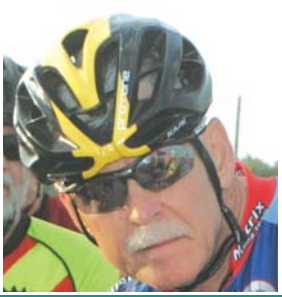


OK Senior Games at Draper Lake

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Lung Transplant Patient Hits 80th Bday

PAGE 20



Better Living Expo 2019



Count Gregore surprises a visitor at the Expo. View some of our other friends in this issue.

SENIOR NEWS & LIVING

www.seniornewsandliving.com Information for Oklahoma Seniors

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

July 2019 Vol. 21 Issue 7



Osage Nation member Clancy Gray (left) invited fellow Osage Oklahoma City Mayor David Holt and his family to stop by his booth at 2019 Red Earth Festival after they were in the event's parade on Saturday morning.

Story and photos by Darl DeVault

Retired and just now decompressing from a 39-year career teaching high school art in the Greater Tulsa area, Osage Nation member Clancy Gray says creating his own Native American art is truly rewarding at age 70.

Making that transition to full-time fine art modern master translated into more sales of his jewelry, paintings and sculptures the first weekend in June at the 33rd Red Earth Festival. At the three-day event in downtown Oklahoma

City at the Cox Convention Center Gray sold several of his important works and had his best show ever. Gray said the

See HONORED Page 3

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HONORED

Continued from Page 1

extra attention lavished upon his art by the board of directors of Red Earth naming him 2019 'Red Earth Honored One' sparked a successful sales weekend.

"Being the Honored One this year afforded me so many privileges that it just seemed natural that more people wanted to buy my work," Gray said. "We set it up with (Oklahoma City) Mayor David Holt, who is also an Osage Nation member, to stop by the booth after he and his family were a part of the parade Saturday morning. I showed his family around the booth and we talked for about 10 minutes. I was excited when he came back by my booth after looking around for an hour and bought a painting of a bison his son really liked."

That Honored One status, after Gray has exhibited at the Festival for 32 of its 33 years, put his art out front, in an expanded double-size booth nearest to the entrance to the juried art show.

Gray said that even though he was halfway across the state from his Broken Arrow home, his two sons, his brother and sister and many friends coming by or helping made him feel more at home than ever at Red Earth. The Honored One recognition is for a Native master visual artist whose support of Indian art has been substantial throughout his life.

Gray entered four items in the juried art portion of the show and collected two ribbons for top three placings. And again, in the truly rewarding vein, one of his first-place sculptures from three Red Earths back sold on Saturday.

Owners of one of Oklahoma City's prominent CPA firms, T.C. Burgin, stopped by the booth and purchased Scout, a heroic size bronze horned toad, for the new office building they will open in the fall.

Osage Nation member and bronze casting legend John Free Jr. cast several of the horned toads at his Bronze Horse Foundry in Pawhuska, Okla. Free is famous for capturing the artist's real goal in their work by applying some of the most skilled patinas in the crucible industry.

Gray said Free's ability to create a life-like patina to the bronze sculpture brings his horned toad Scout to life. He explains Scout's name in that the horned toad represents what Native Americans would often use to help locate their game while hunting. During a hunt, if they were not finding their prey,

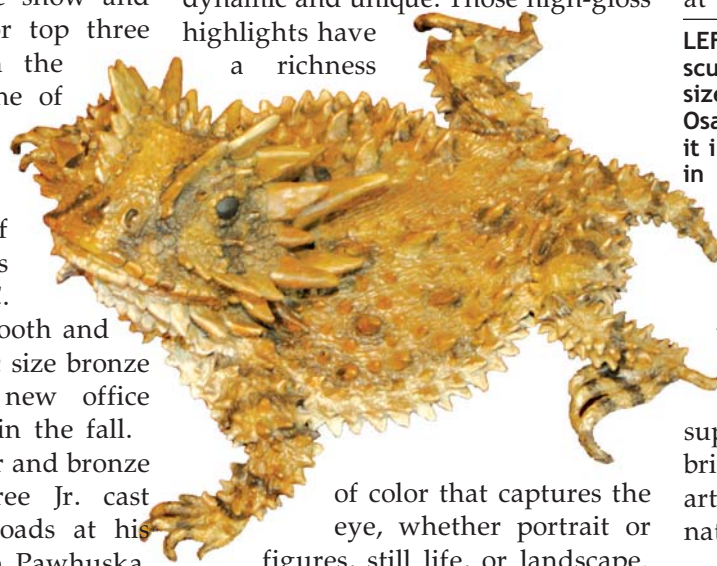
they would pick up a horned toad and say a prayer. When the hunter put the horned toad down, and it scurried off, that was the direction they would start in to continue their hunt.

"It is a privilege to get to work with John Free and his group at the Bronze Horse Foundry," Gray said. "I always say that sculpting success is a two-part process, the artist who first creates it in clay and the foundry master who duplicates it in bronze for them."

Gray's traditional and contemporary influenced jewelry reflects Gray's fondness for vivid color, texture, and asymmetrical design. The silver jewelry is often the most collected of his work, and leads to the most commissions. This nationally collected master silversmith has won many awards in exhibitions and museum shows.

Gray's paintings sold well at Red Earth as well. His building up depth from the canvas in the impasto style has elevated his status in the Native American art world. He uses a palette knife to apply vivid acrylics, giving the paintings intensity that allows light to animate the focus of his work. This signature style allows Gray to create a modern ruggedness. He says he works to celebrate the light's colorful and reflective sparkle built up in focused areas.

By creating a ceramic glaze depth with skillful repetitious palette strokes of the water-based acrylic paint, his paintings are dynamic and unique. Those high-gloss highlights have a richness



of color that captures the eye, whether portrait or figures, still life, or landscape.

In retirement Gray says he now has more time to reflect on the achievements of his art students. He taught in Tulsa at McLain High School for 17 years and East Central High School for 18 years. He finished his teaching career at Edison High School after three years.

The insightful artist and teacher insisted his students master the basics of composition and design. He then encouraged them to create original works, rather than just copying ideas



Osage Nation member Clancy Gray (left) poses with Christie Burgin, PhD. and Thomas C Burgin, CPA. The T.C. Burgin, CPA, P.C. owners just purchased their new art work, Scout, the heroic size horned toad that appears in the foreground. The couple plan to display their new bronze sculpture in their new office building scheduled for completion later this year.

or pictures they saw. Gray has guided the beginnings of many art careers. More than 5,000 students graduated from his 39-year influence at those three schools.

LEFT: Osage Nation member Clancy Gray sculpted this 10-times life size or heroic-sized bronze sculpture of Scout in clay. Osage Nation member John Free Jr. cast it in bronze in his Bronze Horse Foundry in Pawhuska, Okla. Free then applied the colorful patina that allows the horned toad to come to life.

"I tried to model strong basic skills, so as they learned those skills it would take them anywhere they wanted to go as artists," Gray said. "Our schools supported them so the best and brightest could go on to win many art competitions in the state and nationally."

Gray also made the students' academic progress an important part of their art educations. The result was a highly productive teacher who helped many students receive college scholarships and awards

"We had student artists earn important scholarships, and become award-winners in art competitions and students whose work is now shown in galleries," Gray said. "We had high expectations, we really wanted them to grow as much as possible as artists along the way."

Gray says his passion for teaching and creating a nurturing educational setting for all his students was a given. After his double major in art and physical education, Gray went on to earn a master's degree in education at the University of Central Oklahoma.

During his long career he also coached boys and girls soccer, boys baseball, girls softball, boys and girls cross-country and boys and girls swimming.

Gray says that one of the best features of retirement is the satisfaction of seeing how his many students' talents evolve. He enjoys following his former students' progress as they adapt to create great art in their growing careers.

He says that spark of excellence often stimulates him to keep up with his own art career. No longer constrained to a teacher's schedule, he has found that requests to put on exhibits have come more often now.

"Being named 2019 Honored One at Red Earth has been one of the highlights of my recent retirement," Gray said. "I had not danced in 35 years and was proud to dance in step as part of the procession at the beginning of the dance contests in my role as this year's Honored One."

OPINION

S THE SAVVY SENIOR

Dear Looking,

Finding a good in-home caregiver for an elderly parent can be challenging. How can you find one that's reliable and trustworthy, as well as someone your parent likes and is comfortable with? Here are some tips that can help.

Know Your Needs

Before you start the task of looking for an in-home caregiver, your first step is to determine the level of care your mom needs. This can pinpoint the type of help she'll need. For example, if she only needs help with daily living tasks like shopping, cooking, doing laundry, bathing or dressing, a "homemaker" or "personal care aide" will do.

But, if she needs health care services, there are "home health aides" that may do all the things a homemaker does, plus they also have training in administering medications, changing wound dressings and other medically related duties. Home health aides often work under a nurse's supervision.

Dear Savvy Senior,

I need to locate a good in-home caregiver for my 83-year-old mother. What's the best way to find and hire one? *Looking for Care*

Once you settle on a level of care, you then need to decide how many hours of assistance she'll need. For example, does your mom need someone to come in just a few mornings a week to help her cook, clean, run errands or perhaps bathe? Or does she need more continuous care that requires daily visits or a full-time aide?

After you determine her needs, there are two ways in which you can go about hiring someone. Either through an agency, or you can hire someone directly on your own.

Hiring Through an Agency

Hiring a personal care or home health aide through an agency is the safest and easiest option, but it's more expensive. Costs typically run anywhere between \$14 and \$25 an hour depending on where you live and the qualification of the aide.

How it works is you pay the agency, and they handle everything including an assessment of your mom's needs, assigning appropriately trained and pre-screened staff to care for her, and finding a fill-in on days her aide cannot come.

Hiring an In-Home Caregiver

Some of the drawbacks, however, are that you may not have much input into the selection of the caregiver, and the caregivers may change or alternate, which can cause a disruption.

To find a home-care agency in your mom's area ask for referrals through friends, family or doctor's offices, or use the Area Agency on Aging's home-care locator service at PayingForSeniorCare.com - click on "Find Quality, Affordable Care." In addition, Medicare offers a home health compare tool at Medicare.gov/HomeHealthCompare to help you find and compare home health care agencies.

You also need to be aware that original Medicare does not cover in-home caregiving services unless your mom is receiving doctor's ordered skilled nursing or therapy services at home too. But, if your mom is in a certain Medicare Advantage plan, or is low-income and qualifies for Medicaid, she may be eligible for some coverage.

Hiring Directly

Hiring an independent caregiver on your own is the other option, and it's

less expensive. Costs typically range between \$12 and \$20 per hour. Hiring directly also gives you more control over who you hire so you can choose someone who you feel is right for your mom.

But, be aware that if you do hire someone on your own, you become the employer so there's no agency support to fall back on if a problem occurs or if the aide doesn't show up. You're also responsible for paying payroll taxes and any worker-related injuries that may happen. If you choose this option make sure you check the aide's references thoroughly, and do a criminal background check, which you can do sites like eNannySource.com.

To find someone, ask for referrals or try eldercare-matching services like Care.com or CareLinx.com. Or, for a fee, an aging life care expert (see AgingLifeCare.org) can help you find someone.

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.

Legislative updates - stuff for seniors

Senate Bill 142

Authored by Sen. Stephanie Bice, the bill prohibits the use of antipsychotic drugs unless a patient was previously diagnosed with a psychotic disorder, with some exceptions.

Bice said according to research from the Centers of Medicaid and Medicare Services, Oklahoma is the worst state in the nation when it comes to the use of antipsychotic drugs for nursing home patients who have received no psychiatric diagnosis to warrant the use of such medications. Bice said it happens to one in five nursing home residents in Oklahoma.

"It's pretty shocking, really. Nursing homes are basically prescribing these drugs as a pharmaceutical restraint to make it easier to handle the patients, but it's extremely dangerous. It can result in illness, injuries, cognitive decline and even death," Bice said. "Until this legislation, there's been nothing that requires the patient, their family or other caregivers to be informed about

the use of these powerful drugs. Senate Bill 142 is about requiring informed consent and a proper diagnosis."

Under the provisions of SB 142, a nursing home patient would have to be examined by the prescribing clinician and diagnosed with a psychiatric condition before an antipsychotic drug could be given. Further, the clinician would have to confirm with the nursing facility that they had received informed consent from the resident or their representative.

In May, Gov. Kevin Stitt signed the bill into law effective Nov. 1.

"AARP Oklahoma applauds Gov. Stitt and the legislature for taking action to reduce the inappropriate use of antipsychotics and chemical restraints on nursing home residents," said Sean Voskuhl, AARP Oklahoma state director. "With the passage of Senate Bill 142, Oklahoma's most frail and vulnerable will now be treated with the dignity and respect they deserve."

Senate Bill 888

Oklahoma is second in the nation for nursing home residents with low care needs who could be better served in home and community-based settings. Authored by Sen. Kim David, this bill provides seniors and their families options that best suit the individual's long-term healthcare needs while saving the state money.

"Oklahoma spends 70 percent of its long-term care dollars on nursing homes, and only 30 percent on less costly alternatives. Oklahoma's senior citizen population is expected to increase by nearly 100,000 in the next 30 years - a trend we won't be able to afford unless we start using more affordable options," said David, R-Porter. "By using a variety of home and community-based services, other states like Texas, Alaska and Colorado have obtained a 50/50 mix or better in long-term care spending, achieving significant cost savings while allowing senior to choose care in their preferred setting. This bill will provide Oklahoma's elderly with more options

while providing significant savings to the state that can be used on other important services."

SB 888 allows seniors to take advantage of options counseling to ensure they are fully informed of their options prior to admission to a long-term care program, including less costly choices like home health and adult day services.

The bill was also authored by Rep. Carol Bush, R-Tulsa.

One option provided under SB 888 is the PACE program, which is a Medicare and Medicaid program that helps meet people's health care needs in their homes, community or local PACE center rather than going to nursing homes or other care facilities. PACE provides all the services and care covered by Medicare and Medicaid if authorized by the individual's health care team. Services include, among others, adult day primary care (including doctor and recreation therapy nursing services), dentistry, emergency services, home and hospital care, meals, physical therapy, social services and transportation.

In May, Gov. Stitt signed the bill into law effective Nov. 1.

Volunteering Helps Oklahoma City Senior with Grief After Wife's Death

Story and photos by Taprina Milburn, Communications Coordinator for RSVP of Central Oklahoma

When Linus Affolder, 89, lost his wife, Carolyn, of 47 years in 2013, he said the grief was like going through a dark tunnel.

"I could be sitting on the patio and break down. Things would just trigger the tears," the Oklahoma City resident explained. "I wanted her back. She was my foundation and strength; my right-hand person."

Carolyn had been sick with leukemia for many years and as the disease progressed, the couple traveled to Houston's MD Anderson Cancer Center almost every weekend for treatments. During those years, the Affolders had to step away from all of the volunteer activities they did individually and as a couple to concentrate on Carolyn's health.

The loss was overwhelming when Carolyn died, Linus said, and he tried to manage the grief and loneliness on his own for as long as he could.

"A lady from church who had lost a son told me about a grief program at Christ the King Catholic Church that helped her, and so I started going. It was a four-month program and we met on Thursdays and learned about the phases of grief and shared our stories with one another. One of the things that stood out for me was the suggestion that getting back to volunteering could help in my grieving."

So, Linus picked up where he left off years ago as a volunteer with Britvil Food Pantry in north Oklahoma City, an opportunity he found through the Retired and Senior Volunteer Program (RSVP) of Central Oklahoma, a program that matches seniors 55 and older with volunteer opportunities in the community.

"That was the starting point for me to get back out and be around people," he said. "It revitalized me because I have people that I look forward to seeing and a weekly obligation to help others."

There are no components of our life that grief doesn't affect, said RSVP of Central Oklahoma board member and Licensed Professional Counselor Marla Mercer-Cole, who has a private counseling practice and leads grief groups through Mercer Adams Funeral Service.

"Grief affects us emotionally,

physically, and spiritually," she said. "There is a huge paradigm shift when we lose a loved one, especially a spouse. It leaves you shaken. You don't feel of much value any longer and don't know what your purpose is moving forward. I encourage the people in the groups that I lead that although we will always miss that person, we do begin to adapt physically and emotionally."

She said that volunteering often helps with that process and has on many occasions referred her senior clients or members of her grief groups to contact RSVP of Central Oklahoma or other organizations to find out about volunteer opportunities.

"We have the capacity to be enlarged as humans to have compassion and empathy because of what we've been through," she said. "Doing something altruistically for someone helps others but also gives you a break from the heaviness of grief. It helps with connections and making friends and reminds us that if we are still here, we have a purpose."

She also encourages grievers to surround themselves with positivity and look for things for which to be grateful. Research shows that gratitude changes brain chemistry and complaining and negativity does, too, she said.

And last, read as much as you can about grief because knowledge is power, and if you are ready, join a grief group.

"Some people who are grieving worry that something is wrong with them until they are in a grief group and hear others who share some of the same things you are going through," she said.

Today, Linus is involved with several volunteer opportunities each week and joins friends at three church-sponsored senior luncheons each month.

"Pushing myself is what I have to do," he explains, "but I feel a difference when I get out with people and my friend base is enlarging."

To learn more about ways to volunteer in your community, call the Retired and Senior Volunteer Program (RSVP) of Central Oklahoma, at 405.605.3110 or visit rsvpokc.org.



RSVP Volunteer Linus Affolder at Britvil Food Pantry

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

www.seniornewsandliving.com

Editor/Publisher Steven R. Eldridge
steven.eldridge@seniornewsandliving.com

Writers: Bobbv Anderson, RN and Vickie Jenkins - OKC/STATE
Darl Devault - OKC/STATE

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press releases to news@seniornewsandliving.com

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LIFESTYLES

Lake Stanley Draper hosts OK Senior Games

Story and photos by Darl DeVault

Oklahoma Senior Games cycling competitors gathered Sunday, September 16 last year at the Lake Stanley Draper Marina to stage for their either one lap or two lap races starting north around the lake. Many of the 55 cyclists who started racing at 8 a.m. in a mass start travelled from out of state to qualify for the 2019 National Senior Games in Albuquerque, New Mexico.

"Oklahoma offers many of these Texas riders racing today another chance to qualify for nationals," said Kathleen Fitzgerald, OSG state director. "It is surprising at first, how far they will travel to qualify

for nationals, until you talk to them and realize these are really competitive older folks who want to stay fit year-round as cyclists."

The 22K and 44K road races drew the most contestants last year at Draper, while the 5K and 10K time trial events that started at noon and 1 p.m. saw many of the same road racers participate.

The 22K course, one clockwise lap around Draper, saw the group stay together. They finished almost together on the long downhill that sweeps from the south to the finish near the road that leads into the marina. Many of the racers continued for

another lap around Draper to contest the 44K category.

The 40 and over bicycle racers were hoping to place first through fourth place at last year's games so they could qualify for the 2019 National Senior Games in New Mexico. Those games just took place June 14-25.

Many of the same racers, trying to qualify for Nationals, lined up again at noon or 1 p.m. to start an individual 5K or 10K time trial on an out and back loop north on the lake road. The cyclists, many riding specialty time trial bikes, began their race against the clock in one-minute intervals. Starting order was from youngest to oldest starting with males and ending with females.

The events observed U.S.A Cycling rules and went off without any wrecks or mishaps throughout the day.

In the time trial events, riders were not allowed to draft (take pace behind another rider) closer than 25 meters ahead, or two meters to the side. If anyone had broken this rule, they would have received a time penalty.

Both road race distances and the two time trail distances offered dual opportunity for qualifying

for nationals. Qualifying in any event at the 2018 event earned the athletes the right to compete in either or both their respective events at Nationals.

2019's events for 40+ cyclists will take place Saturday, September 21 at the lake with a similar schedule as last year. Entry Deadline is September 7 this year and staging will again be at the marina at 8301 SE 104th. Street.

Divisions will be contested in recumbent, Paralympic Upright, Paralympic Handbike, Paralympic Tandem and Paralympic Tricycle if enough racers enter those categories,

Racers 40+ can go online to okseniorgames.com for more information or call (405) 821-1500.

In a recent article published by the Harvard Medical School's Harvard Health online, bicycling is described as providing important physical benefits. First, it is an aerobic workout, which for seniors is the heart of any health plan, pun intended. Cycling, therefore, is good for their heart, brain and blood vessels.

Cycling is easy on joints, Dr.

Continued next page

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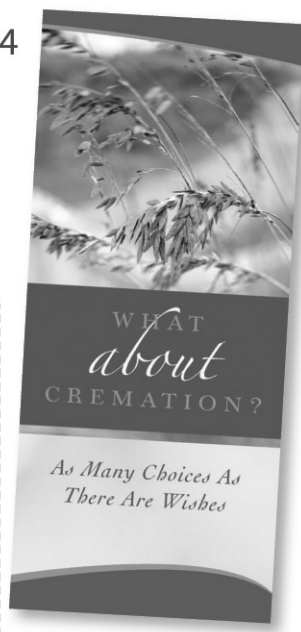
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GAMES

Continued from Page 6

Safran Norton says in the article. He says that unlike walking, cycling is good for anyone with joint pain or age-related stiffness.

Bicyclists use their largest muscle group, the legs, which helps them build muscle while toning other muscles needed to keep them balanced and steer the bicycle.

These benefits carry over into everyday activities while helping cyclists build bone density, says Dr. Norton.

Greater Fort Lauderdale, Florida will host the 2021 National Senior Games, the largest multi-sport championship event in the world for adults 50 and over. More than 10,000 qualified athletes, accompanied by an estimated 15,000 visitors, are expected to compete in 20 medal sports in 2021.

The National Senior Games, begun in 1987, has 54 affiliated qualifying member games in North America promoting wellness and active, healthy lifestyles for older adults.

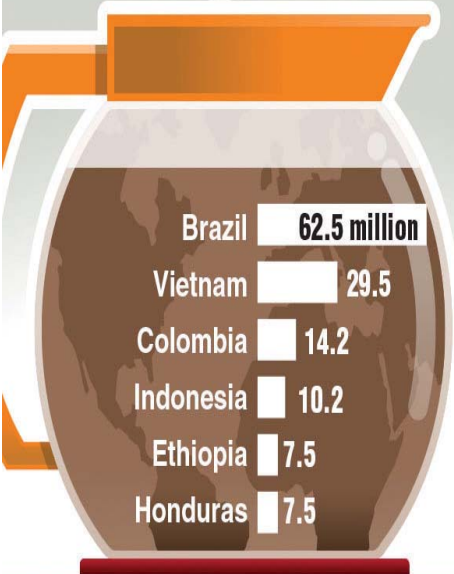


Racers stage on the road for their either one lap or two lap races starting north around Lake Stanley Draper at 8 a.m. Many hoped to qualify 2019 National Senior Games

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Graphic: Tribune News Service

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HEALTH

Norman Regional employees donate for life

by Bobby Anderson,
Staff Writer

Most at Norman Regional Health System know Eugene Brown. The Engineering Services employee usually shows up shortly after getting a call that a piece of equipment isn't working quite right.

But few at NRH know his mother, 91-year-old Felicidad S. Jose. That didn't stop them from coming to her aid during the family's time of need.

Twenty-two people gave blood in honor of Jose during the hospital's most recent blood drive.

At the blood drive, donors had the choice to dedicate their donation to Jose, who was in need of platelets.

On May 14, Jose wasn't feeling well and had some chest pain so she was taken to Norman Regional HealthPlex's Emergency Department.

They found her platelets to be dangerously low, somewhere near the 5,000s when normal range starts at 150,000.

She was transferred to Norman Regional Hospital to be admitted and begin receiving platelets.

Brown, who is also a member of the health system's Blood Drive Committee, contacted Trish Crow, co-chair of the committee, before the blood drive on May 22 to ask if they could tell donors of his mom's story and ask if they'd like to give in her honor. Crow was happy to oblige.

"Norman Regional Blood Drive Committee is always happy to help our healers. The May blood drive was no exception," Crow said. "Norman Regional healers know the significance of their donations; however, it was even more heartfelt to have a family member as a



Norman Regional staffers rallied to help 91-year-old Felicidad S. Jose, mother of employee Eugene Brown.

designee. Supporting each other and saving lives one donation at a time."

Brown said his mother is completing follow up blood tests, but she's home now and is doing well.

"She's a very sweet lady and she has so much love to give. We're trying to just enjoy our time with

her," he said. "I'm really thankful for Trish Crow and the Oklahoma Blood Institute. My family is blessed to have Norman Regional and all the people who work here. They are all truly caring and professional."

Brown not only volunteers his time to the Blood Drive Committee,

See DONATE Page 9

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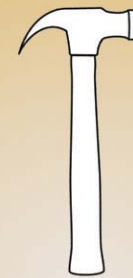
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DONATE

Continued from Page 8

but gives blood as often as he can. He has been donating since February 1996 and has given 65 times. Through his donations, he has donated 23 gallons and saved 186 lives. He often gives double, which means he donates double the red cells than a regular whole blood donation. While giving the red blood cells, he receives back his plasma, white blood cells and platelets. Double donations take longer than regular donations, and someone who donates double is not eligible to donate for 112 days rather than 56 days. There are height and weight requirements to donate double.

"I know people need blood and I always try to give because I think, 'you never know, one day you or your family may need it.' Sure enough, my mom needs it now. I want to help people, and I know by donating at Norman Regional the blood will go directly to those in our health system who need it," Brown said. "Giving blood and giving back to the health system and this community is my obligation. I love Norman Regional, I love this community, and I know they are always there for my family and me." "I'm blessed to

be here and my family is grateful for Norman Regional helping my mom."

According to the Oklahoma Blood Institute, every two seconds, someone needs blood, yet less than 10 percent of those eligible donate.

Blood donors with Oklahoma Blood Institute know they are, literally, saving the lives of their friends, family and co-workers, some who may have no idea they will need blood in an urgent situation. One blood donation can save up to three peoples' lives.

"Summer is a particularly challenging time for the blood supply," said John Armitage, M.D., Oklahoma Blood Institute president and CEO. "People go out of town, and are busy with activities, and get out of their normal routine of giving blood. We encourage healthy adults to spare just an hour of their time to save the lives of their neighbors."

Only ten percent of people in the United States who are eligible to give blood actually do. Blood donation takes just about an hour, and each donation can save the lives of up to three patients. Whole blood can be donated every 56 days. Platelet donations can be made as often as every 7 days, up to 24 times a year.



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COMMUNITY

Nurses help kids live dreams

by Bobby Anderson, Staff Writer

For a few short weeks this summer, children with disabilities from across the region will gather in Norman to celebrate just being kids.

It's a highly-anticipated annual affair carried out at JD McCarty Center for Children with Developmental Disabilities and it's known as Camp ClapHans.

And for registered nurses Andrea Gunter and Terisa Denwalt it will be a time to witness pure joy.

Last year was Gunter's first experience with camp. She had worked part-time at the residence houses before getting the invite to come down to the onsite camp facility next to the center's lake.

"It's different and there's just so much diversity," Gunter said.

"It's like a whole different thing than I've ever done before. It's a lot of fun. It's more of a relaxed environment, the kids are here and everybody is having a good time."

"You're just here to give meds and help everything go smoothly."

A military wife, Gunter was no stranger to moving around the country. She worked in a lot of different types of nursing settings.

After taking a year off she started looking around for another setting.

"I get to work part-time and it's just great," Gunter said. "Every time I get a job in nursing it's like this is my favorite job."

Denwalt is working her first camp this summer. Working

See JDM Page 11



Andrea Gunter, RN, (left) and Terisa Denwalt, RN, will help children with disabilities live out their dreams this summer at JD McCarty's Camp ClapHans.

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TOUCHMARK

Continued from Page 10

orthopedic oncology for 20 years she went into schools two years ago to help with special needs children for a change.

"Going through nursing school 22 years ago we did a class project and we all went to volunteer for the Special Olympics and I just kept doing it after that," Denwalt said. "I've always kind of been involved and thought I would end up in this area and then the opportunity just came up."

Children have always had that pull.

"I just love playing with the kids and talking to them," Denwalt said. "There's no negative feelings out there. It's a total positive. You don't ever hear about people in this line of work complaining about their job like they do everywhere else."

Gunter has already given her some pointers. But the main thing to remember is just have fun.

"It's an enjoyable experience because the kids bring so much joy to you that you just want to try and give them as much joy back," Gunter said. "You're here as the nurse and in a lot of nursing settings in the hospital

your patients know they need the nurse. They don't need us. They're here to have fun."

Gunter enjoys watching the counselors getting kids ready each morning while she's doing her med pass.

"They are so good and it's so fortunate the kids have these opportunities," Gunter said. "In the school system they may stand out or feel different a little bit. Here they're just kids. Some kids come back every year so you have kids that see each other every summer that have been coming for years. They're just so happy to see each other. It's sweet."

Marketing Director Greg Gaston said historically camp registration is complete within hours of opening.

Gaston said years ago parents began downloading the camp registration forms from the center's website and completing them in advance.

"Then they'll send it in at 12:01 a.m. the day registration opens," Gaston said with a chuckle.

Camp ClapHans is a residential summer camp for kids with disabilities ages 8 to 18 and is an outreach program of the McCarty Center.

Five camp sessions are offered

each summer. The camp is located on the center's campus and features two cabins and an activities building that are located next to an 11-acre lake.

Activities for campers include archery, arts and crafts, canoeing, fishing, horseback riding, talent shows and swimming.

Each camper is assigned to a counselor with the camper/counselor ratio of 1:1.

Staff members are typically university students working toward a degree in allied health-care fields (physical therapy, occupational therapy, speech-language pathology); special and general education; outdoor recreation; nutrition; and other related fields. Prior to camp, staff members attend training.

The camp opened in 2013 and

is named in honor of Sammy Jack Claphan, a citizen of the Cherokee Nation and an Oklahoma native. Sammy played football for the University of Oklahoma and graduated with a degree in special education. Afterward, he played in the NFL for the Cleveland Browns and the San Diego Chargers. After retiring from football, Sammy returned to Oklahoma and became a coach and a special education teacher. Sammy died in 2001 at the age of 45.

For Denwalt, the expectations for her first camp experience are simple.

"Something to come back to every year really," Denwalt said. "I want it to be something I enjoy and they enjoy me and take a little break from the hardcore stuff."

STRANGE BUT TRUE

SO THEY SAY...

BBT In Phoenix, Arizona, you can't walk through a hotel lobby with spurs on.

BBT In California, a law created in 1925 makes it illegal to wiggle while dancing.

BBT In Utah, daylight must be visible between dancing couples.

BBT In Michigan, it is against the law for a lady to lift her skirt more than 6 inches while walking through a mud puddle.

BBT In North Carolina, it is against the law for a rabbit to race down the street.

JULY/AUG AARP Drivers Safety

Date/ Day/ Location/ Time/ Registration # Instructor

July 9/ Tuesday/ Yukon/ 8:30 am - 3:30 pm/ 350-7680/ Kruck
Dale Robertson Center - 1200 Lakeshore Dr.

July 9/ Tuesday/ Edmond/ 9 am - 3:30 pm/ 340-0691/ Varacchi
St John The Baptist Catholic Church- 900 S. Littler Ave.

July 9/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky
Rose State Conventional Learning Center - 6191 Tinker Diagonal

July 10/ Wednesday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi
Integris 3rd Age Center - 5100 N. Brookline Ave., Suite 100

July 12/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards
S.W. Medical Center - 4200 S. Douglas Ave., Suite B-10

July 23/ Tuesday/ Okla. City/ 8:30 - 3:30 pm/ 773-6910/ Kruck
Healthy Living Center - 11501 N. Rockwell Ave.

July 27/ Saturday/ Shawnee/ 9 am - 3:30 pm/ 818-2916/ Brase
Gordon Cooper Tech Center - One John C Burton Blvd.

Aug 1/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi
Integris 3rd Age Center - 5100 N. Brookline Ave., Suite 100

Aug 8/ Thursday/ Norman/ 9 am - 3:30 pm/ 307-3177/ Palinsky
Norman Regional Hospital - 901 N. Porter Ave.

Aug 9/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards
S.W. Medical Center - 4200 S. Douglas Ave, 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

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TRAVEL / ENTERTAINMENT

Dodge City, Kansas: Wyatt Earp Never Had It So Good

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

Dodge City has long been on this Okie's bucket list. It took this long to get there as its really not on the way to any where, which is good because Dodge City has modern conveniences yet has still preserved and promoted its popular western romance of the 1870's.

Dodge City has developed its own catch phrase: "Get Into Dodge."

Of course that is an ironic take on the wild west phrase of a lawman to an outlaw of, "Get Out Of Dodge." I say, referring to one of the City's heroes, "Wyatt Earp Never Had It So Good." This popped into my brain during my trip's final dining experience at Prime on the Nine restaurant, while reflecting on the good experiences had in Dodge.

Overlooking a golf course, the Prime on the Nine restaurant, offers the highest of service and food to informed tourists and locals. www.primeonthenine.com/

If you have followed my articles for some time, you know I like the traditional dining experience of Martini, and perfectly cooked tender local steak to medium plus. The Prime Rib, risotto, tasty goat cheese starter and the five star tiramiso, were a real treats. This elegant venue with a window table, filled my requirements to perfection and the perfect closing meal to my 3 day visit to Dodge City. Truly Wyatt Earp in his short stay in Dodge, "Never Had It So Good."

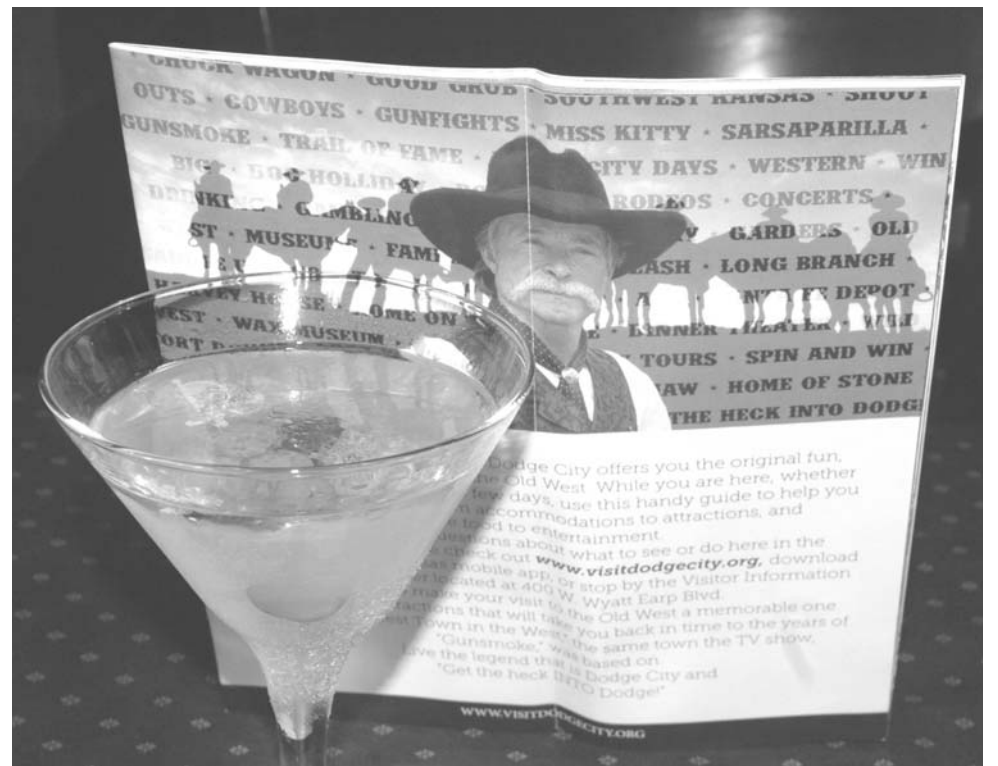
Another outstanding dining experience is the Central Station Bar & Grill, www.centralstationdc.net where you have the option of dining in an authentic 1950 railway car. With a salute to the rails that opened up Dodge City to the cattle markets, its only proper to order a steak as well. I devoured a rib eye steak, side salad, sweet potato fries with onion rings. With four kinds of steaks to be mesquite grilled or with other choices including chicken varieties there is something to satisfy your western appetite. Despite being there on a very popular night, the service and quality of my meal did not suffer. To top off the entree the hot apple cobbler delight dripping with caramel and ice cream was an exquisite and unexpected finale. This venue also offers a dance floor and sports bar amenities as well as guest entertainers.

For a quick casual fix, the homemade pizza while you wait is offered at Dodge City Brewing, www.dodgecitybrewing.com/, but closed on Monday and Tuesdays. To hear how vodka and gin is distilled, visit the Boot Hill Distillery, www.boothilldistillery.com with tours and tastings available. More interesting than the process is the building's history and location on top of Boot Hill cemetery. The Vodka is mild and mixes well while the Gin is heavy on botanicals sold at a premium price.

You must save time to tour the Boot Hill Museum, www.boothill.org/, where a large new museum building is in progress. <http://www.boothill.org/construction-update/> The Museum hosts an extensive gift shop with artifacts and memorabilia upstairs. The best part of admission is being able to walk into a replicate of the Old Dodge City wooden store fronts, including the Long Branch Saloon, complete with bar and piano. Other stores offer remembrance of shops that might have been in old Dodge City on front street. Walking back and forth on the wooden board walk you might feel a moment in old west time.

A walking tour of the town takes you by many of the bronze statues remembering many celebrities made famous by the Myth of Dodge city. Of course there is Wyatt Earp and even Matt Dillon.

I drove up from Oklahoma City on what is casually called the Northwest passage on state highway 270 and 183. While the online map suggested a drive time of 4 and 1/2 hours its more like about 6 hours, but worth it for the destination and a chance to see the unspoiled landscape of western Oklahoma, accented by a few wind farms. A mirage when first approaching Dodge City you see a large hill covered in black. At first you wonder what vegetation or mineral causes the blackness, and soon you see it is a massive panorama of



black cattle, the prime resource of Dodge. All of this can be explained if you take the trolley tour, which also goes through the remaining inhabited buildings of Fort Dodge. Also you can learn about the founding of Dodge, the Santa Fe Trail, the cattle industry and the impact of the railroad.

I happily stayed and the conveniently located Best Western North Edge Inn, where my first story room had an exit just feet away from my parked car. Of course they offer all the amenities you expect from a Best Western including the free morning breakfast to start your sight seeing off right.

And you too may come away from Dodge never having had it so good.

So much to see and do in Dodge City so please check out more at: <http://www.visitdodgecity.org/>

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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

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Aug 22, 23 Sept 18, 19, 20	RCAL Admin Cert Class 2	OKALA Office
September 8 - 14	National Assisted Living Wk.	Statewide
September 10	Statewide BINGO Day	Statewide
September 29	Survey Prep (New in 2019)	OKALA Office
October 15	Annual Membership Mtg Call—Option 1 @ 10 am	Tele-Conference
October 17	Annual Membership Mtg Call—Option 2 @ 2pm	Tele-Conference
November 5	AL CEU Seminar	Reed Cntr (MWC)
Nov 7, 8 Dec 4, 5, 6	RCAL Admin Cert Class 3	OKALA Office
November 19	Survey Prep (New in 2019)	Tulsa
December 12	Holiday Open House	OKALA Office

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Get Ready to Fight Medicare Fraud: New Scam Alert

**SCAM
ALERT**

Over the last 25 years, we've witnessed amazing advances in science and medicine. What was once thought impossible is now being accomplished. Genetic testing is one example. With a small sample of saliva, your risk for certain diseases can be predicted. Unfortunately, just as technology has evolved with these tests, so have the opportunities for scammers.

This month, the U.S. Department of Health and Human Services Office of Inspector General sent out an alert about fraud schemes involving genetic or DNA testing. These scams have been targeting Medicare beneficiaries through phone calls, booths at public events, health fairs and door-to-door visits.

A typical scheme might go something like this: A scammer offers free ice cream or gift cards at a retirement community, senior nutrition center or Medicare expo for anyone who listens to a pitch about free DNA testing. It's important to know: Medicare will pay for genetic testing for patients with advanced cancer or a family history of certain types of cancer if the test is medically necessary and is ordered by a treating physician. The fraudster will usually downplay or even ignore the medical necessity criteria and the need for a doctor's order.

The scammer may swab a person's cheek right there to collect saliva and gather identifying information, such as a person's name, date of birth and Medicare number. Medicare beneficiaries have also been sent genetic testing kits and asked to return the completed kit with their insurance information. This is so the scammer can bill Medicare thousands of dollars of expensive and medically unnecessary genetic testing.

How do you tell the difference between a genuine, medically-necessary genetic test and these fraud schemes? Talk to YOUR doctor about it. This is the person with whom you've placed your trust regarding your healthcare.

Here are some things you can do to protect yourself from this scheme:

- If a genetic testing kit is mailed to you, don't accept it unless it was ordered by your doctor. Refuse the delivery or return it to the sender. Keep a record of the sender's name and the date you returned the items.

- Be suspicious of anyone who offers free genetic testing and requests your Medicare number. If your personal information is compromised, it may be used in other fraud schemes.

- Look for charges on your Medicare Summary Notice statements for unnecessary tests or screenings that you did not want or were not ordered by your doctor.

If you suspect that you've been a victim of this scam or any Medicare fraud, report it. Call the Oklahoma Insurance Department's Medicare Assistance Program at 800-763-2828.

Grief Support Groups Offered

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

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

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

Program Dates: June 17 - July 22 (Monday evenings) from 6:30 to 7:45 p.m. at INTEGRIS Cancer Institute, 5911 W. Memorial Road in Oklahoma City in Conference rooms D and E, southwest entrance.

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

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

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

Surgeons Only in Oklahoma to Offer Minimally Invasive Lung Cancer Surgery

Kathy Shaw of Oklahoma City was less than six months out from treatment for breast cancer when she learned that she had a nodule on a lobe of her lungs that was cancerous.

It was more than she could bear to think about. She had just undergone a double mastectomy, chemotherapy and radiation, and the idea of undergoing another major surgery was disheartening. She was told that lung cancer surgery would involve a large incision, the spreading of her ribs to access the lungs and a lengthy hospital stay and recovery.

"I went ahead and made the appointment for the surgery, but in my heart, I didn't feel like I would go through with it," she said.

Instead, she began looking for another option. That search led her to J. Matthew Reinersman, M.D., a thoracic surgeon at Stephenson Cancer Center at OU Medicine. Reinersman and his colleague Subrato J. Deb, M.D., are the only two surgeons in Oklahoma who specialize in a minimally invasive surgery for lung cancer called VATS - Video-Assisted Thoracoscopic Surgery. The surgery, which requires only three small incisions, removes the cancer while giving patients a much shorter hospital stay, less risk for complications and faster recovery.

"I had the VATS surgery, and I went home after two days," Shaw said. "I think I took one or two pain pills, but I didn't experience what I would call real pain. Because of the procedure and Dr. Reinersman, my recovery has been pretty remarkable."

Reinersman has been performing VATS for patients with lung cancer since he arrived at Stephenson Cancer Center four years ago. Studies have shown VATS to result in outcomes that are just as good as those in a traditional, open surgery, but with all the benefits of a minimally invasive procedure.

In the traditional procedure for removing cancers of the lung, surgeons make a large incision on the patient's side and push apart the ribs to reach the lungs. This results in significant pain for the patient and a hospital stay of at least five to seven days, which then leads to greater risk of pneumonia, blood clots and infections.

During VATS, Reinersman makes



Kathy Shaw had the VATS surgery, and I went home after two days.

three small incisions to insert a tiny camera and his surgical instruments. The camera transmits images of the lungs onto a video screen to guide the surgery. Depending on the location of the cancer, he may remove a small part of the lobe, the entire lobe or more of the lung. Nearby lymph nodes also are dissected to ensure the cancer has not spread.

"The advantage is that we can get patients out of the hospital as soon as one to three days after the procedure," Reinersman said. "They have less pain, fewer side effects and can return to their normal activities faster."

The reduction of pain is a significant advantage of VATS. Patients having open surgery for lung cancer usually receive an epidural catheter in their backs for pain control. Pain must be managed because patients need to be able to take deep breaths and cough to lower their risk of getting pneumonia - something they won't do as well if they are hurting. Because VATS is minimally invasive, no epidural catheter is needed and pain is greatly minimized. Surgeons also use nerve blocks to provide long-acting pain control in the nerves that run along the ribs.

"When I see my patients back in the clinic a couple of weeks after surgery, they're usually taking little to no pain medicine and they've resumed doing most of the things they want to do. It's really gratifying," Reinersman said.

Reinersman considers VATS for any patient with lung cancer, but the best candidates are those with Stage 1 or 2 cancer, he said. VATS is also preferable for patients who have borderline lung function because the procedure is easier for them to tolerate than an open surgery.

In Shaw's case, she has never been a smoker. About 20 percent of people diagnosed with lung cancer are non-smokers, Reinersman said.

"That shows the importance of lung cancer screening and early diagnosis and treatment," he said. "It's not a death sentence. If we can catch it early, we can get them through it. We've done hundreds of VATS surgeries here."

Many surgeons will use VATS for simple surgical procedures in the chest, but Reinersman and Deb are experts in its use for removing lung cancer, a more technically complicated surgery. The surgeons also are unique because they focus solely on surgeries of the chest and esophagus, whereas many



J. Matthew Reinersman, M.D., thoracic surgeon at Stephenson Cancer Center at OU Medicine.

cardiothoracic surgeons focus mostly on the heart.

OU Medicine is also the only institution in Oklahoma that submits its lung cancer surgery data to the Society of Thoracic Surgeons General Thoracic Surgery Database, where it can be viewed by the public. OU Medicine's two-star rating is equivalent to that of larger institutions like Mayo Clinic and M.D. Anderson.

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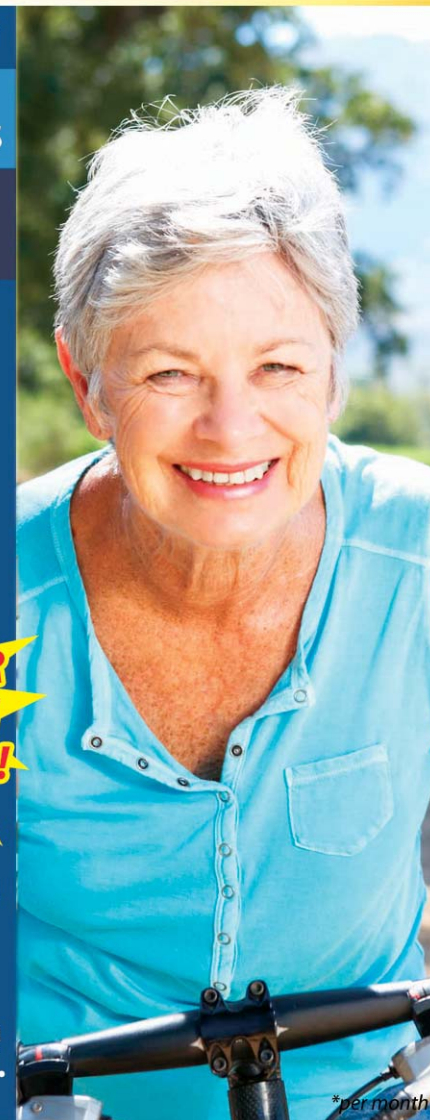
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HEALTH

Peripheral Artery Disease - Are You At Risk?

Do you have cramping in your legs while walking or at rest? Is it difficult for you to walk long distances? Do you have restless, cold or pale legs or feet? Do you have hair loss in the lower legs, infections or wounds that take a long time to heal or fungal infections of the toenails? You may have peripheral artery disease (PAD).

Peripheral artery disease is the narrowing or hardening of the arteries that carry blood to your limbs. Arteries are the blood vessels that carry oxygen rich blood to all the tissues in the body. Arteries can develop plaque buildup on their walls as we all get older. The plaques are generally a combination of

cholesterol, fat, scar tissue and blood clots. Calcium deposits may also develop. This plaque progressively blocks blood flow to the limbs. In the legs, this reduced blood flow can cause cramping and pain.

Men and women over the age of 50 are most prone to peripheral arterial disease. Incidence becomes increasingly common with each year of life – men are affected earlier, but women catch up quickly. People with diabetes, high blood pressure, smokers, people with high cholesterol, obesity, sedentary lifestyle and genetic predisposition are at increased risk for developing this disease.

Diagnosis is determined with careful history and physical exam



of an individual. Simple screening methods can include blood pressure measurement of the wrist and ankle or an ultrasound exam. In some instances a CT, MRI or arteriogram exam may be required.

Symptoms or consequences of the disease include pain, cramping in the legs with exercise or movement. Burning pain, numbness, tingling in the feet, and wounds or infections that are slow to heal or do not heal may also be present. Pale, blue, or cold feet may also be a sign of PAD. If peripheral artery disease is left untreated or treated too late, it can lead to amputation of the toes, feet or legs.

PAD is preventable!

- Smoking – never start, or if you still smoke - QUIT!

- Diabetes – it's very important to work with your primary healthcare professional to control your diabetes with a combination of medication, healthy diet, lifestyle modification and weight loss.

- Cholesterol – manage with medication, healthy diet, and exercise

- Overweight – manage with diet modification, weight loss, regular exercise

This disease can be treated surgically or with a minimally invasive procedure through an IV placed into the artery of the wrist, arm, foot, or groin. Treatment can include angioplasty or atherectomy. Angioplasty is the use of special balloons of various sizes that are used to expand an artery to its normal size. The balloon is

removed after treatment is complete. Atherectomy removes plaque from the artery wall similar to a “roto-rooter” removing buildup from pipes. This can be achieved with different devices which incorporate cutting blades or lasers. Another method of treatment includes placement of stents which are used in select situations to expand an artery to its normal size and hold it open with a “scaffold”. Stents are permanent implants.

This can be treated by select cardiologists, vascular surgeons and interventional radiologists. If you feel that you may be at risk for PAD, or have some of the symptoms, you should consult your primary healthcare professional to screen for it, and to discuss treatment options.

You are also welcome to call our Vascular Center to schedule a prompt and free consultation. You can contact us at 405-608-8884. We are a specialized center staffed with highly experienced professionals, including a Vascular/Interventional physician, dedicated to treating PAD on an outpatient basis using the latest proven technology to combat this epidemic.

Dr. C.V Ramana is a vascular and interventional radiologist with more than 20 years of practice experience. He has expertise in all areas of vascular and interventional radiology. Dr. Ramana has a Ph.D from Yale University and MD from CWRU in Cleveland, Ohio where he subsequently completed his fellowship in Vascular and Interventional Radiology at the Cleveland Clinic.



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The View Through My Door

VIVE LA FRANCE

By Darlene Franklin

In July, we celebrate the independence of two great nations—the United States, on the 4th; and France, on July 14th, the day the French people stormed the Bastille prison and sparked the French revolution. What better time to consider all the reason I love all things French?

Perhaps it started during the two years I lived on Lafayette Street in Hampton Falls, New Hampshire. The Marquis de Lafayette served in the colonial army with distinction, even though he was still a teenager in 1776. In high school, I was surrounded by French Canadian culture. Later, my son camped out at Shakespeare and Company, across from Notre Dame, for the short time he lived in Paris.

Here are a few reasons why I love France. If I fail to mention your favorite memory of France (the wine, perhaps?), take no offense. This is a personal list that I hope will trigger happy memories for you.

Fictional Heroes

Although these characters are fictional, they taught me a lot about French history.

Charles Dicken's Paris (A Tale of Two Cities) provided one of my favorite quotes. "It was the best of times, it was the worst of times." I'll never forget Madame Defarge's knitting needles and Sidney Carlton's self-sacrifice in this tale of the French revolution.

LeClerc, the spunky Frenchman on Hogan's Heroes, introduced me to the lure of the French accent.

Captain Jean Luc Picard of the Starship Enterprise, from France, once compared our countries' flags: "America's flag is red, white, and blue. The French flag is, more properly, blue, white, and red."

I first encountered Versailles in the pages of The Three Musketeers and swooned to Richard Chamberlain as The Count of Monte Cristo.

The Hunchback of Notre Dame, movie and film, brought that magnificent cathedral—and the concept of sanctuary—to poignant life.

Paris, home in exile

Let's not forget the American novelists who lived France in the 1920s—Ernest Hemingway, F. Scott Fitzgerald, Henry James, Edith Wharton, Kathryn Mansfield, Ezra Pound, Gertrude Stein, and John dos Passos, among others. Interesting how many of America's best-known writers did their best writing away from home.

Consider the books written during their exile: A Farewell to Arms (Hemingway), Ethan Frome (Wharton), The Great Gatsby (Fitzgerald)—my literary world would be a lot poorer without the Americans living in Paris

Impressionism

The impressionist movement in art and music began in France. I've spent time enjoying the works of Debussy, Ravel, Monet, Renoir, Cezanne, and Degas. Even Vincent Van Gogh might be considered French, since he moved there from his native Holland.

It's hard to imagine a museum without one of Degas' ballerinas or Monet's water lilies. I personally engage with impressionist music by performing it. My senior piano recital included two compositions from Debussy's "Estampes": Gardens in the Rain and Evenings in Granada. The music paints a picture without words or color. And I'm always spellbound by Ravel's Bolero.

Scientists and Thinkers

A children's book introduced me to Louis Pasteur and Madame Curie were among the celebrated scientists. Pasteur not only developed the process whereby we "pasteurize" milk but also developed the first treatment for anthrax. The Curies discovered the wonders of radium and opened the field of radiology.

More recently, how about oceanographer Jacques Cousteau? He made

the ocean accessible to the world.

I can't leave this section without mentioned Rene Descartes, who told us, "It is not enough to have a good mind; the main thing is to use it well," and "I think; therefore I am."

Food and Language

No homage to France would be complete without mentioning food and language. I'm not talking about fancy French cuisine. Beef "au jus" makes my mouth water. Omelet, quiche, souffle, and crepes are all improvements over scrambled eggs. What salad is complete without croutons? Acroissant is so much tastier than a slice of white bread. Sweets are my special downfall: eclairs, sorbets, petit fours, bon bons, crime brulee, macarons. Is everyone

else hungry by now?

The language I love would be incomplete without the French. They ruled England for several hundred years, so it's no surprise we share a lot of words, even if we pronounce them differently. French continues to enrich the English language: chic, mystique, a la carte, cliché, carte blanche, bon voyage, R.S.V.P. (repondez-vous sil vou plais)

Of all the reasons I love France, one stands above them all: the Statue of Liberty, their gift to America.

Vive la France!

Darlene Franklin continues to write from her home in a nursing home. You can find her online at www.facebook.com/Poet.Darlene.Franklin/.



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

Presti family Gift Helps transform The Children's Hospital at OU Medicine

Sam Presti, executive vice president and general manager of the Oklahoma City Thunder, and his wife, Shannon, have announced their gift of \$600,000 to The Children's Hospital at OU Medicine.

The Presti's gift will have a major impact on The Children's Hospital. Thanks to the family's gift, two procedure rooms will receive renovations and technology upgrades in the Jimmy Everest Center for Cancer and Blood Disorders in Children and the Bone Marrow Transplant Unit at The Children's Hospital. The Presti's generosity will also create a nurturing and interactive space in the east lobby of The Children's Hospital, transforming both indoor and outdoor areas for patients and families that will foster creativity and healing for patients during their stay.

"Sam has been an engaged supporter of our mission and efforts and approached us last fall to determine how he and Shannon could most effectively make a positive difference for our patients and their families," said Jon Hayes, president of The Children's Hospital. "It became clear that Sam had a resolute sense of gratitude to the community and wanted to reciprocate in a way that would benefit all Oklahomans irrespective of location, socioeconomic status or any other barrier. The Prestis see a strong children's hospital that endures well into the future as an essential aspect for all citizens of the state. We are so grateful for their generosity. At The Children's Hospital, our highest priority is to provide quality patient and family-centered care and to improve the lives of children throughout the region. The Presti family's gift helps us make every patient and family's hospital stay as comfortable as possible, thereby improving their recovery and healing process."

The Children's Hospital is part of OU Medicine, a 501(c)(3) providing state of the art medical services to the children of Oklahoma and the region. OU Children's Physicians representing nearly every pediatric specialty, see patients at the hospital, as well as in clinics in the Oklahoma City metropolitan area and throughout the state.

The Children's Hospital
at OU Medical Center

CROSSWORD CORNER

- Across
- 1 Full of beans

6 “I don’t need ___”: regular patron’s comment

11 Sellout letters

14 Apple app mostly replaced by Messages

15 Connoisseur

16 Recyclable item

17 OREO

19 TSA requests

20 Aria, usually

21 Suffix with social

22 Bovine icon

24 ORE

28 Crème brûlée topping

31 Defensive comeback

32 Little pill

33 When workers may be dressed down?: Abbr.

34 Terminal conveyance

37 Nicki Minaj genre

38 OR

42 Langley org.

43 City on the Rh(tm)ne

45 Apartment bldg. info

46 Medina native

48 Offer a contrary opinion

50 Reduced to pure metal

52 O

55 Saint ___: Caribbean island

56 Card game using the entire deck

57 Goof reaction
- 61 Mont. neighbor

62 Muppet’s explanation of the four all-caps clues

66 Title for Anthony Hopkins

67 Serviceable

68 Pointless

69 “The Splendid Splinter” Williams

70 Having glass sections

71 Hen, for one
- Down
- 1 Short shots?

2 Off-the-wall answer?

3 Dad of Haley, Alex and Luke on “Modern Family”

4 California observatory site

5 Annual rpt. column

6 Dutch beer brand

7 Like lions, but not tigers

8 Actress Longoria

9 Japanese tech company

10 Broken, as promises

11 Hair salon technique

12 Two of three sides of a typical pie slice

13 First stage

18 ___ wave

23 Crook’s haul

25 Little devils

26 Take a chance

27 Mideast dignitary

28 PC key
- 29 Like the visiting team

30 Course record?

33 NFL scores

35 Guy Friday, for one

36 Servant for the inn crowd

39 E pluribus ___

40 Spoils

41 1914 battle river

44 Radar O’Reilly’s pop brand

47 City with a Penn State campus

49 Admit to the Enterprise, in a way

50 Pronounced

51 Singer Anthony

52 Top-tier invitees

53 Show that shows too much?

54 Marshy lowland

58 Acceptable

59 Fragrant wood

60 Reader of tea leaves

63 It may be delayed by rain: Abbr.

64 German article

65 Black gold

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Answers on page 21

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WHODUNIT DINNER THEATER
OKC - Ya'll ready for this?

Anybody else think of the 90’s space jam theme song when you read the subject line? ... no? Just me? OOOkkkaaay :)

Anywhoo--- I came to remind you that Whodunit is a PERFECT reason to gather up a group of guys & gals from work, church, hobbies, sports or... research?

(what?!--I was trying to rhyme with Church! plus.. I mean, people research sooo still fits.) LOL

YO HO HO- check it out below!!

Who is YOUR group? Car club? Sunday school sistaaas? good ole Frat House bro’s? Bridesmaids? It’s been too long. Get. Them. Together! Send a group text, facebook thread or... do it the old fashioned way- call them! Better yet- show up unannounced and knock on their door (GASP Nobody does THAT anymore!) Get your people, your tribe and bring them to the show!...Yo!

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FAQ- When we have a group coming to Whodunit-how do we make sure we sit together?

Whodunit- easy peasy! No need to show up early to ‘save seats’. Whodunit’s host team ensures that your group sits together. Just be sure to include your group name when you purchase your tickets! We prompt you with the question “If you’d like to be seated with another party, please enter the group name here” Badda-bing! badda boom- put your group name in the box and you are ready to rock!

Ask about our private corporate events & house parties, book us for your church or school fundraiser.



25th Annual Art Show at
INTEGRIS Cancer Institute

It is the distinct pleasure of the Troy and Dollie Smith Wellness Center at the INTEGRIS Cancer Institute to invite you to our 25th annual art exhibit dedicated to the curative powers of creativity and to all whose lives have been affected by cancer.

The exhibit showcases all forms of art including fiber, graphics, oil, watercolor, mixed media, photography, pottery, sculpture, writing and poetry. Register art by Monday, July 8, 2019. Deliver art by Friday, July 19. Pieces will be displayed from July 25 through Sept. 6, 2019.

Artists of all ages wishing to express how their lives have been affected by cancer will have their work on display. The pieces may be by individuals or collaborative, done by professionals as well as first-time artists.

In lieu of a 10 percent sales commission, there will be a nominal \$10 registration fee for each piece submitted (limited to two entries only) per artist. Registration proceeds will benefit the INTEGRIS Foundation’s Art Therapy fund to help continue the exhibit dedicated to all affected by cancer.

The registration fee will be due from the artist on the art drop-off day, Friday, July 19, 2019 between 10 a.m. and 6 p.m. Registration fees will be accepted in cash or a check made payable to INTEGRIS. Registration of art is available at integriskok.com/celebration-of-life or by calling 405-773-6600.

OPENING RECEPTION

Artists, cancer survivors, families and friends will be recognized at the 25th annual Celebration of Life Art Show and Opening Reception on Thursday, July 25, 2019, from 5:30 to 7:30 p.m. at the INTEGRIS Cancer Institute, 5911 W. Memorial Road, Oklahoma City, OK 73142. To RSVP for the event, please call 405-951-2277.



OKC ZOO ANNOUNCES BIRTH OF ENDANGERED RED PANDA CUBS AT SANCTUARY ASIA

Online voting contest to help choose names of the male and female red panda cubs



Red Pandas, Leela and Thomas.

The Oklahoma City Zoo and Botanical Garden is pleased to announce the arrival of two healthy red panda cubs, one male and one female. The cubs were born late in the evening on Sunday, June 2, at the Zoo's red panda habitat in Sanctuary Asia to mom, Leela, 5, and father, Thomas, 6. Caretakers report that first-time mother Leela is demonstrating appropriate maternal behaviors such as a grooming and nursing her offspring and all are in good health. At birth, the male weighed 119 grams and the female 124 grams (less than a third of a pound). By June 18, both cubs had more than doubled their birth weights to 252 grams (male) and 257 grams (female).

"We are so excited to welcome these adorable red panda cubs to the Zoo's animal family and are beyond thrilled that Leela is such a nurturing mother," said Tyler Boyd, OKC Zoo Curator of Carnivores and Hoofstock. "While we don't yet know when the cubs will be on public view, mom and her offspring are doing well and bonding behind-the-scenes at their habitat."

Online Naming Contest

The carnivore caretaker team at the Zoo compiled name options for the cubs that are representative of their natural habitat in central Asia. For the male cub, the name options are: Ravi (Nepalese for sun), Tau



Red Panda cub.

(Nepalese for handsome) and Jetsun (Buddhist reverend from Tibet). For the female cub, the name options are: Nima (Nepalese for small), Mohu (Nepalese for cloudy) and Khyana (Nepalese for light). An online vote will determine the duo's names. Voting is open until Friday, July 5 and the winning names will be revealed on the Zoo's Facebook page Monday, July 8. Cast your vote at okczoo.org/redpandacubs.

About the OKC Zoo's Red Pandas

Thomas, 6, came to the OKC Zoo from the Virginia Zoo in Norfolk and Leela, 5, was born at the Charles Paddock Zoo in Atascadero, California, in 2014 and moved to the Toledo Zoo and Aquarium in 2015. Their relocation to the OKC Zoo in 2018 was a species survival plan (SSP) recommendation. SSP programs were developed by the Association of Zoos and Aquariums (AZA) to help oversee the husbandry and breeding management and, as a result, the sustainability of select animal species within AZA-member institutions, including the OKC Zoo. Many of these programs help enhance

See PANDA Page 21

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Lung Transplant Patient Celebrates 80th Birthday



Kenneth Wyatt just celebrated his 80th birthday and underwent a lung transplant at the age of 79.

Kenneth Wyatt just celebrated his 80th birthday on June 4. What makes this milestone even more special is knowing he underwent a lung transplant on

Jan. 10, 2019, at the age of 79.

The staff at INTEGRIS Baptist Medical Center held a surprise party for Wyatt and hope to have more of these celebrations in the future.

"People should not see age as a deterrent to seeking an organ transplant," says Mark Rolfe, M.D., co-medical director of lung transplantation and advanced pulmonary disease management at the INTEGRIS Nazih Zuhdi Transplant Institute in Oklahoma City. "We look at physiologic age, not chronologic age. The old way of thinking was you can only transplant people 65 and younger, but there's a lot of 75-year-olds who are otherwise healthy and still young at heart."

About a year and a half ago, Wyatt suddenly started to experience shortness of breath. "It came on really quickly," remembers Wyatt. "I just couldn't get enough

air. I felt claustrophobic, like I constantly needed more oxygen."

He was diagnosed at another facility with idiopathic pulmonary fibrosis and was told his condition was terminal and he was simply too old for a transplant. Thankfully, Wyatt persisted and found another physician who immediately referred him to the INTEGRIS Nazih Zuhdi Transplant Institute.

"I was anxious to meet Mr. Wyatt," says Alan Betensley, M.D., co-medical director of lung transplantation and advanced pulmonary disease management at INTEGRIS Nazih Zuhdi Transplant Institute. "We ran some tests and concluded he was healthy despite his pulmonary fibrosis, so we felt he would be an ideal candidate for transplant, regardless of his age."

Wyatt was placed on the lung transplant list Nov. 15, 2018. "I hear some people wait years for a transplant, so I was surprised to get 'the call' less than two months later,"

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PANDA

Continued from Page 19

conservation efforts of these species in the wild as well.

Red Pandas in the Wild

Red pandas are listed as an endangered species. Only an estimated 10,000 remain in the wild, and their habitats in remote areas of the Himalayan Mountains, from Nepal to central China, are being threatened by deforestation, agriculture, cattle grazing and competition for resources. In addition to a taste for bamboo, red pandas consume many other types of food including fruits, acorns, roots and eggs. Red pandas grow to be about the size of a typical house cat and have a life expectancy between 8 and 10 years. Their bushy, ringed tails add about 18 inches to their length and serve as a type of blanket, keeping them warm in cold mountain climates. Though previously classified as a relative of the giant panda, and also of the raccoon, with which it shares a ringed tail, red pandas are currently considered members of their own unique taxonomic family—the Ailuridae.

It's (red) panda-monium at the OKC Zoo! Located at the crossroads of I-44 and I-35, the Zoo is a proud member of the Association of Zoos and Aquariums, the American



Red Panda cub smiling for the camera.

Alliance of Museums, Oklahoma City's Adventure District and an Adventure Road partner. Hours of operation are 9 a.m. to 5 p.m. daily. Regular admission is \$11 for adults and \$8 for children ages 3-11 and seniors ages 65 and over. Children two and under are admitted free. Stay up-to-date with the Zoo on Facebook, Twitter and Instagram and by visiting Our Stories. Zoo fans can support the OKC Zoo by becoming Oklahoma Zoological Society members at ZOOfriends.org or in-person at the Zoo! To learn more about these and other happenings, call (405) 424-3344 or visit okczoo.org.

TRANSPLANT

Continued from Page 20

admits Wyatt. "I woke up in the Intensive Care Unit and everyone told me I did great. I was out of the hospital within a week."

"Kenneth did remarkably well through the entire process. His oxygen level is back up to 98 percent and he is currently undergoing rehabilitation to regain his strength and endurance," Betensley says. "I have no doubt he will make a full recovery. He is proof positive that age is relative."

Wyatt says the experience has given him a new outlook on life and a brand-new purpose for living. "The way I figure it, is God gave me

this condition for a reason. And maybe that reason is to help raise the age limit for transplant consideration. INTEGRIS took a chance on me when most other institutions wouldn't, and I will be forever grateful for that."

"I could still have 20 years ahead of me," Wyatt predicts. "My mom is still living at 104 and my grand-dad lived to be 101 so there's a lot of life left in me."

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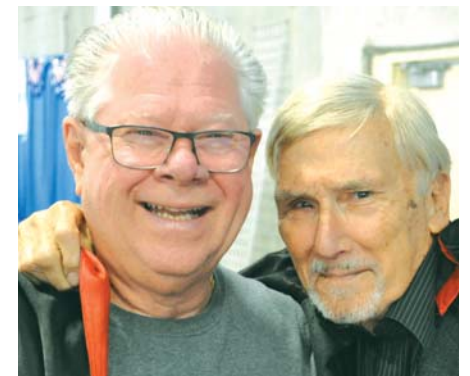
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Count John Gregore making photo fun.

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Oklahoma City, OK 73141 405-769-2551
www.CarePlusatHome.com

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

Home Health

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homecompanionsol@gmail.com

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

Mobilty

Newby Vance Mobility Sales and Service

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

Mobility Auto Sales

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

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BelindaGrayRealtor@gmail.com
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Mayfair Drive, OKC 405-694-6154
jeanean@wellpreserved.info

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405-307-0064

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Warr Acres Nursing Center

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405-721-5444

Services

Areawide Aging Agency :

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405-943-4344

Our Classifieds Get Results!

SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE			
<p>Don Wallace Amazed At Response to Ad in Senior News and Living</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>Don Wallace, The Wallace Wildlife Show</p>	<p>FOR SALE</p> <p>CEMETERY LOTS. Spring Creek Memorial Cemetery located north of Line Road. Garden of the Cross. 4 spaces. A.R.C.D. Section 4. Lot 106. Make offer. 405-787-1056.</p> <p>Obtain C-Pap Masks and Supplies from Home Care Medical. 4401 South Walker, OKC 235-1468. Insurance, Medicare and Medicaid Accepted.</p> <p>RESTHAVEN GARDEN OF MEMORIES. DOUBLE LAWN CRYPT. Bronze and Granite memorial. Regular price which includes opening and closing, \$10,890.00. Our price, \$5,500, includes everything. 405-387-4831 or 405-406-9046.</p>	<p>HELP WANTED</p> <p>Senior caregivers needed for fellow seniors to provide companionship and care. Transportation Required. Please call to learn more. (405) 259-9155.</p> <p>SERVICES</p> <p>SENIOR FRIENDLY REALTOR. Home Selling made easy FREE no obligation consultations. Tonya Yarema (405) 990-6181 Metropolitan Real Estate "Buying or Selling... call me!"</p>	<p>PRICE PER 25 WORDS</p> <p>1 Month.....\$14.96 3 Months.....\$29.55 6 Months.....\$42.12</p> <p>Classified ads are prepaid only. Deadline is second Friday each month.</p> <p>ADD A PHOTO, ONLY \$5 MORE!</p> <p>Send ad and payments to Senior News and Living 4501 N. Cassen Blvd. Ste 106 Oklahoma City, OK 73118</p> <p>TRAVEL</p> <p>Travel Tours 211 Hwy. 51, Wagoner, OK (918) 465-4595. 1-800-331-3192</p> <p>Kincaid Tours 929 S. Country Club Road El Reno, OK 73036 (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



CALENDAR OF EVENTS

To Be Added To The Calendar, Email Senior News and Living at advertising@seniornewsandliving.com

JULY

FREE LINE DANCE LESSONS

Weekly on Wednesdays 8-9pm. All ages and dance levels welcome.
401 South Meridian Ave.
OKC-The Biltmore

Mid Day Dance

WEEKLY on Tuesdays \$5.00 and Thursdays \$6.00
Lessons 12:30-1:30pm.
Dance 2-4pm. Live Band - All ages welcome.
4361 NW 50th, Suite 400
Oklahoma City, OK 73112
for more info: 405-943-1950

Moore Chess Club
Sundays from 1pm to 4pm
Moore Public Library
225 S Howard Ave. Moore, OK. All ages and skill levels are welcome. For more info, contact Mr. Kissinger at ishmaelkissinger@mooreschools.com

FREE EMBARK FARES

Try out public transportation for free during EMBARK's Third Fridays Free program. All fixed-route, Zone 1 ADA paratransit services and the OKC Streetcar are free on the third Friday of every month through September: July 19, August 16 and Sept 20. Visit embarkok.com to plan your trip.

SMART IRRIGATION MONTH

July is peak month for outdoor watering, making it a great time for a sprinkler checkup. Run your irrigation zones for two minutes each. While it's running, find trouble spots by flagging broken, misaligned or problem sprinkler heads. Fix any issues and align the sprinklers to ensure water is hitting grass and not concrete. Broken sprinkler heads can waste 25,000 gallons of water over six months - lots of water and money down the drain.

JULY

SUMMER PET SAFETY

Make sure your pets stay safe and cool in the summer by remembering that if it's too hot for you, it's too hot for them. Bring pets inside when it's hot, and provide them with plenty of shade and fresh water when they are outside. Walk your pets at cooler times of the day and never leave an animal in a car. Contact Animal Welfare at (405) 297-3100 if you see an animal in distress. Visit okc.gov/animalwelfare for more pet safety tips.

POOLS ARE OPEN

Cool off from the summer heat at one of our spraygrounds, family aquatic centers or community pools. Swim lessons, swim teams and other programs are available. Visit okc.gov/parks for details on locations, opening hours and more. Bring your sunscreens!

JULY 4

HOLIDAY SCHEDULE INDEPENDENCE DAY

- City offices closed.
- No EMBARK bus service. OKC Streetcar on regular schedule.
- No trash or recycling pickup. Makeup day is Sat, July 6.
- Animal Welfare shelter and Household Hazardous Waste facility closed.

JULY 6

Will Rogers Gardens events

Will Rogers Gardens, 3400 NW 36th Street:
FREE TOUR: Take a stroll with us 9-10:30am July 6 for a free staff-led tour of the Gardens and Arboretum. Get your questions answered about trees, flowers and everything else. FREE. All Ages. Visit okc.gov/parks & search keyword 23200 to sign up.

JULY 13

Bonsai in a Bottle:

Bring a plastic pop bottle to learn how to grow your very own tropical bonsai, 9-11am July 13. Instruction, soil and plant cutting included. \$10/person. Ages 7+. Visit okc.gov/parks and search keyword 23205 to sign up.

THROUGH JULY 14

Beautiful Minds: Dyslexia and the Creative Advantage Through July 14, 2019

an exhibition of artworks created by people with dyslexia including students from Oklahoma City's Trinity School, Nov. 9-July 14. Find A Paper Science Museum Oklahoma. 2020 Remington Place OKC.

Horseplay: Tom Lovell Horse Sketches. When: Mondays-Saturdays, 10 a.m.-5 p.m. and Sundays, 12-5 p.m. Continues through July 14, 2019

jshrum@nationalcowboymuseum.org
Price: \$12.50 adult

The Museum's Dickinson Research Center is home to more than 700,000 photographs, 44,000 books, and perhaps unexpectedly, at least 1,000 horses. Meet some of the herd in Horseplay, the new exhibition featuring Tom Lovell's sketches and studies of this Western icon. The rarely seen prep work reveals how Lovell developed ideas and practiced movement, anatomy, proportion, and personality.

Watch horses take shape across mediums and styles. From abstract to realistic, pencil to pastel, small-scale to large, no two are alike. National Cowboy & Western Heritage Museum. 1700 NE 63rd St. Oklahoma City 405-478-2250

JULY 31

7/31/19 2:30 pm
Medicare 101 Seminar (free).
Oklahoma Insurance Department
3625 NW 56th St,
Suite 100,
Oklahoma City, OK 73112
Space is limited, RSVP at 800-763-2828

JULY - SEPTEMBER

USE MOSQUITO REPELLENT, DRAIN STANDING WATER

Mosquito-borne diseases are a threat from spring through fall. The City-County Health Department recommends draining standing water on your property so mosquitoes won't breed nearby. Using insect repellent on your clothes and exposed skin will help keep mosquitoes away. Staying inside at dusk and dawn also helps, because that's when mosquitoes are around the most. You can also dress in long sleeves and pants. Get details at occhd.org/FightTheBite.

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

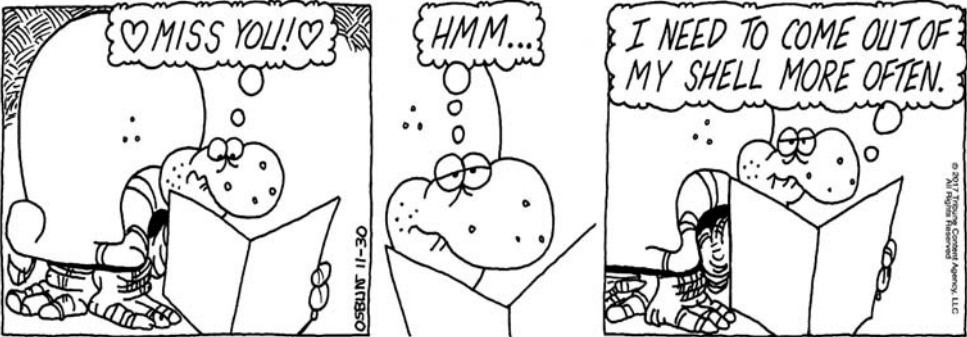
Call early, space is limited and available on a first come basis at no charge to Clubs, Organizations and Businesses that offer low to no cost events to our readers.

Call us today at (405) 631-5100 or email your listing to advertising@seniornewsandliving.com for more information and to be included!

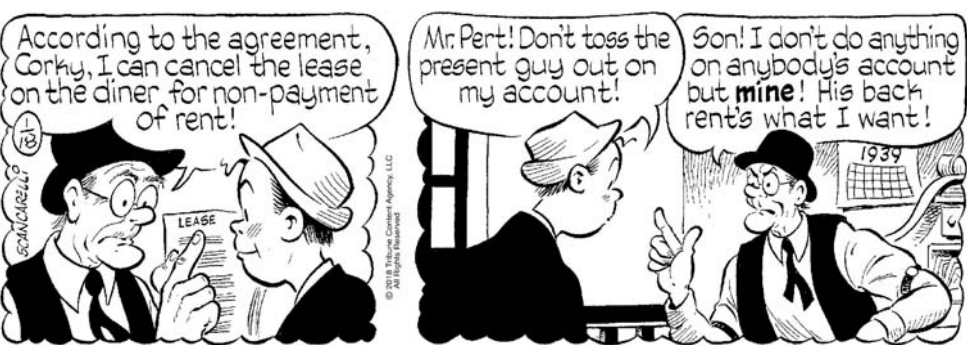
Broom Hilda



Animal Crackers



Gasoline Alley



JUMBLE

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

ZAGEL

○ □ □ □ ○ □ □

DIRGI

○ □ □ □ ○ □ □

FORTPI

○ ○ □ □ □ □ □

AGENTE

○ □ □ □ ○ □ □

Ans. here:

○ ○ ○ ○ ○ ○ ○

○ ○ ○ ○ ○ ○ ○

Check out the new, free JUST JUMBLE app

And the winner of the 50/50 raffle is number 1066.

50/50 \$1000.00 Drawing

You won!

Oh, my! This is wonderful!

10 2/2

SHE THOUGHT THAT WINNING THE \$1,000 IN THE RAFFLE WAS A ---

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

(Answers Next Month)

June Answers | Jumbles: ELOPE UNIFY CUSTOM AFRAID
Answer: After losing his lease, the owner of the plant nursery would be — UPROOTED

Are we too clean for our own good?

Americans have a need for cleanliness, especially when it comes to our children. But mounting research suggests our quest to be clean might make children sicker, not healthier.

Oklahoma Medical Research Foundation immunologist Eliza Chakravarty, M.D., said this groundswell of germophobic parenting and the tendency to create over-sterilized environments may keep children's immune systems from developing adequate defenses.

It's called the 'hygiene hypothesis,' where scientists believe early exposure to allergens actually contributes to a healthier immune system. While it isn't a new theory, it is becoming more widely accepted.

"For your immune system to protect you, it has to know the difference in what is dangerous and should be attacked and harmless substances that can be ignored," said Chakravarty. "And to learn that, it needs to be exposed to some of the elements we're erasing from the environment."

Handwashing and maintaining a clean living area are still important, Chakravarty said, as are vaccines and immunizations. "But there's a difference between a healthy level of cleanliness and essentially living in a bubble."

Your immune system is built to protect you, so if it sits idle, it will find something to fight. Even fairly harmless substances like pollen, peanuts or pet dander can look like foreign invaders and result in an immune system overreaction. Autoimmune diseases occur when the immune system attacks your own body's tissues as if it were a pathogen or virus.

"We need protection from serious illnesses, but kids need exposure to a wide variety of things that aren't actually dangerous," said Chakravarty. "Kids are going to eat dirt, and that's generally OK."

It's important to note that not all bacteria are harmful. Some actually help keep us healthy. The 100 trillion microbial and bacterial cells in our bodies, called the microbiome, also needs diversity, said OMRF geneticist Patrick Gaffney, M.D., and that comes from exposure to the environment.

Gaffney said more evidence is needed, but increasing research links germ exposure, diverse environments and minor infections at a young age with a lower risk of health problems later in life.

"Exposure to low-level allergens and germs like dog hair, pollen and common pathogens when you're young allows the immune system to fine-tune itself and learn how to function properly," said Gaffney. "Regular hygiene is still important, but don't fret if your little ones dig in the dirt or wrestle with the dog. They may wind up healthier for it."



Oklahoma Medical Research Foundation scientist Patrick Gaffney, M.D.

OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

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Two Mausoleum Spaces.
Excellent Location. Today's Price
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or \$1,500 each

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for a free consultation.

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Category (Exp: For Sale, Help Wanted):

Date(s) to Run:

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☐ 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



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