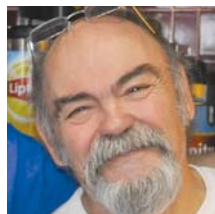


Senior finds
new life
behind silver
screen

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Taking
the sting
out of
tax time

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SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

April 2016

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Leading renaissance



photo provided

With 40 years of nursing experience, Chief Nursing Officer Gloria Ceballos, RN, PhD is at the forefront of a nursing renaissance at AllianceHealth Midwest.

by Bobby Anderson
Staff Writer

Gloria Ceballos, RN, PhD has worked in just about every nursing area you can imagine. From the operating room to home care to the classroom, Ceballos' 40 years in nursing has taken her to places she never thought possible.

Now, as the Chief Nursing Office of AllianceHealth Midwest, Ceballos is lending that experience to growing local nurses who want to

work for their hometown hospital.

Ceballos has helped transition the former Midwest Regional Hospital to the new AllianceHealth Midwest name.

"It has been a great ride with committing to quality of care here at Alliance Midwest," Ceballos said. "We've seen a lot of change this year, changing our name and recruiting new nurses. We've recruited over 25 brand new nurses where

for a while this hospital was hiring just one or two new nurses."

Growing nurses is a passion for Ceballos.

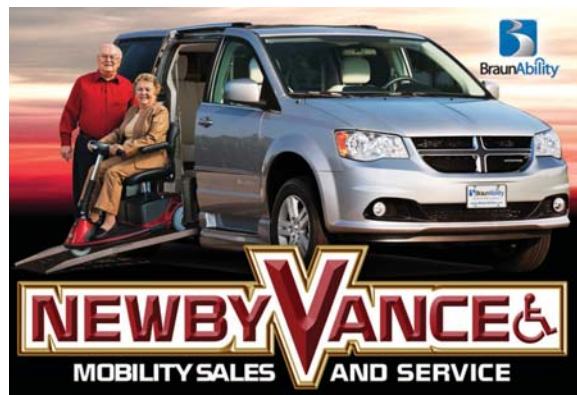
She made sure AllianceHealth Midwest awarded eight \$5,000 scholarships to students in the medical field last year. Four went to high school students and the rest went to college students already in a medical program.

Ceballos assigned

See CEBALLOS Page 3

Caring business model

*Diverse excellence sets
the standard for Newby
Vance Mobility Sale*



by Jason Chandler, Staff Writer

It is the business model of Newby Vance Mobility Sales in Guthrie that is unique in meeting the needs of persons living with a disability, said Jim Seeger-Newby, of Newby Vance Mobility Sales. Newby Vance Mobility Sales is the only Ford, General Motors, Chrysler dealership franchise in the United States, Newby said.

"It's also a full-fledged comprehensive mobility dealer," Newby said.

The business model is designed to allow people who have a family member with a special transportation need to come to a single location, Newby said. Their individual vehicle needs will be identified at the same time their mobility needs are evaluated.

See NEWBY Page 2

Spotlight on Community Helping those in need

200 ladies strong, Auxiliary helps Army make a tremendous difference.

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NEWBY

Continued from Page 1

"It allows people to be treated like anyone else and not have to go to a car dealership and purchase a vehicle and then have to take their vehicle to a handicapped store to have it adapted," he said. "That is not a very user-friendly way to have their needs met."

The Newby Vance Mobility Sales business model allows people to bring their vehicle here for its service work and body shop work to be taken care of at a single location.

"That is the strength of our business model," he said. "So what we offer is a comprehensive mobility/automotive business model that allows people to have their entire set of automotive, transportation mobility needs met in a single location."

The business was founded 20 years ago and with a lot of hard work became one of the largest 15 mobility dealers in the United States. He runs the business with his son, Marcus Newby. Its success is not only due to its business

model but also by the way Newby Vance Mobility Sales treats customers with individualized service. Newby Vance Mobility Sales dwells on the relationships it cultivates with every customer.

"Once you do business with us, unless you move away or unless I move away, we're probably going to know each other for the rest of our lives," Newby said. "Because you're going to be contacting us and bringing your vehicle in for special service, special care when the equipment or adaptations require special service or repair."

Customers bring their needs back to where they have a trusted relationship at Newby Vance Mobility Sales. Relationships have been developed with more than 7,000 customers, Newby said. So reoccurring business is common.

Although Newby Vance Mobility Sales is located at an automobile dealership, it is important for customers and potential customers to function on a scheduled basis. The company serves clients from all across the state.

People go to typical car dealership stores sometimes on a



photo by Jason Chandler

Lori Forston, office manger for Newby Vance Mobility Sales in Guthrie stands beside the BraunAbility which is one of many diverse products offered at the dealership.

whim, but 95 percent of Newby Vance Mobility Sales meeting with customers is on a scheduled basis, he said.

"When you come, one of the things we help you do is to identify what your short-term or long-term needs are," Newby continued. "And that takes time to do. It's not much fun to try to do that when you have people walking in and out on an unscheduled basis."

The location is west of the 153 exit on Interstate 35, making it an easy to find business in central Oklahoma at the northern edge of the Oklahoma City metroplex.

"We're right on the I-35 artery, and so it's real easy to get to us no matter what direction you're coming from," Newby said. "You don't have to suffer if you will congested city street driving to get to us. We're a little bit farther for some people but it's actually an easier drive for the majority of people who come to us."

The BraunAbility manufactures a conversion that is installed on several different mini vans. This conversion lowers the floor of a vehicle to provide adequate head room for those people entering the vehicle in a wheel chair.

"The conversion also consists of a ramp that can operate electrically or manually," he said.

A person can literally push a button for the ramp to deploy and bring the person into the vehicle while they are in their chair. The flexibility of the product allows a person to drive from a wheelchair, ride in their wheelchair or transfer from their wheelchair.

"Not all people need a special mini van. It's very individualized," he said. "It's what a person's needs are and how you can help them determine what is in their best interest."

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CEBALLOS

Continued from Page 1

mentors from the hospital to help them along.

"The scholarship doesn't tie them to us - we hope it does," Ceballos said. "It's more mentoring through their schooling. In the end, they could choose to work for us if they wanted to."

By being one of the largest employers in the area, AllianceHealth Midwest is able to be a strong supporter of employment opportunities within the community. AllianceHealth employs more than 1,500 individuals, equaling to more than \$70 million a year paid in salaries and benefits.

What was established in 1962 as a community hospital is now a 255-bed acute care facility. AllianceHealth Midwest was the first metro hospital to meet the requirements to be recognized as a Certified Level III Trauma Center by the Oklahoma State Department of Health.

"There are nurses that want to stay here in the community

and if we encourage them they will stay," Ceballos said. "Oklahoma needs every single nurse it can keep. Nursing is a career you can take worldwide, really. We want to keep the nurses that want to stay close to home and to their families and not have to leave."

Formerly, Ceballos worked as a consultant in Florida. Ironically, it was that job that brought her to Midwest City.

She came to help with finding solutions but found a great opportunity in front of her.

"I saw the effort this team put in. They convinced me to come," Ceballos said. "Most people don't get to see their organizations from the inside before they're hired. I got to see that and test it."

With healthcare rapidly moving to a pay-for-performance model, Ceballos says communication of that fact to employees is critical.

Under Ceballos quality scores have improved.

"We are incrementally improving and sustaining, which

is very important," Ceballos said. "Nationally, hospitals are struggling with their satisfaction scores. Patients are not well when they come to us. Our goal is for them to understand why they are hospitalized and what they need to know before they leave."

"We want to make sure if they need us again they are sure to come back."

"I want the nurses to embrace the new healthcare environment because it's here to stay."

With the increasing importance of scores derived from the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS), Ceballos says it's important that nurses understand how the assessment works.

The HCAHPS survey contains 21 patient perspectives on care and patient rating items that encompass nine key topics: communication with doctors, communication with nurses, responsiveness of hospital staff, pain management, communication about medicines,

discharge information, cleanliness of the hospital environment, quietness of the hospital environment, and transition of care.

The survey also includes four screener questions and seven demographic items, which are used for adjusting the mix of patients across hospitals and for analytical purposes. The survey is 32 questions in length.

"Those questions are being correlated with patients coming back in the hospital," Ceballos said. "Patients who answered poorly in some of these questions nationally are correlating maybe with readmissions, not taking their medications or not following up with their doctors. The patients still have to make the decisions but when they leave the hospital we should have given them the opportunity to have those questions answered."

And one by one, Ceballos is answering any questions people might have about whether AllianceHealth Midwest is the right place for them.

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April AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Apr 5/ Tuesday/ Norman/ 9 am - 3:30 pm/ 691-4091/ Palinsky
4050 Interstate Dr.

Apr 7/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Palinsky
Integris 3rd Age Center - 5100 N. Brookline

Apr 8/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards
S.W. Medical Center -4200 S. Douglas, Suite B-10

Apr 9/ Saturday/ Harrah/ 9 am - 3:30 pm/ 454-1456/ Harrah Senior Center

Apr 12/ Tuesday/ Warr Acres/ 9 am - 3:30 pm/ 789-9892/ Palinsky
Warr Acres Community Center - 4301 Ann Arbor

Apr 16/ Saturday/ Yukon/ 9 am - 3:30 pm/ 354-5906/ Edwards
Spanish Cove - 11 Palm Ave.

Apr 22/ Friday/ Okla. City/ 9 am - 3:30 pm/ 681-3266/ Palinsky
Woodson Park Senior Center - 3401 S. May

Apr 23/ Saturday/ Chandler/ 9 am - 3:30 pm/ 258-5002/ Brase
1st Methodist Church - 122 West 10th, church basement

Apr 25/ Monday/ Midwest City/ 9 am - 3:30 pm/ 737-7611/ Edwards
Midwest Senior Center - 8521 E. Reno Ave.

1st Baptist Church Family Life Center - 300 W. Commanche

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

OPINION

THE SAVVY SENIOR

Dear Looking,

Most auto insurance companies offer policyholders a wide variety of discounts, many of which can benefit retirees. Auto insurers love older drivers because they're experienced behind the wheel and they drive less than younger age groups, which makes them a lower risk for accidents and a safer bet for insurance companies.

While discounts will vary by insurer, many of these benefits can reduce your overall premium by 15 to 20 percent or more, and you are usually allowed to combine discounts to increase your savings, though total discounts are often capped at around 25 percent.

To find out what discounts may be available to you, contact your auto insurer and inquire about these benefits, and any others that may benefit you.

Age discount: Many auto insurance companies offer a general "senior" discount that will reduce your premium just because you've reached a specific

Dear Savvy Senior,

Love read that many car insurance companies offer a variety of discounts to older drivers when they retire or reach a certain age. What can you tell me about this?

Discount Seeker

age. The actual name and amount of the discount will vary by insurer.

Allstate, for example, provides a "senior adult discount" of up to 10 percent to drivers who are at least 55 years old and aren't actively looking for full-time work. And Liberty Mutual offers a "newly retired discount" to drivers who reach that employment milestone, regardless of age.

Low mileage discount: Most insurers offer discounts to customers who drive limited miles each year, which is often beneficial to retirees who drive less because they don't commute to work every day. The fewer miles you drive, the lower your odds of getting into an accident.

The parameters of low mileage differ by insurer, but generally about a 10 percent discount is available for driving less than 5,000 to 8,000 miles each year, although smaller discounts may also be available to seniors who drive more than this but less than 15,000.

Auto Insurance Discounts for Older Drivers

Drivers Ed discount: Many states require insurance companies to offer "defensive-driving" discounts to drivers who take a refresher course to brush up on their safety skills. The discounts vary usually ranging between 5 and 15 percent.

Driver safety courses are inexpensive, usually costing around \$20 to \$30 and can often be taken in a classroom or online. To locate a class contact your local AAA (aaa.com), which operates a Driver Improvement Course for seniors, or AARP (aarp.org/driversafety, 888-227-7669), which offers the Smart Driver Course to members and non-members.

Club member discount: Insurers offer discounts to members of clubs and associations with which they have partnered. These could include professional associations, workers' unions, large employers or membership organizations such as AAA, the National Active and Retired Federal Employees Association, the Seniors Coalition, AARP,

etc. You could even qualify for savings based on the college you attended or the fraternity or sorority you belonged to decades ago.

Safe driving discount: Many insurance providers now offer discounts based on how and when you use your car. To do this, they would place a diagnostic device in your car that transmits wireless data on how you drive (including how fast you're going and how hard you're braking), when you drive and how much you drive. Drivers are rewarded for safe driving, low mileage and for not driving late at night.

In addition, many insurance providers also offer discounts to drivers who do not have any violations or accidents for three or more years.

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.*

Assisted Living vs. In Home Care

By Ron Burg

It can be really hard to make a decision about the living situation of an aging parent or loved one. Most people are going to want to remain in their homes for as long as possible, but sometimes that just isn't best for the situation. It is very subjective, and it depends on the individual scenario. If you are in the position that you need to make a decision on what to do about care for your aging loved one, consider the following before you decide:

Questions You Need to Ask First

1. Do they live alone?
2. Is there a way to improve their quality at home?
3. Is there someone that could move in or that they could move in with?
4. Do they need someone to prepare their meals?
5. Do they need medication reminders?
6. Do they need regular medical care?
7. What does your loved one want to do?

It is important that you consider what your loved one wants to do. After all, it is their life that is going to change. If they don't want to move into an assisted living home, don't make them. If they do want to move

into an assisted living home, let them. Their wishes should always be at the front of the decision, as long as they are of sound mind.

Assisted Living

Assisted living can be a good decision for those who need a little more assistance on a regular basis. The staff at the assisted living facility is going to interact with the residents multiple times a day, and they will learn their routines. The good thing about an assisted living home is that someone can be there within seconds if something were to go wrong. This is especially important for those senior that have chronic conditions.

In Home Care

There are benefits for at home care. It allows your loved one to continue living independently, but can also provide services if you need them, and it can help give you peace of mind. In home care is a good option for seniors who follow a consistent schedule and just need minor help. Say your parent needs help preparing lunch and maybe taking a bath afterward. An aide can come in during that time and help them out on a scheduled basis. This is a really helpful thing if there are other family members who provide most of the support, but who need a break sometimes.

Ombudsmen Volunteers Needed

Have you ever been in a nursing home or assisted living and overheard residents complaining and thought to yourself, "Something should be done. I wish I could help." Maybe you or someone you know has a loved one and for one reason or another, needs to have long-term care. You try to find the best place possible by doing your homework; investigating, interviewing and finally you choose a facility. The loved one moves in and everything is going fine. Then comes that proverbial bump-in-the-road. Now what do you do? The answer is to call the Ombudsman.

If you haven't heard, an Ombudsman is someone who advocates for residents living in long term care facilities. An Ombudsman visits with residents to find out their perspective on the care they receive. Ombudsmen try to empower residents or advocates for the residents to resolve that proverbial bump-in-the-road, no matter how big or small that "bump" may be.

According to the Nursing Home Reform Law, there are two key provisions that establish the foundation of care that older Oklahomans are entitled to have: Quality of Care and Quality of Life. This is the main focus of an

Ombudsman volunteer. Ombudsmen ensure residents are receiving what they are entitled too, as well as, being that friendly face residents can count on.

If you are interested in being that friendly face, it only takes a desire to be the difference in someone's life. Potential volunteers have to complete a two day training class, become certified, attend a once a month training meeting, and commit to a minimum of only 2 hours per week visiting with residents. Sound simple? It is! Such a small sacrifice to make a huge impact in the lives of so many. Our aging community deserves a happy life. Will you help deliver some happiness?

The next training will be April 27-28, 2016 at Areawide Aging Agency located at 4101 Perimeter Center Drive, Suite 310, Oklahoma City, Oklahoma. Each day classes begin at 9:30am and adjourn at 3:30p.m. This 2-day training is absolutely FREE. If you are interested in becoming a volunteer or just want to learn more about the Ombudsman program, please RSVP by April 25, 2016 or contact Debra Burris or Eric Locke at (405)942-8500. Hurry!! There's limited seating and you must register to attend.

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COMMUNITY

In the movies

Senior finds new life behind silver screen

by Bobby Anderson, Staff Writer

After several health issues including a heart attack, stroke and a multiple sclerosis diagnosis, Martin Evans' doctors term him a "walking miracle."

So at age 63 it shouldn't come to anyone's surprise that the man with a background in food service, construction and ministry has combined all three and opened up Norman's newest discount theatre.

Three months and bucket fulls of sweat equity later, Evans wouldn't trade the experience for the world and movie goers

continue to line up day after day for a unique entertainment experience.

"It's a family-oriented business," Evans says. "Our prices are reflective of value."

The theatre features \$1 tickets on Tuesdays. All other days shows before 4 p.m. are \$2. After 4 p.m. the price goes to \$3.

The value continues at the concession stand where you can get a large popcorn, large drink and candy for less than \$10. Soda refills are just a quarter.

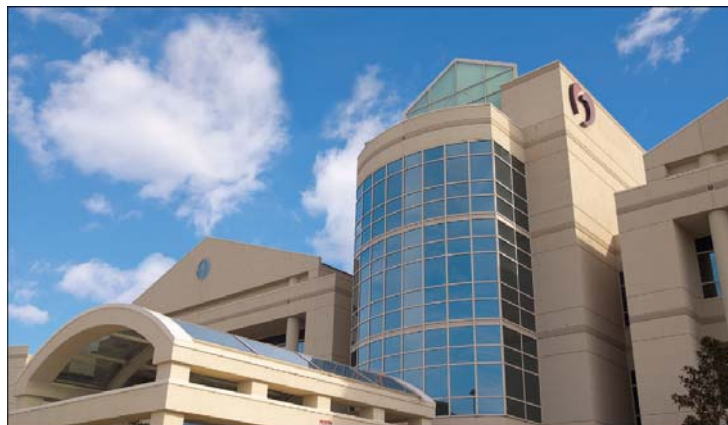
Evans admits he couldn't do it without his wife of nearly 35

Continued next page



photo by Bobby Anderson

Martin Evans, 63, along with son, Josh, wife, Pam, and the rest of his family have opened a discount movie theatre in Norman.



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MOVIES

Continued from Page 6

years, Pam.

Three sons and a daughter - nearly half of the Evans family - plus a nephew all work at the theatre.

Evans has nine children.

"Everyone of them rolled up their sleeves when it was still building in progress and my brother-in-law came out for a couple months and did most of the painting for us," Evans said. "(Having a family business) most days it's great. Some days we're on opposite ends of the building so we don't scream at each other."

Evans has a long history in customer service.

He managed Sambo's restaurants years ago as well as a string of fast-food restaurants in California and Southern Oregon.

A few years back, son Josh opened a theatre with partners in Waterbury, Connecticut. Hurricane Sandy struck and three months later a major nor'easter all but deflated Josh's chances at operating a successful movie theatre.

"Things kept piling up so they closed it but he always wanted to get back in," Evans said.

So it was no surprise that Josh came to his parents for a serious talk.

"He said he really wanted to do something with us," Martin said. "He told us we weren't going to make a living on Social Security and he wanted to get us in a position where we could make a living and not have to work."

There's been plenty of work lately, but Evans has a vision of duplicating his theatre success in other markets.

"I'm 63 and for the first time in my life I was able to go to a car lot and buy a brand new car," Evans said. "A week later I went back and bought another one for the company."

The public has responded.

"We're having a ball. We love it and we love the community," Evans said. "I can't think of a better place to live and start your business than Norman."

Before the front doors were even unlocked Christmas Eve 2015 more than 5,000 people

had liked the theatre's Facebook page.

A crowdfunding campaign yielded nearly \$30,000 with people purchasing discount admission cards and on-screen advertising.

Schools from as far away as Paul's Valley are bringing 200 students at a time for reward days.

Movies like Goonies, Back to the Future, Gone with the Wind, Sound of Music, Singing in the Rain, Indiana Jones and Jaws are back up on the big screen for those who

"A lot of kids will get to see a movie that they've maybe seen on TV but not on the big screen," Evans said. "We cater to the kids and cater to the families. We see everything from grandparents bringing their kids for their first movie experience to large families on a tight budget. We're starting to see more college kids."

"Really we're widespread but we have a lot of seniors."

The Red Hat ladies come once a week to enjoy the newly-renovated digs. Upgraded sound, seating and carpet await theatre goers with a new 3D experience coming later this summer.

A family of five can come to the theatre and spend less than \$50 including tickets and food.

Evans even offers a special line of all-beef hot dogs.

The nacho dog has cheese, chips and jalapenos. The namesake Marty Dog weighs in with white queso, bacon, guacamole and pico de gallo.

Fresh-baked pizza and boneless wings make an appearance after noon.

Evans credits a very aggressive film booker in getting the theatre its releases.

"It's the same process. We have a booker who negotiates the film and the studio tells us the special things we have to do," Evans said.

When you walk into Evans Theatres you can tell it's a different type of theatre.

Pam Evans knows why.

"We believe everyone that walks through that door is family - family that we like," Pam says with a chuckle.

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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	www.wpmonline.com								*			*	*
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.cstonedev.com									*	*	*	*
Heritage Point of OKC <i>Assisted Living Alzheimer & Memory Care</i>	54	OKC	405-252-8200	www.heritagepointokc.com	*		*	*	*	*	*	*	*	*		
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	meadowlakesretirementvillage.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						*		*		*	*	
Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	www.meridiansenior.com	*	*	*	*	*		*	*	*	*		
Woodson Park Apartments <i>Independent Living</i>		Elreno	405-422-3443	woodsonparkapts@att.net	*					*	*	*		*		

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Helping those in need

Senior women host Celebration of Hope

by Bobby Anderson, Staff Writer

With 200 ladies strong, the Salvation Army Central Oklahoma Women's Auxiliary helps the Army make a tremendous difference for those in need in our community.

It's an honor that June McCoy and Beth Everett remember every time they volunteer their time and services to an organization that assists some 139,000 Oklahomans each year.

And in order to help so many the auxiliary each year holds a Celebration of Hope.

"This Celebration of Hope is the ladies auxiliary's big fundraiser," McCoy, 70, explained. "This is where we get our money to be able to donate."

The Salvation Army Central Oklahoma Women's Auxiliary is hosting the 29th Annual Celebration of Hope on Wednesday, April 6, 2016 with a silent auction beginning at 10 a.m. followed by a luncheon and program at 11:30 a.m. at Church of the Servant, 14343 N MacArthur in Oklahoma City.

Tickets for the event are \$45 and can be purchased by contacting Jill Walker at 405-627-1334. All reservations must be made by March 25, 2016.

This year the event will focus on lives that have been transformed by The Salvation Army's ministry with a personal testimony of one man's redemptive journey from homelessness back to self-sufficiency.



photo by Bobby Anderson

Ladies like June McCoy, left, and Beth Everett are part of the 200-member Salvation Army Central Oklahoma Women's Auxiliary helping those in need.

"That's our theme this year, transforming lives," Everett, 67, said. "One of the new programs that's taken our heart is called Night Watch. This is a program where the Army takes one of their disaster trucks on a Thursday night and goes under the bridges."

"We're just an arm."

The event will also celebrate 10 years of the Women's Auxiliary Buck\$ 4 Bikes program which raises funds to provide bicycles to children who are on The Salvation Army's Angel Tree at Christmas.

"Because of the generosity of this community we have the incredible opportunity to provide tools that allow individuals to better their lives," said Major Charlotte Gargis, associate area commander for The Salvation Army

Central Oklahoma. "We thank God for the privilege of providing hope, healing and restoration to those hurting in Central Oklahoma."

The program will also feature ventriloquist Darci Farmer and

See HOPE Page 18

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TAX

Continued from Page 10

you and/or your spouse are 65 years old or older. You can get an even higher standard deduction amount if either you or your spouse is blind.

- You must file using Form 1040 or Form 1040A to receive the Credit for the Elderly or Disabled. You cannot get the Credit for the Elderly or Disabled if you file using Form 1040EZ. Be sure to apply for the Credit if you qualify.

- IRS-sponsored volunteer tax assistance programs offer free tax help to seniors and to low-to moderate-income people who cannot prepare their own tax returns.

- Also see Publications 524 (Credit for the Elderly or Disabled); and 554 (Tax Guide for Seniors).

Van Blake also warns people to be cautious with their information.

Aggressive and threatening phone calls by criminals impersonating IRS agents remain a major threat to taxpayers,

but now the IRS is receiving new reports of scammers calling under the guise of verifying tax return information over the phone.

The latest variation being seen in the last few weeks tries to play off the current tax season. Scam artists call saying they have your tax return, and they just need to verify a few details to process your return. The scam tries to get you to give up personal information such as a Social Security number or personal financial information, such as bank numbers or credit cards.

"These schemes continue to adapt and evolve in an attempt to catch people off guard just as they are preparing their tax returns," said IRS Commissioner John Koskinen. "Don't be fooled. The IRS won't be calling you out of the blue asking you to verify your personal tax information or aggressively threatening you to make an immediate payment."

The IRS reminds taxpayers to guard against all sorts of con games that continually change. The IRS, the states and the

tax industry came together in 2015 and launched a public awareness campaign called Taxes. Security. Together. to help educate taxpayers about the need to maintain security online and to recognize and avoid "phishing" and other schemes.

The IRS continues to hear reports of phone scams as well as e-mail phishing schemes across the country.

"These schemes touch people in every part of the country and in every walk of life. It's a growing list of people

who've encountered these. I've even gotten these calls myself," Koskinen said.

This January, the Treasury Inspector General for Tax Administration (TIGTA) announced they have received reports of roughly 896,000 phone scam contacts since October 2013 and have become aware of over 5,000 victims who have collectively paid over \$26.5 million as a result of the scam. Just this year, the IRS has seen a 400 percent increase in phishing schemes.

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TRAVEL / ENTERTAINMENT

Something for everyone at Norman's Sam Noble

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

An undiscovered intellectual and hands on treat is the Sam Noble Museum of Natural History in Norman, Oklahoma.

Recently it was recognized for excellence by receiving the 2014 National Medal by the Institute of Museum and Library Services, the nation's highest honor conferred on museums and libraries for services to their community. This honor was only awarded to five museums out of 17,500, and five libraries nationwide.

The honor was given in a ceremony at the White House where first Lady Michelle Obama said, "The work that you do in the summers and throughout the year is filling a crucial role in our country as we strive to give our young people a world-class education."

Later O.U. President David L. Boren agreed, "This prestigious national award confirms that our museum is one of the most important university-based natural history museums in our nation and indeed in the world."

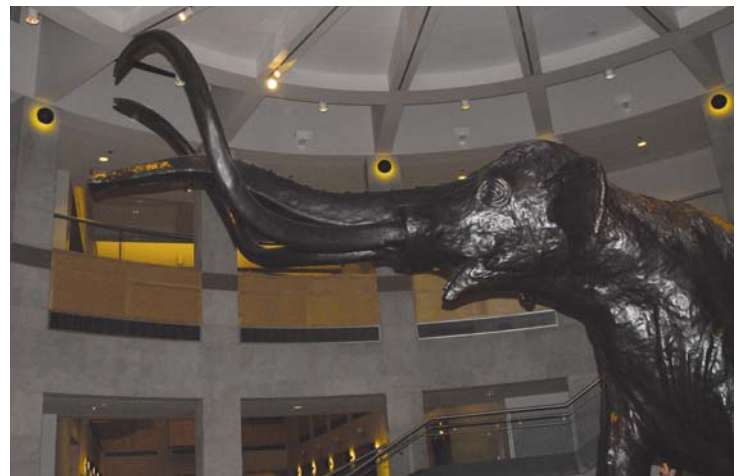
As an example of the museums outreach is the ExplorOlogy program which involves promising students from schools across Oklahoma to get a hands on experience with experts in different scientific disciplines. One ExplorOlogy program took place in the high planes of Oklahoma in the

Black Mesa area located in the states panhandle.

The Sam Noble Museum offers a variety of educational programming designed to engage and challenge students as they unlock the past, observe the present and consider the future though natural and cultural history. Jess Cole, head of education, says, "We are really fortunate to be a complement and supplement for Oklahoma schools with their science education."

More information on the museum and their educational programs can be found at www.SamNobleMuseum.org. For your visit to the museum you may take in the "Be the Dinosaur!" exhibit running through June 12th, 2016. The exhibit is based on the fossils found in the Hell Creek Formations of Montana, North Dakota, South Dakota and Wyoming. You can guide a Tyrannosaurus Rex in a search for food or learn the behaviors of the Triceratops as it ambles through the Late Cretaceous from a video console. The highlight of a visit might be the video simulated pods which allow visitors to become dinosaurs.

Another attraction is the "Through the Eyes of the Lynx: Galileo and the Microscope" through August 31st. On March 10 at 7 pm, is the free "Galileo's World Lecture Series and Sky Watch" hosted by the



O.U. Observatory.

The museum is available for catered events and banquets.

Located at 2401 Chautauqua Avenue, the Sam Noble Museum

is easily accessible near the O.U. Campus, and provides an educational and entertaining experience for all ages.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

<http://realtraveladventures.com/author/zinn/>

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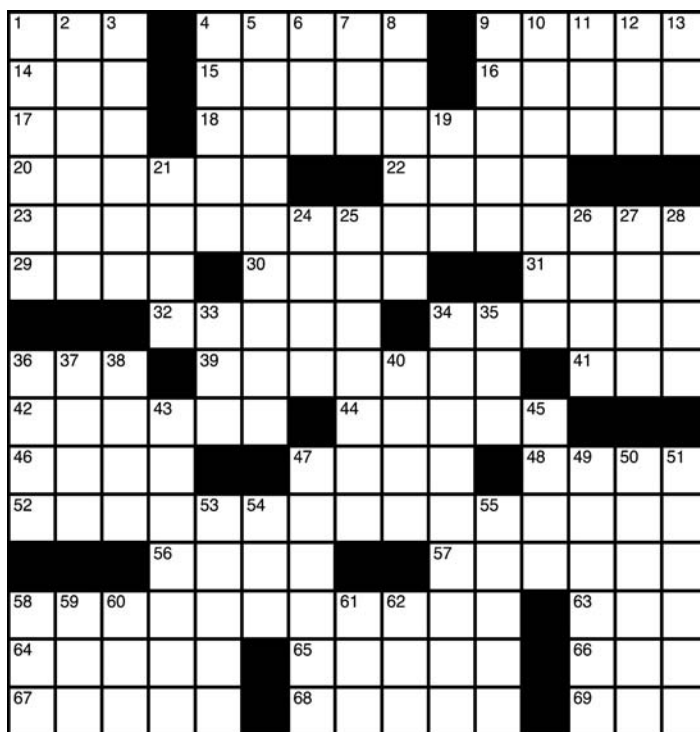
1 Mutinous Kubrick computer
4 High-end violin
9 Sextet for Henry VIII
14 British verb suffix
15 "Some glory in ___ birth ...": Shak.
16 Ginsburg associate
17 Sprightly dance
18 Shepherdess' movie role?
20 Sharp-wittedness
22 Gore, once
23 Jeweler's movie role?
29 Met previously
30 "I'm listening ..."
31 Delta deposit
32 False flattery
34 Robbins' ice cream partner
36 ER personnel
39 Horse trainer's movie role?
41 Org. concerned with the AQI
42 Crankcase component
44 Sends out
46 Boyfriend
47 Bearing
48 Meat pkg. letters
52 Weightlifter's movie role?
56 Chamber group often including a piano

Down

1 Take by force
2 "... based on my abilities"
3 Peanut, for one
4 Fifth cen. pope called "The Great"
5 "Come to think of it ..."
6 Stephen of "Breakfast on Pluto"
7 Succor
8 Hungry for success, say
9 Track transaction
10 "No thanks"
11 Google Maps directions word
12 Sea-Tac approx.
13 Protein-rich bean
19 Org. that funds cultural exhibitions
21 Litter peeps
24 Cruise stop
25 Italian archaeological

attraction

26 Puma competitor
27 Paper holder
28 Italian tourist attraction
33 CFO's degree
34 Invite as a member of
35 Verizon competitor
36 Unruly groups
37 The Lord, in Lourdes
38 Response to freshness?
40 "You got that right!"
43 Campsite sight
45 Very
47 Peak near Olympus
49 Lincoln Memorial feature
50 Bloodmobile visitors
51 Zealous
53 Black-and-white sea predators
54 Narrow inlet
55 ___ management
58 Bug on the line
59 Timeline parts: Abbr.
60 Shooter lead-in
61 Sealing goo
62 Periodic table suffix



Answers on page 18

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StoneCreek breaks ground in Oklahoma on Upscale Assisted Living & Memory Care

StoneCreek Real Estate Partners, LLC began construction on a new Assisted Living and Memory Care Community in Edmond, Oklahoma.

Construction began in December on StoneCreek Assisted Living & Memory Care in the Oklahoma City suburb of Edmond, OK. with an anticipated construction completion during the first quarter of 2017. The building will be located at NW 178th Street and Western Ave.

The Edmond project will be the second newly built assisted living community of this design for StoneCreek Real Estate Partners. The 74,000-square-foot building is modeled after The Oaks Assisted Living community in the Dallas, TX suburb of Flower Mound. The Oaks at Flower Mound opened in November 2015 and received a Silver Design Award in the 2016 NAHB Best of 55+ Housing category.

"I love Oklahoma and all that it has to offer. My daughter is graduating from the OU this spring and one of my sons will be attending OSU this fall," said Joe Geer, StoneCreek managing member. "We're excited to build on the success of The Oaks at Flower Mound and carry our passion for working with seniors to the Oklahoma City area," he added.

The \$17 million Edmond project will include 58 assisted living apartments for active seniors and an additional 32 memory care suites dedicated to individuals living with Alzheimer's and dementia. StoneCreek residents will enjoy access to spacious patios, a Bistro Cafe, a Skype lounge, physical therapy room and full-service salon in addition to other amenities and services.

The general contractor is Resource Commercial, Inc. of Dallas. The architect is Arrive Architecture Group, of Bedford Texas. Oxford Senior Living of Wichita, Kan. has been selected as the managing operator.

Oklahoma City Man Charged with Scamming Moore Tornado Victims

An Oklahoma City man is facing felony charges for scamming a Moore couple out of \$3,577.53. The money was part of the insurance settlement the couple received after their home was damaged in the March 25, 2015 tornado.

"We will not tolerate scam artists going after storm victims," said Oklahoma Insurance Commissioner John D. Doak. "It's extremely difficult to put your life back together after a traumatic event. For someone to take advantage of people in a vulnerable situation is extremely disturbing."

An investigation by the Oklahoma Insurance Department's (OID) Anti-Fraud Unit found that Antario Brown, 36, led the victims to believe he was a public adjuster and that his services were required to process their insurance claim. Not only is a public adjuster not required to process a claim, but Brown has never been a licensed public adjuster. The victims, both 78 at the time, signed a contract with Brown allowing him to negotiate with the insurance company on their behalf in exchange for 7 percent of the final insurance settlement. Brown then contacted a licensed public adjuster to perform the service. The legitimate adjuster charged the client an additional 10 percent fee. She later contacted OID after learning the victims also paid Brown. When OID investigators spoke to Brown he claimed he was paid as a consultant.

The Oklahoma Attorney General's Office charged Brown with one count of obtaining by false pretense.

"I know Attorney General Scott Pruitt takes these crimes as seriously as I do and I appreciate his hard work on this case," said Doak. If convicted, Brown faces up to 10 years in prison.

Budget Crisis Threatens Health and Safety of Vulnerable Oklahomans

For more than 20 years, many frail, elderly and disabled Oklahomans with limited means have relied on the ADvantage Waiver Program to receive at-home care. Without a line item in the next state budget, funding for these services may be cut, putting the lives of these Medicaid beneficiaries in jeopardy.

The ADvantage Waiver Program enables more than 23,000 Oklahomans to retain their independence and stay at home as long as possible, instead of being institutionalized. Under the program, qualified Oklahomans receive assistance that includes:

- Picking up groceries and medicine
- Assisting with bathing and grooming
- Providing housekeeping to maintain a clean, safe environment
- Giving respite care for other caregivers

"The ADvantage Program has been a vital part of my life, and I truly believe I would not have lived without it," said Sarah Hadyn Smith of Norman. "It has given me a life worth living in a difficult time of serious illness." Funding cuts to the ADvantage Waiver Program could be devastating. Frail and elderly Oklahomans would be forced into institutions at greatly increased cost. More than 10,000 employees will struggle to deliver quality care and Oklahoma businesses will leave the program. In addition, these employees may have their wages cut or lose their jobs and turn to other state services.

"Many of our members do not have family to care for them and just need a little extra help to remain in their home. Under this program, providers deliver needed care at a much more affordable rate than nursing homes," said Steve Goforth, president and

founder of Tulsa-based Oxford HealthCare and legislative officer for the Home and Community Based Services Council (HCBSC).

"Preserving the ADvantage Waiver Program is the financially conservative and responsible choice. It prevents overuse of the emergency room and unnecessary institutionalization," said Lola Edwards, president of HCBSC. "Cuts will create serious health and safety risks to the most vulnerable Oklahomans and cost the state more in the long run."

The Council will hand-deliver over 500 member letters of support to legislators at the capitol on March 30.

HCBSC is asking the Oklahoma Legislature to sustain current funding to the ADvantage Waiver Program through a line item in the state budget.

About the Home and Community Based Services Council-

The Council is comprised of 10

provider agencies delivering services to Oklahoma's elderly and disabled in 38 communities. The agencies represent 80 percent of all services delivered in the ADvantage Waiver Program and State Plan Personal Care Program.



Pat Moss of Ardmore is a member of the ADvantage Waiver Program.

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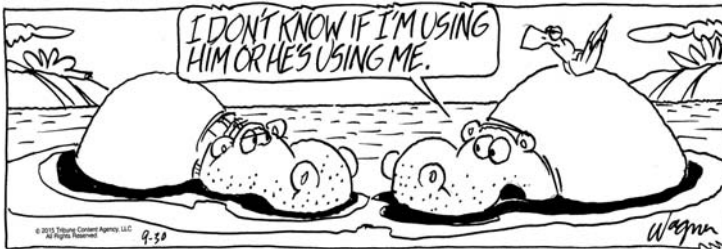
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HOPE

Continued from Page 9

KFOR NewsChannel 4 Anchor Marianne Rafferty as emcee.

The Salvation Army Women's Auxiliary is comprised of women who have dedicated their time and talents to help transform lives through The Salvation Army's programs and services. The Celebration of Hope event began 29 years ago to raise funds to purchase Christmas gifts for Forgotten Angels, children on the Angel Tree who were not adopted, but has grown to help fund many more programs.

All funds raised through this year's event will benefit the ongoing programs and services at The Salvation Army Central Oklahoma including the shelter program, Client Choice Food Pantry, senior programs, summer camp scholarships and The Salvation Army Boys & Girls Club.

The Salvation Army, an international movement, is an evangelical part of the universal Christian church. Its message is based on the Bible.

Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

Nearly 139,000 Oklahomans receive assistance from The Salvation Army Central Oklahoma each year through the broadest array of social services that range from providing food for the

hungry, relief for disaster victims, assistance for the disabled, outreach to the elderly and ill, clothing and shelter to the homeless and opportunities for underprivileged children.

Nearly 82 cents of every dollar raised is used to support those services.

For more information, go to www.salvationarmyokcac.org. The Salvation Army Central Oklahoma Area Command is a proud partner agency of the United Way of Central Oklahoma.

McCoy came to the Celebration of Hope three years ago and was instantly hooked.

"Once I came in and looked around, listened to their programs I said 'This is the most wonderful group. I want to spend some time helping this group,'" said McCoy, a violinist who will also perform during the event. "I think the rewards of seeing what this group does for the whole metro area and reaches so many people is different than some of the other things I volunteer for.

"I think our group here is very diversified. They come from every walk of things that they've done in their lives. It's a wide variety of most interesting ladies that want to give their time to the Salvation Army.

Everett says those ladies who would like to learn more about volunteering can call 405-246-1100.

From the Angel Tree to the food pantry there's something for everyone.

JUMBLE

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

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RIJEGG

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

Answer here: " " " " " " " " " " " "

(Answers Next Month)

March Answers

Jumbles: KNACK TYPED MUFFLE POLICY
Answer: Why the bookkeeper received a raise — HE "COUNTED"

THAT SCRAMBLED WORD GAME

by Mike Argirion and Jeff Knurek



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

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COMMUNITY

Give 3 Smiles a Day

by Vickie Jenkins

There is something exciting taking place in Bethany, OK. It is the new opening of Bethany Behavioral Health! "Today is the first day that we're open to see patients," says Rob Lake, CEO. "It took a lot of people to make this work and it's nice to see everything come together so well. This is the old Deaconess Hospital so it has come a long way. The whole place has been renovated and everything is brand new, along with the latest equipment. New business, new facility, new everything," Lake said.

Bethany Behavioral Health is a 57-bed psychiatric hospital meaning more mental health crisis beds for the Oklahoma City metro. "Of course, as our patients grow in number, our facility will grow also. Our program will help adults over the age of 55 with major mental illness disorders," Lake states. "We will have in-patient only. There will be a 5-day stay for adults and an 11-day stay for geriatrics. That number will change as we fill to capacity and I know we are going to grow in time. The patient will receive treatment for their individual needs and there will be an assessment before discharging them. We have the highest quality of care here," Lake adds.

Lake attended school at Texas Tech University, where he got his Bachelors and his Masters. Beginning his career in the medical field in 1987, he spent 20 years as CEO of different hospitals in different states. "This is the 7th hospital that I have been at," Lake says. "I've been at hospitals in Texas, Arkansas, New Mexico and several cities in Oklahoma. Traveling to different states gives me the chance to join in on a progressive and innovated opportunity to motivate companies for healthcare. With this being a new healthcare facility, it gave me the chance to hire all new people. Recruiting all new people was fun, yet

challenging. Right now, we have 45 employees. We have high quality employees and they were all hand-picked. I am very proud of each one of them. Our main concern here at Bethany Behavioral Health is to help the patients with their problems. We will focus on the patients and the quality of medical care as we see them. Right now, we have the chance to make this the best hospital it can be. Everyone needs to work as a team, doing their very best and we can make it happen. I think this is what makes everything run so smoothly," Lake said.

Some warning signs that could indicate a senior should seek help are: anxiety/agitation, confusion/disorganization, depression, fear/paranoia, fluctuations in weight, hallucinations/delusions, memory loss, mood swings, sleep disturbances, social withdrawal, suicide thoughts and wandering.

"Do you see any challenges that you might face as time goes on?" I ask Lake. "Well, like any new facility, I'm sure we'll face a few problems but nothing that we can't handle. I know I have the best employees and I see how well things have gone so far. I look forward to the future and watching how much Bethany Behavioral Health is going to grow. I like my job and I like the way it makes me feel, even if I do face some challenges ahead, I can do it," Lake commented.

When not working, Lake stays active in many ways. Triathlons, golf, tennis and cycling. "Exercise is very important to me," says Lake. "My wife is an occupational therapist and she stays active too. We have 2 sons, Cody, 24, and Kyle, 23. Both boys will graduate in May of this year. We are so proud of both of them," Lake comments.

"Do you have any words of wisdom that you pass along to others?" I ask Lake. "Yes, I do. I always tell my employees to make sure to give 3 smiles a day. 1. Make a patient smile. That is why we



photo by Vickie Jenkins

Rob Lake, CEO is proud to announce the new opening of Bethany Behavioral Health where their goal is to increase functioning and improve quality of life.

are here. 2. Make a physician smile. That is how we get our patients here. 3. Make the staff smile. This is your hospital. Make it what you want it to be; the best!"

Bethany Behavioral Health is

located at 7600 N.W. 23rd (formerly Deaconess Hospital) Their goal is to increase functioning and improve the quality of life. For any questions, call 844-243-1331 or 405-792-5360.


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