



SENIOR NEWS & LIVING

www.seniornewsandliving.com **OK** Information for Oklahoma Seniors

October 2017 Vol. 19 Issue 10 Locally Owned and Published Each Month By Metro Publishing L.L.C.

Serving with honor



Kay Dudley and Alice Musser spent years in the Oklahoma Legislature on opposite sides of the aisle. They never guessed they would end up living under the same roof at The Veraden in Edmond.

story and photo by Bobby Anderson, Staff Writer

For years, Kay Dudley and Alice Musser worked across the aisle from each other in the Oklahoma Legislature representing South Oklahoma City.

Musser was a Democrat, Dudley a dyed-in-the-wool Republican.

They lived on opposite sides of Pennsylvania Avenue on the city's south side.

Neither had children in the same grade school. Their churches were different, too.

But both shared a sense of civic duty.

Neither ever imagined one day they would be living under the same roof at The Veraden in

Edmond.

"We didn't know each other, not when we went into the Legislature," Dudley said. "She was on the East side of Pennsylvania Avenue. I was on the west side."

TIME TO SERVE

Dudley, a Republican caucus secretary, was elected to the Senate in 1986. She was a member of the Senate's Education, Human Resources, Finance and Transportation committees, as well

See HONOR Page 3

Dennis the builder



The first half of Dennis Johnson's professional life was spent building bridges and towers. He's devoted the second half to helping people build their future

story and photos by Bobby Anderson, Staff Writer

Dennis Johnson spent the first half of his professional life working with his hands, building things that would stand the test of time.

"It's hard to go up and down Interstate 95 and not cross a bridge I didn't have a hand on," Johnson says proudly.

But a shoulder injury would bring Johnson to a crossroads.

His days working with steel were over and he had to take a hard look at what his financial options were.

At a relatively young age Johnson was forced to deal with his 401k, the loss of his primary income as well as the only profession he had ever known.

It was overwhelming. And he knew it had to be the same for others.

So instead of self pity Johnson poured himself into the only thing he ever knew: figuring out a way to build something for others.

"I've been 1,200 feet in the air and pushed a hundred tons of iron around and I know what a hard day's work is," said Johnson, who absorbed everything he could get his hands on to become a self-taught financial advisor. "I'm a blue collar guy. I've always told my clients I know how hard it is to make a buck. I know how hard it is to swing a beater for eight hours just to get one pin in."

Just like swinging that hammer, Johnson approached his new career with a laser focus. Registered designations, licenses and accolades followed.

The third-generation iron worker from Baltimore built a multimillion-dollar portfolio in Arizona before selling it all and moving to Oklahoma in 2014 with the intention to retire with his love Cathy Belzer.

Retirement did not suit Johnson at all. With plenty of time to do whatever he wanted he realized he missed

See BUILDER Page 2

GRACE
GC
DC
CHILD DEVELOPMENT CENTER



946-5437

Enrolling Now for August/Fall Classes
AGES 7 Months - 4 Years

Tuesday, Thursday, Friday
9am-2pm | 7 Months - 4 Years
\$245-\$260 per month

GCDC is committed to nurturing each child spiritually, intellectually, physically emotionally and socially. We embrace and celebrate diversity and strive to create a welcoming environment for all of our children and their families.

63rd & NW Expressway
 Visit Us On Facebook!

BUILDER

Continued from Page 1

taking care of people.

Johnson is a veritable Swiss Army knife when it comes to financial services work. His registered investment advisor license dates back more than 20 years. Along the way he's picked up life and health insurance licenses and registered advisor status.

"I used them when a client needed them," said Johnson, now an advisor at Tree Line Capital in Edmond. "I never made a big deal about pushing any of it."

A friend, Robert Ford at Tree Line Capital, convinced him to join his burgeoning firm.

"Why don't you come over here with me," Johnson remembers hearing his friend say. "We'll build something."

Those were the magic words.

"I just want to help," Johnson said. "Everybody needs a second opinion. That's the guy I want to be. I'm really enjoying it. I'm having fun again and enjoying the business again."

Johnson's not the kind of guy you'll find behind a desk all day wearing a suit and tie. You're more apt to find him playing a round of

golf or sitting down with buddies talking football.

There's an ease about Johnson that goes with his blue-collar roots and his genuine desire to help people.

So it's no surprise people gravitate toward him.

Today's financial services industry is filled with fresh-faced, college graduates begging to take a crack at people's portfolios.

Johnson has had individual clients longer than most of those new advisors have been alive.

Some clients Johnson will never let go, or more precisely, they won't let him go.

"I have a client who is 93 years old and it feels so good because she tells everybody 'If it wasn't for (Dennis) I never would have made it,'" Johnson said. "We started with a relatively small amount of money and she's lived and lived well for 25 years now and she's still going."

"I have so many clients like that."

Johnson relishes the fact that his clients see hard work pay off.

"In the beginning you don't see that," Johnson said. "The first five six or 10 years you're building clients. But after they're with you and you know them and you see

(everything) it's so satisfying to have their children come up. When every month that checks shows up in their mailbox and you know you're the guy that put it together that's a great feeling."

He even helped his partner get her insurance license after 30 years working in health care.

Belzer and Johnson are gearing up for their busy season.

Enrollment for Medicare Advantage begins this month.

Medicare Advantage enrollment has increased in virtually all states over the past year. Almost one in three people on Medicare (31% or 17.6 million beneficiaries) is enrolled in a Medicare Advantage plan in 2016.

Plans like these are just one piece of the puzzle that Johnson and Belzer work on for people every day.

"I've always had to have a plan and I've always had to be organized," he says.

"You need somebody who is a team, who wants to listen to you and find out about your family and your kids."

And, most importantly, you need someone who knows how to build something that will stand the test of time.

LEARN MORE ABOUT MEDICARE

See how UnitedHealthcare® Medicare Advantage plans can help you live a healthier life.



Plans may include:




\$0 COPAY PER PRIMARY CARE VISIT



VISIT DOCTORS WITHOUT A REFERRAL



EARN \$40/QUARTER CREDIT FOR HEALTH CARE ITEMS



34,065 MEMBERS IN OKLAHOMA*

If your health needs have changed, or your current plan doesn't offer the benefits and features you're looking for, it may be time to switch to a UnitedHealthcare Medicare Advantage plan.

Call me today.

Open enrollment ends December 7.

Dennis Johnson
 Licensed Sales Representative
 405-285-1636, TTY 711
 AARPMedicarePlans.com



AARP | **MedicareComplete**
 insured through **UnitedHealthcare**

*2017 UnitedHealthcare Internal Data. This information is not a complete description of benefits. Contact the plan for more information. Limitations, copayments, and restrictions may apply. Benefits, premium and/or copayments/coinsurance may change on January 1 of each year. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. UnitedHealthcare Insurance Company pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers. You do not need to be an AARP member to enroll. AARP encourages you to consider your needs when selecting products and does not make specific product recommendations for individuals. AARP does not employ or endorse agents, producers or brokers. Y0066_170818_140335_FINAL_0000BDA3 Accepted SPRJ34914

HONOR

Continued from Page 1

as the joint Senate and House Task Force on Child Support and the Governor's Task Force on Child Abuse.

She was married to Dr. Tom Dudley, an oral surgeon who practiced in south Oklahoma City for more than 26 years. They had three children.

Musser served on the House Criminal Justice Committee, Retirement Laws Committee and Economic Development Committee.

She sponsored legislation establishing the Energy Conservation Assistance Fund providing grants for lower income, elderly and handicapped homeowners to weatherize their homes and save on energy costs.

She and husband, Carl, had six children.

Musser represented House District 91, which was made up of a part of Dudley's Senate District 44.

"It was an open seat and I had run once before," Musser said of her election in 1988. "I decided it was a job I needed to do."

OLD BOYS CLUB

Both ladies admitted bumping

their heads on the proverbial glass ceiling as they entered a profession historically dominated by their male counterparts.

Neither was ever asked to get someone a cup of coffee but they were always keenly aware they were the elephant in the room.

"I really didn't think about it that way although I knew," Musser said.

"I don't think we got the same amount of respect as the men," Dudley echoed.

There were definitely challenges.

"I loved being there," Dudley said. "But regularly I kept thinking 'I'm really not accomplishing much.' And it's a good ol' boy system - whoever has been there the longest thinks they're smarter than everybody else and they try to influence the newbies.

"There were some that I had total respect for and there were others I had no respect for. You just learn who to believe and what to believe."

Each followed their heart and spent way more time than they had ever imagined trying to serve the needs of Oklahomans.

It was exhausting but both said their time serving at Oklahoma's

highest level of government went quickly.

"I thought I could change the world and I didn't," laughed Dudley.

"Well, I thought I had time to learn and then do something and I had two years," Musser added.

Nowadays you're likely to find them talking across the dining room table at The Veraden.

But the topic rarely turns to politics.

Neither have the energy for today's versions.

"There wasn't that wall that there is today," Musser said comparing politics 30 years ago to today. "I can remember going to things in the evening and it was everybody, it wasn't just one party or just the house or the senate."

They've found that sense of community at The Veraden.

Life at The Veraden revolves around modest luxury, personal freedom, and optimal health. Comfortable surroundings, social activities, delicious meals, accommodating associates, and a prime location come together on this unique campus to form a fresh and vivacious lifestyle.

That was the draw for both Dudley and Musser - even though

neither knew the other was considering moving in.

Dudley was one of the first residents. Musser came a few months later.

The Veraden modernizes and redefines the retirement experience. The independent living apartments offer chef-prepared dining, daily activities planned around residents' interests, scheduled transportation to and from shopping and appointments, and a variety of social outings.

The pet-friendly community also offers laundry and housekeeping services plus apartment maintenance, allowing you to have the freedom to pursue the lifestyle you enjoy.

After politics, life moves at a more comfortable pace for the two ladies.

Young, female political hopefuls have sought them out over the years for guidance.

Each are ready to share their story even though it might come from a slightly different perspective.

"Well, you can't agree with the Republicans very often," Dudley teased her fellow former legislator.

"Sometimes, I don't agree with the Democrats either," Musser laughed.

Higher yields. Bigger

SMILES!



www.usefcu.org/deposits
405.685.6200

CD rates as high as
2.00% APY*

24 mo. CDs as high as
1.65% APY*

*APY = Annual Percentage Yield. Certain terms and conditions apply. See USEFCU for details. USEFCU is federally insured by NCUA.

MACULAR DEGENERATION

Imagine A Pair Of Glasses That Can Help You See Better!

Ever look through a pair of field glasses or binoculars? Things look bigger and closer, and easier to see. Texas optometrist, Dr. Larry Chism is using miniaturized binoculars or telescopes to help people who have decreased vision, to see better.



In many cases, special telescopic glasses can be prescribed to enhance visual performance. He often can help people read, watch TV, and sometimes drive.

Although telescopic glasses cost between \$2200-\$2800, it is a small price to pay for the hours of enjoyment with better vision and more independence.

For more information and a **FREE** telephone interview call:

1-888-243-2020

Now in DENTON!

Dr. Larry M. Chism, Optometrist

· ABILENE · AUSTIN · FORT WORTH · GEORGETOWN
· HOUSTON · WACO · TYLER · NEW BRAUNFELS

WWW.CHISMLOWVISION.COM

County Health Departments to Begin Flu Clinics Oct. 2

With flu season upon us, the Oklahoma State Department of Health (OSDH) announced county health departments will offer flu vaccine statewide beginning Monday, Oct. 2.

Flu vaccination is recommended each year for everyone 6 months of age and older. When more people are vaccinated against the flu, there is less opportunity for flu to spread in families, schools and communities. Cases of influenza hospitalizations have already been reported for this season.

"We are especially encouraging those in the age group of 18-64 to get their flu vaccination," said State Health Commissioner Dr. Terry Cline. "During the 2016-17 flu season, there were 715 hospitalizations and 28 deaths among this age group."

In addition to getting a flu vaccination, people 65 years of age and older, and those with chronic health conditions, should ask their health care provider about being vaccinated against pneumococcal pneumonia. Pneumococcal pneumonia is a common and potentially serious complication of the flu. Unlike the influenza vaccine, the pneumococcal vaccine does not need to be given every year. This vaccine is also available at county health departments.

County health departments will accept SoonerCare, Medicare, all private health insurance, cash, checks, or credit cards as payment for flu vaccine. The following fee schedule will apply:

- * All individuals with health insurance should bring their card. Their insurance company will be billed for the vaccine and an administration fee.
- * Children 18 years of age and younger who have no health insurance, whose health insurance does not cover flu vaccine, who are eligible for SoonerCare or are Native American or Alaskan natives may receive their vaccine at no charge through the Vaccine for Children Program.
- * All others will be charged a fee of \$25 to cover the cost of the flu vaccine and the cost of administering the vaccine.

Oklahoma County and Tulsa County residents should check with their city-county health departments for fee schedules available for those county residents.

Complete Tree Service



coleman.ronald54@yahoo.com

or

ronaldcolemanjr81@hotmail.com

405-842-4717



The Membership Trading Community
405.524.4839
oklahomacity.itex.com

SENIOR NEWS & LIVING
OK

Locally Owned and Published Each Month by Metro Publishing, L.L.C.

www.seniornewsandliving.com

Editor/Publisher Steven R. Eldridge

steven.eldridge@seniornewsandliving.com

Writers: Jason Chandler - OKC/STATE Mike Lee - OKC/STATE

Traci Chapman- OKC/STATE Vickie Jenkins- OKC/STATE

Send all News, Letters to the editor and press releases to news@metropublishingok.com

Advertising Sales:

Steven.Eldridge@seniornewsandliving.com

Lashanya.Nash@seniornewsandliving.com

Advertising Services: Lisa Weigel
advertising@seniornewsandliving.com

Mailed and distributed to more than 61,000 senior readers through healthcare and retail locations statewide. Articles and advertisements in Senior News and Living do not necessarily reflect the opinions of the newspaper or Metro Publishing, L.L.C. it's Management or employees. We do not assume responsibility for statements made by writers or advertisers. The acceptance of advertising by Senior News and Living does not constitute an endorsement of products, services or information. We do not knowingly present any product or services that are fraudulent or misleading in nature. Opinions expressed in columns and letters to the editor are not necessarily the opinions of the newspaper or Metro Publishing, L.L.C. it's Management or employees. We reserve the right to refuse any advertisement.

Phone (405) 631-5100 Fax: (405) 631-5103

P.O. BOX 239

MUSTANG, OK 73064

Print and digital distribution may vary from time to time at the publishers discretion due to growth and market changes that are dependent on location influence and market conditions necessary at the time of publication.



Take advantage of these offers at any of the following Miracle-Ear® locations

FREE IN-OFFICE REPAIR ON...

**Audina • Phonak • Rexton • Siemens
Starkey • Oticon • Unitron • GN ReSound • Widex**



Call and Schedule your **FREE** Hearing Evaluation*

Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification. **If you are not completely satisfied, the aids may be returned for a full refund within 30 days of the completion of fitting, in satisfactory condition. †Our hearing test and video otoscopic inspection are always free. Hearing test is an audiometric test to determine proper amplification needs only. These are not medical exams or diagnoses nor are they intended to replace a physician's care. If you suspect a medical problem, please seek treatment from your doctor. Not valid with any other discount or offer. Does not apply to prior purchases. See store for details. ©2016 MiracleEar, Inc.

Owners, Steve & Michi Dyke with their children are Awarded Excellence in Growth and Expansion Business of the Year 2017 & Top honors for Excellence in Customer Service 2017.



Ardmore

908 N. Rockford Rd, Suite E
405-448-5131



OKC

4225 W. Memorial Rd.
405-286-1467



Moore

1033 SW 19th Street
405-735-9932



Midwest City

5700 SE 74th, Suite 200
405-455-3029



Chickasha

2127 S. 4th Street
405-448-5131

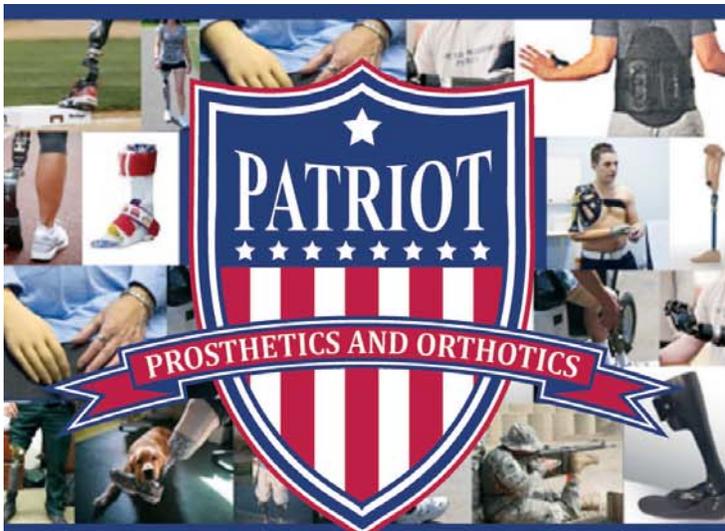


Yukon

Address To Come
405-345-6111

Trusted for Over 60 Years





Specializing in Difficult to Fit Prosthetics

- Mobile/In-Home Care
- State Licensed And Nationally Certified Practitioners
- Over 25 Years Experience With All Ages
- Convenient Location With Easy Access
- In-house Fabrication For Quality Control

Specializing in CUSTOM MADE Prosthetics and Orthotics: Diabetic Footwear, Custom Molded Inserts, Spinal Bracing, Post Operative Care and Mastectomy Needs.

★ Accepting Most Major Insurances Including Medicare & Medicaid ★

**PATRIOT
PROSTHETICS
AND ORTHOTICS**

Call us at 405.577.6778

1804 Commons Circle, Suite A • Yukon

Quality Of Life Matters Most!
When You Cannot Come To Us, We Come To You. Call and Schedule Your Mobile In-Home Free Consultation!
Michael Huggins & Dallas D. Curtis

Pay your last respects...not your life savings!



"I only wanted a simple cremation...& they listened!"



Affordable Cremation Service has served the funeral industry for over 50 years. We understand the needs of families who are looking for a simple cremation. Our simple cremation package is \$935 within a 50 mile radius of Oklahoma City. No membership or hidden fees - no surprises. Visit our website for more info, or call us 24 hours a day.

f Affordable Cremation Service located at Reflection Pointe Gardens • 10900 N. Eastern in OKC

405.521.8777 | www.cremation-okc.com



FREE IN-HOME ASSESSMENT

- ✓ 24 Hour Live-Ins or Hourly Available
- ✓ Certified Home Health Aides & Companions
- ✓ Bathing, Dressing & Hygiene Assistance
- ✓ Meal & Snack Preparation
- ✓ Light Housekeeping & Laundry
- ✓ Services Provided up to 24 Hours Per Day



*Stay Home,
Stay Well!*

CALL US 405.769.2551
 24 Hours 877.744.2551

"Family owned, operated & serving Central Oklahoma since 1993"

www.CarePlusatHome.com

Are you looking for the right Medicare plan?

Let's talk about it.

Come to a free seminar and insurance sales presentation to find out about the Medicare enrollment process, regulations and insurance plans that we offer.

Enroll in our Medicare Advantage Plan

<p>October 16, 2017 Rockwell Plaza YMCA 8300 Glade Ave. Oklahoma City, OK 73162 10:00 AM</p>	<p>October 17, 2017 Healthy Living & Fitness Inc. 11501 N Rockwell Ave Oklahoma City, OK 73162 10:00 AM</p>	<p>October 23, 2017 Midwest City Senior Ctr. 8251 E Reno Midwest City, OK 73110 10:00 AM</p>
<p>October 25, 2017 Fountain Brook Assisted Living & Memory Support 11510 SE 15th Street Midwest City, OK 73130 10:00 AM</p>	<p>October 26, 2017 Mustang Recreational Center (Senior Center) 1201 N Mustang Road Mustang, OK 73064 10:00 AM</p>	<p>November 6, 2017 Healthy Living & Fitness, Inc. 11501 N. Rockwell Ave. Oklahoma City, OK 73162 10:00 AM</p>
<p>November 17, 2017 Rockwell Plaza YMCA 8300 Glade Ave. Oklahoma City, OK 73162 10:00 AM</p>	<p>November 27, 2017 Sommerset Neighborhood Assisted Living 1601 SW 119th St. Oklahoma City, OK 73170 10:30 AM</p>	

A sales person will be present with information and applications.

Independent, Authorized Agent for



**BlueCross BlueShield
of Oklahoma**

An Independent Licensee of the Blue Cross and Blue Shield Association

This information is available for free in other languages. Please call our customer service number at 1-877-774-8592, TTY/TDD 711. Esta información está disponible en otros idiomas de forma gratuita. Comuníquese a nuestro número de Servicio al cliente al 1-877-774-8592 (los usuarios de TTY/TDD deben llamar al 711).

HMO and HMO-POS plans available in Canadian, Cleveland, Creek, Grady, Lincoln, Logan, Mayes, McClain, Muskogee, Oklahoma, Okmulgee, Payne, Pottawatomie, Rogers, and Tulsa counties. PPO plans available in Canadian, Cleveland, Comanche, Garfield, Grady, Lincoln, Logan, McClain, Oklahoma, and Pottawatomie counties. Plans are provided by Blue Cross and Blue Shield of Oklahoma, which refers to a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC) (PPO plans), and also to GHS Health Maintenance Organization, Inc. d/b/a BlueLincs HMO (BlueLincs) (HMO and HMO-POS plans) and GHS Managed Health Care Plans, Inc. (GHS-MHC) (HMO and HMO-POS plans). HCSC, GHS-MHC, and BlueLincs are Independent Licensees of the Blue Cross and Blue Shield Association. HCSC, GHS-MHC and BlueLincs are Medicare Advantage organizations with a Medicare contract. Enrollment in HCSC's, GHS-MHC's and BlueLincs' plans depends on contract renewal.

Y0096_MRK_TMP_OK_GASEMFLY16 Accepted 10012015

603545.0915

Generation Builder

Price is right for community health

by Bobby Anderson
Staff Writer

A convincing argument can be made that few people have done more for the health and wellbeing of Cleveland County residents than Norman Regional's Paula Price, RN.

Not only has Price secured millions in funding for public health programs the last few years, she began at the bedside advocating for her patients back in 1975 when she first earned her LPN.

Price credits her parents with guiding her into nursing.

"They thought it would be a great career for me because I liked to help people and was kind, caring and supportive - those were things they always noticed about me," Price said. "That's how I started in nursing and ended up realizing after a few years it was a passion for me and that my parents really knew me well."

And for nearly 20 years now Norman Regional Health System has relied on Price as the Health System's Director of Health Promotion and Community Relations.

That heart for the community, coupled with her business acumen, led her to be called again to serve on the healthcare



photo by Bobby Anderson

Paula Price, RN, has improved the health of generations of Cleveland County residents through a lifetime of work in nursing and healthcare advocacy.

front lines.

New Norman Regional Health System President and CEO Richie Splitt recently announced Price would lead the Health System's efforts as the new Vice President

of Strategy and Growth.

"That's really what we're focusing on now is keeping patients out of the hospital

See HEALTH Page 9



Caring for Oklahoma's young at heart

Whether you're 18 or 80, Oklahoma Heart Hospital's 70 physician clinics across the state are ready to care for you and your heart.



405-608-3800 | okheart.com | PROUDLY PHYSICIAN OWNED

FREE Medication Disposal



Drive up and drop off your unused medications. It's that easy!

Saturday, October 28

10 am—2 pm

Buy For Less

3501 NW Expressway, OKC

AND

Smart Saver

10011 SE 15th Street, MWC

Register to win prizes - including \$50 gift cards!



No liquids, inhalers, or syringes will be accepted.

These Region 16 Prevention Services are provided by Eagle Ridge Institute, which is funded in part by SAMHSA, CSAP, and ODMHSAS.

Your Local COST PLUS Partnership

HEALTH

Continued from Page 8

and keeping them from being re-admitted or helping them prevent the onset of a chronic disease," Price said, mentioning Oklahoma's top conditions like cancer, lung disease, heart disease and diabetes.

Price has worn many hats in her career from medical surgical, surgical, and outpatient settings.

She earned her RN in 1990, but there's always been a next step for Price.

While she always knew how to heal patients in an acute care setting she always wondered what she could do on a larger scale.

Price received a Bachelor's of Nursing from the University of the State of New York, a Master's of Public Health from the University of Oklahoma Health Sciences Center and a Master's of Nursing from Southern Nazarene University

Most recently, Price has served as the Health System's Director of Health Promotion and Community Relations for the past 19 years.

Her healthcare experience includes nursing, public health, community relations, marketing and communications. During her career she has received numerous recognitions and honors.

She was honored for her work in the wake of the May 20, 2013 tornado with a 2014 Healthcare Marketing IMPACT Award from Modern Healthcare and Advertising Age.

She also received the Oklahoma City University Kramer School of Nursing Silver Salute Award. In 2016, the Norman Chamber of Commerce recognized her with the Women in Leadership award.

She currently serves on the United Way of Norman Board of Directors, and Norman Chamber of Commerce board.

She makes sure she's out in the community because it's the best way to reach so many. It's one of the reasons she spent 10 years on the board of Health for Friends, which was charged with reaching the underserved population without health insurance.

She led the system's efforts to provide in-kind contributions of x-rays and diagnostic testing and even pharmacy vouchers that for some patients truly meant the difference between life and death.

She's dove deep into advocacy especially the last 15 years serving as the Chair of Oklahoma Turning Point and securing millions in local funding through the Tobacco Settlement Endowment Trust.

"One thing about nursing is that I think it's a very exciting time for nurses because you can really choose your path and choose your career," Price said. "Now that midlevels are so key in access to healthcare nurses have so many more opportunities and can be a part of this new push of population health."

And she's done it while working for one of the few remaining municipal hospitals in Oklahoma.

There's no corporate bottom line to answer to at the end of the day, only the local patient population that continues to make its approval known by patronizing any of the three health system campuses.

"The challenge of being independent is you really have to manage your resources and capital investment because you have to depend on yourself," Price said. "We have to be very smart about being efficient and having the quality patient outcomes so we can do everything to maximize our efficiency and the care we provide."

"We have a wonderful relationship with the community. We have a hometown feel. People know us and they're comfortable with us. They trust us."

And Norman Regional trusts Price to lead it into the future.

STRANGE BUT TRUE

SO THEY SAY...

BBT Saturday mail delivery in Canada was eliminated by Canada Post on February 1, 1969!

BBT In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!

BBT There are 18 different animal shapes in the Animal Crackers cookie zoo!

BBT Should there be a crash, Prince Charles and Prince William never travel on the same airplane as a precaution!

BBT Your body is creating and killing 15 million red blood cells per second!

BBT The king of hearts is the only king without a moustache on a standard playing card!

BBT There are no clocks in Las Vegas gambling casinos!



Let Tim & Christy Make Your Memories Last with an *Affordable*

Burial Tribute Packages with a Nice Metal Casket and Celebration of Life Service Starting at:

\$4,895

Cremation Casket with Celebration of Life Service

\$3,895

Celebration of your loved one's Life

Smith & Turner Mortuary

SERVING ALL OF OKLAHOMA

201 E. Main Street Yukon, OK 73099

www.smith-turnermortuary.com

Office: (405) 354-2533 | Cell: (918) 693-4723

Locally Operated and Family Owned Since 1925



Tim Ingram
Funeral Director, Embalmer, Manager

Andy Shoaf
Funeral Director, Embalmer

OMRF events raise \$671,000 for research

At a pair of events Sunday and Monday, the Oklahoma Medical Research Foundation raised \$671,000. Proceeds from the events will support medical research projects at the Oklahoma City nonprofit.

The foundation's annual "241" events—two events for one great cause—consisted of a wine festival and concert by Country Music Association and Grammy award-winning band The Mavericks at OMRF on Sunday. The fundraiser was capped off with a golf tournament Monday at Stillwater's Karsten Creek Country Club.

This was OMRF's sixth year to hold the benefit, which has raised \$3,832,119 since 2012. Funds raised this year will be used for research areas where the need is greatest and for promising projects that need additional funding. In the past, event proceeds have gone to support research in cancer, multiple sclerosis and cardiovascular disease.

"The funds raised at events like 241 are vitally important, because they provide OMRF's scientists with the essential resources to continue their work," said OMRF President Stephen Prescott, M.D. "Thanks to those who support this event, our researchers can continue their search for new diagnostics and treatments for a wide range of diseases."

Honorary co-chairs for this year's events were Cathy Keating and Larry Nichols. Mark and Beverly Funke served as event co-chairs.



Susan Meacham, Rodger McEver, Gigi McEver and Scott Meacham at the Oklahoma Medical Research Foundation's 241 Event

Lead event sponsors included Exploration, LLC, Devon Energy Corporation, H.A. and Mary K. Chapman Charitable Trust, Hardesty Family Foundation, Tim Headington, Leslie and Cliff Hudson, OPUBCO, Gene Rainbolt, Katie and Tony Say, and Tyler Media. Other sponsors included The Chickasaw Nation, American Fidelity/InvesTrust, Virginia and John Groendyke, Presbyterian Health Foundation, Glenna and Richard Tannenbaum, Allen Family Foundation, Arnall Family Foundation, Carl E. Gungoll

Meadowlakes Retirement Village Assisted Living Center at its Finest!
Spacious one and two bedroom apartments available.

Providing affordable rates with two levels of care based on individual needs. Please call for a facility tour!
963 SW 107th St. Oklahoma City, OK 73170
405-703-4225
MEADOWLAKESRETIREMENTVILLAGE.COM

Absolute Economical Funeral Home

Family Owned & Operated
 Member Oklahoma Funeral Directors Association Member National Funeral Directors Association

We understand that death does not have a schedule and we are available day and night to assist you during this time.
7721 NW 10th St., Suite B. OKC 73127
405-787-9300 office
405-919-9300 cell · 405-787-5449 fax
AEFuneral.com

TOTAL PRICE OF A DIRECT CREMATION WITH THE M.F.E. PERMIT, SALES TAX, 1 CERTIFIED COPY OF THE DEATH CERTIFICATE WILL BE: \$818.19
A FULL TRADITIONAL SERVICE (CHURCH OR OUR CHAPEL) THAT INCLUDES: A 20 GAUGE STEEL CASKEY, CONCRETE LINER, AND A MEMORIAL PACKAGE. \$3,128.00



Life gives you challenges – We provide real solutions 24/7
The top choice for in-home care

- Contract-free in-home care services ranging from short-term to 24/7 care.
- Experienced with advanced care needs, including Alzheimer's, Parkinson's, hospice and post-hospital/rehab support.
- Compassionate, reliable support for meals, transportation, personal care, and more.
- Our **Cognitive Therapeutics Method™** consists of research-based, enjoyable activities to boost brain health.

Serving NOKC, Edmond and surrounding

Call today!

405-285-4191

HomeCareAssistanceOklahoma.com



Call Now!
Brandon Blakney
405-808-6616
Bebalakney2017@gmail.com

20% SENIOR Discount!

The Ultimate in Home Inspections

- Pre-purchase
- Pre-warranty expiration
- Pre-listing
- New Home

Member of the International Association of Certified Home Inspectors

Authorized ai Inspector Home Inspections

Medicaid Services in Oklahoma Long Term Care Facilities

Many people may be unaware of the services and items covered by Medicaid for residents in long term care. Nursing care for at least 80 percent of the residents in Oklahoma Long Term Care facilities is paid for through Medicaid and includes certain services and items. Long Term Care facilities are



reimbursed a standard rate per day for each resident living in the facility who qualifies for Medicaid. Nursing care in a Long Term Care facility includes routine items and services that must be provided directly or through appropriate arrangement by the facility when required by Medicaid residents. Charges for routine services may not be made to residents' personal funds or family members, guardians or other parties who have responsibility for the resident.

Routine services include but are not limited to, a semi-private room and dietary services, which would include supplements and equipment required for preparing and dispensing tube and oral feedings. Social services including mental health counseling, should be provided to attain or maintain the highest physical, mental and psycho social well being of each resident. Personal care hygiene items should be provided like shampoo, bath soap, razor, toothbrushes, toothpaste and sanitary napkins. The facility must also provide the resident with incontinence supplies, which include disposable briefs and skin care supplies, when ordered by the physician. The facility is required to pay for all of a resident's prescription medications and over-the-counter drugs as well as any equipment needed to administer these medications.

The facility should furnish or obtain any necessary equipment to meet the needs of the resident upon physician order. Such items may include, but are not limited to, wheelchairs, walkers, overhead frames, commode extenders and/or bedside commodes, canes and

oxygen.

Payment for the cost of dentures and related services are included in the daily rate for routine services. When the need for dentures is identified, one set of complete dentures or partial dentures. One dental examination is considered medically appropriate every three years. Dental cost also includes realignment of dentures when needed.

Routine eye examinations for the purpose of medical screening or prescribing and or changing glasses as well as the cost of glasses are also included in the daily rate for routine services. For eligible individuals there is an allowance for one routine eye examination and one pair of glasses every 12 months. When the provision of vision or denture services is medically appropriate, the Long Term Care facility must make timely arrangements for the provision of these services. It is the responsibility of the Long Term Care facility to ensure that the resident has adequate assistance in the proper care, maintenance, identification and replacement of these items.

Ombudsmen are available to assist residents and families or other concerned parties with issues such as these. Right now, the program is looking for people interested in helping Oklahoma's most vulnerable population. If you are interested, go to the Areawide Aging Agency website at www.agingcare.com. You can also contact an Ombudsman Supervisor at (405)942-8500 or follow Areawide Aging Agency on Facebook. Be the difference!

SPECIAL TO SN&L

Local nonprofit sets fall schedule

By story and photo by Ron Hendricks

Central Oklahoma Chapter of Hearing Loss Association of America proudly announces the program/speaker schedule for the fall of 2017. Day group will host John Vincent, Oklahoma Insurance Division, speaking on "Medicare Changes" in October. M/Sgt Robert Shalla, OKCPD will talk about "How to interact with Police Officers" for the hearing impaired in November, Dr. R. Kent Dyer, an otolaryngology physician, from Hough Ear Institute will discuss "Balance Issues." All Day group meetings are held on the 3rd Thursday, 2-3PM with a social time 30 earlier. For December, both the Day & Night groups hold Christmas parties. Everyone brings snacks and enjoys traditional Christmas games. Last Monday, the Night group's speaker was, Katie Gallager of Physical Therapy Central. She explored the dangers of falls and how hearing loss can contribute to loss of balance. A lively group discussion followed. October we will hear Sheryl Presley, OKCPD Triad Coordinator, discussing "Senior Safety Issues" while in November COCHLA will host Gloria Evans, Hough Hearing & Speech Institute, telling us "How to Effectively Self Advocate." Night group meetings are held on the 2nd Monday, 7-8PM beginning with a social time 30 minutes prior. All meetings are held at the Lakeside United Methodist Church, 2925 NW 66th Street.

COCHLAA is now in the 27th year of serving Oklahomans with hearing loss and is looking forward to many more years of service. You will see Central Oklahoma Chapter of Hearing Loss Association of America at the State Fair & many other community outreach events such as Health Fairs, Senior events, demonstrations, and consultations as well as at the Hearing Helper's Room, 5100 N Brookline, Suite 100. For more information visit the website, WWW.OKCHearingLoss.org



Katie Gallager of Physical Therapy Central speaks to COCHLAA

TRAVEL/ ENTERTAINMENT

Baltimore, Maryland: History and Leisure

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

You could say that Baltimore is a city designed for Senior leisure. The hop on and off water taxi around the bay is an ideal way to see a lot of the area's attractions with a minimum of exertion, as it stops at many attractions. The minimal fee is good for the entire day. The small boat captains are eager to answer area questions as to where to eat and museum times. Note, many museums and attractions are closed on Mondays and Tuesdays.

Of course it stops at historic Ft Mc Henry - famous for the inspiration of the Star Spangle Banner composition. (www.nps.gov/fomc) You have to change boats to go the extra distance, but worth the convenience, when you think of the inconvenience of getting a taxi or uber to take you to the far out bay point. The preserved and reconstructed brick fort is informative if you have never visited a fort of this generation. It's humbling to stand in the area that inspired America's Anthem.

Once there it's always good to schedule your visit with a tour by a park ranger for details of the fort. If not the film is always inspiring, if not a bit nostalgic, when at the end of the movie, a curtain opens to let you view through a large picture window the Fort in the background as the National Anthem plays.

Back in the downtown area is the Flag House where the American garrison size flag was created. Besides the history of the flag you can take a self-guided tour of a small period house, complete with furniture and staging of the time.

For pure entertainment, although you can't help but learn something, is the national aquarium centrally located at the base of the Inner Harbor. (www.aqua.org) All levels of this multilevel aquarium is easily accessible with riding the multiple escalators, or if needed there is an elevator. Hosting over 20,000 aquatic animals with a Backtip Reef and Living Seashore, and

a couple of large screen animal related movies, and a live dolphin show, make the aquarium one of the Inner Harbors best attraction. Of course they host a extensive gift shop with snack bar.

When you've got to eat, Baltimore with its vast seafood menus offers many venues. The off the beaten track funky Little Havana Bar and Grill offers many seafood based foods along with an extensive bar and their famous large Mojito.

Phillips Seafood (www.phillipsseafood.com) is a Baltimore tradition. They offer an upscale indoor or outdoor dining experience with reservations recommended. Their 8 ounce Crab Cake Extreme with Mac and Cheese, made with pure Jumbo Lump Crab with no fillers, is served in a skillet, and guaranteed to fill your Crab Cake desires. (\$50.00)

If you plan to visit the Baltimore Museum of Art, be sure you check its times, as it is closed on Monday and Tuesdays. While it was closed the days I was in Baltimore I made sure I dined at Gertrude's, where the Museum of Art display of culinary arts, under the expert guidance of owner, John Shields, is a must. Shields is a veteran TV host, and author and is called the "Culinary Ambassador of the Chesapeake Bay" with the restaurants opening in 1998. Gertrude's is Shield's tribute to his grandmother, Gertie. Shields is a personable entrepreneur and you may want to pickup one of his cookbooks including the 25th anniversary, "Chesapeake Bay Cooking." Many menu options looked appealing but I chose the Irish Salmon, flown in to Gertrude's several times a week. This is an example of the attention paid to the high standards that has made John Shield's reputation.

An evening dining cruise aboard the Spirit of Baltimore, is a relaxing way to see more of the bay's landscape while enjoying a buffet and beverages served by congenial staff. The cruise departs from the west wall of the harbor



and cruises the Inner harbor along the Patapsco river, and includes glimpses of Fort Mc Henry. Come prepared for a casual and enjoyable evening, mixing with other tourist and those celebrating special occasions. (www.spiritcruises.com/Baltimore)

While visiting the Fells Point area of the harbor you may want to stop in to the upscale Sagamore Hotel for a respite and beverage, of if your budget allows overnight accommodations.

For a budget minded traveler the Days Inn Inner Harbor (www.daysinnerharbor.com), about 3 blocks away from the harbor, and near the Horseshow Casino Baltimore, Ravens Stadium, and Oriole Park at Camden Yards, can fulfill your travel needs.

As you can guess there is much more to discover in Baltimore than I could cover in just two days, so historic and friendly Baltimore may require repeat visits. (<http://baltimore.org/>)

Mr. Terry Zinn - Travel Editor
 Past President: International Food Wine and Travel Writers Association
<http://realtraveladventures.com/author/zinn/>
www.seniornewsandliving.com - www.martinitravels.com

Significant Women in Agriculture Highlight: Shelley Wong

The silver-rimmed glasses appear to rise each time Shelley Wong is happy.

Wong of Choctaw, is happy a lot while working her farmers market tables along the west edge of the Oklahoma Department of Agriculture, Food and Forestry (ODAFF) parking lot.

The produce under the blue canopy sun tent – butternut squash flanking her to the left and golf ball sized red onions to the right as well as the Chinese okra and the bitter melons before her – are a source of pride because each is from her garden.

A customer studies the items on the tables and tells Wong, “I’d like these two zucchini.”

Wong smiles, the glasses push up, and she replies, “I picked them myself this morning.”

Later, she goes to the passenger side front seat of the Chevrolet Astro van and grabs an aerial photo to show a visitor.

“Here’s my garden,” she said, the smile kicking in instantly. “It’s maybe 6,000 to 7,000 square feet. There’s my seven rows of the big tomatoes, and this is the little cherry tomatoes. Over here is the broccoli, and here I plant spaghetti squash.”

Across Oklahoma, there are dozens of registered farmers markets that are essential outlets for agricultural producers in providing opportunities for them to meet the consumer demand for locally grown, fresh produce. Farmers markets also provide opportunities to create strong community ties and a link between rural and urban populations by allowing farmers and consumers to interact.

Just over the produce and behind the tables stand those who raise a quality product and want to see the public enjoy it. Many of those individuals have interesting stories, including Shelley Wong.

She remembers

The painful cries of a baby.

The moaning of a senior adult.

Many have said that food is taken for granted. Not by Wong.

When Wong – Wong Moy, Shuet Fong – tells the story of her childhood, the happiness is nowhere

to be seen. One is certain the glasses on her cheeks will soon begin catching tears.

Food is personal, and that feeling traces back to those babies and seniors, she said.

On Oct. 1, 1949, communist revolutionary Mao Zedong officially proclaimed the existence of the People’s Republic of China, naming himself head of state. Wong was only 3 years old.

She grew up in a time of a “government rate” for food. In her village, that was about 20 pounds of rice per person, per month. That was for two meals a day. Those who couldn’t work, like a child or an older adult, received less, she said.

Wong’s father died when she was 6, and she was the middle of five children. However, her grandfather and an aunt in New York sent them money, so they had a better situation than some others. Still, Wong saw and heard the impacts of hunger all around her.

“So some kids, they cry all day, all night, and some older people,” said Wong, 71. “They swell up because they don’t have enough food.”

She felt she had to get out.

It was 1962. Wong’s grandmother Yee Lau Kwai needed to take a trip and couldn’t see well, so she needed, as was approved by the government, a child 12 years or younger, for assistance. Here’s the catch: Wong was 16, but didn’t have a birth certificate and was shorter than her present height of 4-feet, 11 inches. So they listed her as 12 and she received a passport. They went first to Macau on the south coast of China, across the Pearl River Delta from Hong Kong.

“I lived in Macau for a month and a half and then got into a small boat and we sneak into Hong Kong,” Wong said. “At that time it belonged to the British.”

It was in Hong Kong, in late 1964, she met Sheldon Wong, who had returned to China from Los Angeles to find a wife. They were engaged in March 1965 and married in May of the same year, and in September traveled to Los Angeles, where Sheldon had a grocery store.



Shelley Wong is shown here at the Farmers Market in the parking lot of the Oklahoma Department of Agriculture, Food and Forestry in Oklahoma City.

“Not long after, we got robbed,” she said. “Four guys come in and they shoot our roof, we got scared so we moved out from that business and sold his part to his brother.”

In 1969, Shelley became a U.S. citizen and shortly thereafter, the Wongs moved to San Diego, where they opened a restaurant that seated about 70 people and served Cantonese cuisine. That continued for about 15 years until Sheldon had health issues and they sold. After a while, Shelley started the restaurant again, in a mall.

Food obviously plays a role in everyone’s life, but it has played a significant part in Shelley’s life: the grocery store, the restaurants, the garden and the farmers market.

“We pay it back a lot of time,” she said, and then explains. “A lot of time at the restaurants, we would have people come in and they say, ‘We hungry, can we have some food?’ and we always give them some fried rice. If they are hungry, we are willing to help them.”

Shelley and Sheldon also sent money back to family members in China and through the years, some family members moved to the United States. Also, her grandmother initially stayed in Hong Kong and then moved to the United States. The grandmother lived with the Wongs until the early 1980s and then moved in with other family members in California.

Wong did return to China to visit, making the first of five trips starting in 1982.

In Oklahoma

While visiting their son and daughter-in-law in Oklahoma, they started thinking about making the move from California and did so in October 2005, buying a house in Midwest City.

It was July of the next year that they moved into their new home in Choctaw.

She saw food – well, sort of.

“When I move into the new house, my yard is pretty big,” Wong said. “I start a couple of rows and I plant those bitter melons, because I love them.”

This was her introduction into soil farming.

“I like to see the things growing from a seed,” she said. “You go out there and you see them popping up. I help them grow and I feel very

See WONG 17

ARE YOU THINKING ABOUT RELOCATING, DOWNSIZING OR SELLING YOUR FAMILY HOME?

For information & assistance, contact **Belinda Gray**, Seniors Real Estate Specialist, at **405-823-0331**.

KW MULINIX
KELLERWILLIAMS REALTY



A Realtor for all Seasons of Life.

RESOURCES SENIOR NEWS AND LIVING

Assisted Living

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

Have An Immediate Need? Call
405-241-6050

Arbor House

Norman, OK 405-310-2499
Norman, OK 405-292-9200
Midwest City, OK 405-455-3900
Mustang, OK 405-376-2872
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

Meadowlakes

Retirement Village

963 SW 107th St.
Oklahoma City, OK 73170
405-703-4225
meadowlakesretirementvillage.com

Savannah Houses

Moore, OK 405-378-2500
Norman 1, OK 405-329-2450
Norman2, OK. 405-701-8440
www.savannahhousesok.com

Willowood at Mustang

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

Cremation Service

Affordable

Cremation Service

10900 N. Eastern, Oklahoma City, OK
405-521-8777
www.cremation-okc.com

Reflection Pointe

Cremation Gardens

10900 N. Eastern, Oklahoma City, OK
405-843-2099
www.ReflectionPointe.net

Dental

Smile Arts Dental Studio

820 S. Mustang Road
Yukon, OK 73099 405-577-2444

Independent Living

Ashton On The Green

2501 Ashton Place El Reno, OK
405-262-4700

Chateau on the Green

1511 SE 4th St. Moore, Ok 73160
405-793-4200

Emerald Square

Independent and Assisted Living Cottages
701 N. Council Road OKC 405-787-4466

Grace Pointe Living

Border of Moore & S. OKC 405-596-3003
www.gracepointeliving.com A gated
community of luxury cottage homes for
lease ideal for active seniors 55+

The Gardens at Reding

3708 S. Douglas Oklahoma City, OK
405-636-1537

Whispering Creek

5712 Goldfinger Road, Mustang / SW OKC
73179 405.820.4058

Woodson Park Apartments

1400 W. Woodson St.
El Reno, OK 73036 405-422-3443

Wyndam Place

301 Triad Village Dr. Norman, OK 73071
405-310-2266 1-888-298-0888

Insurance

New Product

Term Life, Critical Illness, (cancer-stroke-
heart attack) Long Term Care, Home health
Care, all for one affordable premium.

FREE consultation and quote.

Local Agent (405) 241-6050

Home Health

A Better Life Homecare

2442 N. Walnut Oklahoma City, Ok. 73105
405-226-5138

Caregiver Solutions

Personal Care Assistance
Sitter/Companionship
8922 S. Western Ave. - 405-691-9955

Care Plus Home Care

9828 NE 23rd Street
Oklahoma City, OK 73141 405-769-2551
www.CarePlusatHome.com

Home Health

Home Care Assistance

323 S. Blackwelder Ave.
Edmond OK 73034
HomeCareAssistanceOklahoma.com
405-285-4191

Home Health

Home Companion Solutions

Private Duty/Companion/Sitters. State Lic.
Ins. Bonded. Affordable, No Contracts.
Call Chris for FREE Consult (405)361-0310
homecompanionsol@gmail.com

Visiting Angels

700 W. 15th St. Edmond, OK 73013
405-227-9899

Mobility

Newby Vance Mobility

Sales and Service
5632 S. Division St. Guthrie, OK 73044
405-282-2113 or 800-375-4471

Mobility Auto Sales

730 W. Hefner Rd. Oklahoma City, OK
405-842-0511

Roofs * Gutters & More

Oklahoma Strong Roofing & Construction

303 S. Ranchwood Blvd. Yukon, OK 73099
405-322-5333 www.strongok.com
Rated A+ by BBB
Locally Owned & Operated.

Directory Listings are Available for only
**\$8.50 per line (\$25.50 Minimum) per
month/Issue or FREE with your display
ad! Call 405-601-5100**

Real Estate

Belinda Gray, Realtor

Senior Real Estate Specialist
(405)823-0331
belindagrays@kw.com
www.belindagrays.com
A Realtor for all Seasons of Life
KW Mulnix, Keller Williams Realty.

Services

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

David's Tree Service

FREE ESTIMATES
City Lots - Country Acreage 20+ yrs. exp.
Tree removal, Trimming, Stump grinding.
References upon Request
CALL 405-787-1297

Skilled Nursing

Warr Acres Nursing Center

6501 N. MacArthur, OKC
405-721-5444

Services

Areawide Aging Agency :

4101 Perimeter Center Drive - OKC
405-943-4344

Our Classifieds Get Results!

SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE			
<p>FOR SALE</p> <p>SENIOR FRIENDLY REALTOR</p> <p>Senior caregivers needed for fellow seniors to provide companionship and care. Transportation Required. Please call to learn more. (405) 259-9155.</p>	<p>HELP WANTED</p> <p>Senior caregivers needed for fellow seniors to provide companionship and care. Transportation Required. Please call to learn more. (405) 259-9155.</p>	<p>PRICE PER 25 WORDS</p> <p>1 Month.....\$14.96 3 Months.....\$29.95 6 Months.....\$42.12</p> <p>Classified ads are prepaid only. Deadline is second Friday each month.</p> <p>ADD A PHOTO, ONLY \$5 MORE!</p> <p>Send ad and payment to: Senior News and Living 4501 N. Classen Blvd. Ste 100 Oklahoma City, OK 73118</p>	<p>TRAVEL</p> <p>Travel Tours 211 May St. Wagoner, OK (918) 465-4585, 1-800-331-9192</p> <p>Kincaid Tours 229 S. Country Club Road El Reno, OK 73038 (405) 324-9888</p>
<p>FOR SALE</p> <p>HOVERCRAFT MPV 4 Power Chair, \$250.00 cash. Firm Can deliver. 405-606-2745.</p>	<p>RESTHAVEN GARDEN OF MEMORIES, DOUBLE LAWN CRYPT, Bronze and Granite memorial. Regular price which includes opening and closing, \$10,890.00. Our price, \$6,500. Includes everything. 405-387-4831 or 405-406-9045.</p>	<p>FOR SALE</p> <p>SENIOR FRIENDLY REALTOR</p> <p>Senior caregivers needed for fellow seniors to provide companionship and care. Transportation Required. Please call to learn more. (405) 259-9155.</p>	<p>TRAVEL</p> <p>Travel Tours 211 May St. Wagoner, OK (918) 465-4585, 1-800-331-9192</p> <p>Kincaid Tours 229 S. Country Club Road El Reno, OK 73038 (405) 324-9888</p>

Don Wallace Amazed At Response To His Ad...

“Yes, I still go fishing. Each year Pat and I escort a group to Sportsman’s Lodge in Canada which is August 1-2.” “I was truly amazed at the response we got when I placed a classified ad in the



Senior News and Living monthly newspaper. It worked well for me.” I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012.

Don Wallace, The Wallace Wildlife Show
For a brochure & details about the Canadian Trip
Call me at 405-470-5106

The Difference

THE VERADEN
SENIOR LIVING



Independent Living · Assisted Living · Memory Care

Experience the signature difference in senior living at The Veraden. Enjoy your retirement with modern amenities and classy surroundings to fit your life and style. New friends, great cuisine and carefree living await you at The Veraden.

Come Visit The Veraden
You're always welcome here
(405) 359-1230

2709 E. Danforth Rd, Edmond, OK 73034

Savanna
HOUSES
OKLAHOMA

55+ Active Adult
Apartments

MOVE IN SPECIAL!



Ask about our
move-in specials!

Move into our 2 beds, 1 bath! (Moore location only)
Call about our other locations in Norman!

Savannah House of Moore (405) 378-2500
525 E. Main St. Moore, OK 73160

WWW.SAVANNAHHOUSESOK.COM

Commissioner Requests Data from Obamacare Navigators

Oklahoma Insurance Commissioner John D. Doak has ordered Oklahoma's registered navigators to provide summary reports on enrollment data. The request comes after Doak's testimony to the Senate Committee on Health, Education, Labor and Pensions (HELP) revealed growing concerns about navigators. After Doak questioned the effectiveness of navigator enrollment and marketing tactics, U. S. Sen. Lamar Alexander said 17 navigators enrolled less than 100 people each in 2016, putting the average grant cost per enrollee at approximately \$5,000 for those navigators.

"This kind of waste and abuse confirms a fear I've had from the very beginning of the Obamacare debacle," said Doak. "I urge Congress to begin auditing and overseeing the efficiency of Obamacare navigators. Taxpayer dollars are too precious to waste."

Since 2013, Oklahoma's navigator entities have received more than \$5.2 million in grants to help consumers look for health coverage options through the federal marketplace. Navigators are authorized to complete eligibility and enrollment forms but are required to be unbiased.

During Wednesday's hearing, HELP Committee Chairman Alexander revealed that inefficiencies in the navigator program were prevalent. He confirmed one instance where a navigator entity received a \$200,000 grant and only enrolled one person in Obamacare.

Commissioner Doak has sent letters to all registered navigators in Oklahoma requesting specific information to determine total consumer encounters and enrollment numbers. The goal of the data collection is to report on the program's effectiveness and to assist our federal delegates in determining whether government monies would be better spent elsewhere going forward.

Besides shining a spotlight on the federal government's difficulties around the navigator program, Doak encouraged Congress to return power to the states.

"This is another shining example of the importance of state-based regulation," said Doak. "Oklahomans know what's best for Oklahomans. I urge Congress to give us the flexibility we need to implement real solutions to our health insurance problems."

FreeHomeCareForVets.com

*Over 65 *For Veteran Spouses and Widows too!



No Hidden Fees!
See if you are eligible today!

Start Care in 2-4 Weeks!

VETERANS AIDE

★ AT HOME ★

servicing those that have served.
EST. 2013

- Companionship
- Medication Reminding
- Meal Prep
- Walks & Talks
- Laundry
- House Cleaning
- Shopping Assistance
- Transportation Needs
- Linen Changing

(888)-74-4VETS (8387)

We're a non-medical home care agency dedicated to providing compassionate assistance to Veterans, Spouses and their Widows in the comfort of their own home, at NO COST!

VAAH is not affiliated with the VA (US Department of Veteran Affairs), nor does VAAH charge fees to families applying for VA benefits. Only those who are accredited by the VA are involved in the preparation, representation, or prosecution of a claim for benefits. VAAH does not sell insurance products or legal services.



WONG

Continued from Page 13

proud of myself."

In addition to produce, Wong loves people. That's why the garden has led to another perfect fit for her, farmers markets. She, along with Sheldon, 87, attends one in Choctaw and the one at the ODAFF parking lot in Oklahoma City.

At the latter, a customer walks up and lifts one of the Chinese okra from a tray.

"I bought one a couple of weeks ago from Shelley and I was like, 'That was really good,'" the customer said. "I just stir fried it, and it was really pretty tasty."

Wong's happiness is readily apparent.

"In my life, I was in business all the time," Wong said. "I have good communication with the people, with

the customer."

And about that time another walks up and spots her onions.

She grabs a yellow plastic hamburger basket, and scoops some up. Wong grabs an Oklahoma Grown bag, and the woman dumps the onions.

What does she use the onions in?

"Everything," the customer said. "I had a roommate once that asked me if I made a meal without onion. Pretty much, it doesn't happen."

Wong seconds the motion.

"I put onion in soup, stir fry," she said. "I love them too."

Wong then ties a knot in the top of the bag and hands it over, not only thankful for the sale, but the conversation and the fact that someone wants what she has personally grown in her Oklahoma garden.

STRANGE BUT TRUE SO THEY SAY...

BBT Every day 20 banks are robbed. The average take is \$2,500!

BBT The most popular first name

in the world is Muhammad!

BBT Tablecloths were originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating!

BBT Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

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



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.



Signature: South OKC (405) 494-6554
Wilson: El Reno (405) 262-3311
Crawford: Edmond (405) 340-2333
Ford: Mid-Del (405) 677-9990

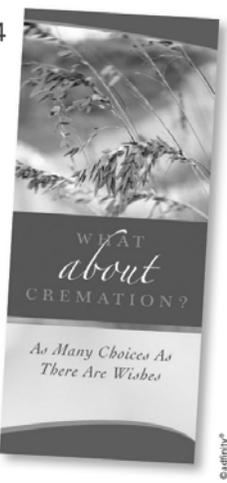
www.crawfordcares.com

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




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

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

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




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.

- Full Size washer and dryer in every unit
- Units range from 725 sq. ft. to 1,300 sq. ft.



SILVER ELM
ESTATES EDMOND

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

SmileArts

DENTAL STUDIO

*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

SmileArts

DENTAL STUDIO

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

www.SmileArtsDental.com

Hearing Loss Association encourages all to obey police

By Ron Hendricks

Regarding the sad news or the Oklahoma City Police officer fatally shooting a deaf man; We at Central Oklahoma Chapter Hearing Loss Association of America, encourage everyone to comply with police orders. If you are detained by a policeman --STOP what you are doing, stand still, and drop anything in your hand. The above applies if you can hear or not, however, if you are hard of hearing, after the officer approaches you, show him your pocket card that indicates the fact that you don't hear well. A police officer will respect that. It is our goal to reach every Oklahoman with hearing loss to educate them and to help with listening skills, hints, and tricks. Central Oklahoma Chapter Hearing Loss Association of America, has been about the business of helping people with a hearing loss live successfully in the hearing world for 26 plus years. We are available to assist you, including meetings that are always open to the public and are free. We can supply a speaker for your group. See

COCHLAA at the State Fair & many other community outreach events such as Health Fairs, Senior events, demonstrations, and consultations as well as at the Hearing Helper's Room, 5100 N Brookline, Suite 100. We invite you to join Central Oklahoma Chapter of the Hearing Loss Association of America. For more information visit the website, WWW.OKCHearingLoss.org.

Let me help you Sell your old nest, and find a new nest.



Lucille Hyde, Realtor®
Accurate Realty, Inc
 Cell: 405-641-5083
 Office: 405-732-3939
luandmark@cox.net

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



CROSSWORD CORNER

Across

- 1 Frequent flier's respite
- 5 Dressing room of a sort
- 9 Proverbially exposed place
- 14 Trendy berry
- 15 Bausch + Lomb brand
- 16 Missouri campus town
- 17 38-Across nickname
- 19 ___ Olay
- 20 Bread flavoring
- 21 Stand between
- 23 Strait's "All My ___ Live in Texas"
- 24 Kindle downloads: Abbr.
- 26 Multipart opus
- 27 "The Merry Widow" composer
- 29 Leitmotif
- 31 Park it
- 34 Author of epistolae
- 36 Girlfriend of Garfield
- 38 Fourth of eight
- 41 See 30-Down
- 43 End for Louis
- 44 Singly
- 46 Percolates
- 48 Home in the woods
- 49 First of 12
- 51 "___ espa-ol?"
- 55 Be unable to swallow
- 57 Summer shade
- 59 Hermione's love
- 60 Chanced on
- 63 Michener's "The Bridges

at ___

- 65 Worth keeping
- 66 Appealing to prejudice rather than intellect, as an argument
- 68 Large green moths
- 69 Masked critter
- 70 March Madness initials
- 71 Coastal attraction
- 72 Kids' hideout
- 73 Where an inch may represent a foot

Down

- 1 Uninhibited jazz style
- 2 Climber's tool
- 3 Salad slice
- 4 Tango moves
- 5 Original Model T need
- 6 Writer Deighton
- 7 Arles articles
- 8 Hydrocarbon obtained from crude oil
- 9 "Does the name Pavlov ring a bell?," e.g.
- 10 French wine valley
- 11 Totally confused
- 12 ATM feature
- 13 Place of refuge
- 18 First sign of fall
- 22 Hairstyling stuff
- 25 1944 French battle site
- 28 Choir recess
- 30 With 41-Across, quarantined, and a hint

to completing 12 puzzle answers

- 32 B&B, maybe
- 33 The Twinings shop at 216 Strand in London, e.g.
- 35 Titania's husband
- 37 Sax-playing Simpson
- 38 Zoo
- 39 Tailless simian
- 40 Big name in traveling shows
- 42 Branch structure
- 45 Most foxy
- 47 ___ Penh
- 50 Undamaged
- 52 Super Bowl 50 champ
- 53 "Because you're worth it" brand
- 54 1978 comedy classic
- 56 Islamic deity
- 58 Make amends
- 60 Theater with no seats?
- 61 Case for notions
- 62 Follower of Pepz Le Pew?
- 64 Big-hearted
- 67 Weed tackler

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20							21		22					
23					24		25		26					
27			28			29	30					31	32	33
			34		35				36		37			
38	39	40			41			42			43			
44				45			46			47				
48				49		50				51		52	53	54
			55	56				57	58			59		
60	61						62		63		64			
65							66		67					
68							69					70		
71							72						73	

Answers on page 29

OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

HELP WANTED



NOW HIRING
reliable & caring
CNA's or CHHA's to
become part of
our team.

- We offer incredibly flexible hours: Part-time and Full-time available
- Compensation based on Experience and Work History

Call today
for Preliminary phone Interview

405-595-6710

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

FOR SALE

Memorial Park in Edmond

4 burial plots
next to each other
Close to the entrance
and the old office.

Asking \$5,000 for all 4
or \$1,500 each

Call Jeff at
405-400-5132

CLASSIFIED MARKETPLACE
CLASSIFIED LINER ADS
PRICE PER 25 WORDS

1 Month.....	\$21.00
3 Months.....	\$53.00
6 Months.....	\$83.00

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.

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

FOR SALE

6 Plots together for
sales in Memorial
Park Cemetery.

Opening and Closing
and Vaults are included.
Family Name upright
Monument included this
valued at \$10K Retail
Value is \$60,000.
Selling price for
everything included
\$18K. That is 70%
off retail price. Great
location in Garden 5.
Call to meet Bill Conner
at 405-831-5918.



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

HAPPY HALLOWEEN!

OPINION & MORE



Dear Savvy Senior,

I'm concerned that my 80-year-old mother is taking too many medications. She currently takes 10 different drugs prescribed by three different doctors, which I think is causing her some problems. She also struggles to keep up with all the drug costs. Any suggestions?

Concerned Daughter

Dear Concerned,

There's no doubt that older Americans are taking more prescription medications than ever before. According to the Journal of the American Medical Association, around 40 percent of seniors, age 65 and older, take five or more medications. And the more drugs a person takes, the higher their risk for medication problems, and the more likely they are to take something they don't need.

Brown Bag Review

To help you get a better handle on the medications your mom is taking, gather up all her pill bottles - include all prescription drugs, over-the-counter medications, vitamins, minerals and herbal supplements - and put them in a bag and

take them to her primary doctor or pharmacist for a thorough drug checkup. This "brown-bag review" will give you a chance to check for duplicate meds, excessive doses, and dangerous interactions, and for you to ask questions.

Medicare Part B covers free yearly medication reviews with a doctor through their annual wellness visits, and many Medicare Part D plans cover medication reviews with a pharmacist too.

You should also note that October 21, is "National Check Your Meds Day." A number of pharmacies - Albertsons, Costco, CVS, Sam's Club, Target, Walmart and many independents - have agreed to support the effort. Some may even have extra staff

Getting a Handle on Prescription Medications

on hand to help you review your meds. Ask your local pharmacy whether it is participating.

When you get your mom's review, go over the basics for each medication or supplement, such as what it's for, how long she should take it, what it costs, and any side effects and potential interactions. Also ask if there are any meds she can stop taking, and find out if there are any nondrug options that might be safer, and whether she can switch to a lower dose.

To help your mom avoid future medication problems, make sure her primary doctor is aware of all the medications, over-the-counter drugs and supplements she takes. You should also keep an up-dated list of everything she takes and share it with every doctor she sees. And, be sure that your mom fills all her prescriptions at the same pharmacy and informs her pharmacist of any over-the-counter, herbal or mail order prescriptions she's taking so that there is complete oversight of her medications.

How To Save

To help cut your mom's medication costs, there are a number of cost savings tips you can try. For starters, find out if there are any generic alternatives to the drugs she currently takes. Switching to generics saves anywhere between

20 and 90 percent.

You should also ask your mom's prescribing doctors if any of the pills she takes could be cut in half. Pill splitting allows you to get two months worth of medicine for the price of one. And for the drugs she takes long-term, ask for a three-month prescription, which is usually cheaper than buying month-to-month.

Because drug prices can vary depending on where you buy them, another way to save is by shopping around (GoodRX.com will help you compare drug prices at U.S. pharmacies), and find out if your mom's drug insurance plan offers cheaper deals through preferred pharmacies or a mail-order service.

And finally, if your mom's income is limited, she can probably get help through drug assistance programs offered through pharmaceutical companies, government agencies and charitable organizations. To find these types of programs use BenefitsCheckUp.org.

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

Oct/Nov AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Oct 3/ Tuesday/ Okla. City/ 9 am - 4 pm/ 773-6910/ Kruck, Healthy Living Oklahoma City - 11501 N. Rockwell Ave.

Oct 5/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi, Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Oct 9/ Monday/ Midwest City/ 9 am - 2 pm/ 473-8239/ Williams, First Christian Church - 11950 E. Reno (Reno & Anderson)

Oct 10/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Kruck, Dale Robetson Activity Center - 1200 Lakeshore Dr.

Oct 13/ Friday/ Okla. City/ 9 am - 3:30 pm/ 950-2277/ Edwards, S.W. Medical Center - 4200 S. Douglas, Suite B-10

Oct 20/ Friday/ Okla. City/ 9 am - 3:30 pm/ 681-3266/ Palinsky, Woodson Park Senior Center - 3401 S. May Ave.

Oct 26/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 486-4813/ Varacchi, Epworth Villa - 14901 N. Pennsylvania Ave

Oct 28/ Saturday/ Shawnee/ 9 am - 3:30 pm/ 818-2916/ Brase, Gordon Cooper Tech. Center - One John C. Burton Blvd.

Nov 2/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi, Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Nov 3/ Friday/ Okla. City/ 9 am - 3:30 pm/ 297-1455/ Palinsky, Will Rogers Senior Center - 3501 Pat Murphy Dr.

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

STRANGE BUT TRUE

SO THEY SAY...

BBT A car uses 1.6 ounces of gas idling for one minute. Half an ounce is used to start the average automobile!

BBT A lightning bolt generates temperatures five times hotter than those found at the sun's surface!

BBT A violin contains about 70 separate pieces of wood!

BBT It is estimated that 4 million "junk" telephone calls, phone solicitations by persons or programmed machine are made every day in the United States!

BBT Forest fires move faster uphill than downhill!

BBT Ketchup was sold in the 1830s as medicine.

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.iriseniorliving.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

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

www.seniornewsandliving.com

Ask About Our Special Online Banner and Print Combo Rates

Seniors shine during state fair Senior Day



Cindy and Bob Ward of El Reno, OK crowned 2017 King and Queen of 41st Annual Senior Day at the State Fair of Oklahoma. Each year on Senior Day the State Fair treats seniors 55 years and older to free admissions and a fun day packed full of entertainment, vendors and giveaways.

by Traci Chapman
Staff Writer

It was Cindy and Bob Ward's first time at Oklahoma State Fair's Senior Day - and by the end of the day, they say they realized there really was no place like home during a day they would never forget.

"If you had told me this morning we would have done any of this, I would have thought you were kidding around," Cindy Ward said that afternoon. "I never, ever would have expected this."

In fact, when the El Reno couple entered the Modern Living Building, this year Oklahoma Senior Day's new state fair home, they said they were impressed at the number of vendors, the entertainment and the wide range of activities going on, even early in the morning. With a Wizard of Oz theme - There's No Place Like Okla'HOME'a - the Wards said they hadn't really realized

the state fair offered such a host of activities designed especially for seniors. When they discovered the "King and Queen of Emerald City" contest, they decided to enter - well, perhaps not exactly "they."

"It was my idea," Cindy said with a laugh. "Bob would never do anything like this on his own, but he went along with it for me."

That's how the couple ended up on the Senior Day stage, as they competed with four other couples in a "Newlywed Game" style contest designed to test how well each husband and wife knew each other. The Wards wondered about their chances, as they were surrounded by couples who had been married far longer than their eight years - two of them wed for 50 years; of the other two couples competing, one said they had been married more than 10 years, another had

See FAIR Page 24

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

FAIR

Continued from Page 23

celebrated more than 20 wedding anniversaries.

But, the El Reno proved wrong everyone who believed those who lived together longest knew each

screenings.

The day started with Ms. Oklahoma Senior America Dawn Anita Plumlee singing the National Anthem. The Duncan, Oklahoma, singer and songwriter was crowned during a July 29 pageant; 2016 Ms. Oklahoma Senior America, Dove



The Oklahoma City Indian Princesses and Miss Oklahoma State Fair Outstanding Teen took part in the antique tractor parade, held as part of Oklahoma State Fair Senior Day.

other best, matching each other's answers on four of five questions.

"I couldn't believe it, but we just are so compatible, just know each other so well, that I guess I shouldn't be surprised," Cindy said.

After being crowned 2017 king and queen and receiving a host of prizes, flowers, crowns and a trophy, the couple took part in the antique tractor parade, which wound its way through State Fair Park.

Bob and Cindy Ward met, as many couples do, online. After each lost their respective spouses, they reached out on a Christian dating site, literally across the miles - Cindy lived in Deming, New Mexico, while Bob was in Sierra Vista, Arizona.

"We had a 97 percent match, and when we met, it just clicked," Bob said. "We knew it was meant to be."

With family members facing serious illnesses in Cindy's hometown - El Reno - the Wards decided Oklahoma was the place to be, and they've never looked back, they said.

"It hasn't always been easy, but we're together and that's what matters," Cindy said.

While Cindy and Bob Ward were the stars of Senior Day, they were far from the only attraction during the special event. Many vendors provided medical, home, entertainment and other information, while others conducted diabetes, blood pressure, fall risk and memory

Morgan Schmidt of Bristow, led the antique tractor parade later that day.

The antique tractor parade featured not only Schmidt and the Wards, but also other state fair royalty - Oklahoma City Indian Princesses, Miss Oklahoma State Fair, Miss Oklahoma State Fair Outstanding Teen and Oklahoma Frontier Experience cast members, as well as several area Red Hatters riding their own float. Tractors, ranging from historic to beautifully restored and even a little silly, were not only the parade's stars, but also then remained for the rest of the fair as part of a tractor exhibit involving several Oklahoma tractor clubs. The Not Just Country Line Dancers, Oklahoma State Fiddlers, Okie Stompers, Southeast Navy Band, Dorothy's Line Dance Class, Vocal Sounds of Oklahoma and Yellow Rose Dinner Theater provided entertainment, and Oklahoma State Department of Health sponsored two Tai Chi sessions. Several trivia and creative activities rounded out the day, while an Elvis Extravaganza was the event's evening finale.

"We wanted to make this bigger than ever before - to make this a celebration of all seniors, to give them what they're interested in seeing, learning about and doing," organizer Wynelle Record said. "We're very happy with the turnout, and we're already looking forward to next year."

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



SENIOR TALK

Read what other Seniors have to Say...

What are you looking forward to for the rest of the year? The Veraden Senior Living at Edmond

My daughter is coming to spend a few days with me in November.



Alice Musser

I'm looking forward to the holidays but I'm really content right now. I don't worry about what's coming



Kay Dudley

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

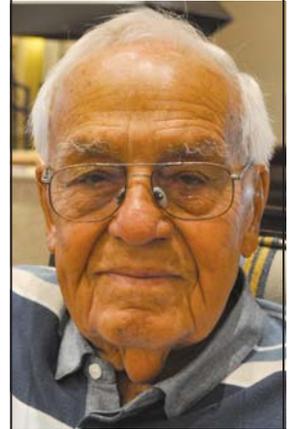
SENIOR TALK
or call
SENIOR NEWS AND LIVING
405 - 631 - 5100

Enjoying these Indian summers in the Southwest U.S. We just have fabulous days.



Charles Kramer

Football is going on. Basketball is coming up. I like sports so the winter months are good.



Jack Brubacher



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



Learn about your surgery-free pain treatment options at one of four locations across Oklahoma!



CALL TODAY
405-444-PAIN
(7246)

Dr. Keley John Booth, MD - Spine & Joint Pain Specialist

ANA Calls for Action in Wake of Police Abuse of RN

The American Nurses Association (ANA) is outraged that a registered nurse was handcuffed and arrested by a police officer for following her hospital's policy and the law, and is calling for the Salt Lake City Police Department to conduct a full investigation, make amends to the nurse, and take action to prevent future abuses.

The incident occurred July 26 at University Hospital in Salt Lake City, Utah and video footage of the incident was recently released. Registered nurse Alex Wubbels was arrested after refusing to draw blood from an unconscious patient who had been injured in a collision and was a patient on the burn unit.

According to the video, Nurse Wubbels shared details about the hospital's policy with the police officers and consulted her supervisors in responding to the detective's request. Wubbels cited the hospital's policy, stating that blood could not be taken from an unconscious patient unless the patient is under arrest, a warrant had been issued for the blood draw, or the patient consents. The police officers stated that they had implied consent to get the blood sample and they believed that the hospital's policy contravened their duty to enforce the law. However, "implied consent" has not been Utah law for more than a decade. Additionally, the U.S. Supreme Court ruled in 2016 that warrantless blood tests go against privacy interests and public safety and therefore are not allowed. "It is outrageous and unacceptable that a nurse should be treated in this way for following her professional duty to advocate on behalf of the patient as well as following the policies of her employer and the law," said ANA President Pam Cipriano, PhD, RN, NEA-BC, FAAN.

According to the Code of Ethics for Nurses with Interpretive Statements, "the nurse promotes, advocates for, and protects the rights, health, and safety of the patient." Unfortunately, nurses often are victims of violence on the job. In 2015, ANA adopted a policy of "zero tolerance" for workplace violence and called on nurses and their employers to work together to prevent and reduce the incidence of workplace violence. "Nurses and police officers work collaboratively in many communities," said Cipriano. "What occurred is simply outrageous and unacceptable. Nurse Wubbels did everything right. It is imperative that law enforcement and nursing professionals respect each other and resolve conflicts through dialogue and due process."

ASSISTED LIVING & MEMORY SUPPORT IN MIDWEST CITY



Fountain Brook
Assisted Living & Memory Support

At **FountainBrook**, our caring staff offers 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.

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

Call for move-in specials!



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

FountainBrookLiving.com | (405) 463-2583



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
2232 W. Hefner Road. Suite A
Oklahoma City, OK 73120
www.mcmmedicare.com



Excell PRIVATE CARE SERVICES
A Legacy of Excellence



Providing personalized assistance at home for seniors.

- Assistance with activities of daily living
- Medication reminders
- Light meal preparations and errands
- Companionship and more
- Services range from 1 hour a day to 24 hours, as needed.



For consultation call: 405.639.3939

Toll-Free - 1.866.631.8711
10600 S. Penn. Suite 11 - OKC, OK 73170
www.excellcares.com

WHEN PATHS CROSS

By Darlene Franklin

Tapiwa Gwenlisa "Gwen" Marange founded the International Albinism Awareness Initiative in Zimbabwe in 2015. Since then, she's led the nation's first International Albinism Awareness Day and organized a team to help women, teens, and children with Albinism in a country where they are misunderstood, stigmatized and mistreated.

I met Gwen in the nursing home where I live. She was visiting our preacher, her brother, after participating in the Mandela Washington Fellowship. Every year, a thousand of Africa's brightest and best young minds are chosen to learn side by side with American businesses.

Only God could cause the paths of a senior citizen from New England and a young woman from Zimbabwe to cross in a nursing home in Oklahoma. Did I ever expect to write about an international difference maker? No, but God knew we would meet.

Did Gwen wonder how to spread the word about her mission in America? God arranged our meeting, although I wouldn't consider myself the ideal messenger.

As people say, it's a God-thing. God's ways and God's thoughts direct the outcome. God called Gwen to making albinism awareness her life's work through a mothers' support group she joined after her divorce.

People with albinism comprise almost three percent of Zimbabwe's population of fourteen million. It's a genetic condition where a



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

See PATHS Page 29



A MEAL & COMPANIONSHIP SERVICE FOR SENIORS

Nourishing the body while **Nurturing** the spirit. Great food, great companionship! Each **Mealfull** meal plan is priced to be affordable and includes a wide array of cuisine.

Mealfull servers deliver two delicious dishes and provide companionship for a full half-hour. Reading, playing a hand of cards or just listening.



(405) 568-6684

www.mealfull.com



Wyndam Place

SENIOR RESIDENCES



301 Triad Village Dr
Norman, OK 73071
(South of 12th and Alameda on Triad Village Drive.)

405-310-2266
www.beacon.cc

- Fully equipped kitchens with dishwashers & disposals
- Custom fit window blinds provided
- Kitchen Pantry • Easy clean European style cabinetry
- Full size washer & dryer connections in every home
- Controlled access entry with intercom • Emergency call system
- Individual water heating, furnace & central air
- Off street parking & garages available
- Beautiful community room • Resident lounge/Fitness equipment
- On-site manager & 24 hour emergency maintenance

Pets are Welcome at Wyndam Place






INDEPENDENT LIVING FOR SENIORS 62 & GREATER

OKALA's RCAL Administrator Certification Course

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 versions); 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

OKALA Fall Assisted Living Seminar

Topics covered: ASSISTED LIVING ADMISSION CRITERIA, AGING IN PLACE, HOSPICE IN ASSISTED LIVING, DISCHARGING RESIDENTS, NEW AL REGULATIONS & RULES, "HIGH 5" YOUR STAFF.

Tuesday, November 14, 2017
Registration: 8am - 8:30am - Adjourn: 4pm
Lunch Provided

NAB CEU'S • This educational offering will be submitted for review by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB) for approval of 6.0 clock hours and 6.0 participant hours.

OKALA MEMBERS
\$60 CEU's
\$35 Non-CEU

NON MEMBERS
\$75 CEU'S
\$50 Non-CEU

Space is Limited REGISTER by 10/31/17
WWW.OKALA.ORG

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. 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

Every Two Minutes, Someone in the U.S Dies from Sepsis

Here are some facts from Sepsis Alliance, the nation's leading sepsis advocacy organization, about sepsis in the U.S. and how simply knowing the signs can save a life.

You probably have never heard of it. In fact, only 55 percent of adults in the U.S. ever have. It's sneaky and is the result of your body's immune system turning on itself instead of fighting the cause - an infection. It can start from something as simple as a tiny cut. It doesn't discriminate and can happen to anyone - young or old, healthy or ill. Every year, more than 258,000 people in the U.S. die from it, more than from prostate cancer, breast cancer, and AIDS combined. The most devastating part is that it's treatable, especially

when it's caught early and treated properly. What is it? Sepsis.

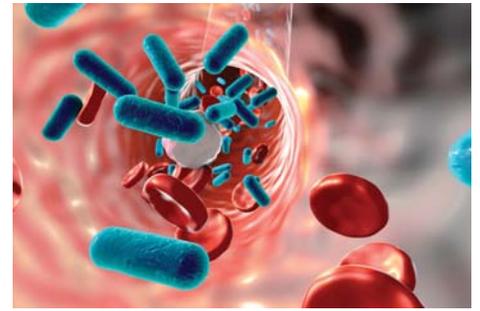
"Sepsis is the overreaction of the body's immune response to an infection. This can lead to organ damage and even death," said John Hurst, St. Anthony Infectious Diseases Pharmacist and Director of Antibiotic Stewardship. "Anything from pneumonia to a UTI can progress to sepsis. The most common causes of sepsis are infections of the lungs, skin, abdomen and urine. It's important to know that 80 percent of sepsis cases start outside of the hospital

setting."

So what symptoms should you look for? "When someone has an infection along with any combination of the following signs it could be sepsis: shortness of breath or rapid breathing, confusion or disorientation, fever or shivering, high heart rate, extreme pain, and/or pale clammy skin," said Hurst.

The quicker sepsis is diagnosed and treated, the higher the chance of survival with no or minimal long-term affects, such as amputations. "The best thing you can do is seek medical care. Sepsis is a medical emergency and every minute counts when we look at sepsis survival," stated Hurst. "Call your doctor or go to the emergency room immediately if you think you or someone you are caring for has sepsis. Don't be afraid to ask your doctor 'Could this be sepsis?'" he added.

So you know what sepsis is and the symptoms, now what? Prevent infection in the first place by using good hygiene - wash your hands, properly care for



open wounds, get vaccinations, and seek medical attention if you suspect sepsis. "Vaccinations are extremely important in the prevention of sepsis, especially the flu and pneumonia vaccines," said Hurst. "Seeking medical care for infections before they get out of control can help prevent progression to sepsis. For patients with diabetes, skin and foot care can prevent infections from taking hold and putting you at risk for sepsis."

Remember, every two minutes someone dies from sepsis - a treatable condition that can start from any kind of infection. So don't hesitate if you suspect sepsis and get medical help as soon as you see the signs. You could save a life.

STONE CREEK
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

The Game Plan: Beat Prostate Cancer through Awareness & Early

Prostate cancer is the most common cancer among men. Nearly one in seven men (and one in five African American men) will be diagnosed with prostate cancer in their lifetime. But if detected early, this is a disease that can have very effective treatment options. That is, if men will go get screened.

In an effort to increase awareness of the disease, the benefits of early screening, and to give guys the extra "nudge" they need to follow a good game plan for their health, the National Football League Alumni Association (NFLA), Cancer Treatment Centers of America (CTCA) and LabCorp are teaming up.

The Prostate Pep Talk Partnership

The three organizations launched the Prostate Pep Talk campaign across the country with patients, oncologists and NFL legends. The goal is two-fold: to educate men about prostate cancer stats, risks and symptoms as well as to increase access to screenings.

Through Oct. 15, up to 2,000 men, ages 40 and older, who meet eligibility requirements, may sign up to receive a free Prostate Specific Antigen (PSA) screening at most LabCorp locations. After the first 2,000 spots are filled, qualifying men may still schedule a screening at the discounted price of \$25 through mid-October.



Prostate Pep Talk panelists (L to R) are: cancer survivor Richard Smith, Steve Largent, Dr. Michael Payne, CTCA medical director of radiation oncology, Ed Too Tall Jones, and CTCA CEO Jay Foley.

Dr. Michael Payne shared why CTCA partnered in this important program during national Prostate Cancer Awareness Month, September 1-30. "The American Cancer Society (ACS) estimates

there will be 161,360 new prostate cancer diagnoses in 2017," said Payne. "The ACS recommends that men who are considered high-risk get screened beginning

See PLAN Page 31

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



SENIOR LIVING PLUS

Everyone Deserves a Great Life!
www.meridiansenior.com



MERIDIAN
SENIOR LIVING

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

PLAN

Continued from Page 30

at age 40. Risk factors for being at higher risk can include family history and race, with African-American men having a more than 20 percent higher likelihood of developing prostate cancer. The oncology community recommends the men at average risk should be screened starting at age 50. More men need to be aware and take action." CTCA of Tulsa hosted a panel discussion on August 30 for patients, community business leaders, cancer support organization representatives, as well as legislative and chamber guests and featured a prostate cancer panel discussion. The informative session was followed by a "meet and greet" reception with former NFL players Ed "Too Tall" Jones and Steve Largent. The football greats shared stories of how their lives, and lives of players or coaches close to them, have been impacted by this specific type of cancer.

Life Lessons from Legends
The NFL Alumni Association is a nationwide group of former

NFL players, coaches, staffers, cheerleaders, spouses and associate members whose mission is to serve, assist and inform former players and their families. The Association offers a variety of medical, financial and social programs to help members lead healthy, productive and connected lives. The partnership fit well in their mission and the retired football icons were more than happy to be in the Prostate Pep Talk lineup.

Former Seattle Seahawk Largent shared his memorable story of good friend, Oakland Raider Mike Haynes. "Mike had retired and was inducted into the Hall of Fame and got a job with the NFL out of New York City. While doing a promotion tour for prostate screening, he got screened himself. His test came back positive."

"It was a shock," said Largent. "Here was this guy with a similar career to mine and in his early 50s. He had prostate cancer. Cancer doesn't care if you look healthy, are 6 foot 4 and weigh 250 pounds. It can impact anyone."

Patients Given a Winning Chance

Norman resident and cancer survivor Richard Smith knows that first-hand. "I had no symptoms," noted the Tulsa CTCA patient who shared his personal prostate cancer diagnosis and treatment journey alongside the NFL alums.

"I was at an age my doctor recommended the PSA test during a routine check-up. My numbers came back high," explained Smith. "And I was inclined to do nothing more. But my doctor persisted in encouraging me to follow up further on the results. I finally did and those test revealed I had

the cancer."

The parting advice from all of the panel participants in Tulsa was this: be the champion of your own health. No excuses, fellas.

"We caught it early enough for me to be here to tell my story," added Smith. "My advice: get the test. Listen to your doctor. Win at life."

To sign up or learn more about eligibility, men can visit www.prostatepeptalk.com. Testing will be performed at most of LabCorp's patient service center locations across the country. No case is typical. You should not expect to experience these results.

STRANGE BUT TRUE

SO THEY SAY...

BBT The names of Popeye's four nephews are Pipeye, Peepeye, Pupeye, and Poopeye!

BBT Until the nineteenth century, solid blocks of tea were used as money in Siberia!

BBT The Nobel Peace Prize medal depicts three naked men with their hands on each other's shoulders!

BBT When glass breaks, the cracks move faster than 3,000 miles per hour. To photograph the event, a camera must shoot at a millionth of a second!

BBT A Boeing 747 airliner holds 57,285 gallons of fuel!

America's Choice in Homecare Is Now Here!



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



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.** 

55+

Life here is a *year-round holiday.*



With spacious, luxurious apartment homes and modern amenities designed to host large gatherings, Tapestry at Quail Springs has everything you need to celebrate all of your cherished holiday traditions with family and friends. Our residents have access to a wide range of extended living areas, including a large dining hall, bistro, private family dining room, community room and available guest suites for out-of-town visitors.

Our resort-style amenities include:

- Continental breakfast in the bistro
- Social events and activities
- Heated saltwater pool
- Fitness center
- Private patios/balconies
- Garages available
- Guest suite available
- No buy-in fees!



Tunes at Tapestry

Make a note to join us for our last
Tunes at Tapestry 2017 event.

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

October 27, 2017 | 5:30 - 7:30 p.m.

Poolside Veranda

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

Schedule a tour with us today.

For more information, call 888-706-0917 or visit TapestryOKC.com.



Active seniors • Active living

14201 N. Kentucky Ave., Oklahoma City, OK
888-706-0917 | TapestryOKC.com