



### LIVING THE SIPSE LIFE with Kimberly Hookanson- Director of Lifestyle, Wellness & SIPSE

What a fun-filled spring it has been! From meaningful moments to joyful gatherings, it's been our absolute pleasure to serve this incredible community. Watching residents connect, participate, and thrive is what fuels everything we do. As we head into the heart of summer, let's take a moment to celebrate a season of growth and dive into some of the exciting highlights and changes happening in our department.

One of the most exciting advancements is the increased resident engagement with our community app, thanks to the introduction of both a waitlist and RSVP feature. These new tools have not only made it easier for residents to express interest in programming but have also provided our team with clearer insights into what truly sparks enthusiasm across the community. As a result, we're seeing larger and more robust waitlists—an excellent indicator of growing participation and a valuable guide for planning future activities that reflect resident interests.

Another cornerstone of our success has been the work of our dedicated resident committee. This proactive and community-focused group continues to be instrumental in shaping our programming, expanding volunteer efforts, and enhancing life enrichment across the board. Their commitment to the well-being of our community helps maintain the vibrant, welcoming environment we all value. As a reminder, if you're participating in volunteer work, be sure to grab a Volunteer Hour Form from Gracelynn DeLong; every logged hour supports our not-for-profit mission and highlights the generous spirit of our community.

We are also proud to share that we've launched a pilot program in the Abbey that focuses on creating personalized, individualized experiences for our residents. By tailoring programs to each person's unique preferences and needs, we aim to foster deeper engagement and meaningful moments each day. Early feedback has been heartwarming, and we look forward to building on this initiative in the months ahead.

Mark your calendars for an exciting patriotic happy hour on July 3! We'll be celebrating Independence Day with festive music, a gourmet hot dog bar, and none other than Uncle Sam himself who will be on hand to help you enjoy the festivities. We Want YOU to be there! It's sure to be a fun, casual event, perfect for kicking off the holiday weekend with friends and fellow residents. We can't wait to see everyone there!

In addition to our holiday celebration, we are gearing up for the Senior Showdown Games, which will take place during Active Aging week in early October. This week-long series of events will include physical challenges, intellectual offerings, and a variety of activities celebrating vibrant living. Stay tuned for more details and sign-up information, and don't miss the opportunity to win in the ultimate showdown—including the exciting opportunity to pie a team member in the face! It's all in good fun, and we're looking forward to a lively and energetic week of celebration.

Finally, we'd like to encourage everyone to explore the many opportunities to get engaged through our vibrant SIPSE programming, which is designed around five key elements of longevity: social engagement, intellectual challenge, physical well-being, spiritual fulfillment, and emotional health. Whether you're seeking social connection, mental stimulation, physical movement, spiritual growth, or purpose-filled pursuits, we are here to help you find what fits. If you'd like assistance in crafting a calendar cadence tailored to your lifestyle, please don't hesitate to reach out to me directly. I can be reached at khookanson@montereau.net or at 918-491-5204. Your Lifestyle and Wellness team is more than happy to help you create a meaningful and enriching routine. In the meantime, we encourage you to bring along a neighbor, a new resident, or a friend to try out something new in the community.

Thank you for your continued support and participation. With your involvement, we're continuing to revolutionize the way people age successfully, and the best is yet to come!

### THIS IS YOUR LIFE

### with Orvis & Barbara Crowson

Orvis and Barbara Crowson are "dog people." A welcome sign says, "We Hope You Like Dogs" letting you know you're about to spend time with two kindhearted, honest, and easy-going people. "Mini," their latest "Foster Failure" as they lovingly refer to the young miniature poodle, snuggles up to listen in on the conversation as well.

Barbara and Orvis have been at Montereau since 2018, basking in the peacefulness of Garden Home living while enjoying the social opportunities of the broader community. "You meet so many different people," Barbara says. Orvis agrees. "It's like a neighborhood almost, but it's more active." Barbara enjoys playing cornhole and shuffle board and they both look forward to the Let's Eat Local trips.

Their spacious backyard is dotted with birdhouses, feeders, and a birdbath where they love to watch the bluebirds, yellow finches, and hummingbirds. A colorful woodpecker even stops in for a snack occasionally. As for thieving squirrels, "I guess they got trained," Orvis says with a twinkle in his eye. "When I saw them get up on the feeder, I'd let one of the dogs out!"

He and Barbara found each other later in life after each was widowed. They met in 2010 at Saint Bernard's Catholic Church during single's group. Orvis knew just how to get to Barbara's heart. Their first date was a walk through LaFortune Park with her two dogs. She's passionate about finding forever homes for pups in need of a family and has worked with the Animal Rescue Foundation for nearly 20 years. She and Orvis were married in 2011 and have been enjoying a fulfilling life together ever since.

Orvis' story began in Pensacola, Florida where he was born and raised. He is the eldest of six children. "I was kind of on my own most of the time," he remembers. As a boy, he enjoyed hanging out with friends, fishing, and being a Boy Scout. At 12 years old, he started throwing newspapers. He says, "From there, I bagged groceries. I wanted to have a car when I was 16."

Orvis graduated from Pensacola Catholic High School in 1960 and headed for Tulsa where his parents grew up, living with his grandmother while studying at The University of Tulsa. He helped out with rental properties she owned. "I would help her paint and fix up things as my way of helping to pay my way," he says. While at TU, he joined the U.S. Marine Corps, intending to become an officer after graduation. Fate had other plans. He met a girl named Carol and they married in 1964. Orvis went into the Marine

reserves instead of heading to Officer Candidate School. He graduated with his bachelor's degree in 1965 and spent a career in banking and investments.

He and Carol had two children, Annetta and Christopher.

Christopher.

Orvis loved the water and the family enjoyed boating on Keystone and Grand Lakes. He and Carol even went sailing in the Caribbean. "They gave us a map and showed us where not to sail." He laughs, "We went everywhere we weren't supposed to. We didn't read the map quite right." He retired in 2004 from Smith Barney and Carol passed away in 2010.

Barbara grew up in Springfield, Missouri, the eldest of five children. She says she was close to her three sisters, had a lot of friends and was involved in the school choir as a soprano at Saint Agnes Catholic High School. In her senior year, she worked as a nurse's aide. "My goal all along was to become a nurse," she says. After graduation in 1965, she went on to nursing school at Southwestern Missouri State University; then moved to Tulsa with friends. Barbara realized her dream and spent the next 40 years as a nurse at Saint Francis Hospital. She was even featured in a full-page newspaper ad for the hospital.

She married her first husband, Tom in the early 80s and they were together nearly 25 years before he passed away. She remains close with his daughter Tracy. Between the two of them, Barbara and Orvis enjoy the love of three children, ten grandchildren and 11 great-grandchildren.

The couple has delighted in traveling together, visiting U.S destinations and cruising. They spent their honeymoon on a summer cruise to Alaska and have also visited the Panama Canal and Canada. They hope to return to Canada to ride the train through the Rocky Mountains. Barbara enjoys collecting dolls, teddy bears and Beanie Babies. However, fostering dogs remains a top priority. She and Orvis take in a new foster about once each month. Orvis spent years creating beautiful things from his woodcarving hobby and even learned to play the organ in the early 2000s to spend more time with his dad who also played.

These days, they like to take it easy, opening their hearts and home to anyone who wants stop in for a spell, whether they're on two legs... or four.

### INTRODUCING IZAK BULTEN

# Communications Intern



here's a new face behind the camera at Montereau. Izak Bulten has joined the team as our new Social Media Intern and we are so glad he's here.

Izak comes to us from Owasso where he

attended Rejoice Christian School. Until he was 16, he grew up in Boynton Beach, Florida and moved to Oklahoma with his family. He has an older sister and a younger sister. Izak enjoys spending time with his family. He may seem a bit on the quiet side, but he's got a competitive streak, too. He started playing scrabble at the age of eight and started competing in tournaments alongside his father at the age of 13. At the most recent tournament this spring, he says he scored 80 points, using all his letters to spell "netsurf." Izak has also been playing chess since he was nine. "That's something I do to relax," he says. He also loves to read.

Izak is now a Film Studies student at The University of Tulsa where he'll be a sophomore in the fall. "I like movies like anyone else does," he says but goes on to explain that he is now focused on directing and writing. He even tried his hand at writing fictional screenplays before he was ten years old. "Telling stories is my thing, for sure."

Izak is enjoying being part of the Montereau community and says he was pleasantly surprised by the beautiful campus. He makes an effort to say "hello" to everyone he sees and has been having a good time tagging along and taking photos on some of the trips each month. "I've already had interesting, quality conversations with some of the residents," he smiles. "I think there's a lot I can learn from them."

Izak says he is aware that he may come off as being a bit shy. "But I do love to talk to people. If you see me," he says, "don't hesitate to say 'Hi.' I like listening to people. I'm more of a listener."

So, be on the lookout for Izak and make him feel welcome as part of our Montereau family.

### Team Member Appreciation Fund

Now Accepting Contributions



Please take time now to consider your 2025 contribution.

The Team Member Appreciation Fund is an expression of our gratitude for their dedication, care, and service.



Funds will be distributed as a gift to Team Members at the annual Merry Mingle event on Wednesday, December 17.



Please contact a TMAF Committee member for more information.

Everett Stallcop 918-493-2621 Charlie Payne 815-979-7036

*Rick Skinner* 918-551-6851

Billie Field 918-749-8811



# SAVE THE DATE OCTOBER 6-11

Senior Showdown Wellness Fair Walk to End Alzheimer's ... and more!

### **DINING**

PLEASE NOTE: Unless otherwise noted, the following Dining Events require an RSVP. All Dining Event reservations or cancellations must be made at least THREE business days in advance. You may RSVP or cancel a reservation by speaking to someone at the Host Stand in person, by calling 918-491-5212 or by email: events@montereau.net.



#### **ACTION STATION**

Thursdays: 4:30p-7:00p - Café Mondial

Jul 3: Pasta, Jul 10: Stir Fry, Jul 17: Fajitas, Jul 24: Burritos, Jul 31: Mediterranean. Our chefs prepare a delicious meal, fresh to order. A cost of \$14 will be applied to your monthly dining allowance. No RSVP required.

**SIPSE CATEGORY: Social** 



#### LE MARCHÉ SPECIAL JULY 4TH MENU

Friday Jul 4: 11:30a-2:00p and 4:30p-7:00p - Le Marché

This special holiday menu includes your choice of one protein: BBQ Chicken or Beef Brisket with Fresh Corn on the Cob, Macaroni Salad, BLT Potato Salad, Red/White/Blue Parfait, and Watermelon wedges. **Cost of \$16.50 includes all sides and dessert and will be applied to your monthly dining allowance.** 

**SIPSE CATEGORY: Social** 



#### WINE WEDNESDAY

Wednesday, Jul 16: 3:30p-4:30p - Café Mondial

Sit down over a glass of wine with a member of Montereau Leadership. Share what's on your mind and hear their thoughts and visions for our community. **No cost.** 

**SIPSE CATEGORY: Social** 



#### **COOKING WITH NANCY & RANDY: SUMMER FRESH**

Friday Jul 18: 3:30p-4:30p - Coterie Theater

Randy & Nancy Stainer share delicious recipes to celebrate fresh summer ingredients. They'll demonstrate the preparation of Salmon with freshly-grated Tomatoes and Butter, Melon Caprese Salad and a Chef's Surprise Dessert. Attendees receive samples of each dish and copies of the recipes to take home. **No cost.** 

**SIPSE CATEGORY: Intellectual** 



#### **CHEF'S TABLE**

Wednesday, Jul 23: 5:00p-6:30p - Rue 6800

Our culinary team offers a tantalizing, five-course meal. This month's menu includes Mini Lobster Roll, Sweet Corn Chowder, Grilled Ribeye with Chimichurri and Fingerling Potatoes, Blueberry Cobbler with Vanilla Ice Cream. Cost is \$35, applied to your monthly dining allowance. Wine or cocktail selections may be ordered as desired and will be charged separately.

**SIPSE CATEGORY: Social** 



### LET'S EAT LOCAL & LE CINEMA

PLEASE NOTE: Unless otherwise noted, the following Outings & Le Cinema Events require an RSVP or cancellation at least THREE business days in advance. Late cancellation will result in a \$10 fee + event cost charged to your account. Exceptions will be made for emergencies and illness. RSVP on the ConnectedLiving app, Reservation Sheet, or call Lifestyle and Wellness at 918-491-5245. Cancellations may be made through the app or Reservation Line.



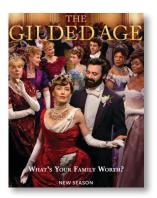
#### **LET'S EAT LOCAL 4:30p - Trip**

Tuesday, Jul 1: The French Hen \$\$\$ (French Fare) Tuesday, Jul 8: Villa Ravenna \$\$\$ (Italian Fare) Tuesday, Jul 15: Ridge Grill \$\$ (Steaks & Seafood)

Tuesday, Jul 22: Napa Flats Wood-fired Kitchen \$\$ (California/Italian Fare)

**Tuesday, Jul 29:** Wild Fork \$\$ (Upscale American Fare)

**SIPSE CATEGORY: Social** 



#### LE CINEMA DOCUMENTARY, TV SERIES No RSVP Required

Mondays 3:00p: TV Series: The Chosen

**Thursdays 7:00p:** Documentary Series: **Jul 3:** Lewis & Clark-The Journey of the Corps of Discovery, **Jul 10:** Our Great National Parks-Chile, **Jul 17:** My Octopus Teacher,

Jul 24: Thomas Jefferson-The Age of Experiments, Jul 31: Thomas Jefferson-The Pursuit of

**Happiness** 

Fridays 2:00p: TV Series: Jul 11, 18, 25: Outlander

Fridays 3:00p: PBS Series: Jul 11: Beecham House, Jul 18, & 25: The Gilded Age

**SIPSE CATEGORY: Social/Intellectual** 



#### LE CINEMA MOVIES (No RSVP Required)

Wednesdays 7:00p: Jul 2: The Lady in the Van (PG-13) A man forms an unexpected bond with a transient woman living in her van that's parked in his driveway. Jul 16: The Old Man & The Gun (PG-13) Based on the true story of Forrest Tucker who escaped from San Quentin at the age of 70 and pulled off a string of heists. Jul 23: Regarding Henry (PG-13) After being shot, a lawyer loses his memory and must relearn how to speak and walk, but has a loving family to support him. Jul 30: Where Hope Grows (PG-13) Personal problems cut short a baseball player's career, but he is suddenly invigorated by a young man with Down Syndrome who works at the local grocery store.

**SIPSE CATEGORY: Social/Intellectual/Emotional** 

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#### TULSA CITY COUNTY LIBRARY BOOKMOBILE

Tuesday, Jul 1: 10:00a-11:00a -Main Entrance Drive

The Tulsa City County Library's Bookmobile returns to Montereau on the first Tuesday of each month. Come check out a book, DVD, audiobook and music CDs. You can even request specific materials. No library card? No worries! They can set you up with one. No RSVP required.

**SIPSE CATEGORY: Intellectual** 



#### CLASSIC CINEMA: THE UNSINKABLE MOLLY BROWN (1964)

Tuesday, Jul 1: 7:00p-8:30p - Le Cinema

Starring Debbie Reynolds, Harve Presnell, and Ed Begley. A poor, uneducated mountain girl leaves her cabin in search of respect, a wealthy husband and a better life in this fictionalized biopic of Margaret "Molly" Brown who survived the 1912 sinking of the RMS Titanic. No RSVP required.

SIPSE CATEGORY: Social



#### PATRIOTIC HAPPY HOUR & GOURMET **HOT DOG BAR**

Thursday, Jul 3: 4:30p-6:00p - City View Lounge

Celebrate Independence Day early with patriotic music from Oklahoma Wildlife Band and a tasty, gourmet hot dog bar with all the toppings along with Baked Beans, Potato Salad, Grilled Corn Ribs, Summer Veggies, Watermelon Slices, and Rice Crispy Treats. Cost is \$14, applied to your monthly dining allowance.

**SIPSE CATEGORY: Social** 



#### 4TH ON THE 3RD - STARS, STRIPES, & SYMPHONY

Thursday, Jul 3: 6:30p-10:00p - TRIP

Celebrate America with Signature Symphony's annual patriotic concert. Enjoy traditional and modern musical tributes. A pre-purchased ticket is required but does not guarantee transportation. Bus seating requires an RSVP on a first-come, first-served basis. Tickets may be purchased from the Signature Symphony website at www.signaturesymphony.org.

**SIPSE CATEGORY: Emotional** 



#### LIBRARY BOOK SALE

Tuesday, Jul 8: 9:00a-2:00p - Commons Hallway Wednesday, Jul 9: 9:00a-12:00p - Commons Hallway

Add a few books to your personal library. Montereau's first- and sixth-floor libraries are bursting at the seams with new material, so they have to make room on the shelves. They'll have lots of books for sale at bargain prices. Cash only,

please.

SIPSE CATEGORY: Intellectual

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#### ART WITH ANN: WATERCOLOR

Tuesdays, Jul 8, 15, 22, 29: 12:00p-3:00p - Studio de Monet

Come learn to create a masterpiece with Ann Hill. This month's classes will work with watercolor. No supplies needed. Each week will be a different project.

Residents will be charged \$20 per class to their monthly statement account.

**SIPSE CATEGORY: Intellectual** 



### CHA'TULLIS GALLERY & LUNCH AT THE DIRTY LAUNDRY SALOON-BAR & GRILL

Wednesday, Jul 9: 9:00a-1:15p - TRIP

Visit this art gallery in Hominy that pays tribute to Native American heritage through paintings, sculptures, jewelry, blankets and endless other gifts. From the gallery, we'll head to The Dirty Laundry Saloon-Bar and Grill for lunch. Please bring a form of payment for gallery purchases and lunch.

**SIPSE CATEGORY: Spiritual** 



#### **DINNER & A MOVIE: BLACK OR WHITE**

Wednesday, Jul 9: 5:00p-8:00p - Coterie Theater

Two families learn lessons in race, forgiveness, and understanding as they battle over custody of the granddaughter they love. Menu: Pear Salad with Honey Balsamic Dressing, Chicken Francese with Mashed Potatoes and Bacon Green Bean Bundles, Blackberry Pie with Vanilla Ice Cream. **Cost is \$20 applied to your meal allowance.** 

**SIPSE CATEGORY: Emotional** 



#### **BLACKBERRY & FLOWER PICKING AT JOE'S FARM**

Thursday, Jul 10: 8:45a-11:00a - TRIP

Tasty summer blackberries and beautiful summer flowers are ready for the picking at Joe's Farm in Bixby. Pick one or the other, or even both! Blackberries are \$6.50 per pound. Flowers are \$15 per quart-sized jar. The farm has jars for your flowers. Be sure to wear comfortable shoes. Please bring a form of payment for what you pick and any other shopping in their local market.

**SIPSE CATEGORY: Physical - Mild Difficulty** 



### ALZHEIMER'S ASSN. PRESENTATION: THE EMPOWERED CAREGIVER

Thursday, Jul 10: 1:00p-3:00p - Coterie Theater

Diane Powell is the Outreach Program Coordinator for the Alzheimer's Association in Oklahoma. She will talk about ways to build strong foundations of caregiving and how to support independence for caregivers. There will be time for questions and answers.

SIPSE CATEGORY: Intellectual

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### ROSE DISTRICT FARMER'S MARKET & LUNCH AT NATV RESTAURANT

Saturday, Jul 12: 9:30a-12:45p - TRIP

Shop seasonal, locally-grown produce and locally-made crafts and gifts at the Broken Arrow Rose District Farmer's Market. Then, enjoy lunch at NATV, a local restaurant featuring modernized Native American dishes with Oklahoma ingredients. Bring a form of payment for purchases and lunch.

**SIPSE CATEGORY: Social** 



### LIVESAY ORCHARD PEACH PICKING & LUNCH AT THE PEACH BARN

Wednesday, Jul 16: 9:00a-1:00p - TRIP

Summertime means fresh peaches! Pick your own to take home from Livesay Orchard in Porter. Admission is \$5. Peaches are \$2.75 per pound. Then, we'll eat lunch at The Peach Barn. **Please bring money for admission, picking, and lunch.** 

**SIPSE CATEGORY: Physical - Mild Difficulty** 



#### FIT BITES: BLUEBERRIES

Wednesday, Jul 16: 2:00p-2:30p - Grand Riviera Lounge

July is National Blueberry Month. Come learn the benefits of these plump, juicy little berries! Sample a Banana Blueberry Smoothie, Blueberry Spinach Salad, and a Blueberry Chia Cupcake. **No cost.** 

**SIPSE CATEGORY: Intellectual** 



#### OLD HYMN SING ALONG

Thursday, Jul 17: 3:00p-4:00p - Warren Chapel

Join Chaplain Dr. Bill Crowell in singing your favorite hymns. Share your faith with

Montereau friends while lifting up your voices together in song.

**SIPSE CATEGORY: Spiritual** 



#### FIT & FABULOUS: HEALTHY GRILLING

Friday, Jul 18: 11:30a-1:00p - Grand Riviera Lounge

July is Healthy Grilling Month. Enjoy a delicious, four-course lunch hot off the grill. Menu: Asparagus Arugula Salad, Corn and Potato Bisque, Burgundy Chicken with Vegetables and Couscous, Peach Pecan Parfait. **Cost is \$20, applied to your monthly dining allowance.** 

**SIPSE CATEGORY: Intellectual** 

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#### **BRIDGE LESSONS WITH RANDY**

Sundays, Jul 20 & 27: 2:00p-3:30p - Studio de Monet

Whether you're new to the game of Bridge or just want to brush up on your skills, join Randy Stainer for tips and tricks to have you playing your best game. This is a five-week series of lessons that continue through Aug 17. **No RSVP required.** 

**SIPSE CATEGORY: Intellectual** 



#### TAIZE CANDLELIT PRAYER SERVICE

Sunday, Jul 20: 5:00p-5:30p - Warren Chapel

Celebrate the Christian tradition of Taize prayer, kindness and reconciliation. The choir of St. Dunstan's Episcopal Church brings this evening of candlelit prayer and meditative worship to the Warren Chapel.

**SIPSE CATEGORY: Spiritual** 



#### **CORNHOLE TOURNAMENT**

Wednesday, Jul 23: 3:00p-4:00p - Coterie Theater

Participants play in teams of 2 in this bracket-style competition. Winners advance to the next round until 1 team remains. You'll be matched with a partner. Everyone is invited to watch. **Please RSVP ONLY if you plan to play.** 

**SIPSE CATEGORY: Physical - Mild Difficulty** 



### OKLAHOMA AQUARIUM & DINNER AT THE MELTING POT

Thursday, Jul 24: 3:00p-7:30p - TRIP

Beat the heat and spend the afternoon exploring the fascinating species and exhibits both large and small at the Oklahoma Aquarium in Jenks. Then head to the Riverwalk and dinner at The Melting Pot. Aquarium admission is \$19.95 plus tax. Please bring a form of payment for admission and dinner.

**SIPSE CATEGORY: Intellectual** 



#### FITNESS HIKE: RSU & LUNCH AT GREEN EYES CAFE

Friday, Jul 25: 8:30a-2:30p - TRIP

Walk the Rogers State University Conservation Reserve in Claremore with its two miles of paved trails and two miles of grass trails. Water bottles and walking sticks are recommended. After the walk, we'll have lunch at Green Eyes Cafe. **Please bring a form of payment for lunch.** 

**SIPSE CATEGORY: Physical - Moderate Difficulty** 

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#### **DIY CRAFT: PUFFY PAINT TOTE BAGS**

Monday, Jul. 28: 10:00a-12:00p - Studio de Monet

Create your own colorful tote for the summer with puffy paint. We'll provide all the supplies. Just bring yourself and your imagination! **No cost.** 

**SIPSE CATEGORY: Social** 



### SIPSE SPIRIT DAY: INTERNATIONAL FRIENDSHIP DAY

Wednesday, Jul 30: ALL DAY

Make a new friend at Montereau and then dress like them for the day to celebrate International Friendship Day.

**SIPSE CATEGORY: Intellectual** 

### Save the Date



### Sign Up Early

See the River City Players at the NSU Playhouse

Friday, August 1

Leave Montereau at 10:00am, Lunch at Del Rancho before the concert.

Bring a form of payment for lunch.

Tickets: \$12 - Applied to your monthly service fee account.

RSVP to Jesse Harris at jmharris@montereau.net or 918-491-5264 - Deadline: Friday, July 25

# HEALTH CENTER HAPPENINGS with Kim Calabrese



June was a month full of joy, creativity, and connection!

We celebrated the start of summer with a Hawaiian Luau party in the Abbey. The Red Hat group enjoyed making fruit pizzas in the Chateau. All of our healthcare residents marked the longest day of the year with a festive Summer

Solstice Luncheon in the Grand Riviera Lounge. We also took an exciting trip to Woolaroc and welcomed Mary Sue's Mobile Petting Zoo for a fun visit. On June 25th, we hosted the annual Montereau Car Wash to raise money for the Alzheimer's Association. As a community, we are deeply committed to supporting this important cause and will continue advocating for a cure to this devastating disease.

Summer fun is in full swing—July is here and with it comes sunshine, celebrations, and plenty of reasons to smile. This month, we will continue exploring all aspects of Rendever, our virtual reality goggles that transport us from country to country—and even into outer space! Residents can keep learning new skills like painting, drawing, biking, ping pong, and trivia. Be sure to stop by the Abbey to try out these fascinating devices!

Here's a sneak peek at what's coming up in July. We hope you'll join us!

A patriotic 4th of July party to kick off the month with a bang.

A scenic drive with a stop at the adorable new ice cream shop, Swirl 66.

An "All About Montereau" Trivia Game in the Villa.

A watercolor class in the Villa.

Our Alzheimer's lecture: "The Empowered Caregiver – Building Foundations of Caregiving & Supporting Independence"

Refreshing watermelon served on the patio during sunny afternoons.



### A MESSAGE from Tracie Nail- Health Center Administrator

As temperatures rise during the summer, it's important for seniors to take extra precautions to stay safe and healthy. Older adults are more vulnerable to heat-related illnesses because the body's ability to regulate temperature can decrease with age. Here are a few ways to stay cool and comfortable.

**Stay Hydrated.** Drink plenty of water, even if you don't feel thirsty. Avoid caffeine or alcohol, which can lead to dehydration.

**Dress for the Weather.** Wear lightweight, loose-fitting clothes made of breathable fabric like cotton. Light-colored clothing can also reflect heat. Wear a widebrimmed hat and sunglasses outdoors.

**Keep Cool Indoors.** Stay in air-conditioned spaces during peak heat hours between 10 a.m. and 4 p.m. If your home isn't air-conditioned, visit a library, senior center, or shopping mall. Use fans, take cool showers, or place a damp washcloth on your neck to stay cool.

**Avoid Strenuous Activities.** Limit physical activity to the cooler early morning or evening hours. When outside, take frequent breaks and don't overdo it.

**Know the Warning Signs.** Watch for symptoms of heat exhaustion, such as dizziness, nausea, headache, rapid pulse, or excessive sweating. If you or someone you know shows signs of heatstroke—such as confusion, fainting, or a body temperature over 103°F—seek emergency help immediately.

**Check In.** Make a plan to stay safe and supported. Check in with friends or family regularly during hot weather, especially if you live alone.

Summer is a wonderful time to enjoy the outdoors, but safety should always come first. With preparation, you can beat the heat and stay healthy all season long.

### THIS IS YOUR LIFE

### with Marc Conine

Marc Conine is a man who knows his movies and music and how to bowl a perfect game. He pours his whole being into his passions and is surrounded in his home by the evidence of it.

Marc lives next door to his mother in the Villa. While they both have their own space, they enjoy being close enough to spend time together regularly. Marc has been a Montereau resident since 2022 and has made numerous friends since that time. He enjoys talking with and getting to know his neighbors as well as Montereau team members. He considers Drew in Culinary a good friend. "We talk about music a lot," Marc says.

Marc grew up in Tulsa with his parents and two brothers; one older, one younger. Being a man who appreciates Hollywood and all it gives us, he finds some serendipity in the year he was born. "I was born in 1977, the year the first 'Star Wars' movie and 'Saturday Night Fever' came out," he explains. He attended Metro Christian Academy and then Tulsa Community College briefly. As a boy, he enjoyed swimming. The family lived near Southern Hills Country Club, and he remembers being fascinated by the Goodyear blimp that flew over one of the PGA Championships hosted by the club in the 1980s. "I got a picture of it from my house," Marc says. He and his family did a bit of traveling when he was young and he recalls being fond of Colorado.

Movies have always been an important part of Marc's life and his name is even in the credits of one film. When he was 15, Anson Williams, of "Happy Days" fame was directing "All American Murder" and filmed some of it here in Tulsa. Marc made his way to the



Brady Theater
where they were
filming and met
Williams who
promised to
put him in the
credits. True to
his word, he listed
Marc Conine
as "Assistant to
Anson Williams."
It's no surprise
that there's a copy
of the 1992 film in
Marc's collection.

As a teen, he landed the perfect job - a local movie

theater. "I was an usher at Movies 8," he says, "and I got to see a lot of movies for free." With money from the job and some help from his dad, Marc was able to get behind the wheel of his own car, a sporty Mazda.



He was close to his father and says, "Dad taught me to be as nice as I can around everyone." Perhaps he gets his love of music from his father who passed away in 2007. A beautiful, full-sized jukebox that once belonged to his dad stands gracefully in the corner of the living room. "Dad rigged it so that it doesn't require quarters anymore." Marc hopes to get it back into working order one day.

He'll have no shortage of music to play on it once it whirs back to life. There are hundreds of music CDs on a nearly floor-to-ceiling bookshelf that runs the length of the wall. Along with the CDs, there are hundreds of movie DVDs and books, plus more in his bedroom. And what music and movie buff doesn't have a collection of memorabilia? Marc's collection would rival some of the best. It's probably easier to make a list of the movies and music he doesn't own. But he doesn't keep it to himself. He's known for making music CDs on his computer for his friends and has done so for many of his neighbors in the Villa.

Along with all of the memorabilia, DVDs, and CDs there are dozens of trophies, medals and bowling pins, too. Marc got involved with the Special Olympics when he was about 18 years old, and he's rightfully proud of his success and competitive achievements. He's competed in basketball, bowling and bocce ball. "I've bowled several perfect games," he says. That's a score of 300, in case you didn't now. He remembers the first time was on Groundhog Day. "I do know how to pick up spares, too," he says with a grin. Knowing his love for the game, someone once gifted him an orange Nickelodeon bowling pin that is displayed on a shelf. These days, he's mostly focused on bocce ball and doing quite well. He brought home several medals from the most recent Special Olympics competition. So, what's his favorite - bowling or bocce ball? Marc shakes his head. "I like them both. I can't really choose."

Marc's got all kinds of stories to tell and knowledge to share. Sit down for a conversation with him sometime. You might be surprised by what you learn. JUNE in the Health Center





## **HEALTH CENTER HIGHLIGHT EVENTS**

- 4TH OF JULY CELEBRATION Tuesday, Jul 1 2:30p, ABBEY DINING ROOM
- MUSIC & MEDITATION W/LIZ Wednesdays in July 7:30a, WARREN CHAPEL
- MUSIC & MEDITATION W/LIZ Wednesday, Jul 2 & 16 2:30p, WARREN CHAPEL
- SCENIC DRIVE: SWIRL 66 Thursday, Jul 3 2:00p, OUTING
- LUNCH: OKLAHOMA JOE'S Monday, Jul 7 10:45a, OUTING
- ALL ABOUT MONTEREAU TRIVIA Tuesday, Jul 8 2:00p, FRENCH QUARTER
- HEALTH CENTER PIZZA PARTY Tuesday, Jul 8 5:00p, FRENCH QUARTER
- WATERCOLOR PAINTING Wednesday, Jul 9 2:00p, FRENCH QUARTER
- ALZHEIMER'S ASSN. PRESENTATION: THE EMPOWERED CAREGIVER
   Thursday, Jul 10 1:00p, COTERIE THEATER
- WATERMELON ON THE PATIO Thursday, Jul 10 3:15p, VILLA COURTYARD
- LUNCH: SMITTY'S GARAGE BURGERS Monday, Jul 14 10:45a, OUTING
- RUSTIC CUFF Wednesday, Jul 16 1:45p, OUTING
- CELEBRATE INDEPENDENCE LUNCHEON Thursday, Jul 17 11:30a, GRL
- LUNCH: NOLA'S CREOLE & COCKTAILS Monday, Jul 21 10:45a, OUTING
- HEALTH CENTER PIZZA PARTY Tuesday, Jul 22 5:00p, FRENCH QUARTER
- COURTS & COMMONS Wednesday, Jul 23 2:00p, OUTING
- HOCKEY W/NOODLES Thursday, Jul 24 10:30a, ABBEY
- MOVIE & SNACKS: NONNAS Thursday, Jul 24 2:00p, LE CINEMA
- LUNCH: UNCLE PACO'S Monday, Jul 28 10:45a, OUTING
- RENDEVER VIRTUAL REALITY Wednesday, Jul 30 2:00p, FRENCH QUARTER





# **VIP Card**

Using your Smartphone, point your camera at the QR code above for a link where you can help us celebrate team members who exemplify our Values In Practice

### **HAPPY JULY** BIRTHDAYS

3 Jul	Sylvia Hendricks
3 Jul	Ken Simpson
4 Jul	Monroe Ayres
4 Jul	Reta Land
6 Jul	Mary Grubbs
6 Jul	Cheryl Melton
6 Jul	Donna Ramsey
7 Jul	Mary Cozort-Harper
8 Jul	Donna Hughes
9 Jul	Gerry Hendon
11 Jul	Nancy Stainer
12 Jul	Judy Cline
12 Jul	Vera Curzon
13 Jul	John Finch
13 Jul	Elton Villines
14 Jul	Gretchen Haugh
14 Jul	Keith Rowe
17 Jul	Orvis Crowson
18 Jul	John Bolin
18 Jul	James Jordan
18 Jul	Tom Moeller



18 Jul	Bob Sohl
19 Jul	Janet Lewis
19 Jul	Mary Helen Stanley
20 Jul	Kay Detter
20 Jul	Betty Mize
21 Jul	John Minielly
21 Jul	Vash Rouhselang
21 Jul	A.B. Steen
21 Jul	Barbara Watson
23 Jul	Susan Diacon
23 Jul	Mary Yeakey
26 Jul	Jim Bennett
26 Jul	Fr. Charles Swett
28 Jul	Clara Rafinski
28 Jul	Patsy Russo
28 Jul	Sharon Tejeda
29 Jul	John Coonce
29 Jul	Mary Thetford
29 Jul	Francine Wetzler
31 Jul	Diane Mills