

## Testing a New Care Model

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## Clients Valued Like Family

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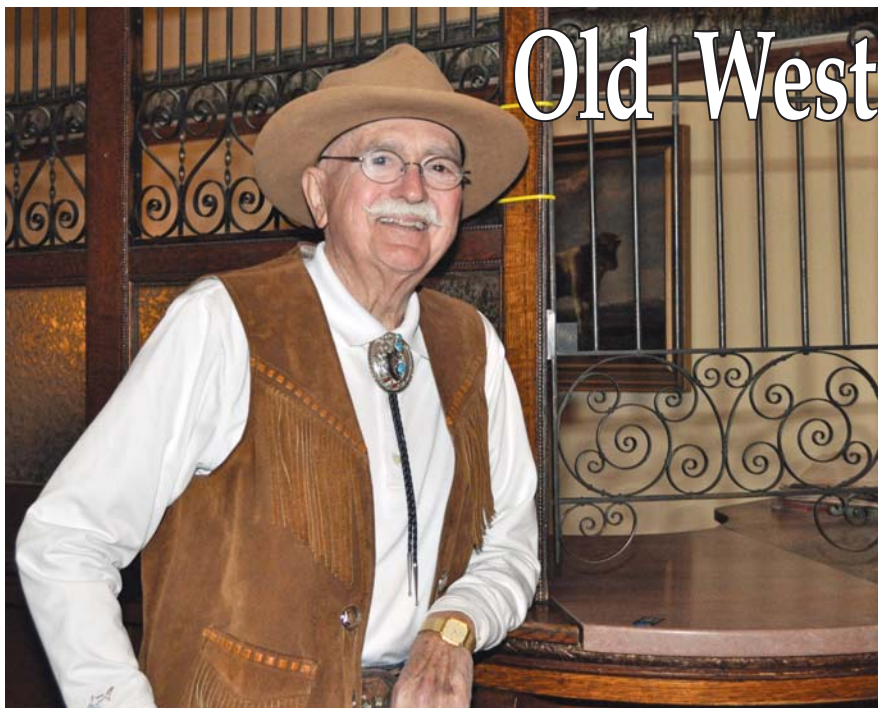
Information for Oklahoma Seniors

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## A Real Natural for the Old West



Jerry Lee Tyner stands inside the bank gallery at the National Cowboy & Western Heritage Museum where he volunteers as a tour guide; another passion in his life.

by Vickie Jenkins, Staff Writer

Meet Jerry Lee Tyner, a 78 year old who loves being around others. He is considered to be an Aficionado-True Tale Teller and Serendipity Songster. Tyner also volunteers as a tour guide at the National Cowboy & Western Heritage Museum, where he loves sharing bits of history and legends of the old west. "I started at the museum in the year 2007 and I enjoy what I do. The patrons are always eager to hear the stories," he said. "Everything I do, whether it's telling a story about the old west, or singing to a crowd, I like making people happy. I like being the one that puts a smile on their face. That's what is important," he added with a smile.

Tyner was born at home in a little house on the prairie in Washita County in Oklahoma. "It really was a little house on the prairie," he laughed. He attended Port elementary school and attended high school in Elk City, OK, where he

See TYNER Page 2

## Grand Tapestry at Quail Springs is now OPEN



Ms. Anja Mottern is the new Community Manager of Grand Tapestry at Quail Springs; a unique community designed for adults 55 and older.

by Vickie Jenkins, Staff Writer

Meet Ms. Anja Mottern, serving as the Community Manager of Grand Tapestry at Quail Springs managed by Greystar in December 2015. Prior to joining Greystar, Ms. Mottern worked at KETTLER Management, a real estate development and management company based in McClean,

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## Spotlight on Community — House work Social Worker running for office



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## TYNER

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was Senior class president. Tyner is a very distinguished, pleasant individual that enjoys life and enjoys making others happy. His friendly disposition seems to have a way of drawing people to him.

Tyner has been singing and performing for others since January of 2000. "I was in a band with several others but we lost a few," he said. "I was the lead and I really enjoyed that.

We had a good thing going back then and it was a lot of fun. I did most of the vocals and played a little harmonica. Now all my music comes from a computer (Karaoke) which I admit is much easier to handle song requests than the way I did it before."

Tyner is known to sing all kinds of vintage songs; Hank Williams, Ray Charles, Frank Sinatra, and Muddy Water, Merle Haggard, Willie Nelson, Fats Domino, just to name a few. "I get quite a few requests for certain songs," he said with a laugh. "I know most of the old songs so that makes it nice when I entertain in the assisted living facilities. Bob Wills' songs are always a hit with the older folks. Those folks really like their music and some of them get up and dance to the tune. I love making these older folks happy. Seeing the people smile and enjoy my songs means a lot to me and that is why I do what I do."

"What inspires you to get up and go to work every day?" I asked Tyner. Being the

character he is, he replied, "I just feel lucky to wake up," he laughed. Asking Tyner to describe himself in 3 words, he had an answer right away. "Oh, that's easy. Good Ole Boy!" When I asked him what his greatest blessing was, he answered, "it is definitely my 4 children. They are all very successful and I am proud of each one of them," he said. He loves spending time with his family and his 10 grandchildren; 5 granddaughters and his 5 grandsons. "My grandchildren call me Papa T. Oh, I just love being around them. They are really something," he added.

Tyner has lived an interesting life. "One time, a friend of mine, Ken Selby and I walked from Oklahoma City, OK to Tulsa in 2009. We were just discussing it one day and thought, we can do that. We just wanted to see if we could do it. I was 71 and Ken was 73. We had a good time and we made it!" Tyner helped pass the law of no smoking in restaurants in Oklahoma. "One thing led to

another on that issue. From a simple email to traveling to speak, I was a part of that. I guess you could say when I get something in my head, I am determined to finish it." Being a storyteller comes natural to Tyner and he is in the process of writing a book about some of his early day adventures from the past.

It was 9 months before Tyner and his wife celebrated their 50th Golden Wedding Anniversary, that she passed away due to health issues. Being the considerate person Tyner is, now he helps others celebrate their 50th wedding anniversary by providing his entertainment for FREE. Jerry Lee Tyner is available to entertain at nursing homes, assisted living and independent living facilities. If you are interested, please call Jerry at 405-850-4865 to schedule a date or email him at [JLT7@cox.net](mailto:JLT7@cox.net)

A big thank-you to Jerry for being one of those entertainers, storytellers, good ole boy that enjoys life but most of all, enjoys making others happy.

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## TAPESTRY

Continued from Page 1

VA. During her 15 years at KETTLER, she was a Property Manager and prior to her move to Oklahoma she was responsible for transitioning all new acquisitions related to residential management. She also served on the Executive Committee as ARM Chair for the Institute of Real Estate Management for 4 years.

Ms. Mottern moved here from Virginia where she lived for 15 years. She went to Penn State and majored in Elementary Education with a minor in Special Education. She moved here to be with her sister, niece and nephew. Making the 3-day trip with her cats Lil' Boo and Baby Emma. "It was a very interesting trip," she commented. "We made it though. I have really enjoyed living in Oklahoma but the tornados have proven to be a bit scary," she added. Asking her to describe herself in 3 words, she replied, "I would say loyal, passionate and energetic," she answered.

Ms. Mottern, a pleasant individual that was excited to share the news about Tapestry at Quail Springs. "We are excited to let you know that Tapestry at Quail Springs is now OPEN! Currently right now we have 12 apartments occupied. Our pool is due to open mid-June. We have been waiting for the opening of Tapestry and I am excited to see what lies ahead," she said. "This is a great place to live! Here you will find a new luxurious apartment community, exclusively for active adults 55 years and older. We have a community garden, outdoor dining and a dog park. We do 2-4 activities every day and we offer a continental breakfast Monday thru Friday. It really has everything you would want," she commented.

"We are located at 14101 North Kentucky Avenue in Oklahoma City, OK and we are proud to show off our newest development," said Ms. Mottern. "I would be happy to show you around. When the people come in to look at the individual rooms, I think they are

pleasantly surprised. We have all of the conveniences of home. We are so proud to be the first Tapestry in this area. What a unique and wonderful place to live! This is a place you can call HOME," she said. "Here at Tapestry at Quail Springs, you will find that we are located in a most convenient area. We are close to Quail Springs Mall, retail, entertainment, restaurants and medical facilities. You will have convenience, comfort and availability under one roof. There are also churches close by," Ms. Mottern added.

Tapestry is designed to fit the needs of people 55 and older; the new place for active adult senior living. Providing a safe and secure lifestyle with a full daily schedule of physically invigorating, emotionally engaging and socially stimulated activities. The senior tenant lives independently with a full amenity and activity package. Shuttle transportation is available and garage apartments are available if needed. There is a comfortable, monthly rental cost that meets a senior's budget and there are no buy-in or entrance

fees. Additional services can be added by the tenant on a la carte basis, so that the senior pays only for the services needed.

Tapestry at Quail Springs offers spacious rooms, granite countertops, paying close attention to the detailed work throughout. There are many daily activities to choose from, a continental breakfast Monday through Friday and several meeting rooms that will be offered free to our residents. Another feature that residents seem to like; several area chefs that will be coming in to do food demonstrations. The 3-tier theater room is fabulous! Catered brunches for residents and their families will be available on Sundays. "This is a great place to make new friends. It's like a close-knit community. Activities that one can enjoy with others; it's like a little community with all the extras," said Ms. Mottern. "The Tapestry brand will be expanding into Colorado, Tennessee and Illinois in the future," she added. Feel free to call Grand Tapestry at Quail Springs at 405-605-6901 or stop by and take a tour. You will be glad you did.

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# OPINION

## THE SAVVY SENIOR

*Dear Savvy Senior,*

Can you recommend some smartphones that are specifically designed for seniors? My 75-year-old mother is interested in upgrading from a basic cellphone to a smartphone, but will need one that's very easy to operate.

*Inquiring Daughter*

**Dear Inquiring,**

I wrote about this topic just last year, but in the fast changing world of personal technology devices, there's a new crop of simplified smartphones that have recently hit the market that are better than ever for tech-shy seniors. Here are my three top options.

**Doro 824 SmartEasy:** Offered by Consumer Cellular, the new Doro 824 SmartEasy is one of the best, simplified smartphones available today. It starts with a bright, 5-inch high-resolution touch screen display that offers large icons and text, and customizable volume settings. Its simplified design pairs down the options, providing uncluttered, easy access to key contacts and frequently used features - such as the phone, text messages, the camera email and the Internet - right from the home screen. And, it provides help as you go along from the built-in coach.

It also offers a unique pre-installed My Doro Manager app that can also be downloaded by family or friends. This app provides a

number of tutorials showing your mom how to enjoy her phone, and gives her trusted contacts the remote ability to help manage and adjust her Doro smartphone from their smartphone no matter where they are.

And for added convenience and safety, the Doro 824 provides three physical buttons on the front of the phone for quick, one-touch access to the home screen, recently used applications, and a back button that returns to the previous screen. And an "Emergency Alert" button on the back of the phone that will automatically dial one, predetermined contact in the event of an emergency.

The Doro 824 is sold online at [ConsumerCellular.com](http://ConsumerCellular.com), over the phone at 888-532-5366, or at any Target or Sears store for \$200 with no contract.

**Jitterbug Smart:** Offered by GreatCall wireless, the new 4th generation Jitterbug Smart is much bigger than previous GreatCall smartphones. This phone is actually an Alcatel smartphone that's been rebranded and loaded with

GreatCall's simplified user interface software.

It has a big, bright 5.5-inch high-definition touch screen, and a simple single-list menu on the home page that provides easy access to only frequently used features, along with one-touch access to contacts and other apps.

It also provides convenient voice typing for emails and texts, and offers a variety of optional health and safety features, like MedCoach, that sends medication and prescription refill reminders. Urgent Care, which provides unlimited access to registered nurses and doctors to answer health questions. And a 5Star medical-alert service that lets you speak to a live emergency-alert agent around the clock. These trained agents will confirm your mom's location via GPS tracking technology and dispatch help as needed.

Available online at [GreatCall.com](http://GreatCall.com), or at Best Buy, Rite Aid, Sears and Walmart stores for \$150 with a onetime \$35 activation fee and no contract.

**Samsung Galaxy Note5:** While

this smartphone isn't designed specifically for seniors, its large size (5.7-inch screen) and unique "Easy" mode setting that boosts the icon and font sizes and simplifies the home-screen layout, makes it a good option.

With the Easy mode turned on, the Note5's home screen will display only the time, date and local weather, and six frequently used functions. To access your 12 most important contacts, you would simply swipe the home screen to the right. And to access your 12 favorites apps, swipe to the left.

The Note5 (see [Samsung.com/galaxynote5](http://Samsung.com/galaxynote5)) is available with 32 and 64 GB of storage from the major carriers (AT&T, Sprint, Verizon, T-Mobile) and some smaller carriers at prices ranging between \$615 and \$840 without a contract.

*Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.*

## June is Alzheimer's and Brain Awareness Month

If you have a brain, then you're at risk of developing Alzheimer's. Today, more than 5 million Americans are living with Alzheimer's disease, and by 2050 that number is projected to reach as many as 16 million. There are currently 62,000 Oklahomans living with the disease.

Misunderstanding crucial facts about the disease can have devastating consequences that keep people from seeking an Alzheimer's diagnosis and reduce access to needed resources, clinical trials and support services. To debunk these harmful misconceptions, the Alzheimer's Association is highlighting several essential truths during Alzheimer's & Brain Awareness Month in June, including:

- Alzheimer's disease is fatal - there are no survivors. From

2000-2013, the number of Alzheimer's deaths increased 71 percent, while deaths from other major diseases decreased.

- Alzheimer's disease is not normal aging. Alzheimer's is a fatal and progressive disease that attacks the brain, killing nerve cells and tissue, affecting an individual's ability to remember, think and plan. Brain changes associated with Alzheimer's may begin 20 or more years before symptoms appear. Although age is the greatest known risk factor, Alzheimer's is not a normal part of aging.

- Alzheimer's risks are higher among women, African-Americans and Hispanics. African-Americans are about twice as likely as whites to have Alzheimer's or another dementia. Hispanics are about

one and one-half times as likely. Additionally, more than two-thirds of Americans with Alzheimer's disease are women.

The Alzheimer's Association works with caregivers to enhance care and support for all those affected by Alzheimer's and other dementias. Comprehensive online resources and information are available through the Association's website at [alz.org](http://alz.org) and the 24/7 Helpline at 800.272.3900.

During Alzheimer's & Brain Awareness Month, the Alzheimer's Association is encouraging everyone to uncover the truth about Alzheimer's and to show their support for people living with the disease by doing the following:

- Participate in The Longest Day® ([alz.org/tld](http://alz.org/tld)) on June 20,

a sunrise-to-sunset event to honor those facing Alzheimer's disease with strength, heart and endurance.

- Join the Alzheimer's Association in wearing purple throughout the month, especially on June 20. Share photos of yourself, family, friends and co-workers wearing the movement's signature color via Twitter, Facebook, Instagram, etc. with the hashtag #ENDALZ.

- Attend a free education program ([alz.org/crf](http://alz.org/crf)) to learn more about the disease. Special programs in June include The Basics, Effective Communication, Know the 10 Signs, and Healthy Living for Your Brain and Body: Tips from the Latest Research.

*This content of this editorial is provided by Alzheimer's Association Oklahoma Chapter.*



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## Synergy HomeCare Celebrates Holiday

Right: Synergy HomeCare Owner, Weaam Kassem (center) and Staff celebrated Memorial Day early with live entertainment, great food, face painting and activities for all ages. Clients, caregivers and community enjoyed a patriotic fun filled event held Wednesday, May 25, 2016 at Synergy HomeCare off Bryant Ave in Edmond.



Left: Synergy HomeCare staff members, Pam Ross (Director of Nursing) and Lisa Tippeconnic (Human Resources) visited with Veteran and client, Jimmy Horton, at their patriotic Memorial Day party held on Wednesday, May 25th at Synergy HomeCare off Bryant Ave in Edmond.

New problems with communication is 1 of the 10 warning signs of Alzheimer's, a disease that is often misunderstood. During Alzheimer's & Brain Awareness Month, the Alzheimer's Association® encourages you to learn how to recognize these symptoms in yourself and others. For more information, and to learn what you can do now, go to [alz.org/10signs](http://alz.org/10signs) or call 800.272.3900.

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## COMMUNITY

# Tuttle Care Center testing new care model

by Bobby Anderson, Staff Writer

Heisman Trophy winner Jason White and the Braum Family farm are arguably Tuttle's two biggest claims to fame.

But this city in Grady County with a population of barely 6,000 is a test site for a new care model that promises to revolutionize elder care.

Tuttle Care Center is one of four nursing homes in the state involved in a 12-week evidence-based fall prevention study organized by the Fran and Earl Ziegler OU College of Nursing.

The study, entitled *It's Not OK to Fall*, is led by Diana L. Studevant, PhD, GCNS-BC, APRN and Teri Round, BSN, MS, RN,

BC-NE.

"We were tickled about all the things that would help the elderly not fall," Childree said.

It has been estimated that one in three women and one in 12 men will sustain a hip fracture in their lifetime.

It has been reported that 86% of hip fractures occur in individuals aged 65 years and older.

More than 25,000 deaths in older adults were attributed to unintentional fall injuries in 2013.

Childree said much research has been done in the state of Wisconsin on preventing falls.

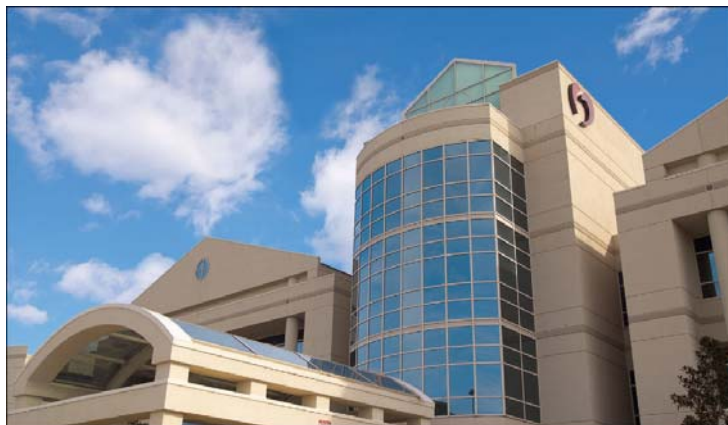
Wisconsin has one of the highest rates of death from unintentional

Continued next page



photo by Bobby Anderson

Administrator Lisa Childree and Tuttle Care Center are part of a new pilot study aiming to reduce the number of falls in facilities.



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## TUTTLE

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falls in the nation. In fact, the death rate due to unintentional falls in Wisconsin is twice the national average.

That's when the state decided to do something.

### The Four P's

Childree said the program includes following the Four P's which includes position, personal needs, pain and placement.

Proper positioning of the resident reduces the need for them to try to reposition themselves on their own.

Meeting personal needs refers to asking whether the resident needs to toilet. Again, having someone there to help the resident meet a need helps reduce the potential for the resident to get themselves in a compromising position that may cause a fall.

Keeping a resident's pain under control also allows them to rest comfortably.

And, finally, placement of a resident's call light, reading glasses, walker, tissues and other necessary items is important to prevent residents from having to have to hunt them down.

There is a school of thought that still thinks falls are inevitable.

"I disagree," Childree said. "The philosophy of this group is 'what are we doing to cause them to fall.'"

That's why Childree's team has adopted a CSI-type approach when investigating falls. Asking questions of the resident involved in a fall is a good first step but also trying to gain as much information as possible including several photos of the area where the fall happens helps.

"We cause them to fall for some reason," Childree said. "We want them to take a picture of the surroundings before anything is moved that way we can look at it just like an investigator does at a crime scene."

Childree has a fall team that meets regularly to review all incident reports and decide what actions can be taken.

Childree said sleep is also a major component in falls risk. The traditional method of checking a resident every two hours to see if they are dry might be doing more harm than good.

"They're not getting into that deep REM sleep so they did a study and that's like torture," Childree said. "That's why you see a lot of nursing home residents that sleep during the day."

Tuttle Care residents are also taking part in Tai Chi.

Scientific studies show that the practice of Tai Chi improves, and prevents, almost all chronic conditions including arthritis, heart disease and diabetes. In addition, it improves balance, immunity, and reduces stress. In fact, Tai Chi improves practically every aspect of health.

Kelli Brummer teaches Tai Chi at the Care Center weekly and works for the Oklahoma Healthy Aging Initiative, a statewide program through the Department of Geriatric Medicine at the OU Health Sciences Center. In addition to Tuttle she works with residents at Spanish Cover in Yukon and Cedar Creek in Norman.

"It's been good," Brummer said. "We're having a great time at Spanish Cove. They do Tai Chi in the independent part anyway and we've had residents come over. It's fun."

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Ashton on the Green <i>Independent Living</i>		El Reno	405-262-4700	<a href="http://www.wpmonline.com">www.wpmonline.com</a>								*			*	*
Chateau on the Green <i>Independent Living</i>	44	Moore	405-793-4200	<a href="http://www.chateauonthegreen.com">www.chateauonthegreen.com</a>								*		*		
Emerald Square <i>Independent Living/Assisted Living</i>	75	OKC	405-787-4466	<a href="http://www.meridiansenior.com">www.meridiansenior.com</a>	*	*		*	*		*	*	*	*	*	
Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	<a href="http://www.featherstoneretirement.com">www.featherstoneretirement.com</a>	*	*		*	*		*	*	*			
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	<a href="http://www.fountainbrookliving.com">www.fountainbrookliving.com</a>	*	*	*	*	*	*	*	*	*	*	*	*
Gardens at Reding <i>Independent Living</i>	157	OKC	405-636-1537	<a href="http://www.cstonedev.com">www.cstonedev.com</a>									*	*	*	*
Heritage Point of OKC <i>Assisted Living Alzheimer &amp; Memory Care</i>	54	OKC	405-252-8200	<a href="http://www.heritagepointokc.com">www.heritagepointokc.com</a>	*		*	*	*	*	*	*	*	*	*	
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	<a href="http://meadowlakesretirementvillage.com">meadowlakesretirementvillage.com</a>	*			*	*		*	*	*	*	*	
Timberwood Senior Housing <i>Senior Housing</i>	100	OKC	405-619-0079		*	*	*				*	*	*			
Whispering Creek <i>A Gated Retirement</i>	52	Mustang	405-820-4058	<a href="http://www.WhisperingCreekRetirement.com">www.WhisperingCreekRetirement.com</a>						*		*		*	*	
Wyndam Place <i>Senior Residences</i>	70	Norman	405-310-2266	<a href="http://www.beacon-mgmt.com">www.beacon-mgmt.com</a>								*		*	*	
Grace Pointe <i>Cottage Homes</i>		Moore	405-703-0999	<a href="http://www.gracepointeliving.com">www.gracepointeliving.com</a>						*		*		*	*	
Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	<a href="http://www.meridiansenior.com">www.meridiansenior.com</a>	*	*	*	*	*		*	*	*	*	*	
Woodson Park Apartments <i>Independent Living</i>		Elreno	405-422-3443	<a href="mailto:woodsonparkapts@att.net">woodsonparkapts@att.net</a>	*					*	*	*		*		

Note: This guide does not represent a complete listing of facilities. Only those advertising in this publication are shown.

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# Recognizing our Seniors

by Vickie Jenkins, Staff Writer

The birthday activities were just beginning Tuesday morning, May 3, 2016 at Brookdale Assisted Living as birthday balloons were scattered around. Two of the residents were celebrating birthdays today. Not just any birthday but their 100th and their 108th.

Resident Bertha Moore turned 100 years old. Born in Oklahoma, she lived here her whole life. She has three children and some great grandchildren. Living at Brookdale for 8 years, she has come accustomed to the everyday activities, etc. Bertha enjoys being around other people and likes the excellent care that she is given. She has seen such a change in the progression of automobiles and technology. She said that when she was young, she rode a horse and buggy to school. "Quite



photo by Vickie Jenkins

Rachel Kidd, RPC of Brookdale Assisted Living Facility poses with residents, Leora Henderson (L) and Bertha Moore (R) as they celebrate their birthdays.

a change from those days." I commented. Bertha remembers the days of working on the farm helping out in any way that she could. She has fond memories of her father working for Sinclair Oil and later on, getting a job herself, working for Sinclair Lease.

The other resident celebrating

her 108th birthday is Leora Henderson. She has been a resident of Brookdale for 8 years now. She was born in Oklahoma, just 1 year after the state of Oklahoma was established. She remembers working in the soup kitchen during World War I and being a school secretary at the

time of World War II. She can still recall when food had to be rationed. She also rode a horse and buggy to school and has some memories of the depression. In Leora's opinion, history books don't do women justice. She believes firsthand accounts are the most important.

Surrounded by family and friends, these two women celebrate their birthdays. Thanks to Rachel Kidd and Brookdale Assisted Living Facility for recognizing and honoring these two fine women. Happy birthday, Bertha and Leora!

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## COMMUNITY

# House work

*Social worker running for office*



Clinical social worker Ron Marlett is running for House District 84 with a desire to improve healthcare funding in our state.

by Bobby Anderson, Staff Writer

Most people after 40 years in the same field think about winding things down, maybe taking a break and looking to relax.

For clinical social worker Ron Marlett, he's running for public office.

"When you take into account our state legislature has made funding decisions that put over 250 of the 318 nursing homes in this state at risk of bankruptcy, when you look at cutting or denying Medicaid to working poor and you look at cutting food stamps to children it just can't continue," Marlett said of why he decided to run.

June 28 will be the democratic primary that Marlett is building towards.

"I want to increase funding for public education. I want to restore funding to long term care

and make sure our seniors don't have to choose between food and medicine," Marlett said. "That's a choice they should not have to be making. Along the way I'd like to see us make some major reforms in the criminal justice system. Prisons do not treat drug addiction and do not treat mental health issues."

At this point, Marlett sees prison as the funnel for people with addiction and mental issues. He blames deals made with the private prison entities for contributing to the problem of overcrowding.

With Oklahoma currently facing a \$1.3 billion shortfall, Marlett has been amazed at the bills showing up on the house and senate floor.

"We've got schools closing and the biggest concern they have is bathroom monitors?" Marlett said. "It's the most misaligned

See MARLETT Page 12

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## MARLETT

Continued from Page 10

set of priorities I've ever seen at the state capital. It's been corporations first and then people if there are crumbs left."

Marlett ran previously in 2008 against the polarizing Rep. Sally Kern. He gained 42 percent of the vote.

Kern terms out after this session.

"We have to look at at the proper role of government and the proper role is to help us do as a collective what we can't do as individuals," Marlett said. "I can't build a road. That's why we have governments, to put the infrastructure in place. It's not the role of the government to monitor bathrooms. It is not the role of the government to insert itself into people's bedrooms or in their private lives."

This May Marlett celebrated 40 years in social work. All but two years have been spent in the field of mental health with the past 15 in geriatric care.

He works for Community

Pathways Unlimited, a private mental health agency established in 1995 to serve the behavioral health needs of the citizens of Oklahoma.

He routinely visits four nursing homes in the metro area to provide counseling to seniors and disabled people.

Born in Binger, Marlett is a fourth generation Oklahoman, who is running for office because he wants to see an improvement in our political culture. He has seen the state he loves torn apart by people who would rather divide us into warring factions, instead of uniting us in the common struggle of ensuring a better day in Oklahoma.

"I've always worked hoping to make a difference in people's lives," Marlett said. "I love what I do. I think you're really blessed when you can work at what you love."

He grew up in the Union City Public school system and recognizes the value of a good education. After graduating from Union City High School, he attended El Reno Jr. College, and Oklahoma City University,

where he earned a degree in Sociology, and the University of Oklahoma, where he earned a Master's Degree in Social Work.

Having worked for four decades as a clinical social worker, mostly in the field of mental health, he understands the need to properly fund critical services in order to address our state's most pressing issues.

He believes Oklahomans deserve a state government that functions well and works for the common interests of all.

He has been married to Liz Waring Marlett for 32 years. They have a daughter Chelsea, a son-in-law Chris, and a granddaughter named Cailey.

"The crisis we're facing is not created by the oil and gas bust it was created by the decision to lower income taxes and give hundreds of millions (away)," Marlett said. "Out of \$1.3 billion dollars in our deficit nearly three-quarters of a billion goes to corporate welfare."

"If you want to solve the problem, end that. Right now we're in a crisis."



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Date/ Day/ Location/ Time/ Registration # Instructor

**Jun 2/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Palinsky**

Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

**Jun 7/ Tuesday/ Norman/ 9 am - 3:30 pm/ 307-3176/ Palinsky**

Norman Regional Hospital - 901N. Porter Ave.

**Jun 10/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards**

SW Medical Center - 4200 S. Douglas, Suite B-10

**Jun 15/ Wednesday/ Okla. City/ 9 am - 3:30 pm/ 522-6697/ Palinsky**

Office of Disability Concern - 2401 N.W. 23rd, suite 90

**Jun 14/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Edwards**

Dale Robertson Center - 1200 Lakeshore Dr.

**Jun 18/ Saturday/ Moore/ 9 am - 3:30 pm/ 799-3130/ Palinsky**

Brand Senior Center - 501 E. Main

**July 7/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Edwards**

Integris 3rd Age Center - 5100 N. Brookline suite 100

**July 8/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards**

S.W. Medical Center - 4200 S. Douglas, Suite B-10

**July 12/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky**

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The prices for the classes are: \$15 for AARP members and \$20 for Non-AARP. Call John Palinsky, zone coordinator for the Oklahoma City area at

405-691-4091 or send mail to: [johnpalinsky@sbcglobal.net](mailto:johnpalinsky@sbcglobal.net)



## TRAVEL / ENTERTAINMENT

# Vero Beach: Florida's Secret Resort

Photography and Text by Terry "Travels with Terry" Zinn t4z@aol.com

The state of Florida has many popular and well known resort destinations, where you can find gourmet dining, beautiful ocean front vistas and upscale comfortable resort hotels. Undiscovered by many frequent Florida vacationers, is Vero Beach and the Vero Beach Hotel and Spa, which has all any tropical traveler requires.

Located on Florida's East Coast an hour's drive from Melbourne and about an hour and a half from Orlando, the Vero Beach community, with entertaining attractions, art and jewelry galleries is worth the travel time. (You might also consider flying into the Vero Beach Regional Airport.) Crossing the bridge over the Indian River from the mainland you might be surprised at the commercial development. Once you reach the Vero Beach Hotel and Spa, conveniently located in the middle of the action, you can be secluded on the beach as with the best of any ocean side resort. You will discover beach activities that accommodate family needs, seaside casual dining and beverages, near the outdoor pool.

The twin tower hotel hosts the indoor/outdoor Cobalt restaurant where breakfast and gourmet dinners are served. They are happy to prepare a breakfast Eggs Benedict to your tastes and the evening sea bass is a light and delicious repast. Adjacent is the Cobalt bar and lounge, where the cocktail wait staff and bar tenders are eager to prepare your Martini or other exotic cocktail, to your specific specifications. This added attention to your request is a rare commodity at many exclusive lounges. The Vero Beach Hotel and Spa prides itself on its attentive and congenial service. The happy hour specials are not to be missed, are not watered down and come at a friendly price point. You can also partake of specially priced

appetizers as meet other congenial travelers looking for a relaxed yet lux atmosphere.

The Vero Beach Hotel and Spa includes the full service White Orchid Spa and salon where you could spend an entire day taking in their many services. You may find an amendable spa partner when having an expert and extensive Mani-Pedi. Your fellow Salon patrons might include a fascinating personality such as Toronto's, Barbara Reed, who as a successful professional, also creates exotic one of a kind jewelry pieces, which she is happy to share. It's this kind of serendipitous happening that keeps resort travelers returning to discover a happy encounter with like-minded persons.

For an evening or matinee be sure and check the schedule of the Riverside Theatre about 3 blocks from the hotel, accessible by taxi or a leisurely fifteen-minute walk. If your call for a taxi is too long a wait the front desk has a secure list of Uber drivers eager to please with prompt timing. Expert Theatre plays and elaborate musicals are presented year round, such as this Spring's Sister Act, and next season's Mame and Chicago. Good last minute seats are usually available.

Next door to the theater is the Vero Beach Art Museum with special exhibits and a convenient Museum café with fresh sandwiches, before or after your viewing of the esoteric museum exhibits.

With all this actively you can take many leisurely strolls along the clean and constant surf along the beach, where a stroll lets you really appreciate the beauty and power of nature. Be sure and ask at the front desk, or at the other establishments you visit for the current Inside Track Almanac, the official guide to the Treasure Coast, which is filled with attractions you can consider to entertain you in your leisure



time. While you may not have heard of Vero Beach, it is highly recommended for putting on your list of Florida's favorite resort destinations where Vero Beach Hotel and Spa can be your resort oasis. All Vero Beach's specials can be found at: <http://www.verobeachhotelandspa.com/vero-beach-hotel-deals>

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16 Leveret's dad

17 Reminder, often

18 Largest island in the Tuscan Archipelago

19 Slip in a store: Abbr.

20 Quarters

21 Olympics coach Karolyi et al.

22 "Fooled ya"

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26 Closed up

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32 Member of the fam

33 Tiny time div.

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53 "The Girl Next Door" co-star Hirsch

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29 Goes (for)

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34 Mythical archer

36 Okinawa's capital

37 Diamond buyer's choice

38 Red flower created from the blood of Adonis

39 Digress

41 Motion backing

43 Aviation supply

44 Put in order

45 Compulsive subject of a former A&E series

47 Rat out

48 Grinders

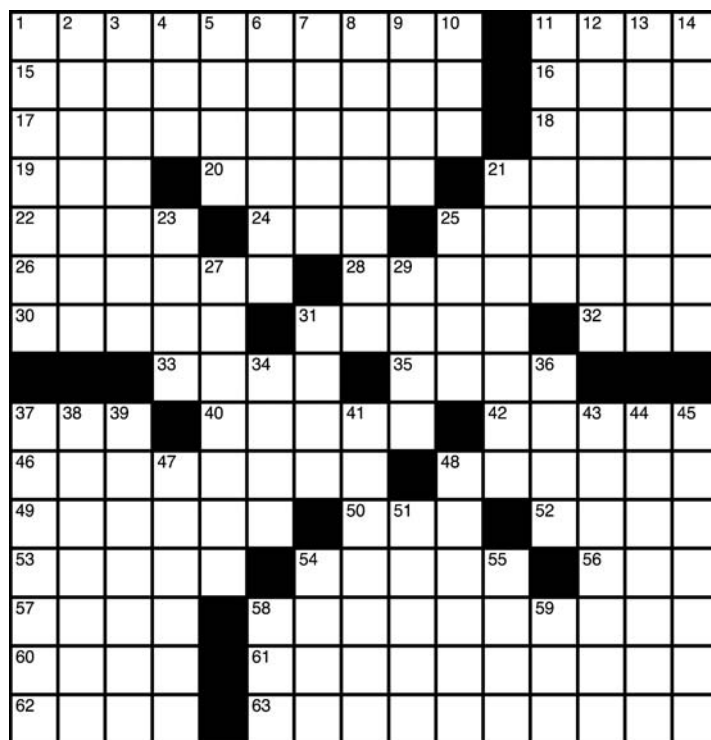
51 \_\_\_ Sound, part of the Salish Sea

54 Alexandrite is one of its birthstones

55 Gaelic language

58 Center

59 Whale \_\_\_



Answers on page 18

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## NEW NORMAN SENIORS GROUP STARTS

by Judith Coker Center

If you live in Norman, you may want to join a new non-profit group for seniors called the 21st Century Norman Seniors Association. They are in the middle of a membership drive and seek active seniors and their family members who are interested in senior issues. There are no dues or age restrictions.

The association plans to advocate for Norman seniors on local issues and want to have a positive effect in building an inclusive community for Norman. They have no political, religious, or social affiliation. Currently they have over 200 members.

"We saw a need for this kind of group several months ago," says Jim Jinkins, president of the association. "Working together seniors can create change that will benefit everyone. We welcome members of any age who are interested in improving life for seniors in Norman."

At this point 21st Seniors has a temporary board and slate of officers, but with an enlarged

membership, plan to hold elections in the fall. The original founders have been deeply interested in the Norman Forward plans for a new senior center and will continue to be involved in this as time goes on. However, long term the group wants to serve as a purposeful voice for seniors, networking with other groups for the larger good. They also want to promote Norman as an attractive retirement destination.

You may run into the 21st C. Norman Seniors Association at different locations in Norman this month as they look for new members. Stop and talk with them for more information. Also, the website, [www.normanseniors.org](http://www.normanseniors.org), now under construction, has information about the group's mission statement, temporary officers and board members, and other posts of interest to Norman seniors. There is a place on the website to join the group. You may also write to the group at PO Box 722082, Norman, OK 73072.

The Association plans to hold a meeting in June for members to socialize and discuss future plans. "You never know what good you can accomplish until you meet with like-minded people, set goals,



Jim Jinkins, President, and Donna Johnson, Board Member, solicit new members for the 21st C. Norman Seniors Association at 2nd Friday Art Walk in Norman in May.

and use your knowledge and influence to improve you own city," said Jinkins. "Seniors have deep knowledge and rich experience, and are a resource Norman needs." Join us and enrich your own life by working together and building new friendships through the 21st Century Norman Seniors Association.





# SENIOR TALK

**Read what other Seniors have to Say...**

## *What do you love about spring? Tuttle Care Center*

The fresh corn. My daddy would always bring it in.



Glennell Combs

Not the tornadoes. I just like everything being fresh.



Ethel McKinney

**Each Month We Visit  
With Seniors  
Throughout The State**



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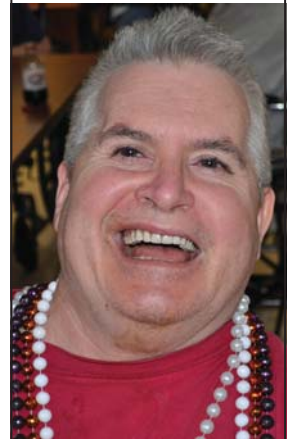
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The flowers and  
everything growing.



Doris Wright

I always loved planting  
the garden with my  
granddad.



Michael Burdick

## **Check Out Our All NEW Assisted Living Program!**

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## **Willowood at Mustang**

Assisted Living & Memory Care

**(405) 376-1200**

1017 West Hwy 152. Mustang, OK 73064  
[meridiansenior.com/mustang](http://meridiansenior.com/mustang)

# RESOURCES SENIOR NEWS AND LIVING

## Assisted living

### How to pay for Home Care, Assisted Living, and Long Term Care.

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Norman, OK 405-292-9200  
Midwest City, OK 405-455-3900  
Mustang, OK 405-376-2872  
[www.arborhouseliving.com](http://www.arborhouseliving.com)

**Featherstone Assisted Living**  
301 N. Eastern Ave. Moore, OK 73160  
405-799-9919

**Fountain Brook Assisted Living and Memory Support**  
11510 SE 15th St. Midwest City, OK  
405-769-7677

**Heritage Point of OKC**  
12000 N. MacArthur Blvd  
OKC, OK 73162 405-208-7400  
[www.HeritagePointOKC.com](http://www.HeritagePointOKC.com)

**Meadowlakes Retirement Village**  
963 SW 107th St.  
Oklahoma City, OK 73170  
405-703-4225  
[meadowlakesretirementvillage.com](http://meadowlakesretirementvillage.com)

**Willowood at Mustang**  
1017 W. Hwy 152, Mustang, OK 73064  
405-376-1200

## Cremation Service

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[www.ReflectionPointe.net](http://www.ReflectionPointe.net)

## Dental

**Smile Arts Dental Studio**  
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Yukon, OK 73099 405-577-2444

## Home Health

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405-227-9899

## Independent Living

**Ashton On The Green**  
2501 Ashton Place El Reno, OK  
405-262-4700

**Chateau on the Green**  
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405-793-4200

**Emerald Square**  
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## Mobility

**Newby Vance Mobility Sales and Service**  
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405-282-2113 or 800-375-4471

**Mobility Auto Sales**  
730 W. Hefner Rd. Oklahoma City, OK  
405-842-0511

## Services

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4101 Perimeter Center Drive - OKC  
405-943-4344

**Medicare \* Long Term Care \* Life Insurance**  
Well Preserved Advisory Team Jeanean M.  
South, Licensed Agent  
4800 N. Mayfair Drive, OKC  
405-694-6154  
[jeanean@wellpreserved.info](mailto:jeanean@wellpreserved.info)

## Services

### Oklahoma Department of Rehabilitation Services

Instructional Services for People Who Are Blind and Older Blind Independent Living Program Shepherd Mall 2401 NW 23rd St., Suite 90 405-522-3333 Toll free 800-845-8476 Library for the blind and physically handicapped Loans free recorded books and players 300 NE 18th St. 405-521-3514 Toll free 800-845-8476

### Senior Services Of Oklahoma

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## Skilled Nursing

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# ZOOPY TURNS 18!



The famous cat, named Zooby, turned 18 years old this month! Yes, she is still alive and well! To celebrate, her caretaker and author, Sherry Kelly, is giving away 18 copies of Zooby's book, A Cat Named Zooby. The book is being handed out randomly in various places around the OKC area. Kelly says some people are very reluctant to accept something for free, while others are very pleased and excited. Zooby is slowing down in her old age and spends most of her time lying in the sun or on her heated pad. Since recovering from paralysis eight years ago, she has become one very spoiled miracle of a cat!



# OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

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**Resthaven Memory Gardens, Garden of Hope.** Section 29, Lot 800, Spaces 3 & 4. Valued at \$9,990 for both. Asking \$6,000 for both or best offer. Call 443-310-0055 or 405-684-5955

**Arlington Memory Gardens Cemetery, OKC.** 2 spaces. Priced at \$2,395 each. Asking \$3,000 for both. Transfer fees included. 405-650-8957

**Sunset Memorial Cemetery Norman, OK.** 2 side by side plots. Current price at \$7,580.00. Asking \$5000.00. Includes closing fee. Please call (405) 535-8353

**ARLINGTON MEMORIAL GARDENS IN MIDWEST CITY, OK.** 3 burial spaces located on the south side of Mausoleum next to road. Priced at \$2,300.00 each or \$6,000.00 for all three. Transfer fee included. Call Mike at 405-406-6333

## FOR SALE

**Arlington Memory Gardens Cemetery Lots, MWC.** 2 Burial lots for sale by owner. \$1,200 for both lots or best offer, trades considered. 405-340-5050

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MUSTANG, OK 73064. For questions, please call us at 405-631-5100.





# SYNERGY HOMECARE VALUES CLIENTS LIKE FAMILY

story and photo by Jason Chandler

When Pam Ross was a young girl, she always knew she wanted to be a nurse, she said. Today this registered nurse serves as the Director of Nursing at SYNERGY HomeCare.

"I wanted to help people because my passion is to help them feel better", Ross said. "Through personal experiences of my own with my own family, I feel I have a good sense of how to do that with SYNERGY HomeCare."

Ross started her career working in hospitals and surgery centers. She joined SYNERGY HomeCare a little over a year ago and has been a registered nurse for 24 years.

"I feel like we're family," she said. "I admire everyone's loyalty and passion to help others."

Ross said she enjoys working with Weama Kassem, the owner and Chief Executive Officer of SYNERGY HomeCare as well as with Charlotte Carey, the Administrator.

"SYNERGY HomeCare is not a home health nursing agency, but is a non-medical care provider," Carey said. The company provides one hour to 24 hours of care for people in their place of residence, whether that is in a home, assisted or independent living community as well as in hospitals and rehab facilities.

Being non-medical, SYNERGY HomeCare does not require a doctor's order as is the case with home health.

"We do have a Director of Nursing, Pam Ross, and an Associate Director of Nursing, Ramona Wilson on staff with us," Carey said.

Carey said SYNERGY HomeCare looks to the in-depth experience and knowledge of different diagnosis and disease progression in both Ross and Wilson.

"Our nurses are able to impart some of that knowledge to our caregivers through their daily interactions as well as our monthly in-service training. Although we are non-medical, the knowledge and experience is important because it allows the RNs to work effectively in the capacity of a case manager to coordinate care with different agencies to accomplish a complete continuum of care for our clients," Carey said.

"SYNERGY HomeCare helps individuals to maintain their independence for as long as safely

possible," Carey said. "It also adds a set of eyes, ears and hands for family caregivers who usually bear the responsibility for caring for an aging or disabled loved one."

Carey said Kassem's heart trickles down through the staff. She has attracted a team of people with similar passions which has created the company's own synergy.

"We have a wide range of caregivers in the field," Carey said. "We hire CNAs and CHHAs to take care of the clients in their places of residence," Carey noted. "We do have some caregivers that are not CNA level certified, but our RNs see to it that they are supportive assistant trained. We don't have "companion sitters". Some other companies do and that is one of our distinctions. We're also one of the largest providers for veterans in the state and we are quite proud of that."

SYNERGY HomeCare has a Moore and Norman territory as well which allows them to cover north to Guthrie, south to Lexington, east to El Reno and west to Shawnee. The home office is based in Edmond, Oklahoma.

"We're in the process of opening a new office that will serve Moore, Norman and south Oklahoma," said Kassem.

She said her family has always been dedicated to taking care of elder members of the family. This sense of family inspires her career.

"We stay with our elders. We are the caregiver for them," said Kassem, who was born in the United States but lived for a time in the Middle East before returning to the U.S.

She earned her Masters Degree in Business Administration at Oklahoma City University and decided to focus on her passion of caring for others at home.

"I love to take care of people, especially the elders. It's something that's just in my blood," Kassem said. "Starting the franchise is one of my greatest accomplishments."

The corporate owner in Phoenix, Peter Tourian, began the company as a caregiver 15 or so years ago. Kassem liked Peter Tourian's message of compassionate care. "For Kassem to have been born in Arizona, then to live in the Middle East with her parents only to return to the corporate headquarter in Arizona where she was born is an amazing example of destiny. She has come full circle," Carey said.

"The people in this company are



From left, Lisa Tippeconnic, human resources and scheduling; Charlotte Carey, administrator; Weama Kassem, owner and COO; Pam Ross, RN, director of nursing; Amber Kotula, human resources; Abbey Trammell, media and brand communications and Linda Saraya, billing specialist; are part of a team serving the needs of the greater community at SYNERGY HomeCare.

my family," Kassem said. "And we go for the bigger picture which is our client. They are our family. We become part of the family with each client, with each family. I fill my life with the love that they give. I love

to give to people a lot. This is my truest passion."

You can reach Pam, Charlotte, Weama, or any other members of this staff at (405) 254-3046 or Contact OK02@SYNERGYHomeCare.com



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