

RSVP Visits Lincoln Park Seniors

PAGE 6



Seniors Don't Have to Suffer

PAGE 13



Spotlight on Community = Senior lives through her artwork



Bettina Trice has dated the sexiest man alive. She's traveled the world, had a world championship whippet and all those things still don't come close to accurately portraying this unique 81-year-old.



PAGE 8

SENIOR NEWS & LIVING

www.seniornewsandliving.com

Information for Oklahoma Seniors

February 2015

Vol. 17 Issue 2

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

Prevent Clinic helping Brookhaven residents stay healthy



John Murgai and Lee Rose have helped Brookhaven Administrator Mollie Wooldridge (left) and Director of Nursing Dustin Schuler, RN, (third from left) keep residents healthier.

story and photo by Mike Lee, Staff Writer

Like any good administrator, Brookhaven Extensive Care's Mollie Wooldridge is constantly looking for better ways to help her residents.

So when she heard about the Prevent Clinic and what it could do she was sold.

"We always want to give the best care for our residents so anything that's new and can make their lives better or easier we want to try," Wooldridge said. "What they pitched to us was what we needed because readmissions are an issue and these can prevent some. It can at least let us know when someone is declining."

Enter John Murgai and Lee Rose with Prevent Clinic - an on-site health monitoring and management firm that specializes in identifying patients who are at-risk for hospital readmission.

Once those patients are identified, Prevent Clinic focuses on continued monitoring until the patient's prognosis improves.

Patients in the Prevent Clinic - largely those with congestive heart failure - are examined once they begin the program and are then seen weekly.

"We know from the start if they

See BROOKHAVEN Page 3

Caring hearts BrightStar Care offers a range of home care services



Accredited by the Joint Commission, BrightStar Care is bridging the gap of home care services needed for a growing population of elders, says Ken Fearnow, president and administrator of BrightStar Care.

Story and photo by Jason Chandler, Staff Writer

Not every health care agency is accredited by the Joint Commission, but BrightStar Care operates with this distinction.

"It's an accreditation that hospitals have to have, but very few home care companies would pursue because it's hard work and it's expensive," said Ken Fearnow, president and administrator of BrightStar Care.

In 2013 Fearnow and his wife, Jannie, opened the private non-Medicare franchise agency in Edmond.

"Our slogan is 'A Higher Standard of Care,'" Fearnow said. "What we hope to do is ensure a higher quality of life."

The Fearnows believe that because of the types of services they provide that it is essential to hold themselves accountable to the highest quality of standards provided

See BRIGHTSTAR Page 5



Bob has
Alzheimer's...

...But he still loves
baseball.



Call Today for a "Sneak Preview" Tour
OPENING APRIL 2015 | Now Taking Reservations

At Heritage Point we're imagining a better way to live with Alzheimer's.

Rather than focusing on what our residents have forgotten, we focus on what they remember...like dancing, gardening, fishing, sewing...**the things that bring them joy** and make them smile.

We have **re-invented Alzheimer's care** and what life should be like. Our focus is on knowing our residents...who they are and what they love to do...and then finding **activities that have meaning and purpose.**

We offer a smaller, **home environment** that promotes dignity, respect and love. Our experienced and caring staff become family.

Call today to learn more about our **unique approach** to caring for people with Alzheimer's and other forms of dementia.

HERITAGE POINT
OF OKLAHOMA CITY

SPECIALIZING IN ALZHEIMER'S
& MEMORY CARE SERVICES

Making the most of each and every day!

(405) 208-7400

HeritagePointOKC.com



Heritage Point of Oklahoma City 12000 N. MacArthur Blvd, Oklahoma City OK 73162



BROOKHAVEN

Continued from Page 1

are at risk and what to look for and they are monitored regularly by additional people," Wooldridge said. "And it's people that learn to know them."

Brookhaven specializes in nursing care. And Dustin Schuler is the Director of Nursing.

From a clinical standpoint, he was all for using Prevent Clinic.

"It was just giving us an extra tool to care for the residents," he said. "For a long time with skilled care you had to send them out to the hospital to get any kind of testing done. It was just a great option to help the residents."

Wooldridge monitored the numbers and liked what she saw.

"When did this work? From the very beginning," she said.

Prevent Clinic's ultrasounds and dopplers are also at Schuler and his staff's disposal.

"The technology the mobile x-ray has is pretty high-end," he said.

"Once I got the nurses on board 100 percent it was definitely additional peace of mind," he continued. "I think they like it, knowing there's another test

they could run. It gives them something else we can go to. They realize sending the resident to the hospital isn't good for them and it isn't good for the family."

Health care reform has pinpointed hospital readmissions as a key area for improving care coordination and achieving potential savings. Medicare patients have the largest share of total readmissions and the highest associated costs for readmission.

According to the U.S. Department of Health and Human Services' Agency for Healthcare Research and Quality, there were approximately 3.3 million adult hospital readmissions in the U.S. in 2011. That resulted in \$41.3 billion in additional hospital costs.

For Medicare patients, the No. 1 condition resulting in readmission was congestive heart failure which was responsible for 134,500 readmissions. Septicemia and pneumonia were the next two conditions responsible for the majority of readmissions. These three conditions alone resulted in \$4.3 billion in hospital costs.

At a time when hospitals are trying to lower a patient's length of stay, patients are unfortunately coming home sicker than before.

The thinking is that objective hemodynamic data can lead to better outcomes and ultimately a lower cost of care.

"It's an added plus on our side because we do something nobody else does," Wooldridge said.

Initially, Wooldridge admits her staff was leary of taking on a new process. But Murgai quickly won them over.

"Trying new things is always difficult because you don't want to add more work to already overworked people," Wooldridge said. "But I think this helps them in so many different ways. It's not additional work it's additional eyes on our residents. More

people can see a decline or an improvement."

Murgai said Brookhaven is the first facility to use Prevent Clinic's optimized program.

"We test every patient here," Murgai said. "Every patient gets tested that way nothing falls through the cracks for them."

And the cracks are where patients can slip through, leading them back to the hospital.

"Hospitals are where sick people are and people get sicker sometimes when they go there," Rose said.

That's why keeping them out of the hospital is the best prescription.

Proposed Bill Close to Commissioner's Heart

Sudden Cardiac Arrest can strike at any time and at any age. A new bill supported by Oklahoma Insurance Commissioner John D. Doak hopes to educate Oklahomans about this condition.

Doak is supporting Michael Morris, a father who lost his teenage son to Sudden Cardiac Arrest. Morris hopes legislative proposals will help educate other parents and save lives. Michael's son, Chase, died suddenly in 2013. His death came as a shock, because Chase was an active 16-year-old athlete with no family history of heart disease.

Commissioner Doak attended the "Play for Chase" Youth Heart Screening event yesterday. Student athletes received blood pressure checks, physicals and an EKG exam for low or no cost. These types of test are not normally part of routine check-ups for teenagers. More than 275 students were screened at this event and three had serious heart conditions.

"This is an issue that is close to my family. My daughter has had multiple heart surgeries, and my son is a student athlete," Doak said. "We support this bill 100 percent. I commend the Morris family for all their hard work and dedication to this important cause."

The Chase Morris Sudden

Cardiac Arrest Prevention Act will be introduced as proposed legislation in Oklahoma this session.

"This is the first time in Oklahoma's history that we've had doctors in both the House and the Senate," said Rep. Doug Cox, M.D., who is sponsoring the legislation. "So what better way to introduce our first bill than by using what we do in our real lives to propose legislation that will save young athletes and prevent death."

The bill includes:

➤ The development of educational materials on Sudden Cardiac Arrest for student athletes

➤ A requirement that all student athletes and their parents read the materials and sign a yearly waiver

➤ Guidelines for removing a student who show signs of Sudden Cardiac Arrest during a sporting event and when they can return to athletics

➤ Yearly training course on Sudden Cardiac Arrest for coaches

➤ Penalties for coaches who violate the act

"Chase would be very proud. He was a loving son, and we're taking the tragedy of our son's death and trying to make a difference in the lives of other children," said Morris.

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

Advertising Sales:

Charles.Cagle@seniornewsandliving.com
Annette.Deckard@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

OPINION

THE SAVVY SENIOR

Dear Searching,

Because more accidents and injuries happen in the bathroom than any other room in the house, this is a very important room to modify for aging in place. Depending on your mom's needs, here are some tips for each part of the bathroom that can make it safer and easier to use.

Flooring: To avoid slipping, a simple fix is to get non-skid bath rugs for the floors. Or if you want to put in a new floor get slip-resistant tiles, rubber or vinyl flooring, or install wall-to-wall carpeting.

Lighting: Good lighting is also very important, so install the highest wattage bulbs allowed for your mom's bathroom fixtures, and get a plug-in nightlight that automatically turns on when the room gets dark.

Bathtub/shower: To make bathing safer, purchase a rubber suction-grip mat, or put down adhesive nonskid tape on the tub/

Dear Savvy Senior,

What tips do you recommend for making a bathroom safer and more functional for seniors. My 79-year-old mother slipped and fell getting out of the shower last month, and I'd like to modify her bathroom a bit with some safety features that can help protect her.

Searching Daughter

shower floor. And have a carpenter install grab bars in and around the tub/shower for support.

If your mom uses a shower curtain, install a screw or bolt-mounted curtain rod, versus a tension-mounted rod, so that if she loses her balance and grabs the shower curtain the rod won't spring loose.

If your mom has mobility issues or balance problems, get her a shower or bathtub seat so she can bathe from a seated position. In addition, you may also want to get a handheld, adjustable-height showerhead installed that will make washing while sitting down easier.

Another, pricier option is to install a walk-in-bathtub or a prefabricated curbless shower. Walk-in tubs have a door in front that provides a much lower threshold to step over than a standard tub. They also typically have a built-in seat, handrails and a slip resistant bottom, and some have therapeutic spa features with whirlpool water jets and/or bubble massage air jets.

How to Make Your Bathroom Safer

Curbless showers have no threshold to step over, and typically come with a built-in seat, grab bars, slip resistant floors and an adjustable handheld showerhead. Prefabricated curbless showers and walk-in-tubs typically cost anywhere between \$2,500 and \$10,000 installed.

Toilet: Most toilets are about 14 to 16 inches high which can be an issue for many people with arthritis, back, hip or knee problems. To raise the toilet height, which can make sitting down and getting back up a little easier, you can purchase a raised toilet seat that clamps to the toilet bowl, and/or purchase toilet safety rails that sit on each side of the seat for support. Or, you can install an ADA compliant toilet that ranges between 17 and 19 inches high.

Faucets: If your mom has twist handles on the sink, bathtub or shower faucets, replace them with lever handle faucets. They're easier to operate, especially for seniors with arthritis or limited hand strength. Also note that

it only takes 130-degree water to scald someone, so turn her hot water heater down to 120 degrees.

Entrance: If your mom needs a wider bathroom entrance to accommodate a walker or wheelchair, install some "swing clear" offset hinges on the door which will widen the doorway an additional two inches.

Emergency assistance: As a safety precaution, purchase a waterproof phone for the bathroom or get a medical alert device (SOS emergency call button) that your mom could wear in case she falls and needs to call for help.

You can find all of the products suggested in this column at either medical supply stores, pharmacies, big-box stores, home improvement stores, hardware and plumbing supply stores as well as online.

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.

Bouncer, please remove that songbird from the bar

By Greg Schwem

The next time you are traveling through Oregon and spot a zebra finch, or what non-ornithologists call "a bird," it's best to stay away.

The creature may be drunk.

In their attempts to understand the relationship between alcohol and speech impairment, researchers at Oregon Health and Science University recently chose to ply the birds with booze and then record their sounds. Finches were chosen because, according to the study, they "learn song in a manner analogous to how humans learn speech."

I'm not sure why further study on this topic is needed; we need only ask celebrities to explain how alcohol affects one's ability to form words. Mel Gibson, Lindsay Lohan, Paris Hilton and Justin Bieber, please step up to the bar. Still, I read on, despite breaking my cardinal rule to never read medical studies. Doing so requires one to digest sentences such as, "nucleus RA occupies a position in this pathway analogous to the layer 5 motor neurons within the oral-motor and laryngeal representation areas of the human primary motor

cortex, which project onto brainstem laryngeal centers for vocal control."

I interpreted that to mean I shouldn't summon security the next time I'm sitting next to an angry fan screaming profanities at a professional sporting event. Instead, I should politely ask him to tone down his brainstem laryngeal center. And then call security.

The birds' initiation into the world of intoxication began slowly; finches were first fed water, then water mixed with white grape juice and finally white grape juice spiked with alcohol. Then the real fun began as the finches entered a studio complete with professional microphones, preamplifiers and recording software. "Singing was recorded and processed with the settings for zebra finch song," researchers wrote.

Would somebody please tell me the proper zebra finch song settings? This was not explained despite an exhaustive description of what to listen for when zebra finches begin singing. There was also no indication of exactly what songs they were singing.

Researchers quickly noticed that

alcohol exposure in finches did not affect their general behavior. They were able to perch, stand upright and even fly inside their cages despite being buzzed. It also did not affect their willingness or motivation to sing. So despite the similarities between finches and humans, differences abounded as well. If alcohol did not affect our willingness to sing, karaoke bars would have ceased operation years ago.

However, male finches did noticeably perk up when females were introduced into adjacent cages. The males also suddenly decided they were great dancers. Okay, I made that last one up.

The recording sessions lasted several hours because, as the study points out, "finches clear alcohol quite slowly once high blood ethanol concentration (BEC) levels are achieved."

Who knew?

Also, there was plenty of alcohol to clear because, as researchers sheepishly admitted, the BEC levels could be classified as "risky" drinking with one bird even approaching binge drinking status. After reading the entire study, I reached two

conclusions:

I need a zebra finch to clear out all the strange alcohol in my liquor cabinet. How did I end up with a bottle of Crème de Menthe?

I will never look at white grape juice the same way again.

But I also believe further research is needed before concluding people and finches are alike when it comes to alcohol consumption. Oregon researchers, please answer the following questions:

Are male finches inclined to pick fights with bigger, stronger finches after accusing them of looking at their female companions?

Do female finches warble on incessantly about relationships and glumly sing how they may never find "The Right Mr. Finch?"

Do finch couples break up and reconcile repeatedly while drinking?

(Greg Schwem is a corporate stand-up comedian and author of "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad," available at <http://bit.ly/gregschwem>. Visit Greg on the web at www.gregschwem.com.)

© 2015 GREG SCHWEM. DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC

BRIGHTSTAR

Continued from Page 1

in the industry.

BrightStar serves the greater Oklahoma City metroplex by offering home care and medical staffing. A full range of services are provided in a client's home, providing that they are well enough to stay at home and don't need to be hospitalized, Fearnow said.

"It might be companionship and keeping people safe in their homes to people who don't need a high level of personal care needs," he said. "They just need safety and some help around the house, maybe light housekeeping and just preparing meals for them and those things."

BrightStar also provides personal care services to people with a higher level of needs. They might have been discharged from the hospital and need some support in their house. Maybe they can't get out of bed and they need help with transferring, walking and showering, Fearnow said.

"We also provide skilled nursing services," Fearnow continued. "That would be anything from providing injections and withdrawing blood all the way to wound care."

BrightStar also provides infusion therapy for certain types of patients.

"We like to hire people who have a heart for the work that they do," Fearnow said. "And it's kind of hard to test for until you get them in the field, but most of the people that are in this business are so because they have a lot of compassion. They really do it more for the satisfaction of helping other people."

The nursing staff ranges from registered nurses to certified home health aides and certified nurse aides. These aides must have been certified for at least a year before BrightStar will consider hiring them.

"We just feel like they need to have some experience either working in a facility or working as a nurse aide before we want to put them with our clients," Fearnow said. "We also require that they have CPR certification."

There are also federal and state requirements for the nurse aides to have a 50-state criminal background check as well as checking the OSBI sex offender registry. They must also have a drug test and a negative tuberculosis test.

"We competency test them in

various areas depending on the type of client they are going to see," Fearnow said.

Members of the staff are in the business to enrich people's lives, which is the focus of person centered care.

"They do it more for that than they do for the money," Fearnow explained. "We have some caregivers -- I can think of one in particular -- who with more than one client we've had in their final hours; they've been holding hands and praying with them."

Providing company is important to people who are mostly homebound or transferred with lifts and with varying degrees of disability.

"They require different expertise and different types of care," Fearnow said. "To ensure this better quality of care, we try to match the likes and dislikes of the client with the likes and dislikes of the caregiver."

Clients are contacted within 24 hours for feedback and to see if there is anything else that they need. Seven days later, the client is contacted again, followed by a once-a-month communication with the office. Surveys are sent to learn from the client how they are doing.

"We are in their home with them. We want to see how we are touching them at every stage," Fearnow said.

Enriching the lives of other people by providing excellent care has also enriched Fearnow's life.

"I always said, 'The closer I get to the age of the people I'm caring for -- and we have several that are about my age -- the more important it is for me to provide the quality of care to them and the dignity I would want for myself.'"

"It's been a very rewarding business for me. My wife and I have enjoyed it very much."

Complete Tree Service



CTS
LANDSCAPING AND
STUMP REMOVAL

ITEX
The Membership
Trading Community
405.524.4839
oklahomacityitex.com

colemantonald54@yahoo.com
or
ronaldcolemanjr81@hotmail.com
405-842-4717

www.spidercreek.com

OPEN YEAR ROUND!



SPIDER CREEK
RAFTS, KAYAKS, JON BOATS & CANOES
RENTAL AVAILABLE
RESORT

*On the White River, Eureka Springs, Arkansas
8179 Highway 187 • Beaver Dam Access Road*

**BE SURE TO VISIT OUR
BEAVER DAM STORE**

FLY & TACKLE SHOP
for groceries, cold beer, wine and expert advice
from our Fishing Guides!


toll free: **855.253.6154 • 479.253.6154 • www.beaverdamstore.net**

The best trout fishing located directly on the Beaver Tailwaters of the White River

- 50 acres, 20 Cabins & 1 large, scenic RV Pad
- Perfect for Weddings and Family Reunions!
- Families with Children Pets, welcome!


Toll Free: **800.272.6034**
479.253.9241
e-mail: info@spidercreek.com



Find us on Facebook 



COME see the brand new dealership and experience the Diffee Family Difference – where car buying is a pleasant, no pressure experience.

- Family Owned and Operated since 1954
- Recipient of the prestigious BBB Torch Award for 2014
- Largest selection of New and Pre-owned vehicles in Western Oklahoma



DIFFEE
Ford LINCOLN

I-40 Exit 125 in El Reno
405-262-4546
DIFFEELINCOLN.com

RSVP of Central Ok Visits Lincoln Park Senior Center

story and photos by Lisa Davenport, PROVIDE-A-RIDE Outreach Coordinator

Celebrating the life and work of Martin Luther King Jr., RSVP of Central Oklahoma staff and volunteers visited with the older adults who attend the Lincoln Park Senior Center in Oklahoma City while serving them coffee and donuts. In addition, they presented each senior with a "Be Ready" disaster preparedness bag, which included a flashlight and blanket; two items needed in the event of an emergency or disaster. The insulated bags are big enough to hold other essential items, such as water, medications, a change of clothes, copies of important documents, a first aid kit, etc. The bags are great to have "ready" to use at home, or grab and take in case of the need to evacuate.

Beth Patterson, Executive Director, spoke about Senior Corps, which is made up of the Retired Senior Volunteer Program, Senior Companion Program and Foster Grandparent

Program. Each program connects older adults with rewarding and meaningful volunteer opportunities.

Lisa Davenport, Outreach Coordinator, spoke about the Provide-A-Ride program, which provides free medical transportation for seniors, age 60 and older, living on limited incomes. She explained the program offers not only transportation, but also conversation and companionship, which is very important to the clients living in isolation with a limited support system. She invited the group to join RSVP in their mission to help seniors within our communities remain as independent as possible, and in their own homes for as long as possible, by volunteering to take them to their much needed medical appointments.

The event concluded with a question and answer period and each of the 40 participants pondering the question



"Be Ready" disaster preparedness bag were presented to each senior at the Lincoln Park Senior Center in Oklahoma City.

presented by Dr. King years ago, "What are you doing for others?"

For more information about RSVP of Central Oklahoma, call 605-3110, or visit www.rsvpokc.org. To become a volunteer driver or register

as a Provide-A-Ride client, call 605-3106.

RSVP of Central Oklahoma, Inc. is a part of the Corporation for National Service and a proud United Way of Central Oklahoma partner agency.



Beth Patterson, Executive Director presents a senior with a "Be Ready" disaster preparedness bag.

Replacement Dentures Immediate & Partial Dentures
Extractions Dental Implants Crown Implants
Crowns Bridges Plus Much Much More
ALL AT A FRACTION OF THE COST!!

EXTRACTIONS
starting at
\$49
per tooth w/Denture Purchase

REPLACEMENT DENTURES starting at
\$395
per full set
(one day Services Available)

DDS Dentures & Dental Services
Thomas John Kennedy of Oklahoma, DDS, PLLC - General Dentistry
Sean Whisler, DDS • Beau Porter, DDS • Doreen Fleisher, DDS • Shelby R. Jones, DDS

New Patients Always Welcome! We Accept and File Most Insurance
2209 W. I-240 Svc Rd, Ste 315, OKC, OK 73159 • 405-688-2500
4440 NW Expressway, OKC, OK 73116 • 405-848-4442

844-OKC-1DAY • OKCdentures.com

\$100^{OFF}
any denture purchase of \$500 or more
One per customer, must present coupon at first visit.
COUPON CODE: SNL102014

See better. Live better.



Laser cataract surgery offers the most accurate correction of your prescription, decreasing or even eliminating your need for glasses.

Call Dr. Darrell Pickard for a cataract consultation today.



405.733.4545

EYE ASSOCIATES OF OKLAHOMA

1455 S. DOUGLAS, STE. D • MIDWEST CITY



WARR ACRES NURSING CENTER

Resident-Driven Culture

**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
- Restorative Nursing Services

Medicare • Generations • Secure Horizons • Private Pay • Medicaid

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



***A memorial park that is as unique
as the life you want to celebrate***



Reflection Pointe Cremation Gardens is a peaceful, park-like setting that provides families a way to honor and remember loved ones by integrating the beauty of nature with the celebration of life. Built over an 8-acre wooded area, visitors can stroll through the park, reflect at the waterfall or sit on the grass without walking around above-ground monuments like in traditional cemeteries. We offer many options, including scattering of ashes in our meadow or placing them in the Ossuary or a niche inside our waterfall. GPS technology and smart microchips makes it easy to locate your loved ones' site and access online memorials. Feel free to browse our site, or call us for more information.

***Everyone deserves a special place
to be remembered***



Reflection Pointe Cremation Gardens
10900 N. Eastern | Oklahoma City

405-843-2099

www.ReflectionPointe.net

LIFESTYLES

Senior lives through her artwork

by Mike Lee
Staff Writer

Bettina Trice has dated the sexiest man alive. She's traveled the world, had a world championship whippet and all those things still don't come close to accurately portraying this unique 81-year-old.

Trice started painting when she was four, copying Dick Tracy out of the paper.

She's lived her entire life by the philosophy you're never bored if you're an artist.

In the 1950s, Trice's mother entered her in a beauty contest. The shy Oklahoma City girl made it to the stage but then figured out she had another problem.

"They accepted me and that night I said 'Dear Jesus, what am I going to do. I don't dance and I don't sing,'" Trice remembers. "He gave me the message of doing art. I sketched the Mona Lisa in three minutes and would you believe I won."

Trice went to Central High School growing up and then



photos by Mike Lee

Bettina Trice, 81, has lived a fascinating life.

married

Through the years Trice has run Betty's Gift Shop and she's worked for Wolf & Wolf Advertising.

Art is life for Trice and

one day she hopes to have her work displayed in an Oklahoma museum.

"It keeps you in touch with God," she said.

See BETTINA Page 9

PHYSICIAN CARE IN YOUR HOME IS NOT A THING OF THE PAST!



Whether you're homebound or have a chronic condition and need the convenience of a physician to come to you, we can provide the medical attention you need.



PHYSICIAN HOUSECALLS
Your Home. Your Doctor.

405-896-8058

www.housecallsok.com | info@housecallsok.com

We accept Medicare, Medicaid and Private Pay.



Your Life, Your Way

WE CAN HELP YOU STAY IN YOUR HOME

Light Housekeeping • Meal Preparation • Companionship
Personal Care • Health Support • Community Activities
Errands & Shopping • Hospital Sitter • Specializing in Dementia
VA Benefits, Private Pay and Long-Term Care Insurance Accepted



(888) 559-8847

www.ABetterLifeHomeCare.com

Serving Oklahoma City Areas

BETTINA

Continued from Page 8

For about a month, when she was still Betty Salmon, she found herself face-to-face with Harry Belafonte - voted at the time the sexiest man alive. She coyly asked for an autograph insisting it was for her sister.

"As I was walking away he asked if I could give him a ride," Trice said. "We dated for over a month."

She still remembers the first date when they went to a local restaurant.

"He said 'I want you to go first because I wouldn't want to embarrass you,'" Trice said. "I took his hand and told him if we couldn't go in together I wasn't going in. We went in and everyone stood up and applauded. Can you believe that in Oklahoma in the 1960s?"

In addition to the artwork that adorns her walls at Emerald Square Assisted Living Center, Trice has vacation photos of her and her husband in China and Italy. She spent a month touring China and visited the Great Wall. She's dined at the luxury Hotel Cipriani in Venice, drinking wine with peaches for breakfast.

Her destinations have also included Japan, Europe and Mexico.

Trice and her husband - who owned Trice Electronics - had three children and plenty of grandchildren and plenty of grandchildren have followed.

Those who may have dined at Sussy's Italian Restaurant in Oklahoma City may remember the hand-painted mugs given out. Jack Sussy used to give out. The Chicago native commissioned Trice to paint some 5,000 cups, each different.

"The waitresses didn't like me



very much because every time they came in they wanted to use their cup," Trice said. "He finally put in some lazy susans. They didn't think that was very funny."

From time to time she gets approached by Emerald Square residents about painting self portraits or portraits of their animals.

She's happy to oblige, painting almost every day.

Several of the paintings that hang on her wall are of her whippets.

During her life, Trice also became certified to teach tennis lessons. Her and husband built the first indoor tennis court in Oklahoma City.

STRANGE BUT TRUE

SO THEY SAY...

BBT Dionysus was the Greek god of wine and vegetation. He showed mortals how to cultivate grapes and make wine. In 5th century B.C., he was worshipped at celebrations that became associated with licentiousness and intoxication.

BBT Porcupines float in water!

BBT Pinocchio is Italian for "pine eye"!

BBT The sentence "The quick brown fox jumps over a lazy dog." uses every letter of the alphabet!

BBT The only 15 letter word that can be spelled without repeating a letter is "uncopyrightable"!

Pop the Cork on the Good Life - Time to Do It Is When You Retire

Nationally Recognized Retirement Expert Offers 3 Simple Tips in 2015 for Improving Retirement Prospects,

About Stephen F. Lovell, MBA, ChFC®, CLU®, CFP®, CFS, BCM, CRPC®, AEP®, RHU®, AIF®

Imagine a bright, golden vista filled with soothing, warm sunshine - perhaps it is California's Highway 29. You're driving this scenic route after crossing the Golden Gate Bridge on a Tuesday during working hours. That's right, you're going to Napa.

Of course, this is precisely the kind of thing you're getting used to doing on Tuesdays - not only because you're becoming a wine connoisseur, but also because Tuesdays no longer belong to hours under the glare of fluorescent lights in front of your work computer. Aah, you're retired.

"That's the dream, and as a native San Franciscan I know it well. I myself have traveled the byways of food and wine in the Bay Area. More Americans could be living their dream during retirement, wherever they go to play," says Stephen F. Lovell, a nationally recognized retirement expert who emphasizes a comprehensive approach for well-being during one's golden years.

"Many baby boomers will retire in the next few years, and for many of them that dream has a nightmarish tinge—they're worried they'll run out of money."

Lovell, president of Lovell Wealth Legacy, (www.lovellwealthlegacy.com), says 2015 can and should be the start of that good life. He offers three simple ways to bring your dream into reality.

- Revise your budget at the year's beginning. Ask yourself: How do I spend my money? Many of us believe we have a reasonable idea of where we put our money, but unless you account for your spending, you may miss out by not putting away enough for your happy retirement.

A household's discretionary spending on nonessential goods and services like a second smart phone case or the premier movie channel is could top 30 percent. And that is often twice what you intended—but you don't see it until you budget. "Budgeting puts you in the driver's seat," Lovell says. "From there you can control where you spend. You're buying on purpose, and sometimes you get a nice surprise. That alluring vacation is now within reach."

- Be proactive about your

financial interests before visiting a professional. Knowing which financial products may work best for your personal needs and how to protect your hard-earned money from unnecessary taxation is not what most laypeople excel at. That job is best handled by working with a professional. But, as with your health, you reap the benefits of being aware of your needs and of initiating the process of looking after yourself.

"Remember, 40 percent of retirees underestimate their life expectancy, according to an Ernst & Young study," Lovell says, "so if you don't want to run out of money, create your financial plan to cover this extended retirement period. Then, you odds for a comfortable retirement are improved."

- Consider alternatives to stocks, bonds and cash. Many new investment types have appeared to solve planning and retirement issues. Yet most investors limit their choices by relying exclusively on stocks, bonds and cash. From 2000 to 2013, the stock market, for all its ups and downs, wound up at roughly the same place, around 1527. At a 2 to 3 percent investment cost per year, many investors, for all their efforts, lost money! "I educate my clients by bringing to their attention the wide universe of investment types. Results are that more suitable solutions are uncovered and then applied for the client's benefit."

Stephen F. Lovell is a thoroughly credentialed, nationally recognized financial professional. Since 1990, he has been gathering various licenses — in insurance, securities, real estate, commodities and as a registered principle — to offer his clients a thoroughly comprehensive perspective on their wealth. He is president of Lovell Wealth Legacy, (www.lovellwealthlegacy.com), and a branch manager at LPL Financial. Lovell has earned several professional honors and memberships. Since walking with his mother as a child for the March of Dimes in San Francisco, he has been active in local and national charities. More recently, Lovell has taken to the airwaves as a radio host at KDOW, where he hosts a weekly show about pursuing financial success and, of course, enjoying the fruits of that financial success.

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									*	*	*	*
The Lakes <i>Skilled and Long term Nursing Care</i>	146	OKC	405-773-8900	www.pheonixhealthcarellc.com	*	*	*	*	*		*		*		*	
Savannah House of Yukon <i>Independent Living</i>	60	Yukon	405-265-0273	www.jrkpropholdings.com								*				
Savannah House of Moore <i>Independent Living</i>	60	Moore	405-378-2500	www.carlsbadok.com								*		*		
Savannah House of Norman <i>Independent Living</i>	92	Norman West	405-329-2450	www.carlsbadok.com								*				*
Savannah House of Norman II <i>Independent Living</i>	100	Norman East	405-701-8440	www.carlsbadok.com								*	*	*		*
Timberwood Senior Housing <i>Senior Housing</i>	52	OKC	405-619-0079	www.meridiansenior.com	*	*	*				*	*	*			
Wyndam Place <i>Senior Residences</i>		Norman	405-310-2266	www.beacon-mgmt.com								*		*	*	
Grace Pointe <i>Cottage Homes</i>	99	Moore	405-703-0999	www.gracepointeliving.com						*		*		*	*	
Willowood at Mustang <i>Assisted Living</i>	79	Mustang	405-376-1200	www.meridianseniorcare.com												
Savannah House of Guthrie <i>Independent Living</i>		Guthrie	405-293-9606	www.jckholdings.com								*				
Woodson Park Apartments <i>Independent Living</i>		Elreno	405-422-3773	woodsonparkapts@att.net	*				*	*	*	*		*		
Heritage Point of OKC <i>Assisted Living Alzheimer & Memory Care</i>	54	OKC	405-208-7400	www.heritagepointokc.com	*		*	*	*		*	*	*	*		

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

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

SENIOR NEWS & LIVING
OK

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

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

The Fountains at Canterbury Welcomes New DON



Kristy Davis is the new director of nursing at The Springs.

By story and photo by Lauren Daughety

The Fountains at Canterbury, a continuum of care senior living community in Oklahoma City, welcomes a new member to their staff. Kristy Davis is the new director of nursing at The Springs, The Fountains at Canterbury's skilled nursing and rehabilitation center.

Davis has more than 13 years of experience in the health care industry. Previously, Davis has served as a registered nurse in intensive care and rehabilitation settings and as a director of nursing in long-term care.

"My two greatest passions are long-term and senior care," said Kristy Davis, director of nursing at The Fountains at Canterbury. "I love spending time with the elderly and listening to their stories. I am so impressed with the community here and the positive culture and look forward

to working with my associates."

"We are thrilled to welcome Kristy as a part of our team here at The Fountains," said Scott Steinmetz, executive director of The Fountains at Canterbury. "Her experience and passion for senior care makes her the perfect fit as director of nursing at The Springs. She joins associates enthusiastic about maintaining a thriving community."

The Fountains at Canterbury is dedicated to being the first choice in senior living, providing a continuum of care including independent living, assisted living, memory care, innovative rehabilitation therapies and skilled care. The Fountains at Canterbury is committed to creating an extraordinary community where people thrive. To learn more, please call (405) 381-8165 or go online to www.watermarkcommunities.com.

Ashton on the Green
Welcomes Individuals 62 or Older
 2501 Ashton Place • El Reno, OK
405-262-4700
\$99 MOVE-IN!

Central Heat & Air	Dishwasher	Front Porch
Washer/Dryer Hookups	Wall to Wall Carpet	Community Room
	Swimming Pool & Hot Tub	Recreation Area

Lunches provided by Aging Services.
 HUD Section 8 & Housing Assistance Accepted for Qualified Applicants

This institution is an equal opportunity provider and employer.

NEWBY VANCE &
MOBILITY SALES AND SERVICE
"Where We Exceed Expectations Everyday"



- Adaptive Driving Devices
- Wheel Chair Accessible Vans
- Wheel Chair & Scooter Lifts
- Transfer Seat Bases
- Hand Controls

Oklahoma's Only All Inclusive Sales & Service Center!

Located at
 John Vance Auto Group
 5632 South Division St.
 Guthrie, Oklahoma 73044
(405) 282-2113 or (800) 375-4471




WWW.NEWBYVANCEMOBILITY.COM

OKC's Finest 62 & Greater Community
You Live. Your Life. Your Way.



FREE

Application Fee
with ad.



APARTMENT COMMUNITY

- Washer/Dryer Included
- Door-Side Trash Service
- Free Video & Library
- Outdoor Pool
- Fenced, Gated Community
- Quiet, Landscaped Gardens
- 24/7 Emergency Maintenance

(405) 636-1537

3708 S. Douglas Ave.
Between 44th and Grand
Blvd in Oklahoma City




Snap-in your denture starting at \$1,200!

Stop dealing with messy denture paste and powders and feel secure with your teeth.

Call Dr. Blake at 405-392-4883.

Crowns: Only \$645

FREE denture and dental implant consultations

Dr. Clint Blake D.D.S.

2820 NW 32nd St. (Highway 37) • Newcastle, OK
405-392-4883 www.toothhut.com



February & March AARP Drivers Safety Classes Offered

Date/ Day/ Location/ Time/ Registration # Instructor

Feb 19/ Thursday/ Norman/ 9 am - 3:30 pm/ 440-8802/ Palinsky, Norman Regional Hospital - 950 N. Porter

Feb 28/ Saturday/ Norman/ 9 am - 3:30 pm/ 292-9770/ Palinsky, Little Axe Community Center - 1000 - 168th Ave. N.E.

Mar 5/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Edwards, Integris 3rd Age Center - 5100 N. Brookline

Mar 10/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky, Rose State - 6191 Tinker Diagonal

Mar 11/ Wednesday/ Okla. City/ 9 am - 3:30 pm/ 752-3600 or 478-4587/ Reffner, Mercy Hospital - 4300 W. Memorial Rd

Mar 13/ Friday/ Okla. City/ 9 am - 3:30 pm/ 942-4339/ Palinsky, Will Rogers Senior Center - 3501 Pat Murphy Dr.

Mar 13/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards, S.W. Medical Center - 4200 S. Douglas, Suite B-10

Mar 14/ Saturday/ Norman/ 9 am - 3:30 pm/ 292-9770/ Palinsky, Little Axe Community Center - 1000, 168th Ave. N. E.

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

Mar 21/ Saturday/ Moore/ 9 am - 3:30 PM/ 799-3130/ Palinsky, Brand Senior Center - 501 E. Main

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

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



- GARDEN HOMES W/LARGE FRONT PORCHES • SINGLE STORY
- 1 & 2 BEDROOMS • LARGE BATHROOM • UTILITY ROOM
- CEILING FANS • ENERGY EFFICIENT • STORM WINDOWS • COMMUNITY ROOM & SAFE ROOM • SIDEWALKS W/RAMPS • SMALL PETS WELCOME


WHEELCHAIR VANS
 New and Used
 In Stock & For Sale



- Wheelchair Accessible Vans
- Lifts & Carriers for Wheelchairs & Scooters
- Hand Controls & Driving Aids
- Transfer Seating for Driver or Passenger

MOBILITY AUTO SALES
 405-608-1091 or 1-800-689-0511
 730 West Hefner Road • Oklahoma City
www.MobilityAutoSales.NET

Fountain Brook
 Assisted Living & Memory Support



Peace of Mind

Families entrust the care of their loved ones to the dedicated and trained staff in our Finch Landing Memory Support. We're helping people with dementia experience joy, comfort, & meaning in their lives every day. We invite you to tour the community and see what we have to offer.

11510 SE 15th St. Midwest City 405-769-7677

www.fountainbrookliving.com

HEALTH

Seniors don't have to suffer from depression

by Mike Lee,
Staff Writer

Working with a generation that has long considered depression something that you simply worked your way out of, Vicki Escajeda and staff at Generations at Integris Southwest Medical Center have their work cut out for them.

Therapist Case Manager Associate Escajeda, BA, has 17 total years with Integris Mental Health. She's seen how depression can take its toll.

The term "major depressive disorder" didn't even appear until the mid-1970s, meaning hundreds of thousands of people have gone untreated for what is now a recognized illness.

Generations is a short-term, inpatient psychiatric program for adults age 55 and older. Generations helps patients:

- Understand symptoms
- Explore the causes of their condition
- Learn techniques for reducing stress and managing their response to their illness

Those 55 and older who are battling mental illness or dementia can seek services.

"Even people in long-term care and assisted living settings already dealing in this environment still don't know this exists," Escajeda said. "They may not even know that someone with dementia could be managed by a psychiatrist because the medications, their knowledge of those is so much more updated than even your general practitioners."

The Centers for Disease Control notes that the urgency of the rate of depression to public health is likely compounded by the recognition that – if not effectively treated – depression is likely to lapse into a chronic disease.

Just experiencing one episode of depression places the individual at

a 50% risk for experiencing another, with subsequent episodes raising the likelihood of experiencing more episodes in the future.

Depression is characterized by depressed or sad mood, diminished interest in activities which used to be pleasurable, weight gain or loss, psychomotor agitation or retardation, fatigue, inappropriate guilt, difficulties concentrating, as well as recurrent thoughts of death.

But depression is more than a "bad day"; diagnostic criteria established by the American Psychiatric Association dictate that five or more of the above symptoms must be present for a continuous period of at least two weeks.

Generations focuses on patients who have concerns or needs such as:

- Mood disorders such as major depression and bipolar disorder
- Anxiety disorders such as generalized anxiety disorder, panic attacks, obsessive-compulsive disorder and post-traumatic stress disorder
- Schizophrenia and other psychotic disorders, including hallucinations and delusions
- Alzheimer's and other dementias
- Social role changes and phase of life transitions
- Grief and loss issues
- Substance related and other co-occurring addictive disorders
- Emotional and mental health problems related to other medical conditions
- Medication adjustments

The primary care physician may refer patients directly to the program and can also choose to be a part of the treatment team. All patients are assigned to the care of a board certified or board eligible psychiatrist.

As needed, each patient is



photo by Mike Lee

Generations at Integris Southwest Medical Center helps seniors dealing with depression, dementia and a range of other conditions.

assigned a second physician (family doctor or specialist) whose role is to address any medical concerns while the patient is on the unit.

Escajeda enjoys the fact her patients have an entire hospital of services at their disposal.

"The staff in the whole hospital has been very supportive of this unit," she said.

One of the biggest battles Escajeda and her staff faces is letting seniors know help is available.

"I think it's getting better with the Baby Boomers because there's more openness to that mental-body connections," she said. "Before it was that pull-yourself up by your bootstraps mentality. But I think we're seeing it get better as the population gets older."

Time after time Escajeda has seen what a difference the right care can make.

"Over the years I can think of people who presented like they had advanced Alzheimer's disease and it was something as simply as their thyroid was out of whack or their B12," Escajeda said. "That really pushes for early diagnosis and treatment because there are so many treatable types

of dementia. If you start having memory problems it could be depression and we see quite a bit of that. Sometimes people seem confused and they're actually depressed and we can treat that."

Family members are considered to be an important part of the treatment process, and each patient's therapist will schedule family conferences and discharge planning with the family and the patient. Generally, family sessions are once a week. It is recommended that all families participate in family support groups through NAMI (National Alliance on Mental Illness).

Jill Enevoldsen, RN, LCSW wants to get the message out that seniors don't need to suffer needlessly.

"Part of it is that quality of life can be greatly improved," Enevoldsen said of her message to people. "Even if you have dementia with behavioral disturbances if you can get the right treatment, the right medicine, the right family education you can still impact that even if it's a chronic thing," "I think the higher ability to function in your day-to-day life, that's what we're here for."

Are you reading this?

So are more than 64,000 Seniors throughout the Metro area! If you have a news call us 405.631.5100

El Reno Welcomes New ER Department Provider

As a former firefighter and paramedic-turned-nurse practitioner, Antoinette Thompson-Ducasse has always been dedicated to public service and believes her profession chose her.

She brings that dedication to her new role as a nurse practitioner at Mercy Hospital El Reno.

During her 23-year career as a firefighter, Thompson-Ducasse

became a paramedic and eventually went on to nursing school where she discovered her deep passion for caring for others.

"I love caring for people, teaching them, being straight with them and everything about it," she said. "I treat people like family with the respect and dignity they deserve. I like to have an open relationship with patients so they know they can trust me since I will listen and care for their needs."

Thompson-Ducasse received her bachelor's degree in nursing from the University of Oklahoma Health Sciences Center in Oklahoma City, and her master's degree in nursing from the University of South Alabama in Mobile.

For the past several years, Thompson-Ducasse has volunteered at the Royal Family Kids Camp and the Teen Reach Adventure Camp as a camp nurse. For three years, she has also volunteered for the 1040 Initiative where she provides medical care to patients in a village in West Africa.



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)

Grief Support Groups Offered

Free program offers help for those recovering from loss of loved ones

If you have experienced the death of a loved one, grief is the normal and natural response to loss. INTEGRIS Hospice provides on-going grief support.

Conducted by certified grief specialist, Marla Mercer Cole, MS, the six-week free evening program provides a step-by-step approach for those who wish to resolve their loss issues and move beyond their grief toward a richer quality of life.

Dates: Feb. 2 through March 9 (Monday evenings) Time: 6:15 to 7:30 p.m. Place: Southwest Christian University, 7210 NW 39th Expressway • Bethany, OK 73008, Room 1 • North Dormitory Building

To enroll: Call 405-603-1708. Programs are free of charge; space limited.

Cole is a licensed professional counselor specializing in the field of grief and loss. As current vice president of Mercer Adams Funeral Service in Bethany, she also directs the aftercare program for families they serve and oversees community relations.

Normal grief responses include appetite loss, difficulty sleeping, feelings of guilt or regret, lack of concentration, mood changes, numbness or crying.

Assisted Living Association announces members listed on Caring.com 2015's Top-Rated

Caring.com is recognizing more than 800 assisted living and memory care communities as part of the online senior care resource and review site's fourth annual "Caring Stars" award program. Eight (8) communities were selected from Oklahoma and Seven (7) of those are members of the Oklahoma Assisted Living Association. They are:

Arbor House - Norman;
 Bradford Village - Edmond;
 Copperlake Estates - Edmond;
 Sterling House West - Oklahoma City;
 Tamarack - Altus; Ten Oaks - Lawton; and The Parke - Tulsa.

To be considered for Caring Stars 2015, the community had to: receive at least three new consumer reviews between Dec. 1, 2013 and Dec. 1, 2014, including at least one 5-star review; possess a high overall average rating across all reviews on their listing; and have no unresolved negative reviews, to demonstrate responsiveness to online feedback.

"Reviews are more important than your website," said Caring.com CEO Andy Cohen. "Consumers want to know you're listening. Even responding to positive reviews, not just negative reviews, can go a long way [in establishing a quality lead]." "We congratulate every Caring Star for earning this recognition, and thank the families who shared their feedback in reviews on Caring.com."

Research shows, online reviews have become the first stop for the majority of senior living shoppers. Seventy-three percent of Americans say they would pay more for a community with favorable online reviews, and 82% say they use online reviews as part of their assisted living selection research, according to a recent study by assisted living software review and research company Software Advice.

The Oklahoma Assisted Living Association is proud to have these outstanding communities as their members.

SENIORS...CHECK US OUT!



One Bedroom One Bathroom FROM **\$504**

Two Bedroom Two Bathroom FROM **\$579**

Savannah House OF YUKON
 62+ ACTIVE COMMUNITY




INDEPENDENT LIVING FOR SENIORS 62 & ABOVE

OPEN MONDAY THRU FRIDAY 8AM - 5PM
428 N Willowood Dr., Yukon, OK 73099
(405) 265-0273

Directions: From I-40 exit at Czech Hall Rd. go South to Holly Rock, turn left. Follow to Willowood Dr and turn left. Follow to our entrance on the right.

- Washer/Dryer hookups
- Fully equipped kitchen
- Large walk-in closets
- Elevator
- Clubhouse
- Planned activities
- And, much more

WWW.SAVANNAHHOUSEOFYUKONAPTHOMES.COM

TRAVEL/ ENTERTAINMENT

Jamaica: More than the Jazz & Blues Festival

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

While an excuse is never needed to visit exotic locales, it's advisable to have an anchor activity for your visit. The Jamaica Jazz and Blues Festival near Montego Bay, was my initial reason for revisiting Jamaica. I had been there decades ago with a group of college chums. Other than the palm trees and azure waters and the natural wonder of Dunn River Falls near Ocho Rios, I don't remember much.

The Jamaica Jazz and Blues Festival is a three night event, held this year at the Trelawny outdoor stadium near Montego Bay. The musical line up of acts was impressive, fun and educational. Reggae is not in my lexicon of favorite musical styles, as the first night was all nominal Reggae from local and regional bands

The second and third nights the caliber of musical entertainment increased with well-known performers including: Mariah Carey, Arturo Tappin, Richie Stephens, Peter Cetera, Charlie Wilson, Pointer Sisters and Soja, who were nominated for Best Reggae Album at the 57th Grammy Awards this year. While many expected Carey to be the highlight of the Festival, it was Charlie Wilson and Peter Cetera who earned the adoration of the

music fans.

Before and after the evening concerts I visited several Jamaican attractions that offer variety, education and fun. Be sure and plan to visit the restored 1760 Rose Hall plantation house. Here with a personal tour you can step back in time to imagine the lifestyle of a sugarcane plantation owner. The most famous inhabitant was John Palmer's wife, Annee, who turned out to be called the White Witch by her slaves for her cruel treatment, as she murdered a few husbands and herself was killed in the house. It is said she still haunts the house to this day. While the house was in ruin until in 1965, we are thankful it was completely restored to what might have been its glory days.

Chukka Caribbean Adventure Tours (www.chukka.com) offers ATVs, dune buggy rides and Zip lining. It is a safe and enjoyable soft adventure to drive a two person dune buggy through the orchards with majestic views of the distance Jamaican mountains. Zip lining is always an adventure, for no two locales are ever the same. As you sit down into your harness and let go, you never know what jungle vistas will be zipping by. Going through the fork of a large tree, is indeed a thrill. The expert guides at Chukka are to be commended for



their skill and attention. Chukka also offers, nature canopy tours, river floating and rum tastings. If you can work into your time, visit the great house. The view from atop this hilltop mansion of the Egg Crate Mountains provides a unique memory.

Over in Ocho Rios, be sure and visit Mystic Mountain (www.rainforestbobsledjamaica.com) with its dry bobsledding ride, Dolphin Cove (www.dolphincovejamaica.com) with its sea life and aviary, and it goes without saying to visit iconic Dunn River Falls (www.dunnsriverja.com). For Jamaican history visit the downtown Montego Bay Cultural Center, by Sam Sharpe square with parking in the rear.

In Montego Bay you may wish to stay at the adults only, all inclusive, upscale Hyatt Zilara hotel (<http://rosehall.zilara.hyatt.com>) with its extensive pools and palm fringed private beach. While I don't know if it's officially recommended, but with eight all inclusive (no bills) dining locales, where reservation are not taken, your own impromptu progressive dinner could be enjoyed. What a luxury to sample an appetizer here, and entree at another venue and then dessert at another.

Hyatt Zilara offers Brazilian style dinning; Italian, with fresh made oven baked pizzas; an anytime buffet at Horizons, and a favorite of all, the on the beach Jerk stand, with melt in your mouth grilled chicken, port and sausage. Open till 6 pm, a beach side sampling, always hot and ready, is indeed a vacationer's dream. Beach and pool side

servers are available to take and deliver your beverage requests. More eating options are also available along with a Crepe stand near the lobby, operating until 2 pm. And don't forget 24 hour room service. At Flavorz, I had a Welsh Rabbit, Sunday Roast with Yorkshire Pudding (a pastry), topped off with Jamaican Fruit Cake which is more like a chocolate mousse cake infused with fruit flavors.

On my first night I was delighted at the service and ambiance of the dress code-enforced Petit Paris restaurant. Stewart, my server was informative, efficient and personable as he served me scallops, a house salad, Steak Frites and an out of this world coconut Crême Brule. I added another perfect martini made from the Stirz bar adjacent to the main lobby. Not many bars in the best resorts can make a proper martini or follow directions, but at the Hyatt Zilara, over several days of enjoyable testing, I found them all accomplished. With an evening beverage in hand while strolling along the balmy ocean surf at dusk, you can create and take in a true lux resort experience.

You need not wait until next year to visit Jamaica during the Jazz and Blues Festival, for as you can see Jamaica has many other attractions around which to center your visit. My thanks to the Jamaica Tourist Board for their assistance, as they can also help you plan your Jamaican visit. (www.visitjamaica.com)



RESOURCES SENIOR NEWS AND LIVING

Automotive

DIFFEE FORD LINCOLN
I-40, Exit 125 in El Reno
405-262-4546 www.DIFFEE.com

Assisted living

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

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

Timberwood Assisted Living, Memory Care, Independent Living
5020 SE 44th St. OKC,
OK 73135 (405) 619-0079

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

Cremation Service

Affordable

Cremation Service
10900 N. Eastern, Oklahoma City, OK
405-521-3777
www.cremation-okc.com

Reflection Pointe Cremation Gardens
10900 N. Eastern, Oklahoma City, OK
405-843-2099
www.ReflectionPointe.net

Dental

The Tooth Hut:
2820 NW 32nd -
NEWCASTLE 405-392-4883

Smile Arts Dental Studio
820 S. Mustang Road
Yukon, OK 73099 405-577-2444

Estate Sales

Ellis Estate Liquidations
Professional estate & business liquidations. 40 years experience.
Call for FREE consultation.
WWW.EELOK.COM Call
405-202-1750

Eye Care

Eye Association of Oklahoma
1455 S. Douglas, Ste. D, Midwest City
405-733-4545

Plumbing

Chase the Plumber
Specializing in Walk-in Showers and
Bathtubs, Plumbing, Tiling and
Safety Grab Bars 405-751-7777 (cell)

Home Health

A Better Life Homecare
2442 N. Walnut Oklahoma City, Ok. 73105
405-226-5138

Caregiver Solutions
Personal Care Assistance
Sitter/Companionship
1530 SW 89th St. - 405-691-9955

Excell Private Care Services
Oklahoma City, Ok 405-639-3939
Lawton, OK 1-580-357-3469

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

Oklahoma Heritage Home Care
220 NW 10th st. Oklahoma City, OK
405-722-8111

Residential Home Care
Seniors 65 or older needing assisted living,
dementia patience welcome.
Highly qualified staff 24-7.
(405) 600-5435 or (405) 254-3078

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

Heat & Air

Heating & Air Conditioning Service
Heating & Air Conditioning Service & New
Installs. All Brands. Senior Discount.
Licensed Contractor. Call Michael:
405-593-1172 Or 245-0714,
NMLS #204397

Independent Living

Angel Cove Senior Care
17364 State Hwy 9, Norman, OK 73072
Ph. 405-387-5057 fax 405-387-5057
email info@angel-cove.com

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+

Heartland Plaza
Retirement and Senior Care
301 N Eastern, Moore, OK 405-799-9919

The Gardens at Reding
3708 S. Douglas Oklahoma City, OK
405-636-1537

Savannah House of Yukon
428 N. Willowood Dr. Yukon, Ok 73099
(405) 265-0273

Savannah House of Guthrie
510 E. Pleasant Hill Dr., Guthrie, OK 73044
405-293-9606

Woodson Park Apartments
1400 W. Woodson St.
Elreno, OK 73036 405-422-3773

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

Nursing Centers

The Lakes:
5701 W BRITTON RD - OKC
NW OKC on Lake Hefner 405-773-8900

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

Legal

Legal Aid Services of Ok, Inc.
2901 N. CLASSEN BLVD., STE 112. - OKC
OKLAHOMA & CANADIAN COUNTY
800-421-1641 405-521-1302

Private Duty

Caregiver Solutions

Personal Care Assistance
Sitter/Companionship
1530 SW 89th St. - 405-691-9955

Heartfelt Quality Care

"Our hearts go out to you and your
family..." "Companion or Sitters"
Call Today! 405-722-8111

Reverse Mortgage

ReverseOk.com David Lee
416 West 15th Edmond, Ok 73013
405-245-0714 NMLS#204397

Services

Areawide Aging Agency :
4101 Perimeter Center Drive - OKC
405-943-4344

Assured Help Senior Care
(Formerly A Better Way of Care)
405-819-4696 www.1seniorcare.com

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

The Lakes Private Suites:
5701 W BRITTON RD - OKC
NW OKC on Lake Hefner 405-773-8900

South Park East:
225 SW 35th - OKC
Alzheimer's and Dementia 405-631-7444

Warr Acres Nursing Center
6501 N. MacArther, OKC 405-721-5444

Travel

Kaleo Tours
Faith-Based Group Travel
405-681-4080 www.kaleotours.com

To be included Call
405-631-5100



SENIOR TALK

Read what other Seniors have to Say...

What was your favorite job you ever had? Emerald Square Assisted Living

I worked for an abstractor. I pulled down the big books and typed them from handwritten pages.



Christina Smith

I did payroll and paid bills at the Port Aransas Chamber of Commerce.



Emma Stone

**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

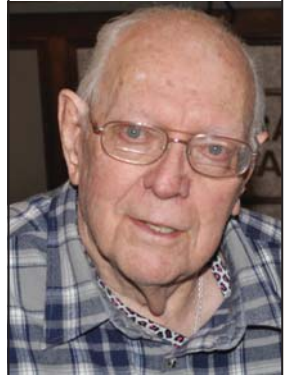
If you would like us to visit
your location email us at
news@seniornewsandliving.com
or call us at 631-5100

Being a librarian. I loved it.



Hazel Hicks

I guess the one I enjoyed the most was the one that made me a living all my life. I worked for a jewelry store doing their diamond stone setting.



Kenneth Sneed

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

CROSSWORD CORNER

Across

1 Holiday portmanteau
10 Turned up
15 Hoops situation involving a bonus free throw
16 Odds, essentially
17 Tennessee's state reptile
18 Pointless
19 Mental health org.
20 Longest-serving Dodger coach Manny
21 Puts forth
22 Bucks
24 Like some sins
26 Holiday serving
27 Dental crown alternative
29 People magazine Sexiest Man Alive of 1999
30 Harmonia's daughter, in Greek myth
31 Vituperate
34 Menu option
35 Program, perhaps
38 Chaac, to Mayans
40 Looking frightened
41 Pretend, in a way
43 NCAA year-end games system
44 Word with sugar or spice
45 Put in
49 Slangy agreement

50 Common hand span

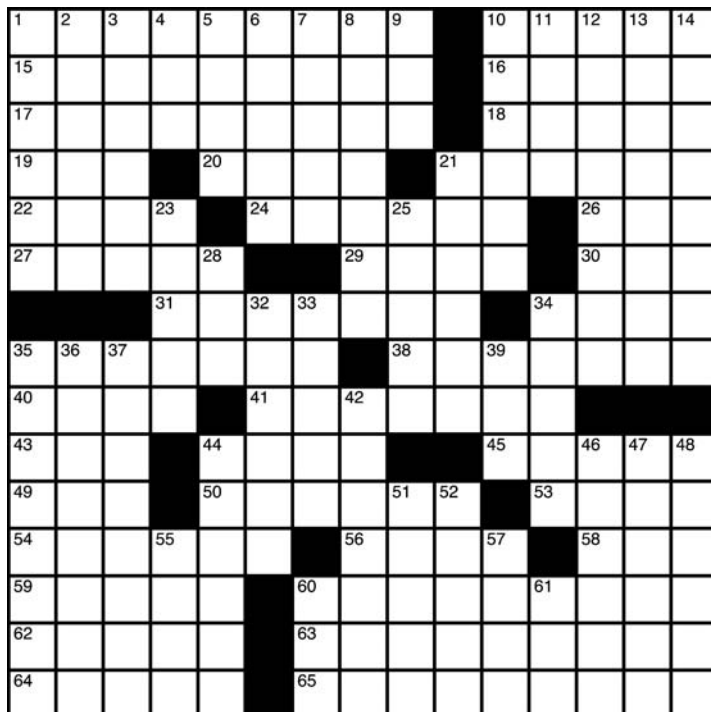
53 Catch in pots
54 Receives
56 Shakespearean "over there"
58 Go on
59 Doddering
60 Cut
62 Sign of emptiness
63 Stud revelations
64 Toponymic dairy items
65 Summer TV offering with a "Jaws of Steel Collection" DVD

Down

1 Lesser Antilles island
2 Sealed
3 Old drugstore chain
4 "Can't Help Lovin' ___ Man"
5 Word on a bill
6 Storage medium
7 Actor Yaphet ___ of "Midnight Run"
8 Swell
9 Formerly
10 Yankee foe
11 Some flatbreads
12 Selling using servers
13 Kyoto-based entertainment company
14 Acts altruistically
21 Bash, affectedly
23 Tasteless

25 Rushes

28 Co-star of Steve in "The Magnificent Seven"
32 They may be dug up
33 Circus elevator
34 Godfather, sometimes
35 Minor obstacle?
36 Academy affirmation
37 1985 #1 hit for Ready for the World
39 Like Vivaldi's "Spring"
42 "Imagination Taking Shape" sloganeer
44 Church compositions
46 Kiddie lit character with a detachable tail
47 Composer Debussy
48 Reproachful warning
51 "There!"
52 Join
55 He or I, e.g.
57 Sea level?
60 Half-hearted responses
61 Crow cousin



Answers on page 21

c)2014 TRIBUNE MEDIA SERVICES, INC.



Care Plus Home Care

"Stay Home, Stay Well!"



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"

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



Affordable CREMATION SERVICE

"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 basic package for direct cremation is \$785 within a 50 mile radius of Oklahoma City. No membership, hidden fees, sales people - 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

Change for Good

Nurse seeks to change hospice market

by Mike Lee
Staff Writer

Debra Moore, RN, didn't sleep much the night before.

Her new job as clinical director of Oklahoma Hospice Care is a daunting one and keeps her busy.

But the award-winning nurse wouldn't trade it for the world.

"I feel like I make a difference," she said, just a few hours removed from sitting up most of the night with a dying patient and their family.

Moore became Oklahoma Hospice Care clinical director near the end of 2014, accepting a staff of more than 10.

"She's just an amazing, charismatic leader," says Jennifer Forrester, RT, community relations director. "People want to follow her and she takes ownership and the magnitude of responsibility for that position."

Moore was the gem Oklahoma Hospice Care had been looking for.

And Moore is a firm believer that Oklahoma Hospice Care is poised for expansion. Oklahoma Hospice Care has offices in Oklahoma City and Shawnee with a radius stretching 50 miles from each office.

She floats the idea of one day having an inpatient hospital.

She's never been one that dares to dream.

"Here I get the best of both worlds," Moore said. "I still get to teach about oncology and I get to take care of patients because I'm not a behind-the-desk clinical director. I feel like the only way you're going to lead something is if you have your hands on it and know what's going on."

Oklahoma Hospice Care is a Christian-principled organization specializing in caring for their patients and the patient's families wherever they call home through personalized plans of care developed with input from the family physician, the hospice physician, the patient, the patient's family and the members of the hospice interdisciplinary team.

Community Relations Representative Tori Aldridge sums up the task at hand nicely.

"Families invite us into their lives at their most vulnerable point," Aldridge said. "We get one opportunity to take a tragic situation and make it bearable, even good. We aren't there to focus on a person's death. Instead, we focus on the remainder of their life."

"We don't speed up their disease process and we don't slow it down. We go at their pace and do our best to minimize the surprises. The diagnosis and prognosis have been the most paramount surprises in their lives."

Moore is a native of Oklahoma City. She obtained her nursing degree from Oklahoma City Community College in 1999. She began her nursing career at Presbyterian Hospital in the Med Surgery/Neurological Center and served as RN charge nurse.

Moore spent the next chapter of her career at Midwest Regional



photo by Mike Lee

Debra Moore, RN, clinical director of Oklahoma Hospice Care (left) and Jennifer Forrester, RT, community relations director, are trying to change how hospice is delivered in the metro.

Hospital where during her tenure she worked as an oncology certified RN, manager of the Outpatient Oncology Center and finally director of inpatient and outpatient services.

She received the Nursing Award of Excellence in 2008 and the Spirit of Transformation Award in

2011 from the Oklahoma Hospital Association. She has also been an Ambassador for the United Way and served many years as team captain for the American Cancer Society's Relay for Life.

Moore credits her mother, Anna Rose Wilson, for instilling love and

See CHANGE Page 20

ANGEL COVE SENIOR CARE

THIS IS HOW "HOME" SHOULD FEEL!!!



- Health status monitored by a RN
- On-call Physician
- Medication Administration as ordered by the resident's physician
- Housekeeping
- Laundry
- Three delicious meals a day
- Snacks available anytime
- Activities
- Socialization

Angel Cove Retirement and Senior Care Community
 17364 State Highway 9
 Norman, OK 73072
 Phone: (405) 387-5057
 Fax: (405) 387-5057
 Email: info@angel-cove.com
www.angel-cove.com

Savannah House of Guthrie
 Independent Living for Senior 62+ and/or disabled



One Bedroom	2 Bedrooms
One Bathroom	2 Bathrooms
FROM	FROM
\$430⁰⁰	\$489⁰⁰

We offer: Washer/Dryer Hook-ups • Fully Equipped Kitchens • Lrg Walk-in Closets • Clubhouse • Elevator • Planned Activities • Plus Much More

Please call or stop by and let us show you first hand why you will want to call Savannah House of Guthrie home.

OPEN Mon-Fri 8:30am - 5pm (405) 293-9606
 510 E. Pleasant Hill Dr • Guthrie, OK 73044

Directions: From I-35 exit #153 go N. past Sooner Rd. approx. 1 1/4 miles. Turn right onto Pleasant Hill Dr. Office is on the left at the end of rd, or S. on Division St. approx. 1 mile S. of Industrial Blvd. Turn left onto Pleasant Hill Dr. to office on left at end of road.

America's Choice in Homecare Is Now Here!

Visiting Angels®
LIVING ASSISTANCE SERVICES

Senior Homecare by Angels®

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

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



Select Your Caregiver!

700 West 15th Street Suite 5
Edmond, OK 73013

(405) 227-9899

Visiting Angels®
LIVING ASSISTANCE SERVICES

CHANGE

Continued from Page 19

compassion that has led her to be the woman and nurse she is today.

With five children and two grandchildren, Moore stays busy even when she's not busy at work.

She exudes happiness. It's hard to ever find her in a down mood. And that's who she looks for when she hires.

"I was looking for caring, compassion and someone who didn't mind hard work," Moore said of the opportunity to hire new staff when she got the job. "I was looking for someone to go into the home when I couldn't be there.

"As far as a clinical perspective you can have all the commercials and advertising you want but word-of-mouth and letting people see what we do, that tells it all right there," she said. "We're different because we all do actually

care and that's why I'm glad we handpick our people. We know the people we have working for us."

And that's a comfort for both Moore and her patients.

"I measure success by the patient saying 'job well done,'" Moore said. "It's simple. Being in this field and probably any field it just takes common sense. What would you want done for your mom? What would you want done for your grandmother? Whatever you would want done for them that's what you do for the patient."

And sometimes that means getting a few hours less sleep than she's used to, like the night before.

"I asked (the family member) if we could have done anything else. She said 'Debra, you guys were amazing,'" Moore said. "That's what keeps us going. I got a couple hours of sleep last night but that's what keeps me going. That's what makes me not even care about sleep. I can wait until Friday."

Winter Coats Available at The Salvation Army Central Oklahoma Area Command

The expectation of this weekend's cold front is reviving the need for a warm winter coat. The Salvation Army has hundreds of winter coats available to keep Oklahoma County residents warm. Oklahoma County residents are invited to pick up a coat beginning today, February 13, from 2 p.m. to 4 p.m.

Thanks to the generous donations received from the Brad Edwards' KFOR Warmth 4 Winter Program, our community, and our partners - South Oklahoma City Rotary and Legacy Cleaners - The Salvation Army Central Oklahoma Area Command has an abundance of coats, ready for distribution to help keep Oklahoma County residents in need warm.

"For anyone who needs a winter coat we have one for every size, shape and style. From youth to seniors, we have a coat for everyone that will be sure to keep you warm," said Jessica Smith, Director of Social Services.

The Salvation Army's Social Services is located at 1001 N. Pennsylvania, Oklahoma City, OK 73107 on the east side of the

Chesapeake Energy Center of Hope. Individuals can pick up coats beginning today at 2 p.m. Coats will also be available next week:

Monday-Tuesday: 10 a.m. - 12 p.m., 1 p.m. - 4 p.m., **Wednesday:** 2 p.m. - 4 p.m., **Thursday:** 10 a.m. - 12 p.m., 1 p.m. - 4 p.m., **Friday:** 2 p.m. - 4 p.m. (Closed Saturday and Sunday)

Basic eligibility rules for families and/or individuals to qualify for and receive coats from this program require:

1. Picture ID - such as a Driver's License, H.NET ID card, State Issued ID, Governmental or Military ID, or Passport or ID from Country of Origin for ALL adult household members

2. Social Security Card

3. Proof of Residency such as a current utility bill, lease agreement or monthly mortgage statement

For individuals who are homeless, providing their H.NET ID card is sufficient.

For any questions regarding the coat program, please contact our social services office at 405-246-1060.



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 Reminiscence 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 Reminiscence 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

OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

FOR SALE

2 Cemetary Spaces at Resthaven Garden of Hope. Half Price! \$2,795 Closing Fee included Call: 405-623-3623

Space 4, Lot 164, Section 1. Garden Eternity at Resthaven Cemetery. Others sell for \$3800, will sell for \$1000. Buyer to pay closing fee. Call 405-735-6002

Memorial Park Cemetery & Mausoleum OKC. 2 niches. includes engraving, opening & closing, lower level, Row E, 16 & 17. \$6,000 OBO. 405-330-6686

Cemetery Spaces--rose hill burial park. 4 spaces in rose lawn section lot #38. Valued at \$2,995.00 each. Sell 2 spaces or all 4 at \$1,500.00 each OBO. Call Gene at 316-312-1482

BRANSON EMERALD POINT Lakeview Lot, Exclusive Gated Club House amenities: central water sewer paved streets marina dry dock storage water ski million dollar homes \$150,000. 405-728-0557

Two double-depth stone-lined lawn crypts with openings and closings at Rose Hill Garden of the Shepherd, \$7,224 value, asking \$5,000 OBO. 405-550-3989

HELP WANTED

11 p - 7 a CMA, CNA, MAT & 7 a - 3 p, M-F CMA
Apply in person at 1129 Cameo Drive. Yukon, OK. 73099.
405-350-1055

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

GREAT EMPLOYMENT OPPORTUNITY!
Senior News & Living is growing & we need a **SALES PERSON!** Looking for an individual with OR without experience! Will train! If you're outgoing, self-motivated & communicate well, then join our team! *Full-time *Earn Great Pay (salary & commission) *Work From Home *Paid Mileage & Bonuses *Meet Great People. Must have dependable transportation, be able to multi-task, be willing to sell ads for monthly and annual publications and meet deadlines. Call Steven at (405) 631-5100 EXT. 4 or email your resume to news@metropublishingok.com

SENIOR SERVICES

SERVICES OFFERED
Walk-In showers and bath tubs. Starting at \$2,995.00. AAA Bathrooms, 405-751-7777. References.

HELP WANTED

Seeking work as Companion/Caregiver. A mature CNA/CHHA, current OSBI plus. \$12/\$15.00/hour, eight hour minimum. 405-397-8304 leave message, will return call.

PART-TIME COOK

Apply in person at 1129 Cameo Drive. Yukon, OK. 73099.
405-350-1055

RENTAL

RENTAL

LIVING ON GOLDEN POND

- **Total Accessible**
- **Mature and Responsible People**
- **Accepting Applications**



NW OKC
405-942-0468
www.AFH911.com

SENIOR SERVICES

PENSION CASH ADVANCE FOR Military Veterans, Civil Servants, Firemen, Police, Teachers, U.S. Postal Workers, State and City Employees. Not a Loan. Call: 800-507-2363 24/7 Rec.

CLASSIFIED LINER ADS PRICE PER 25 WORDS

1 Month.....\$14.96
3 Months.....\$29.55
6 Months.....\$42.12

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 second 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**



American Standard
NEW STANDARDS
FOR LIVING™

WALK IN SHOWERS \$2,995
STARTING AT JUST

Call for FREE in-home consultation!
Specializing in Walk In Showers
and Walk In Bathtubs!

- Safety Grab Bars • Tiling • Plumbing

Bathroom make overs that don't break the bank!
"Don't be afraid to fall, call now!"

Over 20 years experience-Licensed,
Bonded-& Insured - References Available

 **AAA BATHROOMS**

 **Call Chase: 405-751-7777 (cell)**
www.chasetheplumber.com

Senior Care Referral Services of Oklahoma
(405) 509-6311 FREE • TRUSTED • LOCAL



Confused & overwhelmed by senior care options?
We can help – NO cost to you!
Do you have questions like these?

- Where do I even begin?
- What is the difference between independent living, assisted living, memory care, long term care....and how much does all this cost?
- Is there financial help for veterans and their spouses?
- I have an unusual case – can you help me?
- My loved one experiences some confusion – does this mean they need memory care?

Senior Care Referral Services of Oklahoma was established to assist families who need help navigating the often complex and confusing options of senior care. We are a **LOCAL** company whose services are provided at **NO COST** to our clients. Being local, we are able to speak first-hand about every community as we have visited and toured each one. We seek to know the staffs and what each community may uniquely offer to families at this time of their lives.

Client families are never charged - costs are 100% covered by care partners and providers.

We are here to help you make the best choice!
(405) 509-6311 • Call 7 days a week
www.seniorlivingok.com

By Invitation Only

MARKETING PLUS
Social Worker/Case Manager Spring Gala

THURS | MARCH 5
4:30PM-7:00PM
RSVP by March 2nd to
jaynes@absolutesenior.com

LIMITED SEATING!

The Sponsors of Marketing Plus would like to invite you to a festive event at the CRABTOWN IN BRICKTOWN across from the Bricktown Ballpark.

HORS D'OEUVRES DRINKS GIFT BAGS TONS OF DOOR PRIZES
ANNUAL EVENT TO **THANK YOU** FOR ALL YOU DO TO SUPPORT THE SENIORS OF TODAY



Featherstone Assisted Living Community **Grand Opening!**




Announcing 3 New Assisted Living Communities
Durant • Ada • Moore

At Featherstone, we offer a wealth of services to help people maintain the greatest level of independence possible. We're committed to serving our residents' individual needs and choices, while maintaining the highest standards of care. It's a commitment we take seriously and one that's reflected in the satisfaction you can see in the faces of our residents every day.

Featherstone Provides Individualized Services For Residents In A Comfortable Setting

- Friendly & Professional Staff 24/7
- Scheduled Transportation
- Housekeeping & Laundry Service
- Home-Cooked Meals
- Medication Administration
- Assistance with Personal Care
- Private Apartments
- Activities & Exercise Programs
- Affordable & Competitive Rates
- Free Utilities, Wifi & Basic Cable TV

1/2 OFF
First Month's Rent
Limited Time Offer

Featherstone
Assisted Living Community
Where a Helping Hand Goes a Long Way.

DURANT
1919 W. University Blvd.
(580) 924-3777

ADA
1501 N. Monte Vista
(580) 332-5200

MOORE
301 N. Eastern Ave.
(405) 799-9919

We also offer Heartland Plaza in Miami, Oklahoma

Kiss Your Dentures Good Bye...



Stabilize Your Dentures with **\$999⁰⁰** PER IMPLANT
DENTAL IMPLANTS
\$3,499⁰⁰ FOR 4 IMPLANTS

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
DESERVE TO BE TREATED LIKE FAMILY**



**The Membership
Trading Community**

405.524.4839
www.itex.com

SmileArts

DENTAL STUDIO

**820 S. Mustang Road
Yukon, OK 73099**

(405) 577-2444

www.smileartsdental.com