

**NRH helps seniors find happiness**

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**Commons on Classen not so common**

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# SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

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## Passion with a purpose



**Smith & Turner General Manager Tim Ingram, seated, and his staff empower families to celebrate their loved ones on their own terms.**

by Bobby Anderson, Staff Writer

**I**t's Friday morning heading into Memorial Weekend and Tim Ingram has been up since 4 a.m.

The general manager of Yukon's Smith & Turner Mortuary rose early to make sure the finishing touches were in place for that day's service.

Later in the day, Ingram and his staff would open their doors to the family and friends of a beloved husband, father and grandfather.

Celebrating the life of a career truck driver with more than two million miles was on everyone's minds.

Pictures, clothing, memorabilia, a love of John Deere tractors, farming and cans of

A&W root beer were all pieces that seamlessly would weave this individual's story together.

There would be tears for sure, but Ingram wanted to make sure there would be smiles and even some laughter inside.

"We're taking the funeral industry into a whole new area that most people haven't seen," Ingram said. "It's a whole new way. You don't have to be mournful through the entire service. A lot of these people have struggled for months or years and so now it's time to

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# Crime Stoppers

**TRIAD program helps seniors stay aware**



**Oklahoma County Sheriff's Deputy Kim Lopez (right) and the TRIAD program help seniors like Vickie Hogan avoid being a victim of crime.**

story and photos by Bobby Anderson, Staff Writer

With more than a decade in law enforcement, Oklahoma County Sheriff's Deputy Kim Lopez knows criminals have nothing but time to figure out new ways to prey on society.

Nationwide, and in the Heartland in particular, seniors are quickly becoming a favorite target.

That's why Lopez is passionate about taking the message of awareness to seniors across the metro through the TRIAD Program.

TRIAD is a collaborative effort between the sheriff's office, local police departments and senior citizens working together to reduce and prevent crimes against seniors.

The Oklahoma County TRIAD program began in 1997 and has developed into the strongest program in the state and one of the best in the country.

S.A.L.T. (Seniors and Law Enforcement Together) Council is the group which carries out the TRIAD activities and Lopez says there are currently 19 councils.

Vickie Hogan was one of the first members of the Valley Brook S.A.L.T. Council.

A former town trustee, she remembers when Southeast 59th St. was still a dirt road and when someone came to her grandmother's home offering to

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## CRIME

Continued from Page 1

seal her tin roof garage.

"There's a lot of fraud with seniors," Hogan said, unfolding the story of why she got involved.

"All they did was spray paint (the roof) and when the two of them went in to get their money they took whatever money she had left. I had to take all of her jewelry off because she was always walking around talking and shaking hands with everybody because she was so friendly.

"Seniors are so friendly and the older you get the more trusting you are of other people."

Lopez says the goal is to educate seniors on crimes directed at their age group and how to prevent becoming a victim.

The program offers educational seminars on frauds, scams and personal safety issues.

"It's given us a lot of information on how to avoid (fraud)," Hogan said.

Through the program, Hogan

says she's learning to be more vigilant when she's out.

And it's a constant process since criminals move from scam to scam.

Lopez said the goal is to arm seniors with information on new scams as they arise.

A current scam is people calling homeowners to verify that they've filed their homestead exemption. The caller requests a copy of your driver's license to verify that you are indeed receiving the tax credit.

Seniors have also reported individuals calling and posing as law enforcement and notifying them they are involved in a civil suit and did not show.

Callers threaten them with jail that can be avoided in lieu of a prepaid debit card or cash payment.

"The thing you learn in S.A.L.T. is 99 percent of those you're not going to fall prey to if you don't answer your phone," Lopez says. "We preach that and we teach that. Let it go to voicemail."

Lopez stresses to seniors that current technology allows callers

to manipulate the number and description of the call that appears on caller ID.

"They can make it look like it's coming from the IRS, the Pentagon or the police department when they're asking for funds to fingerprint children," Lopez said. "Don't answer your phone unless you know exactly who it is."

"The other one is don't call numbers back. A lot of these incoming messages are left as a coercion to have you call back."

Listening to how criminals can "wash" checks and reuse them or steal PIN numbers through special heat-sensitive cameras on their cell phones was an eye-opener for Hogan.

"I was shocked. I had no idea," she said.

Lopez says resources are available for seniors through the various S.A.L.T. councils.

A few of these include:

\* The Refrigerator Information Card Program gives emergency responders immediate information to help serve you better in case of an emergency. Cards are available at no charge upon request.

\* Oklahoma Seniors Against Fraud - An innovative educational campaign to inform seniors and other consumers on how to detect telemarketing fraud. Contact Southwestern Bell Pioneers 1-800-585-7448.

\* Smart Alert Light Program - Light bulb flashes to help emergency responders find your home when seconds count. No special equipment or electrician needed. Available at the Light Bulb Store for \$5.00 located at 3940 NW 10th St, Oklahoma City.

\* Remembering When-Fall and Fire Prevention Program for the elderly.

\* Bridges Program-Bridging the gap between the generations. Brings youth and senior citizens together bridging the gap of understanding.

"People that aren't coming to S.A.L.T. aren't getting this information," Lopez said. "So much of this can be prevented."

For more information you can contact Lopez at 405-713-1950 or by email at [kim.lopez@oklahomacounty.org](mailto:kim.lopez@oklahomacounty.org).



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## PURPOSE

Continued from Page 1

take a deep breath and celebrate their life."

### A SERVANT'S HEART

While many Oklahomans would spend the holiday weekend at the lake, Ingram would be visiting local cemeteries making sure Smith & Turner grave sites were properly adorned for visiting families and friends.

It's not just a business it's a calling for Ingram and his family.

Ingram has also been a registered nurse for the past 18 years. Working in the ICU and then hospice, Ingram remembers feeling devastated.

"I was handing families over to funeral homes that weren't even doing their own work. The funeral home wouldn't even come to pick them up, they were sending some service out to meet with these families," Ingram said. "I had just spent all this time with these families and (funeral homes) weren't even caring."

The sound of his patient's name being mispronounced or

wrong information given during a service grated on him.

"My wife and I prayed about it and decided this was a mission field that needed to be filled," said Ingram, who earned a degree in Mortuary Science. "This is a ministry for us. We look at it as a way to get people through the grieving process. We not only help our families but we're here for the community."

Ingram serves on the board of Compassionate Hands, which serves Yukon as a clearinghouse, networking service, and referral agency to provide services, support and to foster hope for self-sufficiency.

"It's pouring back into the community," Ingram said.

### CELEBRATING LIFE

Taking care of people through nursing and funeral services just seemed to go hand-in-hand.

"It's the same," Ingram said of the two fields. "I feel it's just like taking care of a patient but you're taking care of the family. You think of the nursing process as assessing, diagnosing and treating. You're always looking at what's going on with that body.

The same thing happens here as soon as you meet that family. You're assessing the situation, family dynamics, who's getting along and who isn't, what did they like and what do you see around you."

Smith & Turner Mortuary dates back to 1925, serving four generations of Oklahomans in that time.

It's a business that has to be ready 365 days a year and has to be flexible enough to serve families on their terms.

"A lot of our families don't go to church anymore and so the tradition of the ladies at the church preparing a meal has kind of gone by the wayside," Ingram said. "We have a gathering room that accommodates large families."

From cookies, punch and tea and coffee to catered meals, Ingram makes sure families can choose.

"We want to serve all families," Ingram said. "Families that don't want (a traditional service) you shouldn't put them in that mold. If they want to go out to the farm and have

something at the pond we go to the pond."

"If they want to go to the bowling alley and grandpa liked to bowl and was on a league let's get out of the building and go to the bowling alley and let's bowl."

"Whatever it takes for that family to get through the grieving process is what we want to do."

Walk through the halls at Smith & Turner and you'll notice the attention to detail Ingram and his staff have maintained.

Smith & Turner Funeral Director Andy Shoaf has helped guide families through the process for 44 years.

Large rooms open to smaller sitting areas for one or two people to take a moment to themselves and work through the process.

Fresh-baked cookies great guests.

It's a place for families.

"We want spaces where families don't feel on top of each other and where they can come in here and socialize," Ingram said.

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## OPINION

# Best Bicycles for Aging Baby Boomers

*Dear Savvy Senior,*

My husband and I are interested in getting a couple of bicycles for leisurely exercise and fun, and would like to get your recommendation. We're both approaching 60 and are a little overweight, and it's been a while since we rode. *Easy Riders*



Dear Easy,

If you're interested in leisurely, recreational riding for fitness and fun, a great option is a "comfort bike," which is very popular among baby boomers. Here's what you should know about this option, along with some tips to help you shop and choose.

### Comfort Bikes

A comfort bike is a style of bicycle that's easy on an aging body because it lets you ride in a more comfortable upright position. These bikes have high handlebars so you don't have to hunch over, which eases lower-back strain and reduces pressure on the wrists and hands. They also come with wide tires for a smooth ride, offer fewer gears, and have soft, wide seats to eliminate saddle soreness.

Most comfort bikes also come with shock-absorbing forks and seat posts for additional comfort. And some offer unique design features like an ultra low step-over bar that makes getting on and off easy for people with limited flexibility (like the Biria Easy Boarding at Biria.com), or the "flat-foot" design offered by many manufacturers where the pedals are moved forward, away from the seat. This allows you to get a full-leg extension when you pedal, but keeps the seat in a lower position so when you're stopped, you can put your feet down flat on the ground while seated, which is a great safety feature for older riders.

Most major manufacturers including Electra, Sun, Raleigh, GT, Giant, and Trek all make a line of comfort bikes that costs between \$300 and \$800 or more depending on its features.

### Shopping Tips

To find a quality comfort bike, your best option is to find a good bike shop in your area. Bikes from big box stores, like Walmart and Target, are mass-market bikes that may be less expensive, but the quality isn't as good and they're typically seven to eight pounds heavier. They also come in only one size, so you're not likely to get a great fit.

Before you buy any bike, be sure you take it for a test ride first to ensure that the seat and fit of the bike is comfortable, the brakes and shifters are easy to use, the gears can go low enough for climbing hills, and the frame and suspension adequately smooth the bumps.

### Recumbent Bikes

If the comfort bikes don't meet your needs, another popular style among older riders is a recumbent bike. These are the low-to-the-ground, stretched-out frame bikes with La-Z-Boy style seats that allow you to recline with your legs positioned in front of you.

Recumbent bikes are very comfy, easy on the back, arms and shoulders, and aerodynamic which make them ideal for long rides. The disadvantages, because they are low-to-the-ground, they can be harder to balance and maneuver, and are more difficult for other vehicles to see.

If you worry about falling or want more stability when you ride consider a three-wheel recumbent trike. See SunSeeker.bike and TerraTrike.com for a nice variety, but be aware that recumbent bikes are more expensive, typically ranging between \$1,000 and \$2,500.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior"



by Bart Gernandt, FFS INC.

# When to Claim Your SS Benefits

"You should claim your benefits as early as possible," "you should claim your benefits at your FRA" (Full Retirement Age) or "you should wait till later." This represents just some of the advice that you may receive to the question, "when should I start collecting my Social Security benefits?" The fact is that there are over 500 ways to claim your benefits. Let's look at a few of the possibilities and see how they will affect the total benefits collected.

Let's consider Mike and Mary, they are both 62, with an FRA of 66 years and 2 months and a PRI (Primary Insurance Amount) of \$2000 and \$900 per month respectively. This is the amount they would each qualify for at their FRA. When collecting benefits before you attain your FRA, there is a 6% penalty for each year. If Mike and Mary both file at 62 their benefits will be about \$1491 and \$740 (671 plus 69 spousal boost). Living to their average ages of 81 and 84 they would collect a total of approximately \$566,000.

If Mike & Mary wait until their FRA of 66 yrs & 2 months they would collect a total of about \$606,000. An extra \$40,000 using this strategy. Waiting till their FRA takes about 12 years to reach the breakeven point. At age 78, Mike & Mary are starting to reap the benefits of deferring to their FRA.

Mike and Mary can see similar results by deferring till 70. By waiting past your FRA, you receive an 8% increase for each year up to age 70. Mike and Mary would see their PIA increase to \$2613 and \$1175. Using this strategy Mike and Mary would collect about \$594,000. While their PIA's have increased, if they only live to their life expectancy, then this would result in a decrease in lifetime benefits of about \$12,000.

Using the average life expectancy is a good start but you really need to take into consideration your personal health and family history. Statistics tell us that about 50% of us will live past our average life expectancy. By looking at the table below you can see what happens if Mike and Mary both live an extra two years. In this situation deferring is more profitable in all situations.

There is one more strategy that we can review. Mike will defer until 70 and Mary will claim at her FRA (66 years and 2 months) and start collecting \$900. When Mike files at 70, his benefit will be \$2613 and Mary will get a \$100 spousal boost as well. Regardless if they attain their average life expectancy or live longer, this is the best strategy.

	Both @ 62	Both @ FRA	Both @ 70	70 / 66.2
Mike	1,491	2,000	2,613	2,613
Mary	671	900	1175	900
Spouse	69	100		*100
Total Expected Life	566,000	606,000	594,000	612,000
2 years extra	619,000	620,000	685,000	699,000

\*Starting at age 70

The numbers used throughout are estimations and differences can occur due to rounding.

For simplicity, potential cost of living increases have not included.

These are just a few of the strategies that are available, but they provide an example of much of a difference these decisions can make. If Mike and Mary live two extra years there is a difference of about \$80,000. This difference will continue to increase each year if one or both live longer. Your financial advisor or CPA should be reviewing the different claiming strategies that are available and how they will fit in with your complete retirement plan. A good place to start is getting a Social Security Maximization Report which can show multiple strategies and provide a basis of information to make an informed decision.

Nothing said should be construed as a recommendation to buy or sell any financial vehicle. This material is designed to provide general information on the subjects covered. Pursuant to IRS Circular 230, it is not intended to provide specific legal or tax advice. This author is not affiliated with the U.S. government or any governmental agency. Refer to the Social Administration ([www.ssa.gov](http://www.ssa.gov)) or a tax or legal professional for guidance with your individual situation. Editorial paid for by Freedom Financial Systems, Inc. For more information, contact 405-338-7673.



# Seniors Seek the 'Truth' at Monthly Seminars

Navigating the uncharted territory known as aging is not always easy. In fact, it can be down right frustrating. Boomers and seniors are encouraged to "plan ahead," but knowing where to turn and who to trust when seeking information is often a challenge.

The Senior Living Truth Series, an ongoing educational program made up of monthly seminars and expert panels, explores various topics of interest to the 55 and over crowd. Boomers and seniors alike are invited to attend the free seminars.

Gary Harris began attending the seminars over a year ago.

"I appreciate the information provided at the seminars," says Harris. "They are well-organized and interesting with something new to learn every month."

Like Harris, many attendees are preparing for the next chapter of life. Where and how can I

live? What kind of support is available? How do people pay for senior living? Who will help me downsize?

The Senior Living Truth Series originated when Nikki and Chris Buckelew of Buckelew Realty Group at Keller Williams Realty set out to become the experts in mature moves in and around the Oklahoma City metro.

"Because our team specializes in downsizing, rightsizing, and simplifying, we get a lot of questions about topics outside the discipline of real estate. It became important to have highly competent and trustworthy resources and that is how the series began," says Nikki Buckelew. "It was a grand experiment launched together with a small group of like-minded professionals, many still involved as sponsors."

The Buckelews have made it their personal and professional mission



**"The programs cover a wide range of topics and provide people with valuable resources to assist them," Dr. Emler**

to educate and guide consumers about best practices related to post-retirement living.

The attraction of the series may be that attendees are promised frank and uncensored commentary on the issues. Dr. Don Emler and his wife Suzanne began attending the seminars last year.

"The programs cover a wide range of topics and provide people with valuable resources to assist them," Dr. Emler said.

As a retired religious educator and clergy considering his own options for future housing and care needs, he knows that many people are struggling with similar decisions. The couple also encourages formal and informal caregivers to attend the seminars so they are equipped to help others.

"I believe that clergy should attend so they can guide parishioners in making decisions about downsizing, moving, staying put in their own house, or daily care needs," he said.

Beyond the issues of housing and senior living, the Emlers have also learned about the intricacies of long-term care insurance, veteran-related benefits, and in-home care options.

"Knowing where to go can be particularly hard for widows," added Suzanne. "When you have had a partner alongside you for many years, making changes alone can

be scary. The seminars provide a non-threatening atmosphere where people can go to become better informed and equipped."

Melissa Hill of Home Care Assistance, a regular sponsor of the event, said the series has also impacted people in a way that was unexpected.

"Many people attend regularly and as a result, we get to know each other. The Senior Living Truth Series provides unbiased information and often answers questions that people didn't even realize they should ask," Hill said.

The next event is titled "The Truth About Probate for Property Owners" on June 8th from 10:00am - 11:30am at the newly completed MAPS3 Senior Health & Wellness Center located at 11501 N Rockwell Ave. in Oklahoma City.

"We hear so much misinformation about the probate process. People think they know all about it, but it seems to cause a lot of problems at a time when problems are the last thing you need. We simply want to dispel the myths and equip people with facts," Buckelew said.

Registration is free for those 55 or older and their guests. Registration for professionals is \$25. Pre-registration is required and can be made at [www.seniorlivingtruthseries.com](http://www.seniorlivingtruthseries.com) or 405-563-7501. Space is limited.

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## COMMUNITY

# NRH helps seniors find happiness

by Bobby Anderson,  
Staff Writer

As a licensed clinical social worker, Liz Shumate understands sadness and depression are not a normal part of aging.

But for thousands of Oklahoma seniors, happiness is something they believe is long gone.

"Happiness is obtainable," said Shumate, program manager at Norman Regional Senior Counseling Center. "Even though you're an older adult that doesn't mean that your older years need to be unhappy. There's ample opportunities to help people be the best version of themselves and make changes and find new happiness."

Throughout the week at Norman Regional Moore, 700 S. Telephone Rd, you'll see seniors working on finding that happiness once again.

There's smiles, tears, coffee, conversation and even lunch.

Shumate says the later years of life should be a time of enjoyment and continued positive, intellectual and emotional growth.

Senior adults experience a variety of unique and difficult life changes that can be overwhelming at times. For some, these challenges include declining physical or mental capabilities, the loss of independence and the loss of loved ones. These changes

may cause confusion, depression, anxiety and withdrawal.

Many who lived through the Great Depression and war years often try to overcome their emotional obstacles on their own. Often unrecognized for a treatable condition, depression and feelings of sadness are allowed to remain untreated for years, allowing senior's mental and physical health to spiral downward.

Counseling is also something unique to many older Americans.

"I think sometimes older adults are often overlooked," Shumate said. "But they just seem to be very appreciative of the consistency of a caring person helping them get to where they want to be."

Many of Shumate's patients live alone. Isolation can be the worst thing possible for those struggling.

"The great thing about our service is the primary service we offer is group therapy," Shumate said. "That's an opportunity for people to not only interact with a therapist but to get that peer support. Often times they're able

to realize 'I'm not the only one or other people have problems, too.' When you're isolated you tend to focus on what you don't have and what you can't do. Often smaller problems will exacerbate into bigger issues and they are something we can help you work on if you're open to meeting new people and participating in the process."

Transportation is provided within a 35-mile radius and vehicles are equipped with wheelchair lifts. Program services are offered during the day which allows patients to return to their homes in the afternoon.

Norman Regional Senior Counseling Center provides three group therapy sessions that incorporate fun and friendliness while discussing life's victories and challenges.

A relaxed, comfortable environment is provided where patients are encouraged to participate in groups and is designed to promote achievement of individualized treatment goals.

Participants are served a lunch and provided snack breaks

*Continued next page*

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## INTERVENTION

Continued from Page 6

between sessions. Inspiration provides bathroom assistance to meet each patient's individual needs. Services are approved and monitored by a physician.

Farhan Jawed, MD, is the medical director of the counseling program.

"Norman Regional Senior Counseling Center provides stability for a vulnerable population," Jawed said. "Our services create routine and structure as we support the patient's overall well-being. We collaborate with family to provide education about their loved one's psychiatric disorder to support successful treatment outcomes."

Shumate said each day often begins with patient arriving and greeting one another over coffee.

Relevant group therapy curriculum is always planned but Shumate says the beginning moments where patients are encouraged to share victories and setbacks often will steer the conversation.

There are breaks and then lunch is served.

Shumate knows the lunch hour is often a time when seniors are able to begin processing their morning.

"Often times you'll hear people say 'I never thought about that. This is motivation for me to try new things,'" Shumate said. "A lot of our folks who have been isolated or depressed we don't just say 'call this number.'"

"You'll hear a lot of encouragement in the dining room - peer support - and then they go home on the bus and that's more socialization time."

Signs you or a loved one could use help:

- \*Sadness/Depression
- \*Irritability or agitation
- \*Loss of interest in activities
- \*Feelings of suspicion and mistrust
- \*Excessive worry and anxiety
- \*Tearfulness or crying spells

Norman Regional Senior Counseling Center offers two schedule options for participants. The morning program runs from 9 a.m. to noon and the afternoon program is offered



Liz Shumate, LCSW, says resources are available to help seniors find happiness at any age.

from 11:45 a.m. to 2:45 p.m. with transportation offered.

If you or someone you know could benefit from this program simply call (405) 912-3495. A

screening will be provided at your convenience in the comfort of your home. Medicare is accepted.

## OVERVIEW OF SERVICES

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# Commons on Classen not so common

by Bobby Anderson  
Staff Writer

Five years ago, a developer invited Roland J. Chupik's Neighborhood Housing Services Oklahoma group to help rehabilitate Wesley Retirement Village located at NW 12 and Harvey.

The 85-unit apartment complex was formerly Wesley Hospital, which later became Presbyterian Hospital from 1911 to 1964.

"The marketing study that went along with that showed the need for senior independent living is just incredible," said Chupik, the general manager of NHS Oklahoma. "There's no way we're meeting that need."

In an effort to do just that the group turned its attention to the heart of the city, in particular along Classen Drive just north of St. Anthony Hospital.

The result is an astounding 48-unit complex that wows before you even make it through the

door.

The Commons, located in a residential area in downtown Oklahoma City, already looks like a fixture between the booming Midtown District to the south and the coveted Mesta Park neighborhood to the north.

The newly-constructed, energy-efficient complex is designed for those 62 and older.

One-bedroom, two-bedroom and efficiency offerings come fully equipped with washer and dryer, microwave, stove/oven, garbage disposal, refrigerator and dishwasher.

"It's amenity-rich in terms of providing what residents need," Chupik said.

Over-delivering was the hallmark of the project.

"It was extremely important because we encounter that all the time - 'not in my backyard,'" Chupik said of the affordable-living concept. "We wanted to show not



Roland J. Chupik, executive director of Neighborhood Housing Services Oklahoma, has helped bring affordable luxury to Oklahoma seniors.

only the neighborhood but the city head."

and whoever was interested that The Commons gives residents affordable housing particularly for quick access to several shopping seniors doesn't have to be what locations. people think that might be.

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"I think we nailed it on the

See COMMONS Page 11



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# Mental Health Coordinator Receives Ramana Award

Amy Chlouber, Sunbeam Family Services Early Childhood Mental Health Coordinator, LPC-S, was recently honored with the 2017 C.V. Ramana Award. The award recognizes Chlouber for her outstanding contributions to children's mental health in Oklahoma.

The C.V. Ramana Award was established to honor individuals who have played exceptional roles in enhancing awareness of children's needs and the development of education and services to meet those needs.

Amy leads Sunbeam's Infant Mental Health efforts with enhanced and expanded Infant Mental Health services across the organization's four core programs: early childhood, foster care, counseling and senior services. She and her team also provide training for child welfare professionals and the District Courts of Oklahoma County as

well as community presentations that create awareness about the mental health needs of infants and very young children who experience stress and trauma.

"Amy leads this initiative with her vision and passion for the youngest and most vulnerable in our community. She is the Russell Westbrook of Infant Mental Health. Talented. Passionate. Resourceful. Focused," said Sunbeam Family Services CEO Jim Priest. "I don't know how well she shoots free throws, but I know she consistently scores a triple double in the arena of Infant Mental Health."

Amy is an Endorsed Infant Mental Health Mentor-Clinical/IMH-E® (IV-C) who has worked in the mental health field for more than 20 years, specializing in infant and early childhood mental health in public, private and non-profit organizations.

See AWARD Page 11



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# Life and limb NRH leading the way

by Bobby Anderson  
Staff Writer

Karen Ritchie, RN, has seen the looks come across the faces of new patients walking into the Norman Regional Oklahoma Wound Center.

There's the understandable fear, anxiety and trepidation that comes with a process that has the possibility of unthinkable outcomes – the loss of limb and possibly life.

As Norman Regional Health System's diabetic limb salvage nurse navigator, Ritchie always has a smile, caring word and a message for those patients: There's hope.

That was just one of the messages stressed by Dr. Desmond Bell, DPM, CWS, president and founder of the Save a Leg, Save a Life Foundation (SaLSal) during his presentation "The Gift of a Second Chance."

Bell's presentation capped a month-long awareness campaign

spearheaded by Dr. TaySha Howell and staff at the Oklahoma Wound Center.

"SaLSal is about creating awareness in the community and educating patients as well as the medical community," said NRHS cardiologist Dr. Archana Gautam. "For many years everyone knew about peripheral vascular diseases but nobody was aggressive at treating it."

Ritchie says that in any given year Oklahoma is No. 1 or No. 2 in the nation in total amputations.

The statistics Bell shared are alarming with more than 65,000 major amputations performed annually for crucial limb ischemia (CLI) alone.

Within five years nearly 70 percent of those patients are dead. FAILURE IS NOT AN OPTION

"Amputation should not be seen as a treatment option, but a treatment failure," Bell said, quoting one of his



Oklahoma Wound Center Medical Director Dr. TaySha Howell (second from left) and cardiologist Dr. Archana Gautam (far right) and Karen Ritchie, RN, hosted Save a Leg, Save a Life founder Dr. Desmond Bell to promote limb salvage awareness.

colleagues.

The five-year mortality rate for a non-healing neuropathic ulcer is 45 percent.

Bell singled out the Oklahoma Wound Center as a national leader in

promoting wound care awareness.

"Your group here has done a phenomenal job and I just can't thank you enough," he said. "You may not realize this but Norman

See NRH Page 11

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## AWARD

Continued from Page 10

She has provided home and office-based therapy services and support to biological, kinship, foster and adoptive families. Amy developed and served as Clinical Director of a private mental health agency satellite office where she provided consultation and training to child welfare professionals and foster families as well as content expertise in juvenile court. She served on the Board of Directors of Canadian County CASA and provided training to CASA volunteers for many years. Amy was one of the original therapists chosen to participate in Oklahoma's Early Childhood Mental Health Consultation pilot in licensed child care facilities. She served as

the Mental Health and Disabilities Coordinator for Early Head Start through Sunbeam Family Services where she provided consultation and training for direct care and administrative staff and was instrumental in the design of the mental health program of OKC Educare. Amy left Sunbeam to work at the state level for seven years providing leadership and oversight of the Oklahoma Infant and Early Childhood Mental Health Strategic Plan. She has served on numerous local, state and national early childhood work groups. Amy is on the Board of Directors of the Oklahoma Association for Infant Mental Health (OK-AIMH) and is currently President-elect. She returned to Sunbeam in 2015 as the Early Childhood Services Manager.



Amy Chlouber, LPC-S was recognized recently for her work with the 2017 C.V. Ramana Award. She is pictured here with the late C.V. Ramana's wife, Marjorie, left, and their son, Rob Ramana.

## NRH

Continued from Page 10

you all have been the model for what is to come and I'm sure what we're going to accomplish you'll look back on this day and be very, very proud in the next few years."

After Bell addressed the group, patient after patient shared stories about their treatment journey at Oklahoma Wound Center.

"I drive a truck for a living and I was worried about not being able to do what I did," said Eldon P., who presented with a diabetic toe. "I didn't want to be in a wheelchair. It's pretty scary and I went through some pretty rough times emotionally thinking I might lose a limb."

The therapies, including hyperbaric oxygen dives, helped save his foot.

"It was a long journey, but well worth it," said Carol T., beginning to tear up while sharing her diabetic ulcer story. "I definitely got the second chance message. There are things you take for granted until you could be missing it. I just thank Dr. Howell and her whole team."

Bell said the SalSal Foundation is in its infancy, much like the Breast Cancer Awareness group Susan G. Komen Foundation was years ago.

That group started with a promise from one sister to another.

"Imagine what we could do if we had a dollar from every single person with diabetes in this country. It's mindboggling but it's achievable," Bell said. "Five years from now we'll look back and the things you all have done for our organization will be among the most impactful."

Bell pointed out that the underlying factors such as diabetes

and peripheral artery disease and obesity are more universal than cancer.

"If someone gets the word cancer thrown at them then all the wheels are set in motion and they become their own best advocate," Bell said. "Yet our patients don't understand what's happening. They don't understand the pain that's ahead of them. It's probably one of the most undignified ways to leave this world."

"We have to do better, simply stated."

Howell, wholeheartedly agrees and has a message for patients and clinicians.

"It's so vital because either the patient doesn't realize how serious it is but also sometimes to primary care doctors the wound doesn't look really infected, big or the patient doesn't complain it hurts," Howell said. "So a month goes by and another and they get bone infection or no blood flow and it just blows up into some disaster where if they come when they first have a wound it's so much easier to turn around."

That's why Ritchie loves her job, because she understands she truly saves lives. "It's awesome. Wound care is very different than being a staff nurse or floor nurse," Ritchie said. "With those patients they come in and you make them feel a little bit better and they are discharged and go on their way. With wound care they come in with wounds they know are going to take time to heal and you see them for weeks."

"Once you know they've been successful - that's the most awesome, most fulfilling feeling."

"That's what you went to nursing school for."

## COMMONS

Continued from Page 8

to enjoy the splash pad, tot lot and patio grills for an afternoon or evening.

Property staff attends to those day-to-day tasks that residents no longer have to concern themselves with such as lawn care and maintenance.

A fitness facility, computer lab and library are all located within the building.

"It goes back to our mission," Chupik said.

The Commons is actually the group's former headquarters.

"It's just exceeded our expectations," Chupik said. "When you talk to the residents they'll tell you it's the best place they've ever lived."

A lot of time and effort - along with meetings with local neighborhood organizations - went into making sure the building and its footprint would fit seamlessly into the area.

Resident Manager Shannon Hitchcock said the interest in the property has been strong.

"(The waiting list) is going to be fairly long but right now I still have openings," Hitchcock said. "I anticipate there will be a two or three-year waiting list."

To help residents on a budget, the property was constructed with energy efficiency in mind. Foam insulation inside walls helps prevent energy loss while higher R-value windows help block excess heat from entering.

### HISTORY OF HELPING

In the late 1970s, the country was facing a decline in the economy.

The oil embargo hit Oklahoma particularly hard and neighborhoods began to turn into ghost towns as people fled homes they could no longer afford. The abandoned houses began to deteriorate and crime began to rise as a result.

A group of dedicated Oklahoma City residents fought to combat this by banding together and forming "Residents for Capitol Hill Improvement." This organization petitioned the city to provide funding to help provide quality-housing options, which would help alleviate the decline.

Eventually this grassroots organization merged with NeighborWorks America, an organization dealing with the critical need for affordable housing across the country.

Over time, the grassroots organization evolved into Neighborhood Housing Services Oklahoma.

In 2016, the group celebrated its 35th anniversary and continues its dedication of helping create affordable, quality housing options and to help families create wealth.

Potential Commons residents must be 62 or older and meet income guidelines. The application process can usually be completed in less than a week.

Hitchcock said the majority of residents are active adults who are downsizing or coming from a less energy-efficient property.

"It's important this process continues," Chupik said. "This is the beginning but I don't think we'll end our mission for affordable housing. If it's possible to build even better we'll do that but I'm not so sure it's possible."

## TRAVEL/ ENTERTAINMENT

# Thirtieth Anniversary of the Oklahoma Sovereignty Symposium: June 7 & 8

Photography and Text by Terry "Travels with Terry" Zinn [t4z@aol.com](mailto:t4z@aol.com)

Preceding the Red Earth Festival in Oklahoma City is the informative, entertaining and thought provoking Sovereignty Symposium. Being established in 1988 the Symposium is about to celebrate its thirtieth anniversary in the historic Skiving Hotel. For two days, June 7 and 8 the most prestigious speakers from the Judicial and Native American Leaders and artist gather to share their knowledge and expertise.

The mission statement of the Sovereignty Symposium states: "The Sovereignty Symposium was established to provide a forum in which ideas concerning common legal issues can be exchanged in a scholarly, non-adversarial environment."

Oklahoma Supreme Court Justice Yvonne Kauger has coordinated the Sovereignty Symposium since its inception. About its formation Justice Kauger says, "We did it because John Doolin kept going to the National Association of Chief Justices and they have an Indian law committee, but he went three times and came back and said, "They're never going to do anything. They talk about it, they say they're going to

have a seminar, they say they're going to do this. They haven't done anything and they're not going to do anything." And they still haven't.

So he said, "We'll just do our own."

"Governor Bellmon was very instrumental in helping us, and Ed Edmondson, and we did it. And now we've been doing it, and no one gets anything for doing this, they pay their own way. We have the best legal scholars in the world and they pay their own way and they get a T-shirt for coming and our thanks."

Of particular interest and creativity is: SIGNS, SYMBOLS AND SOUNDS, moderated by the talented, WINSTON SCAMBLER, Student of Native American Art, who has gathered for his seminar: FRITZ KIERSCH, Assistant Vice President, Point Park University, Pennsylvania; ERIC TIPPECONNIC, (Comanche), Historian, Artist, and Professor, California State University, Fullerton; JASON MURRAY, (Chickasaw),

Independent Scholar & Professor, Formerly of the University of South Dakota; POTEET VICTORY, (Cherokee/Choctaw), Artist; BRENT GREENWOOD, (Ponca/Chickasaw), Artist and Musician; JOSHUA HINSON, (Chickasaw), Chickasaw Language Revitalization Program and GORDON YELLOWMAN, (Cheyenne), Peace Chief, Assistant Executive Director of Education, Cheyenne and Arapaho Tribes.

Winston Scambler is the youngest moderator, as he is an upcoming senior at Heritage Hall and wise beyond his years. Scambler continues the seminar "Signs, Symbols and Sounds," he began last year.

"I attribute my initial interest to my grandmother, Justice Kauger. She was adopted into the Cheyenne and Arapaho tribe and is called the Mother of the Red Earth Powwow," Scambler proclaims. "Through her Influence I've grown up with Native American Art and really love it."

With the guidance of photograph Neil Chapman, Scambler educated himself in art with assistance from the archives at the Oklahoma History Center, before forming his seminars.

One of his favorite artists and speakers this year is Eric Tippeconnic. "Eric likes to talk about the symbols he uses, as it means something different to everyone. You'll see a lot of hand prints and horses," says Scambler. "This year he is doing something really contemporary with his series called, Briefcase Warriors."

Other sessions with their moderators include:

**ECONOMIC DEVELOPMENT** with JAMES C. COLLARD, Director of Planning and Economic Development, Citizen Potawatomi Nation; **LAND, WIND AND WATER** with PATRICK WYRICK, Justice, Oklahoma Supreme Court;

**TRUTH AND RECONCILIATION: GENERATIONAL/HISTORICAL TRAUMA AND HEALING** with NOMA GURICH, Vice Chief Justice, Oklahoma Supreme Court;

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Justice Yvonne Kauger.

**FOR INDIAN AFFAIRS**, with JOHN REIF, Justice, Oklahoma Supreme Court.

Since its inception in 1988, the Sovereignty Symposium has awarded the status of "Honored One" to unique individuals whose life time contribution to the world, the United States, the State of Oklahoma and their personal communities are without peer. Past recipients include Justice Sandra Day O'Connor, the first woman appointed to the United States Supreme Court; former Attorney General Janet Reno, Astronaut Commander John Harrington and Cherokee Chief Wilma Mankiller.

This years Honored Ones, are Former Assistant Secretaries of the Interior for Indian Affairs: Thomas W. Fredricks, Ada E. Deer, Neal McCaleb, Carl Artman and Larry Echo Hawk..

The Friend of the Court for this year goes to Kris Steele. The Ralph B. Hodges-Robert E Lavender Award for Judicial Excellence Award goes to Oklahoma Supreme Court Justice Seven Taylor (Retired).

Benjamin Harjo, Jr. (Seminole & Shawnee), designed and donated the logo for the Sovereignty

Symposium. The Lighthorseman depicts an Indian policeman framed in a star. In Indian Territory, the Five Civilized Tribes had a body of men, the Lighthorsemen, who served as a mounted police force. The Lighthorsemen helped the United States Army to keep peace in Indian Territory and to drive out white intruders. Considerable latitude was given to the Lighthorsemen in enforcing the judgments of the courts. Harjo has won many awards in major Native American art shows in the United States. His generosity is appreciated in designing and in donating the logo.

General Admission of \$300 for both days may be found with your registration at, [www.thesovereigntysymposium.com](http://www.thesovereigntysymposium.com) or [sovereignty.symposium@oscn.net](mailto:sovereignty.symposium@oscn.net)

You may want to add on to your cultural entertainment, the Red Earth Festival and Powwow June 8 and 9th at the Cox Convention Center near the Skirvin Hotel in downtown Oklahoma City The festival includes dance competitions and a high quality Native American art show and sale. <https://www.redearth.org/>



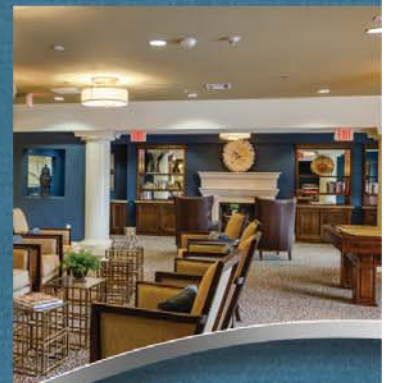


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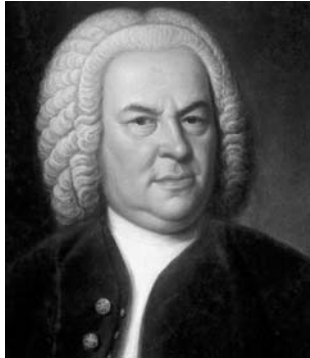
## Bach and Brahms: The Sequel!

The Brightmusic Chamber Ensemble presents "Bach and Brahms II" in its sixth annual spring chamber music festival at St. Paul's Cathedral in downtown Oklahoma City.

The four-concert festival will present some of the best-loved works by two of the world's greatest composers, including two of Bach's Brandenburg Concertos and works for organ, a cello suite, a cantata, and the powerfully moving Chaconne from Bach's Partita No. 2 in D minor, described by violinist Joshua Bell as "not just one of the greatest pieces of music ever written, but one of the greatest achievements of any man in history." Also on the program will be works by Brahms: sonatas, organ and chamber works and lieder featuring Philadelphia baritone Randall Scarlata.

Fourteen Brightmusic musicians will be appearing during the Festival. See the attached sheet for a complete list.

All concerts will begin at 7:30 pm, except for the 4:00 pm Sunday concert, at St. Paul's Cathedral, 127 NW 7th Street (at Robinson). A pass for all four concerts is available at the door or on our website at [www.brightmusic.org/concerts](http://www.brightmusic.org/concerts) for \$50 each (a savings of \$30 over individual concert tickets of \$20). Students and active-duty military personnel are admitted free with ID. Also, any who would like to attend but feel they cannot due to financial hardship as a result of recent layoffs in the energy sector are invited to join us as guests of the musicians by simply advising the person at the front desk that they are guests of the musicians and no questions will be asked. More information about the festival is available on Brightmusic's website at <http://www.brightmusic.org>.



## American Nurses Association Urges Congress to Reject American Health Care Act

The American Nurses Association (ANA) today announced its continued opposition to the pending American Health Care Act (AHCA) and urges Congress to reject this flawed legislation. ANA, which represents the interests of more than 3.6 million registered nurses, has expressed serious concerns throughout negotiations about the critical impact the AHCA would have on the 24 million people who stand to lose insurance coverage if AHCA becomes law.

"This bill is an extreme departure from ANA's priorities," said ANA President Pamela F. Cipriano, PhD, RN, NEA-BC, FAAN. "AHCA would cut Medicaid funding by \$880 billion over 10 years, dramatically increase premiums on seniors, restrict millions of women from access to health care, weaken the sustainability of Medicare, and repeal income-based subsidies that have made it possible for millions of families to buy health insurance."

Under AHCA, states would have the option to waive essential health benefit protections which prevent insurance companies from charging Americans with pre-existing conditions significantly more for coverage. Even worse, insurers could decline coverage for substance abuse treatment, maternity care, and preventive services. "As the nation's most trusted profession



**ANA President Pamela F. Cipriano, PhD, RN, FAAN**

and largest group of health care professionals, nurses understand the importance of health coverage," Cipriano continued. "ANA urges Congress to not deny peoples' right to health care and quality of life by standing with the American people in opposing AHCA in its current form. ANA will continue to work with Congress to help improve health care delivery, coverage, and affordability for all Americans."

## Caregivers Learn Self-Care Strategies at Annual Conference

The 19th Annual Caregiver Survival Skills Conference is scheduled for 9 a.m.-2:45 p.m. Friday, June 9 at Church of the Servant Community Hall, 14343 N. MacArthur Blvd.

The theme for this year's conference is United in Caregiving: You Are Not Alone. The conference affirms for caregivers that being responsible for another person is challenging and many caregivers feel unprepared, overwhelmed or stressed. The Annual Caregiver Survival Skills Conference will bring expert speakers together to equip conference-goers with important skills and resources they can implement immediately.

Jerry Shiles, estate planning and elder law attorney with Parman and Easterday, will be one of the event speakers. He is the co-author of

two books, Estate Planning Basics: A Crash Course in Safeguarding Your Legacy and Guiding Those Left Behind in Oklahoma: Settling the Affairs of Your Loved One. He is a speaker on estate planning and elder law on television, radio, newspapers and for community groups. He is one of 21 certified elder law attorneys in the state of Oklahoma, a member of the American Academy of Estate Planning Attorneys and National Academy of Elder Law Attorneys.

Other speakers include Andrea Sneed, Sunbeam Family Services Respite Services Coordinator; and keynote speaker Meredith Shafer, executive director of the Wegener Foundation, an organization that supports programs that serve at-risk children and youth. She is also a wife, mother and author of My

Pink Champagne Life and Mad Cow: A PTSD Love Story.

The Annual Caregiver Survival Skills Conference is sponsored by Sunbeam Family Services, Concordia Life Care Community, Home Instead Senior Care and Mercy Hospital. In addition to the speakers, the conference will provide complimentary breakfast and lunch as well as a resource fair. The registration and resource fair will open at 8:30 a.m. There is a suggested donation of \$10 to attend the conference; please make checks payable to Mercy Community Outreach. Registration deadline is June 1. For more information or to register, call 405.936.5821. Please leave a message with your name and phone number, and your call will be returned for confirmation.

## Non-profit giving away money

Central Oklahoma Chapter of Hearing Loss Association of America has received scholarship applications and is now in the process of determining which two applicants will receive \$1,000 each for the fall semester of college next year. This is the second year that the Central Oklahoma Chapter of HLAA has given scholarships to local students. The summer season sees activities slow down but one would not know it from the schedule. This is a time of fun and planning for HLAA Central Oklahoma Chapter. May and June the chapter holds "fun" nights instead of regular chapter meetings. Several local members are preparing to attend the national convention in Salt Lake City this June. In August we have an ice cream social where new chapter officers will be introduced and our scholarships will be awarded. All events are open to the public and there is no charge for attendance. Visit our website for more information. WWW. OKCHearingLoss.org.



# SENIOR TALK

Read what other Seniors have to Say...

*What do you like about summer? Commons on Classen*

Picnics, campouts and going to the lake.



Kathy Swan

Staying in the AC and watching the birds and squirrels.



Margaret Salter

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With Seniors  
Throughout The State**



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**SENIOR TALK**  
or call  
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**405-631-5100**

The flowers, watching people jog and exercise and getting my little puppy and playing with him.



Barbara Gossett

It ain't cold. I can't ride my scooter wherever I want in the winter.



Mike Davis

## CROSSWORD CORNER

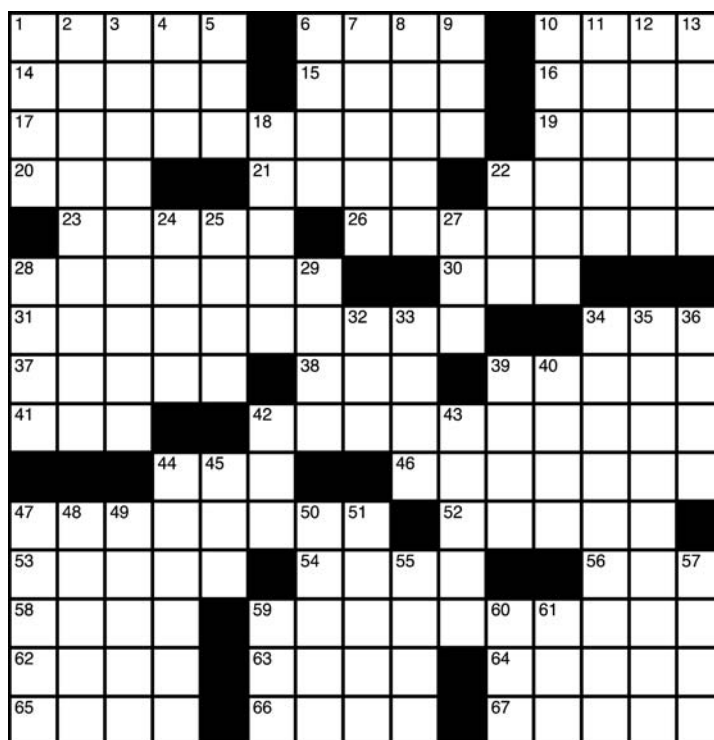
### Across

- 1 Pricey  
6 Place for a chicken  
10 Herring prized for its roe  
14 Use a lectern  
15 A fan of  
16 Tortilla snack  
17 With 59-Across, words from a fictional mariner ... and a hint to both parts of 26-, 31-, 42- and 47-Across  
19 Any minute now, to a bard  
20 Tampa-to-Jacksonville dir.  
21 Frosty coat  
22 Fern-to-be  
23 Criticize sneakily  
26 Oil conduit  
28 Chef's tool  
30 Fire, or fire-fighting tool  
31 Electricity source  
34 Astronaut Grissom  
37 Incriminate with false evidence  
38 \_\_\_-Locka, Florida  
39 Emaciated  
41 Messy spot  
42 Reaganomics term  
44 \_\_\_ Kan: Alpo rival  
46 Fit as a fiddle and tough as nails  
47 Primary entrance  
52 Exams for would-be

### attys.

- 53 Shore eagles  
54 Object of worship  
56 Dick's wife, twice  
58 \_\_\_-Seltzer  
59 See 17-Across  
62 Safe document  
63 Left  
64 Conundrum  
65 They may be split or tight  
66 \_\_\_ buco: veal dish  
67 Make a mess of
- Down**  
1 Seeded  
2 Convey  
3 Completely eroded  
4 Nice season?  
5 Part of 60-Down  
6 "Ta-ta"  
7 Coming up next  
8 Ferrell's "SNL" cheerleading partner  
9 \_\_\_ favor: Pedro's "please"  
10 Paper clip alternative  
11 Onetime capital of French Indochina  
12 Oak nut  
13 Charity, say  
18 Puppy  
22 Masters and Johnson subject  
24 Agenda line

- 25 Partner of simple  
27 First lady after Lady Bird  
28 Suntan lotion numbers, briefly  
29 Baseball's Matty or Felipe  
32 Droid download  
33 Snoozes  
34 Free from blame  
35 Not wanted  
36 Fr. holy women  
39 Places with rings and horses  
40 Massive land mass  
42 Gp. that kidnapped Patty Hearst  
43 Big name in pharmaceuticals  
44 Works on, as dough  
45 Top prosecutors: Abbr.  
47 Maryland's Fort \_\_\_  
48 "Over the Rainbow" composer Harold  
49 Signed in pen  
50 DVR devices  
51 Blissful places  
55 Treat often split  
57 Nothing  
59 \_\_\_ trip  
60 Typing meas.  
61 \_\_\_ polloi



Answers on page 25



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# Oklahoma Senior Follies announces its 2017 King

Maestro Joel Levine, conductor of the Oklahoma City Philharmonic, is the 2017 King of the Oklahoma Senior Follies. Many of the cast members have worked with Levine when he was with Lyric Theatre. His court of Beauties includes Carolyn Nimmo, Charlotte Franklin, Billie Thrash, Willa Johnson, Glenna Tanenbaum and Barbara Harjo.

Oklahoma Senior Follies is a 501c3 entity and will be partnering with the Oklahoma Alzheimers Association this year. Its mission is to "promote, encourage and stimulate the social and active lives of our Oklahoma seniors". It also sponsors the Joy Tour performances throughout the year bringing joy to seniors in retirement centers, senior

centers and nursing homes.

Founded in 2011 by Bobbie Burbidge Lane, this is the 7th year for the Follies extravaganza and the theme is Yesterday, Today and Tomorrow. It will include some of the cast's grandchildren in "Tomorrow", Disney Princesses, singers, dance groups, Count Gregore, Elvira and the Rat Pack plus four. Directed by well known actor, singer and director Terry Runnels, the show has something for everyone.

Shows will be Friday and Saturday, June 9th and 10th at 7 p.m. and Sunday, June 11 at 3 p.m. at OCCC, 7777 S. May. Tickets may be obtained by calling the box office, (405) 682-7579 or by going online at [tickets.occc.edu](http://tickets.occc.edu).



2017 Oklahoma Senior Follies King Maestro Joel Levine and his Beauties, (clockwise) Charlotte Franklin, Carolyn Nimmo, Glenna Tanenbaum, Billie Thrash, Barbara Harjo and Willa Johnson.

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\*SLU's Administrator Level 1 course is listed as recommended references on NAB's website.

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Arbor House of Mustang	60	Mustang	405-376-2872	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
Arbor House of Norman	54	Norman	405-292-9200	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
Arbor House of Midwest City	58	Midwest City	405-455-3900	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
Arbor House Reminisce Center	48	Norman	405-310-2499	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
Ashton on the Green <i>Independent Living</i>		El Reno	405-262-4700		*					*		*		*	*	*
Chateau on the Green <i>Independent Living</i>	44	Moore	405-793-4200	<a href="http://www.chateauonthegreen.com">www.chateauonthegreen.com</a>								*		*		
Emerald Square <i>Independent Living/Assisted Living</i>	75	OKC	405-787-4466	<a href="http://www.meridiansenior.com">www.meridiansenior.com</a>	*	*		*	*		*	*	*	*		
Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	<a href="http://www.featherstoneretirement.com">www.featherstoneretirement.com</a>	*	*		*	*		*	*	*			
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	<a href="http://www.fountainbrookliving.com">www.fountainbrookliving.com</a>	*	*	*	*	*	*	*	*	*	*	*	*
Gardens at Reding <i>Independent Living</i>	157	OKC	405-636-1537	<a href="http://www.gardensatredingseniorliving.com">www.gardensatredingseniorliving.com</a>									*	*	*	*
Heritage Point of OKC <i>Assisted Living Alzheimer &amp; Memory Care</i>	54	OKC	405-252-8200	<a href="http://www.heritagepointokc.com">www.heritagepointokc.com</a>	*		*	*	*	*	*	*	*	*		
Iris Memory Care		Edmond	405-330-2222	<a href="http://www.irisseniorliving.com">www.irisseniorliving.com</a>	*	*	*	*	*		*		*			
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	<a href="http://meadowlakesretirementvillage.com">meadowlakesretirementvillage.com</a>	*		*	*	*	*	*	*	*	*		
Savannah House of Moore		Moore	405-378-2500									*				
Savannah House of Norman I		Norman	405-329-2450								*	*				*
Savannah House of Norman II		Norman	405-701-8440								*	*		*		*
The Veraden		Edmond	405-359-1230	<a href="http://www.veradenlife.com">www.veradenlife.com</a>	*	*	*	*	*	*	*	*	*	*	*	*
Timberwood Senior Housing <i>Senior Housing</i>	100	OKC	405-619-0079		*	*	*			*	*	*				
Whispering Creek <i>A Gated Retirement</i>	52	Mustang	405-820-4058	<a href="http://www.whisperingcreekretirement.com">www.whisperingcreekretirement.com</a>					*		*		*	*		
Wyndam Place <i>Senior Residences</i>	70	Norman	405-310-2266	<a href="http://www.beacon-mgmt.com">www.beacon-mgmt.com</a>							*		*	*		
Grace Pointe <i>Cottage Homes</i>		Moore	405-703-0999	<a href="http://www.gracepointeliving.com">www.gracepointeliving.com</a>					*		*		*	*		
Grand Tapestry at Quail Springs <i>55+ Active Adult Rentals</i>	140	OKC	405- 605-6900	<a href="http://www.tapestryokc.com">www.tapestryokc.com</a>							*	*	*	*	*	*
Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	<a href="http://www.meridiansenior.com">www.meridiansenior.com</a>	*	*	*	*	*	*	*	*	*	*		

Note: This guide does not represent a complete listing of facilities. Only those advertising in this publication are shown. Call us at 405-631-5100 to be included.

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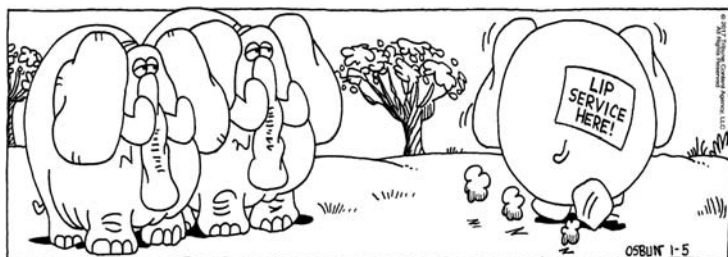
## Broom Hilda

By Russell Myers



## Animal Crackers

By Fred Wagner



## Gasoline Alley

By Jim Scancarelli



# JUMBLE

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

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AVERB				
○				○


MUTTOS				
		○		○

NINETT					

Check out the new, free JUST JUMBLE app



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

Print answer here:  (Answers Next Month)

May	Jumbles: AMUSE TOOTH THRILL FLAWED
Answers	Answer: They were enjoying the all-you-can-eat steak restaurant — TO THE FULLEST



**Vicki L Mayfield, M.Ed.,  
R.N., LMFT Marriage and  
Family Therapy Oklahoma**  
*If you would like to send a  
question to Vicki, email us at  
news@okcnursingtimes.com*

**Q. I never really thought about "conversational intimacy" and the role it plays in a relationship. It is much harder than people think and sad to think I lost my marriage because of it. I wanted to make others aware of the knowledge I gained and to encourage you to do it before it is too late.**

A. My name is Jim and I was married for 16 years. My wife and I both worked full time and we were raising two children. We were busy like all married couples with children's activities and managing a home.

My wife would occasionally tell me that we needed "to talk" and I would get very busy hoping she would forget. She didn't. These "talks" always made me anxious. She wanted to discuss a problem or issue related to our marriage or "my behavior." I would attempt to talk, she would get frustrated and I would completely forget the English language. She could "out talk" me.

We went to counseling and my wife would vent her frustrations to the counselor, often crying saying how alone she felt. I would sit there and pat her on the back, which interesting enough made her dislike me even more. That's when I learned about "conversational intimacy" (which I was lacking).

The counselor had us sit facing each other and make eye : (Also hard to do). It was really grueling and strangely informative. I realized that my wife and I had no trouble with physical intimacy (that is until she began to really dislike me) but I'm not sure we ever really had conversational intimacy to begin with. Of course we "talked" during dating and engagement and I'm sure after we married but intimate conversations were rare.

We practiced in the counselor's office but at home we struggled. My wife had developed some resentments towards me for my lack of concern for her desire to talk, apparently building for several years. I learned that resentments can't easily be discarded.

She was upset that it took so long for me to “get it.” When she told me that she wanted a divorce I was devastated. I had no idea I had caused so much damage by not making myself available, listening, validating her feelings and trying to find solutions. Having physical intimacy was way more enjoyable and didn’t really require much talking. I made myself very available.

As I sit here in my apartment, alone, after taking my children back to my ex-wife's house (previously my house too), I have become wiser. I learned how important it is to occasionally have deep conversations, to really get to know the person that I have grown to love.

new drug and you find it does help your symptoms. But when you are told it will cost \$475 after your samples are gone, what is the point.

I was personally given a prescription for a skin cream, with a coupon because the doctor told me it might be expensive. When I went to pick up the prescription the pharmacy tech had a strange look on his face when he told me the small tube of cream was \$1042 after the coupon!!

Be cautious. Pay attention to the side effects listed for these drugs. If you can make behavioral or life changes, try that first. Your health and your money are at risk.

S	T	E	E	P		C	O	O	P		S	H	A	D
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STREET ADDRESS

APT. CITY

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☐ Please bill my VISA.

☐ Please bill my Master Card.

CARD NUMBER

EXP. DATE CVV NUMBERS



## May AARP Drivers Safety Classes

**Date/ Day/ Location/ Time/ Registration # Instructor**

- Jun 1/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Palinsky**  
 Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100
- Jun 3/ Saturday/ Chandler/ 9 am - 3:30 pm/ 258-5002/ Brase**  
 Thompson Insurance - 121 W. 10th St.
- Jun 9/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards**  
 SW Medical Center - 4200 S. Douglas, Suite B-10
- Jun 16/ Friday/ Okla. City/ 9 am - 3:30 pm/ 942-4339/ Palinsky**  
 Will Rogers Senior Center - 3501 Pat Murphy Dr.
- Jun 17/ Saturday/ Moore/ 9 am - 3:30 pm/ 799-3130/ Palinsky**  
 Brand Center - 501 E. Main St.
- Jun 23/ Friday/ Okla. City/ 9 am - 3:30 pm/ 691-4091/ Palinsky**  
 Mercy Hospital - 4300 W. Memorial Rd, Rm A/B
- Jun 28/ Wednesday/ Okla. City/ 9 am - 3:30 pm/ 522-6697/ Palinsky**  
 Department of Disability Concerns - 1111 N. Lee Ave., Suite 50
- Jul 6/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi**  
 Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100
- Jul 11/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky**  
 Rose State Learning Center - 6191 Tinker Diagonal
- Jul 11/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Kruck**  
 Dale Robertson Center - 1200 Lakeshore Dr.

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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