



# SENIOR NEWS & LIVING

www.seniornewsandliving.com

Information for Oklahoma Seniors

December 2018

Vol. 20 Issue 12

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

## Growing family tradition



photo by Bobby Anderson

Jesse Wells and wife Katy are helping Oklahomans create new traditions with their Norman Christmas tree farm.

by Bobby Anderson, Staff Writer

Jesse Wells is in a growth industry. The only problem for this urban Christmas tree farmer is that 365 days yields about 18 inches of growth.

But that's OK. The Wells Family Christmas Tree Farm is in its second year and is already experiencing record growth.

And the lasting memories local families are experiencing by coming together and selecting their Christmas tree has already exceeded any business plan Wells had for the venture.

"You get to do a lot of good stuff," Jesse Wells smiled, surveying his farm just before opening the gates.

The Norman farm traces its roots back to Thanksgiving 2014 when the Wells family pulled

the old artificial tree out of the attic one last time just to give it away.

Neither were raised with real trees but they decided it was the perfect time to take their son to a local tree farm just down the road and start a new family tradition.

Turns out both were thinking the same thing as Jesse sawed away.

"She was having this thought we should (open a farm)," he said. "We didn't have any idea. This is three years in the making, our second year to be open but we had no

See WELLS Page 2

## USS Oklahoma City Changes Command



The Los Angeles-class fast attack submarine USS Oklahoma City (SSN 723) is moored at Fleet Activities Yokosuka as part of its deployment to the Western Pacific Region. (U.S. Navy photo by Lieutenant Lara Bollinger)

Cmdr. Steve Lawrence relieved Cmdr. Thomas P. O'Donnell as commanding officer of Los Angeles-class fast attack submarine USS Oklahoma City (SSN 723) in a time-honored change of command ceremony at Naval Base Guam, Nov. 9.

Rear Adm. James Waters, III, director, Maritime Headquarters, U.S. Pacific Fleet, was the guest speaker for the ceremony. He congratulated O'Donnell and the crew of Oklahoma City on an outstanding job and successful deployment.

"Thomas [O'Donnell] ensured his team was ready for the gauntlet," said Waters. "In fact, no crew was more ready than Oklahoma City at the time they deployed, providing an essential link in a long unbroken chain bringing American influence and combat power to the Western Pacific."

Waters presented O'Donnell, a native of Mystic, Connecticut, with a Meritorious Service Medal for his tenure as commanding officer.

As O'Donnell took the podium for the last time, he addressed the crew of the Oklahoma City.

"Thank you for believing in yourselves and the ship over the last two and a half years and for allowing me to stand at the helm of your great warship," said O'Donnell. "I am proud to have watched so many of you embody the command visions tenants of know your job, do your job, and train yourself out of a job."

O'Donnell is scheduled to report to commander, Submarine Force, U.S. Pacific Fleet as his next command, where he will serve as the prospective commanding officer instructor. Lawrence expressed his excitement for the ship's future upon assuming command of Oklahoma City.

"I will always strive to accomplish the mission first," said Lawrence. "It will be my absolute honor to sail with you into harm's way to protect our country."

Lawrence, a native of Bridgeport, Pennsylvania, is a 2001 graduate of the United States Navy Academy where he received a Bachelor of Science degree in Aerospace Engineering.

## WELLS

Continued from Page 1

clue."

The Wells family simply provides the trees, what happens from there can be amazing.

A father trying to work his way back into his children's lives brings the family out. Grandparents show their grandkids what a real tree looks and smells like for the first time.

And young families make memories that will last a lifetime.

"Nobody ever says 'You've got a Christmas tree farm? That's horrible,'" Jesse says. "Even if they don't like Christmas trees or Christmas they think it's a pretty cool deal. It's just good vibrations, good spirit growing Christmas trees."

"This is not even really about the trees. They're a part of the story but it's more about what people get to experience together as a family when they're here."

Jesse Wells never expected to have a Christmas destination just outside his front door but he has one now. The Wayne native now has a full-blown winter wonderland with trees, concessions and games.

"We planned on moving out

here and being alone with 12 acres," Wells laughed.

This time of year, neither Jesse nor Katy sit still for very long. Katy handles the finances and the bulk of the paperwork while Jesse is constantly moving outside.

### BUILD IT AND THEY WILL COME

It's year two in the experiment but the Wells Family Christmas Tree Farm is already a success.

On this day, Jesse is diagnosing an issue with a customer tree all the while hanging out in the background keeping a watchful eye on a young man from Mississippi who is about to propose to his girlfriend.

"I grew up on land but I grew up hating mowing and raking and pulling weeds," Jesse said. "I think it was more of the Christmas spirit and I think we both had the idea it would be a cool thing for other families."

"We've always been believers and we've always felt this place is God's place and the house and everything. So this was just kind of an extension of that. So now it's just having people out here and letting them experience what we get to experience every day."

Wells went to the University

of Oklahoma and now works in the Devon Energy IT department. Katy is a local fitness instructor in addition to running around a 13-year-old son who is active in sports.

Groups have already begun booking private events.

The final week in November local non-profit Hearts for Hearing, a provider of cochlear implants for children, brought 164 adults and 135 children for an evening of tree shopping and celebration.

Fellow farmers told Wells to just order 100 trees last year because, well, you just never know.

They ordered 400.

"We had a good community of friends and really God just stepped in," he said.

A spot on a local news channel aired that morning.

"There was an immediate flood of people that morning," he smiled. "We got rid of all our trees in three weeks."

Stepping out in faith, the Wells' ordered 1,000 trees for their second year. Some 222 sold the first weekend.

With current planting and growth rates, fresh-cut trees from the Wells farm are still about two years away. At the end of year three, the farm should produce between 400 to 500 each year.

For now they sell trees from Michigan, Oregon and North Carolina. Blue Spruce, Fraser fir, Virginia Pine and a host of other varieties are available.

There are other tree farms in Oklahoma to make memories at. You can contact the Oklahoma Christmas Tree Association to find one close to you.



[f @WELLSCHRISTMASTREES](https://www.facebook.com/wellschristmastrees)

4091 E. FRANKLIN ROAD

## Helping you Navigate through Open-Enrollment

We work with ALL the carriers of Medicare plans!

This time of year it's important for you to re-evaluate your current needs and your situation.

**MCM**  
**INSURANCE**  
Medicare & Retirement



**HURRY! Medicare Open Enrollment ends December 7, Call Today to get started!**

**Call or come by: 405-842-0494**

2232 W. Hefner Rd. Suite A. Oklahoma City, OK 73120

**[www.mcmmedicare.com](http://www.mcmmedicare.com)**

# Humanity Connect

## Exciting New App is here!

The Mission of Humanity Hospice is to provide comfort care that enhances the lives of individuals with a life-limiting illness and their families through dignity and compassion.

Meet Keisha Jackson, Owner and Administrator of Humanity Hospice. Outgoing and friendly, Keisha tells me that she has some exciting news to share. What is the exciting news? "Humanity Hospice is now going to have an app called Humanity Connect! This is the first and only app developed for Hospice; created to keep patients in contact with their families," Keisha replies. "The Humanity Connect was made just for that reason."

Keisha explained how Humanity Connect will help a patient and their family. "The patient would create a profile, along with a place to journal, posting their health care updates and inviting friends to join the page. This way, instead of a family member making 45 phone calls to update the status of a patient, one post would take care of many. This would relieve some of the burden of the patient's family. Humanity Connect would allow a one-on-one update, spreading the word to all of those included. Their page will include a photo album, a place to post comments, an encouraging board for the friends and family to leave encouraging words and to wish the patient well. There will be a way to video chat with a nurse, face-to-face, being helpful, comforting and create piece of mind for patient and families. This app might be compared to Facebook and Timehop except this will be private. The only people to be added to the contact list would be added by the patient or a family member," she said.

"When a patient comes to Hospice, the patient has a terminal illness and has less than 6 months to live. Humanity Hospice is there for the patient 24 hours, 7 days a week. We have three layers of nursing; the primary nurse, the back-up nurse and the administrative

because YOU matter

Humanity Hospice is proud to announce their new app, Humanity Connect. The purpose is to allow patients and their families to stay in touch in a more efficient way.

nurse. The nurses are available at all times which means faster and personal response," Keisha commented. "Also, Medicare pays 100% of the hospital benefit," she added.

Humanity Hospice has several different locations throughout Oklahoma. Humanity Connect will be available in each location; Ponca City, Edmond, Stillwater, Enid, Oklahoma City, Shawnee and Moore. Local team nurses are assigned to local patients for that location.

Let's face it we are living in a world of social media junkies! From the baby boomers to the millennials, we have instant gratification from those devices we call cell phones. We use them constantly! We all want the simple answer NOW. Yes, our technology has changed. How many remember those strange things that came in the mail? You know, they were called letters. People actually sat down at a desk, grabbed their pen or pencil and began writing. Now, we just tell Siri or Alexa to do our job for us. How times have changed!

Caring for the patient and making their life a little better is what inspired Keisha Jackson to think of a vision to help Humanity Hospice. After much

planning and the six members of the Hospice team, a new vision was set into motion. Finding the perfect local developer, Paradigm

See HUMANITY Page 13

SENIOR NEWS & LIVING  
OK

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

[www.seniornewsandliving.com](http://www.seniornewsandliving.com)

Editor/Publisher Steven R. Eldridge

[steven.eldridge@seniornewsandliving.com](mailto:steven.eldridge@seniornewsandliving.com)

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

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

Send all News, Letters to the editor and  
press releases to [news@metropublishingok.com](mailto:news@metropublishingok.com)

Advertising Sales:

[Steven.Eldridge@seniornewsandliving.com](mailto:Steven.Eldridge@seniornewsandliving.com)

[Lashanya.Nash@seniornewsandliving.com](mailto:Lashanya.Nash@seniornewsandliving.com)

Advertising Services: Lisa Weigel  
[advertising@seniornewsandliving.com](mailto: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 endorsement of products, services or information. We do not knowingly present any product or services that are fraudulent or misleading in nature. Opinions expressed in columns and letters to the editor are not necessarily the opinions of the newspaper or Metro Publishing, L.L.C. it's Management or employees. We reserve the right to refuse any advertisement.

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

P.O. BOX 239

MUSTANG, OK 73064

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

# December CALENDAR OF EVENTS

Sponsored by  
 **SYNERGY**  
 HomeCare

To Be Added To The Calendar, Call Lashanya at (405) 631-5100 Ext. 2 or Email [lashanya.nash@seniornewsandliving.com](mailto:lashanya.nash@seniornewsandliving.com)



## Open House

Redhaven Care Homes

Thursdays in December between 4-6pm

6900 NW 129th Street

OKC OK 73142

For more information, call 405-657-4003

## DECEMBER

### Mid Day Dance

WEEKLY on Tuesdays \$5 &  
 Thursdays \$6 Lessons

12:30-1:30pm

Dance 2-4pm. Live Band - All ages  
 welcome. 4361 NW 50th, Suite 400  
 Oklahoma City, OK 73112 for more  
 information 405-943-1950

## DECEMBER 4

Christmas Cookies and  
 Conversation "Assembling  
 Important Documents"  
 Tuesday, December 4, 2018  
 9:30 - 11:30 am  
 6110 N Pennsylvania Ave  
 Oklahoma City, OK 73112

## DECEMBER 8

### Free event

Festival of Trees, Holiday event  
 and Craft Fair. Enjoy the sights,  
 sounds and tastes of the Season.

Saturday, December 8th  
 10am - 4pm

Please RSVP to 405-691-2300  
 Legend Assisted Living at Rivendell  
 13200 S May Ave. OKC, OK 73170

## DECEMBER: FREE

December 1 - December 19 Weekly  
 Trivia. When: Wednesdays, 7:30-9:30  
 p.m. Price: Free. Put your knowledge  
 to the test and let your intellectual  
 superiority shine. HeyDay. 200 S.  
 Oklahoma Ave., Suite HD, OKC.  
 405-349-5946. [www.heydayfun.com](http://www.heydayfun.com)

## DECEMBER 13

### Holiday Open House

Thursday, December 13, 2018  
 2:00 - 5:00 PM

1301 Tinker Diagonal, Suite AL  
 Oklahoma City, OK 73115

Please join the Oklahoma Assisted  
 Living Association for our 4th Annual  
 Holiday Open House! We have plenty  
 of food and fun for everyone including  
 door prizes, a photo booth and possibly  
 some surprises! Please RSVP by  
 Friday, Dec 7, 2018 by either calling  
 405.235.5000 or email Marilyn at  
[okala.info@okala.org](mailto:okala.info@okala.org) or  
 click "attending" on Facebook.

## DECEMBER: FREE

Yogalates - combine yoga and pilates and  
 improve your core strength from  
 11:30am to 12:30pm Fridays,  
 November 1 - December 28, at  
 Will Rogers Senior Center,  
 3501 Pat Murphy Drive. Ages 55+. Free.  
 Visit [okc.gov/parksignup](http://okc.gov/parksignup) and search key-  
 word 17134 to register.

### December 1 - December 30

Still Looking: The Photography Collec-  
 tion of Carol Beesley Hennagin. Price:  
 Free. Phone: 405-325-3272. [www.ou.edu/fjjma/exhibitions/1/still-looking](http://www.ou.edu/fjjma/exhibitions/1/still-looking). Carol Beesley  
 Hennagin's love for photography began  
 during her education at the University of  
 California, Los Angeles. For more than 35  
 years, she has collected works by many of  
 the best known photographers of the 20th  
 century. Still Looking offers a survey of  
 Beesley's collecting practices and includes  
 photographs by established artists such as  
 Edward Weston and Frederick Sommer, as  
 well as lesser-known figures. The exhibit  
 also features promised gifts of Byron  
 Wood's photographs of Georgia O'Keeffe.  
 Fred Jones Jr. Museum of Art. 555 Elm  
 Ave. Norman. [ou.edu/fjjma](http://ou.edu/fjjma)

## Submit your events to be listed in our Calendar of Events.

Call early, space is limited and  
 available on a first come basis  
 at no charge to Clubs,  
 Organizations and Businesses  
 that offer low to no cost events  
 to our readers.

Call us today at  
 (405) 631-5100 ext. 2 or email  
 your listing to [lashanya.nash@seniornewsandliving.com](mailto:lashanya.nash@seniornewsandliving.com)  
 for more information and to  
 be included!

## DECEMBER: FREE

### Buddies with brushes -

Meet from 1-3pm Tuesdays,  
 December 1 - December 18 to work  
 on paintings and socialize at Woodson  
 Senior Center, 3401 S. May Ave.  
 Bring your own materials and supplies.  
 Intended for advanced painters ages  
 55+. Free. Visit [okc.gov/parksignup](http://okc.gov/parksignup) and  
 search keyword 15908 to sign up.

### December 1 - December 30

Visualizing Art History Exhibition  
 Price: FREE. [www.ou.edu/fjjma/exhibitions/1/visualizing-art-history](http://www.ou.edu/fjjma/exhibitions/1/visualizing-art-history)  
 Visualizing Art History presents the  
 results of an experimental assignment  
 completed by University of Oklahoma  
 students enrolled in AH 3663 Contem-  
 porary Art with Assistant Professor of Art  
 History Robert Bailey during the spring  
 of 2018. Fred Jones Jr. Museum of Art  
 555 Elm Ave. Norman. 405-325-3272.  
[ou.edu/fjjma](http://ou.edu/fjjma)



*The Most Trusted  
 Name in Home Care.*

*While you are gathering with your families  
 over the Holiday Season, talk about Mom and  
 Dad. Are they safe? Do they need extra help  
 around the house? Call us if you are unsure,  
 and let our family take care of your family.*

SYNERGY HomeCare serves Edmond, Oklahoma City, Moore, Norman  
 and the surrounding areas. We exist to provide genuine services, and  
 it's why we treat our clients and caregivers with dignity and respect.

Call us at (405) 254-3046. We look forward to meeting you and answering all of your questions.

[www.synergyhomecareedmond.com](http://www.synergyhomecareedmond.com)





*The Most Trusted  
Name in Home Care.*



*Helping our  
SENIORS  
in need!*

Elder Elves is now accepting Christmas donations to help seniors across the OKC Metro! Items needed may include: blankets, hygiene products, beauty products, non-perishable food, puzzles, flashlights, digital clock, weather radio, gift cards, etc. Presents will be distributed to seniors living in low income housing on Dec 21st.

**Donations are accepted at:**

**Autumn Leaves of Edmond**  
1001 S Bryant  
Edmond, OK 73013

**SYNERGY HomeCare of Norman**  
1272 N Interstate Drive  
Norman, OK 73072

Please contact Marcie Davis with any questions at 405-758-6982

**No Contracts!  
★ Just Care! ★**

- 24 Hour On Call - Ready Team
- Full-time RNs On Staff
- Caregivers are Certified W2 Employees
- Experienced in Alzheimer's/Dementia Care
- Medication Reminders
- Light Housekeeping
- Companionship
- Personal Care
- No Min. Hour Requirement
- Errands and Shopping
- Meal Preparation

**NOW HIRING**

**CMA's, CNA's & CHHA's in Edmond, OKC, Norman, and  
surrounding areas!!**

**Call Today 405-254-3046**

**Now with two locations to better serve Oklahoma**

**SYNERGY HomeCare Edmond**

13720 N. Bryant Ave. OK 73013  
405-254-3046

[www.synergyhomecareedmond.com](http://www.synergyhomecareedmond.com)

**SYNERGY HomeCare Norman**

1272 N Interstate Dr. OK 73072  
405-701-0791

[www.synergyhomecarenorman.com](http://www.synergyhomecarenorman.com)

**Redhaven Care Home · 6900 NW 129th St. OKC 73142**  
**405-657-4003 · [www.redhavencarehomes.com](http://www.redhavencarehomes.com)**  
**24/7 Care & Service provided by SYNERGY HomeCare**

You and your loved one will be our priority as we treat all of our guests with dignity and respect. *Are you tired of chores?* Services include housekeeping and laundry services, so you can take advantage of all the other activities Redhaven has to offer. We have a beauty/barber salon, a TV room, a party room, a sun-soaked patio, cozy furniture and much more! **Monthly rates are all-inclusive, covering a private room or companion room, basic food, gas, water, electric, lawn service, routine maintenance, and cleaning supplies.**



## COMMUNITY

# Ring in the season

by Bobby Anderson, Staff Writer

For Lois DeBerry, the sound of bells ringing next to the Salvation Army Red Kettle during the holidays always meant a time of joy.

It was only when she got older did she learn those bells also symbolized mercy, generosity and the goodness of mankind.

Now the Canadian County Service Director for the Salvation Army, DeBerry counts on those bells to ring throughout the season so seniors won't be forgotten.

DeBerry's job description is whatever hat she needs to wear she puts on.

"It depends on what role needs to be played whether it's a janitor or taking clients to appointments," DeBerry said. "My goal here is to serve the needs as it comes available and it's not just the low-income family."

"Seniors became my heart out there. We have so many programs that focus on family and children. Nothing pulls at



Salvation Army Red Kettle bell ringers are helping fund vital programs for seniors this holiday season.

the heart strings like a child being hungry. A senior being hungry or not having a coat pulls on my heart strings."

And while so many focus this season on families and children, DeBerry makes sure seniors aren't forgotten.

"Seniors are not taken care of as well as a family is (this time of year)," she said. "As we get older we need more attention. The seniors are more proud and do not always ask for help."

That's why most of DeBerry's clients come from referrals. Maybe a neighbor or friend has noticed something and passed the need along.

Under DeBerry's watch, the Salvation Army will provide a gift to the 600 seniors living in assisted living, nursing homes or low-income housing in Canadian County.

"Just a way to say 'you're being thought of,'" DeBerry says.

There's also a senior Silver Bell Tree. This invitation-only program focuses on those with the greatest need.

"We don't have a vast place we can go and put up an angel tree or silver bell tree and get people adopted like they do in OKC in the mall," DeBerry said. "We provide them with a clothing

outfit through that program as well as a household need and a want."

Sometimes its as simple as a new quilt for their bed or a can opener or a coffee pot.

"It's always basic necessities they request," DeBerry said, noting 21 seniors will be among the recipients this year.

DeBerry is on her 35th year with the Salvation Army. She's worked in all different avenues in five different states.

Wherever she goes, the need never ends.

"Those that come in that want to change," DeBerry said of her favorites. "By that I mean they come in and request assistance but they're not here for a handout, they're here for a hand up and wanting to know what they can do to change."

Some clients come in for the first time after an emergency - a death out of state that required funds to travel, a big electric bill or unexpected medical bill.

"When something like that happens you don't want them to do without or lose their lights because they choose to go respect a loved one," DeBerry said.

"It's such a wonderful feeling to be a part of the relief process

Continued next page

## AUTUMN HOUSE

*Affordable Retirement Living!*



- Excellent Reputation
- Spacious Apartments with Full Kitchens
- Convenient to Shopping, Restaurants, Banks, etc
- Many Activities

**Drop By For A Tour Today!**

**405.732.0644 | 500 Adair Blvd. | Midwest City, OK**

## RINGING

Continued from Page 6

and helping them."

For Canadian County, the main need right now is people. Every penny raised in the Red Kettle program goes back into the community.

Bell ringers are not paid and if bells aren't ringing money isn't coming in.

DeBerry said there is a severe shortage of bell ringers in both Yukon and El Reno during weekday evenings as well as Saturdays.

To help out or find out more about ringing the bell you can go online to register at [redkettlevolunteer.org](http://redkettlevolunteer.org). You can also call DeBerry at 405-323-8846 or 405-295-2343. Her email is

[lois.deberry@uss.salvationarmy.org](mailto:lois.deberry@uss.salvationarmy.org).

Those bells will always be near and dear to her.

"The bells ringing - I started that when I was a little girl and didn't really understand. I've worked for the Salvation Army for 35 years but I started as a character building program and rang bells," DeBerry said. "As a girl I didn't understand, I just knew it was a time to go out sing and dance and have fun at the kettle. Now it's about the Lord instilling in you. Sometimes ringing the bell is all I can do."

"Ringing the bells goes back to the grace of God and the mercy He provides us. It reminds us of his coming and that was all about being there to impact peoples' lives."

## STRANGE BUT TRUE SO THEY SAY...

**SBT** In Texas, it's against the law for anyone to have a pair of pliers in his or her possession.

**SBT** In Philadelphia, you can't

put pretzels in bags based on an Act of 1760.

**SBT** Alaska law says that you can't look at a moose from an airplane.

**SBT** In Corpus Christie, Texas, it is illegal to raise alligators in your home.

**This is the Way to Live!**

UNITS STARTING AT  
**\$700<sup>month</sup>**  
**ALL BILLS PAID!\***

- Pets Welcome • Free Laundry
- Exercise Room • Computer Lab
- Monthly Planned Activities

\* Income Restriction may apply.




**CARLAND PROPERTIES**

**bocage SENIOR LIVING**

909 Brandywine Ln. Norman, OK 73071 (405) 434-3949

# SCOTT SABOLICH

PROSTHETICS & RESEARCH

**OUR PROSTHETIC INNOVATION  
HAS BEEN REBUILDING LIVES  
AND DREAMS SINCE 1947.**



**Experience The Sabolich Difference!**

**NOW PROVIDING MOBILE CARE!**

FREE DVD • FREE BOOK • FREE EVALUATIONS & SECOND OPINIONS

UNMATCHED PATIENT CARE AND EXPERTISE   

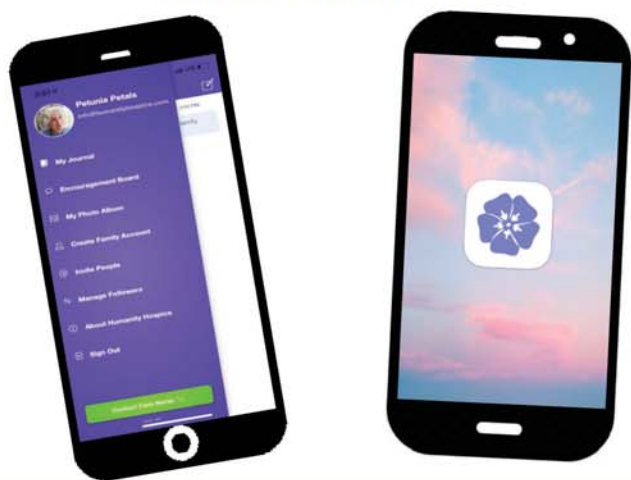
**877-226-5424 toll free**  
**[www.ScottSabolich.com](http://www.ScottSabolich.com)**

# Humanity Hospice

Introduces

# Humanity Connect

An App Designed  
Because **YOU** Matter



VIDEO CHAT ABILITY WITH YOUR NURSE

MESSAGE BOARD WITH CARE UPDATES

ENCOURAGEMENT BOARD

PHOTO ALBUM

INVITE FAMILY MEMBERS TO HAVE ACCESS

MAXIMIZE COMMUNICATION, ACCESSIBILITY, INTERACTION

## PEACE OF MIND KEEPING FAMILIES TOGETHER

### Faster Response and More Personal Connection

Humanity Hospice is raising the bar in compassion and patient care by creating the first ever Humanity Hospice App.

Humanity Connect creates the ability for patients and caregivers to video chat with their nurse for a faster and more personal response. The App also creates the ability for families to post updates, photos, and overall patient care.

**HUMANITY HOSPICE**

[www.humanityhospice.com](http://www.humanityhospice.com)

405-418-2530 | Toll Free: 855-782-2222

brought to **you** by >>>



## Tis the Season *How to Avoid Scams during the Holidays*



The holidays are officially upon us with the smell of pumpkin in the air and Christmas on our minds. This also means, that it's a time when fraudsters work even harder to take advantage of people. According to the FBI, in 2015 consumers lost more than \$19 million to solicitation scams. Whether it be "giveaway" scams or charity scams, this is the time of year to be even more vigilant in protecting yourself and your finances. Below are some helpful tips to help protect you during the holidays.

- Never "pay to play". There is no legitimate reason for someone who is giving you money to ask you to wire money back or send you more than the exact amount – that's a red flag that it's a scam. If a stranger wants to pay you for something, insist on a cashier's check for the exact amount, preferably from a local bank or one with a local branch.

- Confirm all stories, offers or charities independently. This is the time of year where charities reach out for help with funding. Confirm everything you have been told with an independent source. Look up phone numbers, check credentials, contact family or your financial caregiver before giving to a charity that you are unfamiliar with.

- Verify all credit card charges. The holidays are a popular time when people use their credit cards to help pay for gifts. This is also a common method of payment scammers use via fraudulent charges. Review your credit card statement as soon as you receive it and verify your charges. If any fraudulent charges appear, contact your credit card company immediately.

- Monitor your account. As with your credit card statement, monitor your bank statement for any unusual activity and contact your local bank immediately if suspect that you have been a victim of fraud.

Remember, under no circumstances give out personal, credit card, bank account information over the phone or in an email. Report any suspected fraud to your bank immediately. As always, if any offer sounds too good to be true, it probably is.

For more information, visit [aba.com/Seniors](http://aba.com/Seniors)

The Mission of the Hearing Loss Association of America Central Oklahoma Chapter is to open the world of communication to people with hearing loss by providing information, education, support, and advocacy.

**The Faye Donalson Hearing Helpers Room** is the backbone of the chapter and helps so many people! In a collaboration between Integris Third Age Life Center and Oklahoma ABLE Tech, The Hearing Helpers Room provides demonstration of devices that assist those with hearing loss.

Located at 5100 North Brookline, Suite 100, Oklahoma City. Phone: 405.717.9820. Open daily Monday through Friday, except for holidays, from 10 am to 3 pm.



### Volunteer Opportunities:

- Hearing Helpers Room
- Health Fairs
- Chapter Offices
- Newsletter
- Facebook
- Website

<http://okchearingloss.publishpath.com>

Follow us on Facebook at Hearing Loss Association of Central Oklahoma

"Our room helps so many people, not only with devices but with guidance on the directions they can go to improve their quality of life by increasing their communication abilities."

--Volunteer, Vernice Meade



## Experience the DIFFERENCE

Tim & Christy  
Ingram



- Affordable Burial Packages with casket starting at \$2,990
- Cremation Packages starting at \$1,260
- Each Celebration of Life tailored to represent your loved one
- Full-service Catering Reception available
- Follow-up Care & Widow Program
- FREE Funeral Services for children 0-12 years
- Veteran discount available

*Locally operated and family owned since 1925*

### Smith & Turner Mortuary

We value **LIFE, Servanthood, Change, Empathy, Individuality, Generosity, & Excellence.**

201 E. Main St.  
Yukon, OK 73099



(405) 354-2533

[www.Smith-TurnerMortuary.com](http://www.Smith-TurnerMortuary.com)

# Be Proud of Yourself *Legend Assisted Living*

by Vickie Jenkins, Staff Writer

Legend Assisted Living is located at 11320 N. Council Rd. Oklahoma City, OK. Here, you will find a place designed for those who need assistance with life's daily tasks. Assisted living at Legend offers a personalized approach, caring for your loved one with the utmost professionalism and tender loving care.

With beautiful decor all around, I was greeted by Rebecca Spencer, RN and Health Care Coordinator. Rebecca grew up in Craig Colorado and Alethea, Colorado. She attended Mesa State College. She has been a nurse for 12 years, working at Integris Southwest Medical Center in Oklahoma City, OK and has worked in a long-term care facility. "I am happy to be here at Legend. I love working with the staff and getting to know the residents. We try to stay as positive as we can, making the residents happy," she said. "I think it brightens up everyone's day," she added.

What qualities make a good nurse? I ask Rebecca. "I think a nurse would definitely need to have some sort of compassion for others. A nurse needs plenty of patience. Some days, we need a little more patience than other days but whatever the case, they need to know that every day is a new learning opportunity and they need to take advantage of it," she replied.

Rebecca's advice for someone going into the medical field would be to be to make sure that person has a passion for helping others. "Also, I would tell them to keep

their focus on their goal, staying strong in their believes."

"My favorite part of my job is working with the residents and the staff. I love to teach so I get to do that with all of them. I love to build the relationships with each one of them, forming a bit of a bond between us," she commented.

When asking Rebecca if anyone influenced her to become a nurse, she replied, "When I was young, I knew I wanted to be a nurse and I never steered from it. When I lived in Colorado, in a small town, the kids in the church would go visit the elders in the nursing home. We would go every third Sunday. I befriended a lady there and I really enjoyed seeing her each time. She always had a smile for me and called me Becky. After I became a nurse, I went back to the same nursing home to work. It was then, I heard a voice say, there's my Becky! Yes, she remembered me! It was nice seeing her again."

Even though I have worked in hospitals, I like the long-term care better. At the beginning, I always thought I wanted to work in the ER, you know, around all of those tall, dark and handsome doctors on the soap operas? After doing my rotation in the ER, I knew that wasn't for me. I realized the long-term care was my fit. It's a slower pace and I have had plenty of experience in geriatrics. Maybe, it's because of the lady that I became friends with back then," she said with a smile.

When Rebecca is not working at Legend, she enjoys spending time with her husband, Nick and their four daughters; Abigail, Morgan,



**Rebecca Spencer, RN, Health Care Coordinator at Legend Assisted Living stays professional and positive as she cares for the residents.**

Katelyn and Breelyn, 10, 8, 5 and 3. Rebecca is also a Girl Scout leader for one of her two daughters in Girl Scouts. She loves the outdoors, and enjoys camping and fishing. She also has a dog, Oscar and a cat, Minnie.

When talking with Rebecca, she had wonderful things to say about two people that helped get her through nursing school. She gives praise to her husband, Nick (who is also a nurse) and saw her through to the end. The other person is her mom, who has worked in a health care setting for over 20 years. Cheerleader, study buddy, best friend, and rock are just a few

words to describe her mom.

Asking Rebecca to describe herself, she replied, "I am a strong willed person and try to find something good in everybody. I am a great listener, trying to really listen to the residents, which is very important for them. I try to see the potential in others, giving encouraging words and trying to make their day a little brighter," she said.

"I live by the words: Be proud of yourself, and don't change for anyone," Rebecca said. "I tell my girls that every day."

Summing up her life in one word, Rebecca said, "Fulfilling."

## STRANGE BUT TRUE

SO THEY SAY...

**SBT** "Almost" is the longest word in English with all the letters in alphabetical order.

**SBT** Nicholas Cage bought a pet octopus once because he sincerely thought it might help this his acting.

**SBT** Nicholas Cage also once did magic mushrooms with his cat.

**SBT** There are more plastic flamingos in the U.S., than real ones!

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

**SBT** The most popular first name in the world is Muhammad!

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

## MUSTANG TAX SERVICE

45 W Armstrong Dr. Ste A, Mustang, OK 73064

• Bookkeeping • Payroll  
• Personal & Business Tax Return

BRING IN THIS COUPON FOR

**25% OFF** NEW CUSTOMER DISCOUNT

(405) 376-5456 | [mustangtax@aol.com](mailto:mustangtax@aol.com)



At this special time of year, we find ourselves reflecting on the past year and those who have helped to shape our business and enrich our lives.

We wish you a very Merry Holiday Season filled with peace, joy and prosperity throughout the coming year.

*Metro Publishing*

SENIOR NEWS & LIVING  
OK

OKlahoma's  
Nursing Times

# Veterans *Thank* *You for Your Service*

by Vicki Jenkins, Staff Writer

Each year, on November 11th, we celebrate Veteran's Day. It was the year 1938, Veterans Day became an official public holiday in the United States.

November 11, 1918, was considered the end of World War I and dubbed Armistice Day, according to the Department of Defense.

In 1938, Armistice Day became an official holiday set aside to honor World War I veterans. However, after World War II and the Korean War, veteran's service organizations urged the holiday to be amended. On June 1, 1954, Congress changed the holiday from Armistice Day to Veterans Day so all American veterans would be honored.

A big thank you goes to Legend Assisted Living and Memory Care for recognizing the veterans on their special day. Veterans were honored with a special Veterans pin by Reverend Miles Knutson, Bill Shahan, Medical Social Worker, David Dumbleton, Chaplain and Kristal Vasquez, RN, all from Valir Hospice. There were about 15 Veterans recognized. Mr. Dumbleton provided the music as he played his guitar and led the patriotic songs, a certain song for each branch of the military. Legend provided lunch for the Veterans and their families. The atmosphere was alive with emotions as there were a few tears shed, a little laughter, and lots of shared memories. Thank you to all of the men and women that have served their country over the years, past and present. You are all heroes to us.

While the Veterans were recognized for their military service, David Dumbleton, Chaplain of Valir Hospice read the following poem. Recorded over forty years ago by Dumbleton's uncle, Dumbleton revised it



**Marvin K. Schlegel served his time in the Korean War. He is one of the Veterans that were honored at the Veterans Ceremony at Legend Assisted Living and Memory Care.**

11-16-16. This poem has a several different versions and has been read at numerous celebrations.

*I am the United States of America  
I was born on July 4, 1776 and the  
Declaration of Independence is my birth  
certificate.*

*The bloodlines of the world run in  
my veins because I offer Freedom the  
oppressed.*

*I am many tongues and many people. I  
am the United States.*

*I am 300+ million living souls and the  
monuments of those men and women  
died for me.*

*I am Nathan Hale and Paul Revere.*

*I stood at Lexington and fired the shot  
heard around the world.*

*I am Washington, Jefferson and Patrick  
Henry.*

*I am John Paul Jones, the Green  
Mountain Boys, Davy Crockett and  
Daniel Boone.*

*I am Lee, Grant, and Abe Lincoln.*

*I remember the Alamo, The Maine, Pearl  
Harbor, and Nine Eleven.*

*When Freedom called, I answered and  
stayed until it was over, over there.*

*I left my heroes dead at Flanders Field,  
Pearl Harbor, on the beach slopes of  
Korea, the rice patties of Vietnam, the  
desert storms of Kuwait and the Persian  
Gulf, the war in Afghanistan, the war  
for Freedom, and Shock and Awe in  
Iraq.*

*I'm the Brooklyn Bridge and the wheat  
fields of Kansas and the oilfields of  
Oklahoma.*

*I'm the coal mines of Virginia and  
Pennsylvania, the fertile lands of the  
west, the Golden Gate Bridge and the  
Grand Canyon.*

*I'm Independence Hall, the Monitor and  
the Merrimac.*

*I'm big and spread from the Atlantic  
Ocean to the Pacific Ocean, 3 million  
square miles thriving with industry.*

*I'm more than 5 million farms.*

*I am forests, fields, mountains, and  
deserts.*

*I am quiet villages and cities that never  
sleep.*

*You can look at me and see Ben Franklin  
walking down the streets of Philadelphia  
with a bread loaf under his arm.*

*You can see Betsy Ross with her  
needle.*

*You can see the lights of Christmas  
had people sing Auld Lang Syne as the  
calendar turns.*

*I am Jackie Robinson, Mickey Mantle  
and the World Series.*

*I am 200,000 schools, universities and  
colleges, and 300,000 churches where  
my people worship God as they thing  
best.*

*I'm a ballot dropped in an election box.*

*I'm a roar of a crowd in a stadium.*

*I'm a voice of a choir in a cathedral.*

*I'm an editorial in a newspaper and a  
letter to a congressman.*

*I am Eli Whitney and Stephen Foster  
and Mark Twain.*

*I am John Wayne, Ronald Reagan and  
Billy Graham.*

*I am Francis Scott Key, John Philip  
Sousa, and Kate Smith.*

*I'm Thomas Edison, Albert Einstein, and  
Dr. Ben Carson.*

*I'm Horace Greeley, Will Rogers, Paul  
Harvey and the Wright Brothers.*

*I'm George Washington Carver and  
Daniel Webster.*

*I'm Longfellow, Harriet Beecher Stowe,  
Walt Whitman and Thomas Paine.*

*Yes, I'm the Nation and these are the  
things and people that I am.*

*I was conceived in Freedom, and God  
willing, in Freedom I will spend the rest  
of my days.*

*May I possess always the faith, the  
integrity, the courage, and the strength  
to keep my character intact.*

*To remain a citadel of Freedom and a  
beacon of hope to the whole world.*

*I am the United States of America!*



## SUBSCRIBE TODAY!

### Conveniently mailed every month! Anywhere in the state

**YES! Sign me up for SENIOR NEWS & LIVING newspaper!**

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ APT. \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_ E-MAIL/PHONE \_\_\_\_\_

**COMPLETE YOUR ORDER HERE!**

☐ **CHECK** (Payable to Metro Publishing) ☐ **1 YEAR: \$43.50** \$ \_\_\_\_\_  
☐ **MONEY ORDER** ☐ **2 YEARS: \$75.00** \$ \_\_\_\_\_  
☐ **VISA** ☐ **MASTERCARD** **TOTAL: \$** \_\_\_\_\_

CARD NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

**1 YEAR \$43.50  
2 YEARS \$75.00**

**TWO WAYS TO ORDER:**  
**PHONE: (405) 631-5100**

**MAIL IN THIS FORM:**  
**Senior News & Living**  
**P.O. BOX 239,**  
**MUSTANG, OK 73064**

An online subscription is available  
FREE to all print subscribers.

**For More Info: Contact us by email [info@seniornewsandliving.com](mailto:info@seniornewsandliving.com) or by phone (405) 631-5100**

# Change shopping habits for safety

## Senior Safety



by Corporal Kim Lopez, TRIAD Coordinator, Oklahoma County Sheriff's Office

Are you armed with a plan? Do you have to tools to carry out that plan? Senior adults are target for many reasons. One line of thinking is "the older we get, the fatter the wallet". Do you know a senior who carries way too much cash? Most seniors are not schooled on how career criminals target their victims. The Oklahoma County TRIAD covers each community with a one hour monthly meeting called SALT, namely Seniors And Law enforcement Together. We discuss crime prevention issues and face crime concerns head on. Many seniors think they will just scream, truth is, in a real 9-1-1 emergency, YOU CAN'T SCREAM.

Gone are the days of "Walk with confidence, and be aware of your surroundings" Today's seniors need a plan and the tools to carry out that plan. Seniors need to know the areas career criminals tell me they target potential victims. Seniors need to understand why, AND WHICH parking lots are more dangerous than others.

Gone are the days of, cross body purses, carrying cash, and talking on your phone while walking through parking lots.

Speaking specifically of personal attack, violent crime occurs every 22.8 seconds. ALL parking lots are dangerous, the parking lot you feel the most comfortable in is even more dangerous. When the home invasion is interrupted, when the drug deal goes bad, when the fight is on and police have been dispatched, CAREER CRIMINALS HEAD TO A PARKING LOT to get away from the police.

Which parking lots are dangerous? ALL PARKING LOTS ARE DANGEROUS! Some more than others.

- 1.) The parking lot you feel comfortable in.
- 2.) 24 hour parking lots
- 3.) Hospital parking lots

Career Criminals want your car to get out of the area. If they commit a crime in a small town, they seek the big city, if they commit a crime in a big

city, they seek a small town to get lost. They understand that crossing many jurisdictions in a wide variety of different vehicles makes it impossible for police to catch them. Driving only 20 minutes in any direction crosses many different jurisdictions. They change vehicles often and go from large bright color truck to small light color compact car to midsize SUV of some other color. Just walking to a white small car could make you a target. In TRIAD we teach senior adults to be prepared with a plan and tool them to carry out that plan. Simply carrying an extra set of old bait keys could save your life. For the most part, there are two demands: GIVE ME YOUR KEYS, GIVE ME YOUR GOODS! TRIAD seniors know to attach an extra set of keys to their good keys to show and throw, baiting the attacker away from them. Same goes for being ready when asked for GOODS, WALLET, or your WATCH OR PACKAGES. TRIAD Seniors know to be ready with two one dollar bills in a metal office binder or money clip, show it and throw it, is our motto!

When shopping, always get a shopping cart and never ever get your method of payment out at the register stall, get in the habit of going by the feminine products or underwear to get out your method of payment. Check yourself for any items you might get targeted for, turn jeweled rings around to look like a band, cover up watches with your sleeve, and never ever push your shopping cart into a register stall! You PULL YOUR SHOPPING CART TO ADD A 4 FOOT DISTANCE BETWEEN YOU AND THE PERSON BEHIND YOU. Many criminals mute their cell phone in order to get close enough to you to take rapid fire pictures of your method of payment. Cash sets you up for attack, writing checks lends account information as well as home address and name. Credit

cards or debit cards ran as credit offer the best recourse. When entering a 4 digit pin number be careful not to WARM THE KEYS WITH YOUR FINGER. Use your car key or ink pen to depress the numbers. Using your warm finger leaves a heat signature to be detected by a heat sensitive camera up to two minutes after you walk away. If you must touch and warm the keys, simply use your first three fingers to warm all the keys before you walk away.

Way too many seniors are still carrying their check books, just the sound of ripping that check out of the checkbook acts as a beacon to call career criminals. TRIAD seniors tear out 3 checks and keep them with their folding money! They also take their ID, credit card as well as cash and checks out of their purse and carry them on their person in a lanyard wallet. TRIAD men carry their wallet in their undershirt pocket.



Attach a whistle to your good keychain and carry your good car keys around your wrist with your bait keys in the other hand. Always have your cell phone ready to dial 9-1-1.

Practice range of motion in your neck and always watch for anyone approaching you!

Get a GEL pen if you insist on writing checks, this keeps criminals from WASHING your check and re-writing it for the amount you have in your account.

Change your direct deposit to deposit into your savings account and transfer to checking as you need it.

I stand ready to be of assistance,

Corporal Kim Lopez, TRIAD Coordinator, Oklahoma County Sheriff's Office - 713-1920.

Come be a part of TRIAD by visiting a SALT Council meeting near you. Call 713-1950 and leave your name and address to get on our mailing list to receive a monthly reminder of the Seniors And Law enforcement Together meeting near your home.

## HUMANITY Continued from Page 3

Creative in Stillwater, OK came into the picture. After working on this plan for months, making sure everything was working properly and putting the final touches on everything, Humanity Connect has been established!

"I am excited for this new app, Humanity Connect. This app will be available with Apple and Android platforms and a desktop version. It will be helpful to all involved; the patient, caregiver and the family members. Another plus is the fact that even after your loved one has passed; the patient's profile and their photo album will stay. Your loved ones postings will be reserved, passing on precious memories," Keisha replied.

Humanity Connect is bringing the patients comfort in their last

days, allowing the patient to have that one-on-one conversation with family members, combining the last day of their lives and improving their quality of life.

"A lot of planning and hard work went into Humanity Connect. Our tag line at Humanity Hospice is Because YOU Matter," she added. It's a way to keep the memories alive. Passing on the memories, grandchildren can look back and know a little about their loved ones life. Whatever I can do to make a patient's journey easier, I'm going to do it," Keisha commented.

If you have a loved one that is in need of Humanity Hospice, please call our office at 405.418.2530. We are located at 1109 N. Bryant, Edmond, OK, suite 100.

A special thank-you to Keisha Jackson for having a vision and following through! Humanity Connect has arrived!

# RESOURCES SENIOR NEWS AND LIVING

## Assisted Living

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

Have An Immediate Need? Call  
405-241-6050

#### Arbor House

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

### Featherstone Assisted Living

301 N. Eastern Ave. Moore, Ok 73160  
405-799-9919

### Fountain Brook Assisted Living and Memory Support

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

### Heritage Point of OKC

12000 N. MacArthur Blvd  
OKC, OK 73162 405-208-7400  
www.HeritagePointOKC.com

### Meadowlakes

#### Retirement Village

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

### Savannah Houses

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

### Willowood at Mustang

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

## Cremation Service

### Affordable

#### Cremation Service

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

#### Reflection Pointe

#### Cremation Gardens

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

## Dental

### Smile Arts Dental Studio

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

## Independent Living

### Ashton On The Green

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

### Chateau on the Green

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

### Emerald Square

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

### Grace Pointe Living

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

### The Gardens at Reding

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

### Whispering Creek

5712 Goldfinger Road, Mustang / SW OKC  
73179 405.820.4058

### Woodson Park Apartments

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

### Wyndam Place

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

## Insurance

### New Product

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

FREE consultation and quote.

Local Agent (405) 241-6050

## Home Health

### A Better Life Homecare

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

### Caregiver Solutions

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

### Care Plus Home Care

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

## Home Health

### Home Care Assistance

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

## Home Health

### Home Companion Solutions

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

### Visiting Angels

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

## Mobility

### Newby Vance Mobility Sales and Service

5632 S. Division St. Guthrie, OK 73044  
405-322-2113 or 800-375-4471

### Mobility Auto Sales

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

## Roofs \* Gutters & More

### Oklahoma Strong Roofing & Construction

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

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

## Realtor

### Belinda Gray, Realtor

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

## Services

### Medicare \* Long Term Care \* Life Insurance

Well Preserved Advisory Team Jeanean  
M. South, Licensed Agent 4800 N.  
Mayfair Drive, OKC 405-694-6154  
jeanean@wellpreserved.info

### David's Tree Service

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

## Skilled Nursing

### Warr Acres Nursing Center

6501 N. MacArthur, OKC  
405-721-5444

## Services

### Areawide Aging Agency :

4101 Perimeter Center Drive - OKC  
405-943-4344

## Our Classifieds Get Results!

SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE			
<p><b>Don Wallace Amazed At Response To His Ad...</b></p> <p>Don Wallace Amazed At Response To His Ad... "Yes, I still go fishing. Each year Pat and I escort a group to Sportsman's Lodge in Canada which is August 1-2." "I was truly amazed at the response we got when I placed a classified ad in the Senior News and Living monthly newspaper. It worked well for me." I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012.</p> <p><b>Don Wallace, The Wallace Wildlife Show</b> For a brochure &amp; details about the Canadian Trip Call me at 405-470-5106</p>	<p><b>FOR SALE</b></p> <p><b>Obtain C-Pap Masks and Supplies from Home Care Medical.</b> 4421 South Waller, OKC. 235-1468. Insurance, Medicare and Medicaid Accepted.</p> <p><b>RESTHAVEN GARDEN OF MEMORIES, DOUBLE LAWN CRYPT.</b> Granite and Granite memorial. Regular price which includes opening and closing, \$10,990.00. Our price, \$6,500. includes everything. 405-387-4831 or 405-406-9046.</p>	<p><b>HELP WANTED</b></p> <p><b>Senior caregivers needed for fellow seniors to provide companionship and care.</b> Transportation Required. Please call to learn more. (405) 259-9155.</p> <p><b>SERVICES</b></p> <p><b>SENIOR FRIENDLY REALTOR.</b> Home Selling made easy FREE no obligation consultations. Tonya Yarema (405) 990-6181 Metropolitan Real Estate "Buying or Selling... call me!"</p>	<p><b>PRICE PER 25 WORDS</b></p> <p>1 Month.....\$14.95 3 Months.....\$29.55 6 Months.....\$42.12</p> <p>Classified ads are prepaid only. Deadline is second Friday each month.</p> <p><b>ADD A PHOTO, ONLY \$5 MORE!</b></p> <p>Send ad and payment to: Senior News and Living 4501 N. Canyon Blvd., Ste. 100, Oklahoma City, OK 73118</p> <p><b>TRAVEL</b></p> <p><b>Travel Tours</b> 211 Hwy. 51, Wagoner, OK (918) 465-4595, 1-800-331-9192</p> <p><b>Kincaid Tours</b> 229 S. Country Club Road El Reno, OK 72036 (405) 324-9888</p>

### Don Wallace Amazed At Response To His Ad...

"Yes, I still go fishing. Each year Pat and I escort a group to Sportsman's Lodge in Canada which is August 1-2." "I was truly amazed at the response we got when I placed a classified ad in the Senior News and Living monthly newspaper. It worked well for me." I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012.



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

# New outpatient facility to be built in El Reno

To better meet the changing health care needs of the El Reno community, Mercy plans to build a new facility focusing on expanding physician services, including both primary care and medical specialties, as well as urgent care. This new health care model represents a new direction in Mercy's approach to health care in El Reno.

Mercy has had the privilege of serving the health care needs of the people of Canadian County since 2009 when Mercy entered into an agreement with the city of El Reno to manage the hospital. In 2010, Mercy began a lease agreement to operate the city-owned hospital.

After an extensive discernment period that focused on analyzing community needs and hospital use patterns, Mercy leaders have decided to end the hospital lease with the city of El Reno and shift focus to expanding needed outpatient services. Mercy will work with city leaders over the next six months to create a smooth transition plan.

"We are excited to build a new outpatient facility that offers the type

of care that residents most want and need in El Reno, including both primary and specialty care," said Jim Gebhart, president of Mercy Hospital Oklahoma City and regional strategy officer for Mercy.

The new facility will feature the following providers and services: Family medicine, Internal medicine, Imaging services, Lab services, Walk-in urgent care, Urology, Cardiology, Orthopedics, Pain management, Home health, Wound care, Physical therapy, EMS services and Virtual medicine.

It will also feature a helipad so patients can be quickly transferred to a higher level of care when needed.

Mercy Hospital El Reno was built by the city in 1954 and needs extensive renovation. Over the last year and a half, Mercy and city leaders have worked together to pursue plans to build a new hospital, but patient census at Mercy Hospital El Reno has declined significantly as patients choose to travel to larger communities for hospital care. In addition, construction costs have increased 50 percent, making the plans no longer economically feasible. The hospital saw an average




of 12 patients per day in 2009 when Mercy entered into the agreement to manage the hospital. Today, Mercy Hospital El Reno sees an average of 12 patients per month in the inpatient hospital setting. At the same time, every year approximately 600 patients choose to drive from El Reno to Mercy Hospital Oklahoma City for hospital care. As a result of these utilization trends, Mercy Hospital El Reno lost \$2.9 million dollars last year on inpatient care and experienced a loss of more than \$700,000 in the first quarter of this fiscal year.

"While inpatient care in a rural setting is economically challenging, we remain deeply committed to the El Reno community," Gebhart said. "We believe this new strategy for

outpatient care offers the appropriate level of services closer to home and will allow us to be good stewards of our resources, assuring our ability to continue to serve the community for many years to come."

Approximately 100 Mercy employees work at Mercy Hospital El Reno but not all will be affected by this change. Nearly half of these employees provide services that will remain in the community such as home health, physical therapy, wound care and EMS. Mercy's human resources team will work with the remaining affected co-workers individually to offer resources and explore the possibility of transferring to open positions in nearby Mercy facilities or in the new facility.



## WILLOWOOD

### AT MUSTANG


### Assisted Living & Memory Care

1017 West Hwy 152 Mustang, Oklahoma 73064  
(405) 376-1200 | [www.meridiansenior.com/mustang](http://www.meridiansenior.com/mustang)

- 24-Hour Care
- Transportation Services
- Daily Activities
- All Utilities Included
- Delicious, Fresh Chef-Prepared Meals Daily
- Housekeeping and Laundry
- Social Calendar Featuring Special Interest and Wellness Programs

# Happy Holidays!

Call today to schedule a tour.



# OKC Hospital Receives an 'A' for Patient Safety



SSM Health St. Anthony Hospital - Oklahoma City was awarded an 'A' from The Leapfrog Group's Fall 2018 Hospital Safety Grade. The designation recognizes SSM Health St. Anthony Hospital, including SSM Health Bone & Joint Hospital at St. Anthony, for their efforts in protecting patients from harm and meeting the highest safety standards in the United States.

The Leapfrog Group is a national organization committed to improving health care quality and safety for consumers and purchasers. The Safety Grade assigns an A, B, C, D or F grade to hospitals across the country based on their performance in preventing medical errors, infections and other harms among patients in their care.

"At SSM Health St. Anthony Hospital and SSM Health Bone & Joint Hospital at St. Anthony, we take great pride in providing exceptional patient care. Safety is our number one priority for each patient that walks through our doors. Our employees go above and beyond every day,

committed to the best safety practices, ensuring our patients receive the best care possible," said Tammy Powell, President, SSM Health St. Anthony Hospital.

"Leapfrog's Hospital Safety Grades recognize hospitals like SSM Health St. Anthony Hospital that focus on advancing patient safety. This ranking provides an important resource for patients, and a benchmark for hospitals, to determine how care at one hospital compares to others in a region," said Leah Binder, president and CEO of The Leapfrog Group. "Hospitals that earn an A Hospital Safety Grade deserve to be recognized for their efforts in preventing medical harm and errors."

Developed under the guidance of a National Expert Panel, the Leapfrog Hospital Safety Grade uses 28 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. hospitals twice per year. The Hospital Safety Grade's methodology is peer-reviewed and fully transparent, and the results are free to the public.

SSM Health St. Anthony Hospital was one of 855 across the United States awarded an A in the Fall 2018 update of grades. To see full grade details of SSM Health St. Anthony Hospital, and to access patient tips for staying safe in the hospital, visit [www.hospitalafetygrade.org](http://www.hospitalafetygrade.org) and follow The Leapfrog Group on Twitter and Facebook.



Founded in 2000 by large employers and other purchasers, The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American health care. The flagship Leapfrog Hospital Survey collects and transparently reports hospital performance, empowering purchasers to find the highest-value care and giving consumers the lifesaving information they need to make informed decisions. The Leapfrog Hospital Safety Grade, Leapfrog's other main initiative, assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections.



## Happy Holidays From Emerald Square

*Everyone Deserves a Great Life!*

Our goal is to always exceed your expectations and enrich your life meet new friends indulge in a new hobby, enjoy delicious home cooked meals, everyday!

Emerald Square is honored to be named one of the only two certified VA communities in Oklahoma City and proud to have 21 veterans calling our community home.

We invite you to stop by Emerald Square take a tour, enjoy lunch on us and see why we're different and an excellent choice for seniors in the Oklahoma City area.

**Because everyone deserves a great life!  
Live life your way and live it well!**

**EMERALD  
SQUARE**

*Assisted Living & Independent Living*

701 N. Council Rd | Oklahoma City, OK 73127 | Lic. #5509  
[www.meridiansenior.com/emeraldsquare](http://www.meridiansenior.com/emeraldsquare)



**405.787.4466**



**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 simple cremation package is \$935 within a 50 mile radius of Oklahoma City. No membership or hidden fees - no surprises. Visit our website for more info, or call us 24 hours a day.



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

**405.521.8777 | www.cremation-okc.com**

## **Coming Soon! Assisted Living**

**New Facility**

**Corner of NW122nd & Western  
flat screen in each Apartment**

**as Low as**

**\$681**

**All Meals included**



**Care Suites**

*Your wellbeing first*

**www.caresuitesokc.com**

**405-269-2266**



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

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



**NEWBY VANCE &**  
**MOBILITY SALES AND SERVICE**

**"We exceed expectations every day"**

Located at John Vance Auto Group  
Exit 153 & I-35 • Guthrie, Oklahoma  
(405) 282-2113 • Toll Free (800) 375-4471  
Serving NE OK, AR, KS & MO  
510 N. Main • Miami, Oklahoma  
(918) 919-3686 • Toll Free (855) 558-1909  
[www.newbyvancemobility.com](http://www.newbyvancemobility.com)



## **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**

# Dentures Not Fitting?

Try a **RELINE** for  
**\$150<sup>00</sup>** (in office) **OR** **\$300<sup>00</sup>** (Lab Reline)



**OR IMPLANT STABILIZED DENTURES**

FOR AS LOW AS **\$5000<sup>00</sup>** per arch (in office)

Call for a  
**FREE Consult**  
today!

**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](http://www.itex.com)

**SmileArts**  
DENTAL STUDIO

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

2200 NW 122nd St.,  
OKC, OK 73120  
(405) 755-4321

[www.SmileArtsDental.com](http://www.SmileArtsDental.com)

## Beware of scammers pretending to be Social Security

By Jose M Olivero, Social Security Public Affairs Specialist in Oklahoma

In the digital age, frauds and scams are an unfortunate part of doing business online. During the holiday season, Social Security has traditionally seen a spike in phishing scams, and we want to protect you as best we can. Always be cautious and to avoid providing sensitive information such as your Social Security Number (SSN) or bank account information to unknown individuals over the phone or internet. If you receive a call and aren't expecting one, you must be extra careful. You can always get the caller's information, hang up, and — if you do need more clarification — contact the official phone number of the business or agency that the caller claims to represent. Never reveal personal data to a stranger who called you. Please take note; there's a scam going around right now. You might receive a call from someone claiming to be from Social Security or another agency. Calls can even display the 1-800-772-1213, Social Security's national customer service number, as the incoming number on your caller ID. In some cases, the caller states that Social Security does not have all of your personal information, such as

your Social Security number (SSN), on file. Other callers claim Social Security needs additional information. If they do not confirm your information. Reports have come from people across the country. These calls are not from Social Security.

Callers sometimes state that your Social Security number is at risk. The caller then asks you to provide a phone number to resolve the issue. You should avoid engaging with the caller or calling the number provided, as the caller might attempt to acquire personal information.

In only a few special situations, such as when you have business pending with us, a Social Security employee may request the person confirm personal information over the phone.

Social Security employees will never threaten you or promise a Social Security benefit approval or increase in exchange for information. In those cases, the call is fraudulent, and you should just hang up. If you receive these calls, please report the information to the Office of the Inspector General at 1-800-269-0271 or online at [oig.ssa.gov/report](http://oig.ssa.gov/report).

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

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



**Crawford Family**  
FUNERAL CENTERS

**Signature: South OKC (405) 494-6554**

**Wilson: El Reno (405) 262-3311**

**Crawford: Edmond (405) 340-2333**

**Ford: Mid-Del (405) 677-9990**

**[www.crawfordcares.com](http://www.crawfordcares.com)**

**Family Owned & Operated - Se Habla Espanol**

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

Name \_\_\_\_\_

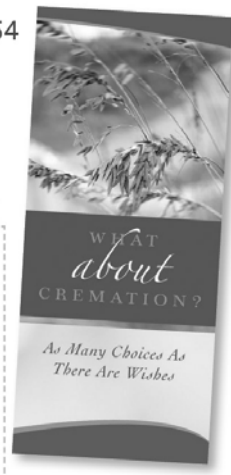
Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

MAIL TO:

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



## CROSSWORD CORNER

### Across

- 1 Sonic employees
- 8 Shrinking section at Barnes & Noble
- 11 Bit of wit
- 14 Anatomical rings in irises
- 15 Earth-moving tool
- 16 Reproductive cells
- 17 Fishing spot for vacationing Londoners?
- 19 Upset, with "over"
- 20 Legwear for air travelers?
- 22 Ruff stuff
- 25 Lacking
- 26 Not quite right
- 30 Until now
- 33 P replacers, in some lineups
- 34 Woman's name meaning "white"
- 38 Smooth, perhaps
- 39 Retirement party remark ... or a homophonic hint to four long Across answers
- 42 Epps of "House"
- 43 Computer conveniences
- 44 [That's kinda funny]
- 45 Sylvester's genus
- 47 Radius, e.g.
- 49 "The Great Escape" setting

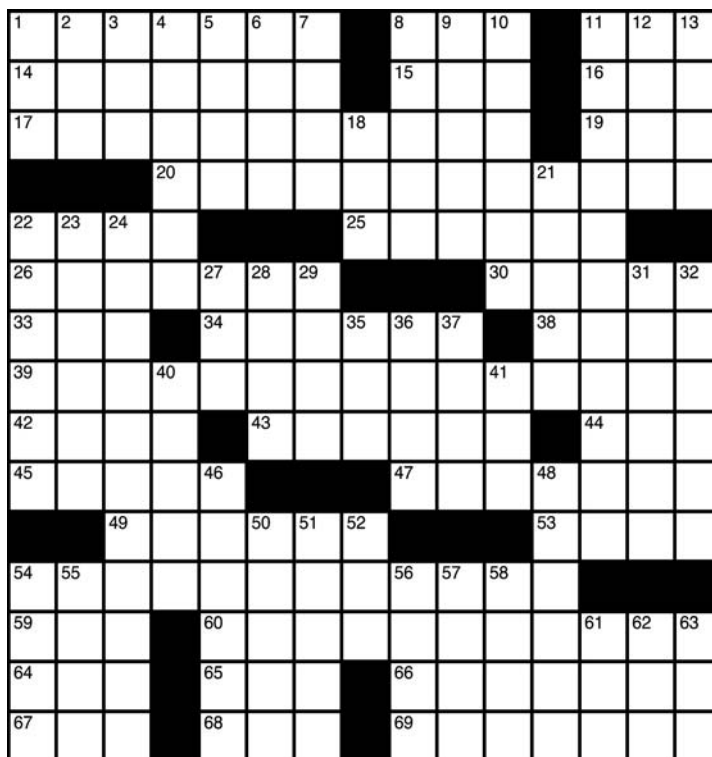
### 53 Lots

- 54 007 returning from assignment?
- 59 "... \_\_\_ quit!"
- 60 Vacant look?
- 64 Toondom's Phineas, to Ferb
- 65 Strauss' "\_\_\_ Heldenleben"
- 66 Like the edges of some mirrors
- 67 Dodge City-to-Topeka dir.
- 68 Mining supply
- 69 Talked big

### Down

- 1 Waiter at a stand
- 2 LAX stat
- 3 Bonn : Kšnig :: Lisbon :
- 4 Place of rapid growth
- 5 Miscellany
- 6 "ÀQuē \_\_\_?"
- 7 Very, in Vienna
- 8 "Carmina Burana" performers
- 9 "It tolls for thee" poet
- 10 Wetlands grasses
- 11 Beat the buzzer, say
- 12 National alternative
- 13 Show wonder
- 18 Email attachment
- 21 Court action

- 22 After "Our" and with 54-Down, title for the Virgin Mary based on an 1871 apparition
- 23 Where many strikes are called
- 24 Subtle come-on, perhaps
- 27 Geisha accessory
- 28 Thin coating
- 29 WWII White House dog
- 31 Johnson & Johnson brand
- 32 Hard-working "little" folk tale critter
- 35 "30 Rock" network
- 36 Michael of "Arrested Development"
- 37 \_\_\_ vincit omnia
- 40 Work on a novel
- 41 System of thought
- 46 Carpenter's array
- 48 Access requirements
- 50 Forum language
- 51 "\_\_\_ you done yet?"
- 52 E. Berlin's land
- 54 See 22-Down
- 55 African city on the Mediterranean
- 56 Romaine relative
- 57 Muffin go-with
- 58 St. Petersburg's river
- 61 Space bar neighbor
- 62 What's found in central Arizona?
- 63 Byrnes of '50s-'60s TV



Answers on page 29

# OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

## FOR SALE

### Memorial Park in Edmond

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

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

Call Jeff at  
405-400-5132

**MEMORIAL PARK  
CEMETERY OKLAHOMA  
CITY, OK . TWO PLOTS, 2  
1/2 OF LOT 149 SECTION 45.  
\$3000.00. 405-650-3526**

**PICK A CARD, ANY CARD!  
VISA, MASTERCARD,  
AMERICAN EXPRESS.  
PAYMENT TO SENIOR NEWS AND  
LIVING CAN BE MADE WITH ANY  
OF THE ABOVE CREDIT CARDS.**

## SERVICE

### POLISH ME PRETTY MOBILE NAIL STUDIO



*Make Every  
Treatment Unforgettable.*

Schedule an  
appointment today!  
**405-541-5001**

[www.polishmeprettymobilenailstudio.com](http://www.polishmeprettymobilenailstudio.com)

VISIT [SENIORNEWSANDLIVING.COM](http://SENIORNEWSANDLIVING.COM)

## SERVICE

### Aerial Ash Spreading Service

Providing families  
with memorable  
closure by releasing  
your loved one's  
remains back  
to nature.



Wings West L.L.C.  
Call 405-826-2345  
Or visit our website  
[www.wingswestok.com](http://www.wingswestok.com)

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

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

Deadline is the 25th of each  
month. Mail-in form with check  
must be postmarked by  
the 25th and received by  
the 28th of each month.

Classified Liner ads are prepaid  
only. ALL LISTINGS AND ADS  
ARE IN PRINT & EPUB. All prices  
are subject to change without  
notice at any time. Please call  
405-631-5100 ext. 3 to submit  
ad copy and payments.  
[www.SeniorNewsandLiving.com](http://www.SeniorNewsandLiving.com)

## SERVICE

### Medicare Insurance Plans.

Don't understand Medicare?  
Need help selecting the  
right plan for you?  
Contact Scott at  
405-820-0770 or email  
[scott.stewart1@cox.net](mailto:scott.stewart1@cox.net)  
for a free consultation.

## SENIOR NEWS & LIVING AD FORM

Category (Exp: For Sale, Help Wanted):

Date(s) to Run:

### CLASSIFIED LINER ADS (PRICE PER 25 WORDS)

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

## WE BUY OIL & GAS MINERAL RIGHTS



TOP PRICES PAID  
FAST + EASY  
CALL ME TODAY!  
BEN WILCOX  
405-315-9980

### One on One Home Health

Dedicated Caregiver/  
Companion. Private Duty will  
assist with everyday needs.  
5 days a week,  
24 hour care or hourly.

Excellent References  
Call Evelyn  
405-623-7349



**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**

At this special time of year, we find ourselves  
reflecting on the past year and those who  
have helped to shape our business and enrich  
our lives. We wish you a very Merry Holiday  
Season filled with peace, joy and prosperity  
throughout the coming year.

- Your friends at Senior News & Living

## OPINION & MORE

# S THE SAVVY SENIOR

### Dear Infrequent,

While unlimited high-speed data, video streaming and mobile hot spot are now standard for most cell phone plans today, there are still a number of low-cost wireless plans designed with seniors in mind.

These plans offer limited talk time and text, which is ideal for seniors who want to stay connected without spending much money each month. Here are some super cheap plans to consider.

#### Cheapest Plans

Prepaid plans are the best deal for seniors who only want a cell phone for emergency purposes or occasional calls. The very cheapest prepaid plan available today is T-Mobile's Pay As You Go plan, which includes any combination of 30 minutes or 30 text messages for only \$3 per month. After that, additional minutes and texts cost 10 cents each.

### Dear Savvy Senior,

What are the cheapest cell phone plans available to seniors today? I'm 78-years-old and want it primarily for emergency purposes. *Infrequent Caller*

Phone prices start at \$75, but if you have a compatible device, you can use it rather than buying a new one. You will, however, need to pay for a \$10 SIM Starter Kit fee, whether you bring your own phone or buy a new one. Visit T-Mobile.com or call 844-361-2792 for more information.

Two other companies that offer low-cost prepaid deals are TracFone and AT&T.

TracFone (TracFone.com, 800-867-7183) has a 30 minute talk/text plan for \$10 per month, or an even cheaper a 60 minute talk/text plan for \$20 for three months, which averages out to only \$6.66 per month.

And AT&T (ATT.com, 800-331-0500) has two low-cost prepaid plans including the 25 cent per minute call plan, and a \$2 daily plan that charges only when you place or receive a call or send a text that day. The fees are deducted from the prepaid balance on your account. But to use AT&T Prepaid, you must prepay into your account

## Cheap Cell Phone Plans for Seldom Calling Seniors

either \$10 per month, \$25 for three months or \$100 per year.

#### Best Emergency Phone

If you're interested in a senior-friendly cell phone that provides top-notch emergency assistance, consider the Jitterbug Flip (GreatCall.com, 800-918-8543).

This is a nifty flip phone that has big buttons, enhanced sound, a simplified menu, and a 5Star urgent response button that connects you to a trained agent that will know your locations, and will be able to assist you whether you need emergency services, directions, roadside assistance or a locksmith, or to contact family. GreatCall's service runs on Verizon's network.

The Flip phone costs \$100, with monthly service plans that start at \$15 for 200 minutes. Or, you can get the 5Star service with 50 minutes of monthly talk time for \$25.

#### Free Phones

If your income is low enough,

another option you should check into is the federal Lifeline program, which provides free or low-cost cell phones and plans through numerous wireless providers.

To qualify, your annual household income must at or below 135 percent of the Federal Poverty Guidelines - which is \$16,389 for one person, or \$22,221 for two. Or, you must be receiving Medicaid, food stamps/SNAP, SSI, public housing assistance, veterans pension or survivor's pension benefit, or live on federally recognized Tribal lands.

To find out if you're eligible, or to locate wireless companies in your area that participates in the program, visit LifelineSupport.org or call 800-234-9473.

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.

## Nov/Dec AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Nov 13/ Tuesday/ Okla. City/ 9 am - 3:30 pm/ 691-4091/ Palinsky  
Rose State - 6191 Tinker Diagonal - room 203

Nov 14/ Wednesday/ Warr Acres/ 8:30 am - 3 pm/ 789-9892/ Kruck  
Warr Acres Community Center - 4301 N. Ann Arbor Ave.

Nov 15/ Thursday/ Norman/ 9 am - 3:30 pm/ 307-3177/ Palinsky  
Norman Regional Hospital - 901 N. Porter Ave.

Nov 17/ Saturday/ Shawnee/ 9 am - 3:30 pm/ 818-2916/ Brase  
Gordon Cooper Tech Center - One John C. Burton Blvd.

Dec 6/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi  
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Dec 8/ Saturday/ Midwest City/ 9 am - 3 pm/ 473-9239/ Williams  
First Christian Church - 11950 E. Reno Ave. (Activity Room)

Dec 11/ Tuesday/ Okla. City/ 8:30 am - 3 pm/ 521-3756/ Palinsky  
Office of Disability Concerns - 1111 N. Lee Ave, Suite 500

Dec 14/ Friday/ Okla. City/ 9 am - 3 pm/ 951-2277/ Edwards S.W.  
Medical center - 4200 S. Douglas, Suite B-10

Dec 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

 Absolute Economical  
Funeral Home

Darren Christenson, Debra House  
and Keith Walker, Funeral Directors

You don't have to over spend!!  
**Total Direct Cremation:**

**== \$818.31 ==**

Here to serve you!  
Family Owned and Operated  
**405-787-9300**  
**AEFuneral.com**

**ARE YOU THINKING ABOUT  
RELOCATING, DOWNSIZING OR  
SELLING YOUR FAMILY HOME?**  
For information & assistance,  
contact **Belinda Gray**,  
Seniors Real  
Estate Specialist,  
at **405-823-0331**.

  
**METRO  
BROKERS**  
of Oklahoma  
*A Realtor for all Seasons of Life.*

## RSVP'S PROVIDE-A-RIDE NEEDS VOLUNTEER DRIVERS!

With the help of volunteer drivers, Provide-A-Ride offers transportation to low-income older adults to and from their medical appointments.

**Our community needs YOUR help!  
Volunteer drivers are desperately NEEDED.**

Benefits of Volunteering:

- ☒ Mileage reimbursement
- ☒ Choosing where, when & how often you drive
- ☒ Supplemental liability insurance while driving

*Not interested in driving? Call us and we can connect you with different community volunteer opportunities!*

Call RSVP of Central Oklahoma at (405) 605-3110 to learn more or to become a volunteer.



# "RE"claim Your Life

By Lisa Sydnor

When the opportunity to write a column for Senior News and Living sharing stories, answering questions and helping to identify services for Oklahoma City seniors at-large was presented, it was for me a childhood "Ann Landers/Dear Abby" dream come true. What an incredible mission, helping seniors by telling their stories. The belief that it takes a village; we must walk by faith and that there is a solution for every situation is a driving force and the foundation for this column.

My professional career spans more than fifty years working with and guiding nonprofits. I found my passion for service working with amazing organizations and having the opportunity to help so many people throughout our great state and our great country. Early on serving as the secretary/bookkeeper/file clerk/custodian for the Oklahoma Museums Association, I found my



passion for nonprofit service. Then the YMCA of Greater Oklahoma City gave me the opportunity to develop and lead fundraising campaigns, Oklahoma City University financial development department presented the opportunity to work closely with the board and to develop new ideas and strategies in fundraising, National American Red Cross lead to developing, writing and teaching curricula for Disaster Colleges and the opportunity to grow the individual chapters. Returning to Oklahoma in 2009, I tried to retire, really, I did but the exciting challenge of leading a team of 100 staff in six counties, administering 13 programs, including a homeless shelter; weatherization program; a transportation program;

rental units; six food pantries and other social services made it impossible to turn down the position as CEO of the Central Oklahoma Community Action Agency. Then, I tried to retire again, honestly, I did. But a part-time job with The Salvation Army (TSA) senior program became the full-time job as Senior Programs Manager at TSA where I served with joy and love until my recent retirement in October of this year. Now, I am officially RETIRED, AGAIN! Sorta. My career experiences as well as my role as a mother and grandmother placed me in the unique position to make quick command decisions that impacts peoples lives. It was an extreme honor to serve then and to continue serving you. I look forward to us getting to know one another each month through the pages of Senior News and Living. As my new 2019 bright pink journal so appropriately states on the front cover "Let the Adventure Begin" and so it does.

Are you a part of the 'RE' movement? If your answer is not "Yes" - I hope that after reading this article, it will be a resounding "Yes"!

My middle child, my youngest daughter, drives the entire family nearly crazy. She lives the "RE" movement - REclaim, REpurpose, REuse, REcycle, REbuild, REfurbish. And although, she can be exhausting, her words on these subjects often fit many other seemingly unrelated situations.

For example, I am officially Retired. Again. Sorta. Learning to REpurpose my professional and personal focus and master the art of RELaxing. See how that works?

REbuilding or REclaiming an estranged relationship is another example. Have you ever been, or are you now, estranged from a loved one? Have you let hours, days, weeks, months, or even years fly by without reaching out - without mending relationships? Have you wanted to REbuild a relationship or REunite with a loved one? Are you so certain you would be REbuffed, you don't take the first step, after all who wants to risk REjection? I am not saying the hurts aren't real. Many times, they are devastating. However, our pride should not keep us from offering and/or seeking REconciliation.

Jan (not her real name) is a prime example. Jan and Jack had lived in Oklahoma for five years. She married Jack and left the Philippines against the wishes of her children. Jack died on a Saturday and Jan was alone, thousands of miles from her family. There had been no contact with any family member

since leaving five years ago. On Monday, in despair, Jan went to the senior center in her apartment building. A staff member stopped to talk with Jan, sat down asking if there is something she could do to help her. Jan tells her that her husband died, and she is alone. Jan is encouraged to reach out to her children, tell them of the situation. When unkind and hateful words have been exchanged, forgiveness seems out of reach. Someone must take the first step, make the first call.

After lunch, Jan returned to the apartment - her intention was to take her life. In desperation, Jan called her eldest daughter. The daughter couldn't stop crying. Within an hour, with no words of REcrimination, there is a paid airline ticket from Oklahoma City to Manila, leaving in 36 hours.

Reaching the seniors experiencing such depths of despair and encouraging them to seek counseling and take the first steps to REclaiming their lives should be a priority. Don't let the hurt, the anger from the past, keep you from forgiving, REbuilding and REconnecting with friends and family. Take that leap of faith. Forgive yourself. Forgive others. Be that person - that "RE" person: REunite, REconnect, REbuild and REclaim the estranged relationships in your life.

Do you feel there is no place to turn, that you are alone? Oklahoma City has great resources. Call 211 for information on agencies and programs. IF YOU FEEL SUICIDAL CALL 911 or the Suicide Prevention Hotline at 1-800-SUICIDE.

Senior News and Living has set up a dedicated phone line for you to ASK LISA questions, please call 405-631-5100 ext. 5 and leave; your name, phone number and a message regarding your question or topic, if your question is chosen to be in an upcoming issue I will follow up with you.

## Afterthoughts with Lisa

Have you ever done something so foolish, something you have chastised others for doing, something you must have been brain dead to have done? Well, the other day I did a dumb thing on that level. I was in a grocery store; looking at a display, when this soft voice says, "Baby, you know Thanksgiving and Christmas are right around the corner." I instantly knew what she was referring to my wallet, cell and keys were laying in the shopping cart, unattended. I put myself in a position for potential harm. Be aware of your surroundings. Never leave your purse, wallet or bag unattended. Thank you, Mary, for caring enough to approach a stranger (fellow senior) to warn of danger!

## Our Classifieds Get Results!

SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE			
<p><b>Don Wallace Amazed At Response to Ad in Senior News and Living</b></p> <p>"Yes, I still go fishing. Each year Pat and I escort a group to Sportsman's Lodge in Canada which is August 1 to 6. I was truly amazed at the response we got when I placed a classified ad in the Senior News and Living monthly newspaper. "It worked! Well for me." I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012. For a brochure and details about the Canadian trip, call me at 405-470-5106.</p> <p><b>Don Wallace, The Wallace Wildlife Show</b></p> <p><b>FOR SALE</b></p> <p>Hoveround MPV 4 Power Chair, \$550.00 cash. Firm. Can deliver. 405-606-2748.</p>	<p><b>FOR SALE</b></p> <p><b>CEMETERY LOTS.</b> Torrey Creek Memorial Cemetery located south of OKC. 236-1468. Memorial, 4 spaces. A.B. C.D. Section 4. Lot 106. State #10. 405-787-1056.</p> <p><b>Obtain C-Pap Masks and Supplies from Home Care Medical.</b> 4401 South Walker, OKC. 236-1468. Insurance, Medicare and Medicaid Accepted.</p> <p><b>RESTHAVEN GARDEN OF MEMORIES, DOUBLE LAWN CRYPT.</b> Bronze and Granite memorial. Regular price which includes opening and closing. \$10,990.00. Our price, \$6,500, includes everything. 405-387-4831 or 405-406-9946.</p>	<p><b>HELP WANTED</b></p> <p><b>Senior caregivers needed for fellow seniors to provide companionship and care.</b> Transportation Required. Please call to learn more. (405) 259-9155.</p> <p><b>SERVICES</b></p> <p><b>SENIOR FRIENDLY REALTOR.</b> Home Selling made easy FREE no obligation consultations. Tonya Yaroma (405) 990-6181 Metropolitan Real Estate "Buying or Selling... call me!"</p>	<p><b>PRICE PER 25 WORDS</b></p> <p>1 Month.....\$14.96 3 Months.....\$39.55 6 Months.....\$42.12</p> <p>Classified ads are prepaid only. Deadline is second Friday each month.</p> <p><b>ADD A PHOTO, ONLY \$5 MORE!</b></p> <p>Send ad and payments to: Senior News and Living, 4501 N. Classen Blvd., Ste 100, Oklahoma City, OK 73118.</p> <p><b>TRAVEL</b></p> <p><b>Travel Tours -</b> 211 Hwy. 51, Wagoner, OK (918) 465-4595, F400-331-3192</p> <p><b>Kincaid Tours</b> 929 S. Country Club Road El Reno, OK 73036 (405) 824-8888</p>

## Don Wallace Amazed At Response To His Ad...

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

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



Don Wallace, The Wallace Wildlife Show

For a brochure & details about the Canadian Trip  
Call me at 405-470-5106

# Researcher honored by College of Rheumatology

The American College of Rheumatology has selected Oklahoma Research Foundation physician-researcher Joan Merrill, M.D., as a recipient of its 2018 Master designation.

Recognition as an ACR Master is one of the highest honors members can receive and only those who have made outstanding contributions to the field of rheumatology are selected. The ACR selected 21 individuals for the designation this year.

The contributions come through scholarly achievements and service to patients, students and the profession.

Merrill was presented with the award at the college's annual meeting on October 20 in Chicago.

"I went to my first ACR meeting during my rheumatology fellowship in 1987 and I haven't missed a meeting since," she said. "Now more than 30 years later, it's an honor to receive this award after a long, long career in this field."

A graduate of Cornell University Medical College, Merrill joined OMRF from the faculty of Columbia University in 2001 to establish a clinical trial laboratory to work on ways to successfully test drugs for lupus.

Since then, she's built a research cohort of more than 500 lupus patient volunteers, led numerous clinical trials for investigational lupus treatments, and pioneered novel trial designs for testing innovative therapies for lupus and other autoimmune illnesses.

Lupus, a chronic, disabling disease, has proven challenging to understand, said Merrill, resulting in more



OMRF's Joan Merrill, M.D., (center), Teresa Aberle (left) and Fredonna Carthen (right).

than \$1 billion lost in failed trials. Only one treatment has been approved for the disease in the past 60 years.

Recently Merrill has been at the forefront of improving the recruitment of minority patients to clinical trials for lupus. She has also been spearheading a call for transformative changes in trials for new lupus drugs.

"The goal is to have more approvals of effective drugs and to prevent ineffective ones from succeeding," said Merrill. "That would be huge, because our patients need safer and better treatments."

The American College of Rheumatology is a nonprofit organization founded in 1958 to improve the care of patients with rheumatic disease.

Brandon Hopper  
VP, Commercial Lending

Matt Clouse  
President

**VALLIANCE  
BANK**

Member  
FDIC

## Elite Checking

Made especially for customers aged 50 or better

- No Monthly Minimum Balance
- No Monthly Service Charge
- Earns interest on balance over \$200
- FREE Valliance Bank checks\*

**Call Us to  
Open an Account Today!  
405.286.5750**

\*\$100 to open. First order of Valliance Bank checks are free.

NORMAN | OKLAHOMA CITY | VBANK.COM

**Rents starting at \$1,295\* include all amenities!**

[WhisperingCreekRetirement.com](http://WhisperingCreekRetirement.com)

**A GATED RETIREMENT  
COMMUNITY FOR ACTIVE ADULTS**

Now Is The Time To Enjoy  
The Lifestyle You Deserve

  
**WhisperingCreek**  
SIMPLIFIED LIVING • ACTIVE LIFESTYLE

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

**CALL FOR  
MOVE-IN  
SPECIALS!**

**405.820.4058**

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



\*per month



Helping our  
**SENIORS**  
in need!



Elder Elves is a local program that provides Oklahoma's low income seniors with Christmas gifts. We adopt entire communities, ranging from 55+ low income housing to nursing centers, in several areas of Oklahoma, ranging from Shawnee to Norman all the way to Edmond. **We are seeking donations of all kinds.** An entire care package is put together for each person, this year we have a goal of 250 seniors! Typical items of donation are throw blankets, puzzle books, digital clocks, slippers, hats/scarves, costume jewelry, nail polish, sugar free candy, cook tins, etc. We gladly accept anything you think a senior would like.

Drop off last until December 21st and you can bring donation to **Autumn Leaves of Edmond** located at 1001 S. Bryant, Edmond, OK or **Synergy Home Care** at 1272 N. Interstate Dr. Norman, OK. Please contact Marcie Davis at (405) 758-6982 with any questions or to place a Elder Elves gift tree in your place of business!

**AUTUMN LEAVES**  
BETTER MEMORY CARE. BY DESIGN.

**SYNERGY HomeCare**  
The Most Trusted Name in Home Care.

  
**Care Plus**  
HOME CARE



**FREE IN-HOME ASSESSMENT**

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



*Stay Home,  
Stay Well!*

CALL US 405.769.2551  
24 Hours 877.744.2551

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

[www.CarePlusatHome.com](http://www.CarePlusatHome.com)

**Coming Soon!**  
**Assisted Living**

**New Facility**

**Corner of NW122nd & Western  
flat screen in each Apartment**

**as Low as**

**\$681**

**All Meals included**

  
**Care Suites**

Your wellbeing first

[www.caresuitesokc.com](http://www.caresuitesokc.com)

**405-269-2266**





# SENIOR TALK

**Read what other Seniors have to Say...**

*What is your favorite Christmas song? Epworth Villa*

**"White Christmas"**



Linda Wasson

**"Rudolph the Red Nosed Reindeer"**



Melvin McGuffin

**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](mailto:news@metropublishingok.com)

**SENIOR TALK**

or call

**SENIOR NEWS AND LIVING**

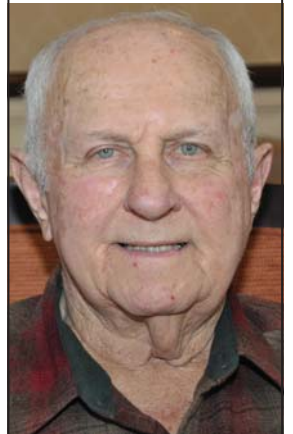
**405 - 631 - 5100**

**"Joy to the World"**



Larry Becker

**"White Christmas"**



Jim Wasson



**The Best Age Yet.**

**Third Age Life Centers**

Most of our adult lives tend to be defined by two ages: "growth & education" and "work & family." But around your 50th birthday, you reach the dawn of a **new age, one of purpose**, enjoyment and fulfillment. It's what we call The Third Age.

INTEGRIS Third Age Life Centers are here to help you make the most of your Third Age, with enlightening seminars, topical discussions, challenging exercise courses, fulfilling volunteering opportunities and so much more.

Learn more and get involved today at [integrisok.com/thirdagelife](http://integrisok.com/thirdagelife).

**INTEGRIS**

For you. For health. For life.

5100 N. Brookline, Suite 100  
Oklahoma City, OK 73112  
405.717.9821

4200 S. Douglas Ave., Suite B-10  
Oklahoma City, OK 73109  
405.636.7474

[integrisok.com/thirdagelife](http://integrisok.com/thirdagelife) | 405.717.9821

**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**



**COMPASS  
Senior Living  
Solutions**

***A FREE Placement Agency***

Searching for senior housing and care can be overwhelming and time consuming.

Explore your options with a **credible, unbiased** source as your guide.

Compass offers a free personalized service to help you find the senior living solution that best fits your needs.

**Personalized tours at no cost to our clients**



**Let us help you find the right solution for the best quality of life for you or your loved one.**

**BILL MUIR, Owner**

*email: [Bill@SeniorLivingSolutionsOK.com](mailto:Bill@SeniorLivingSolutionsOK.com)*

[www.SeniorLivingSolutionsOK.com](http://www.SeniorLivingSolutionsOK.com)


**(405) 308-6433**

**Complete Tree Service**

**CTS**

**From Landscaping to Tree Removal & Everything in Between!**

**HAZARDOUS REMOVAL SPECIALISTS**



**ITEX**  
The Membership Trading Community  
405.524.4839  
[oklahomacity.itex.com](http://oklahomacity.itex.com)

**With 15 years experience and a A+ BBB rating you'll be glad you Called Ron!**

**405-842-4717**

# LIGHT OF THE WORLD

By Darlene Franklin

I've been about about life in a nursing home for over two and a half years now, and what unexpected twists it's taken. Sometimes I've soared with national fervor, or the music in my heart.

And sometimes it's quite dark. The day I returned from the hospital was gray and empty. A blood clot on my lung and acute respiratory distress had sent me to the emergency room.

I returned home, alive, but devoid of spirit. Empty. Alone. Uncertain.

If I had acted on my feelings on that day, I would have quit everything. Instead I sent up flyers of faith. Don't let me make any rash decisions.

Things got worse. I forced myself to go to Bible study on Sunday night in spite of my fatigue. A fellow resident responded to one of my comments by leaving abruptly. My joy in the study was tempered by his rejection.

Things got even worse when I almost didn't my Monday shower.

After I did get my shower (after some not-so-faith-filled griping), something shook loose from my heart, and I realized why I felt so dark.

I wasn't suddenly too ill to be of any use or too sinful to be a blessing.

The truth was far deeper and far simpler.

God's up to something good—something glow-in-the-dark bright, and darkness wants to stamp it out.



Darlene Franklin is both a resident of Crossroads of Love and Grace in Oklahoma City, and a full-time writer.

See FRANKLIN Page 29

**Special! \$550! per month**

**SPACIOUS 1 BEDROOM • 1 BATH**

**WE LOVE PETS**

- Fully Equipped Kitchen • Full Size Washer & Dryer Connections
- Large Walk-In Closets • Handicap Accessible • Emergency Alarms
- 55+ Senior Community
- Pool • Exercise/Weight Room
- Activity Center w/planned activities
- Library • BBQ & Picnic Areas
- Doorstep Trash Pick Up
- 24-Hour Emergency Maintenance
- Section 8 Accepted, Income Guidelines Apply

**Caring professional on-site management.**  
**Just minutes away from shopping, dining & entertainment!**

**YARCO** **ROSEWOOD MANOR** **800 S. Kelly Ave.**  
Welcome Home **APARTMENTS** **Edmond 73003**  
**(405) 334-4614**

**Holiday OPEN HOUSE**

**Thursday, December 13, 2018**  
**2:00 - 5:00 PM**

**1301 Tinker Diagonal, Suite AL**  
**Oklahoma City, Oklahoma 73115**

Please join the Oklahoma Assisted Living Association for our 4th Annual Holiday Open House! We have plenty of food and fun for everyone including door prizes, a photo booth and possibly some surprises! **Please RSVP by Friday, Dec 7, 2018 by either calling 405.235.5000 or email Marilyn at okala.info@okala.org or click "attending" on Facebook**

Oklahoma Assisted Living Association **405-235-5000**  
**CELEBRATING 20 YEARS OF BEING OKLAHOMA'S VOICE & PARTNER IN ASSISTED LIVING**  
**REGISTER AT: WWW.OKALA.ORG**

**ASSISTED LIVING & MEMORY SUPPORT IN MIDWEST CITY**

**Fountain Brook**  
Assisted Living & Memory Support

**Call for our All-Inclusive Memory Care Special!**

**WE CARE**  
— to make a —  
**difference.**

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

**FountainBrookLiving.com | (405) 463-2583**

## LIFESTYLES

# Home sweet home *Couple eases senior worries*

story and photos by Bobby Anderson, staff writer

Over the course of the last 15 years, Bill Muir has held a lot of hands, eased a multitude of fears and moved more than a few boxes.

As owner of Compass Senior Living Solutions, Bill, and wife Karen, focus on the next step for families who are in the midst of making important living decisions.

Do I need an independent or assisted living community?

Will this community help me thrive and get more out of life?

Can I afford what I need and where can I go to find out?

The Muirs answer all these questions and more, offering a one-of-a-kind concierge service in the metro all at no cost to the client.

Muir's business is such that most times he gets a phone call from a distressed family member. Overwhelmed, stressed and under time constraints - the call relays the urgent need for mom or dad, grandmother or grandfather to find a new living situation.

All too often families are asked to make future living decisions within the span of a day or two when their loved one enters the hospital after a fall or sudden illness that makes it apparent they won't be able to return to their home.

"Case managers will say 'here's a list of assisted livings in the area. You need to go visit them and let me know tomorrow which one you want to move your mom into,'" Bill said. "Boom. It's deer in the headlights."

That's where Compass Senior Living Solutions comes in.

### Here's how it works:

- Bill or Karen will meet with you or fill out a brief evaluation over the phone. They will discuss what changes are going on in your life and determine what type of community will meet your needs.

- A review of your financial resources and communities that fit your budget comes next. Bill can also search out financial resources that can save you money if you qualify.

- Finding the area you are most interested in living and choosing three or four communities to tour follows. They will accompany you - or provide transportation if necessary - on tours to help you evaluate the offerings of each community.

The best part is the service is free to families and those who refer to him.

"I'm unbiased and my fees are paid by my communities," Bill said. "Unlike my competitors, both Internet and other local referrals services my rates are all flat."

"I'm the only one like that."

That means Muir is beholden to no one but his client.



Bill Muir, and wife Karen, provide guidance and support for seniors needing to make a transition.

And it doesn't end there.

What sets Bill apart is his experience from the other side of the door working for communities in the metro. He spent the last 15 years marketing senior living communities.

"I know the information those assisted livings need and I know where to go get it," he said. "Most assisted referral resources just spread names, point people in the right direction but they don't do the most important part which is holding that family's hand and helping them navigate through this whole thing all the way through move-in process."

"My service doesn't stop when I connect them with a community."

Move-in day is a big one not only for families but Bill himself.

He's there early to make sure promised arrangements have been made.

He's making sure medications are in place and ready to be dispensed and care plans have already been established by providers and are ready to go.

"It's making sure those families are getting everything these communities advertise," Bill

said. "That is my goal, to provide that piece that is really missing."

Bill also utilizes his sister, Vicki Muir - a 30-year case manager and social worker.

In addition, he's a licensed long-term care insurance agent who no longer sells products but helps clients navigate the lengthy process of filing for benefits.

Uncovering forgotten aid and attendance benefits is another service Compass provides.

Over the past decade Internet services claiming to help find a place for mom or dad, have sprung up. It's often a one-way street.

Muir's service overlaps so many professions. He's part real estate agent, counselor, confidant, life coach and negotiator.

He's been there as people have agonized over decisions and he's also seen the worry melt away with the right fit.

"It's a transitions program but that's an overused phrase now," Bill explained of his service in a nutshell. "That's the real difference in what I do is I make that transition all the way from first contact until after the move-in."

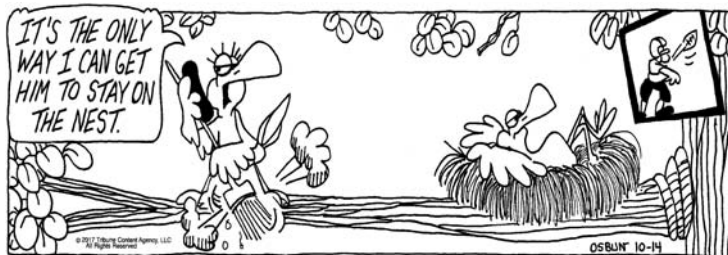
## Broom Hilda

By Russell Myers



## Animal Crackers

By Fred Wagner



## Gasoline Alley

By Jim Scancarelli



## FRANKLIN

Continued from Page 27

With that, I realized that the my heart was dark only if I let it be. The darkness that pounded on my walls had more to do with its persistent rejection of God's light, in the same way it has ever since He entered the world as a helpless baby.

God's light flooded my soul, and I laughed out loud.

I still have a blood clot, COPD and Congestive Heart Failure. I won't be ready to run a marathon anytime soon.

But I'm still feasting on the memory of laughing in the face of trials.

Half a century ago, I learned that God's love was unconditional. Nothing I do can ever separate me from Him.

In my latter years, God is pounding another transformation truth into me. He will use me, as imperfect and undependable as I am, because He is the shining light. It's never been about what I can do for God; it's always been about what God can do through me.

God will accomplish His purposes for me. Period. His light guides my way—no risk at all to count on God. I don't have to be perfect to have God's favor rest on me. (If you doubt that, look at the stories of the heroes of faith from Hebrews 11. Flaws aplenty!)

Do I always see things that way? Of course not. But I am learning to believe it is so. Here's a few pointers that help me keep those truths front and center,

1. Spend time with God, in His word, and with His people.

2. Choose what I fill my mind with, like music, and coloring Scripture verses.

3. Refuse to accept things as they appear. Know that God is still in charge given all evidence to the contrary.

4. Don't give up prematurely nor move ahead without God's green light.

5. Who I am is more important to God than what I do. He doesn't need me, but He invites me to work by His side.

6. Testify often of who God is and what He has done.

7. Accept the testimony of others about myself, People tell me they see light in me. The same light that came to Bethlehem somehow shines in me. All I can say is to God be the glory.

The Light of the World called His listeners the light of the world (Matthew 5:14). He has placed us on a hill, where we cannot be hidden.

My wish this Christmas season is that God's people will become a string of lights stretching from home to home across the nation and the world, the glory of God to our generation.

**You are the light of the world**

*Heaven's electric company*

Life-bringing, life-changing light

Exploding the darkness of my heart

Your brightness leads my way

*You are the light of the world*

Placed strategically upon a hill

Illuminating the way for others

Together you grow strong

*Beautiful as a Christmas tree*

You are the light of the world

Drawing all people unto Me

I won't let you burn out

*You may think your light's feeble*

I know differently—I made it so

You are the light of the world

Check out Darlene's brand new website: [www.darlenefranklinauthor.com](http://www.darlenefranklinauthor.com).

## JUMBLE

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

FUNTI

GRRIO

WAGSEE

NITONO

Print your answer here:

Answers next month)

November Answers

Jumbles: STRUM ALIAS INDIGO INDOOR

Answer: When it came to Neil Armstrong's determination to walk on the moon, he was — ON A MISSION

## THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

C	A	R	H	O	P	S		C	D	S		G	A	G
A	R	E	O	L	A	E		H	O	E		O	V	A
B	R	I	T	I	S	H	P	O	N	D		T	I	P
			B	O	A	R	D	I	N	G	H	O	S	E
L	A	C	E					F	R	E	E	O	F	
A	T	A	D	O	F	F				S	O	F	A	R
D	H	S		B	I	A	N	C	A		P	A	V	E
Y	O	U	W	I	L	L	B	E	M	I	S	S	E	D
O	M	A	R		M	A	C	R	O	S		H	E	H
F	E	L	I	S				A	R	M	B	O	N	E
			S	T	A	L	A	G			A	T	O	N
H	O	M	E	W	A	R	D	B	O	N	D			
O	R	I		S	T	E	R	I	L	E	G	A	Z	E
P	A	L		E	I	N		B	E	V	E	L	E	D
E	N	E		T	N	T		B	O	A	S	T	E	D

## HUMOR HOTEL

# The slow, steady dimming of the Christmas lights

By Greg Schwem, Tribune Content Agency

A friend of a friend posed the question innocently enough while we stuffed our faces with tailgate food prior to the last regular season college football game:

"Do you hang your Christmas lights yourself, or do you use a service?" he asked.

"Self," I replied, knowing full well his answer was the other option.

Each year, post-Thanksgiving, I haul out a slew of outdoor lights I meticulously packed away the previous January, meaning I tossed them haphazardly into plastic bins, figuring there wasn't a chance they'd

spend the next 11 months intertwining themselves into a hopeless collection of knots even an Eagle Scout couldn't untangle.

Ladders are no longer part of the decorating process, especially when putting lights on trees, for my fear of being permanently disabled due to a fall far outweighs the desire to place a star on top of my 20-foot-high backyard spruce. Instead, feet firmly on the ground, I use an extendable pole, staring into a blinding sun as I hook lights on the highest branches I can reach, slowly making my way down to the tree's trunk.

Note to newbies who are installing lights on trees without ladders: Always start with new, just-



**While many people decorate their own homes for the holidays, some use professional services.**

out-of-the-package lights, for at least one string will burn out the moment the job is completed, even though you tested and retested every bulb before beginning the process. You don't want to discover the topmost string is the culprit.

My neighbors to the immediate north and east have opted for the professional Christmas light installation services, or, as I refer to them, "those (expletive) guys." Sometimes we are decorating simultaneously; while I wrestle with the pole, I'm hearing the click-clack of extendable ladders being raised three stories in the air. Yes, my neighbors have large houses. A nimble team of men with death wishes moves up and down the rungs like Cirque du Soleil acrobats. Each man is talented enough to hold onto a portion of the ladder with one hand, freeing the other to illuminate roof lines with colorful bulbs, all precisely equidistant apart. Often, they complete the entire exterior before I've finished one mini-evergreen.

Extension cords are nowhere to be seen on my neighbor's properties; meanwhile, a slew of heavy duty orange cables snakes across my lawn at all angles. If a teenage rock band pulled up and the lead guitar player said, "Dude, mind if we plug in?" I could accommodate them.

When the decorating is finished, I proudly plug in my lights, mutter a few profanities related to the strands that are malfunctioning, run to the hardware store to replace them, reconnect everything, and vow this will be the last year my house looks like a paint-by-number creation hanging in the Louvre between Rembrandts.

At the tailgate, I listened enviously

as the guest with the light service regaled me with stories about contacting "the on-call rep" regarding malfunctioning lights, and being told a "technician" would be out shortly to fix the issue. I imagined what it would be like to spend the entire Thanksgiving weekend watching football on the couch, knowing that, when darkness fell, I could gaze out my window and see trees and bushes so festive, Santa would look down from his sleigh on Christmas Eve and say, "Blitzen, let's start with THAT house."

I thought about wandering over to my neighbor's house and asking the "head light installer" for a business card. And then I reconsidered.

For me, the holiday season doesn't officially begin until the extendable pole has made an appearance. Yes, the freezing temperatures affect me faster, further curtailing my desire to adorn all my foliage with lights. This year, I skipped a backyard birch tree and tossed a bunch of candy cane-shaped decorations, which lined my driveway for years, into the garbage. I often joke to my wife that, in 10 years, our Christmas decor will consist of replacing the two clear porchlights with alternate bulbs, one red and one green.

Maybe I will make that switch in September. My neighbors will be so jealous.

(Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at [Amazon.com](http://Amazon.com). Visit Greg on the web at [www.gregschwem.com](http://www.gregschwem.com).)



**SUBSCRIBE TODAY!**

**Conveniently mailed every month!**  
*Anywhere in the state*

**YES! Sign me up for SENIOR NEWS & LIVING newspaper!**

FIRST NAME \_\_\_\_\_ LAST NAME \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ APT. \_\_\_\_\_ CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_ E-MAIL/PHONE \_\_\_\_\_

**COMPLETE YOUR ORDER HERE!**

☐ **CHECK** (Payable to Metro Publishing) ☐ **1 YEAR: \$43.50** \$ \_\_\_\_\_  
Payment Enclosed ☐ **2 YEARS: \$75.00** \$ \_\_\_\_\_

☐ **MONEY ORDER** ☐ **VISA** ☐ **MASTERCARD** **TOTAL: \$ \_\_\_\_\_**

CARD NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_ SIGNATURE \_\_\_\_\_

**1 YEAR \$43.50**  
**2 YEARS \$75.00**

**TWO WAYS TO ORDER:**  
**PHONE: (405) 631-5100**  
**MAIL IN THIS FORM:**  
Senior News & Living  
P.O. BOX 239,  
MUSTANG, OK 73064

An online subscription is available  
FREE to all print subscribers.

For More Info: Contact us by email [info@seniornewsandliving.com](mailto:info@seniornewsandliving.com) or by phone (405) 631-5100

# COMING SOON...



## A NEWLY RENOVATED 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**

**1 & 2 BEDROOM UNITS**

Washer & Dryer In Every Unit, Outdoor Pool, Fitness Center,  
Clubhouse, Sidewalks, Activities, And Much More

### SPRING 2019

**2501 Ashton Place, El Reno, OK**  
**(405) 262-4700**

We accept OHFA Vouchers



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



## THE ESTATES OF WEATHERFORD



The Estates of Weatherford **BRAND NEW** Senior Apartments.  
All Ground Level, All Electric, Water, Trash and Sewer PAID!  
Stormshelter in Each Unit!

**Call Today at 580-772-2472!**

## ON-DEMAND URGENT CARE

DispatchHealth offers on-demand medical care in the comfort of your home, work or place of need. Mobile medical teams arrive equipped with the latest technology and tools to treat minor to severe injuries and illnesses.



### DISPATCH TREATS THINGS LIKE



#### COMMON AILMENTS

Fever, Cough  
Cold, Flu



#### EYE

Infection / Irritation  
Pink Eye, Styes



#### SKIN

Rash, Lesions  
Lacerations



#### RESPIRATORY

Asthma, Bronchitis  
Seasonal Allergies



#### EAR AND NOSE

Sore Throat  
Ear / Sinus Infection



#### DIGESTIVE

Nausea, Vomiting  
Diarrhea



#### CALL

405-213-0190



#### CLICK

[dispatchhealth.com](https://dispatchhealth.com)



#### TAP

download the app

ON DEMAND HEALTHCARE 7 DAYS A WEEK | 8AM-8PM

REQUEST CARE ONLINE AT [DISPATCHHEALTH.COM](https://dispatchhealth.com)



### HOW IT WORKS

**QUICK. EFFICIENT. AFFORDABLE.**

The next time you are injured or ill, simply call, go online or use our app to request care.

We'll follow up to get a quick assessment of your condition and dispatch one of our mobile medical teams.

They'll arrive on scene and provide care in the convenience of your home. You'll receive post care instructions, and we'll help coordinate with your primary care physician.

FOLLOW US FOR UPDATES:





## DESIGNED FOR THE TIMES WHEN YOU CAN'T HOLD THEIR HAND.

**Introducing Cox Homelife Care, the medical alert system  
that protects your loved ones 24/7.**

Now the brand that Oklahomans have trusted for over 50 years brings you a new take on medical alert systems. Cox Homelife Care is designed to give seniors the confidence to live independently, while providing families with peace of mind.

**COX Homelife care™**  
MEDICAL ALERT SYSTEM



Automatic Fall Detection Pendant | Hub | Family App | Voice Enabled Device

Call 800-234-4100 today | OFFER CODE: LIVING  
Visit [cox.com/homelifecare](http://cox.com/homelifecare) for more information.

**FREE**  
Setup and In-Home Training

Cox Homelife Care is subject to the terms and conditions of its Subscriber Agreement. Homelife Care app is free (msg & data rates may apply) and subject to its Terms of Use found at [www.cox.com/homelifecare/terms](http://www.cox.com/homelifecare/terms). Homelife Care service may be discontinued at any time. Prices and offers are subject to change. Other restrictions or conditions may apply.  
Cox Homelife Care™ is a service mark of Cox Communications, Inc. All rights reserved. © 2018 Cox Communications, Inc.  
Cox Homelife Service provided by Cox Advanced Services Oklahoma, LLC-License #2002.