

ABOUT CENTENARIANS OF OKLAHOMA

Living to be 100 years old makes one a centenarian (pronounced cen-ten-air-e-an). The non-profit volunteer organization began in 1991 and in 2014 became known as Centenarians of Oklahoma.



Centenarians are presented with a framed certificate, a "Golden Okie" button along with a short biography.



Centenarians of Oklahoma volunteers spend time researching and facilitating the honoring of these privileged citizens. There are about 300 living centenarians in Oklahoma that have been honored. We call it a "century of centenarians." We are proud of the fact that over 2650 Oklahoma centenarians have been honored to date. Our group is the only program in the United States that so honors their 'most-senior' residents.



If you know someone already 100 years of age, or near that century mark, please let us know:

CONTACT US



Centenarians of Oklahoma
3510 East 32nd Street #11
Tulsa, OK 74135
(918) 510-0150 (Direct)

***Connect directly with the
Program Director:***

**Gloria Helmuth
(918) 510-0150**

Centenariansofoklahoma@gmail.com

FIND US ON:

Facebook -

Centenarians of Oklahoma

Website - www.centenariansok.com



A 501(c)3 volunteer agency honoring 100-year-olds and older throughout Oklahoma



WHAT ARE THE CHALLENGES FACED BY CENTENARIANS OF OKLAHOMA?



Finding those nearing the age of 100



Gathering biographical information



Obtaining funding for postage, mileage and material costs

Centenarian Words of Wisdom

- Just keep breathing.
- Look for good in everything.
- Work hard and save money.
- Be a friend to everyone.
- Eat your vegetables so you can live to be 100.
- Be happy and grateful for what you have.
- Make your years count.
- Be nice, friendly and lovable.
- Remember the Golden Rule.
- The hurrier you go the behinder you get.
- Always be helpful.
- Don't worry about what you can't change.
- Marry a good spouse.
- Travel as much as you can and see how others live.



100 Years and Older

CENTENARIANS OF OKLAHOMA



Board Members and Volunteers
Left to Right: Terri, Nancy, Sue, Peggy, Carole, Gloria, Connie and Ann

