

Aquarium  
donated to  
The  
Veraden

PAGES 5



Survivor  
defies  
odds with  
help

PAGE 8



# SENIOR NEWS & LIVING

[www.seniornewsandliving.com](http://www.seniornewsandliving.com) Information for Oklahoma Seniors

June 2019 Vol. 21 Issue 6 Locally Owned and Published Each Month By Metro Publishing L.L.C.

## Still COUNTING

At 91  
Senior  
still  
entertains  
all



At 91, John Ferguson still entertains generations young and old.

by Bobby Anderson, Staff Writer

The beauty of John Ferguson is that at 91 years of age he's still finding ways to entertain others. And after delighting generations growing up in Oklahoma City, Ferguson - best known as Count Gregore - will take a shot at the big screen

Ferguson is shooting a movie this month. That's right. At 91, Ferguson is starring in Lady Usher, based on Edgar Allan Poe's short story Fall of the House of Usher. See COUNT Page 3

# Flying high

## Senior recalls WWII



At 98, Raymond Duncan still recalls his experiences as a bomber mechanic during World War II.

story and photos by Bobby Anderson, Staff Writer

A couple months ago, Raymond Duncan drove up to El Reno to accept a hand-made-quilt commemorating his military service. Membership in three difference veterans organizations makes Duncan well known in World War II circles. And even at 98, he remembers much of what he did like it was yesterday. Duncan entered into the service in 1942, the year before 5.1 million American young men were drafted. "No, I volunteered," he said. Living in Oklahoma City and working at an auto salvage company, Duncan heard the news that Pearl Harbor had been bombed. "They were fighting on both sides of this country. I knew I had to be in it," he said of his later enlistment. He spent 18 months to the day in the aerial warfare service branch, which would later become the U.S. Air Force. From Ft. Still to Florida then to Tulsa for aircraft mechanic school he eventually found himself in the 487th Heavy Bombardment Group. After three months of training in New Mexico his unit was shipped to Europe and Lavenham Air Force Base. The British vessel the Duchess of Bedford took Duncan and his unit across the pond. "We led the largest air raid during World War II," he smiled of the Dec. 24, 1944 air raid that included more than 1,400 B-24s.

See DUNCAN Page 2



## DUNCAN

Continued from Page 1

That raid - targeting the airfields at Babenhausen, Germany - was led by Brigadier Gen. Frederick Castle.

Castle was air commander and leader of more than 2,000 heavy bombers in the strike. En route to the target, the failure of one engine forced him to relinquish his place at the head of the formation.

In order not to endanger friendly troops on the ground below, he refused to jettison his bombs to gain speed and maneuverability. His lagging, unescorted aircraft became the target of numerous enemy fighters which ripped the left wing with cannon shells, set the oxygen system afire, and wounded 2 members of the crew.

Repeated attacks started fires in 2 engines, leaving the Flying Fortress in imminent danger of exploding. Realizing the hopelessness of the situation, the bail-out order was given. Without regard for his personal safety he remained alone at the controls to afford all other crewmembers an opportunity to escape.

The raid would earn Castle the Congressional Medal of Honor.

Duncan's days were spent on the ground working on B-24s and B-17s, the latter he still wears an emblem to commemorate on his belt buckle.

He built himself a hut a few feet away from the airplane he would be working on. The accommodations - made out of plywood boxes that carried bombs or tools - were better than the barracks he figured.

The bombers would go out, deliver their payload and come back.

Sometimes they wouldn't.

"It was more of a solemn situation," he said. "I never knew who was going to fly my airplane. I didn't have any idea what would happen. I never knew the 15 months I worked there that I lost a B-24."

"They were shot down 60 miles southwest of Brussels. I just found out a few years ago on the Internet."

When he exited the service he arrived in Florida and grabbed the last bus headed home.

"When I got on the bus it was already loaded. I stood up on that bus all night long until we got to Mississippi or Alabama until I finally got a seat," he said.

Back in Oklahoma, he found a job at Tinker Air Force and eventually rose to the position of supervisor of maintenance and the task of unofficially leading 11,000 workers since he only had a business college degree and not a four-year college degree.

Nevertheless, he spent 27 years at Tinker as a civilian.

Along the way he married and had two girls.

Looking back, he still struggles with wrapping his head around what happened.

"Indirectly, I can say truthfully that I was responsible for killing more people in the war than anybody in Oklahoma," he says. "Now the Bible says 'thou shall not kill.' I don't know how to feel about that."

"It's hard, but there's nothing I can do about it."

It was nearly a decade ago that Duncan received a package in the mail with a Presidential citation and a box full of medals his service had earned him.

"I've tried to write down a lot of this history I've got stitched here and there," he said.

Most days you'll find him at the Warr Acres Senior Center.

"This is my home away from

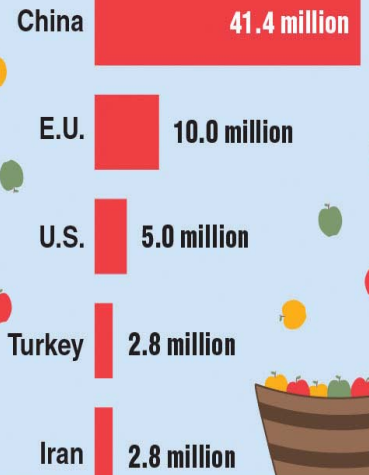
home," Duncan said of his morning domino and coffee stop.

But no matter where he's at, he'll never forget what brought him to this point.

### BizFact

#### Apples

Top producers, metric tons, 2018



Source: Foreign Agricultural Service  
Graphic: Tribune News Service



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## COUNT

Continued from Page 1

He makes sure to point out he's still a little young for the role of Mr. Usher, who is 100.

"I'm only nine short in actuality," Ferguson chuckles, noting his onscreen wife will be 40 years his junior.

Strange, mysterious characters and murder should combine for an entertaining film written, produced and directed by George Adams.

Ferguson, who spun a television career around introducing classic Universal Horror films, should be right at home.

Count Gregore, the Duke of Mukeden and a host of other characters portrayed by Ferguson were staples in Oklahoma City's Shock Theater.

He was a household name. Pretty good for a kid born and raised in Clinton, Indiana.

"I was always the smallest runt in the school. I went to high school a year early, and I was a freshman at 14. I was barely five feet tall and weighed 90 pounds. I was a target no matter what," Ferguson said.

He managed to get through high school

He was small, he was short, but with his mother's permission, he enlisted in the Navy prior to his 18th birthday.

He was quickly rejected due to vision issues.

He tried again and was rejected again - or so he thought.

He was sent back to the recruiting station for another quick eye exam, which he passed.

So in May 1945 he became a Navy man for 15 months.

"I joined the Navy to see the world but spent my entire career 70 miles from home," Ferguson said.

He was shipped 70 miles away to Great Lakes, Illinois where he spent his entire career doing clerical duty before the war ended.

Ferguson would later try the college and acting routes.

He still remembers meeting with Joe Fox of the William Morris Agency. He'll never forget while sitting outside of Fox's office the two men walking by and asking him how he was.

The men were Charlton Heston and Milburn Stone.

He had just met Moses and Doc from Gunsmoke.

Inside, Fox told him what he already knew.

"Well, you'll never be a leading man," Fox said, sizing Ferguson up.

"You're not telling me anything I don't already know," Ferguson shot back. "But I just want to be an actor."

The big screen may not have been calling at the time but it wasn't for a lot of Hollywood A-listers either as this new thing known as live television was coming into its own.

### AN OKC BEGINNING

September of 1953 was when Ferguson found his way to Tulsa.

Local TV and radio legend Danny Williams needed a villain to play opposite his hero character, Dan D. Dynamo on WKY-TV in Oklahoma City.

Ferguson came up with the character Duke of Mukeden and eventually many others including Redbear, Bazark the Robot, Dr. Person and Ubick.

But it's Count Gregore he's remembered for the most.

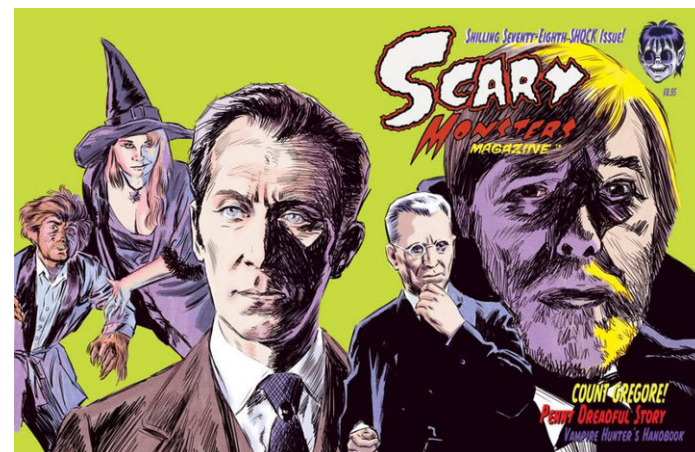
The station's operations manager asked Ferguson to come up with a character to host the late-night horror movie series.

Shock Theater needed a host and Count Gregore was it.

At 11:30 every Saturday night Count Gregore would haunt the airwaves.

Think Dracula meets a sinister Mr. Rogers and you have your man.

But the station didn't



realize it at first. They actually let Ferguson go.

At the time, he moved over to Frontier City to work in the gunfights, until one day when the station went over to get him back.

Calls and letters had flooded in. People had actually come to the station to inquire why Count Gregore was no longer on the air.

They needed Ferguson back and he would spend the next few decades delighting viewers.

Ferguson's persona would go on to host Nightmare Theater, Sleepwalkers Matinee, Creature Features and Horror Theater.

He changed with the times and even joined Williams for more than a few sock hops and personal appearances.

### STILL THE COUNT

Ferguson still makes personal appearances as Count Gregore. It never ceases to amaze him how people light up when they see him.

Halloween is his busy season. He laughs when a visitor compares his call to Christmas for Santa Claus.

"Yeah, but I get a lot more mileage out of it," he laughs.

Living in Moore, there's always an opportunity for people to recognize him.

He'll make an appearance at SoonerCon later this month and at HorrorCon July 20.



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OK

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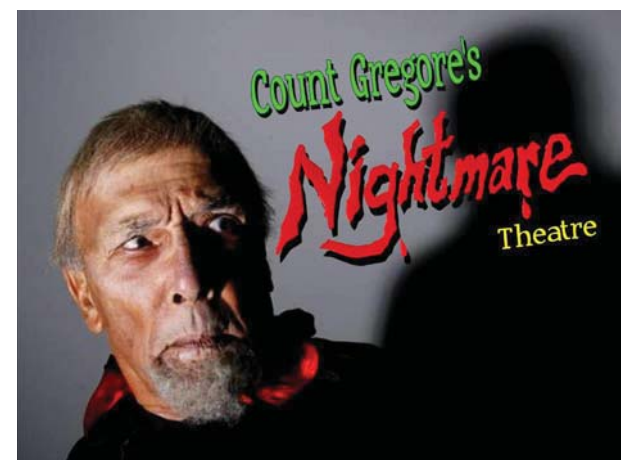
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## OPINION

# S THE SAVVY SENIOR

Dear Ready ,

Dear Ready,

Yes, it's true. It's very likely that your Social Security retirement benefits will be reduced under the terms of a government rule called the Windfall Elimination Provision (or WEP).

The WEP affects people who receive pensions from jobs in which they were not required to pay Social Security taxes. For example, police officers, firefighters, teachers and state and local government workers whose employers were not part of the national Social Security system. People who worked for nonprofit or religious organizations before 1984 may also be outside the system.

Many of these people, like you, are also eligible for Social Security retirement or disability benefits based

*Dear Savvy Senior,*

As a teacher for 20 years, I receive a pension from a school system that did not withhold Social Security taxes from my pay. After teaching, I've been working for a small company where I do pay Social Security taxes. Now, approaching age 65, I would like to retire and apply for my Social Security benefits. But I've been told that my teacher's pension may cause me to lose some of my Social Security. Is that true? **Ready to Retire**

on other work they did over the course of their career for which Social Security taxes were paid.

Because of your teacher's pension, Social Security will use a special formula to calculate your retirement benefits, reducing them compared to what you'd otherwise get.

How much they'll be reduced depends on your work history. But one rule that generally applies is that your Social Security retirement benefits cannot be cut by more than half the size of your pension. And the WEP does not apply to survivor benefits. If you're married and die, your dependents can get a full Social Security payment, unless your spouse has earned his or her own government pension for which they didn't pay Social Security taxes. If that's the case, Social Security has another rule known as the Government

## How a Government Pension Might Reduce Your Social Security Benefits

Pension Offset (or GPO) that affects spouses or widows/widowers benefits.

Under the GPO, spousal and survivor benefits will be cut by two-thirds of the amount of their pension. And if their pension is large enough, their Social Security spousal or survivor benefits will be zero.

There are a few exceptions to these rules most of which are based on when you entered the Social Security workforce.

**Why Do These Rules Exist?**

According to the Social Security Administration, the reason Congress created the WEP (in 1983) and GPO (in 1977) was to create a more equitable system. People who get both a pension from non-Social Security work and benefits from Social Security-covered work get an unfair windfall due to the formula of how benefit amounts are

calculated.

These rules ensure that government employees who don't pay Social Security taxes would end up with roughly the same income as people who work in the private sector and do pay them.

For more information on the WEP visit [SSA.gov/planners/retire/wep.html](http://SSA.gov/planners/retire/wep.html), where you'll also find a link to their WEP online calculator to help you figure out how much your Social Security benefits may be reduced. And for more information on GPO, including a GPO calculator, see [SSA.gov/planners/retire/gpo.html](http://SSA.gov/planners/retire/gpo.html).

*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" book.*

# Social Security Delivers the Most Popular Baby Names in Oklahoma for 2018

The Social Security Administration today announced the most popular baby names in Oklahoma for 2018. Liam and Emma topped the list.

The top five boys and girls names for 2018 in Oklahoma were: **Boys: 1. Liam 2. Noah 3. William 4. Oliver and 5. Elijah**

**Girls Names were: 1. Emma 2. Olivia 3. Ava 4. Isabella and 5. Harper.**

Nancy A. Berryhill, Acting Commissioner of Social Security, announced last week that Liam and Emma were the most popular baby names in the U.S. How does Oklahoma compare to the rest of the country? Check out Social Security's website -- [www.socialsecurity.gov](http://www.socialsecurity.gov)-- to see the top national baby names for 2018.

Acting Commissioner Berryhill encourages everyone to enjoy the baby names list and create a my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). my Social Security is a personalized online account that people can use beginning in their

working years and continuing while receiving Social Security benefits.

Social Security beneficiaries can have instant access to their benefit verification letter, payment history, and complete earnings record by establishing a my Social Security account. Beneficiaries also can change their address, start or change direct deposit information, and print a replacement SSA-1099 online. People receiving benefits can request a replacement Medicare card online.

People age 18 and older who are not receiving benefits can also sign up for a my Social Security account to get their personalized online Social Security Statement. The online Statement provides workers with secure and convenient access to their Social Security earnings and benefit information, and estimates of future benefits they can use to plan for their retirement.

The agency began compiling the baby name list in 1997, with names dating back to 1880. At the time of a child's birth, parents supply the name to the agency

when applying for a child's Social Security card, thus making Social Security America's source for the most popular baby names.

In addition to each state's top baby names (and names for U.S. territories), Social Security's website has a list of the 1,000 most popular boys and girls names for 2018.

To read about the winners for

the biggest jump in popularity and to see how pop culture affects baby names, go to: [www.socialsecurity.gov/news/press/releases/](http://www.socialsecurity.gov/news/press/releases/).

The agency is proud to announce Instagram as its newborn social media channel. The new addition arrived in April and will share information and resources that can help you and your loved ones.

## STRANGE BUT TRUE SO THEY SAY...

**SBT** During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants!

**SBT** Some ribbon worms will eat themselves if they can't find any food!

**SBT** Dolphins sleep with one eye open!

**SBT** The world's oldest piece of

chewing gum is over 9000 years old!

**SBT** In space, astronauts cannot cry properly, because there is no gravity, so the tears can't flow down their faces!

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

**SBT** About 3000 years ago, most Egyptians died by the time they were 30!

**SBT** More people use blue toothbrushes, than red ones!



# One Fish, Two Fish, Three Fish, Four

## Bill and Barbara Hubbard Donate Fish Aquarium to The Veraden

by Vickie Jenkins, Staff Writer

Edmond, Oklahoma is where you will find The Veraden, a home for retirees and their families; assisted living, independent living and memory care. Greeted by a friendly staff member, I was led back to speak with Danna Johnson, RN, Executive Director.

Danna was excited to tell me some news. "The Veraden has a new memory care director, Patty James, as of April 2019 and she is definitely a God sent," said Danna. "I can't tell you what a blessing she has been to us. Up until now, it was as though our three levels of care have been like three different communities, but now, we are one big family community. Patty brought life back to The Veraden and the residents seem to be drawn together," she added. "I can't believe how much of a difference Patty has made."

Two people entered the room. "I want to introduce you to a very special couple," Danna said. "This is Bill and Barbara Hubbard. The couple shook my hand and sat down. "They have lived here for almost two years now," Danna commented. Bill is always willing to help us in any situation. In fact, did you see all of the pretty flowers and hanging plants in front of the Veraden? He is the one responsible for them," Danna said with a smile.

"We have a lot of volunteers from the assisted living and independent living come in and help with the memory care residents," Danna said. "We have volunteers that help plant the gardens, plant tomatoes, make arts and crafts, bingo, singing in the choir, playing a musical instrument the list could go on and on. Bill does a little bit of everything," Danna commented. "Bill and Barbara are such a blessing to us," she said.

It wasn't that long ago that Patty James got together with Bill and Barbara to arrange for a special donation for the memory care to The Veraden. Bill had heard that fish aquariums help dementia patients, (Dementia-A severe impairment or loss of intellectual capacity and

personality integration due to the loss of or damage to neurons in the brain.) Barbara is one of the residents that suffer from dementia. Bill, being the kind-hearted person he is, decided to donate a 360-gallon aquarium, measuring 8 foot by 2 foot to the memory care community. Complete with beautiful fish and tiny blue lights surrounding the aquarium, it is a sight to behold! The fish in the aquarium are beautiful; it is very relaxing to all of the residents. There are chairs close to the aquarium so the residents can sit and look at the fish for as long as they want to.

When I asked Bill what his overview of The Veraden was he didn't hold back his feelings. "Oh, this place is great. We couldn't ask for better care than we get here. Everyone is so friendly and we consider the others here as our family. I think this is an excellent place to be for this stage of our lives. We have plenty of space, there are always activities going on, we have it all here," he said.

Bill and Barbara have five children and 7 grandchildren. Through their many acts of kindness, the love shines through in so many ways. "I want to help others in any way that I can," Bill said. "I will continue to do so as long as I am able." Bill took Barbara's hand and walked out of the room hand-in-hand.

A special ceremony for Bill and Barbara Hubbard was given in honor of the donation of the beautiful fish aquarium to The Veraden Memory Care Community. What a loving and thoughtful gift!

*The Advantages of a fish aquarium for people with dementia ...*

*The colors, motion and sounds associated with an aquarium can serve as a form of therapy to relax residents of the long-term care facility. The aquarium is a piece of living furniture that provides a window into the watery world of aquatic creatures. Aquariums can bring a wonderful aesthetic to the decor of a nursing home, helping to replicate the more soothing, less sterile*



**Bill and Barbara Hubbard stand in front of the 360-gallon fish aquarium that they generously donated to The Veraden memory care community. Complete with beautiful fish, it is a sight to behold.**

*environment that the resident formerly experienced in a home setting. It can also help induce conversation between residents and between residents and staff, stimulating the mind and curiosity of the viewer.* -DeSchraver and Riddick-

## Arcadia Trails INTEGRIS Center for Addiction

Arcadia Trails, a 40-bed facility opened May 28th, is Oklahoma's newest and most advanced residential drug and alcohol treatment center, situated among the rolling hills and oak forests between Lake Arcadia and Edmond on the medical campus of INTEGRIS Health Edmond.

Arcadia Trails is an intensive residential treatment center, and the first of its kind in Oklahoma, which means Oklahomans can be treated close to home. Studies show close-to-home treatment enhances aftercare and access to family support, which can be vital for continued recovery. Addiction, which is the number one cause of death in Oklahomans ages 25 to 64, is holistically addressed at Arcadia Trails, along with its co-occurring and compounding issues – mental illness and trauma – while incorporating the 12 Steps of Alcoholics Anonymous.

The evidence-based treatments at Arcadia Trails comprise one of the most comprehensive addiction programs the region has seen. It begins with thorough, in-depth medical and psychological evaluations that inform the development of an individualized, integrated, intentional treatment plan for each patient.

The program also includes medication-assisted treatment when appropriate, overseen by Dr. Kimberlee Wilson, who is the Arcadia Trails addiction psychiatrist and medical director. Though the program is built on the medical model of addiction as a disease, Arcadia Trails also offers varied spiritual paths as well as an integrated family program and comprehensive aftercare planning.

To learn more, please visit the Arcadia Trails website.



## COMMUNITY

# There is a free lunch

## Summer nutrition programs kick off

by Bobby Anderson  
Staff Writer

Pam Hart has spent the better part of the last three decades ensuring when children come to school a hot meal will be there waiting for them.

For many children, it's the only meals they can count on.

And when the school doors close for the summertime that doesn't mean the need goes away.

That's why the director of child nutrition for Moore Public Schools and directors like her across the metro participate in the Summer Food Service program.

Hart says the Moore Public Schools program is going strong after nearly a decade.

"We felt like it was a win-win on both sides," Hart explained. "We had some employees who needed money

in the summertime and we were able to take advantage of the government program where all kids could eat for free."

The program is simple: those 18 and under can come to designated locations and eat breakfast and lunch for free. No questions asked.

That means parents and grandparents with limited incomes can ensure their child will have at least two nutritious meals Monday through Friday.

Adults can eat as well for \$3.75 per meal.

In Moore, breakfast is served from 8-9 a.m. with lunch following from 11 a.m. to 1 p.m.

Lunch includes the options of a peanut butter and jelly or ham and cheese sandwich, a fresh fruit, fresh vegetable chips and a treat.

Juice or milk are also included.



**Pam Hart, director nutrition for Moore Public Schools, is helping feed children in the community through the summer nutrition program.**

Hart has spent the last 30 years working at Moore Public Schools. The bulk of that has been as the director of child nutrition.

She's seen the program change and evolve.

The summer nutrition program will travel around the district, usually coinciding with a summer school program at the site.

A couple summers ago the program went out into the local parks.

The outreach was a big success,

so much so that the district decided to use bond funds to invest in a food truck.

Hart said the kitchen on wheels could triple or quadruple the number of sites meals may be offered in the future.

"They're usually pretty good at being lined up and ready to go by the time we get there," Hart said of the park sites. "It's convenient when they're waiting on us."

Last June, Moore Public Schools served 16,307 lunches and 4,422 breakfasts.

June school nutrition sites in Moore include Plaza Towers, Sky Ranch, Central Elementary and Southmoore. Park sites will include Fairmoore, Veteran's Memorial Park, Buck Thomas Park and Central Park.

Sites will rotate in July. You can contact the district directly at 405-7030.

### Around the metro

The larger districts around the metro participate in the Summer Food Service Program, a federally-funded program administered in Oklahoma by Child Nutrition Programs, Oklahoma State Department of Education.

Federal regulations require that SFSP sponsors notify local health departments of their intention to provide a food service during a specific period at specific sites and arrange for prompt and regular trash

Continued next page

## What About Cremation?

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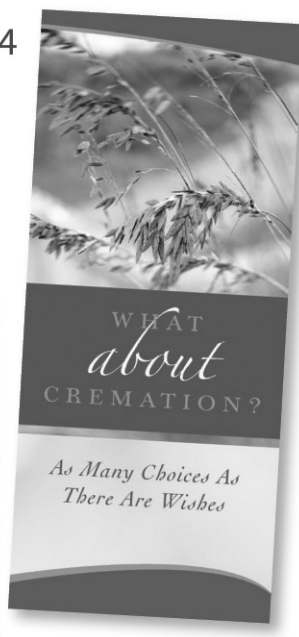
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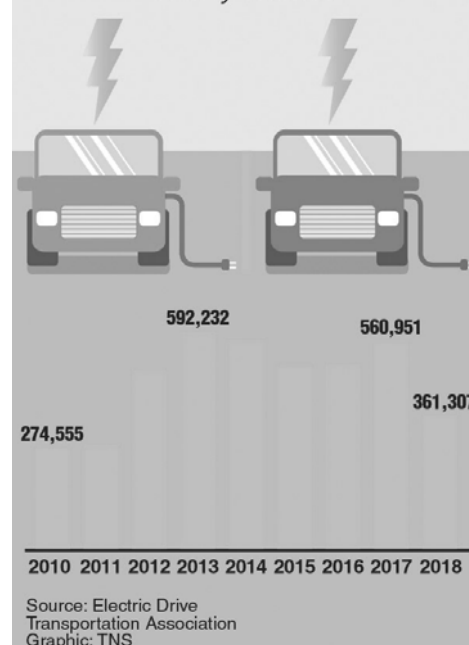
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### BizFact

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LUNCH

Continued from Page 6

removal.

All SFSP sites must meet proper sanitation and health standards which conform to all applicable state and local laws and regulations in the storage, preparation and service of food. You can contact Oklahoma City Public Schools child nutrition at 587-0000.

Edmond Public Schools can be reached at 340-2800.

Regional Food Bank

Through the Regional Food Bank of Oklahoma's Summer Feeding Program, any child 18 and under can receive free, nutritious meals at 132 sites across central and western Oklahoma.

"One in four Oklahoma children are food insecure. As schools close for the summer, many children are left without their primary source of healthy food," said Katie Fitzgerald, chief executive officer of the Regional Food Bank. "No one, especially children, should ever have to worry about where their next meal will come from. Our partner agencies across the state are ready to fill the summer break gap."

Through the program, community-based partner agencies distribute freshly packed meals and snacks prepared by the Regional Food Bank

to students. The program is offered at sites in 31 counties across the Regional Food Bank's service area.

In Oklahoma County alone, meals and snacks are offered at 73 different sites. A full list of sites participating in the Summer Feeding Program and when they offer meals and snacks can be found by visiting Meals4KidsOK.org.

Volunteers are needed to help pack fresh meals in the Regional Food Bank's production kitchen, Hope's Kitchen, throughout the summer. Multiple shifts per day are offered Tuesday through Saturday. Volunteer by visiting rfbo.org/volunteer or calling 405-600-3160.

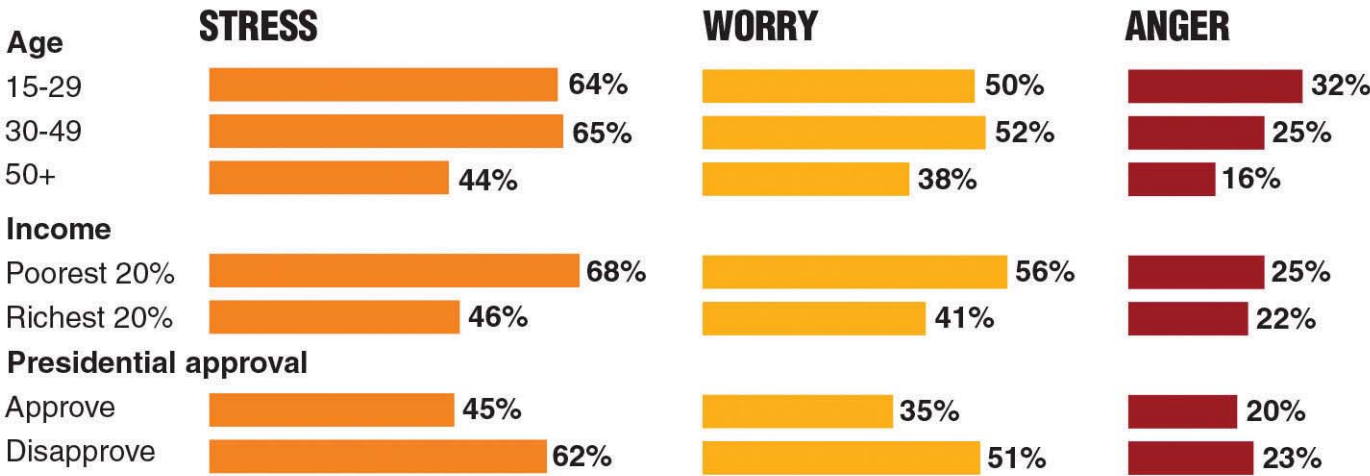
For Hart, the summer program has just been common sense.

"A lot of these kiddos from low-income families the meals they get from school are the only hot meal they get in some cases," Hart said. "In a lot of cases it may be so bad that they may not have those meals available in the summertime. We're glad to be able to support this so those kids don't have to go without during summer."

Americans are stressed, worried and angry

Even as their economy roared, more Americans were stressed, angry and worried last year than they have been at most points during the past decade.

Among U.S. adults



Source: Gallup  
Graphic: Staff, TNS

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# Trauma survivor defies the odds twice with help of OU MEDICINE husband and wife surgeons

by Caroline Rykard, OU Medicine

It was a beautiful weekend when a routine commute to work almost ended an Edmond resident's life and ultimately led to another medical discovery.

Around 5:30 a.m., July 23, 2016, personal trainer Thomas Hill was on his way to see a client when he was involved in a freak accident that left him in a ditch off Interstate 44 and fighting for his life. An eyewitness called the paramedics, and Hill was rushed to the OU Medicine Trauma One Center. He saw more than 15 doctors, including Alisa Cross, M.D., a trauma surgeon who helped to stabilize him and performed life-saving surgery.

"Thomas came in at the highest level of activation we have here at the OU Medicine Trauma One Center and was taken immediately to the operating

room," Cross said.

The Trauma One Center at OU Medical Center is the only Level One Trauma Center in Oklahoma as verified by the American College of Surgeons. This is the highest national rating a trauma center can receive.

Because his complex injuries required multiple surgeries, Hill was put in an induced coma for two months. It wasn't until he woke up from the coma that he discovered the frightening details of his accident and realized that his left leg had been amputated. His once-muscular and fit body was now weak and foreign to him. He was angry and frustrated, but he worked hard to change his mindset.

"My focus right now is just getting better, living a better life and focusing on what I can do," Hill said. "I was always telling my clients to 'push through, push through. Don't let anything



Thomas Hill Trauma Survivor.

stop you, don't let anything break you.' But now, I'm telling myself those words and motivating myself to

See DEFIES Page 9

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## DEFIES

Continued from Page 8

change my 'cant's' into 'cans'."

Hill stayed at OU Medical Center for six months. He had just begun thinking about returning to his gym when he received shocking news.

While doctors were conducting a CT scan to check his progress, they noticed something unusual in his kidneys. Shortly after, Hill was diagnosed with Birt-Hogg-Dubé syndrome, a rare hereditary condition associated with kidney cancer. A year after Hill's trauma, Brian Cross, M.D., a urologic oncologist at Stephenson Cancer Center, and husband to Alisa Cross, removed 11 tumors from his right kidney and six months later, removed seven from his left kidney.

"His attitude throughout this whole thing has been remarkable," Brian Cross said. "It would be more than many people could handle, but Thomas has handled it with amazing perseverance and his prognosis is excellent."

Although Hill still needs assistance to move around, he is back at his gym, Next Level Fitness, training and motivating



Alisa Cross, M.D. and Brian Cross, M.D. with OU Medicine Trauma One Center.

his clients and himself. He believes the car accident saved his life.

"If the accident hadn't happened, the cancer was eventually going to get me," Hill said.

Many people have taken note of Hill's courage. For his determination and positive attitude, he was presented an award this month during OU Medical Center's Trauma Survivors Reception.

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**SBT** A quarter has 119 grooves on its edge, a dime has one less groove!

**SBT** Hummingbirds can weigh less than a penny!!

**SBT** Until 1796, there was a state in the United States called Franklin. Today it's known as Tennessee!

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## COMMUNITY

# The Power of Encouragement

by Vickie Jenkins  
Staff Writer

Touchmark is the premier retirement community in north Edmond where they offer elegant independent and assisted living plus memory care. Their mission is to enrich people's lives.

This is where you will meet Debi K. Sims, RN, BSN, BF-CMT, and Touchmark's Memory Care Manager where she has been working for the last four years. Debi has been a nurse for a total of 23 years and loves every minute of it. "I can't imagine doing anything else," she said.

Growing up in the bay area of California, she moved here with her parents in the mid 60's and has lived here ever since. Attending nursing school, she received her BSN at East Central University in Ada, Oklahoma. "My first job as a

nurse was at Rolling Hills Psychiatric center in Ada, OK. I worked with adolescent boys. I still have a lot of friends from those days and it remains one of my favorite jobs. I never would have seen myself as a nurse manager if Brian McCoun hadn't pushed me in that direction. Now, I can't image doing anything else," she commented. Unless, I had followed my childhood dream of being an artist," she said with a laugh. "Doesn't everyone want to grow up and be an artist?" she asked.

There are several special people from Debi's life that influenced her to be a nurse. "That would be my mother, Patsy Marie Penrod, and her patient-my sister, Kellie Marie and my friend, Tom Hunt, RN at Bellevue."

Debi explains how she became a nurse a little later in life. "My



**Debi Sims, RN, BSN, BF-CMT, Memory Care Manager, helps prepare for the Luau that the residents will enjoy at Touchmark at Coffee Creek Retirement Community in Edmond, OK.**

decision to be a nurse came because of a divorce. I had three children to raise and nursing was a way of life for me. I watched my mother take care of my dying sister for years. My mother is my nursing inspiration. My gifts have always been encouragement and teaching

and both of those worked out well in the field of nursing," Debi commented.

Asking Debi what qualities make a good nurse, she replied, "Compassion is good, but a nurse

**See TOUCHMARK Page 11**



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## TOUCHMARK

Continued from Page 10

has to be tough, gritty and stand in the gap for the patients or residents that they serve. Many times, you will be the one voice."

What is your biggest reward as a nurse? "Being a nurse is a daily blessing. I have peace knowing that my hands have worthy work to do and that my life is invested in something that makes a difference in people's lives; in the patients, families, coworkers and my immediate family," Debi replied.

What is your biggest challenge? "Protecting my time. I have to balance a demanding schedule and obligations with my chief priorities in life; God, family and career," she said.

Asking Debi if she had any mentors while she was in school, she said, "Dr. G. Black was my greatest mentor. The first day of class at 34 years old, I sat on the front row of his Zoology class and tears silently streamed down my face as I listened to him discuss the building blocks of all living things. I slowly gathered my books and walked out of the science hall and sat under a tree in absolute shock. I couldn't do this, I was in over my head, I heard a voice above and looked up and it

was Dr. Black."

"Here, read this chapter that I copied from an old text book, know the material and you will be fine, he said. Then he slowly walked away. I read it and after a few weeks with a big grin on his face he let me know that I had been setting the curve in his class. Sometimes, your whole life can be traced back to one person who encouraged you."

Debi's hobbies include her first love of traveling. I also enjoy writing, poetry and scrapbooking. "I love spending time with my greatest blessings of all; my three children: Jillian, April and Hunter, and my two grandsons, Luke and John. Not to forget my faithful dog, Lexi, my long haired mini dachshund."

As far as encouraging words go, Debi has a poster in her office that has traveled with her from her DON days at Epworth Villa, "The poster is Rosie the Riveter. 'We can do it!' Cause we can! As a nurse manager, we are just a part of the team. We never lose sight of the team. No one is more important from the other."

Summing up her life in one word: "That word is: CHALLENGING."

TOUCHMARK AT COFFEE CREEK is located at 2801 Shortgrass Rd in Edmond. Call (405) 259-4102 or visit [www.touchmark.com](http://www.touchmark.com) for more information.

## What Did You Do?

by Ron Hendricks

May was better Speech & Hearing month. What did you do to preserve or improve your hearing in May? Your Central Oklahoma Chapter of Hearing Loss Association of America (COC HLAA) encourages you to protect your valuable hearing by getting a hearing test -- many Audiologists offer it for free. You should contact local public venues that are too loud and ask for the volume to be reduced and support businesses who offer quietness. Encourage public places where people gather to install a hearing loop so those who wear a hearing aid or Cochlear implant can hear too. The Americans with Disabilities Act (ADA) was passed in 1990 and most public places here in Oklahoma still don't offer hearing assistance as required by the ADA. When you have the opportunity, let them know you disapprove and encourage them to comply with the law.

COC HLAA offers meetings, free and open to the public, that are captioned so you can see as well as hear what is being said. Meetings that are fun and informative, educational & inspirational, and offer discussions about the law, the latest technology, and where you might even get a snack! Maybe you require a different kind of support... COC HLAA offers it: Scholarships to students attending higher education. Oklahoma Loop Initiative by offering seed money to assist with the instillation of hearing loops in gathering places. The Hearing Helpers Room where one can receive information about and test a myriad of assistive listening devices?? And even a contest for a hearing aid complete with Audiologist's supporting visits. Visit the website for more details, [WWW.OKCHearingLoss.org](http://WWW.OKCHearingLoss.org).

If you have hearing loss or know of others who are struggling to hear normal conversations; someone who complains that you mumble or don't speak plainly enough; a person who works in a noisy environment; a returning veteran; you are invited. Come check out the local chapter of Hearing Loss Association of America. There is no membership fee, only free information, self advocacy, fun & friendship and knowledge of how to open the hearing world to your full enjoyment.

## JUNE AARP Drivers Safety

Date/ Day/ Location/ Time/ Registration # Instructor

**June 1/** Saturday/ Midwest City/ 9 am - 3:30 pm/ 473-8239/  
**Williams** First Christian Church - 11950 E. Reno Ave.

**Jun 6/** Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/  
**Varacchi** 3rd Age Life Cntr - 5100 N. Brookline, Ste B-10

**Jun 6/** Thursday/ Norman/ 9 am - 3:30 pm/ 360-8056/  
**Palinsky** Legend Senior Cenmter -  
750 Canadian Trails Dr.

**Jun 8/** Saturday/ Moore/ 9 am - 3:30 pm/ 799-3130/  
**Schaumberg** Brand Senior Center - 501 E. Main St.

**Jun 14/** Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/  
**Edwards** S.W. Medical Center - 4200 S. Douglas, Suite B-10

**Jun 18/** Tuesday/ Mustang/ 9 am - 3:30 pm/ 376-3411/  
**Kruck** Mustang Senior Center - 1201 N Mustang Road

**Jun 21/** Friday/ Okla. City/ 9 am - 3:30 pm/ 297-1455/  
**Palinsky** Will Rogers Senior Center - 3501 Pat Murphy 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](mailto:johnpalinsky@sbcglobal.net)

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to learn more or to become a volunteer.





## TRAVEL / ENTERTAINMENT

# Wichita, Kansas - Full of Surprises

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

In the Oklahoma region many of us over the years have visited Wichita Kansas, whether for a theatrical event at Century Two or to see the Chisholm Trail, or to just get a bit of Western atmosphere. I too have, over the years, visited Wichita and on a recent visit was surprised at the additions to this vibrant city.

My home base was the new Ambassador Hotel, an Autograph Collection Hotel, (<https://ambassadorwichitaks.com>) where the modern black and gray and chrome atmosphere welcomes the well-worn traveler seeking a step up from the ordinary. Located downtown with convenient self-parking and an expansive room with courteous attendants and city views, the Ambassador promises a surprise upscale experience. While I requested long in advance for one of their ADA rooms, there was no bench or chair in the walk-in shower. I re-requested such from the front desk, and by the next day, with some bumps in the road, was happily accommodated.

The hotel staff was very good in following through with requests. I only wish the food and beverage side of the hotel had not disappointed. The steak and unique charred Caesar salad were exceptional at the Siena Tuscan Steakhouse, however they did not honor a coupon, they gave me for a drink at the downstairs pseudo speak easy. Even after talking to the Food and Beverage manager and crew it was not accepted, even though my server agreed the coupon was misleading – almost a bait and switch situation. I did not mind paying for my drink, but the experience left a bad farewell feeling for the hotel, as I was leaving the next day. Just a heads up, as I tell it like I experience in all my travel articles. So when I say "I'm impressed," you know it.

About a block from the hotel is the Roxy Theater, ([www.roxysdowntown.com](http://www.roxysdowntown.com)) with a disguised rear entrance for the uninitiated, to a funky building housing a dinner theater. The food was acceptable for Dinner Theater fare and their production of Avenue Q, was one of the best I have seen. The wait staff had more tables than they could easily accommodate. I'd recommend the Roxy, now you know what to expect.

A pleasant unexpected surprise is the Tanganyika Wildlife Park ([www.twpark.com](http://www.twpark.com)) where wild animals including a plethora of giraffes, a Rhino, a variety of primates are among the surprises. Roaming the expansive grounds, even during a rain shower is a recommended experience where you can slow down and enjoy nature and its creations.

Who'd think that there was a goat farm in Kansas that also served adult beverages and farm to table gourmet lunches which is Elderslie Farm.

(<https://elderslifefarm.com>) Being a family owned operation from chef to owner tour guide, the home-grown sincerity rang throughout the farm, from goat milking and cheese making to the wood working of heritage wood into tables, shelves and doors. Admiration goes out to Elderslie Farm for their preservation of tender loving care and investment in preservation. They even have a large blackberry patch that is a community pick and share in June. The season for blackberries is brief – influenced heavily by the unpredictable spring weather. Reserve a tour and luncheon here – you will be surprised.

Talk about surprises, two dining establishments blew my critical socks off. Georges, a true French bistro, (<http://georgesfrenchbistro.com/>) located in an unprepossessing strip mall, will delight your taste buds. My luncheon Martini and Prosciutto Eggs Benedict with truffle frites, was accented by the continental waiter and the chatter of the accompanying "ladies who lunch," who find this their congenial gathering place.

6Steakhouse, ([www.6ssteakhouse.com](http://www.6ssteakhouse.com)) located out near the Zoo and offering lake front views, is an upscale dining experience not to be passed by. An aged steak prepared to my specification, even with a second "more heat" request, was memorable. What they call creamed corn is a unique roasted corn medley, from which you could make an entire meal. A relatively new establishment promises many years of good times with



their sleek upscale interior dining and even an added education into the ageing of fine beef, I found enlightening. (if you say "6S" fast enough it can sound like, success.)

Of course, Wichita is known for its Keeper or the Plains symbolic statue with its reflections in the river, is still an attraction to be viewed anytime.

The veteran Treasures of the World warehouse style building (<https://worldtreasures.org>) is a long-time Wichita resident. It offers mainly replicas of world history documents and artifacts, (including Custer's button up fly underwear). Seeing many letters of world figures and artifacts can be quite educational for the youth, along with the ever-popular T-Rex skeleton. Also you can enjoy the gardens of Botanica (<https://botanica.org>) and the restored WWII B29 bombers at B-29 Dock Hangar and Educational Center ([www.b29doc.com](http://www.b29doc.com)).

The best surprise of all was the Wichita Art Museum's ([www.wichitaartmuseum.org](http://www.wichitaartmuseum.org)) limited showing of what could be called the most comprehensive overview of the Works and Life of Georgia O'Keeffe. Having seen many exhibitions of her work, I was delighted to see her paintings and timeline juxtaposed with her actual artifacts and many of her dresses. Hurry to see this unique collection as it closes June 23rd!

To help with your Wichita surprises contact them at: [www.visitwichita.com](http://www.visitwichita.com).

### Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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

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



# YMCA Hosts Caleb's Cause June Diaper Drive

The YMCA of Greater Oklahoma City has partnered with Caleb's Cause Foundation for the month of June to host a Diaper Drive at all 16 Greater Oklahoma City YMCA branch locations to collect diapers for Oklahoma children in need. Locations include all metro area branches, including Oklahoma City and Edmond and extend as far north as Guthrie and Stillwater and as far southwest as Chickasha. For a complete list of drop off locations, please visit [www.ymcaokc.org/locations](http://www.ymcaokc.org/locations).

Everyone is welcome to drop off unopened packages of diapers to the box located in the lobby of each YMCA branch location during regular business hours. The box will display Caleb's Cause Foundation's information on it and unopened packages of diapers of all sizes and brands will be accepted, however, sizes 4, 5 and 6 are suggested due to the greater need in Oklahoma. Diaper Drive boxes will be available from June 1 - 30th. Caleb's

Cause Foundation will distribute all donated diapers to various pantries and resource centers around the state to serve Oklahoma children and families in need.

"YMCA has a long history of strengthening communities through various causes," said YMCA VP of Communications Rachel Klein. "Caleb's Cause Foundation struck us as a vital resource for young families and we want to help support by giving our members and community the opportunity to get involved and show kids how to help other kids within our own neighborhoods."

Caleb's Cause Foundation is a 501(c)3 not-for-profit organization created to allow children of all ages to be able to serve local children in need by providing diapers to thousands of Oklahoma children each year in an effort to stop child abuse. Founded in 2012 by Marcie Hines and her young son Caleb as a way to get involved in the community, they discovered there were limited opportunities for children to serve other children. Through their

research, they discovered that a lack of diapers is one of the leading causes of child abuse. There are currently no state programs that cover the cost of diapers, a necessity for all children. Through prayer and guidance, Caleb's Cause Foundation was created; to allow children to serve and be served.

Since July of 2012, Caleb and other children in the community have been able to help thousands of local children in need by participating in Caleb's Cause Foundation's annual fundraisers, as well as diaper drives they have held themselves. All in an effort to one day supply diapers to every child in need across the state of Oklahoma.

"Our families are having to make decisions of buying food for that week, or gas or buying that pack of diapers because they're expensive," said Founder of Caleb's Cause Foundation Marcie Hines.

## Did You Know?

There are no government programs that provide diapers or cover the cost.

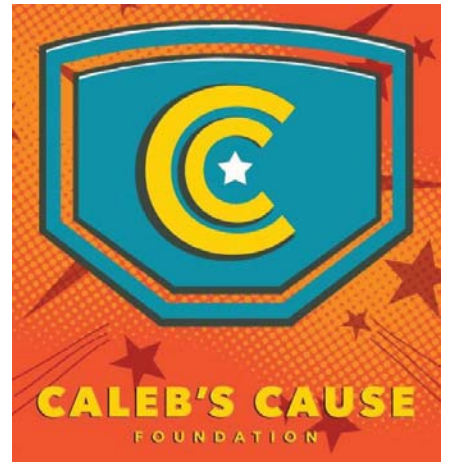
An infant needs an average of 12 diapers a day, while a toddler needs 8.

Some low-income families are forced to keep their children in one diaper a day!

Statistics reveal not having enough diapers for daily changes causes:

- Increased health problems
- Child abuse is more likely to occur due to non-stop crying from continually wearing soiled diapers
- Parent's often miss work and keep their children out of daycare due to the lack of diapers
- Some children with disabilities never outgrow the need for diapers, placing additional financial and emotional strain on struggling parents

For more information on how you can help or to host a diaper drive at your business, please visit [www.CalebsCauseFoundation.org](http://www.CalebsCauseFoundation.org).



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## Commissioner Mulready Calls for a Hold on Policy Cancellations

Storm victims with insurance will be protected after a bulletin was issued today by the Oklahoma Insurance Department. The bulletin directs all insurance companies to keep coverage in effect for storm victims for the next 30 days.

"The effects of the severe weather and flooding have made it difficult for Oklahomans to carry out every day activities, much less tend to their insurance premiums," Oklahoma Insurance Commissioner Glen Mulready said. "This is the time that storm victims need their insurance company to be on their side and why the Insurance Department is calling for a moratorium on policy cancellations." The bulletin applies to all insurance entities, including health maintenance organizations, accident and health insurers, third party administrators, discount medical plan organizations, property and casualty insurers, surplus and excess lines insurers and county mutual insurers. It includes property and casualty insurance, life insurance, accident and health insurance, disability insurance and all lines of coverage regulated by the Oklahoma Insurance Department.

Some key points of the bulletin are:

- All coverage for storm victims shall continue under all insurance policies for the next 30 days.
- Storms victims can get a copy of their insurance policy free of charge.
- Any rate increases for policies in the affected areas filed on or after the effective date of the bulletin will be deferred.

## Genealogy Program Focuses on Early Death Records

On Wednesday, June 19, from 1 to 3 p.m., the Oklahoma Historical Society will present a genealogy program entitled "Locating Early Oklahoma and Indian Territory Death Records." Genealogist Mahlon Erickson will share information about death records and resources pertaining to early Oklahoma, Oklahoma Territory and Indian Territory.



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Researching deaths in early-day Oklahoma can be difficult, as official death records were not consistently kept until 1920. Erickson has compiled an extensive database with more than 600,000 entries for deaths found in sources including newspapers, cemeteries, county histories, census records, American Indian records and many more. This presentation will delve into these sources for early Oklahoma deaths and help researchers understand where to find and how to use these materials.

This program is \$5 for Oklahoma Historical Society members and \$10 for nonmembers. We ask that you register in advance by calling the Research Center at 405-522-5225. This program will be held in the Clark and Kay Musser Learning Lab, which is

located inside the Research Center on the first floor of the Oklahoma History Center. The Oklahoma History Center is located at 800 Nazih Zuhdi Drive in Oklahoma City.

The Research Center is a division of the Oklahoma Historical Society. The mission of the Oklahoma Historical Society is to collect, preserve and share the history and culture of the state of Oklahoma and its people. Founded in 1893 by members of the Territorial Press Association, the OHS maintains museums, historic sites and affiliates across the state. Through its research archives, exhibits, educational programs and publications the OHS chronicles the rich history of Oklahoma. For more information about the OHS, please visit [www.okhistory.org](http://www.okhistory.org).

### 2019 CAREGIVER OF THE YEAR AWARD RECIPIENTS

**Krista Beucke, Activity Caregiver of the Year**  
Wellington Parke Assisted Living, Memory Care & Independent Living, Del City

**Jonna Warrick, Administrator of the Year**  
Iris Memory Care, Edmond

**Kimberly Beard, Dietary Caregiver of the Year**  
Emerald Square Assisted & Independent Living, Oklahoma City

**Anita White, Caregiver of the Year**  
Brookdale Edmond Danforth, Edmond

**Karla Osborne, Longevity Caregiver of the Year, 28 years!**  
West Wind Assisted Living, Marlow

**Jim Delzell, Maintenance of the Year**  
Tealridge Assisted Living, Memory Care & Independent Living, Edmond

**Stephen Williamson, Marketing of the Year**  
Brookdale Senior Living, Statewide

**Sandy Sitter, RN, Nurse of the Year**  
Tealridge Assisted Living, Memory Care & Independent Living, Edmond

**Jessie Motsinger, Team Member of the Year**  
Iris Memory Care, Edmond



**Madge Herndon, 104 years old**  
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## MARK YOUR CALENDARS



<b>July 18</b>	<b>Boot Camp</b>	<b>Tulsa</b> (location change)
<b>Aug 22, 23 Sept 18, 19, 20</b>	<b>RCAL Admin Cert Class 2</b>	<b>OKALA Office</b>
<b>September 8 - 14</b>	<b>National Assisted Living Wk.</b>	<b>Statewide</b>
<b>September 10</b>	<b>Statewide BINGO Day</b>	<b>Statewide</b>
<b>November 5</b>	<b>AL CEU Seminar</b>	<b>Oklahoma City</b>
<b>Nov 7, 8 Dec 4, 5, 6</b>	<b>RCAL Admin Cert Class 3</b>	<b>OKALA Office</b>
<b>November 19</b>	<b>Survey Prep (New in 2019)</b>	<b>Oklahoma City</b>
<b>December 12</b>	<b>Holiday Open House</b>	<b>OKALA Office</b>



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# What is the Golden Hour in Strokes? Why is it Important?

Every year, 800,000 new strokes are reported in the U.S.

Strokes happen all the time, and yes, it can happen to you. Approximately 20 percent of stroke victims are between the ages of 20 and 55. Knowing the signs of stroke and acting quickly can make the difference between saving a life and a tragic outcome.

Stroke is the fifth leading cause of death and the leading cause of adult disability in the U.S. Unfortunately, few people know what a stroke is and how to recognize when a stroke is happening, according to the National Stroke Association.

But what medical professionals call the "Golden Hour" when someone is having a stroke can make all the difference in the world. The reason the first hour is golden is because stroke patients have a much greater chance of surviving and avoiding long-term brain damage if they arrive at the hospital and receive treatment with a clot-busting drug called TPA within that first hour.

"Time saved is brain saved," says Mary Pinzon, who is a stroke education nurse at INTEGRIS. "Time lost is brain lost. That's why recognizing the signs of stroke is so important. Immediately knowing what to do when someone is having a stroke can save someone's life and help them avoid brain damage. If you suspect someone is having a stroke, the absolute first thing to do is call 9-1-1," she says.

According to a study from the American Heart Association, every minute in which a stroke is untreated, the average patient loses 1.9 million neurons, 13.8 billion synapses, and seven miles of axonal fibers. With each hour in which treatment fails to occur, the brain loses as many neurons as it does in almost 3.6 years of normal aging.

"Time is of the essence. I can't stress that enough," says Pinzon.

Pinzon's favorite saying is "Each One, Teach One." In that spirit, after you read this, learn the signs of stroke and what to do in those precious first minutes, pass it on. You just might save someone's life.

What is considered a stroke?

A stroke occurs when blood flow to an area of the brain is cut off, causing brain cells to be deprived of oxygen and die.

A stroke can cause life-altering, devastating changes like loss of speech, movement and memory.

"Stroke is a SUDDEN onset of symptoms when just a minute ago a person was fine," Pinzon says. There are two major types of strokes, but each one is treated differently.

The most common type of stroke is an Ischemic Stroke, which causes a loss of oxygen to the brain due to a blockage of a vessel in the brain. Roughly 85 to 88 percent of strokes fall under this category.

"It's so important to get treatment immediately for Ischemic Stroke because we now have a clot-buster called TPA (Tissue Plasminogen Activator). It's an enzyme drug that can dissolve clots, and any stroke-ready hospital can administer it," says Pinzon.

A hemorrhagic stroke is rarer but is caused when a blood vessel ruptures in the brain. High blood pressure is the number one cause of hemorrhagic strokes.

"When you arrive at the hospital, the ER will immediately order a CAT scan to see what type of stroke you are having," Pinzon says. "That's why you shouldn't give someone having a stroke an aspirin. If they are having a brain bleed, it could make it worse."

BE FAST with signs of stroke

Each year, about 185,000 people die from a stroke, but if you know the warning signs, you can help save a life. "Any one of these symptoms could indicate a stroke, which is still more reason to know the signs and why time is so important," Pinzon says.

Pinzon says the best way to identify stroke symptoms is the acronym BE FAST.

**B** - Balance. A loss of balance or the sudden inability to stand or walk.

**E** - Eyes. A sudden loss of vision, changes in vision and blurred vision are symptoms of a stroke.

**F** - Face. Ask the patient to "show your teeth" and smile. A crooked smile is an indicator of stroke.

**A** - Arms. Ask the victim to hold up both arms with palms facing skyward. Look to see if one arm drifts down or cannot be lifted.

**S** - Speech. Slurred or garbled



speech indicates a stroke, as does a strange giggle while talking.

**T** - Terrible headache. An explosive headache is the hallmark of a bleeding stroke.

Remember, time is the key to surviving a stroke. Again, call 9-1-1 first.

One other very important tip: never give a suspected stroke victim anything by mouth. Says Pinzon, "Not a sip of water. Not an aspirin. Nothing. Many stroke victims have trouble swallowing and may choke

to death."

Though stroke remains a killer, recent and ever-changing medical advances are improving survival rates every year. The right care, if done right away, can save lives and quality of life. For more information about stroke and how to recognize the signs, visit the INTEGRIS James R. Daniel Stroke Center.

To have a free stroke education training at your workplace, call Mary Pinzon, RN, CPE, M.Ed., at 405-644-6867.

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# HEALTH

## Discovery casts light on workings of the immune system

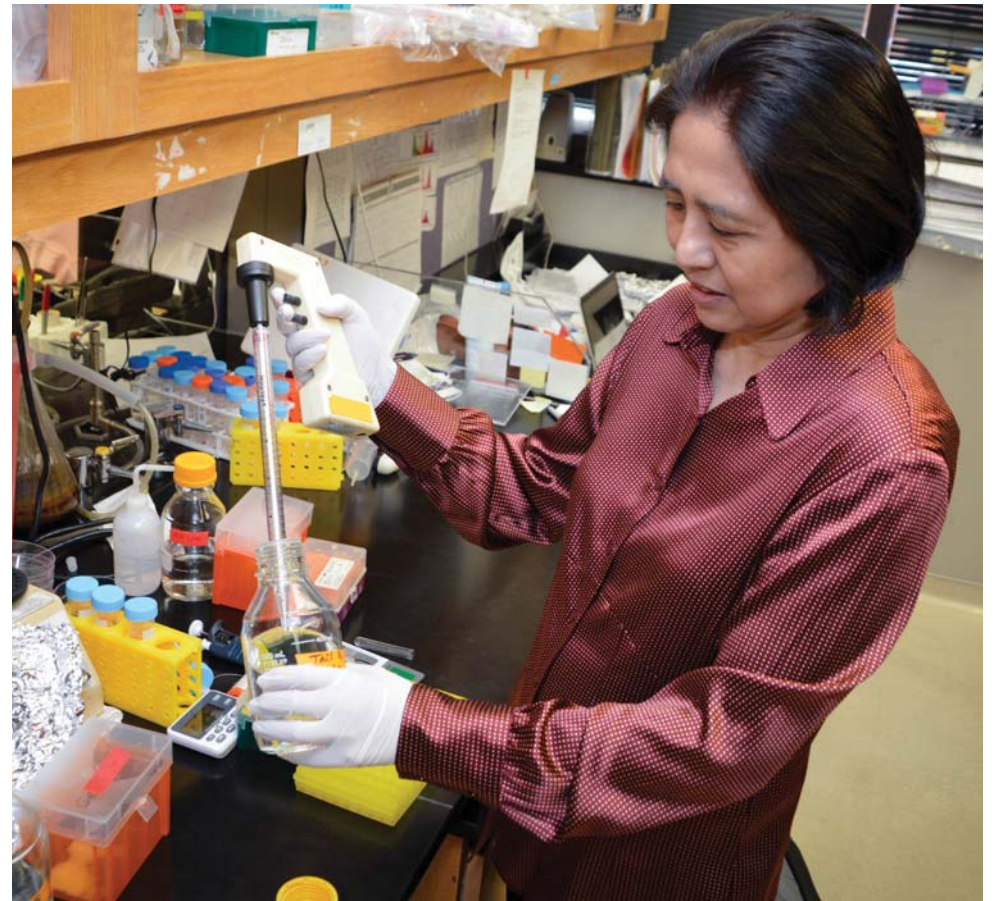
Research from the Oklahoma Medical Research Foundation has revealed a new role for an organ instrumental in immune system function. The discovery could lead to new therapeutic approaches to a wide range of illnesses, including asthma, inflammatory bowel disease and psoriasis.

The thymus is a small organ that sits on top of the heart and generates a lifetime supply of T cells, a type of specialized white blood cell that plays a central role in immunity during childhood and puberty. The thymus exists specifically to train the immune system to recognize what is normal and what is not. When the number of T cells in the body is adequate, the thymus shrinks and all but disappears by adulthood.

OMRF scientist Xiao-Hong Sun, Ph.D., and her lab discovered that the thymus can stop the production of T cells midway and make an entirely different kind of cell in their place called innate lymphoid cells.

"This ability to stop T cell production and change to something else had never been shown," said Sun. "This is a very basic finding, and we have much to learn about the implications, but it could point to the origin of a number of diseases."

Innate lymphoid cells play a part in immunity, specifically to protect the body from parasitic infection. Sun said while they serve an important function, they lack the sophistication of T cells, and this could lead to negative health consequences in situations where they arrive in too



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

large a number.

"Innate lymphoid cells are like the paramedics of the immune system. They respond to tissue damage or infections very quickly," said Sun, who holds the Lew and Myra Ward Chair in Biomedical Research at OMRF. "They are first responders, but you still need a specialist or surgeon later on to treat the problem fully, and that's what T cells do."

"Dr. Sun has clearly evolved into one of the leaders in the field of studying these types of lymphocytes and is continuing to show their importance in different disease states," said OMRF Vice President of Clinical Affairs Judith James, M.D., Ph.D. "These are important findings that will push her work and her field forward."

Sun said this discovery could lead to a better understanding of the underlying mechanisms of multiple diseases, including

asthma, inflammatory bowel disease and psoriasis. The findings, which could ultimately open doors to new treatment approaches to these conditions, were published in the *Journal of Experimental Medicine*.

"Many people downplay the importance of the thymus—it's even removed in many childhood procedures, but this may lead to a shift in how medical professionals think about the organ," Sun said. "Innate lymphoid cells are still new in scientific terms, and we have much to learn about them. Now that we know they have a significant role in an important immune organ will give us entirely new ideas to pursue."

OMRF researchers Miranda Liangyue Qian, Ph.D., Sandra Bajana, M.D., Ph.D., Constantin Georgescu, Ph.D., Jose Alberola-Ila, M.D., Ph.D., and Jonathan Wren, Ph.D., contributed to the findings.

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# The View Through My Door

## SIX FLAGS OVER ME

By Darlene Franklin

*I pledge allegiance to the flag of the United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all.* 31

The year I was born (1954), President Eisenhower added the words “under God” to the pledge. The words hold a special place in my heart, for personal and patriotic reasons. Let’s raise the standard high to the music of Key, Sousa, Springsteen, and Cohen. 44

Although no other flag can replace the importance or meaning of the red, white, and blue in my life, I’ve lived under at least six different flags during my faith like the amusement parks of the same name. To the national flag, I would add three state flags, my family crest, and the Christian flag. 55

At sixty-four, my life divides neatly into three twenty-year segments. I spent the first score of years in New England, mostly Maine; ten years in Oklahoma; twenty in Colorado; and now another ten years in Oklahoma. In between sprinkle brief stints in New Jersey, Texas, and Arkansas for job and school. 51

The flags for Maine, Colorado and Oklahoma differ widely. They each, in style and content, fairly scream the essence of the state they represent. 24

Maine’s flag depicts a moose laying on grass between ocean and a white pine tree, flanked on by a sailor and a farmer. If the state animal and tree left me in doubt, I couldn’t miss the bold letters proclaiming “Maine.” The state motto, “Dirigo,” means “I lead.” I chuckle to myself as I picture Mainers saying, “That’s right. We’re going to do things our way, and who cares about the rest of the world?” It makes me nostalgic to look at the flag. 84

Colorado’s flag is in your face in a very different way. The bold red C emblazoned upon a blue-white-blue striped background shares its colors with the United States flag. But such a simple design would never represent California, and I doubt Connecticut would add a gold nugget in the middle of the C. Clear blue skies, white snow, golden sunshine – that’s my Colorado. 64

The Indian war shield with a peace pipe and olive branch could only belong to Oklahoma. I agree with the words of its pledge, “its symbols of peace unite all people.” Not that Oklahoma has a perfect record—nowhere does—but I love living in a state where contemporary Indian life marches seamlessly and colorfully alongside our state life. 59

If Maine represents my past, and Colorado the stuff of my dreams, Oklahoma represents who I am today—at peace after a trauma-filled past. 24

Research into the crest for my maiden name Sparks revealed several surprises. For one things, “Sparks” is derived from Sparrowhawk, the favorite falcon of Richard the Lion-Hearted. One of his falconers took it as his surname, representing his occupation. When the Sparrowhawk and the Lion-Hearted fought side by side during the Crusades, the falconer saved the king’s life on two occasions. 62

I don’t know with one hundred percent legacy that Sparrowhawk is my ancestor, but it’s possible. I love the family crest. The family motto, “swift and true,” also comes from King Richard—the words he used to describe his favorite falcon. 41

Atop the crest stands a leopard with fire spewing from its mouth. Hmm, a big cat. I’m a Leo by birth, and I wonder if my affinity to all things cats is a family trait. The lively, fiery disposition attributed to Sparks has also been true of me. The green and gold checkered background both suggest the country—Scotland—but also qualities of generosity, elevation of mind, hope. 68



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

I bet everyone’s family flag holds similar interesting revelations. 9

What about the Christian flag? When I pledge allegiance to the flag and to the Bible, I declare my loyalty to “one Savior, crucified, risen, and coming again with life and liberty to all who believe,” as well as “God’s Holy Word. I will make it a lamp unto my feet and a light unto my path and will hide its words in my heart that I might not sin against

God.” 72

Combined, they speak to me not of patriotism, but of my core values. I am daughter of the king, my birthright through my Savior, and that brings liberty to me, and to those around me. 35

Let’s take a few moments this month to think about the flags that represent our past, our present, and our future heritage. 22 193

## Tulsa Health Department, OK State Department of Health Expand Measles Investigation

The Tulsa Health Department (THD) and the Oklahoma State Department of Health (OSDH) have partnered to investigate a confirmed case of measles in Okmulgee County. The confirmed case was announced by OSDH on May 15, and is the first confirmed case of measles in Oklahoma since May 2018. As of Jan. 1, there have been at least 880 cases of measles reported in the United States from 24 states. This is the highest number of cases reported in the U.S. since 1994.

Through information obtained from the ongoing investigation, health officials want to alert anyone who visited New Beginnings Church, 4104 E. 151st St. S. Bixby, on May 7, from 9:00 a.m. – 1:00 p.m. for their end of the semester program and Pre-K graduation ceremony about potential exposure to the measles case. Health officials from the Tulsa Health Department are collaborating with New Beginnings Church and the Oklahoma State Department of Health to identify anyone who may have visited during this specific timeframe to inform them of their exposure and provide recommendations.

Individuals are protected if they are immunized with two doses of a measles-containing vaccine after their first birthday, or if they were born during or before 1957, or if they have previously had the measles. Anyone who is concerned about a possible exposure should contact public health officials at 800-234-5963. Measles was confirmed on May 15 in a person who returned to Oklahoma after traveling to various domestic and international destinations. The virus is still common in many parts of the world with outbreaks occurring in Europe, Israel, Ukraine, and the Philippines. These outbreaks have resulted in travelers who develop illness in the U.S. following their return. In addition to the high number of cases, there are outbreaks ongoing in several states. THD is offering the MMR vaccine at no cost to those exposed at all immunization clinics. View information about locations and hours at [www.tulsa-health.org/vaccines](http://www.tulsa-health.org/vaccines). All OSDH County Health Department locations will also be providing MMR immunizations.

Immunization records may be obtained at [www.tulsa-health.org/shotrecords](http://www.tulsa-health.org/shotrecords), or through your private health care provider or school.

### Symptoms

People who are susceptible to measles usually develop symptoms about 10 days after exposure with a range of 7-21 days. Symptoms of measles begin with a mild to moderate fever, runny nose, red eyes, and cough. A few days later, a rash appears starting on the face spreading to the rest of the body accompanied by a fever that can reach up to 105 degrees. Symptoms can range from severe to milder, depending on the individual. Measles can lead to pneumonia and other complications, especially in young children and adults over 20. The disease can also cause serious problems in pregnant women and those with weakened immune systems.

People with measles can spread the virus up to four days before the onset of the rash and until four days after the rash starts.

### Prevention

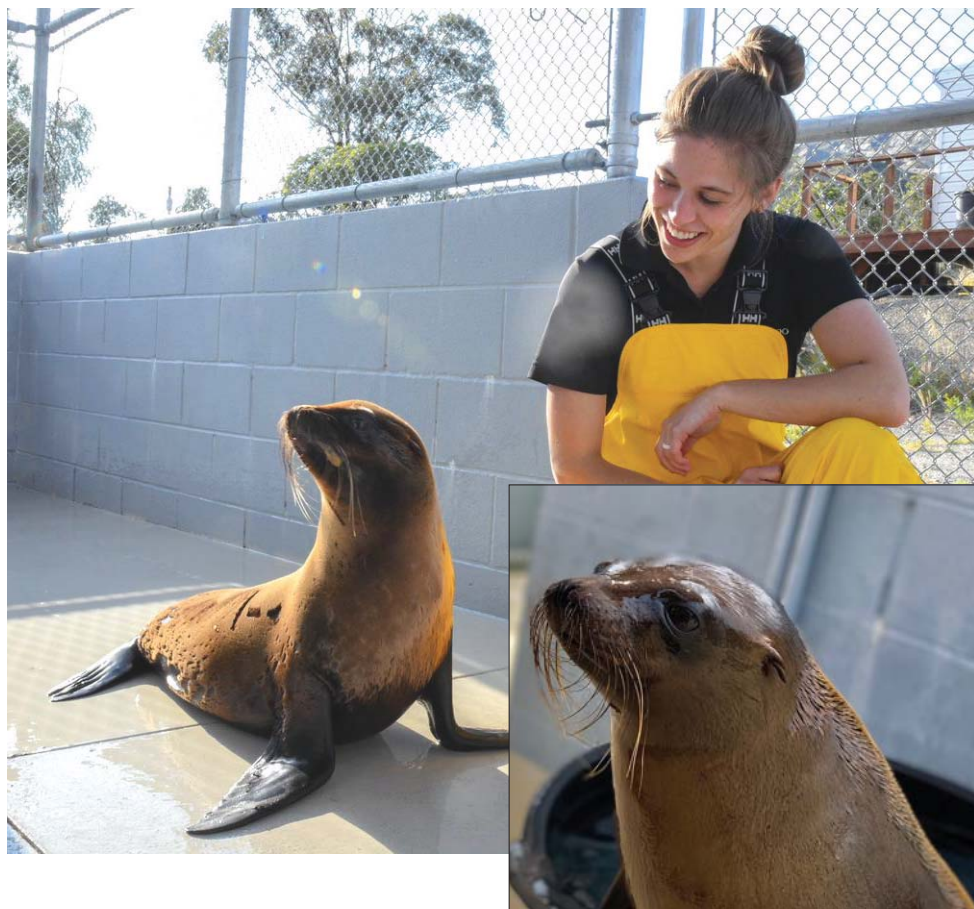
Measles can be prevented with the measles vaccine (usually given in combination with rubella and mumps, called MMR vaccine). The vaccine is recommended for all children at 12 to 15 months of age and again at four to six years of age. If a person has not received a second dose of the vaccine between four to six years of age, the booster dose may be given at any age thereafter. The measles vaccine is very effective. One dose of measles vaccine is about 93% effective at preventing measles if exposed to the virus. Two doses are about 97% effective.







# ZOO WELCOMES RESCUED CALIFORNIA SEA LION PUP



The Oklahoma City Zoo and Botanical Garden recently welcomed Isla, a California sea lion pup rescued from the Santa Barbara Harbor in Santa Barbara, California, by Channel Islands Marine & Wildlife Institute (CIMWI). The pup who is approximately 11-months-old arrived at the OKC Zoo in mid-May.

Born off the California coast, Isla was found malnourished and emaciated at the Santa Barbara Harbor in November 2018. When concerned citizens called the CIMWI Rescue Hotline, volunteers with the nonprofit organization responded and rescued the pup. The sea lion was transported to CIMWI's facility to be rehabilitated in hopes of returning her back to the wild. Isla was CIMWI's 100th marine mammal rescued in 2018. After 90 days of rehabilitation, which included medication, increased fish intake, and daily health checks, she was deemed releasable by the Institute's veterinarian. Isla, known then as number 100, was released 25 miles offshore, near Santa Cruz Island around other wild sea lions.

Nine days later, Isla returned to the Santa Barbara Harbor and walked into the lobby of the nearby Alma Mar Motel. In the 9 days she was back in the wild, she had lost 9 pounds, which indicated to

CIMWI staff that she was unable to forage for herself in the wild. When they brought Isla back to the center, it became clear, after weeks of observation, that Isla was more habituated to humans than she was to the other marine mammals in the institute's care. From this assessment and Isla's weight loss when she was back in the open ocean, CIMWI caretakers were certain that Isla would not thrive in the wild, so for her safety and well-being, she was deemed non-releasable.

Once it was decided that Isla could not return to the wild, CIMWI contacted National Marine Fisheries Service (a division of the National Oceanic and Atmospheric Administration or NOAA) to locate a zoo or aquarium, accredited by the Association of Zoos and Aquariums (AZA), that could become Isla's permanent home, and the OKC Zoo was selected. The OKC Zoo then began making preparations to send two team members, Lead Marine Mammal Trainer, Sierra Chappell, and Social Media Coordinator, Sabrina Heise, to California to bring Isla from Santa Barbara to Oklahoma City.

"By becoming a forever home for Isla and providing her with care, veterinary monitoring and an enriching environment, not only are

See PUP Page 21

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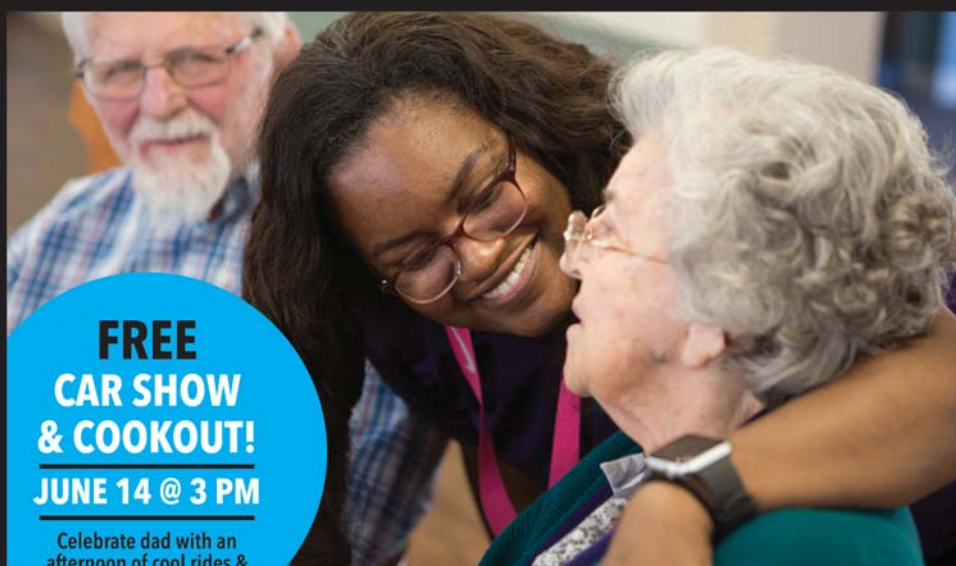
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# Ruby Pearl Doolin turns 103 June 30

Ruby Pearl Doolin was born in 1916, and on June 30th she will turn 103! Ruby Moved in to Legend at Jefferson's Garden in April of 2018; we were immediately taken with her charm, her sense of humor, her energy and her appetite! Come in to this quaint Legend Community on any day and you will find Ruby walking the building chatting up the staff and Resident's, teaching us how to do the Charleston whenever she hears music, or rearranging furniture! Ruby was a career interior decorator at a time when everything was done by hand; she would do her own upholstery work and sew custom curtains for her clients. She eventually became part of the Pete Locke custom home design team and is credited to have decorated practically every home in Nichols Hills at some time throughout the years. Ruby is also a natural care giver and cared for her older sister who was quadriplegic; as a result of that care, love and compassion she lived to be 87 years old! It is a common sight to observe Ruby offering care and help to her friends and neighbors in the community.



**Ruby Pearl Doolin was born in 1916 and will celebrate her 103 birthday June 30.**

By the time Ruby was 18 years old she was a beauty queen, winning a home town beauty pageant, she also sang on the radio before TV was even invented! While she was still 18 Ruby was offered a recording contract in Los Angeles which her mother vehemently turned down on her behalf. Besides having a career and taking care of her sister, Ruby would marry and raise four children, two sons who are 80 and 81 years old as well as two step children who cherish her!

When Ruby first arrived at Legend at Jefferson's Garden we were so amazed by her vitality that we decided to ask her what her secret was? She responded, "well, I just don't think about it". I think we should all take that as advise from Ruby! We adore Ruby and look forward to many more years of life, love and laughter from this precious senior.

Legend at Jefferson's Garden is located at 15401 N Pennsylvania Avenue in Edmond. Visit <https://legendseniorliving.com> for more information.

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PUP

Continued from Page 19

we ensuring her survival, but we are also safeguarding the future of her species,” said Sierra Chappell, lead marine mammal trainer. “Her energetic spirit and inspiring story will resonate with Zoo guests and create a connection that will last a lifetime.”

On Tuesday, May 14, 2019, Isla entered a temperature-controlled crate and was loaded into a van bound for the Los Angeles International Airport. At 6 a.m., she was boarded on a FedEx cargo plane with Chappell nearby to ensure she was comfortable during the flight.

Once Isla arrived at the OKC Zoo, she was introduced to her new habitat at the OKC Zoo, where she will stay throughout her 30-day quarantine before she begins interacting with the Zoo’s other six California sea lions. The sea lion habitat, located near the Sea Lion Presentation Stadium, is 10-feet-deep, and Isla is currently viewable to Zoo guests. When she has cleared her quarantine period, Isla will begin meeting her sea lion family.

Considered to be highly intelligent animals, California sea

lions’ survival is based on the health of the ocean’s ecosystem. Sea lions are threatened by plastic pollution and are vulnerable to the effects of climate change on ocean currents, which impact their fish prey abundance. They are also victims of bycatch in fisheries. The OKC Zoo participates in AZA’s Species Survival Plan for California sea lions.

Tis the sea-sun to make a splash this spring with a trip to the OKC Zoo to meet Isla! Located at the crossroads of I-44 and I-35, the Oklahoma City Zoo is a proud member of the Association of Zoos and Aquariums, the American 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.

OK History Center to Host Okietales in June and July

Join the Oklahoma History Center for Okietales, a storytelling and craft time for children ages five to nine, from 10:30 to 11:30 a.m. each Wednesday in June and July, except July 3. Kids will listen to a story about Oklahoma, then make a related craft. The cost for Okietales is \$4 for nonmembers and \$2 for members.

Sarah Dumas, director of education at the Oklahoma History Center, described this program as a reading and storytelling time that explores different topics of Oklahoma history. “The storyteller incorporates a literary work to broaden the child’s understanding of a particular period of history. This program has been extremely effective in entertaining the kids and teaching them the basic history of Oklahoma,” said Dumas.

Dates for Okietales are June 5, 12, 19, and

26 and July 10, 17, 24 and 31. The program will take place in the Oklahoma History Center Museum Store. For more information contact the Oklahoma History Center Education Department at education@okhistory.org or call Carrie Fox at 405-522-0791.

The Oklahoma History Center, is located at 800 Nazih Zuhdi Drive in Oklahoma City.





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# Firefighters Save One of Their Own after a Stroke

Thursday, May 9 was a typical morning for Lt. Joshua Manion with the Oklahoma City Fire Department. He was asleep in his bed at Fire Station 22 when he briefly woke up at around 3 o'clock in the morning. He says he looked at the clock and decided it was too early to get up, so he went back to sleep. When he woke up again at 6 a.m. – something had changed.

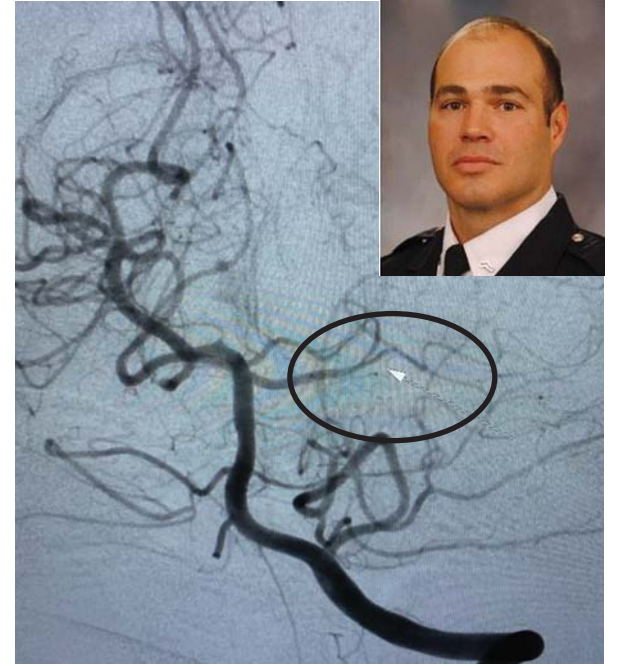
"I was dizzy," remembers Manion. "I thought I must have gotten out of bed too fast, so I sat back down. But each time I tried to get back up again, I would lose my balance."

Manion only had an hour left on duty. He thought whatever he was experiencing would wear off if he just kept moving. He managed to make his bed but felt uncharacteristically uncoordinated on his left side. "I was walking like someone who was intoxicated - and then I became violently ill."

Manion has been on numerous medical calls as a fire-fighter and has encountered many people exhibiting stroke symptoms, but he says his symptoms were different. "I didn't have the typical facial droop, slurred speech or weak arms, so even with all my training, I never suspected I was having a stroke."

Thankfully Lt. Clay Evans, a firefighter paramedic at Fire Station 22, did suspect it was a stroke. He and Major Milton Blackburn rushed Manion to INTEGRIS Baptist Medical Center. The quick-thinking actions of these firefighters quite possibly saved the life of one of their own.

"Joshua suffered a posterior circulation stroke in the cerebellum of his brain. This area is responsible for balance and the coordination of muscle activity," says Ashish Masih, M.D., a vascular neurologist at INTEGRIS. "There are varying outcomes for this type of stroke from slight uncoordinated movements, to coma, to even death. Joshua is remarkably lucky that his fellow firefighters were able to recognize the atypical signs of this type of stroke and to act as quickly as they



did."

Manuel Fortes, M.D., an interventional neuroradiologist with INTEGRIS, performed an endovascular thrombectomy on Manion to remove the clot that was blocking blood flow to his brain. "NIHSS stands for National Institutes of Health Stroke Scale," explains Fortes. "It is a way to objectively score stroke symptoms, ranging from a score of 0 to 42. We're happy to say Joshua has a score of zero, meaning he has little to no deficits as a result of his stroke." The official cause of his stroke is unknown at this time. He will undergo more testing and will be closely monitored. He hopes his story will serve as a reminder that strokes can happen to anyone at any time. "I'm only 42 years old. I don't smoke, I'm active and seemingly healthy," says Manion. "In my sixteen years with the Oklahoma City Fire Department I've never taken one sick day. If a stroke can happen to me, it can happen to anyone."

Manion encourages everyone to learn the signs and symptoms of stroke. He says even though his symptoms were a little different, it's still good information to know – and may even save a life.

Manion is anxious to return to work and admits he doesn't like being on the receiving end of a rescue. "I'm not used to people doing things for me. I'd much rather be on the other end for sure. But I think seeing things from the 'patient perspective' may actually help me become an even better firefighter."

**COMING SOON...**



**A NEWLY RENOVATED ASHTON ON THE GREEN**

*Independent living for seniors 62 and older  
El Reno, OK*

**SMALL TOWN LIVING AT IT'S FINEST**  
**Beautifully landscaped and great floor plans**  
**1 & 2 BEDROOM UNITS**

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**SPRING 2019**

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# RESOURCES SENIOR NEWS AND LIVING

## Adult Day Center

### FULL CIRCLE ADULT DAY CENTER

4223 28TH AVENUE NW  
NORMAN, OK  
405-447-2955  
<https://fullcircleok.org/>

## Assisted Living

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

Have An Immediate Need? Call  
405-241-6050

### Arbor House

Norman, OK 405-310-2499  
Norman, OK 405-292-9200  
Midwest City, OK 405-455-3900  
Mustang, OK 405-376-2872  
[www.arborhouseliving.com](http://www.arborhouseliving.com)

### Care Suites OKC

1213 NW 122nd St,  
Oklahoma City, OK 73120  
<https://www.caresuitesokc.com>

### Featherstone Assisted Living

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

### Fountain Brook Assisted Living and Memory Support

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

### Meadowlakes

### Retirement Village

963 SW 107th St.  
Oklahoma City, OK 73170  
405-703-4225  
[meadowlakesretirementvillage.com](http://meadowlakesretirementvillage.com)

### Tealridge Retirement Community Assisted Living | Memory Care

Call (405) 604-5433 2200 NE 140th  
Street Edmond, OK 73013  
**Independent Living**  
Call (405) 608-8020  
2100 NE 140th Street  
Edmond, OK 73013  
<https://www.tealridge.com>

## Cremation Service

### Affordable

### Cremation Service

10900 N. Eastern, Oklahoma City, OK  
405-521-8777

## Independent Living

### Ashton On The Green

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

### Chateau on the Green

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

### Emerald Square

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

### Grace Pointe Living

Border of Moore & S. OKC 405-596-3003  
[www.gracepointeliving.com](http://www.gracepointeliving.com) A gated  
community of luxury cottage homes for  
lease ideal for active seniors 55+

### The Gardens at Reding

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

### Whispering Creek

5712 Goldfinger Road, Mustang / SW OKC  
73179 405.820.4058

### Woodson Park Apartments

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

### Wyndam Place

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

## Insurance

### New Product

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

FREE consultation and quote.

Local Agent (405) 241-6050

## Home Health

### A Better Life Homecare

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

### Caregiver Solutions

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

### Care Plus Home Care

9828 NE 23rd Street  
Oklahoma City, OK 73141 405-769-2551  
[www.CarePlusatHome.com](http://www.CarePlusatHome.com)

## Home Health

### Home Care Assistance

323 S. Blackwelder Ave.  
Edmond OK 73034  
[HomeCareAssistanceOklahoma.com](http://HomeCareAssistanceOklahoma.com)  
405-285-4191

## Home Health

### Home Companion Solutions

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

### Visiting Angels

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

## Roofs \* Gutters & More

### Oklahoma Strong Roofing & Construction

303 S. Ranchwood Blvd. Yukon, OK 73099  
405-322-5333 [www.strongok.com](http://www.strongok.com)  
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Locally Owned & Operated.

**Directory Listings are Available for only \$8.50 per line (\$24.95 Minimum) per month/Issue or FREE with your display ad! Call 405-631-5100**

## Realtor

### Belinda Gray, Realtor

Senior Real Estate Specialist  
(405) 823-0331

[BelindaGrayRealtor@gmail.com](mailto:BelindaGrayRealtor@gmail.com)  
[www.belindagray.com](http://www.belindagray.com)

A Realtor for all Seasons of Life  
Metro Brokers of Oklahoma.

## Services

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

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

### David's Tree Service

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

### Senior Chat Services

Progress Assessment and Companionship.  
**405-307-0064**

## Skilled Nursing

### Warr Acres Nursing Center

6501 N. MacArther, OKC  
405-721-5444

## Services

### Areawide Aging Agency :

4101 Perimeter Center Drive - OKC  
405-943-4344

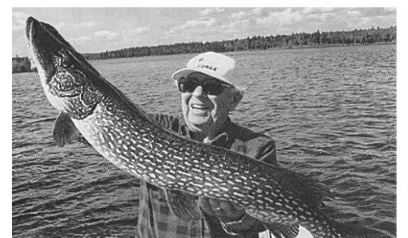
## Our Classifieds Get Results!

SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE			
<p><b>Don Wallace Amazed At Response to Ad in Senior News and Living</b></p> <p>"Yes, I still go fishing. Each Year Pat and I escort a group to Sportsman's Lodge in Canada which is August 1 to 6. I was truly amazed at the response we got when I placed a classified ad in the Senior News and Living monthly newspaper. 'It worked Well for me.' I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012. For a brochure and details about the Canadian trip, Call me at 405-470-5106. Don Wallace, The Wallace Wildlife Show</p> <p><b>FOR SALE</b></p> <p>Hoveround MPV 4 Power Chair, \$550.00 cash. Firm. Can deliver. 405-606-2748.</p>	<p><b>FOR SALE</b></p> <p>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><b>Obtain C-Pap Masks and Supplies from Home Care Medical, 4401 South Walker, OKC 235-1468. Insurance, Medicare and Medicaid Accepted.</b></p> <p><b>RESTHAVEN GARDEN OF MEMORIES, DOUBLE LAWN CRYPT.</b> 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><b>HELP WANTED</b></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><b>SERVICES</b></p> <p><b>SENIOR FRIENDLY REALTOR.</b> Home Selling made easy <b>FREE</b> no obligation consultations. Tonya Yarema (405) 990-6181 Metropolitan Real Estate "Buying or Selling... call me!"</p>	<p><b>PRICE PER 25 WORDS</b></p> <p>1 Month.....\$14.96 3 Months.....\$29.55 6 Months.....\$42.12</p> <p>Classified ads are prepaid only. Deadline is second Friday each month.</p> <p><b>ADD A PHOTO, ONLY \$5 MORE!</b></p> <p>Send ad and payments to Senior News and Living 4501 N. Cassen Blvd. Ste 106 Oklahoma City, OK 73118</p> <p><b>TRAVEL</b></p> <p><b>Travel Tours</b> 211 Hwy. 51, Wagoner, OK (918) 465-4595. 1-800-331-3192</p> <p><b>Kincaid Tours</b> 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**



# June CALENDAR OF EVENTS

To Be Added To The Calendar, Call Steve at (405) 631-5100 Ext. 2 or email [news@seniornewsandliving.com](mailto:news@seniornewsandliving.com)

## JUNE

### FREE LINE DANCE LESSONS

Weekly on Wednesdays 8-9pm  
All ages & dance levels welcome.  
401 S. Meridian Ave.  
OKC-Biltmore

**SENIOR CLASS:** Try our class/seminar this spring for residents ages 55+: **STRENGTH TRAINING** 2pm-3pm Mondays and Wednesdays. **FREE.** Taylor Recreation Center, 1115 SW 70th St. Oklahoma City, OK 73139

### 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. in Moore

All ages and skill levels are welcome. For more information, contact Mr. Kissinger at [ishmaelkissenger@mooreschools.com](mailto:ishmaelkissenger@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 from June to September: June 21, July 19, August 16 and Sept 20. Visit [embarkok.com](http://embarkok.com) to plan your trip.

### Will Rogers Gardens Events

#### Will Rogers Gardens

3400 NW 36th Street

#### Senior outdoor painting

(ages 50+) Learn "plein air" painting, the 19th century style of outdoor painting central to French Impressionism. Organized by the Will Rogers Senior Center. Mondays in June · 9:30 AM - NOON · \$10/person. Will Rogers Park, 3501 Pat Murphy Drive. Call 297-1455 to register.

## JUNE 5

June 5

9:30-Noon

**Oklahoma Gardeners Association monthly meeting**  
**Will Rogers Gardens Auditorium.**  
**3400 NW 36th St.**

**Open to the public**

Speaker: Andrine Suffran  
OSU Entomologist will introduce us to the world of BUGS!  
The good, the bad and the ugly....

## JUNE 8

June 8

9:00 am-Noon

### Urban Mission

**3737 N. Portland. OKC, OK**  
Oklahoma Gardeners Association Garden Garage Sale  
New and nearly new garden items - tools, books, containers, plants, garden art and more at garage sale prices

## JUNE 12

### SPRINKLERS 101

Wednesday, June 12

1:30 - 3:30 PM

### Will Rogers Gardens Exhibition Hall

3400 NW 36th Street

In this hands-on irrigation workshop, participants will rotate through different stations to learn about controller programming, heads and nozzles, drip irrigation, and maintenance. Free workshop, registration required: [SqueezeEveryDrop.com](http://SqueezeEveryDrop.com) or call (405) 297-1284

## JUNE 15

### PUBLIC PARKS EVENTS

#### Juneteenth:

Saturday, June 15

10 AM - 6 PM

Washington Park  
400 North High Avenue.

## JUNE 15

### PUBLIC PARKS EVENTS

#### Asian Night Market:

Saturday, June 15

4 PM - 10 PM

Military Park,  
1200 NW 25th Street.

### PUBLIC PARKS EVENTS

#### Music and Wine Festival:

Saturday, June 15

5 PM - 10 PM (VIP at 4 PM)

Will Rogers Amphitheater,  
3312 North Portland Avenue.

## JUNE 16

*Any Man Can Be A Father But It Takes A Special Person To Be A Dad. Happy Father's Day!*

## JUNE 22

### Will Rogers Gardens Events

#### Will Rogers Gardens

3400 NW 36th Street

**Daylilies (all ages):** Learn the history, nomenclature, basic care and descriptions of various forms of daylilies.

Saturday, June 22 · 2:30 PM - 3:20 PM · FREE. Will Rogers Exhibition Building  
[okc.gov/parksignup](http://okc.gov/parksignup)  
keyword 22172

## JUNE 27

### Chicago Steppin

Class L & G's on the BLVD

4801 N. Lincoln Blvd. OKC.

405-524-2001.

**When: Thursdays, 7-9 p.m.**

**Continues through June 27,**

**2019.** Learn how to do the

popular dance at this FREE

weekly class, 7pm - 9 pm

Thursdays.

## JUNE 30

### PUBLIC PARKS EVENTS

#### River Trail Relay:

Sunday, June 30 at 7 AM

Myriad Gardens,  
301 West Reno Avenue.

## JUNE - SEPTMEBER

### USE MOSQUITO REPLENT, 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](http://occhd.org/FightTheBite).

## JULY 14

### Beautiful Minds: Dyslexia and the Creative Advantage

**When: 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.

**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](mailto:advertising@seniornewsandliving.com) for more information and to be included!



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.

NINOO

FIWTS

KODECT

HNERCW

Print your answer here:

Answers Next Month

May Answers

Jumbles: PRIZE AGAIN TUMBLE NEEDLE

Answer: He tried to build a working teleporter, but his plans never — MATERIALIZED

Robocalls at all-time high

According to the Federal Trade Commission, there is a significant increase in the number of illegal robocalls because internet-powered phone systems have made it cheap and easy for scammers to make illegal calls from anywhere in the world, and to hide from law enforcement by displaying fake caller ID information.

4.9

Billion robocalls in April

14.9

Avg. calls per person

164

Million Per day

Robocalls in billions

Top 10 affected areas nationwide in April 2019

City	State	Est. in millions
Atlanta	GA	190,934,300
Dallas	TX	180,881,700
New York	NY	154,775,100
Chicago	IL	151,566,500
Houston	TX	149,738,300
Los Angeles	CA	149,428,200
Baltimore	MD	115,460,500
Phoenix	AZ	89,681,800
San Francisco Bay Area	CA	89,577,900
Newark	NJ	88,421,100

Top 10 affected area codes nationwide in April 2018

Area Code	City	State	Est. in millions
404	Atlanta	GA	81,104,400
214	Dallas	TX	71,698,900
832	Houston	TX	70,229,700
678	Atlanta	GA	60,940,400
954	Fort Lauderdale	FL	48,646,100
917	New York	NY	48,088,600
310	Los Angeles	CA	46,410,600
210	San Antonio	TX	45,666,000
817	Dallas	TX	44,542,800
901	Memphis	TN	44,432,500

What should you do if you get a robocall?

In 2018, the FTC had brought more than a hundred lawsuits against over 600 companies and individuals responsible for billions of illegal robocalls and other do-not-call violations. Below are some tips if you get a robocall.

Hang up the phone. Don't press 1 to speak to a live operator and don't press any other number to get your number off the list. If you respond by pressing any number, it will probably just lead to more robocalls.

Consider contacting your phone provider and asking them to block the number, and whether they charge for that service. Remember that telemarketers change caller ID information easily and often, so it might not be worth paying a fee to block a number that will change.

Report your experience to the FTC online at [www.ftccomplaintassistant.gov](http://www.ftccomplaintassistant.gov) or by calling 1-888-382-1222.

Source: Federal Trade Commission, [robocallindex.com](http://robocallindex.com)  
Graphic: Staff, TNS



# OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

## FOR SALE

**Resurrection Cemetery.**  
Two Mausoleum Spaces.  
Excellent Location. Today's Price  
is \$9170.00. \$6,000.00 For Both  
includes Opening and Closing  
Costs. 405-535-8279

### Memorial Park in Edmond

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

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

Call Jeff at  
405-400-5132

**Resurrection Memorial  
Cemetery N.W. Expressway.**  
2 Lots, both for \$3,000.00.  
Phone 405-942-1579 or  
405-823-1154

## SERVICE

### POLISH ME PRETTY MOBILE NAIL STUDIO



*Make Every  
Treatment Unforgettable.*

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

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

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

## SERVICE

### Aerial Ash Spreading Service

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



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

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

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

Deadline is the 25th of each  
month. Mail-in form with check  
must be postmarked by  
the 25th and received by  
the 28th of each month.  
Classified Liner ads are prepaid  
only. ALL LISTINGS AND ADS  
ARE IN PRINT & EPUB. All prices  
are subject to change without  
notice at any time. Please call  
405-631-5100 ext. 3 to submit  
ad copy and payments.  
[www.SeniorNewsandLiving.com](http://www.SeniorNewsandLiving.com)

## SERVICE

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

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FAST + EASY  
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## SENIOR NEWS & LIVING AD FORM

Category (Exp: For Sale, Help Wanted):

Date(s) to Run:

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

- ☐ 1 Month.....\$21.00  
☐ 3 Months.....\$53.00  
☐ 6 Months.....\$83.00  
☐ ADD A PHOTO, ONLY \$5.00 MORE!

FIRST NAME

LAST NAME

STREET ADDRESS

APT. CITY

STATE ZIP CODE E-MAIL/PHONE

### PAYMENT INFORMATION

☐ Check # and Amount Enclosed

☐ Please bill my VISA.

☐ Please bill my Master Card.

CARD NUMBER

EXP. DATE CVV NUMBERS

**Commons on Classen**  
**1320 Classen Drive**  
**Oklahoma City, OK 73103**  
**405-601-6819**  
**TDD #711**

Office Hours: Monday-Friday 10:30 AM to 3:30 PM

This institution is an equal opportunity provider and employer.

**62 years of age or older.**





**SAVE UP TO**  
**85%**  
**OFF**  
**YOUR PRESCRIPTIONS**



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REUSABLE - NEVER EXPIRES

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**FREE AND READY TO USE SHARE WITH  
FRIENDS & FAMILY SIMPLY SHOW & SAVE**

**Savings Range 10%-85%**  
**Average Savings of 59%**

**Customer Service: 1-866-809-9382**  
This is not insurance.

**SAVE**  
**\$60**

**ON AVERAGE**



**TAKE THIS COUPON to your pharmacist!**



# GET INFORMED ALL IN ONE PLACE ALL IN ONE DAY!

3RD ANNUAL

50+

## Better Living Expo

**June 19, 2019, 9am-4pm at State Fair Park**

**FREE to Attend • FREE Parking • FREE Shuttle Service to the Door**

**This is a free one-day event that features 100 exhibitors, plus seminars from experts in health & wellness, nutrition, finance, technology, travel, home healthcare, assisted living, and much more!**

HUNTING FOR RESOURCES AND INFORMATION CAN TAKE A LOT OF TIME. This is the chance to hear and talk with local experts that can give you resources like what's the latest technology available to keep your home safe & senior-friendly, how to avoid scams & frauds (and what the latest scans are in our area), who can help you narrow down a list of senior living choices, who can make house calls to save you visits to the Emergency Room. These are just a few examples of the ONE HUNDRED exhibitors and seminar presenters that are prepared to answer your questions and engage with your needs.

THE BENEFIT OF THE BETTER LIVING EXPO is that this is only one day and an opportunity to connect with the best local resources for our aging population. This Expo will be good for everyone 40, 50, 60 years and better! This is your chance to gather info to use, or keep for later when it may be useful—even essential—to your life or your loved ones.

ENTER OUR GIVEAWAY ONLINE - Register for your chance to win a 55" HD Smart TV! Drawing at 3:30pm; must be present to win! Go to [RMPSHOWS.COM](http://RMPSHOWS.COM) to enter & get more information.

*The expo will have so much to offer including:*

- SEMINARS
- How to make investments work for you
- GIVEAWAYS & DOOR PRIZES
- Great travel opportunities
- Real estate options, downsizing
- Fashion & beauty advice
- Mobility products and medical equipment
- Health, nutrition, and fitness products geared to 50-Plus, Boomers, and Seniors
- Much, much more!

*The Flying Pig BBQ Food Truck will be out all day!*

**GET INFO AT OUR  
[RMPSHOWS.COM](http://RMPSHOWS.COM)**



or call 405-605-2121

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