adding “The benefit of offering digital tours is that we are now able to extend the stories of our collection to a global audience and give our patrons more access to the cars than ever before.”



OKC TOWN HALL



Epworth Villa is now able to offer you access to the OKC Town Hall Lectures monthly. Below you will find the speakers for each month. You may read their topics and bios at <https://okctownhall.org/home/lecture-series/>. Due to bad weather, the February lecture will be Thursday, March 4th.

If you are interested in having access to the lectures, contact Susan Williams for the log-in and password each month.

If you have any questions or trouble accessing the lecture, please let Susan know at 486-1385.

DO YOU LIKE TO GARDEN???

It's almost that time of year again for planting spring and summer gardens. Did you know that Epworth Villa residents have their own garden where anyone can reserve a plot(s) to garden? If you are interested in learning more about the garden or to reserve a garden plot for this season, please contact Don A. @ 751-8443.





SHREDDING DAY
THURSDAY, MARCH 4TH |
10:00 AM

EPWORTH VILLA GRAND LOBBY

The Meadows shreds sensitive data for more than 3,000 customers across the state of Oklahoma. Their customers include local, state, and federal agencies; educational institutions; pharmacies, health care providers, and medical facilities; religious organizations; accounting, legal, insurance, and business professionals; and many others.

Convenience

- They will bring large containers when they come. After the containers are filled they will take them back to their office in Edmond for destruction. No sorting is necessary, and you do not need to remove folders, notebooks, paper clips, or staples. Their team of workers will sort everything on-site for you.

Security

- All data and documents are kept in latched and locked bins until destruction. Trucks are locked securely at all times except when loading or unloading.
- After paper shredding, they will issue a certification of data destruction, providing a legal audit trail and giving verification of destruction of materials.
- Data is guaranteed not to be read, is shredded and refuse is returned to paper products.

Cost for shredding, no matter how much you have is, \$10.00 per person/couple.

If you have anything to be shredded, please bring cash with you and be in the lobby at 10:00 am. They will only stay as long as we have residents with items to shred.

No signup is necessary.





PIANIST & VOCALIST GINNY CARR GOLDBERG

PRESENTS A VIRTUAL PROGRAM

“TRIBUTE TO WOMEN SONGWRITERS”

FRIDAY, MARCH 5TH

7:00 PM

EVTV CHANNEL 1960

Ginny Carr Goldberg has been playing and singing the music of the Great American Songbook for many decades, because she loves clever lyrics, beautiful melodies, and rich orchestrations. Today she is a songwriter and lyricist whose original songbook has been published, played, and heralded worldwide. Ginny was a finalist in the inaugural Bernard/Ebb Songwriting Competition, and her original music has been featured on Public Television and primetime network TV.

Ginny is the leader, alto vocalist, and principal songwriter/arranger for the internationally acclaimed jazz vocal harmony ensemble, the **Uptown Vocal Jazz Quartet**. Her original songs and arrangements have been performed by iconic jazz artists as well as professional and student jazz vocal ensembles across the world. Critics, radio hosts, listeners, and celebrities have praised her work as a standout for its creative originality, citing her delightfully literate lyrics, elegant melodies, and tight vocal harmony arrangements.

Under Ginny’s leadership, Uptown Vocal Jazz Quartet has appeared live on NPR, interviewed and profiled multiple times by veteran host Susan Stamberg. Their critically acclaimed recordings have been featured in the top tiers of worldwide media for several decades. They have performed on the headliner stages at landmark jazz festivals in the US and Canada, sharing the bill with jazz greats Tony Bennett, Nancy Wilson, Sonny Rollins, and many others. They have performed at multiple jazz festivals in France, as featured artists with the Cote Ouest Big Band, one of Europe’s favorite jazz orchestras. They have also performed as guest artists with symphony orchestras and with the United States Army Blues jazz ensemble, opened concerts for The Four Freshmen, Ahmad Jamal, and Charlie Byrd, and been featured performers at hundreds of concerts, festivals and iconic jazz venues throughout the US.

CONTINUED NEXT PAGE

Ginny's original music captured the interest of jazz greats Bob Dorough (who wrote "Schoolhouse Rock"), Don Shelton (featured vocalist in Singers Unlimited and the Hi-Los), and saxophonist Richie Cole, who worked extensively with The Manhattan Transfer and is a featured soloist on their Grammy winning albums. A lover of jazz vocals and a prolific songwriter himself, Mr. Cole invited Ginny to arrange his own songs for her group and collaborate with him on a recording featuring their collective original songs, resulting in the critically acclaimed album, "Vocal Madness."

As an in-demand performer who accompanies herself on piano, Ginny has anchored and fronted many independent jazz ensembles, joining forces with some of the world's best jazz musicians who make their home in Washington, DC. She has performed for over 40 years as a featured entertainer at D.C. area establishments and private receptions and has entertained many notable clients, including an array of governors, mayors, Supreme Court Justices, international guests of distinction, members of Congress, and prominent figures from the business community.



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.



**SUNDAY SCHOOL
SUNDAY, FEBRUARY 28TH
9:00 AM
EVTV CHANNEL 1960**

“JESUS CLEARS THE TEMPLE”

The second Sunday in Lent

Matthew 21:1-17

Teacher: Dr. Jim West

If you have requested a Sunday school quarterly, you should find one in your in-house mailbox next Sunday. If you wish to have a quarterly but have not previously requested one, please contact Jo Ann M. at 405-627-3073 or leave a note in my in-house mailbox #175.



VESPERS

THURSDAY, FEBRUARY 25TH

3:30 PM

EVTV CHANNEL 1960

Vespers speaker will be Derrek Belase, Director of Connectional Ministry, Oklahoma Conference, UMC .



VESPERS

THURSDAY, MARCH 4TH

3:30 PM

EVTV CHANNEL 1960

Vespers speaker will be Rev. Joe Alsay, Rector at St. Augustine of Canterbury Episcopal Church



**EVTV AT HOME
CHANNEL 1960
MOVIE WILL BE SHOWN
SATURDAY, FEBRUARY 27TH AND
WEDNESDAY, MARCH 3RD
MOVIE TIMES ARE: SATURDAY @ 7:00 PM &
WEDNESDAY @ 8:00 PM**

SOUND OF MUSIC



Based on the 1949 memoir *The Story of the Trapp Family Singers* by Maria von Trapp, the film is about a young Austrian postulant in Salzburg, Austria, in 1938 who is sent to the villa of a retired naval officer and widower to be governess to his seven children. After bringing love and music into the lives of the family, she marries the officer and, together with the children, finds a way to survive the loss of their homeland to the Nazis.



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



**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.**

DINING NOTES:

The menu you received in your in-house box for this week had an error for Sunday, February 28th. PLEASE NOTE, the correct menu is posted at the host station outside of the Redbud.





Get Moving (And Stay Moving) Challenge

Healthy Epworth Initiative

In celebration of Lent, Walk to Jerusalem will begin March 1st and end April 7th. The idea is to walk the distance from Epworth Villa to Jerusalem, which is 6680 miles to symbolize Jesus's own Walk to Jerusalem. We know individually someone won't be able to walk that distance in 6 weeks, so it's a group effort! The more people we have participating, the more chance we have to cover that number of miles.

We also know not everyone has the technology to track miles walked, so for every 20 minutes of activity it will count as 1 mile. If someone is active and moving for 30 minutes a day, they would "walk" 10.5 miles a week. Activity can be following along with one of the exercise videos on EVTv, exercising in the fitness center or walking around the facility using the indoor walking map.

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 will begin *Monday March 1st* and ends *Wednesday April 7th, 2021.*

Prizes will be awarded *Friday April 9th, 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

TURN BOTTOM PORTION IN TO LORI BY WEDNESDAY, MARCH 3, 2021

NAME _____ CHALLENGE 2

_____ MILES



At the end of this 6 week challenge, everyone will turn in their tracker into Lori, and the total number of miles walked as a collective will be tallied.

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		



ARE YOU THIRSTY??

Even if you don't feel thirsty, it is important that you stay hydrated.

You may think since it is cold outside that your body doesn't need as much water, but you are wrong, Your body needs just as much water when it's cold as you do when it's hot.

So don't delay, go get yourself a hydrating beverage now!!

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.





HAVE YOU TURNED IN YOUR FORM?

Don't forget to turn in your IL Resident Family Group form to Lori Love. Extra forms can be found at the concierge desk. Each resident will need to fill out the form and turn it in. We are asking for email addresses to create an email group to solely use in the event of an emergency. This will be our means of communication with your family. If you do not wish to have your family be a part of this email group, we still need a form from you. If you have any questions, please feel free to reach out to Lori Love.

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 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. (See Transportation Reminders in this Edition on page 11)**



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.



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Epworth Villa Weekly Activities
Week of February 24, 2021 through March 3, 2021

Wednesday
February 24



During the Day
 9:30 a.m.
 11:00 a.m. & 2:00 p.m.
 1:00 p.m.
7:00 p.m.
 8:00 p.m.

Grocery Shopping for Residents
 Flex & Stretch – EVTV Channel 1960
 CEO Ron Kelly Update – EVTV Channel 1960
 Tai Chi – EVTV Channel 1960
Top 100 Places to Visit in Europe – Virtual Tour on EVTV Channel 1960
 Movie Night (REPLAY) EVTV Channel 1960

Thursday
February 25



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.

Silver Sneakers – EVTV Channel 1960
 Chair Yoga – EVTV Channel 1960
Resident Quarterly Financial Meeting – EVTV Channel 1960
 CEO Ron Kelly Update – EVTV Channel 1960
 HasFit – EVTV Channel 1960
Vespers - EVTV Channel 1960
 Vespers REPLAY – EVTV Channel 1960

Friday
February 26



ALCOHOL ORDER DUE BY NOON
 9:30 a.m.
 11:00 a.m. – 2:00 p.m.
7:00 p.m.

For Shopping this day
 Flex & Stretch – EVTV Channel 1960
 CEO Ron Kelly Update – EVTV Channel 1960
Cirque Du Soleil Special – EVTV Channel 1960

Saturday
February 27



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

Tai Chi – EVTV Channel 1960
Movie Night – EVTV Channel 1960

Sunday
February 28



8:45 a.m.
 6:00 p.m.

Sunday School – EVTV CHANNEL 1960
 Sunday School (REPLAY) EVTV Channel 1960

<p>Monday March 1</p> 	<p>9:30 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 6:00 p.m.</p>	<p>Flex & Stretch – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 Tai Chi – EVTV Channel 1960 Petersen Automotive Vault Tour – EVTV Channel 1960</p>
<p>Tuesday March 2</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 March 3</p> 	<p>During the Day 9:30 a.m. 10:00 a.m. 11:00 a.m. & 2:00 p.m. 1:00 p.m. 7:00 p.m. 8:00 p.m.</p>	<p>Grocery Shopping for Residents Flex & Stretch – EVTV Channel 1960 Resident Council – EVTV Channel 1960 CEO Ron Kelly Update – EVTV Channel 1960 Tai Chi – EVTV Channel 1960 To the Point (REPLAY) – 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 – 3:00 pm 10:45 am – 1:45 pm	Pick Up in Redbud
M - F	7:00 am – 2:00 pm	CAFÉ (To Go Only)