



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

Volume 7, Issue 2  
February 2020  
108 Thoma Drive  
PO Box 310  
Elgin, OK 73538  
580-492-6650  
Fax: 580-454-6650  
<http://elginlibrary.org>

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Silent Auction

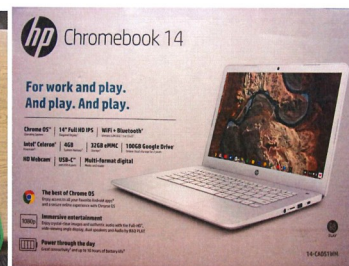
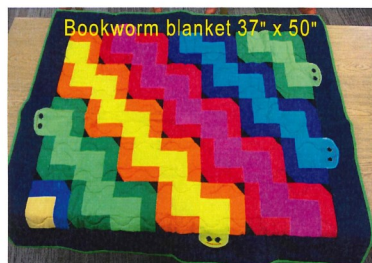


If you have library books/DVDs that are a week overdue or 6 months overdue, now is the time to return them. We will not be collecting late fees during the month of February.

\*This does not apply to previously owed late fines.

\*If the books are lost or damaged, they will still have to be paid for.

Write your bid on the ticket for a single item or all 3. Silent auction will end Sat., Feb 29 & winners will be notified by phone. All proceeds will benefit Friends of ECL.





Caregiver Training

Elgin Community Library

108 Thoma Drive

Elgin, OK 73538

Wednesdays 2:00 – 3:30 p.m.

February 19, 2020 – March 25, 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.*



INSTITUTE of  
Museum and Library  
SERVICES

## 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

Oklahoma  
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iLifelong Health

# ARVEST<sup>®</sup> 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.



WEALTH  
MANAGEMENT | ARVEST





COMANCHE COUNTY  
EXTENSION

presents

## "Cooking Under Pressure"

InstaPot? Now what?

Join us to learn how!

Thursday, Feb 20 @ 6 or Friday, Feb 21 @ 2  
108 Thoma Drive

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

\*Each session is approximately 1 hour\*

**"New decade! New possibilities for you @ the library!"**



Oklahoma  
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OKLAHOMA HEALTHY AGING INITIATIVE

Lifestyle & Learning

## UPCOMING CLASS



### Stay Active & Independent for Life (SAIL)

Elgin Community Center

801 1<sup>st</sup> Street

Elgin, OK 73538

Mondays & Wednesdays, 1:00 p.m.

February 3, 2020 – April 22, 2020

#### WHAT TO BRING

Dress in comfortable clothes that allow you to move freely through exercise. Supportive athletic shoes are highly recommended.

Please bring water to class, as we will allow time for breaks throughout each session.

**SAIL** is designed to meet the fitness needs of older adults; each class includes cardio and strength training, plus balance and flexibility exercise.

**It works...** You'll be stronger, have better balance, feel better, and this will help you stay active and independent.

**It's safe...** The exercises utilized in this program have been tested with older adults.

**It's fun...** You'll meet other older adults and make new friends.

#### HOW TO SIGN UP

To register, call Elgin Community Library,  
580-492-6650.

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

#### Southwest OHA!

Center of Healthy Aging

3811 W. Gore Blvd., Suite 8

Lawton, OK 73505

580-699-3976

[www.OHA!.org](http://www.OHA!.org)

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

#### WALK AWAY WITH TOOLS FOR:

- Improving balance and flexibility
- Strengthening muscles
- Improving the quality of sleep
- Enhancing stamina
- Increasing energy level
- Relieving stress
- Improving cardiovascular functions
- Lowering high blood pressure
- Reducing risk of falls

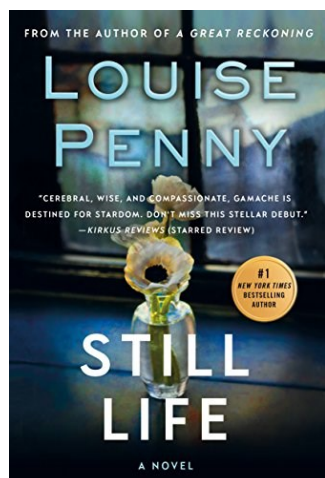


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*Biblioposse* last Tuesday of each month at 9:00



Chief Inspector Armand Gamache of the Surêté du Québec and his team of investigators are called in to the scene of a suspicious death in a rural village south of Montreal. Jane Neal, a local fixture in the tiny hamlet of Three Pines, just north of the U.S. border, has been found dead in the woods. The locals are certain it's a tragic hunting accident and nothing more, but Gamache smells something foul in these remote woods, and is soon certain that Jane Neal died at the hands of someone much more sinister than a careless bowhunter.

*Still Life* introduces an engaging series hero in Inspector Gamache, who commands his forces---and this series---with integrity and quiet courage.



Follow us on  
Instagram at  
**#elginoklibrary**

### Future Selections:

Mar. 31: *The German Midwife* by Mandy Robotham

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

### Books similar to *Still Life*:

*A Duty to the Dead* by Charles Todd

*In the Woods* by Tana French

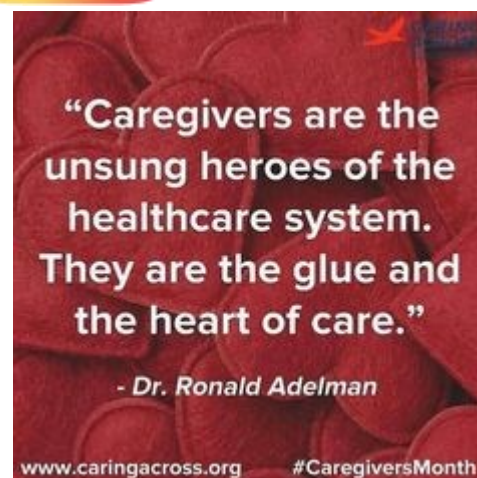
*Maisie Dobbs* by Jacqueline Winspear

*The Cuckoo's Calling* by Robert Galbraith

*A Share in Death* by Deborah Crombie

*Death at La Fenice* by Donna Leon

*A Great Deliverance* by Elizabeth George



**February 21**  
**National Caregivers Day**

Engaged Learning

WAYS TO CELEBRATE

## LIBRARY LOVERS' MONTH

1. Send A Thank You Letter To Your Local Librarians
2. Promote Reading By Giving Book Suggestions
3. Start A Book Club
4. Gift Your Favorite Book To Your Library
5. Volunteer Your Time

# February 2020

SUN CLOSED	MON CLOSED	TUE 9-6	WED 9-6	THU 9-6	FRI 9-6	SAT 9-1
						1 Book n'Hookers
2	3 SAIL @ ECC @ 1	4 Financial Literacy 2pm Reading Rangers 4pm	5 Wigglers 1030 SAIL @ ECC @ 1 Teen Café 430	6 STEAM 1030 Financial Literacy 6pm	7	8 Book n'Hookers
	10 SAIL @ ECC @ 1	11 Reading Rangers 4pm	12 Wigglers 1030 SAIL @ ECC @ 1 Teen Café 430	13 STEAM 1030		15 Book n'Hookers
16	17 SAIL @ ECC @ 1	18 Reading Rangers 4pm	19 Wigglers 1030 SAIL @ ECC @ 1 Caregivers 2pm Teen Café 430	20 STEAM 1030 InstaPot Class 6pm	21 InstaPot Class 2pm	22 Book n'Hookers
23	24 SAIL @ ECC @ 1	25 Book Club 9 Reading Rangers 4pm	26 Wigglers 1030 SAIL @ ECC @ 1 Caregivers 2pm Teen Café 430	27 STEAM 1030	28	29 Book n'Hookers