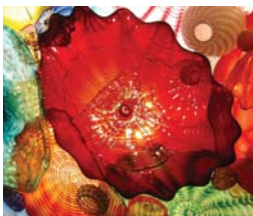


Senior
Day at
the Fair
Sept. 21st
PAGES 8-9



Thrive
on
I-35

PAGE 14



SENIOR NEWS & LIVING

www.seniornewsandliving.com

Information for Oklahoma Seniors

Locally Owned and Published Each Month
By Metro Publishing L.L.C.

September 2016

Vol. 18 Issue 9

Sooner senior ready for kickoff



Zee Howell, spent six years of his life in the Navy as a diver and 57 straight years as an OU Football season ticket holder.

Story and photo by Mike Lee, Staff Writer

For the past 57 seasons, Zee Howell has faithfully manned Section 9, Row 60 seats 23 and 24 at Gaylord Family Oklahoma Memorial Stadium.

The 94-year-old is one of the university's oldest season ticket holders and he plans on starting his 58th OU football season when Louisiana-Monroe comes to town on Sept. 10

at 6 p.m.

But Oklahoma football is only part of the story when it comes to this former Navy diver.

"OU has given a real good account of themselves, they sure

See KICKOFF Page 3

Iris brings memory care home



Construction on Iris Memory Care in Edmond is winding up, with owners looking at a September completion date. The new complex features two family-style "homes" that will house a total of 40 residents.

story and photo by Traci Chapman

David Krukiel and Brandon Meszaros had a dream - an idea that could impact how the world saw memory care and change the lives of those people who needed that care.

That dream should become a reality in a few short weeks, when Iris Memory Care opens in Edmond.

After working together for many years, Krukiel and Meszaros decided to strike out on their own. The

See IRIS Page 2

Spotlight on Community — Schmidt to Compete in National Pageant

Dove Schmidt from Depew, OK, was crowned Ms OK Senior America on June 25. She will be competing in the National pageant for Ms Senior America in Atlantic City, NJ in October.

PAGE 11



IRIS

Continued from Page 1

first step was research - a lot of it, market studies and long days formulating just how they wanted to move forward with their new project. The location actually came relatively easy to the partners.

"We saw that there was a strong need for memory care in Edmond, so we decided to start here," Krukiel said.

As the partners worked on the physical concept for Iris Memory Care, the most important component would be the caregivers who provide residential care. That's where Leslie Stone came in, someone Krukiel said he knew would be the key to making sure the foundation of Iris was not only maintained, but would flourish.

"What we always felt was lacking to a degree (in other facilities) was compassion, dignity and comfort, and we searched for someone with a like mind on those concepts," Krukiel said. "The mission is impossible without the perfect staff."

"The main thing we always want to remember is how our residents will be feeling, the challenges they face and how we

can make every day better for them," Stone said. "Their families also deserve to know that someone who truly cares for them is there for them every day."

With Stone on board, the work began in earnest on the building itself, something that would be different than any other memory care facility the team had ever seen, Krukiel said.

"Most of the times you see these large buildings with lots of people, but we don't believe that's conducive to the best, the quality care, that people with these challenges face," he said. "So, we decided - we knew that home is where people feel the most comfortable, and that's what we did in building Iris."

The two-building complex will therefore be home to 40 people, 20 in each home. Rooms are set back from the hall, so it doesn't feel like a hospital or hotel, Krukiel said. The large main room, where residents will eat their meals, is also a gathering place and one set up for recreational activities and visits. A second, smaller day room will provide more of the same, as well as a salon-inspired area.

"Many of memory care residents don't like to have their hair washed; we thought the idea of

the salon could bring back good memories of when they saw their friends at the beauty parlor," Stone said. "Everything we're doing is a way to make them feel comfortable and so they want to come out and interact, which can be a challenge with memory care patients."

Perhaps the main physical feature of the Iris philosophy is its kitchens, designed as an open space, much like in a home. Featuring a granite bar where residents can sit and watch meals prepared or sometimes interact in that preparation, the space is fundamental to the team's concept.

"It all goes together - we don't want the residents to feel like numbers, we want them to know they're cared for, that this really is their home," Krukiel said. "Staff members will take their meals with the residents, so they have that interaction, as well."

"They (staff members) are caregivers first, but friends also," Stone said.

While recreation will play an important part of Iris' residents lives, so too will something not found at any other Oklahoma memory care facility. Its long name is "Snoezelen Multi-Sensory Environments."

"Basically, Snoezelen is a term for a variety of relaxing spaces that can help reduce agitation and anxiety, but they are also something that can stimulate the user, encourage communication and help them to interact - with both the unit and with others," Snoezelen consultant Carolyn Jackson said.

For Iris Memory Care residents, that can be particularly helpful, as those patients frequently encounter "sensory overload." The soothing lights and colors of the Snoezelen unit can also be accompanied by music, aromatherapy and images, can be something that might make the difference in reaching a particular patient.

"We've been told no one else in Oklahoma has a Snoezelen; for the places that do, many of them have a dedicated room for it," Krukiel said. "We decided to get a smaller unit, but one that would have the ability to be moved from room to room - that way our residents will have better access to it."

"We just want them to always feel comfortable, always feel safe and loved," Stone said. "This is just another great way for us to be able to accomplish that."



iMed Alert Systems

Our Medical Alert System will allow you the independence you are used to and give you peace of mind for your family and friends-anytime 24 hours a day.

Our system is made in America and is the most comprehensive and advanced medical alert available today. This system is designed for speed, accuracy and affordability.

- Personal Help Button • 2 way voice communication with base unit
- Smallest waterproof button in the industry
- EMD qualified response center attendants • The Base unit has a back-up battery that provides power for up to 80 hours

iMed Supply
Oklahoma based company

Bath Safety Equipment • Daily Living Aids • Grab Bars & Installation
• Incontinence Supplies • Medical Supplies • Nutritional Supplies • Access Ramps
• Modular Ramp Systems • Vehicle Wheelchair Lifts • Medical Alert Systems

1501 S.E. 4th Street, Moore, OK 73160
Office: (405) 799-8855 | Toll Free: (866) 585-4478
Fax: (405) 799-8860 | www.imedsupply.com





THERMIVA

REVIVE YOUR RELATIONSHIP

REVOLUTIONARY THERAPY FOR FEMINE REJUVENATION & TREATMENT OF
SEXUAL HEALTH • PELVIC DISCOMFORT • VAGINAL DRYNESS • BLADDER CONTROL

Renew You
sooner

Norman Urology Associates

(405) 310-2372
www.renewyousooner.com

(405) 360-9966
www.normanurology.com

KICKOFF

Continued from Page 1

have," Howell said sitting in his home that bears a Norman address but has a Goldsby water tower in the front yard.

Howell has seen it all during five decades as a season ticket holder.

He's gotten a front-row seat to four of the team's seven national championship runs. He's seen teams coached by Barry, Bud, Bob and unfortunately Blake.

The Idabel native has written more than his fair share of checks to the university, each more than the last.

So why buy season tickets?

"You get lot better seats," Howell said with a chuckle. "You come in on game day you may be sitting two blocks up the road."

One row down and seven seats over sits Howell's kids.

"He wanted a pair close enough for my brother and I so he could keep an eye on us but we were far enough away we couldn't bug him," daughter

Valencia Howell says.

The only OU-Texas game Howell has missed was in 1957 when Valencia was born at the old Presbyterian Hospital.

"He still hasn't forgotten about that. It's not my fault," Valencia said in her defense. "My brother was born nine years to the day within two hours of the exact same time. The doctor had gotten hold of (mom) in advance and told her 'you can go, but don't get too excited.'"

Game day in the Howell household consists of brewing a pot of strong coffee and reading the newspaper before heading to the stadium early to avoid the traffic. He'll sit in the stadium well after the game for the same reason.

Now retired, Howell has time on his hands and he doesn't mind that.

At age 18, Howell completed his Naval training in San Diego just before World War II.

"There was a ship sitting out in the bay and one chief said 'that old ship is a good working ship that can go to sea and haul three million gallons of

oil. Don't worry about it. The Japanese aren't worrying about our tankers they want our destroyers,' Howell remembered a chief saying.

"Guess what? It was the first damn one that got sunk."

Howell was on that ship - the U.S.S. Neches - in his bunk January 23, 1942 when a Japanese two-man sub followed it out of the Pearl Harbor bay around the defensive netting and kept pace for a few miles before unloading two torpedoes.

December 7, 1941 may have been a day that lived in infamy but it was January 23rd that Howell found himself bobbing in the ocean.

He was one of 56 sailors trapped inside a room in the belly of the ship and the only one who got out of that space.

The next day the U.S.S. Jarvis picked up the 182 survivors and took them back to Pearl Harbor.

After leaving the military Howell went to work at Tinker Field. He got in on the ground floor of the computerization of the base and eventually retired as a civilian second chief.

After that he had plenty of time to devote to his favorite passion - OU sports.

At softball games his seat right behind home plate puts him right in earshot of the umpire, who had better call it fair and square or else Howell lets him know about it.

Howell, also a huge softball fan, has his opinions on many of OU's coaches.

On OU Softball Coach Patty Gasso, who just led her squad to a third national title:

"She's earning her money," he says.

On Bob Stoops: "The success he's had kind of speaks for itself I guess," Howell says.

On Athletic Director Joe Castiglione: "Well, he makes a lot of money," Howell said with a chuckle.

Rain or shine you can expect to see Howell at Owen Field come the second weekend in September.

In his estimation, there's no place he'd rather be.

And for 58 years now he's had the best seats in the house.

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
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 and 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

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

Dr. Larry M. Chism, Optometrist

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

WWW.CHISMLOWVISION.COM

Now in DENTON!

OPINION

THE SAVVY SENIOR

Dear Long-Distance,

There are various healthy meal service delivery options available to non-cooking seniors who live at home, but what's available to your dad will depend on his location and budget. Here are several to check into.

Senior Meal Programs

A good place to start is to find out if there's a senior home delivery meal program in your dad's area. Meals on Wheels is the largest program that most people are familiar with, but many communities offer senior meal delivery programs sponsored by other organizations that go by different names.

To find services available in your dad's area, visit MealsOnWheelsAmerica.org, which offers a comprehensive directory on their website, or call the area aging agency near your dad. Contact the Eldercare Locator at 800-677-1116 to get the number.

Most home delivered meal

Dear Savvy Senior,

What types of healthy meal delivery options can you recommend for seniors who live at home, but don't cook and don't get out much. Since mom passed away, my dad's diet is terrible and I worry about his health.

Long-Distance Daughter

programs across the U.S. deliver hot meals daily or several times a week, usually around the lunch hour, to seniors over age 60 who have problems preparing meals for themselves, as well as those with disabilities. Weekend meals, usually frozen, may also be available, along with special diets (diabetic, low-sodium, kosher, etc.). Most of these programs typically charge a small fee (usually between \$2 and \$6) or request a donation, while some may be free to low-income seniors.

Online Meal Delivery

Another option that's a bit more expensive is to purchase your dad's meals online and have them delivered to his home. There are a number of companies that offer this type of service like Magic Kitchen (magickitchen.com), Home Bistro (homebistro.com), Personal Chef To Go (personalcheftogo.com), Good Measure (goodmeasuremeals.com), and many others.

These companies offer a wide variety of tasty meal choices, and will

Meal Service Delivery Options for Seniors Who Don't Cook

usually post the nutrition information for their meals right on their website. Most companies will also cater to a host of dietary and medical needs, such as low-sodium and low-carb meals, diabetic meals, gluten-free, dairy-free, and vegetarian options.

Most of the food arrives frozen, but a few companies ship food fresh. Prices generally start at around \$10 to \$13 per meal, plus shipping, however most companies provide discounts or free shipping when you order meals in bulk.

Grocery Stores and Restaurants

Depending on where your dad lives, he may also be able to get home delivered meals from local grocery stores or restaurants. Some grocery stores offer a selection of pre-cooked meals and foods, including roasted chicken, mashed potatoes, and fresh soups and salads. Contact the grocery stores in your dad's area to inquire about this option. Or check with some of his favorite restaurants to see if they offer home delivery.

Personal Chefs

Another option for non-cooking

seniors with a bigger budget is to hire a personal chef from time to time. A personal chef can provide your dad with a do-it-all service that will help plan his meals, do the grocery shopping and prepare him several weeks worth (or more) of tasty meals in his home, which he can freeze and eat whenever he wants. Or, they can prepare it in their own kitchen and deliver it. Chef's fees range between \$200 and \$300 plus groceries. He may be able to save money by sharing meals with you or another family member, or a friend or neighbor.

To find a personal chef in your dad's area, check the listings at the American Personal & Private Chef Association (personalchef.com) or the United States Personal Chef Association (hireachef.com).

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.

SPECIAL TO SNL

Hearing Loss Association Scholarships

By Ron Hendricks

Two Oklahomans were awarded \$500 scholarships during the Hearing Loss Association of America Central Oklahoma Chapter's 25th anniversary celebration. Ashton Darling and Shaun Bainter are the recipients.

Ashton Darling is attending Oklahoma State University in Stillwater to pursue a second degree, in Business Administration. Ashton was diagnosed at 18 months as being deaf/hard of hearing. The Doctor told her family that "...she wouldn't be able to have a life like a normal kid..." but she has proved him wrong! Ashton is currently employed at the university in the accounts receivable department. Ashton moved to Oklahoma from Kansas. Shaun Bainter, a recent graduate from Putnam City High School, will begin his higher education at Oklahoma State University OKC. After he completes the curriculum at OSUOKC, Shaun plans to attend the University of Oklahoma. Shaun said, "I was born with a hearing loss and even in elementary school was a mentor to other students with hearing loss. I was raised to see my hearing

loss as a gift, not a disability and that I would do great things with it." Shaun's goal is to become an audiologist.

Hearing Loss Association of America was founded in 1979 with the goal of helping people with a hearing loss live successfully in a hearing world. The Central Oklahoma Chapter is celebrating being a part of HLAA for 25 years. Hearing loss is virtually an invisible physical ailment but 60% of returning veterans complain of hearing loss. About 38 million Americans have hearing loss. Your Central Oklahoma Chapter of HLAA fosters public programs aimed at alleviating misconceptions of hearing loss; encourages social enrichment, and educational opportunities for the community and those with hearing loss; and even offers a place to inspect and try out listening devices in the Hearing Helper's Room. There are 3 convenient meeting times and locations to answer your questions and help with concerns. The public is invited to all meetings and there is no admission charge to attend or belong to HLAACOC. Visit the website www.OKHearingLoss.org for more information.

Owasso Couple Charged with Exploiting World War II Veteran

An Owasso couple is charged with exploitation of an elderly person for fraudulently taking over an 89-year-old man's financial affairs. Former insurance agents Sterling Messer, 78, and Billie Messer, 60, cashed \$15,189 worth of checks from the victim's bank account. The victim said the Messers also pressured him into giving their church \$22,000. "The suspects violated each and every element of their professional and ethical duties," said Oklahoma Insurance Commissioner John D. Doak. "We will not tolerate any action that violates a consumer's trust. I commend our investigators for their hard work on this case."

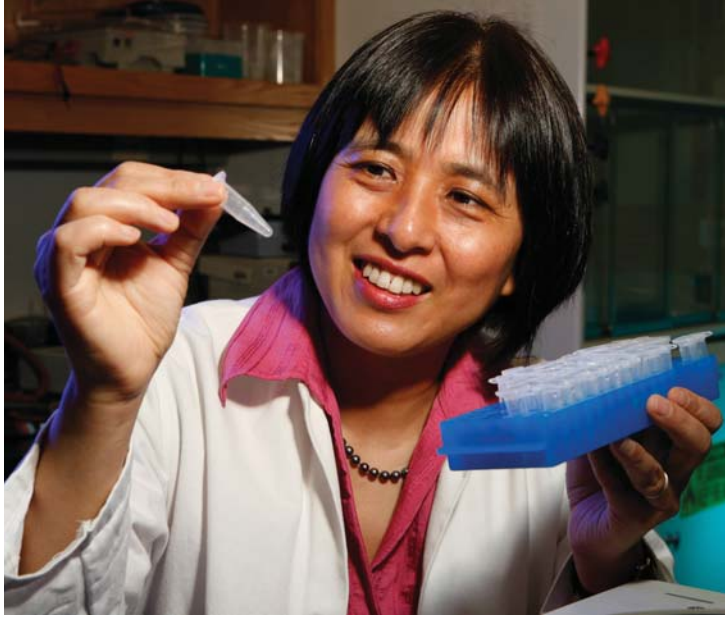
The Oklahoma Insurance Department's Anti-Fraud Unit began investigating the Messers after receiving a complaint from the victim's longtime friend. She was concerned about the Messers selling the victim, who was 86 at the time, a \$92,500 annuity with a 10-year-term requirement. Then, they sold him a \$59,273 policy with a 7-year-

term requirement. The victim's friend said he was unaware of the term requirements of the annuities. She also said the victim had hearing loss due to an ear injury sustained during World War II.

During the investigation, detectives learned the Messers convinced the victim to sign paperwork naming them successor trustees to his trust. The couple had also acquired durable power of attorney over the victim and amended his will to make themselves personal representatives of his estate. Combined, the moves gave the Messers control of the victim's personal, business and financial affairs.

Sterling Messer's insurance license was revoked on Aug. 20, 2015 for "using fraudulent, coercive or dishonest practices and by demonstrating incompetence, untrustworthiness and financial irresponsibility in the conduct of business." Billie Messer's insurance license was revoked on Dec. 14, 2015.

New OMRF grant will study immune cell linked to asthma



Oklahoma Medical Research Foundation Scientist Xiao-Hong Sun, Ph.D.

The National Institute of Allergy and Infectious Diseases has awarded Oklahoma Medical Research Foundation scientist Xiao-Hong Sun, Ph.D., a five-year, \$2.76 million grant to investigate a recently discovered immune cell involved in asthma.

The role of the new cell, called an innate lymphoid cell, is to protect the body from parasitic infection. However, when too much of this cell type is present, it seems to result in asthma.

"These cells were previously thought to be made only in bone marrow," said Sun, who holds the Lew and Myra Ward Chair in Biomedical Research at OMRF. "We discovered that they are also made in the thymus, which brings up some interesting connections to asthma."

The thymus, which sits on top of the heart, is a major site for the creation of T cells, a type of specialized white blood cell that plays a central role in immunity. During childhood and through puberty, the thymus generates a lifetime supply of T cells—enough to carry through adulthood. When the supply of T cells is adequate, the thymus has done its job and begins to shrink.

Sun postulates that innate lymphoid cells are also present

in the thymus and might explain why children have higher rates of asthma than adults.

"Since kids have a very active thymus when they're born and up to puberty, they're more likely to have a large number of innate lymphoid cells coming from the thymus along with the T cells," said Sun. "This is also the stage of life where many kids tend to develop asthma. People often say they 'grow out' of asthma as they get older, so maybe it's linked to this later decrease in thymus function. That's what we hope to find out with this grant."

According to the Centers for Disease Control and Prevention, 7.7 percent of people in the United States suffer from asthma. The highest rates of asthma occur in the 5-14 age group at 10.3 percent and decline over time, reaching a low point of 6.9 percent in Americans over the age of 65.

"We don't yet know the significance of this finding, but if we determine this hypothesis to be true, it would have great clinical relevance," she said. "Perhaps the thymus is where we need to look for ways to control asthma in children. That's what we hope to learn."

See ASTHMA Page 10



Built on Experience

The founders of Iris Memory Care themselves have struggled with the emotions of placing loved ones in memory care. After realizing that many communities are institutional and lacking in quality, they set out to create a homelike memory care model based on **Compassion, Dignity, and Comfort**. Iris is excited to introduce this leading-edge approach to Oklahoma with expertly designed communities, exemplary activities, and specially trained staff to address the unique needs of their residents.

Compassionate Care

Compassion is the guiding principle that helps Iris enrich their residents' quality of life. For those with memory loss, deeply ingrained reflections of yesteryear serve as reminders of the people, places, and events that have shaped one's life. Iris works with families to collect extensive resident profiles, allowing them to recognize and relate to past events your loved one may visit throughout the day. Wherever the journey of the mind may lead, Iris will be there to join and support them.

Dignity by Design

Walking into Iris is like walking into a beautiful single-family home. With an elegant great room adjoining an open-concept kitchen and dining area, residents have the opportunity to interact with cooks as meals are prepared, share stories at the dinner table, or relax in a spacious setting. The kitchen is traditionally known as the heart of the home, and at Iris Memory Care it serves as the heart of their community!

**Call today to
schedule a visit
and meet the
caregivers who are
committed to helping
your loved one live
well in every moment!**



**2424 NW 178th Street, Edmond, OK 73012
405.330.2222 | www.IrisSeniorLiving.com**

COMMUNITY

NRH building smoke - free

by Bobby Anderson
Staff Writer

It's the gamut of reactions that Jerry Deming, TTS-CTS, receives when she counsels patients in the Norman Regional Health System about their tobacco use.

In her tobacco cessation role she's been screamed at. She's been stared at, through and around.

She's been shunned and she's even been hugged.

But this year she's been able to help Norman Regional's nurses develop a new Smoke-Free Families campaign that is gaining traction.

Deming began working with the Women's and Children's unit after Norman Regional nurses and managers sought help.

"There was an understanding that there were a lot of women leaving the hospital to smoke,"

Deming said. "This is a very common problem. I'm in contact with people worldwide and we all deal with this problem in our hospital and clinic settings.

"We all scratch our heads and think 'what are we going to do to handle this.' It's a big problem. It comes up again and again."

Staff understood that once a mother and her baby went home then it would be easier for the patient not only to smoke, but smoke around the child.

Deming brought forward the idea that it's a population issue and not one of monitoring.

"We needed to drill down a little bit deeper and figure out how we can help these people get through a hospital visit staying away from tobacco use and even contemplating the idea of even



Nurse Manager Alyson Heeke, RN, Jerry Deming, TTS-CTS, and Director of Patient Care Services Susie Graves, RN have been instrumental in helping the health system create a Smoke-Free Families initiative.

quitting to have a smoke-free family."

When leaders got together to decide a plan of action they realized they were entering uncharted landscape. Nowhere could they find a comprehensive plan dealing with the in-hospital maternity population.

Hospital stays are often so short that no one had really figured a good way to approach the issue.

Planning meetings included physicians and nurses. A craving scale - much like a pain scale - was developed.

Nurse Manager Alyson Heeke, RN, saw an opportunity.

"Part of the reason we started this in the first place is we noticed there was an awful lot of times our babies were traveling back and forth to the nursery so their parents could go outside and smoke," Heeke said. "That became a big concern for us just in the fact they were only with us 24 to 48 hours and a good portion of the time these folks who were really addicted the babies were in the nursery sometime 20 out of 24 hours.

"We couldn't provide what we needed for our patients if they were always outside."

Nursing became involved in the LEAN (Lean Education Academic Network) team project helping develop educational material including posters for the room and signage for outside.

"The nurses really did want it

to be a successful process for the patient as much as possible and not to be the police officer," Heeke said. "They wanted to help them understand this also impacts how well they bond with their baby, how they do with their breastfeeding issues and all those other things which are complicated by smoking."

Director of Patient Care Services, Susie Graves, RN, said many women who are able to quit smoking for their pregnancy often will allow themselves to resume after they deliver.

"Part of what we wanted to do was help them through. Don't have a start date. Let that continue," Graves said. "They all know they shouldn't smoke but we're just there not as judges but as support and giving them the resources they need."

If the patient agrees, nurses are assessing each patient every shift regarding their tobacco usage and craving level.

"(Before) nurses felt pretty helpless," Heeke said. "Their patients would come from a C-section and be begging for a wheelchair the second the baby was born to go outside and have a cigarette."

"At this stage, with all the things we've created it's given our nurses an opportunity to have something to say to the patient beyond 'don't you think it would be a good idea to quit.'"

Deming travels through the

See SMOKE Page 10

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

Direct Cremation total price \$771.19
Includes- alternative container,
ME permit, Tax and 1 Death Certificate.



**Absolute Economical
Funeral Home**

Darren Christenson Funeral Director
Bill and Casey Lisby - Assistants

7721 NW 10th St., Suite B
Oklahoma City, OK 73127
405-787-9300 | 405-919-9300

Woodson Park Apartments!
1400 West Woodson Street, El Reno, OK
For Seniors 62 or older! (405) 422-3443



2 BEDROOMS *\$350. MO.
FIRST 6 MONTHS OF ONE YEAR LEASE.
***FIRST TIME APPLICANTS**

• GARDEN HOMES W/LARGE FRONT PORCHES • SINGLE STORY • 1 & 2 BEDROOMS • UTILITY ROOM
• COMMUNITY ROOM & SAFE ROOM • SIDEWALKS W/RAMPS • SMALL PETS WELCOME

OKLAHOMA'S MARKETING Plus
Vacation Destination Casino Night!

OCT 6, 2016
4:30PM-7PM

India Shrine Center
3601 NW 36th Street
Oklahoma City, OK 73112

Proceeds to benefit the Alzheimer's Association.

FREE PARKING / FOOD / DRINKS / GIFT BAGS
GAMES / DOOR PRIZES / PHOTO BOOTH / DJ JEFF

**This event is for Hospital & Inpatient Rehab Case Management and Social Workers Only. RSVP Event, by invitation only. Must RSVP by Mon, October 3rd. Contact Jeff Aynes at (405) 204-6961 or Jeff.Aynes@MyAllianceHealth.com*

EVENT BROUGHT TO YOU BY THESE SPONSORS

LIMITED SEATING!
Make Your Guaranteed Reservation Now

SPONSORS: Abiding, AllianceHealth, AUTUMN LEAVES, Bethany, BrightStar Care, Care Plus, CEDARBRIDGE, ComfortCare, COMPASS, Fountain Brook, Hanger, HARRAH NURSING CENTER, HEALTH BACK HOME HEALTH, Humanity Hospice, iLived Supply, LIFE SPRING, Medical Home Team, MEDICAL PARK WEST, OKLAHOMA NURSING TIMES, Providence, Right Choice, RIVERMONT, Senior Care Services of Oklahoma, SENIOR NEWS LIVING, Sommerset, SYNERGY HomeCare, VILLAGE OF OAKWOOD, Village of Park.

WARR ACRES NURSING CENTER

Your Community Partner for Post Acute and Healthcare Services

We believe that the PEOPLE we are caring for are the most important factor.



SKILLED NURSING CARE

Full Range of Rehabilitation Services:

- Physical Therapy
- Private Skilled Rooms
- Occupational Therapy
- Wound Care
- Speech Therapy

Medicare • Most Insurances Accepted

6501 N. MACARTHUR • OKC (405) 721-5444

Barnes Friederich
FUNERAL HOME

OWNERS:
VINCENT FRIEDERICH
RHONDA BURNETT
LAFERN BARNES

Eastern Oklahoma County's Finest
Locally Owned & Operated

1820
BARNES • FRIEDERICH

Barnes Friederich Funeral Home
1820 S. Douglas Blvd. Midwest City, OK.
(405) 733-2991 | bffh@coxinet.net

WWW.BFFUNERALHOME.COM

Wheelchair and scooter lifts • Wheelchair accessible vans
Adaptive driving devices • Transfer seat bases and hand controls

Oklahoma's Only All-Inclusive Sales and Service Center.

Located at John Vance Auto Group.
Only 10 minutes north of Edmond.

NEWBY VANCE 

MOBILITY SALES AND SERVICE

"We exceed expectations every day"

Exit 153 & I-35 • Guthrie, OK • (405) 282-2113 • (800) 375-4471
www.newbyvancemobility.com





40TH ANNUAL SENIOR DAY

WED. SEPT 21ST

8AM - 4PM

OKLAHOMA STATE FAIRGROUNDS



SEPT. 15-25

FREE ADMISSION for Seniors 55+ (proof of age required)

Thank You



Cindy Dimit



Vicki Escajeda

To all the 2016 Senior Day volunteer committee members who have worked so hard to make Senior a Great Deal of Fun in the Sun and a special thanks to Cindy Dimit and Vicki Escajeda for 10+ years of dedication!



For over 28 years, Scott Munz, Vice President of Marketing and Public Relations for the Oklahoma State Fair has worked tirelessly to make Senior Day and the entire State Fair a truly Oklahoman experience, that's not to be missed. He and Melinda Parson, Director of Special Events and Attractions, spearhead all facets of Senior Day. We at Senior News & Living thank them, their staff and volunteers for honoring Oklahoma Seniors by providing a fun filled day of activities.



Scott's Tips for Senior Day:

- Enter at gates 1, 2, 3, 6, or 10 and catch one of the free trams which begin running at 8:00 a.m. , The trams will pass directly in front of the Capital City Theatre.
- Electric and manual wheelchairs are available to rent inside Gates 1, 2, 6 & 9, while supplies last.
- All senior activities (except the Antique Tractor Parade & The Elvis Extravaganza) start or are in the CAPITAL CITY THEATRE.
- FREE coffee and snacks at 8:30 a.m. until GONE. Be early!
- All other exhibit buildings open at 10:00 a.m.

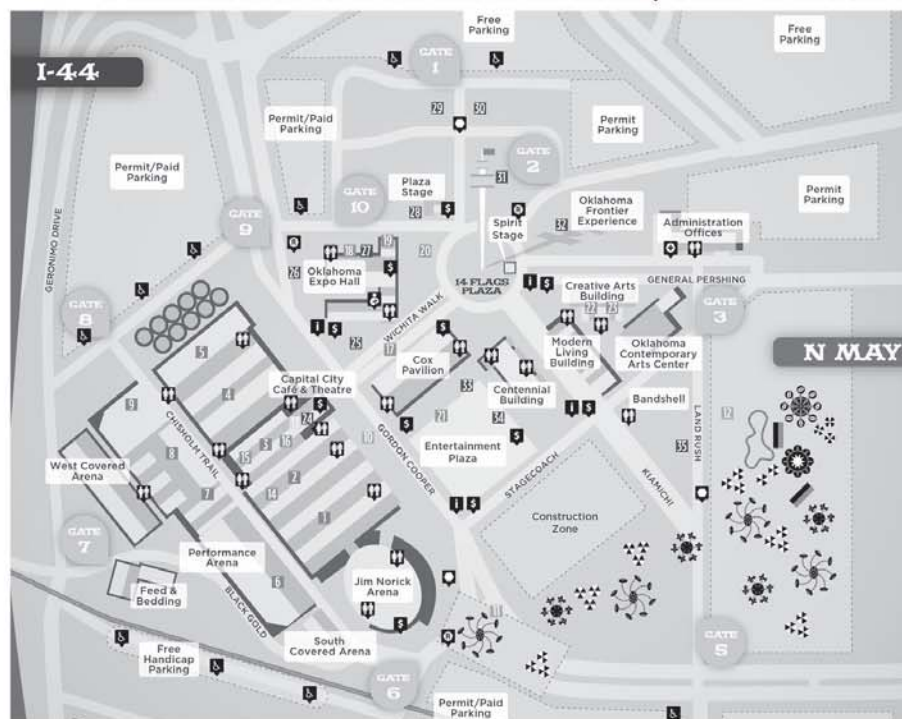
SCHEDULE OF SENIOR DAY ACTIVITIES

(Most activities take place in the Capital City Theatre)

EXHIBITORS & FREE HEALTH SCREENINGS	8:00 a.m. - 4:00 p.m.
DOOR PRIZES	Session 1: 8:00 a.m. - Noon Session 2: Noon - 4:00 p.m.
SING-A-LONG WITH RANDY LUNSFORD	8:00 a.m. & throughout the day
NOT JUST COUNTRY LINE DANCERS	8:15 & 10:30 a.m.
SWEET MYSTERY CONTEST	8:50 a.m.
THE OKIE STOMPERS	9:05 & 11:40 a.m.
TAI CHI	9:25 a.m. & 1:40 p.m.
ROYALTY COUPLE OF THE STATE FAIR	9:50 a.m.
OUT & ABOUT ON THE SANDY BEACHES	10:00 a.m. - 3:30 p.m.
IVORY SOAP CARVING CONTEST	11:00 a.m.
ANTIQUE TRACTOR PARADE , Along Tram Route	Noon
SENIOR DAY 40TH BIRTHDAY PARTY	Noon
YELLOW ROSE DINNER THEATER	12:15 p.m.
THE RUBBER CHICKEN SHOW	1:00, 4:30 & 7:00 p.m.
WATERMELON SEED SPITTING CONTEST	1:55 p.m.
MUSIC CENTRAL , Men's Acappella Chorus	2:15 p.m.
SUN 'N FUN GAME SHOW	2:45 p.m.
DALE K COMEDY HYPNOTIST SHOW	5:30 & 8:00 p.m.
ELVIS EXTRAVAGANZA	7:30 p.m.

Adventure Road Entertainment Stage

FOR MORE DETAILED INFORMATION, VISIT OKSTATEFAIR.COM



LIVESTOCK & HORSE SHOWS

- 11 Super Barn & Arena
- 12 Super Barn
- 13 Barn 3 & Arena
- 14 Barn 4
- 15 Barn 5
- 16 Barn 6
- 17 Barn 7 & Arena
- 18 Barn 8 & Arena
- 19 Barn 9

RIDES & GAMES

- 20 Kiddie Tractor Rides
- 21 U-T Partnerland
- 22 Carnival

SPECIAL EVENTS

- 23 Deaf Awareness Day
- 24 Senior Day Activities
- 25 OSAE Awards Ceremony
- 26 Come as You Are Church Services

EXHIBITS

- 27 Clydesdale Alley
- 28 FFA Exhibits
- 29 Barnyard Birthing Center & Animal Surgical Suite
- 30 Antique Tractors
- 31 City of Agropolis
- 32 Vineyard Marketplace
- 33 Heritage Plaza
- 34 Auto Show
- 35 4-H Exhibits
- 36 Creative Arts Exhibits

ENTERTAINMENT & ATTRACTIONS

- 37 Dale K Hypnotist & Rubber Chicken Show
- 38 The Patio: Wine, Beer & Music
- 39 Petting Zoo & Pony Trail Ride
- 40 The Butterfly House
- 41 Kid Davie Variety Show & Junk Rock
- 42 Okie Karaoke
- 43 KWTU Food Bank
- 44 Zoppo Italian Family Circus
- 45 Wild West Showcase
- 46 Shenanigans!
- 47 Plains Indian Dancers
- 48 Swifty Swine Racing Pigs
- 49 Adventure Road Stage
- 50 Extreme Raptors Show



Be sure to check out our app in the App Store!

1 InFAIRmation

2 Nursing Mothers' Area
3 Wheelchair & Stroller Rental
4 Handicap Parking

5 Safety Center, First Aid & Lost Children
6 Tram Stop
Sponsored by: MIDFIRST BANK

7 Automated Teller Machine
8 Restrooms
Family Restrooms are available at:
Cox Pavilion and Barns 1, 3, & 7

COMMUNITY

Transplant Recipient Pays it Forward

Karen Hoyt, of Tulsa, Okla., lives her life in honor of the stranger who gifted her a second chance at life. Now, an active community volunteer, she encourages those in need of that same gift.

Karen lives every day with a grateful spirit and the heart to be an encouragement and motivation to others. She had always lived a healthy life despite being born with only one kidney. She was active in her community as a volunteer, teacher and Sunday school teacher at her church. In 2010, she learned that her liver was failing, and she was later diagnosed with the Hepatitis C virus.

She was sent home thinking her days were numbered. Despite this news, she clung to her faith and began eating even healthier than she had before the diagnosis. Luckily, antiviral medication came out and she was cured of Hepatitis C by 2011 but end stage liver failure still loomed over her.

Karen went back to her career as a teacher and continued to live as healthy as possible. During one of her screenings, the doctor determined that her damaged liver was not removing toxins from her blood, which diminished her mental capabilities. She also became limited on what she could do as she frequently had muscle fatigue, liver pain and joint pain.

After learning to manage her pain, Karen's luck began to worsen. When she was at one of her regular check-ups, the doctors found a cancerous tumor on her liver. Her doctors recommended a liver transplant, and in the



Karen Hoyt, Liver Recipient.

midst of the listing process, she began to make end-of-life plans with her daughter. To cheer their spirits, they began to look online at stories of hope from others who had received a transplant. Karen was encouraged, and continued to eat healthy and walk when she could.

When Karen was fully listed on the transplant waiting list, she was humbled to think that at someone's greatest crisis in life they would make a decision which would eventually grant her many more years to live. She was so humbled that she called her transplant coordinator and almost asked them to remove her from the list.

As she waited for a second chance at life, Karen underwent many procedures to shrink the

tumor on her liver so that she could remain on the transplant waiting list. Twice, Karen was called in hopes that she would receive her liver, but neither were a good fit.

However, on April 13, 2015, Karen received her liver from a selfless donor and learned that her donor was the same age as many of the students she was teaching in school. Karen had the privilege of advising one more English class full of seniors after her transplant.

Karen continues her work with senior high school students. To this day, Karen volunteers at the school she taught at for many years and at the hospital with people who have just received a transplant.

Karen is a motivation and encouragement to many. She encourages others waiting to receive their life saving transplant, and she spends her time teaching nutrition classes. The classes help those struggling with kidney or liver disease learn to eat better in order to live a healthier life.

Driven to honor her donor, Karen participated in the 2016 Transplant Games of America. She

began entering 5K runs to raise awareness for organ donation. She also is more adventurous and does things she wouldn't have tried before to honor him and his life.

Karen has had the opportunity and privilege to be involved in her grandkids lives and is thankful for the chance to be a sister, mother and wife.

While Karen has never had the opportunity to meet her hero's family, she truly lives her life in honor of the young man who saved her life.

About LifeShare

LifeShare is a nonprofit, federally designated organ procurement organization (OPO) dedicated to the recovery of organs and tissue for transplant purposes. We work closely with five transplant centers and 145 healthcare organizations in the state of Oklahoma to facilitate donation. Additionally, we strive to raise awareness for organ, eye and tissue donation and transplantation through public education.

For more information about LifeShare, please visit: www.LifeShareOK.org.

ASTHMA

Continued from Page 5

The grant will also allow Sun and her lab to further investigate whether the innate lymphoid cells produced in the thymus differ from the ones made in the bone marrow.

Sun said their discovery of innate lymphoid cells in the thymus came about by accident through study of a particular mouse model in their lab—a model they've used for more than two decades to study

T cell development.

"This research builds on our experience and what we have been working on the past 25 years, so it puts us in a unique position to do this work," she said. "I am very excited to see how this cell is controlled and hope we can learn what happens in the thymus and how it might be linked to asthma. It really fits really well with the overall research of this lab and comes back to what started this lab in the first place."

SMOKE

Continued from Page 6

halls of both Norman Regional hospital complexes visiting with patients who have indicated a history of tobacco use.

For nine years now she has worked with smokers. Some are just thinking about quitting. Others are desperately looking for a way out.

And some won't even acknowledge she's standing in front of them.

She terms her approach as "motivational interviewing." She stresses to her patients that she's not there to judge.

Nearly every person Deming visits understands that they need to quit tobacco. Many have tried multiple times on their own without success.

"When we look at this population it's the most difficult population to approach," Deming said. "Most people smoking during their pregnancy feel ashamed of it. They don't like to talk about it. Of course, they are very addicted to tobacco at this point because they haven't stopped smoking. Most people know there's going to be a health issue related to that."

And now Norman Regional nurses have even more to offer to help these patients quit.

Schmidt to Compete in National Pageant

Dove Schmidt from Depew, OK, was crowned Ms OK Senior America on June 25. She will be competing in the National pageant for Ms Senior America in Atlantic City, NJ in October. The Ms. Senior Oklahoma Foundation is having a CASINO PARTY FUNDRAISER at the Quail Springs Grand Tapestry located at 14201 N Kentucky, Oklahoma City, Oct. 8th from 6:00 to 9:00 pm with hors d'oeuvres and beverages. Join us as we help to provide a special send off and encourage her in the final step of competition.



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	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	*					*	*	*		*		

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.

Being a caregiver can be a stressful and demanding job.



September 22 at 2-3 p.m.

Join us for the **Caregiver Stress Program** at FountainBrook Living presented by Kari Kennedy-Gregory, BSN, RN. Kari is an educator and coordinator at Oklahoma Healthy Aging Initiative and will teach us new ways to care for your loved one while caring for yourself.

FountainBrook
Assisted Living & Memory Support

(405) 769-7677  
11510 S.E. 15th St., Midwest City, OK
FountainBrookLiving.com

ASSISTED LIVING & MEMORY SUPPORT IN MIDWEST CITY

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 \$885 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.



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

405.521.8777 | www.cremation-okc.com

ONE MONTH'S FREE RENT FOR MOVE IN*

WhisperingCreekRetirement.com

**A GATED RETIREMENT
COMMUNITY FOR ACTIVE ADULTS**

You've Raised Your Family
And Worked Sixty-Hour Weeks.

Now It's Time To Enjoy
The Lifestyle You Deserve.


WhisperingCreek

SIMPLIFIED LIVING • ACTIVE LIFESTYLE

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

405.820.4058

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



*BY 09/30/16



5904 S.E. 15th St. Midwest City OK, 73110

PHONE:

(405) 455-5084

HOURS: Mon-Fri 10am - 7pm

Saturday 10am - 5pm

Sunday Closed

**Johnnies
Sweet
CREATIONS**

 [www.facebook.com/
JohnniesSweetCreations](https://www.facebook.com/JohnniesSweetCreations)

Call today for info and to place your order!

8419 S. Western Ave,
OKC, OK 73139
(405) 616-3255

johnniesbakery@gmail.com

www.johnniesbakery.com

**-Birthday
Cakes
-Cookies
-Gift Baskets**

**and more made
to order!**



Walk to End Alzheimer's scheduled for Sept. 24th



The Walk to End Alzheimer's - Southwest Oklahoma, held in Lawton, Okla. on Saturday, August 27, had a record-breaking year with over 300 people in attendance and nearly \$45,000 raised to support the mission of the Alzheimer's Association. To show your support in OKC, join us at the Chickasaw Bricktown Ballpark on Sept. 24. Visit OKCwalk.com to start, register or donate to a team today.

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

\$99.00 Deposit

One Bedroom....One Bath....\$488.00 per month
Two Bedroom....Two Bath....\$588.00 per month

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

Lunch available M-F 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.



Caring for Oklahoma's young at heart

Whether you're 18 or 80, Oklahoma Heart Hospital's 60 physician clinics across the state are ready to care for you and your heart.



**OKLAHOMA
HEART HOSPITAL**

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

You're Invited to An Open House

**2 YEAR
ANNIVERSARY**



Join us in celebrating the two year anniversary of our Edmond office, and appreciating those who have contributed to our success. We are grateful to our clients, their families, our special caregivers, and our community!

Thursday, September 15th
2pm-7pm

Ribbon Cutting will be held at 4pm by the Edmond Chamber of Commerce!

We invite you to meet our team, enjoy light refreshments and enter to win exciting prizes!

Talk to us about how you or your loved one can remain independent in your own home with a higher class of care.

405-285-4191



HomeCareAssistanceOklahoma.com
323 S. Blackwelder in Edmond

South of 2nd Street, west of Target in University Plaza
Facebook: Home Care Assistance Oklahoma

TRAVEL - OKLAHOMA

Thrive on I-35 Adventure Road offers up Oklahoma sights

by Bobby Anderson,
Staff Writer

If you've gotten your kicks on Route 66 then you'll love the drive along I-35.

That's the thought behind a new Chickasaw Nation tourism campaign centered around the sights, sounds and tastes along the 130-mile stretch of the interstate affectionately called Adventure Road.

Some 230 partners have come together to highlight what's available to see and do on less than a tank of gas.

Paige Williams is the director of corporate development and tourism for the Chickasaw Nation. She says the initiative highlights parts of Oklahoma some have never seen.

"It's not just what is around (I-35) but it goes into the communities and cities that are unique destinations and attractions. It's an initiative to promote people getting out and exploring Oklahoma's adventures."

Oklahoma has long been famed as one of the top road-trip destinations in the U.S., featuring a stretch of the iconic Route 66 slicing a winding path straight through the Sooner State. It's another stretch of highway, however, that is putting Oklahoma on the map for the next generation

of leisure travelers.

The state's Adventure Road corridor - a 130-mile stretch of restaurants, shops, attractions, sporting and entertainment options along and adjacent to Interstate 35 - is making its mark as a top driver in Oklahoma's growing tourism industry.

Adventure Road, an initiative of the Chickasaw Nation aimed at promoting tourism during the summer vacation season, is in its second year, following a vibrant 2015 travel season.

Chickasaw Nation Governor Bill Anoatubby says the program has been wildly successful and is expanding this year.

"We are very pleased Adventure Road has helped draw more attention to the diverse landscapes, outstanding attractions and retail opportunities this area has to offer," said Gov. Anoatubby. "We hope to continue that success as we move forward with Adventure Road in 2016."

SMARI Insights, an independent market research firm, found the Adventure Road initiative generated 385,000 new trips to Oklahoma in 2015, resulting in approximately \$647 million in visitor spending from March to September 2015. An evaluation of the initiative's supporting marketing campaigns showed it generated more than 210 million overall impressions as well as over 230,000 visits to AdventureRoad.com.

Bill Lance, Chickasaw Nation Secretary of Commerce, reiterated the initiative's main focus for 2016 is to raise awareness of all tourism partners to both in- and out-of-state audiences, but that it will also focus on feedback from travel partners to enhance the experience.

"With tourism as the state's third-largest industry, it is proven that millions of visitors consider



top: Cloverleaf Boutique in Ardmore is a fun stop along the way for I-35 travelers. Photo provided

Right: The Oklahoma City Museum of Art is just one of the mainy spots along Adventure Road for travelers to see. Photo provided



this region to be a top travel destination," said Lance. "Adventure Road, through the willingness and enthusiasm to collaborate among travel partners, helps visitors realize the hundreds of diverse cultural, entertainment and adventure experiences that await to be explored."

Adventure Road is a collaborative effort between the Chickasaw Nation and partners, which are comprised of businesses, attractions, organizations, restaurants, shops and boutiques, hotels and bed and breakfasts. The Adventure Road territory follows I-35 from the Red River to just north of Oklahoma City, expanding more than 100 miles east and west.

For the 2016 travel season, the number of Adventure Road partners has grown 53-percent - from 150 at the time of 2015 launch to 230 just one year later - in more than 25 cities. Travel partners consist of both Chickasaw Nation and non-tribal businesses.

This season, visitors also can expect to see a new travel guide and map as well as additions to AdventureRoad.com, including downloadable travel deals and discounts, and more customized

travel destinations that target specific areas of interest.

A multimedia campaign will feature Adventure Road collections in major markets throughout Texas, Kansas and Oklahoma. For more information about travel partners, or to plan your own Adventure Road trip, visit adventureroad.com.

The interactive web site allows travelers to create their own custom adventures.

"You can create an itinerary that fits your need and your friends'," she said. "Maybe you're a grandparent taking your grandkids on an adventure. It allows you to create this adventure online and you can share it with someone."

From tours of the Bedre Chocolate Factory to taking a ride on the Air Donkey Zip Line, the web site offers an almost endless list of things to do. And many of the sites have special promotions just for those following Adventure Road.

The second year features a unique CD with travel music to help cruise down the road. Iconic road trip tunes have been redone to keep you company.



James Irrigation

**Sprinkler Systems
Repair Specialists**

"When your warranty runs out, CALL US!"

Affordable Pricing

**35 YEARS
EXPERIENCE**

306-1025

(SERVICE ON ALL MAJOR BRANDS)

TRAVEL/ ENTERTAINMENT

Pompano Beach Florida: Your get away oasis

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

Some Florida resorts are located amid a massive amount of traffic and tourist activity. The Marriott Pompano Beach Resort and Spa is somewhat off the beaten track, and is boon for motorists, with their own transportation.

While a stroll within a mile of the property can be charming, there are not many cafes, restaurants or shops within the immediate area. If your desire is to get away from it all, and just ensconce yourself in a comfortable setting with pristine and maintained beaches, 2 pools, 2 towers of accommodations and delicious eating experiences, Marriott Pompano Beach Resort and Spa may be your ideal.

When you consider a visit to Florida at any time of year, it is important to keep in mind the annual hurricane season from mid-summer through September. Of course these days, predictable weather patterns of past years seem to be unpredictable. It's a boon to Pompano that they are far North of Miami Beach with its recent health headlines. It also is North of Fort Lauderdale, and a comfortable distance from its neighbor Lauderdale-By-the-Sea, which is a more active

community with its many eateries and entertainment options. Again motorists will find it near enough to quench a typical Florida tourist's appetite.

Near Pompano is the Hillsboro Lighthouse, privately owned and only open for tours at certain times, being a coast guard operated property. Upcoming tour dates for 2016 are: September 10, October 8, November 6, and December 3.

Happily, sequestered in your ninth floor ocean front room with balcony, you might find the sporadic afternoon thunderstorm a real 3-D entertainment, more impactful than the best free action disaster movie, shown on your large in room TV screen. Be sure and inquire about a corner suite room, for added luxury. As with many upscale hotels, housekeeping may be sporadic, even when alerting them to your out of room schedule.

Check in time is listed at 4 pm, but as someone I know had to do, you might have to wait until 6 pm, which will give you time to explore the property, Atlantic Ocean beach, Spa, and exercise room or grab a bite to eat.

MCCoy's restaurant both



comfortably inside or out by the active pools, offers a variety of delectable meal options and beverages with congenial wait staff. If you're a fan of specially cocktails, with the proper and courteous instruction, they follow through with your requests most satisfactorily.

Florida still offers what many

sun worshippers require and the family welcoming Marriott's Pompano Beach Resort, might be your new favorite Florida oasis for you and your extended family.

For more information and reservations: www.marriott.com/flfp

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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

<http://www.examiner.com/travel-in-oklahoma-city/terry-zinn>

www.seniornewsandliving.com - www.martinitravels.com

OKALA's RCAL Administrator Certification Course—2016

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 Senior LivingU's Administrator Level 1 set of manuals (these will be mailed to you within one week of pre-registration). 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.

\$795

Per Person & Includes Manuals

Space is Limited

Register Now**

Call (405) 235-5000

or

okala.ed@att.net

2016 Class Dates

Updated with New & Additional Dates

November 3, 4, 7, & 8, 2016

Class Location:

Gemini Bldg

3101 Tinker Diagonal

1st Floor Training Room

Oklahoma City, OK

Oklahoma State Regulation 2016 "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 re-quirements for operating an Oklahoma Assisted Living community. Class participants will be given a crash course on Title 63 Continuum of Care and Assisted Living Act; Title 310, Chapter 663 and will bring home a binder that will quickly become a vital reference tool in day-to-day operations.

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

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

\$150*

Per Person & Includes Binder

Space is Limited

Register Now

Call (405) 235-5000

or

okala.ed@att.net

2016 Class Dates

September 30, 2016
December 8, 2016

Class Location:

GEMINI Bldg.

3101 Tinker Diagonal

1st Floor Training Room

Oklahoma City, OK



Oklahoma Assisted Living Association
Oklahoma's VOICE in Assisted Living
310 N.E. 28th St, Suite 212. Oklahoma City, OK 73105
(405) 235-5000 | Melissa Holland, Executive Director



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

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

Noval Senior Care, LLC

We've Moved! 3140 W. Britton Rd., Suite A
Oklahoma City, OK 73120 405-751-4663

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

Services

Areawide Aging Agency :

4101 Perimeter Center Drive - OKC
405-943-4344

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

Oklahoma Department of Rehabilitation Services

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

Senior Services Of Oklahoma

Free information and referral services for
senior citizens and their families.
*Visiting Nurse Services *Nutritional
Program/ home delivered meals. *Senior
organizations and support groups.
Answers For Senior Issues: 405-879-1888

Skilled Nursing

Warr Acres Nursing Center

6501 N. MacArther, OKC
405-721-5444

Sept/Oct AARP Drivers Safety Classes

Date/	Day/	Location/	Time/	Registration #	Instructor
Sept 1/	Thursday/	Okla. City/	9:30 am - 4 pm/	951-2277/	Edwards
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100					
Sept 7/	Wednesday/	Norman/	9 am - 3:30 pm/	307-3176/	Palinsky
Fowler Toyota - 4050 Interstate Drive					
Sept 9/	Friday/	Okla. City/	9 am - 3:30 pm/	951-2277/	Edwards
SW Medical Center - 4200 S. Douglas, Suite B-10					
Sept 10/	Saturday/	Moore/	9 am - 3:30 pm/	799-3130/	Palinsky
Brand Senior Center - 501 E. Main					
Sept 13/	Tuesday/	Midwest City/	9 am - 3:30 pm/	691-4091/	Palinsky
Rose State - 6191 Hudiberg Drive					
Sept 14/	Wednesday/	Okla. City/	9 am - 3:30 pm/	522-6697/	Palinsky
Office of Disability Concerns - 2401 NW 23rd, Ste 90					
Sept 16/	Friday/	Okla. City/	9 am - 3:30 pm/	752-3600/478-4587/	Reffner
Mercy Hospital - 4300 W. Memorial Rd.					
Sept 20/	Tuesday/	Warr Acres/	9 am - 3:30 pm/	789-9892/	Palinsky
Warr Acres Community Center - 4301 Ann Arbor					
Sept 24/	Saturday/	Shawnee/	9 am - 3:30 pm/	818-2916/	Brase
Gordon Cooper Tech. Center - Sky Lab 1 Room-1 John C. Burton Blvd.					
Oct 1/	Saturday/	Newcatsle/	9 am - 3:30 pm/	392-4466/	Palinsky
1st Baptist Church of Newcastle - 1650 N. Main					
Oct 6/	Thursday/	Okla. City/	9:30 am - 4 pm/	951-2277/	Palinsky
Integris 3rd Age Center - 5100 N. Brookline suite 100					
Oct 14/	Friday/	Okla. City/	9 am - 3:30 pm/	951-2277/	Edwards
S.W. Medical Center -4200 S. Douglas, Suite B-10					

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

**To be included Call
405-631-5100**



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



ALL IN ONE TREATMENT CENTER...

TREATMENT BENEFITS

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

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



**The Membership
Trading Community**

405.524.4839
www.itex.com



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

www.SmileArtsDental.com

CROSSWORD CORNER

Across

- 1 Gear tooth
4 Scotch whisky brand
9 Apples, e.g.
14 Sushi bar tuna
15 "Inside the NBA" analyst Shaq
16 Scary bacteria
17 *Dots-and-dashes system
19 Charged toward
20 Long Island airport town
21 "Divergent" star Woodley
23 Robber, to cops
26 Join the game
27 Electrical unit of resistance
30 Fish market offering
33 Revolutionary Guevara
36 *Entree
38 Linen fiber source
39 Statesman Stevenson
40 Part of UNLV
41 Fly like a parasailer
42 Weed-control tools
43 *Boxy British economy car
45 "Take your pick"
46 Ironed
47 Grounded fast jet, briefly
48 Affordable ___ Act
50 "This ___ unfair!"
52 Car thief on a pleasure

spin

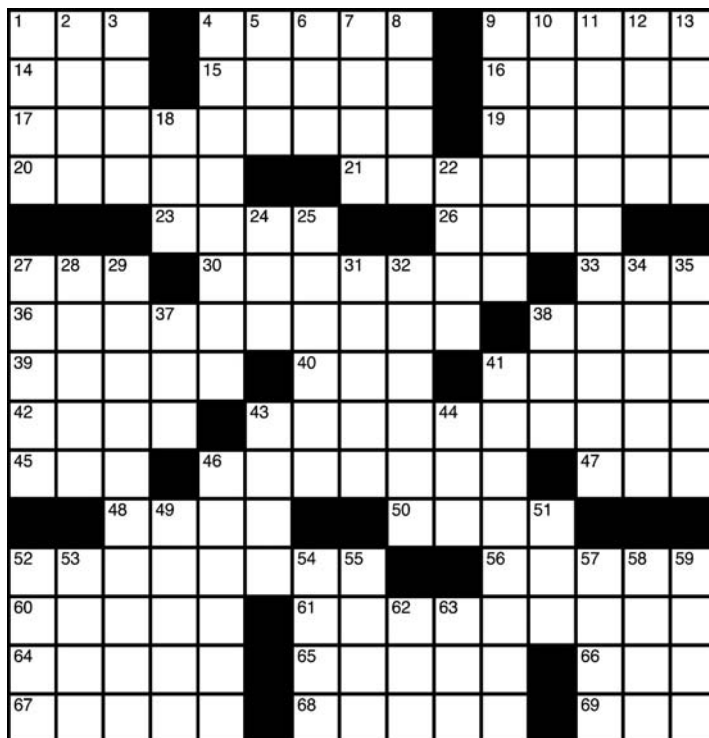
- 56 Car wheel shafts
60 Offensively pungent
61 *Venue for hypothetical legal cases
64 Stop to think, say
65 Alma ___
66 Word in itineraries
67 Tricky road curves
68 Roast host, and a hint to the answers to starred clues
69 Wild blue yonder

Down

- 1 Victoria's Secret garment, for short
2 Cries of discovery
3 "You go, ___!"
4 "My Cousin Vinny" co-star
5 Post-apartheid ruling party: Abbr.
6 Prefix with conservative
7 Father figures
8 "Ick!"
9 Hazards
10 Central Florida city
11 *Wallet alternatives
12 Zing
13 Web browsing destination
18 Dainty taste
22 Church recess
24 Vintage vehicle

25 One of Tony Soprano's henchmen

- 27 Mutual of ___
28 Was wearing
29 *Hannah Montana portrayer
31 Fiber-rich cereals
32 St. Francis of ___
34 Greek god of the underworld
35 Use, as influence
37 ___ in November
38 Showman Ziegfeld
41 Devout term for a churchyard
43 TV "neigh" sayer
44 These, in Nice
46 Lion family units
49 Roll out of the sack
51 Kitchenware brand
52 Bit of mockery
53 Andean stew tubers
54 Buxom one-named supermodel
55 What the buffalo do, in song
57 Disposable diapers brand
58 "CHiPs" star Estrada
59 Time at a motel
62 Non-Rx
63 Golfer's gadget ... or where it's used



Answers on page 21

©2016 TRIBUNE MEDIA SERVICES, INC.

"Stay Home, Stay Well!"

Care Plus HOME CARE

FREE IN-HOME ASSESSMENT

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

769-2551

www.careplusATHOME.com

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

Arbor House

Assisted Living & Memory Care

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

Arbor House Reminisce Center
151 S.W. 48th Ave. Norman, OK 73072
405-310-2499

Arbor House of Norman
4501 W. Main St. Norman, OK 73072
405-292-9200

Arbor House of Midwest City
9240 E. Reno Ave. MWC, OK 73130
405-455-3900

Arbor House of Mustang
850 N. Clearsprings Rd. Mustang, Ok 73064
405-376-2872

www.arborhouseliving.com

Piedmont horse and rider on top of the Ford Youth World in Ranch Riding



Ann Elizabeth Tebow of Piedmont is shown with her American Quarter Horse Vinny at the Built Ford Tough AQHYA World Championship Show at State Fair Park.

Ann Elizabeth Tebow gazed into the stall at her American Quarter Horse Vinny.

It was still a few hours before Tebow, 18, was scheduled to show the 8-year-old gray gelding in ranch riding prelims on Monday during the Built Ford Tough American Quarter Horse Youth Association (AQHYA) World Championship Show at State Fair Park in Oklahoma City.

"I looked at him in the stall earlier today and I thought, 'I want to do this for you, I want to do good so that you know that you deserve it,' because he does. He works really hard for me," said the recent Piedmont High School graduate.

Vinny, whose registered name is "FS Vintage Sidekick," and Tebow are an example of the teamwork between rider and horse displayed

at horse shows and other equestrian events throughout Oklahoma.

"People don't realize how they have their own personalities," she said of horses. "They're just like people because everyone's different and they each have their own little quirks. It took us a long time to get on the same page."

Not only did they make it to the same page but on Tuesday evening Tebow and Vinny won the 2016 world championship in ranch riding.

"That's what makes this so much more special is because we did get through those hard times," Tebow said Wednesday. "It shows that if you work hard and keep going you can accomplish anything and your dreams can come true. Everything we went through together just made it that

See RIDING Page 20

TOUCHMARK
SINCE 1980

DELIGHT{FULL}

"Every day is a good day here."
— Edwin Ternes, Touchmark resident

At Touchmark, residents say living well means:
Having more friendships.

What does living well mean to you?

Independent Living • Single-family Homes & Apartments
Assisted Living • Memory Care

TOUCHMARK AT COFFEE CREEK
Full-service Retirement Community
2801 Shortgrass Road • Edmond, OK 73003
Learn more: 405-562-9155 • TouchmarkEdmond.com

1812343 © Touchmark, LLC. All rights reserved.

Don't let Mobility issues affect your SAFETY during Storms



Storm Safe has been manufacturing and installing storm shelters for 30 years.

Standard Sizes

4' W x' 6' L x 6'5" T	\$3,450
4' W x' 8' L x 6'5" T	\$3,850
6' W x' 8' L x 6'5" T	\$5,100

All amounts include shelter cost, installation & no other fees. This is an all-in amount.

• Custom Sizes Available • 2" Tube Framing inside, 1/4" plate • Texas Tech Wind Tunnel Tested

• Above Ground Steel Safe Rooms carry a Lifetime transferable warranty & can be installed in garage or on slab (outdoor slab may be add'l cost)

• If you move, you can contact us & we can relocate your Safe Room for you to your new address.

405-606-2563

6415 S I-35 Service Rd. OKC 73149

www.stormsafeshelters.com

Mention This Ad for \$100 OFF Your Shelter!



The Membership
Trading Community
405.524.4839
www.itex.com

America's Choice in Homecare Is Now Here!



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



RIDING

Continued from Page 19

much sweeter."

The Built Ford Tough AQHYA World Championship Show is the pinnacle event for American Quarter Horse exhibitors ages 18 and under around the world, who must qualify for the event by earning a predetermined number of points to compete in each of the classes representing halter, English and western disciplines.

The Built Ford Tough AQHYA World Championship Show, which continues through Saturday (August 13) has an economic impact on the Oklahoma City area of more than \$10.3 million. The show features more than 2,180 entries from the United States, Australia, Canada, Ireland and the United Kingdom with exhibitors competing for 35 world championships.

Within all those entries are 761 exhibitors and 1,096 horses. That's a lot of teamwork between horses and riders - and a lot of personalities.

Tebow, the 2015-2016 AQHYA National President, has shown Vinny, owned by her mother Vicki Tebow, for a just a few years now and they didn't click right away.

Some friendships - including many that last for a long time - take time to develop.

"The problem is that we have similar personalities," she said. "We're both curious and like to think a lot about things. He's really curious so when we get in the show pen sometimes he's like 'Oh what's over here?' and I'm like 'Vinny, we've got to pay attention right now, we're supposed to be working.'"

There were times Tebow thought briefly about giving up. Instead, they persevered and got to know each other.

"He's too smart for his own good, which is really cool in a horse," said Tebow, who in the fall will attend Texas A&M University, studying biomedical sciences and competing on the equestrian team. "I've heard the great ones have the most personality and so you've kind of got to learn how to deal with that. We were constantly trying to outthink him, but I've just had to learn that you have to let Vinny do his thing and you're kind of along for the ride."

A year ago during the Ford Youth World they "got on the same page" and that resulted in them making the 2015 finals of the ranch

riding. They began to find success together.

"The ranch riding class was developed to showcase the ranching heritage of the American Quarter Horse," said Sarah Davisson of the AQHA. "It includes different maneuvers a horse would use on a ranch on any given day. They have to do a certain pattern in the arena and be scored on the different elements of that pattern."

This week, Tebow and Vinny again qualified for the ranch riding finals and finished on top with the world championship in ranch riding.

However, she points out that success in the arena is just one part of this special team.

"Now when I ride other horses it makes me appreciate him for all the things that he has taught me," she said.

Tebow will take those lessons learned with her to Texas A&M where she will compete on the equestrian team.

Davisson of the AQHA, said Tebow, "definitely embodies a great youth." This summer, the Oklahoma teen was with Team USA for the American Quarter Horse Youth World Cup in Australia.

"Not only does she show and compete on the world level," Davisson said, "her leadership skills are amazing. She's also a great role model to the youth coming up in the Association."

Sometimes that is conveyed verbally and other times through actions. Take for example, Tebow's reaction a couple of minutes after the ranch riding prelims as their score was announced. Still horseback, Tebow, with tears welling in her eyes, leaned forward in the saddle, hugged Vinny's neck with both arms then patted his neck with her right hand.

"It was just like more a sigh of relief that, 'OK I did you right, I didn't get in your way, I didn't let you down,'" she said. "I really wanted that for Vinny."

Partners helping make the Built Ford Tough AQHYA World Championship Show possible are Ford, Bank of America, B&W Trailer Hitches, Farnam, John Deere, Justin Boots, Markel, Merial, Montana Silversmiths, Nutrena, Professional's Choice, Cripple Creek, SmartPak and Wrangler, along with event sponsors, including Noble Outfitters, Metro Golf Cars, Oklahoma State Fair Park, Oklahoma City Convention and Visitors Bureau, and the Four Sixes Ranch.

Come see the difference at ...

Chateau
ON THE GREEN



- Gated community
- Socialization
- All maintenance provided - inside and out

Live the life you
have looked
forward to ... now.

405.793.4200

1511 SE 4th St. Moore, OK
www.chateauonthegreen.com

Broom Hilda

By Russell Myers

**Animal Crackers**

By Fred Wagner

**Gasoline Alley**

By Jim Scancarelli

**Are you reading this?**

So are more than
64,000 Seniors
throughout the
State!

Call
405.631.5100
to advertise



Former Insurance Agent Headed to Prison for Fraud

A former insurance agent has been sentenced to 27 months in prison for fraud. Gary Edward Hibbing, 53, pleaded guilty to two counts of wire fraud and two counts of money laundering.

"He took advantage of his clients' trust," said Oklahoma Insurance Commissioner John D. Doak. "While cases like this are rare, my office will continue to pursue criminal charges against any insurance agent or broker disregarding the law for their own benefit. I want to thank the U.S. Attorney for the Northern District of Oklahoma, the IRS and the Arkansas Insurance Department for their assistance in this case."

Hibbing, former owner of Grand Lake Investments and Insurance in Grove, was also ordered to pay \$505,126.43 in restitution. His federal prison term will be followed by three years of supervised release.

Through a joint investigation with the U.S. Attorney's Office, Oklahoma Insurance Department investigators found that Hibbing defrauded his victims through a scheme called "twisting." It's an insurance industry term that refers to the fraudulent practice by an agent of convincing his client to surrender his existing annuity in exchange for a new one. Because there is a penalty for early termination of an annuity, the client loses money while the agent makes money on a new commission.

In this case, Hibbing lied to his clients to convince them to surrender their existing annuities and immediately purchase new

ones. He never mentioned the early termination penalty. Hibbing also provided fraudulent information to insurance companies to facilitate the twisting.

The investigation found that one of Hibbing's clients lost nearly \$14,000 for surrendering one policy while Hibbing's commission on the client's new annuity was more than \$17,000. Investigators found twisting tied to 80 different annuity policies from Oct. 17, 2007 to March 4, 2013.

Although the Oklahoma Insurance Department revoked Hibbing's license on March 4, 2013, he continued to sell annuities by forging another agent's name to transact business.

The Oklahoma Insurance Department, an agency of the State of Oklahoma, is responsible for the education and protection of the insurance-buying public and for oversight of the insurance industry in the state.

JUMBLE

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

HARAJ

DOLMY

YAIWAR

UNRATT

Ans:



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.



(Answers next Month)

August
Answers | Jumbles: BRAWL ADAGE ENTITY SAFARI
Answer: What spring does after a long, cold winter —
BRINGS "RE-LEAF"

Complete Tree Service

colemman.ronald54@yahoo.com
or
ronaldcolemmanjr81@hotmail.com
405-842-4717

OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

FOR SALE

Six lots in Memorial Park, OKC, Section 22. All for only \$5,000.00. Call (405) 341-0951

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

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

2 Lots in Blanchard Cemetery in Block 15, Lots 1029 and 1030. Asking \$900.00 for both. Perpetual care included. Phone: 405-412-2789

HELP WANTED

Volunteer Business Counselors Needed
in OKC Metro
SCORE needs people with varied business backgrounds to provide counseling & mentoring for start-up and existing small businesses.
www.score.org
or 609-8005

Recycle
This & Pass Along to a Friend!
Be one of the first to view
SENIOR NEWS & LIVING
monthly newspaper by calling SNL at...
(405) 631-5100
and register your email address for the Electronic Edition!
You get the full print version of
SENIOR NEWS & LIVING
online by email
FREE OF CHARGE

FOR SALE

Arlington Memory Gardens - MWC, Okla. 2 side by side spaces underneath the evergreen tree directly next to Midwest City Blvd. Asking \$5,000. 405-396-3389

PICK A CARD, ANY CARD!



Payment to
Senior News and Living
can be made with
any of the above
credit cards.

SENIOR NEWS & LIVING
TO SUBSCRIBE OR ADVERTISE,
PLEASE CALL 405-631-5100

FOR SALE

Nine lots in Memorial Park, OKC, Section 13.
Lot 144 - 3 plots.
Lot 145 - 6 plots.
\$2,500.00 per plot.
405-626-8162

2 side by side plots at Yukon cemetery. \$1750 each OBO. 405-202-1048

Are you Reading This? So are more than 69,000 readers! Call us at 405-631-5100 to advertise!

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

FOR SALE

Resthaven Memory Gardens, Masonic Gardens, 2 spaces, \$5325.00 transfer fees included. For Inquiries 405-630-9929

CLASSIFIED DISPLAY ADS

1 COL. X 3"

1 Month.....	\$60.00
3 Months.....	\$160.00
6 Months.....	\$300.00
12 Months.....	\$575.00

CLASSIFIED DISPLAY ADS

1 COL. X 4"

1 Month.....	\$75.00
3 Months.....	\$200.00
6 Months.....	\$380.00
12 Months.....	\$720.00

CLASSIFIED DISPLAY ADS

1 COL. X 5"

1 Month.....	\$90.00
3 Months.....	\$240.00
6 Months.....	\$460.00
12 Months.....	\$860.00

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

**Deadline is FOURTH
Friday each month.**

**Classified ads are prepaid
only. ALL ADS ARE IN
PRINT AND ONLINE.**

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

SENIOR NEWS & LIVING AD FORM

Category (For Example: For Sale):

Date(s) to Run:

CLASSIFIED LINER ADS (PRICE PER 25 WORDS)

- ☐ 1 Month.....\$19.95
☐ 3 Months.....\$39.50
☐ 6 Months.....\$57.00
☐ ADD A PHOTO, ONLY \$5.00 MORE!

FIRST NAME LAST NAME

STREET ADDRESS APT. CITY

STATE ZIP CODE E-MAIL/PHONE

PAYMENT INFORMATION ☐ Check # and Amount Enclosed

☐ Please bill my VISA.

☐ Please bill my Master Card.

CARD NUMBER

EXP. DATE CVV NUMBERS

**To place a Classified Marketplace ad, complete this form and send to
Fax: 405-631-5103 or mail to: Senior News and Living P.O. BOX 239.
MUSTANG, OK 73064. For questions, please call us at 405-631-5100.**



SENIOR TALK

Read what other Seniors have to Say...

What is your favorite thing about living at Grand Tapestry at Quail Springs?

"I love the pool. I also like relaxing on the patio with my friends. It is beautiful here."



Sue Cooper
Resident

"The people here are fabulous! Everyone goes out of their way to make things great."



Patti Vienup
Resident

**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
405-601-7700

If you would like us to visit
your location email us at
news@seniornewsandliving.com
or call us at 631-5100

"My favorite part is the friendship. There are two women that I do everything with. We call ourselves, The Three Musketeers."



Mary Hendrickson
Resident

"The people here are wonderful. I love the many activities and I feel like I am living in a 5-star hotel."



Gwyn Walters
Resident

Check Out Our All NEW Assisted Living Program!

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

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

We would provide the following services to them:

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



MERIDIAN
SENIOR LIVING

Everyone Deserves a Great Life!

www.meridiansenior.com

SENIOR LIVING PLUS

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





A lifetime of Happy smiles

10% OFF
**Senior
Citizen
Discount**

*Can be used on all services including
Lock down dentures and implants.*

- Financing available
- Oral Surgery
- Laser Dentistry
- Sedation Dentistry



New Patient Special \$49 exam, x-ray, and consultation!

Three locations to better serve you

10001 South Pennsylvania Ave Suite M. 220 OKC, OK 73159

4341 SE 15 th Street Del City, OK 73115

1100 North Mustang Road Mustang, OK 73064

CALL 405-437-1200