

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 about 3000 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

PO Box 702494
Tulsa OK 74170

(918) 236-0148

Centenariansofoklahoma@gmail.com

FIND US ON:

Facebook -

Centenarians of Oklahoma

Website - www.centenariansok.com

Program Director:

Gloria Helmuth

- ★ 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 vegetables so you can live to be 100.
- Be happy and grateful for what you have.
- Make your years count.
- Always be helpful.
- Don't worry about what you can't change.
- Be nice, friendly and lovable.

Centenarian Words of Thanks

- What a hoot! You folks are the greatest! My best to you all!
- Thank you for all you do for these special Seniors!
- I put the certificate just outside my door so that everyone can see it!
- Thank you for honoring my mother! I appreciate very much all you do!
- Your presentation at my 100th birthday party was really special. We were surprised by all the information you had to share.



100 Years and Older CENTENARIANS OF OKLAHOMA



Board Members and Volunteers
Left to Right: Leah, Peggy, Gloria, Connie, Sue, Ann & Terri
Not Pictured: Nancy

