

ELGIN COMMUNITY LIBRARY

freedom

Once you learn to Read, you will be forever Free.
F. Douglass

Volume 7, Issue 3
March 2020

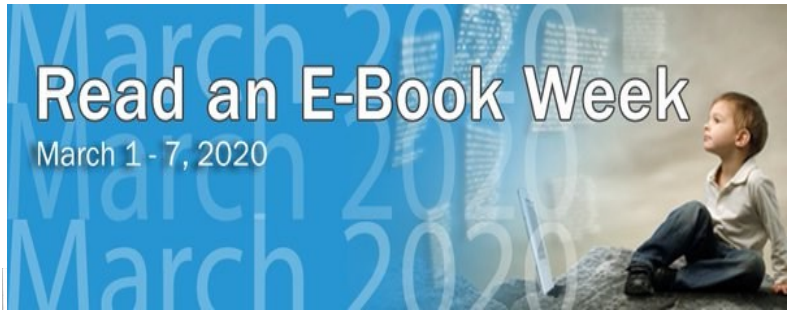
108 Thoma Drive
PO Box 310
Elgin, OK 73538
580-492-6650
Fax: 580-454-6650
<http://elginlibrary.org>

1435 likes



Read an E-Book Week

March 1 - 7, 2020



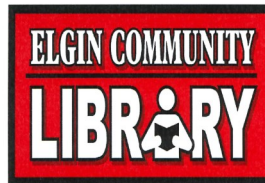
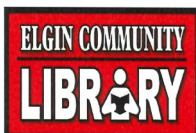
Trust & Estate Planning

presented by Arvest Wealth Management

Tuesday, March 3 @ 2pm

Thursday, March 5 @ 6pm

108 Thoma Drive



COMANCHE COUNTY
EXTENSION

presents

"Cooking Blenders"

"Blenders aren't just for smoothies anymore! Innovative new blenders have settings that heat up to 220* F... which means it cooks." With a cooking blender, you can make everything from smoothies and milkshakes to soups, jams, alternative milks and nut butters. .

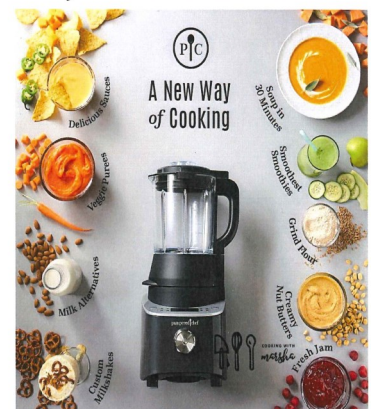
Friday, March 20 @ 2

108 Thoma Drive

Presenter: Carol Hart, Family & Consumer Science
Educator; Comanche County OSU Extension office



Oklahoma
Department
Libraries





Caregiver Training

Elgin Community Library

108 Thoma Drive

Elgin, OK 73538

Wednesdays 2:00 – 3:30 p.m.

February 26, 2020 – April 1, 2020

WHAT TO BRING

You are welcome to bring something for taking notes. We will provide take-home materials for all the information we cover in class.

HOW TO SIGN UP

To register, please call Rhonda David, Education Specialist at the Southwest OHAI Center of Healthy Aging, at (580) 699-3976 or toll-free at 844-692-6188. Please leave a message.

Pre-registration is required to guarantee your copy of presentation materials. Walk-ins will be accepted as space allows.

Southwest OHAI

Center of Healthy Aging

3811 West Gore Blvd., Suite 8

Lawton, OK 73505

580-699-3976

OHAI.org

The Oklahoma Healthy Aging Initiative (OHAI) is a program of the Donald W. Reynolds Section of Geriatric Medicine at The University of Oklahoma and is supported by the Donald W. Reynolds Foundation.



UPCOMING CLASS

POWERFUL TOOLS FOR CAREGIVERS

Powerful Tools for Caregivers is a class series designed to help family caregivers take better care of themselves while caring for a family member or friend. In the six weekly classes, caregivers develop a wealth of self-care tools to reduce stressors, change negative self-talk, communicate their needs to family members and healthcare or service providers, effectively communicate in challenging situations, deal with difficult feelings, and make tough caregiving decisions. Class participants will have access to a copy of *The Caregiver Help Book*, developed specifically for the training.



WALK AWAY WITH TOOLS FOR:

- Self-care behaviors, increased exercise, relaxation, and medical check-ups
- Management of emotions, reduced guilt, anger, and depression
- Self-efficacy, and increased confidence in coping with caregiving demands
- Use of community resources, and increased utilization of local services
- Home & medication safety and much more



ARVEST[®] BANK

Join us for a variety of classes hosted by our team of professionals to help build your financial future!

Schedule (all classes at Elgin Community Library):

- Tuesday, Feb. 4—Financial Literacy Class, 2 p.m.

(Writing checks, balancing check books, building credit, budgeting etc.)

- Thursday, Feb. 6—Financial Literacy Class, 6 p.m.

(Writing checks, balancing check books, building credit, budgeting etc.)

- Tuesday, March 3—Trust & Estate Planning, presented by Arvest Wealth Management, 2 p.m.

- Thursday, March 5—Trust & Estate Planning, presented by Arvest Wealth Management, 6 p.m.

- Tuesday, April 7—Retirement Planning, presented by Arvest Wealth Management, 2 p.m.

- Thursday, April 9—Retirement Planning, presented by Arvest Wealth Management

- Tuesday, May 5—ID Theft & Fraud Prevention, 2 p.m.

- Thursday, May 7—ID Theft & Fraud Prevention, 6 p.m.





Lifestyle & Learning

Elgin Community Library

108 Thoma Drive

Elgin, OK 73538

Wednesdays 2:00 – 4:00 p.m.

April 8, 2020 – May 13, 2020

WHAT TO BRING

You are welcome to bring something on which to take notes. We will provide take-home materials for all the information we cover in each class.

HOW TO SIGN UP

To register, please call Rhonda David, at the Southwest OHAI Center of Healthy Aging, at (580) 699-3976 or toll-free at 844-692-6188. Please leave a message.

Pre-registration is required to guarantee your copy of presentation materials. Walk-in guests will be accepted as space allows.

SW OHAI

Center of Healthy Aging

3811 W. Gore Blvd., Ste. 8

Lawton, OK 73505

580-699-3976

SWOHAI@ouhsc.edu

www.OHAI.org

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UPCOMING CLASS

DIABETES AND BEYOND

Based on the principles of empowerment and education, the Diabetes and Beyond Education Program was created to provide you with the tools you need to better manage diabetes. You will learn about the importance of a healthy diet, physical activity, and maintaining a positive outlook through this six-week class. Take control of your health by learning how to take an active role in managing your diabetes!



WHO THIS IS FOR

This class is open to individuals who are pre-diabetic, have been diagnosed with diabetes, or think they may have it. We strongly encourage family and caregivers to attend as well.

WALK AWAY WITH TOOLS FOR:

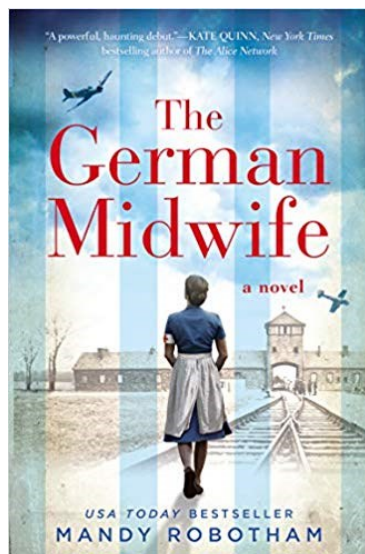
- Find out how diabetes affects your body
- Make sense of your blood sugar numbers
- Meet others who have diabetes
- Have fun learning in a small group through games, activities, and support conversations
- Learn about diabetes through classes located in the community near your neighborhood

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Biblioposse last Tuesday of each month at 9:00



Germany, 1944. A prisoner in the camps, Anke Hoff is doing what she can to keep her pregnant campmates and their newborns alive.

But when Anke's work is noticed, she is chosen for a task more dangerous than she could ever have imagined. Eva Braun is pregnant with the Führer's child, and Anke is assigned as her midwife.

Before long, Anke is faced with an impossible choice. Does she serve the Reich she loathes and keep the baby alive? Or does she sacrifice an innocent child for the good of a broken world?

Future Selections:

Apr. 28: *Lady in the Lake* by Laura Lippman

May 26: *Break Me Like A Promise* by Tiffany Schmidt

Jun. 30: *The Wednesday Wars* by Gary Schmidt



Follow us on
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Books similar to *The German Midwife*:

The Secret Messenger by M. Robotham *The Secret Orphan* by G. Peters

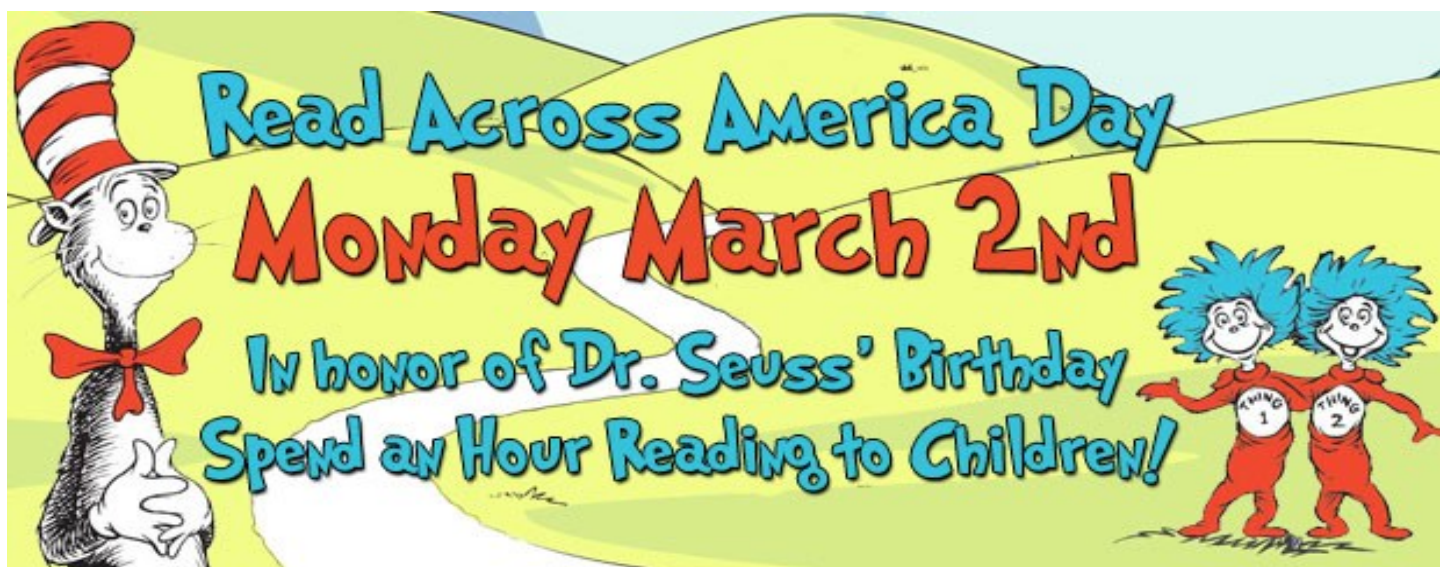
The Girl They Left Behind by R. Veletzos *An Orphan's War* by M. Green

The Poppy Field by D. Carr *The Hidden Women* by K. Barrett


Resistance Women by J. Chiaverini *The Flight Girls* by N. Salazar

The Dutch Wife by E. Keith *The Girl in the Painting* by R. D'Silva

The Child of Auschwitz by L. Graham *The Girl in the Letter* by E. Gunnis



► March 2020

Sun closed	Mon closed	Tue 9-6	Wed 9-6	Thu 9-6	Fri 9-6	Sat 9-1
1 <i>Return the Borrowed Books Week</i>	2 SAIL 1 @ ECC	3 Estate Planning 2 Reading Rangers 4	4 Wigglers 1030 SAIL 1 @ ECC Caregivers 2 Teen Café 430	5 STEAM 1030 Estate Planning 6	6	7 Book n'Hooker
8	9 SAIL 1 @ ECC	10 Reading Rangers 4	11 Wigglers 1030 SAIL 1 @ ECC Caregivers 2 Teen Café 430	12 STEAM 1030	13	14 Book n'Hooker
15 	16 SAIL 1 @ ECC	17	18 SAIL 1 @ ECC Caregivers 2	19 STEAM 1030	20 Cooking Blenders 2	21 Book n'Hooker
22	23 SAIL 1 @ ECC	24 Reading Rangers 4	25 Wigglers 1030 SAIL 1 @ ECC Caregivers 2 Teen Café 430	26 STEAM 1030	27	28 Book n'Hooker
29	30 SAIL 1 @ ECC	31 Reading Rangers 4				