

Council of the Blind presents Coping with Vision Loss Seminar

A special day long seminar will help persons losing their sight or blind and their families and friends. The Heartland Council of the Blind will present the Coping with Vision Loss Seminar on Saturday, August 19, 2017 in Oklahoma City.

Vice President of the Heartland Council of the Blind is Sandi Webster of Oklahoma City who lost her vision in 2002. Sandi said the seminar will provide essential tools and encouragement for persons losing their vision and their families and friends. "These people go through the stages of grief, but there is help," Sandi said.

A previous seminar participant says she used the provided helps right away. "It was like attending a one stop shop. We met Vision, Mobility and Technology Specialists and were introduced to Support Systems. Break-out sessions are: Advocacy, Training for Family/Friends, Just for Men, Just for Women, Technology, Deaf/Blind Information and Visual Services Information. Cost of \$20 for the seminar includes lunch, a Resources Notebook and a CD. Registration forms are available at www.hcbokc.org. Or register by calling Heartland Council of the Blind President Frances Poindexter at 405-642-1068. Registration must be received by Wednesday, August 16th. The seminar will be at the New Hope United Methodist Church at 11600 N. Council Rd., OKC, from 9 AM to 4 PM. Check-in begins at 8:30 AM.



Wheelchair and Scooter Lifts • Wheelchair Accessible Vans
Adaptive Driving Devices • Transfer Seat Bases & Hand Controls

Oklahoma's Only
All-Inclusive Sales
& Service Centers. **BraunAbility**



NEWBY VANCE 
MOBILITY SALES AND SERVICE

"We exceed expectations every day"

Located at John Vance Auto Group
Exit 153 & I-35 • Guthrie, Oklahoma
(405) 282-2113 • Toll Free (800) 375-4471

Serving NE OK, AR, KS & MO
510 N. Main • Miami, Oklahoma
(918) 919-3686 • Toll Free (855) 558-1909

www.newbyvancemobility.com



An independent living senior community that is an affordable place to call home!



"Come have
lunch on us
when you
tour your
future home"

**MOVE IN
SPECIAL!
\$1,500 OFF!**

Only 5 miles from OU Medical Center Edmond. We offer Seniors who can live on their own: 3 meals a day, housekeeping, cable, phone and wifi provided, 24 hour emergency monitoring, all utilities. Silver Elm Estates, Community living where you can make new friends or meet up with friends from days past.

• Washer and Dryer in every unit • Units range from 725 sq. ft. to 1,300 sq. ft.



1301 NW 178th St. • Edmond, OK • (405) 341-4844 • www.silverelmestatesinedmond.com



*Research shows that your
smile is the **number one**
thing people notice
when they meet you*



ALL IN ONE TREATMENT CENTER...

TREATMENT BENEFITS

IMPLANT SUPPORTED DENTURES IMPLANT PLACEMENT
ALL ON FOUR DENTURES ROOT CANALS
PARTIAL DENTURES
SEDATION/SLEEP DENTISTRY
COSMETICS (VENEERS, COMPOSITE BONDING)
CEREC SAME DAY CROWNS
TOOTH COLORED FILLINGS
ALL YOUR PREVENTIVE CLEANINGS & CARE



DISCOVER A NEW DENTAL EXPERIENCE AT
SMILEARTS DENTAL STUDIO
WHERE YOU ARE TREATED LIKE FAMILY



The Membership
Trading Community
405.524.4839
www.itex.com



820 S. Mustang Road 2200 NW 122nd St.,
Yukon, OK 73099 OKC, OK 73120
(405) 577-2444 (405) 755-4321
www.SmileArtsDental.com

What About Cremation? So You're Considering Cremation...

The reasons for choosing cremation vary from individual to individual. But as with all funeral arrangements, there are many options available regarding the cremation itself, services, price ranges, and what to do with the ashes. Please send for this informative brochure to help answer any questions you may have. It's free & you'll learn about the endless choices available to you.



Crawford Family
FUNERAL CENTERS

Signature: South OKC (405) 494-6554

Wilson: El Reno (405) 262-3311

Crawford: Edmond (405) 340-2333

Ford: Mid-Del (405) 677-9990

www.crawfordcares.com

Family Owned & Operated - Se Habla Espanol

Yes, I'd like more information on cremation.
(There is no cost or commitment.)

Name _____

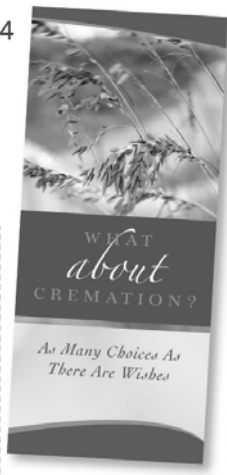
Address _____

City _____ State _____ ZIP _____

Phone _____

MAIL TO:

Crawford Funeral Service
610 NW 178th, Edmond, OK 73012



DOWNSIZING? TIME TO RETHINK YOUR PLANS?

- *Estate Planning / Review*
- *Wills and Trusts*
- *Durable Powers of Attorney*
- *Family & Business Law Services*

Lawyers with you when you need one.

Ronald A. Schaulat
SCHAULAT-FALSETTI, PLLC
Attorneys & Counselors at Law
405.528.2890

rschaulat@okcitylawyer.com
www.okcitylawyer.com



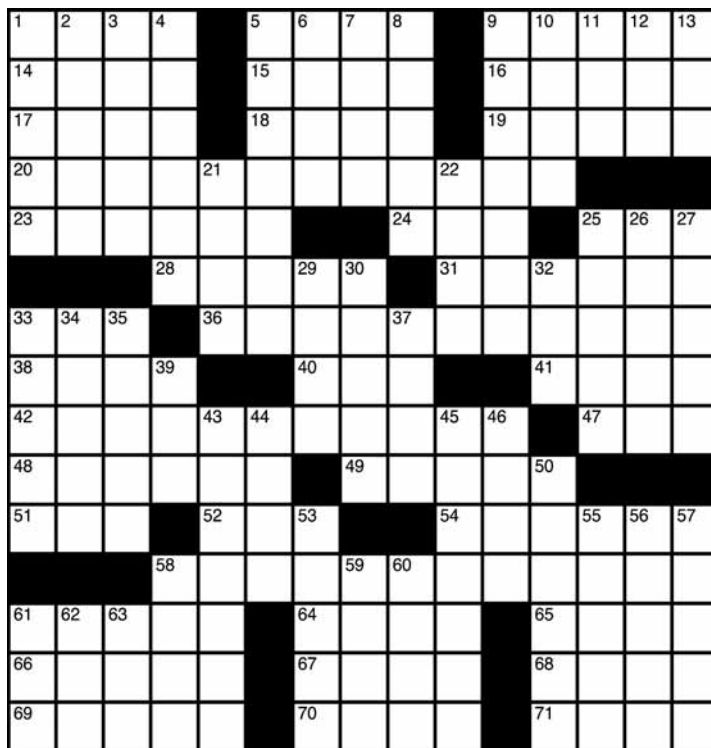
SFlawgroup



CROSSWORD CORNER

Across

- 1 "The Aviator" actor Alan
5 Subtle attention-getter
9 Charge the quarterback
14 Enter
15 Indian princess
16 Haunting
17 Boot out
18 ___ before: deadline words
19 Gone up
20 Photo caption for Condoleezza with a bowl of pintos?
23 Take for granted
24 Neptune's domain
25 White lie
28 Fillable flatbreads
31 Ultimatum words
33 "___ as directed"
36 Photo caption for Chris with a sandwich bun?
38 Headlights-in-fog effect
40 Put on television
41 Film spool
42 Photo caption for NFL Hall of Famer Sam with a pastry shell?
47 Farm pen
48 Joins
49 Uncomplaining type
51 Chewie's shipmate
52 Like many a morning coffee: Abbr.
54 Fake
- 58 Photo caption for Kevin with his Easter basket?
61 Jeweler's unit
64 Fat used in baking
65 Bellini's "Casta diva," e.g.
66 Love
67 Not busy
68 Become softened by cuteness
69 Study aids
70 Whole bunch
71 Canonized mlls.
- Down**
1 Greek marketplace
2 Jazzman Armstrong
3 Spinal column components
4 Poker dealer's request
5 Characterized by
6 Material for some castles
7 Supercilious sort
8 Runs out of gas
9 "The Natural" author
10 Luau keepsakes
11 1040-reviewing org.
12 ___ score
13 Path to enlightenment
21 "The Kite Runner" boy
22 Really long time
25 Arctic ice phenomena
26 Land in a river
27 Beer ___
- 29 Military sch.
30 Decides not to go to
32 Goof up
33 "Yep"
34 Steamy setting
35 Pixielike
37 Stuck in ___
39 Many a time, poetically
43 Fizzes up
44 Fraction of a min.
45 Word seen on cornerstones
46 Come across
50 Bath & Body Works products
53 Plays a round
55 Everglades wader
56 Physically well-coordinated
57 Exams for legal wannabes, for short
58 Like floors without rugs
59 Pusher catcher
60 Vicinity
61 Item in a food drive donation
62 Brouhaha
63 Go bad



Answers on page 29

Positive Change Reaches OK Communities through Great American Cleanup

In the culmination of a three-month environmental effort, the numbers are in, and the hard work of Oklahomans has proven to pay off once again.

For the fifteenth consecutive year, Keep Oklahoma Beautiful (KOB) took part in the nation's largest cleanup, sponsored by Keep America Beautiful. Volunteers from all over America participate in the Great American Cleanup (GAC), and each year, Oklahomans do their part to keep the state beautiful. Since 2010, Oklahoma has had 100 percent county participation, and this year was no exception. From March 1 to May 31, over 46,000 volunteers and participants fought dirty to keep Oklahoma clean.

Organizations that register for the GAC in Oklahoma receive free trash bags, gloves, vests, water and more. In addition, 36 organizations received cash grants and 11 received

equipment grants.

Since 2002, the GAC in Oklahoma has collected over 214 million pounds of litter and debris. Just this year, Oklahoma communities cleared over 3,500 miles of roadways, shorelines and hiking trails. Nearly 192,162 pounds of hazardous waste and electronics and 13,142 tires were collected, helping to protect our environment as well as keep it clean.

The Great American Cleanup is far more than a cleanup effort, however. Communities across the state participate in beautification projects, planting gardens and restoring buildings. This year, communities planted over 7,300 flowers, seedlings, shrubs and trees and painted or renovated 35 buildings.

GAC events have the power to

See CHANGE Page 21



Pictured above are volunteers with the Enid 4-H group.

Pictured left are volunteers with Ardmore Beautification Council.





STONECREEK

Assisted Living & Memory Care

Passionate Service • Passionate Cleanliness • Passionate Care

17701 N. Western Ave. • Edmond, Oklahoma 73012

Opening
June 2017

Quality of Life...



Our Daily Responsibility

Call Us To Reserve
Your Apartment Today! **(405) 330-5020**

Health Officials Warn Residents of Heat-Related Illnesses

Summer is heating up, and as temperatures rise, so does the risk of heat-related illness. Each year, approximately 620 people die from heat-related illness in the United States.

The Oklahoma State Department of Health (OSDH) reminds residents that heat-related illness can range from heat rash, heat cramps and heat exhaustion to hyperthermia (overheating) and heat stroke. Heat stroke occurs when the body is unable to cool itself sufficiently, and it often results in severe organ damage or even death.

It is important to recognize the signs of heat exhaustion and heat stroke and act quickly.

Heat Exhaustion

- * Heavy sweating
- * Weakness
- * Cold, pale, clammy skin
- * Fast, weak pulse
- * Nausea or vomiting
- * Fainting

- * Muscle cramps
- * Headache
- * Feeling dizzy
- Heat Stroke**
- * Body temperature of 103 degrees or higher
- * Hot, red, dry or moist skin
- * Rapid and strong pulse
- * Headache
- * Nausea
- * Feeling confused
- * Feeling dizzy
- * Unconsciousness

A heat stroke is a medical emergency. If any signs are recognizable, call 911 immediately and move the person to a cooler environment. Reduce the person's body temperature with cool cloths or even a bath.

The OSDH offers the following safety tips for preventing a heat-related illness: Stay indoors. Stay in an air-conditioned place. If your home is not air-conditioned, visit the mall or public library, or contact

the local health department for the location of a heat-relief shelter in the area.

Stay hydrated. Increase your fluid intake to two to four glasses (16-32 ounces) of cool fluids every hour. If you are on water pills or restricted fluid limit, consult a physician first. Avoid liquids which contain alcohol or large amounts of sugar; they contribute to the loss of more body fluid. Very cold drinks can cause stomach cramps and should be avoided as well.

Dress appropriately. Wear lightweight, light-colored, loose-

fitting clothing as well as sunscreen with SPF 15 or higher and broad spectrum or UVA/UVB protection.

Closely monitor those who are more vulnerable. Infants, children, people older than 65 years of age, those with mental illness, outdoor workers, athletes and those with physical illnesses such as heart disease or high blood pressure should be closely observed.

Never leave anyone in a vehicle. Never leave anyone, especially children and the elderly, in a parked vehicle, even if the windows are cracked.

Oklahoma Arts Council Seeks Nominations for 42nd Annual Governor's Arts Awards

The Oklahoma Arts Council is seeking nominations for the 42nd Annual Governor's Arts Awards through September 12. The awards recognize individuals and organizations whose contributions to the arts have had an impact in communities, schools, or across the state. The awards will be presented by the Governor during a special ceremony at the state Capitol in the spring.

Awards are presented in several categories:

The Governor's Award - recognizes individuals for longtime leadership and significant contributions to the arts across Oklahoma.

Arts in Education Award - recognizes an individual, organization, school, educator or group for their outstanding leadership and service in the arts benefiting youth and/or arts in education.

Business in the Arts Award - recognizes businesses/corporations who exhibit outstanding support of the arts in Oklahoma. This award was created in memory of Earl Sneed, prominent arts advocate.

Community Service Award - recognizes individuals for significant contributions to the arts in specific Oklahoma communities in the areas of leadership and volunteerism.

Media in the Arts Award - recognizes an individual member in the media who demonstrates commitment to the arts in Oklahoma documented through public awareness support and fairness, initiative, creativity and professionalism in reporting. This award was created in memory of Bill Crawford, veteran professional journalist.

George Nigh Public Service in the Arts Award - recognizes an Oklahoma government official for outstanding support of the arts. The category was named in honor of former Oklahoma Governor George Nigh.

Nominees must be current residents of the State of Oklahoma and living in Oklahoma full time, or organizations/businesses that work in and for the benefit of Oklahoma. Previous recipients of The Governor's Award are not eligible. Honorees will be selected by the Governor's Arts Awards Selection Committee, which is comprised of members of the Governor-appointed Oklahoma Arts Council board and may include past Governor's Award recipients.

An online nomination form and a downloadable nomination form are available at arts.ok.gov. Deadline for submissions is Tuesday, September 12, 2017.

CHANGE

Continued from Page 20

bring communities together, with over 700 groups teaming up this year. 4-H clubs, civic organizations, FFA programs, businesses, chambers and municipalities worked together with the unified goal of keeping Oklahoma clean. The collaboration is 100 percent statewide, and Keep America Beautiful has recognized KOB several years in a row for their complete county participation.

"The KOB GAC is our signature program for which we are recognized nationally for having at least one community in all of our 77 counties participate," said Jeanette Nance, KOB Executive Director. "It speaks volumes when we can be the facilitators for communities to come together for a beautiful cause."

The GAC in Oklahoma not only makes municipalities more beautiful, but also unites community members.

"Community cleanups are a really fun way to volunteer," said Wanda Gray, coordinator for the INCA-RSVP cleanup in Tishomingo. "What's better than spending a couple hours with family, friends,

and neighbors making your home a better place? Our volunteers are uniting through community service, responsibility, and sharing of the natural environment to help drastically improve the quality of their communities."

This annual program in Oklahoma strives to strengthen communities, all while keeping this state more eco-minded and environmentally friendly. KOB maintains the belief that unity through community improvement has the power to make positive change. "For us, the Great American Cleanup is so much more than a series of litter pickups or community improvement projects," said Brenda Russell, with the Twin Cities Revitalization Project. "It is our opportunity as a community to come together and truly showcase that we as a whole are greater than the sum of our parts."

Keep Oklahoma Beautiful is a statewide nonprofit with a mission to empower Oklahoma citizens to preserve and enhance the state's natural beauty and ensure a healthy, sustainable environment. To learn more about their programs, visit keepoklahomabeautiful.com.

Guide TO Senior Living	Total Units or Beds	City	Phone	Website	Dining Facility	Respite Care	Alzheimer's Care	Nursing	Hospice	Wellness Center	Transportation	Pets Allowed	Barber/Beauty Shop	Gardening Area	Fitness Center	Pool
Arbor House of Mustang	60	Mustang	405-376-2872	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House of Norman	54	Norman	405-292-9200	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House of Midwest City	58	Midwest City	405-455-3900	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House Reminisce Center	48	Norman	405-310-2499	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Ashton on the Green <i>Independent Living</i>		El Reno	405-262-4700		*					*	*	*	*	*	*	*
Chateau on the Green <i>Independent Living</i>	44	Moore	405-793-4200	www.chateauonthegreen.com								*	*	*		
Emerald Square <i>Independent Living/Assisted Living</i>	75	OKC	405-787-4466	www.meridiansenior.com	*	*		*	*		*	*	*	*		
Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	www.featherstoneretirement.com	*	*		*	*		*	*	*	*		
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	www.fountainbrookliving.com	*	*	*	*	*	*	*	*	*	*	*	*
Gardens at Reding <i>Independent Living</i>	157	OKC	405-636-1537	www.gardensatredingseniorliving.com									*	*	*	*
Heritage Point of OKC <i>Assisted Living Alzheimer & Memory Care</i>	54	OKC	405-252-8200	www.heritagepointokc.com	*		*	*	*	*	*	*	*	*	*	*
Iris Memory Care		Edmond	405-330-2222	www.irisseniorliving.com	*	*	*	*	*		*		*			
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	meadowlakesretirementvillage.com	*		*	*	*		*	*	*	*		
Savannah House of Moore		Moore	405-378-2500									*				
Savannah House of Norman I		Norman	405-329-2450								*	*				*
Savannah House of Norman II		Norman	405-701-8440								*	*	*	*	*	*
The Veraden		Edmond	405-359-1230	www.veradenlife.com	*	*	*	*	*	*	*	*	*	*	*	*
Timberwood Senior Housing <i>Senior Housing</i>	100	OKC	405-619-0079		*	*	*				*	*	*			
Whispering Creek <i>A Gated Retirement</i>	52	Mustang	405-820-4058	www.whisperingcreekretirement.com						*		*	*	*	*	*
Wyndam Place <i>Senior Residences</i>	70	Norman	405-310-2266	www.beacon-mgmt.com								*	*	*	*	*
Grace Pointe <i>Cottage Homes</i>		Moore	405-703-0999	www.gracepointeliving.com					*		*	*	*	*	*	*
Grand Tapestry at Quail Springs <i>55+ Active Adult Rentals</i>	140	OKC	405- 605-6900	www.tapestryokc.com								*	*	*	*	*
Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	www.meridiansenior.com	*	*	*	*	*	*	*	*	*	*		

Note: This guide does not represent a complete listing of facilities. Only those advertising in this publication are shown. Call us at 405-631-5100 to be included.

**To Advertise Your
Business in the next issue**

SENIOR NEWS & LIVING
OK

**Ask About Our
Special Online
Banner and
Print Combo
Rates**

Email us at
advertising@seniornewsandliving.com or call 405-631-5100
www.seniornewsandliving.com

Caregiver wins award for longevity



Lola Caldwell wins OKALA Caregiver of the Year Award for Longevity two years.

Iola Caldwell springs from hardworking small-town Oklahoma stock. Diligence, meticulousness, and self-sacrifice characterized the lives of her parents, and their values have been passed down undiluted to their daughter. Growing up in Depression-era Oklahoma required a unique kind of personal determination and pride in oneself and in work. Iola's father made hand-crafted leather saddles that still exist. Her mother, in addition to caring for her family, washed dishes in a local restaurant. Iola remembers that her mother always admonished her to "always do your best."

A youth of 82 years, Iola's best includes careful, specialized attention to the laundry of all the residents at Rivermont Gardens Assisted Living. For the last sixteen years, Iola has faithfully treated the residents and families at the Gardens the way she would want to be treated herself. No matter what particular wishes or demands an individual may

have, Iola meets them. Here are some actual, verifiable examples of individual laundry requirements imposed by various residents for whom Iola cares:

One man required that at all times, ten empty plastic (only) hangers were to be left in his closet. Another man insisted that his pants be dried for five minutes, only-no more and no less-and then hung by the cuffs. Two current residents require that their sheets and bedspread be washed bi-weekly only. Another woman wants all her clothes hung on velvet hangers. There are approximately 58 residents in the Gardens, and each one is an individual who receives respect, right down to the way their washcloths are folded. "I have a certain way I like to fold the towels and washcloths," says the Queen of Laundry.

While these demands may seem petty to some, Iola respects the preferences of the people who

See AWARD Page 29

SPECIALIZED ASSISTED LIVING FOR MEMORY CARE



Iris Memory Care of Edmond proudly features:

- Small, Home-Like Environment
 - Compassionate 24-Hour Staff
 - Sensory & Musical Enrichment
 - Stimulating Activities Program
 - Innovative Care Approaches
 - Private & Companion Suites
- and so much more!*



Short Term Stays Available!



Call us today to schedule a personal visit:

405.330.2222

2424 NW 178th Street, Edmond, OK 73012

www.irisseniorliving.com



Compassion | Dignity | Comfort



Now Hiring!
See our ad in
Classifieds Marketplace!
EOE

DOING THE MOST GOOD
FAMILY STORES

**Customer Appreciation Day
Every Wednesday**

25% OFF FURNITURE!
50% OFF EVERYTHING ELSE

Pink and Red tags not included in Wednesday sales.

Visit our 4 Convenient Locations
OKC • Moore • Norman • Edmond
SATruck.org

Veteran Author Celebrates Jubilee Release

By Darlene Franklin

Fifty books in with her latest novel, "Mermaid's Song," historical author Darlene Franklin is still going strong and looking forward to another fifty titles.

"I love finding a historical tidbit and teasing it into a story," Franklin said. "I love growing a story from a character, an idea, a setting, an event. There is never enough time to tell them all."

Franklin recently celebrated her Jubilee title, "Mermaid's Song," with 500 supporters joining her in an online Facebook gathering July 10.

The well-received story is an imaginative retelling of Hans Christian Andersen's classic fairy tale, set on the shores of historic Maine with a shipwrecked Acadian beauty and her rescuer.

Franklin's storytelling career took off in 2005 with "Romanian Rhapsody." Her first historical novella, "Dressed in Scarlet," finished for the 2008 American Christian Fiction Writers Book of the Year award as part of the Barbour novella collection, "Snowbound Colorado."

"That gave me the courage to continue, and the market was wide open," she said.



Darlene Franklin is both a resident of a nursing home in Moore, and a full-time writer.

See BOOK Page 29

Rents starting at \$1,395* include all amenities!

WhisperingCreekRetirement.com

A GATED RETIREMENT COMMUNITY FOR ACTIVE ADULTS

Now Is The Time To Enjoy The Lifestyle You Deserve



SIMPLIFIED LIVING • ACTIVE LIFESTYLE

- Cottage Homes For Lease
- Covered Parking
- Onsite Management
- Storm Shelter
- Fitness Center
- Walking Trails
- Ponds & Waterfalls
- Socials & Activities
- Age 55+
- Clubhouse
- Lawn & Home Maintenance Provided

CALL FOR MOVE-IN SPECIALS!

405.820.4058

5712 Goldfinger Road, Oklahoma City/Mustang On County Line Rd.
Just North of SW 59th

*per month



TREE LINE CAPITAL

Tree Line Capital is a Registered Investment Advisory firm dedicated to guiding our clients along their financial path in life. For our clients who are just beginning to create wealth to those preparing for a better, more relaxed time of life. We will show you how to use the money you do have to aim towards the money you want to have. At Tree Line Capital we help you enjoy the health you have today while planning for the needs of tomorrow. Everything we offer - from guidance, to retirement resources, to insurance - is built around one thing...you.

ESTATE/LEGACY PLANNING ✖
WEALTH MANAGEMENT ✖
RETIREMENT PLANNING ✖
LIFE INSURANCE ✖
HEALTH INSURANCE ✖
SMALL BUSINESS CONSULTING ✖
401K PLANS ✖

Helping You Get on Your Path of Success Today!

DENNIS M. JOHNSON, VP OF INVESTMENTS
Djohnson@treelinecapital.net

CATHERINE BELZER, HEALTH INSURANCE SPECIALIST
Cbelzer@treelinecapital.net

405-285-1636

510 E. Memorial Rd., Suite D4, OKC, OK 73114

ASSET MANAGEMENT THROUGH **sowell** CLEARING THROUGH **Fidelity**

Advisory Service Offered Through Tree Line Capital, LLC.



SENIOR TALK

Read what other Seniors have to Say...

What's your favorite summertime memory? Village on the Park

I've got a lot but it would be the day I got married when I was 18.



Kathy Ream

Going fishing about anywhere. I fished Texhoma and Eufaula when they were coming in.



Raymond Leetrammell

Each Month We Visit With Seniors Throughout The State



If you would like us to visit you, please email the Editor at:

news@metropublishingok.com

SENIOR TALK

or call

SENIOR NEWS AND LIVING
405 - 631 - 5100

I rode my horse every afternoon around our ranch.



Evelyn Wilcoxson

Visiting my grandfather in Chandler. We would hitch the horse to the wagon and he would give us a quarter for a movie, popcorn, and a coke in town.



Helen LaFevers

Arbor House

Assisted Living & Memory Care

Knowing what to do and where to turn for help when your loved one is diagnosed with Alzheimer's disease or a related memory impairment can be very difficult. The trained staff at Arbor House Reminisce Center is available to help the family with those difficult decisions. Our newest, state-of-the-art Memory Care Facility in Norman was specifically designed to meet the needs of those with memory care needs.

Arbor House Reminisce Center 151 S.W. 48th Ave. Norman, OK 73072 405-310-2499	Arbor House of Norman 4501 W. Main St. Norman, OK 73072 405-292-9200
Arbor House of Midwest City 9240 E. Reno Ave. MWC, OK 73130 405-455-3900	Arbor House of Mustang 850 N. Clearsprings Rd. Mustang, Ok 73064 405-376-2872

www.arborhouseliving.com

How much will you collect in Social Security Benefits?

The average couple will receive over \$600,000 in SS benefits over their lifetime. Deciding when to file for benefits can mean a \$100,000 difference in total benefits.

For a FREE Social Security Maximization Report and consultation, Call us!


FREEDOM FINANCIAL
SYSTEMS
A SYSTEMATIC APPROACH TO FINANCIAL FREEDOM

405-338-7673

www.freedomfinancialsystems.com/services/social-security-planning/

ASSISTED LIVING & MEMORY SUPPORT IN MIDWEST CITY

- Spacious private apartments
- Medication administration
- Fun and diverse activities
- Housekeeping and laundry
- Scheduled transportation
- 24-hour assistance



FountainBrook
Assisted Living & Memory Support

At **FountainBrook**, our caring staff offer services that promote residents' dignity, independence and privacy. Take control of your time, enjoy comfortable surroundings and be a part of a community of friends and neighbors.

11510 S.E. 15th Street | Midwest City, OK

FountainBrookLiving.com | (405) 463-2582

MCM INSURANCE
Medicare & Retirement

Helping you Navigate through Medicare



COMPREHENSIVE MEDICARE HELP

We work with ALL the carriers of Medicare plans!

Call or come by: 405-842-0494
10400 Vineyard Blvd Ste. F
Oklahoma City, OK 73120
www.mcmmedicare.com

Oklahoma CLICK for Babies Campaign Seeks Local Knitters

The Oklahoma State Department of Health (OSDH) needs your help as we CLICK for Babies. This campaign is to create awareness of the Period of PURPLE Crying to prevent Shaken Baby Syndrome. Frustration with crying infants is the number one trigger for the shaking and abuse of an infant. The OSDH is recruiting crochet artists and knitters to help reach this year's cap goal of 4,300 to spread Shaken Baby Syndrome prevention efforts across the state.

The Period of PURPLE Crying is a time when babies cry more than any other time in their life. It is important for parents to know that it is a normal and healthy part of infancy, that it is not their fault, and that it is not going to last forever. Currently, Oklahoma has 41 birthing hospitals participating in providing new mothers with The Period of PURPLE Crying DVD to educate them on normal crying patterns, how to cope with unsoothable crying, and the importance of never shaking a baby. Along with the DVD, in the months

of November and December, each newborn will receive a purple baby cap as a reminder of the importance of never shaking a baby.

Volunteers are encouraged to knit or crochet newborn baby boy and girl caps of any shade of purple with soft, baby friendly yarn. The caps can have a variety of fun colors and patterns, as long as they are at least 50 percent purple and free of straps, strings or other potential choking hazards. Purple baby caps are accepted year-round. Only caps received by Oct. 1 will make it in this year's hospital distribution.

Purple caps can be mailed to:

Oklahoma State Department of Health, ATTN: Maternal and Child Health, 1000 NE 10th St, Oklahoma City, OK 73117-1299

To obtain patterns for caps, guidelines and "CLICK for Babies" campaign details, visit clickcampaign.health.ok.gov, or call Amy Terry at (405) 271-4471, or email amyt@health.ok.gov. Media inquiries should be directed to Cody McDonnell at (405) 271-5601.

Call for Nominations of Oklahoma Caring Awards

Whether it's for a mother with Alzheimer's disease, an employee with inoperable cancer, or a family overwhelmed by a medical crisis, an estimated 115,000 Oklahomans are caregivers to their sick, infirm or dying loved ones. To honor Oklahoma's spirit of caring for others, Hospitality House, a nonprofit organization providing a home away from home for families caring for loved ones in medical crisis, is inviting Oklahomans to nominate a family member, friend or community member for The Oklahoma Caring Awards. Nominations are open June 12 through July 26.

"In times of crisis, Oklahomans have always been known for their spirit of caring for their communities, neighbors, and strangers," says Toni Moore, President & CEO of Hospitality House. "Hospitality House is excited to recognize those in our state who exemplify this genuine standard of caring. We look forward honoring individuals, organizations, churches, and companies who care for their loved ones, employees, clients, and communities through the Oklahoma Caring Award."

Individuals, churches, and companies from any county in Oklahoma can be nominated in any of the following categories: 1. The Caring Award - Individual Caregiver (any age and any diagnosis) 2. The Caring Award - Small Business (<100 employees) 3. The Caring Award - Large Business (100+ employees) 4. The Caring Award - Church 5. The Caring Award - Healthcare (<100 employees) 6. The Caring Award - Healthcare (100+ employees)

Winners from each category will be honored at the Oklahoma Caring Awards Gala on Sept. 14, and each will receive a \$1,000 award; for the business and healthcare categories this cash prize goes to the non-profit of their choice. To nominate a caregiver go to: <https://form.jotform.us/71294414235150>



HOME COMPANION SOLUTIONS, LLC
"We Care"

".....Comfort at Home"

- State License
- Insured and Bonded
- RN Oversight
- Private Duty Companion/Sitters
- Home or Hospital
- Medication Reminders
- Transportation
- Short Errands
- Light Housekeeping/Meal prep.

5 hrs. up to 24 hrs.
NO CONTRACTS

Call (405) 361-0310
homecompanionsol@gmail.com



OKALA's RCAL Administrator Certification Course—2017

OKLAHOMA's Premiere Training Course for Assisted Living & Residential Care Administrator Certification

This course gives you comprehensive operational education, plus test preparation. Our 4-day class will cover SeniorLivingU's Administrator Level 1* set of manuals. These manuals will prepare you for the challenges of Assisted Living/Residential Care administration. Also covered in our course are the Oklahoma Assisted Living and Residential Care Regulations. For additional information or questions, please call the OKALA office at (405) 235-5000

*SLU's Administrator Level 1 course is listed as recommended references on NAB's website.

**Must be Registered by 1 week prior to start of class in order to complete pre-course work.

*OKALA Members receive \$50 discount off of registration fee.

\$895*

Per Person
Includes 5 SeniorLiving University Course Manuals (available in hard copy or digital version); Oklahoma State Regulation 3-Ring Binder; and Class Workbook

Space is Limited

Register Now**

Call (405) 235-5000

or
D.downer@okala.org

2017 Class Dates

November 2, 3, 6 & 7, 2017

Gemini Bldg
3101 Tinker Diagonal
1st Floor Training Room
Oklahoma City, OK

Oklahoma State Regulation 2017 "BOOT CAMP"

Is your company new to Oklahoma? Are you looking for a way to help you and your staff get on the same page and work better as a team? This regulation review is designed for Regional Directors/Owners who are new to Oklahoma and to bring a community's Nurse, Administrator and Marketer together to learn requirements for operating an Oklahoma Assisted Living community. Class participants will be given a crash course on Title 63 Continuum of Care and Assisted Living Act; Title 310, Chapter 663 and will bring home a binder that will quickly become a vital reference tool in day-to-day operations.

For additional info. or questions, please call the OKALA office at (405) 235-5000

*OKALA Members receive a \$25 discount off of registration fee.

\$150*

Per Person & Includes Binder
(\$200 total with CEU's)

Space is Limited

Register Now

Call (405) 235-5000

or
D.downer@okala.org

2017 Class Dates

December 8, 2017

Class Location:

GEMINI Bldg.

3101 Tinker Diagonal

1st Floor Training Room



Oklahoma Assisted Living Association

CELEBRATING 20 YEARS OF BEING OKLAHOMA'S VOICE & PARTNER IN ASSISTED LIVING

3101 Tinker Diagonal, Suite AL, Oklahoma City 73115
(405) 235-5000 | Melissa Holland, Executive Director

2017 OKC 50+ Better Living Expo

SAVE THE DATE: Saturday, September 16th 8am-5pm

- HEALTH AND MEDICAL • TRAVEL • BEAUTY & FASHION
- RETIREMENT CHOICES • INVESTMENT
- SOCIAL GROUPS AND CLUBS • AND MUCH MORE!

Cox Convention Center



"Adding Value To Lives"

405-605-2121

www.rmpshows.com

LAST CHANCE, ONLY A FEW VENDOR OPPORTUNITIES REMAINING CALL TODAY!

FREE
EYE EXAM!
HEARING EXAM!
GIVEAWAYS!

FREE
ADMISSION!
FOOD!
ENTERTAINMENT!

AARP Real Possibilities
Oklahoma

OHAI

Oklahoma Blood Institute

alzheimer's association

StateFarm

WALLIS LAW GROUP
Attorneys at Law

Becky Ivins

Micro Ear

BlueCross BlueShield

OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

HELP WANTED

Part-time Office, HR and Payroll Afternoons, 16 hrs. per week

Computer skills and
background check req'd.

Send Resume to

Travis.Strout@USS.SalvationArmy.org

or drop off in person
to Travis
at 2041 NW 7th St.
OKC, OK 73106



FAMILY
STORES

SERVICE



Round-Trip, Long-Distance Rides

- See Your Grandkids
- Make your Doctor Appointments
- Visit Friends and Family
- Attend Special Events
- Casino Trips

**Professional Driver
Snacks Provided
Up to 4 Passengers**

www.andbackrides.com
FOR SPECIALS!

For more information,
Call today

405-570-1200

Licensed and Insured

EVENT



An Accordion Affair
FREE ACCORDION CONCERT
Sun, August 13, 2017
2:30-4:30 PM
Yukon Czech Hall
presented by the
Oklahoma Accordion
Club. Doors open 2 PM
www.OKaccordion.club

CLASSIFIED MARKETPLACE
CLASSIFIED LINER ADS
PRICE PER 25 WORDS
1 Month.....\$21.00
3 Months.....\$53.00
6 Months.....\$83.00

FOR SALE

9 Plots Memorial Park.
Located 25 feet South of Mirror
Pool & Bell Tower. Section 21,
Lot 64, \$3,900 each plus \$295
transfer fee. 405-532-6960

CLASSIFIED MARKETPLACE 1 COL. X 3"

1 Month.....\$62.00
3 Months.....\$150.00
6 Months.....\$250.00
12 Months.....\$350.00

CLASSIFIED MARKETPLACE 1 COL. X 4"

1 Month.....\$65.00
3 Months.....\$158.00
6 Months.....\$270.00
12 Months.....\$380.00

CLASSIFIED MARKETPLACE 1 COL. X 5"

1 Month.....\$69.00
3 Months.....\$168.00
6 Months.....\$288.00
12 Months.....\$390.00

**ADD A PHOTO,
ONLY \$5.00 MORE!**

**Deadline is FOURTH
Friday each month.**

Classified ads are prepaid only.
ALL ADS ARE IN PRINT & EPUB.
All prices are subject to change
without notice at any time.

Send ad and payments to
Senior News and Living
P.O. BOX 239
MUSTANG, OK 73064
www.SeniorNewsandLiving.com



This & Pass Along to a Friend!
Be one of the first to view
SENIOR NEWS & LIVING
monthly newspaper by calling SNL at...

(405) 631-5100

and register your email address for the
Electronic Edition!

You get the full print version of
SENIOR NEWS & LIVING
online by email

FREE OF CHARGE

FOR SALE

**Resthaven, 4 adjoining
cemetery plots in the
Last Supper Garden.**
\$3,200 for all four or
\$1,300 each.
Call 405-208-1681.



FAMILY
STORES

- Store Clerks
- Cashiers
- Warehouse
- Drivers

Part time and Full time Positions available.

Positions starting pay at \$8 - \$9 per hour.

**Apply at store's location or main location at
2041 NW 7th St. OKC, OK 73106**

We are an EQUAL OPPORTUNITY EMPLOYER

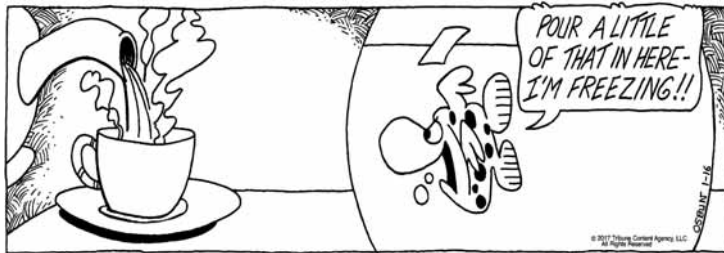
Broom Hilda

By Russell Myers



Animal Crackers

By Fred Wagner



Gasoline Alley

By Jim Scancarelli



JUMBLE

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

NARPK

©2014 Tribune Content Agency, LLC
All Rights Reserved.

DIVOA

TULIDE

NEEGAG

Answer here:

(Answers next Month)

July
Answers

Jumbles: EMCEE FULLY JABBER EMBARK
Answer: They didn't like working with the obnoxious tree cutter because he was a — "LUMBERJERK"

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

BOOK

Continued from Page 24

While relishing the afterglow of celebration, Franklin is committed to five additional novellas over the next year and will be contributing devotions to an upcoming nonfiction collection.

"At the moment, I'm writing this year's Christmas romance, 'The Christmas Child,' to be released by Forget Me Not Romances this September," Franklin said. "Apart from that, the door is wide open. I'm

looking at writing a single-author devotional book, and maybe contemporary romance or a cozy mystery."

When not writing best-selling fiction, Franklin pens a column for Book Fun Magazine, "The View Through My Door," her unique perspective on life from a nursing home. Franklin's titles are available at online retailers as e-books and in print. Her complete list of fifty, as well as dozens of collections to which she contributed, can be found at <https://www.amazon.com/Darlene-Franklin/e/B001K8993A>.

AWARD

Continued from Page 23

live at the Gardens. She not only abides by their wishes, but is cheerful and even proud of the way she provides such individualized service. "I'm here for the residents" is Iola's constant motto. Soiled or stained clothing is lovingly cleaned, scrubbed, repaired, unstained, re-sewn, re-buttoned, and returned to the resident without complaint. Other staff-members joke that Iola knows the owner of every sock and washcloth in the entire building, and it is true! "I do watch out for people's things," Iola says. "I try to make sure that everything is returned to the particular place that each resident keeps it. I want them to be able to find their things easily."

A full-time employee, Iola is punctual and dependable. She is unfailingly cheerful and diligent. She says "My work is a joy." And it is obviously so—never grouchy, never discouraged, and never failing, Iola not only enjoys work, but participates in a bowling league, the Moose Lodge, Eastern Star, VFW, and a national railroad employee organization. Iola is an avid University of Oklahoma sports fan, wears school colors on appropriate days, and attends games regularly.

For uniqueness, it would be difficult to match an 82 year old laundress who works circles around employees fifty years her junior. Regarding her example to other employees, she is never absent or late, and her work is not only done, but done with a meticulous attention to detail that defies description. She works as a team with

housekeepers to ensure efficient processing of laundry. Iola's oversight of residents' possessions reflects her deep care for their dignity and quality of life. What is more basic to quality of life than having clean and well cared-for clothing and bedding? As an example of independence, Iola is older than a number of her clients at the Gardens Assisted Living. She works full-time, stays physically fit, and clearly enjoys a very active social life outside of work. Simply knowing and observing her on a daily basis encourages residents to be independent like Iola. Ageism? Please! The very life that Iola lives is a slap in the face to ageism. She is more active than many who are half her age. And she has such joie de vivre! To her, everything is fun. What could be more opposite to the stereotype of grumpy, sedentary, depressed old age?

In summary, we have never met a better example of willing, committed, service to a senior care employer or senior clients and employees than Iola Caldwell. As one staff-member put it, "It is an honor to work with her." We agree.



A HELPING HAND ADON PAYS CLOSE ATTENTION TO DETAIL

Victoria Burdine was not raised with her grandparents. They were deceased, she said, regarding her childhood in Louisiana. Burdine always was the family member who cleaned house and cared for elderly people in her neighborhood in a little town named Rayne.

"I enjoyed it," said Burdine, LPN, ADON and wound care nurse at Tuscany Nursing Center in Oklahoma City.

Burdine has been a nurse since 2009 and has always served in long-term care. She was a proud CNA for 15 years. Becoming a CNA was a smooth adjustment for Burdine after cleaning neighbors' homes and running errands at the store for them.

"That's my passion. A grandmother I could talk to

and a grandmother — I didn't have that," she said. "So I take these residents here as my grandparents."

She began working at Tuscany Nursing Center on the day it opened. There was one resident and Burdine was working the night shift, she said. Burdine was the LPN on the floor, and four months later she was asked to become the wound nurse. In early July she added the credential of certified wound nurse to her resume. Certification required rigorous study and taking a test.

"I started at 7 p.m. Sunday night and finished at 3 a.m. in the morning," Burdine said. "So I am a board certified wound nurse."

There were a lot of things

See TUSCANY Page 31



Victoria Burdine is in her niche caring for residents at Tuscany Village Nursing Center.

Check Out Our All NEW Assisted Living Program!

This new program is intended for Seniors who are independent of ADL's, but would benefit from the assisted living environment.

Live life your way... assistance when required and freedom when desired.

We would provide the following services to them:

- Dedicated Caregivers on Staff 24-hours
- Emergency Response System
- Three Home-style Meals Daily
- Snacks and Beverages Available
- Scheduled Transportation
- Planned Activities and Special Events
- Weekly Housekeeping
- Weekly Laundry and Linen Service



MERIDIAN
SENIOR LIVING



SENIOR LIVING PLUS
Everyone Deserves a Great Life!
www.meridiansenior.com

Emerald Square

Assisted Living & Independent Living

(405) 787-4466

701 N. Council Road. OKC, OK 73127
meridiansenior.com/emeraldsquare

Willowood at Mustang

Assisted Living & Memory Care

(405) 376-1200

1017 West Hwy 152. Mustang, OK 73064
meridiansenior.com/mustang

TUSCANY

Continued from Page 30

she was already doing as a wound nurse, but she also learned a lot, she said. The extra education was valuable for her and also added job security to her career, she said.

Burdine said she admires that the nursing staff works well together as a team. At 3 p.m. everyday a few of the residents join her in her office for coffee and cookies. She loves it and said there is something about them that reflects her passion for the elderly.

Residents are of all ages. Some of them are in their 30s and 40s and she loves them, too. Some have been in accidents.

"You never know. It's sad. I have a few that's younger than me," she said. "It is true that back in the day our grandparents would be in a nursing home, but these days it's really young people, too."

Burdine said it's important to let the residents have choices. If they don't feel like taking a bath at a certain time they can choose a later time.

"If there are certain things they want to eat - let them do it," she said. "Just give them that freedom of choice. That plays an important role."

Every once in a while Burdine will work in the skilled nursing unit when needed. Skilled nurses need to pay attention to detail and understand their role as a nurse, she said.

"There's some hard work back there," she said.

For long-term care a nurse needs to be compassionate, Burdine continued. Nurses without compassion and a love

for their job will burnout and not make it in the industry.

"I love my job and I'm very compassionate," Burdine said. "There's things I do for a couple of people out of my pocket. Ladies like wigs. They like makeup. Some of them do have family and their family does not come. So I take out of my money and I buy them what they want."

"If you're here for the money it's the wrong place to be."

One of the residents has a 90-year-old mom that called Burdine from Las Vegas. She wanted to say how appreciative she is of Burdine for taking the time for her daughter to pay attention to small things.

"That means a lot," Burdine said. "In my mind, the one thing I keep saying is, 'This may be me one day.' You know I wish somebody would take the time out if that happens to be me."

"I want that same person like I am today to be caring. Take a little minute and just listen."

Burdine tells the CNAs that the residents could be their kids. Across the U.S. nurses and CNAs need to stop what they're caught up in life and pay more attention to detail, she said.

"Just listen because really that's all they want you to do," Burdine said. "So I always say this could be me."

Currently Burdine is also caring for her mother who came to Oklahoma from Louisiana. She visits Burdine in the summertime.

When returning to Tuscany Village her residents are glad to see her. One of the residents called her at home and Burdine was happy to bring her a hamburger.

than caffeine in keeping people awake in the mornings!

BBT Smelling bananas and/or green apples (smelling, not eating) can help you lose weight!

BBT A hard working adult sweats up to 4 gallons per day. Most of the sweat evaporates before a person realizes it's there, though!

STRANGE BUT TRUE

SO THEY SAY...

BBT Bulls are colorblind, therefore will usually charge at a matador's waving cape no matter what color it is -- be it red or neon yellow!

BBT Apples are more efficient

America's Choice in Homecare Is Now Here!

Visiting Angels
LIVING ASSISTANCE SERVICES

Senior Homecare by Angels

Visiting Angels has been keeping Seniors at home across America since 1998 and is proud to now be serving the Edmond area.

- Day Or Night Live-In Or Out Care
- Up To 24 Hour Care
- Meal Preparation
- Light Housekeeping
- Hygiene Assistance
- Errands - Shopping
- Doctor Appointments
- Respite for Family Caregivers
- Rewarding Companionship



Select Your Caregiver!

700 West 15th Street Suite 5
Edmond, OK 73013

(405) 227-9899

Visiting Angels
LIVING ASSISTANCE SERVICES

Ashton on the Green

*Independent living for seniors 62 and older
El Reno, OK*

SMALL TOWN LIVING AT IT'S FINEST
Beautifully landscaped and great floor plans

LIMITED TIME ONLY

\$99.00 DEPOSIT

ON 1 & 2 BEDROOM UNITS

AND

\$50 OFF RENT FOR 12 MONTHS

ON 2 BEDROOM, 2 BATHROOM UNITS

Outdoor pool, fitness center, clubhouse, sidewalks, activities, and much more

Lunch available Monday-Friday served by ASCC

Call or stop by and let us show you why you should make **Ashton on the Green** your new home.

2501 Ashton Place, El Reno, OK

(405) 262-4700

We accept OHFA Vouchers



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.





Live the life you've dreamed of.

**B1 TWO-BEDROOM
AND A
RESORT-STYLE
LIFESTYLE
FOR ONLY
\$1,495/MONTH!**



Picture no lawn mowing, hedge-trimming or other household chores, grilling out with friends every night, enjoying breakfast prepared for you every day, and cooling off in the pool whenever the mood strikes.

Picture a life that's like a vacation. It will look a lot like Grand Tapestry at Quail Springs, an affordable, convenient and pet-friendly community with resort-style amenities, including:

- Daily continental breakfast
- Luxury theater with power recliners
- Social events and activities
- Heated saltwater pool and fitness center
- Private patios/balconies
- Dog park

Why wait? This is the summer to start a vacation that never ends. Call 888-706-0917 for more information or to schedule a tour.



Tunes at Tapestry

Enjoy summer with Tunes at Tapestry. This 2017 Event Series will be held the fourth Friday of each month through August.

Enjoy a complimentary olive and wine bar, flatbreads and live entertainment at this free event.

Poolside Veranda | 5:30 p.m.

Learn more at GrandTapestryEvents.com or call 888-706-0917 to RSVP.



**Grand
Tapestry**
At Quail Springs

Active seniors • Active living

14201 N. Kentucky Ave., Oklahoma City, OK | TapestryOKC.com

GREYSTONE 55+   