


# 55 or Better

 Go Ye Village

Eastern Oklahoma's Senior Adult Magazine



Spring 2021



**NO BUY-IN  
FEES!**

# Five Levels of Senior Adult Living and Care Offered at **THE NEIGHBORHOODS OF GO YE VILLAGE**

## Independent Living Neighborhood:

- Private residence in a secure Apartment with indoor hallway, Garden Home, or Patio Home.
- All maintenance, housekeeping and flat laundry service included.
- Utilities included with Apartments.

## Independent Living Plus Neighborhood:

- Intermediate step between Independent Living and Assisted Living.
- Private residence in a secure Apartment with indoor hallway.
- Three made to order meals daily in/from our Dining Room.
- Includes maintenance, housekeeping, laundry service, and utilities.

## Assisted Living Neighborhood:

- Apartment style with three made to order meals in/from our Dining Room daily.
- Daily living needs and medication assistance, activities, housekeeping, full laundry service, and a personalized care plan.

## Health Center (Nursing Care):

- 24-hour nursing care, administration of medication, assistance with daily living needs, housekeeping, full laundry service, and 3-meals daily.
- Personalized care plan included.

## Respite Care:

- Short term care of your loved one for 3-30 days.
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- Includes meals, administration of medicine, housekeeping and laundry service.



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**55 OR BETTER**

**SPRING 2021**

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**TAHLEQUAH** 55 OR BETTER is a quarterly publication of the Tahlequah Daily Press and Go Ye Village. For advertising opportunities, call a member of the advertising team at 918-456-8833.  
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# Go Ye residents introduced to technology that helps them get through pandemic

By **BRIAN D. KING**  
news@tahlequahdailypress.com

**O**n March 13, 2020, Go Ye Village in Tahlequah went on lockdown. The board of directors of the retirement community decided to take measures to ensure the safety of its residents.

Closing the doors to the outside world meant many elders were no longer able to visit their loved ones, so Go Ye Village has made accommodations. Since then, through a federal grant, the facility has acquired technologies that have allowed residents to socially thrive in isolation. Staff at the Village hope these technologies will be a blessing to residents long after the pandemic is over.

Go Ye Village has its own in-house television station, and



Brian D. King | Daily Press

Tanya Wagon, of Go Ye Village life enrichment/social services, shows off a pair of their recently acquired Rendevers virtual reality headsets.



Brian D. King | Daily Press

Eversound headsets allow Go Ye Village residents to hear more clearly. One person talks into a transmitter which relays the sound to headsets worn by another.

before the pandemic, it was used to broadcast church and announcements. Recently, it's been used for exercise classes and bingo games, as well as a series called "Let's Get Crafty," according to Tony Ward, assistant campus director for independent living, who oversees the marketing and development.

The Life Enrichment Team – sometimes referred to as the activities committee – goes door-to-door to perform tasks that are normally done with residents in common rooms. For the "Let's Get Crafty" series, they drop off craft materials for residents so they are prepared for their weekly program. The team also provides ice cream sundaes and popcorn for the weekly movie nights.

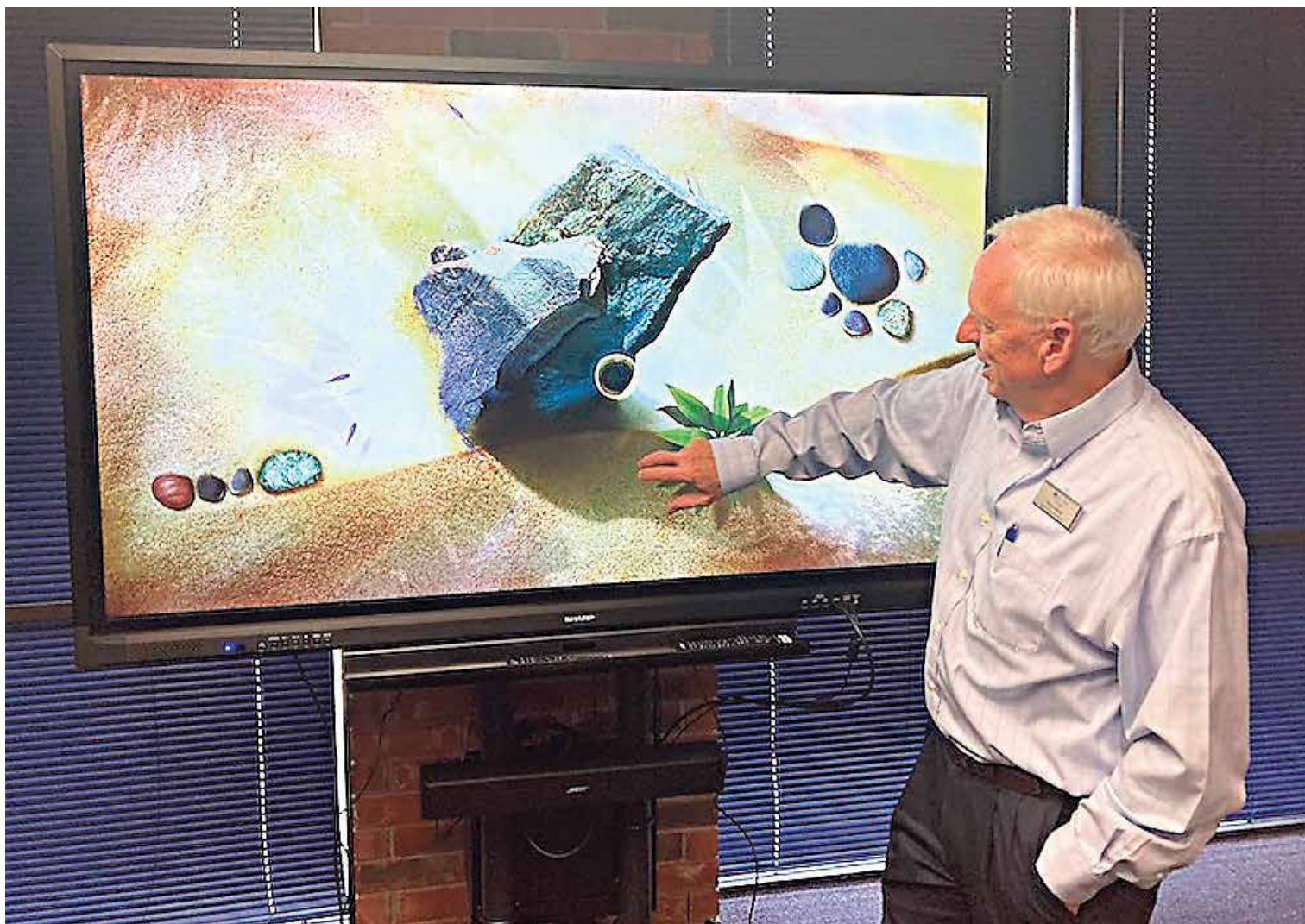
Go Ye Village has acquired an Eversound system, which is a headphone system designed for those who are hard of hearing. This has been a game-changer during the pandemic, because it has allowed families to visit Go Ye Village residents behind a safe plexiglass barrier.

"They can hear better than through hearing aids," said Ward.

Residents have been ecstatic about the product, because they have been able to maintain their connections to family.

The Village has also acquired an It's Never 2 Late (iN2L) system, which is web-based software that features activities, games, and music. Administrators have also purchased four 73-inch touchscreens for residents to use alongside the iN2L software. The system comes with bike pedals and a steering





Brian D. King | Daily Press

Tony Ward, Go Ye Village assistant campus director, shows off one of the touchscreen iN2L system where residents can explore and connect.

wheel that connects to the software.

“You can bike on a trail in the Rockies; you can do math problems. You can visit your family on Skype or FaceTime. You can listen to music. There are channels called Classic JukeBox by decade. You just hit the 1940s, and it will play music from that time,” said Ward.

Another new technology popular with residents is the Rendevar virtual reality headsets.

“You put those on, and you can travel anywhere in the world in 360-degree vision. We’ve been to Canada by train, Spain, all throughout Europe, and to the North Pole for the aurora borealis. They sit and it’s all narrated. You put the goggles on, and it narrates your way through the train,” said Ward. “That’s been a big hit for world travel.”

One resident who recently celebrated her 99th birthday said visiting the jungle through virtual reality was the most exciting thing she had ever done in her life.

There may be no U.S. population that has been more greatly affected by the pandemic than the elderly, who have

had to distance themselves from their loved ones. However, in their challenges, senior homes are learning to accommodate, and they are acquiring knowledge and technology that will bless their residents long after the COVID-19 crisis comes to a close.

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# How to improve as a golfer with better practice sessions



**W**hen it comes to time spent at the driving range, quality is more important than quantity. Here are some tips to maximize your practice sessions.

### Start by stretching

Before you begin, you should always stretch. This way, you'll be looser when swinging and less likely to pull a muscle. Some key areas to focus on are your hamstrings, shoulders, wrists and back.

### Practice the shots you hit most

Whether you decide to head to the driving range for an hour or want to squeeze in a 30-minute warm-up before playing a full round, your practice time is limited. Go to your session with a plan and be sure to allocate ample time to your short game. For most players, about two-thirds of their shots are within 100 yards of the hole.

### Aim your shots

At the driving range, amateur golfers have a tendency to plant themselves on the practice mat and start letting shots rip. However, out on the course, every shot has to be targeted. To practice more effectively on the driving range, aim at specific targets.

### Practice on the course

If you have the opportunity to play by yourself during an off-time, this is an ideal way to improve your game. Don't be afraid to set aside the rules and hit two or three balls from the same position, as this is a great way to experiment with club selection.

Finally, if you're struggling with your game, consider signing up for lessons with a golf pro in your area to get yourself back on track.

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# Go Ye Village MYTHS VS. FACTS

**NO BUY-IN  
FEES!**

## **“I have to give my house to Go Ye Village to live there.”**

**Fact:** No, you do not. In fact, you never did. In the past Go Ye did require a Buy-In Fee. That Fee was dropped in 2016.

## **“I have to give up my vehicle.”**

**Fact:** Residents' vehicles are welcome on campus. We even offer covered parking.

## **“You have to be a specific denomination to live there.”**

**Fact:** Your religious preference is not part of the rental application or process. Go Ye serves people 55 or better regardless of faith. A wide array of religious backgrounds can be found on our campus.

## **“You have to be retired to live there.”**

**Fact:** While you must be 55 or better to live at Go Ye, you can continue to work with no restrictions. Of course, the friends you will make, and the myriad of activities available may cause you to play hooky occasionally.

## **“You have to be wealthy to live there.”**

**Fact:** At Go Ye there are no buy-in fees or multi-year contracts. Monthly rental fees for Independent Living apartments start at \$885, which includes utilities, cable TV, housekeeping, and flat laundry service.

## **“It’s less expensive to live in my own home.”**

**Fact:** For older adults home ownership requires upkeep and maintenance, which can be difficult to secure and can be expensive.

For example:

- |                                       |                                 |
|---------------------------------------|---------------------------------|
| ✓ Heating/air conditioner maintenance | ✓ Yard maintenance              |
| ✓ Plumbing                            | ✓ Taxes and Insurance           |
| ✓ Electrical                          | ✓ Water, sewer, and trash bills |

Go Ye Village provides all those services, which can result in a lesser cost of living. And seriously, wouldn't it be great if home maintenance were someone else's problem?

## **“Dad doesn’t cook or clean much since Mom passed. I guess he will have to move into Assisted Living.”**

**Fact:** With Go Ye's Independent Living Plus, Dad will live in an apartment, eat all meals in the Dining Room, and enjoy weekly housekeeping and laundry service. All at about one-half the cost of Assisted Living.

## **“I’ll have to give up my woodworking shop!”**

**Fact:** Bring your tools! You will have your own space in our Residents' woodworking shop.

## **“I don’t want to give up having a vegetable garden.”**

**Fact:** You can have your own garden space in the community garden. Leaving a bag of Squash in any unlocked car on campus is acceptable.

## **“I won’t get to practice playing the Bagpipes anymore!”**

**Fact:** True, you are on your own.



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*You can't help getting older,  
But you don't have to get old.*

- George Burns



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# How to look and feel your best

**W**hen it comes to feeling confident and beautiful, the clothes you wear can make a big difference. Here are two tips to help you create flattering outfits that you'll be eager to show off.

### Embrace color

Shades of gray might feel like a safe bet, but color is more fun. Opt for bright and bold shades – think turquoise, burnt orange or periwinkle – that complement your complexion and give you a youthful glow. If you're not ready to go all-in with a magenta dress, start by adding pops of color with your accessories and a classic red lip.

### Indulge in quality items

Swap out synthetics in favor of luxurious fabrics like silk, cashmere and soft cotton. Not only will this elevate your everyday look, but quality items tend to feel great against your skin and can boost your confidence. Additionally, take the time to find pieces that complement your figure, and don't hesitate to have items tailored to your measurements. A perfect fit can make the difference between sloppy and sophisticated.

For personalized advice, consult the stylists at boutiques in your area.






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# Ways to cope with empty nest syndrome

Even if you want your children to be independent, it's normal to experience feelings of sadness and loss when they leave home for the first time. Here are a few strategies to help you adjust to this change.

**Focus on your community:** You'll always be a parent, but the responsibility of raising your kids is no longer central to your life. Consider directing your energy toward volunteering or caring for your community in some other way.

**Reconnect with your partner:** It's common to put romance on the back burner when you have kids, but now you can give your relationship the attention it deserves. This is also an ideal opportunity to strengthen other important connections in your life such as with friends or siblings.

**Explore your interests:** Are there hobbies you gave up when you had kids or were always too busy to try? Filling your time with activities you enjoy is a great means of self-care and will help reinforce your identity as more than just a parent.

**Take on a new challenge:** Since raising kids has been one of your primary goals for years, you might be looking for a



new project. From tackling home renovations to writing a memoir or training for a marathon, there are plenty of ways to keep busy.

Finally, remember to give yourself time to adjust to this new chapter in your life, and don't hesitate to reach out to a friend, family member or mental health professional for support.



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*Age isn't important,  
unless you're a cheese.*

- Helen Hayes



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# Low impact workouts for older adults

**Y**our high-impact, stench-filled, gym rat days are behind you. But simple, effective exercise is still your key to a longer and healthier life.

## Swimming

Swimming is one of the best low-impact workouts. The water provides extra buoyancy to decrease strain on your joints while still giving you resistance to increase muscle mass and strengthen bones. Water aerobics is great for range of motion and getting that heart rate up. An added benefit is that, in the water, you'll generally not get that overheated, exhausted feeling.

## Walking

Every age can benefit from a good walk, and with good reason. All the joints and muscles in the legs and hips get involved in an effort to keep you stabilized and upright. There's also some engagement from the core, and it's a good calorie burner. To challenge yourself a little further, pick a route with

a few more hills, if you can muster it.

## Cycling

Cycling is a great aerobic activity that improves heart health and endurance, strengthens legs and hips, and lowers blood pressure and stress. Many gyms offer indoor cycling classes, some of which will be catered to specific age groups, and they are often taught by people in your own age group. If there isn't one available in your area, just go to a regular one and work at your own pace. You will likely have the option to go out of class time and work on your own.

## Tai Chi

Also known as "meditation in motion", Tai Chi is a great exercise that focuses on improving range of motion, flexibility, balance, and strength. It's a traditional Chinese discipline that seeks to combine physical exercise with mental discipline. Tai Chi is safe for all age groups, but it can be especially good for older people who cannot take aerobic exercises or have limited range of motion.

Get out there and move. Don't use your age as an excuse. Contact your local fitness places, and get in there. Don't just exist; get out and live.





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# Healthy easy recipes for any gathering



## Swiss cheese and zucchini mini quiches

If you plan to host a brunch, you can't go wrong with quiche. And by serving up individual portions, you'll ensure everyone gets to savor this tasty dish.

Start to finish: 40 minutes (20 minutes active)  
Servings: 4 mini quiches

### Ingredients

- 21 ounces homemade or store-bought pie crust dough
- 2 tablespoons butter
- 1 zucchini, sliced in thin rounds
- 1 onion, minced

- 6 eggs
- 1/2 cup heavy cream
- 7 ounces feta cheese
- 4 green onions, finely chopped
- 4 slices of Swiss cheese
- A few fresh basil leaves
- Salt and pepper, to taste

### Directions

1. Preheat the oven to 375 F. Using a rolling pin, flatten the dough until it's half an inch thick, then cut it into 4 equal pieces. Place each piece in its own 4-inch pie pan. Using your fingers, gently press the dough into the shape of the dish. Cut away the excess, then prick the dough with a knife in a few places to prevent air bubbles from forming. Place the crusts in the oven for about 10 minutes.
2. In the meantime, melt the butter in a large pan. Brown the zucchini and onion over medium-high heat for 10 minutes, and season well. Set aside.
3. In a bowl, whip the eggs and cream. Salt and pepper, then set aside.
4. On each of the half-cooked crusts, pour a quarter of the vegetable mixture. Set aside 12 pieces of zucchini. Crumble a quarter of the feta cheese into each dish, then do the same with the green onions and the egg mixture. Place a slice of Swiss cheese and three slices of zucchini atop each quiche.
5. Place the quiches in the oven at 375 F for about 20 minutes.

Garnish with fresh basil before serving.

## Caesar Salad

This elevated take on a classic dish makes it a delicious starter or main course for almost any gathering.

Start to finish: 25 minutes (25 minutes active)  
Servings: 4

### Ingredients

- 4 ounces Parmesan cheese, grated or in flakes, divided in two portions
- 2 cloves garlic, chopped
- 1 tablespoon Dijon mustard
- 2 anchovy fillets, coarsely chopped
- 1 tablespoon capers, coarsely chopped
- 1/4 cup lemon juice
- 1 cup light olive oil
- 5 eggs (1 at room temperature)
- 2 tablespoons butter
- 2 English muffins, cut lengthwise then cubed
- 6 bacon slices
- 2 skinless chicken breasts
- 1 tablespoon vinegar
- 2 romaine lettuce hearts, shredded
- Salt and pepper, to taste

### Directions

1. In a long, narrow container, place half of the cheese as well as the garlic, Dijon mustard, anchovies, capers and lemon juice. Pour in the olive oil, then slowly add the egg at room temperature. Gently immerse a hand blender in the mixture until it's resting on the bottom, then turn it on for 10 seconds without moving it. Slowly lift the



- hand blender while it's still on to fully incorporate the oil. Once the mixture is uniform, remove the hand blender. Cover and refrigerate.
2. In a pan, melt the butter and add the cubes of English muffin. Over medium-high heat, brown the muffin pieces while stirring regularly for about 10 minutes or until they're crisp.
  3. In the meantime, cook the bacon slices in another pan. Leave the grease and set aside the bacon on paper towels. In the same pan, grill the chicken breasts (pre-seasoned with salt and pepper) until they're cooked through. Set aside.
  4. Crack the remaining eggs and pour each one into its own small ramekin dish. Fill a large pot with water, then add the vinegar and bring it to a boil. Using a slotted spoon, swirl the water until a whirlpool forms, then gently pour in each egg. Cook the eggs for 3 minutes and 30 seconds, then remove and place them on paper towels.
  5. In a large bowl, place the lettuce then pour on the vinaigrette and mix well. Divide the lettuce onto 4 large plates. Cut the chicken into cubes and crumble the bacon, then divide them among the dishes. Do the same with the croutons. Place a poached egg on top of each salad. Salt and pepper to taste.



*You want to live independently, but don't want to cook, clean, or maintain a home anymore?*

## **Consider Independent Living Plus at Go Ye Village.**

- Private apartment with indoor hallway.
- Three made to order meals in our dining room daily.
- Includes maintenance, housekeeping, laundry service, and utilities.
- Enjoy life enriching activities and day trips.

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