

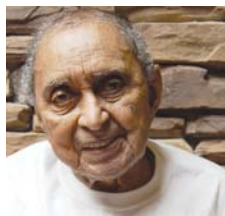
Called to Serve

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Information for Oklahoma Seniors

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Changing lives



The Veraden improves senior living care

Tonya Hodges, LPN, director of The Veraden, and Anita Kelley, marketing director, feel blessed to work in a compassionate environment that makes positive change in life.

by Mike Lee, Staff Writer

The Veraden is a new senior living center in Edmond offering independent living, assisted living and memory care, said Anita Kelley, Veraden spokeswoman. Assisted living with memory care has a separate community.

Residents are offered opportunities to engage in healthy lifestyles through nutrition and socializing with their peers. Residents particularly like the cityscape area of The Veraden that is among hills and trees.

"We have an underground tornado shelter

with a theatre, cafe and activity room with a fitness center and a certified trainer," she said. The trainer leads exercises and demonstrates the proper use of equipment.

"We have fitness equipment accompanied by elliptical training, a treadmill and free weights," Kelley said.

Amenities at The Veraden include a heated swimming pool

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Silver Sneakers gives seniors an edge



The Station's Stuart Drake, (left) says seniors like Larry Jernigan, 68, enjoy working out daily for free at The Station at Central Park through the Silver Sneakers program with trainers like Hailey Donaldson.

story and photos by Bobby Anderson, Staff Writer

Twice every day, Larry Jernigan, 68, renews his lease on life, working out at The Station at Central Park in Moore.

It's a gift he gives himself and one his Medicare plan pays for.

"Why not do it when you've got it?" said Jernigan, who played football and wrestled at Blackwell High School growing up. "(The Station) is beautiful and the equipment is awesome. I like this walking track up here, especially in the winter. The walking track outside is going to be nice in the spring.

"The aquatics is great, too."

The Station at Central Park is one of a long list of health facilities in the metro that participate in the Silver Sneakers program which gives free facility access to those age 54 and up.

Stuart Drake is the sales and rental coordinator for The Station. He said the facility has been trying for half a year to get Silver Sneakers certified.

"It's a good opportunity for us because it brings in a lot more people who wouldn't be able to afford a pass here," Drake says. "It's an opportunity for people to be part of our facility and to take classes with other people. They love the facility because it's new, it's clean and it's not too busy."

"From 9 to about 10:30 a.m. they're about 75

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SNEAKERS

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percent of the population that's here."

Since December, more than 60 seniors have signed up for the program through The Station.

Silver Sneakers participants get full access to equipment, facilities and the various instructor-led fitness classes offered at The Station.

Hailey Donaldson is one of those instructors and sees the power exercise gives seniors.

"Age should never be a barrier to your health and fitness," Donaldson said. "I love that Silver Sneakers encourages seniors to keep moving and keep their health a priority."

NATIONAL REACH

For millions of older adults, the path to improved well-being starts with SilverSneakers Fitness. Founded in 1992 by Mary Swanson, SilverSneakers has been helping its members take charge of their health

for more than 24 years by partnering with health plans to provide convenient access to a comprehensive fitness solution.

The program provides access to fitness and wellness facilities, proprietary and group exercise classes led by certified instructors, online resources, social events and a support network of other participants across the nation.

Participants have access to more than 13,000 fitness and wellness centers across the country.

REAL BENEFITS

According to the SilverSneakers Annual Participation Survey, 84 percent of participants complete moderate to vigorous aerobic activity three or more times per week, a testament to the program's ability to engage members in their own well-being.

Additionally, 94 percent of participants state that they are in good or excellent health, and 90 percent report more energy to accomplish daily activities.

Members also utilize

preventative care more often, are admitted to the hospital less, and have lower overall healthcare costs.

In addition to the physical benefits, SilverSneakers improves mental and emotional well-being through social events, access to health resources and educational seminars and program camaraderie – which keeps members coming back.

In fact, 73 percent of participants attend class with a friend and 49 percent say other members help motivate them to exercise.

Drake said once more seniors enroll he plans on offering more social events to keep seniors engaged between workouts.

During his working years Jernigan spent 18 years as a BNSF Railroad track foreman.

He built and rebuilt the tracks sitting less than 100 yards away from The Station.

"I followed the project as it developed and it just got to be so nice looking that me and my oldest son came in to check it out," Jernigan said. "Come to

find out they accepted Silver Sneakers."

The Station is a \$26.2 million venture approved by Moore residents opened in 2016. Some 53,000 square feet of workout space is situated on the 51-acre site. A 45,000-square-foot aquatic facility is located next door allowing lap swim, classes as well as slides, a kiddie pool and a lazy river.

"My body feels a lot better," Jernigan said. "Being retired for several years I had to drive myself into doing something but it's a lot easier when you've got people around. You see them doing it and you want to do it, too."

Currently, one in five older adults is eligible for a SilverSneakers Fitness benefit through the nation's leading Medicare Advantage health plans, Medicare Supplement carriers and group retiree plans.

You can check your eligibility today by calling toll-free 1-888-423-4632, calling The Station locally at 405-793-5090 or go online to silversneakers.com.



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VERADEN

Continued from Page 1

and hot tub. The second floor has a high-purpose room designed for snacks and a happy hour. Billiards and poker are available.

"In the assisted living, they can use those areas as well. They also have two activity areas," Kelley said. "But one thing that makes our assisted living unique is we even have two bedroom apartments. A lot of assisted livings don't have that."

Kelly said she loves that The Veraden hires according to what is needed for care.

"We don't say we've got five residents so we need one person. If we have five residents with a lot of needs and a lot of care, they we're going to hire more of a team." "So our care associates help with bathing, dressing, and delivering medications. They are all certified nurse aides, certified med aides. Then we have an RN over the program and an LPN. So we're covered Sunday through Saturday."

Tonya Hodges serves as director of The Veraden. Hodges has been a licensed practical nurse

for 10 years and began her career in senior communities.

"Once seniors are in your heart, you don't go anywhere," Hodges said. "It's your calling. People have asked me over the years, 'What is your dream job?' This is my dream job."

"I wake up every day looking forward to changing their lives."

Enriching the lives of residents is the staff's goal at The Veraden. In doing so, the residents change the lives of The Veraden staff for the better, Hodges said.

"I love that we're taking care of history," Hodges continued. "We have war veterans and folks who have made a difference in this community."

A heart for caring is a hallmark of the care staff, Hodges said. That is a quality The Veraden looks for when hiring for senior care, she said.

The Veraden offers 142 apartments, but they already have a lot of residents. When coming to The Veraden, prospective residents have needs to be met.

Some of them have found it more difficult to cook for one person at home or to go pick up groceries. They may have begun

skipping meals.

"So with nutrition they want activity. They know they're sitting too much. They haven't been getting up and moving enough," Kelley said.

Some of the people looking for a retirement community realize they have been watching television more than they once did.

Socialization at The Veraden is helpful when having a friend to share a cup of coffee or attend a poetry class.

Kelley said she is impressed by the extra mile the care team has gone to please the residents.

"One lady loves spaghetti so we went and got spaghetti for her," Kelley said. "They went for an assessment in a different community and found that her apartment, especially around her chair in her apartment was real dirty, so they cleaned the carpet for her around the chair so it would be more comfortable for her and she could move here."

"They just see things that we don't always see and spot things. I really appreciate that about them."

On a recent weekend when an ice storm was in the forecast,

the care team spent the night at The Veraden to make sure people received their medicine. The director of memory care spent the entire weekend with residents.

"That's really going above and beyond," she said.

One of the residents told Kelly she had made a lot of promises before he moved to The Veraden.

"He said, 'I just want you to know you have gone above and beyond my expectations,'" Kelley said. "I thought that was the best compliment. 'Another lady said, 'This is the best business decision I have ever made.'"

Hodges said if they can change the lives of one senior every day, success has been made.

"Memory care is my passion, and it's changing the moments, not the days, of our memory care residents," she said. "I feel that we do that here. Our program is top-notch."

"I just got off the phone with a family. She said, 'You've exceeded everything I ever thought you would be doing for my sister.' It's just changing their lives and changing the lives of their families."

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Editor/Publisher Steven R. Eldridge
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Writers: Jason Chandler - OKC/STATE Mike Lee - OKC/STATE
Traci Chapman- OKC/STATE Vickie Jenkins- OKC/STATE

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

Advertising Sales:

Steven.Eldridge@seniornewsandliving.com
Lashanya.Nash@seniornewsandliving.com

Advertising Services: Lisa Weigel
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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

Called to serve



Veterans like (left to right), Bob Cohoon, Steven Lee and Gene Allen are ready to serve Military service men and women and their families traveling through Will Rogers World Airport at the YMCA Military Welcome Center.

by Bobby Anderson
Staff Writer

Steven Lee came through Will Rogers World Airport in 2013 looking for a USO to volunteer with and found the YMCA Military Welcome Center instead.

He volunteered then and there and six months later the job of director was his.

Today he and some 70 volunteers - many of them ex-servicemen and women - provide a space to hang out, a bit of food for the journey, and more often than not, an ear willing to listen for military members and their families traveling the globe.

SMALL BEGINNINGS

The first military welcome center at Will Rogers was started by the Blue Star Mothers in 2007 with 15 volunteers.

A single table held juice and sandwiches.

"They were quickly overwhelmed so the YMCA stepped in," Lee said.

Today, the Welcome Center offers a restful and relaxing atmosphere for traveling military members from all branches, active or retired. The center provides refreshment, internet access, long-distance phone service, stamps and stationery, games and hi-definition satellite TV on a big screen.

The MWC is a collaboration between four entities: the City of Oklahoma City, Will Rogers World Airport, the Armed Services YMCA, and the Earlywine Park YMCA.

The center operates primarily with the help of volunteers and community donations. The caring volunteers strive to provide a home-like atmosphere for the travelers, and vendors such as Pepsi Bottling Group and BOINGO, provide drinks and internet access.

And the center gets a workout.

Some 31,000 people went through last year from those heading out to basic training to entire troop movements that got delayed.

Lee said the center spends about \$3,500 a month in pizza alone to feed hungry military travelers.

FIRST TIME THROUGH

Buses arrive every day at 6:30 a.m., 8:30 a.m. and 10:30 a.m. for those heading to basic training at Ft. Sill.

It's the volunteers' job to get those soldiers lined out and ready to go.

"They have no idea what they're getting into and they're all nervous," said Lee, a former MP who retired from the Army in 1997. "When I brief them I always start out saying 'Who's nervous about going to basic training?' I'll get one or two hands go up."

"Then I ask 'Who's lying to me?' The rest of the hands go up. I've got 20 years in the Army so I try to ease their fears and the way to get through basic training."

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SERVE

Continued from Page 4

ex-service members to those who just want to give back and show their respect for those who serve.

"I have one lady that when she was a single mother in Houston the YMCA never refused her son to play in sports even though she might not have been able to afford it," Lee said. "She wants to give back."

"There's a big variety and a lot of reasons."

Bob Cohoon spent 22 years in the Army, retiring as a First Sergeant.

After driving a bus at the Oklahoma City VA Hospital, Cohoon decided to volunteer at the welcome center. "It's altogether different," Cohoon said of how servicemen and women are welcomed home today. "When I got out we still had the draft so it was a different military. Today these kids are volunteering for different reasons."

"When I came back from Vietnam we were called baby killers. (Ironically) my job over there for nine months was running a POW hospital and all we did was take care of the enemy."

Gene Allen was originally drafted for the Korean War. He

spent two years in the Army at Ft. Bliss, Texas before eventually settling in for 28 years in the Air National Guard.

"I've always enjoyed the military and I remember being a draftee and I remember what that was like," Allen said. "It's satisfying to give them a little encouragement."

Allen tries to ease nerves as best he can. He remembers what it was like being away from home for the first time and going into the unknown.

The way he sees it, volunteering at the welcome center is a way to help the next generation of soldiers.

Cohoon says he gets something out of it, too.

"It keeps me young really," he laughed.

Lee said the goal in the future is to open the center 24 hours a day.

Some days the center sees one or two visitors. Other days several families pass through waiting for their loved ones to arrive.

And some days entire units are stuck in the airport awaiting transport.

"It's feast or famine," Lee says. "But our sole mission is to give them a nice place to wait for onward transportation."



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Solving the mysteries of aging, one question at a time



Dr. Holly Van Remmen asks lots of head-scratchers. Like why do some diseases only happen when we get older? And what can we do to slow the aging process?

As head of the Oklahoma Medical Research Foundation's Aging and Metabolism Research Program, she's well served by her inquisitiveness. Indeed, it's a trait that comes naturally to her.

As a child, Van Remmen loved to figure out how things work. Even her little sister's supposedly indestructible Fisher-Price transistor radio couldn't escape her inquiring mind. "I used butter knives, screwdrivers and all kinds of things to get inside it," said Van Remmen. "I just had to know what made the music play."

In college, a part-time job in a nursing home again stoked the fires of her curiosity. What, she wondered, was driving the biological changes she saw in the elderly men and women she helped care for? She decided to figure out for herself by enrolling in a graduate program focused on physiology and aging. After earning her doctorate, she spent more than two decades as an aging researcher at the University of Texas Health Sciences Center in San Antonio, then joined OMRF's scientific faculty in 2013.

Van Remmen's work focuses on age-related muscle loss and amyotrophic lateral sclerosis, also known as Lou Gehrig's disease. During her career, she has made a series of important insights on muscle degeneration, and this past year she led a study that found new links between traumatic brain injuries and neurodegenerative conditions. "The ultimate goal of this work," said Van Remmen, "is to help people to be stronger for longer."

In June, the American Aging Association recognized her work with its highest honor, the Denham Harman Award. Established in 1978, the prize is a lifetime achievement award that recognizes scientists who have made significant contributions to the field of research in aging.

"This is such a nice honor for me personally," said Van Remmen. "But it also says that our colleagues across the country now recognize Oklahoma as a force in research on aging."

Dr. Arlan Richardson, Van Remmen's former mentor and now a professor at the University of Oklahoma Health Sciences Center, agrees.

"Holly is a tremendously hard worker and has a gift for fostering collaboration," he said. "She has grown into a noted leader in aging research and is one of the top women of her generation in the field. Her selection for this award symbolizes that growth, and having her here draws more attention to Oklahoma and helps all of us, both at OMRF and OU."

In 2015, working with a team that included Richardson, other OU and OMRF scientists, and researchers at the VA Medical Center, she helped secure a federal grant to establish a Nathan Shock Center of Excellence in the Biology of Aging in Oklahoma City. She and Richardson now serve as co-directors of that Shock Center, one of only six nationwide. Work at the Shock Center focuses on geroscience, the study of how aging impacts disease and how changes that occur in aging predispose people to disease.

The Oklahoma scientists hope their work will provide clues to understanding conditions ranging from Alzheimer's to age-related muscle loss, a topic of particular interest to Van Remmen. But regardless of what she finds, Van Remmen pledges to keep pushing ahead.

"Research is a journey," she said. "As you put together more pieces of the puzzle, more questions arise, and you have to follow where they lead."

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Sunbeam Family Services Names Volunteer of the Year

Sunbeam Family Services recently honored its volunteers at the organization's volunteer appreciation luncheon and named its inaugural Volunteer of the Year, Ray of Sunshine and Community Partner award recipients.

Friends of Sunbeam, an auxiliary volunteer group that started in 2003, was named Volunteer of the Year. Friends of Sunbeam meets monthly with the Sunbeam staff where they learn of the organization's program needs. The group puts together baskets for senior adults who are leaving Sunbeam's senior emergency shelter to move into their new homes. They also recognize birthdays of children in the foster care program, host the annual Foster Care Easter egg hunt and Oklahoma City Educare book fairs where they also serve as reading buddies.

Catherine Divis received Sunbeam's Ray of Sunshine Award. This award is presented to a new volunteer who has had significant impact on Sunbeam programs for one to three years. Divis,

an employee of Blue Cross Blue Shield of Oklahoma, is a member of the Beacons, Sunbeam's young professionals' board, which she helped to launch and now serves as President. Over the last three years, Catherine has invested herself as a volunteer in Sunbeam's foster care child care events, the OKC Educare carnival, the organization's Christmas store, and also serves as a liaison on the Sunbeam Board of Directors. In addition, she helps to recruit other volunteers for the organization.

Sunbeam named Junior League of Oklahoma City as its Community Partner of the Year. Sunbeam and Junior League have a long-standing relationship dating back to the 1940s when the group operated daycares for Sunbeam so that mothers could go to work and also helped to raise funds to create and support the work of the Child Guidance Clinic.



Friends of Sunbeam, Sunbeam Family Services auxiliary volunteer group, received the organization's first Volunteer of the Year Award. Representing Friends of Sunbeam are (l-r): Karen Mobly, Peggy Burris, Phyllis Stong, Shirley Perkins and Sherry Maynor.

Today, Junior League members lead Family Fitness Night at OKC Educare once a month allowing students and parents the opportunity to participate in activities that build and reinforce healthful eating habits, physical fitness and connection with family and community.

Last year approximately 2,130

hours were served by more than 700 volunteers to help support children, families and seniors in Sunbeam programs. To learn more about volunteering with Sunbeam, contact Taprina Milburn, Volunteer Manager, at 405.609.1755 or email tmilburn@sunbeamfamilyservices.org.

Founded in 1907, Sunbeam

See AWARD Page 11



Sunbeam Family Services CEO Jim Priest, left, and Erin Engelke, Sunbeam Chief External Relations Officer, right, presented volunteer Catherine Divis, center, with the organization's Ray of Sunshine Award. In addition to volunteering in the organization's early childhood and foster care programs, Catherine helped to launch Sunbeam's Young Professionals Board, the Beacons, of which she now serves as President.

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

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OPINION

THE SAVVY SENIOR

Dear Susan,

Snoring is a very common problem that often gets worse with age. Around 37 million Americans snore on a regular basis according to the National Sleep Center.

Snoring occurs when the airway narrows or is partly blocked during sleep usually due to nasal congestion, floppy tissue, alcohol, or enlarged tonsils. But you and your husband also need to know that snoring can be much more than just an annoyance. It can also be a red flag for obstructive sleep apnea, a serious condition in which the snorer stops and starts breathing during sleep, increasing the risks of cardiovascular disease, stroke, cardiac arrhythmia and hypertension. According to the American Academy of Sleep Medicine, 34 percent of men and 19 percent of women who snore routinely have sleep apnea or are at risk for it.

Self-Help Remedies

Even if you are unsure whether your husband has a primary snoring problem or sleep apnea, sleep

Dear Savvy Senior,

Over the past few years my 57-year-old husband's snoring has gotten much worse. It's to the point that I have to either wear earplugs or move to a different room. Any suggestions? *Sleep Deprived*

experts suggest you start with these steps.

Open a stuffy nose: If nasal congestion is causing your husband to snore, over-the-counter nasal strips such as Breathe Right may help. Or, if allergies are the cause, try saline nasal sprays.

Elevate his head: Buying a foam wedge to elevate his head a few inches can help reduce snoring, or buy him a contoured pillow to lift his chin and keep the tongue from blocking the back of his throat as he sleeps. Also check out Nora (smartnora.com), a wireless snoring device that slides under the pillow and gently moves the head to a different position when snoring is detected. This, they say, stimulates the relaxed throat muscles and opens the airway.

Sleep on side: To prevent back sleeping, which triggers snoring, place a pillow against your husband's back to keep him from rolling over or sew a tennis ball in the back of his pajama shirt. Or check out the Night Shift Sleep Positioner (nightshifttherapy.com), a device that's worn around the

How To Stop Snoring

neck that vibrates when you roll on your back.

Avoid alcohol before bed: Alcoholic beverages can relax the muscles in the throat, and constrict airflow. He should not consume alcohol three to four hours before bedtime.

Lose excess weight: Fat around the neck can compress the upper airway and impede airflow and is often associated with sleep apnea.

Quit smoking: Smoking causes inflammation in the upper airways that can make snoring worse.

Need More Help

If these lifestyle strategies don't make a big difference, your husband should see his doctor, a sleep specialist, or an otolaryngologist who may recommend an overnight study to test him for apnea.

For primary snoring or mild to moderate sleep apnea, an oral appliance that fits into the mouth like a retainer may be prescribed. This shifts the lower jaw and tongue forward, keeping the airway open.

Some other options are

Theravent snore therapy (theraventsnoring.com) and Provent sleep apnea therapy (proventtherapy.com), which are small nasal devices that attach over the nostrils to improve airflow.

But the gold standard for moderate to severe sleep apnea is a continuous positive airway pressure, or CPAP, device. This involves sleeping with a mask and is hooked up to a machine that gently blows air up your nose to keep the passages open.

If these don't work or are intolerable, surgery is an option too. There are procedures available today that remove excess tissue in the nose, mouth, or throat. And a newer procedure called hypoglossal nerve stimulation that uses a small device implanted in the chest to help control the movement of the tongue when it blocks the airway.

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

Set Your Calandar: Eldercare/Caregiver Conference set

The Community Caregivers Support Group's fourth annual FREE Seminar will be at Council Road Baptist Church in Bethany on Saturday, April 1, 2017. This year's theme, "Planning for the Future while in the Present", will focus on eldercare/caregiving, and, as always, will provide pertinent, readily available information resources. Join us for coffee and donuts at 8:30 a.m. The seminar begins at 9:00 a.m. and ends at 11:45 a.m.

Our keynote speaker for the first session will be Dr. Mark Stratton, a recently retired professor from OU Medical Geriatric Education and author of a commentary on "America's other Drug Problem", which addresses the problem of over-medication and the effectiveness of medication to the aging body. His topic will be Using Medications Safely: A Key to Your Health. The options for session 2, from 10:00 a.m. to 10:40 a.m., will be 1) Wills, Trusts, and Estate Planning led by Kathy Lee Hackett, CFP®, CEP®, and the Director of Estate Planning for The Baptist Foundation of Oklahoma and 2) Final Arrangements led by Gary Mercer with Mercer-Adams Funeral Home.

Session 3, from 10:50 a.m. to 11:30 a.m., offers a choice between 1) Clarifying Medicare with Anna Farha, representative from the State of Oklahoma Insurance Department, or 2) Addressing Dementia and Alzheimer's led by Carla Scull, Education Coordinator for Oklahoma Chapter of the Alzheimer's Association.

Council Road Baptist Church is located at NW 30TH and Council Road. The south entrance to the chapel is next to the playground. You may register online at www.councilroad.org or by calling Claree Cox at (405)789-3175 or Gaylene Turner at (405)787-0300.

="Romanticism Revisited"=

On Tuesday, March 7, Oklahoma City's Brightmusic Chamber Ensemble will present its fourth concert of the 2016-17 season, "Romanticism Revisited." The ensemble will revisit chamber works by three of Romanticism's greats: Carl Maria von Weber, a contemporary of Beethoven and one of the first significant composers of the Romantic school; Richard Strauss, himself heavily influenced by his idol, Johannes Brahms; and Sergei Rachmaninoff, a major composer of the late 19th to early 20th centuries. The concert features works spanning the Romantic era of the 19th century, from the trio by Weber to the works of Rachmaninoff and Strauss, both written toward the end of the century.

The evening starts with the Weber trio, a melodic and virtuosic work; continues with the one-movement trio by a 19-year-old Rachmaninoff, and concludes with the energetic quartet of Strauss.

The program includes:

Carl Maria von Weber, Trio in G Minor for Flute, Cello & Piano, Op. 63;; Sergei Rachmaninoff, Trio Illigique No. 1 in G Minor (for Violin, Cello & Piano); and Richard Strauss, Quartet in C Minor, Op. 13 (for Piano, Violin, Viola & Cello).

Six musicians will appear in this concert: Gregory Lee (violin), Mark Neumann (viola), Jonathan Ruck (cello), Parthena Owens (flute), Amy I-Lin Cheng (piano), and Ruirui Ouyang (piano).

The performance will take place at 7:30 pm on Tuesday, March 7 at St. Paul's Cathedral, 127 NW 7th Street (at Robinson). Individual concert admission is \$20 per ticket. Children, students and active-duty military personnel are admitted free with ID. In addition, anyone suffering financial hardship due to a layoff in the energy sector may attend free of charge by stating that they are "a guest of the musicians." More information about this concert is available on Brightmusic's website at <http://www.brightmusic.org>.

AWARD

Continued from Page 7

Family Services is one of Oklahoma's longest serving nonprofits, providing people of all ages with help, hope and the opportunity to

succeed through early childhood, counseling, foster care and senior services. To learn more, visit www.sunbeamfamilyservices.org or follow them on Facebook, Twitter and Instagram.



Sunbeam CEO Jim Priest, left, and Erin Engelke, Sunbeam Chief External Relations Officer, right, presented Junior League of Oklahoma City with the organization's Community Partner Award. Representing JLOK is Sally Kernke, center. JLOK and Sunbeam have had a partnership since the 1940s and today the group hosts a monthly Family Fitness Night at Sunbeam's early childhood center, Oklahoma City Educare.

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NANCY PAYNE ELLIS TO BE HONORED BY HARDING FINE ARTS ACADEMY

Community leader Nancy Wilson Payne Ellis will be presented The John and Joy Reed Belt Leadership in Arts and Education Award by Harding Fine Arts Academy at a dinner on Tuesday April 18 at 6:00 pm at the OKC Petroleum Club. The award was initiated in 2013 by the HFAA Board with the purpose to increase overall public awareness of the school, honor community leaders for their inspiring and dedicated leadership, showcasing Harding Fine Arts Academy student talents and increase sustained financial support for academic and arts programming. Nancy is being recognized for her ongoing outstanding leadership in furthering arts and education in Oklahoma.

Nancy is a 1959 graduate of Harding High School. She is Past Chairman and Lifetime Trustee of the OKC Museum of Art. Nancy is a founding member of The Payne Education Center which trains teachers to teach children with learning differences. She was the first female chairman

of the Oklahoma State University Foundation Board of Governors and was inducted into the OSU Alumni Hall of Fame in 2004 and into the Oklahoma Hall of Fame in 2005. Nancy was honored by the Boys and Girls Club of Oklahoma County with the Champion of Youth Award in 2012. In addition she received the Oklahoma Commerce & Industry Hall of Honor Lifetime Achievement Award at Oklahoma City University Meinders School of Business. Nancy has served as a Deacon, Elder and Trustee for Westminster Presbyterian Church. She is married to Dr. Robert Ellis and together they have 8 children and 17 grandchildren.

Nancy stated, "My six years at Harding High School were a very important time in my life. With excellent teachers that I can still name today, to my many friends that I have stayed in touch with over 50 years, the impact on my life has been personal and permanent. Beginning with art classes in the ninth grade at Harding to the many opportunities I have had to bring

arts education to the community, my life has been enriched".

Harding Fine Arts Academy is a tuition-free, non-profit charter high school founded in 2005. The school's mission is to prepare students for college in an academically challenging arts integrated environment.

A lively evening is planned with James Pickel serving as emcee, featuring student modern dancers, vocalists from the spring production and a guitarist. Patrons may support school and student needs by donating to a variety of projects through "Pic Your Passion" teacher-posted projects which range from science classroom equipment, novels and concert amplification equipment. Donations opportunities towards these teacher projects in honor of Nancy Payne Ellis will be available at the event or online at: hardingfinearts.org/lae. Pic your Passion donors or interested sponsors can also contact Linda Lightner at (405) 702-4322 or emailing lightner@hfaaokc.org.

Sally Bentley and Alison Taylor are Co-Chairmen. Committee Members include Kaye Adams, Kelley Barnes, Joy Reed Belt, Susan Gabbard, Dee Harris, Kirsten Hurley, Nancy Leonard, Linda Lightner, Carol McPheeters, Kathy Rogers, Matt



Nancy Wilson Payne Ellis

Schein, Bob Spinks, Beth and Jim Tolbert and John Yoeckel. Reservations for the dinner are \$125 and can be made by calling (405) 702-4322. Visit <http://hardingfinearts.org/lae>. Sally and Alison said "This event recognizes the impact of arts and education in shaping the future of our students' lives. We're thrilled to celebrate a past Harding School Graduate, Nancy Payne Ellis, in recognition of her lifetime commitment to the arts and education in our community and state".

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A Birthday Bash for the Books

Leroy Burdine, a resident of The Fountains at Canterbury in Oklahoma City, celebrated his 90th birthday with a festive commemoration, thanks to a party thrown in his honor by The Fountains at Canterbury staff and the Oklahoma City Thunder Girls.

Birthday party attendees enjoyed a visit from two of the Oklahoma City Thunder Girls, Stephanie and Addie. The Thunder Girls signed posters, posed for photos with residents and shared stories about their time with the Oklahoma City Thunder.

The celebration also featured music and a smorgasbord including chicken wings donated by Buffalo Wild Wings, cupcakes, fresh fruit and more. Residents and staff joined together for a collective rendition of "Happy Birthday to You" and took turns giving Leroy their best wishes.

Mercy Named a Top Stroke Center in Nation

Mercy Hospital Oklahoma City's NeuroScience Institute has once again earned Advanced Certification for Comprehensive Stroke Centers from the Joint Commission – the nation's oldest and largest accrediting body in health care. It is the highest level of stroke certification awarded only to hospitals able to treat the most complex cases of stroke through detection, treatment and rehabilitation. Mercy was the first center in Oklahoma and one of only 15 in the nation to earn Advanced Certification when the two-year certification was established in 2012. Currently, there are less than 130 advanced comprehensive stroke centers in the United States.

In order to maintain certification, Mercy underwent a demanding application process and rigorous onsite review by Joint Commission experts. Eligibility standards include advanced imaging capabilities, 24/7 availability of specialized treatments and staff with the unique education and competencies. Mercy is currently home to the state's largest group of neuroscience specialists in the southwestern United States, and the state's largest number of neurohospitalists – physicians dedicated solely to providing neurological care for patients admitted into the hospital.



The Fountains at Canterbury Staff and the Thunder Girls pose with Leroy Burdine at his 90th birthday celebration. From top left: Kim Smith, Amanda Wahl, Kristy Davis, Scott Steinmetz, Katy Woodard and Kaitlan Kenworthy. From bottom left: Thunder Girl Addie, Leroy Burdine and Thunder Girl Stephanie.



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TRAVEL/ ENTERTAINMENT

Reflections On A Visit To Cuba: Part Two, Getting There

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

If going to Cuba is important to you, you might think about how you are going to get there? Do you want to fly into Havana or an outlying city, and go it on your own with no guide or schedule or reliably confirmed lodgings? And what about getting around once there? Do you only want to see one city, one environment? And what about an over seeing agency or organization to check in on your safety and health? There is nothing worse than getting sick or suffering a minor injury away from home.

These uncertainties can be alleviated by taking a cruise ship, such as with Fathom aboard the Adonia, that visits three Cuban ports of call in a week, arrange guides and cultural activities and looks over your safety insuring your return to the good old USA. It leaves out of the port of Miami, As with all cruises it is a safe idea to arrive a day early so that you don't "miss the ship" with unexpected delay. Miami offers a plethora of one or two day opportunities to expand your trip. South Beach with its many restaurants and art deco hotels is a prime and affordable example.

With no special journalistic discounts, my cruise fare was most affordable. If you start communication with Fathom through their web site (<https://www.fathom.org/cruise-to-cuba/>) you might get notices of special reduced fares within a couple of weeks of a cruise departure. I found fellow passengers that bought such last minute discounted fares with noticeably no discount in cabin features or shore excursion offerings.

Besides Cuba, Fathom offers affordable cruises and tours to the Dominican Republic, which I hear has beautiful beaches and more touristy offerings than Cuba.

A good cruise ship is a convenient and comfortable way to travel, with your food, lodgings and entertainment taken care of. Of course you can venture from the standard tour offerings on your own. In Havana, you might find your own local guide to the city in a vintage automobile.

With a large cruise ship comes the drawback of so many passengers needing to be loaded on busses at the same time. While Fathom

staggers the announcements for passengers to get off the ship, there still results in a line at dockside. There is little way around this, but to add to the delay and frustration is the Cuban customs which at each stop, each passenger must go through. Of course everyone from the cruise ship is permitted to pass through, but the frustration comes with metal detectors and showing passports which are seldom stamped, but must produce your photo identity. If this was done once for the entire cruise as has been done on European cruise ports it would make the cruise more pleasant and time effective. But one must remember that this is Cuba with its very suspicious and bureaucratic government. I am assuming there is nothing that Fathom can do about this, but it is an inconvenience.

Once loaded on about ten separate busses following ten different itineraries with ten different local guides, the luck of the draw is the rule of the day. Some bus guides are as good as one could expect from a country not familiar with Americans. Some are hard to understand and are not proficient in the area they are guiding, thus more frustration. The choice of your cultural exposure on your assigned tour varies and the passenger has no choice. Some excursions are rated high by the passengers and some are delinquent. Some have more interplay with the locals and some just hit the monuments and plazas. The intention is good but the execution needs improvement. If you pay with your cruise package for a tour, it seems logical that you can pick the experience that best suits your desires.

Dining aboard the Fathom is a pleasant and efficient experience. Upon entering the dining room you are asked if you would mind sharing a table. I always do this as your fellow dining guests are as interesting as your ports of call, coming from a variety of home states and backgrounds. This also is an efficient way for a table of six or eight to get served. Of course you may dine alone if you prefer. The wait staff is most efficient and congenial and the food above average for a cruise ship.



After a hard day of touring or on your day at sea, you can treat your self with your reservations to special Signature dining, a painting and wine class, and even a multiple course cocktail class, featuring specialties of the day and exotic cocktails.

The cabins, are of average cruise styling and the Fathom Adonia offers many with balconies opening on to sea vistas. A balcony is mandatory for this cruise to Cuba as there are many sights to see as you enter a variety of harbors, not to mention Havana's with the historic "Remember the Maine" battleship experience. Often local Cubans will be on the outlying banks waving and wish you well. You also may see landmarks and local houses that

you would otherwise not see, and thus a glimpse into the average Cuban way of life.

An added educational treat is the on board presentations before visiting a port. Here they will illuminate you as the history of Cuba, the particular port, and the cultural interaction you might experience. At these briefings the crew is happy to answer any questions you may have.

All in all a Fathom cruise to Cuba aboard the Adonia, or maybe the Dominican Republic, is an experience I would repeat. And that is the highest compliment one can give a cruise. The Adonia is a destination that rivals a Cuban visit. For your information: <https://www.fathom.org/cruise-to-cuba/>

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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

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Across

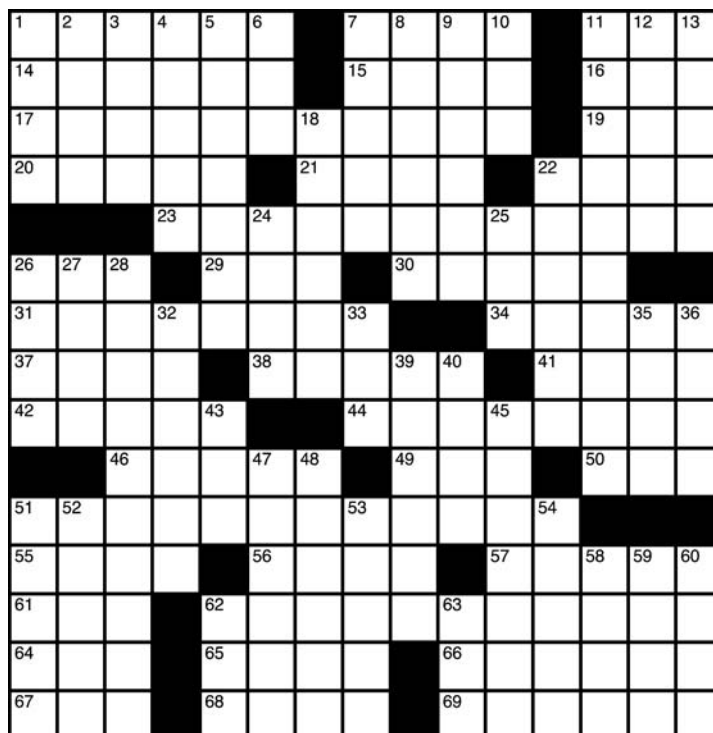
1 Bumper car, at times
7 Cookbook author
Rombauer
11 Smoke
14 Lancelot's unrequited lover
15 Assam products
16 Barcelona bear
17 Equipment for picnic competitions
19 Grabbed a chair
20 Melee
21 Ballet bend
22 State with five national parks
23 Embryo development sites
26 Priestly vestment
29 Right Guard rival
30 Old anesthetic
31 Willy Loman, in a 1949 play
34 Architect Jones
37 McDonald's founder
38 Make really happy
41 Nobel Prize subj.
42 "Cheers!"
44 Connections traced on ancestry.com
46 Tiny amounts
49 Chill in the air
50 Denials
51 Big name on Wall Street
55 French friends

Down

56 Elevator option
57 Horseshoe-shaped letter
61 Tried to get into an office
62 Lisa Simpson's instrument
64 With 43-Down, what a criminal might be on
65 Augusta National's ____ Corner
66 British Invasion star
67 Doesn't lack
68 Nothing more than
69 Its flag features a six-pointed star
Down
1 Weight room count
2 Burn soother
3 Damon of "The Martian"
4 Mazda roadster
5 Inters
6 Classic auto
7 Novelist Calvino
8 Deliver from memory
9 Succeed
10 In the Gospels, Jesus rode into Jerusalem on one
11 San JosŽ denizen
12 First name in gravity
13 Some black-clad teens
18 "This Is ____ Tap"
22 Early Web forum
24 Title
25 City with two MLB

teams

26 More than wonders
27 Carefree adventure
28 Connections traced on ancestry.com
32 Modern birthday greetings
33 "Can't help ya"
35 Disco adjective
36 Tip jar fillers
39 Lease signer
40 "The Very Hungry Caterpillar" writer Carle
43 See 64-Across
45 Galaxy alternatives
47 Title for Bovary
48 Distracting bedmate
51 "Party on, Wayne" speaker
52 City on the Missouri
53 Sty denizens
54 Ugly campaign tactic
58 "AC-mo ____?"
59 "The Wizard of Oz" family name
60 Skater's maneuver
62 Impact sound
63 Geisha's sash



Answers on page 23

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OKC ZOO ANNOUNCES RETURN OF BELOVED MOLD-A-MATIC ANIMAL SOUVENIR MACHINES



Just in time for spring break, the Oklahoma City Zoo and Botanical Gardens has installed five MOLD-A-MATIC souvenir machines for guests to discover and share.

Originally appearing in the Zoo in the early 1970's, these popular machines became a guest favorite for their ability to produce a miniature animal replica behind a plexiglass window within 60 seconds for all to see. After several decades, the machines deteriorated from extreme weather exposure and from producing tens of thousands of souvenirs. The last souvenir machine was removed from the Zoo in 2010. Five newly refurbished MOLD-A-MATIC machines, featuring the description "The Magic Souvenir Maker", have been placed throughout the Zoo. Each machine produces a different animal using the original souvenir molds including a gorilla, grizzly bear, hippopotamus, elephant and giraffe. Each figurine is produced in the original array of colors and each features the "OKC Zoo" stamp at the base signifying its origin.

"We're thrilled to bring these MOLD-A-MATIC machines to the Oklahoma City Zoo. The sight, sound and even the smell of these refurbished souvenir makers create an unforgettable experience for guests who remember them fondly and for a new generation to discover and collect," said Bill Dockum, director of guest experience.

The machines were placed

throughout the Zoo without promotion on the afternoon of February 10 and within ten days over 2,300 units had been sold and social media was buzzing with news. A video posted on the Zoo's Facebook page (@okczoobg) on Thursday, February 23, announcing the return of MOLD-A-MATICS became the Zoo's most watched video with more than 40,000 views in 14 hours!

Each MOLD-A-MATIC souvenir costs \$3 with machines modernized to take both cash and credit cards. With less than 200 machines believed to be in operation today, these nostalgic souvenirs are a favorite among collectors of all ages with some having been purchased for more than \$200.

Share your OKC Zoo memories and create new ones today! The Oklahoma City Zoo, located at the crossroads of I-44 and I-35, is a proud Adventure Road partner and a member of Oklahoma City's Adventure District. The Zoo is accredited by the Association of Zoos and Aquariums and the American Association of Museums. Hours of operation are 9 a.m. to 5 p.m. daily. Buildings close at 4:45 p.m. daily. Regular admission is \$8 for adults, and \$5 for children 3-11 and seniors ages 65 and over. Children two and under are admitted free. Are you a Zoo fan? Find us at Facebook, Instagram and Twitter. To learn more about these and other happenings, call (405) 424-3344 or visit www.okczo.org.


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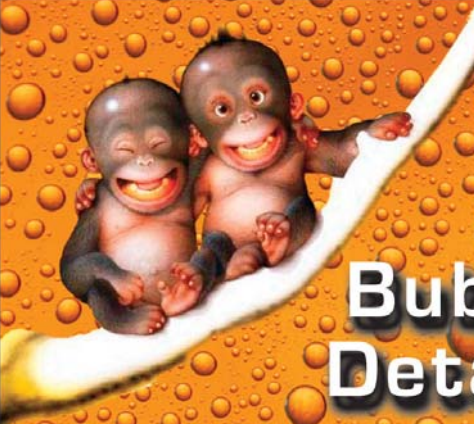
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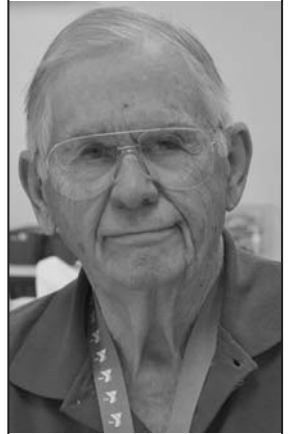
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I'd like to go back to Germany but really my bucket list destination is Israel.



Bob Cohoon

My wife and I have traveled all over so it's hard to say but more and more I like home.



Gene Allen

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.

MEFAL
□ □ □ □ □

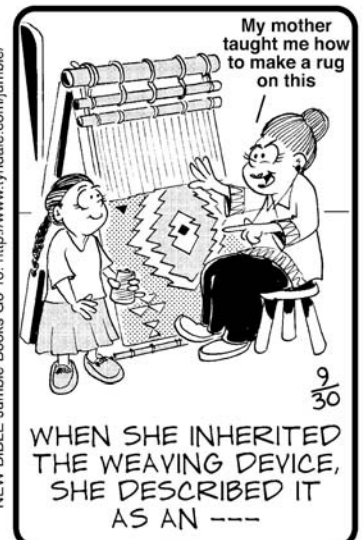
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TONJI
□ □ □ □ □

RAHDLE
□ □ □ □ □

GROANJ
□ □ □ □ □

THAT SCRAMBLED WORD GAME by Mike Argirion and Jeff Knurek



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

Answer here: "□ □ □ □ □" (Answers Next Month)

February | Jumbles: PRIOR SHEEP POROUS EMPIRE
Answers | Answer: What an overloaded dock can create — PIER PRESSURE

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Tulsa Man Receives Life Sentence for Assaulting, Robbing Insurance Adjuster

A Tulsa man who filed a bogus insurance claim and assaulted an insurance adjuster has been sentenced to life in prison. Prentice E. Ponds II, 43, was on parole at the time of the crime. He has a long criminal history with multiple felony convictions.

"Oklahoma is a safer place with this man behind bars," said Oklahoma Insurance Commissioner John D. Doak. "While it's common for insurance fraud to be committed in conjunction with other crimes, we don't typically see violence like this. But it does happen. I am extremely proud of the work done by our Anti-Fraud Unit to get this violent criminal off the streets. I also want to thank the Tulsa County District Attorney's Office for its excellent work on this case."

Ponds was arrested in August 2015 after an investigation by the Oklahoma Insurance Department's Anti-Fraud Unit. Investigators

found that Ponds filed a fraudulent insurance claim on a 2014 Chevy Camaro with preexisting damage he'd purchased off eBay. When an insurance adjuster went to Ponds' home to question him about the claim, Ponds became angry. He attacked the adjuster and took his file and audio recorder. The insurance adjuster was later treated for a head laceration and broken ribs.

Last week a Tulsa County jury convicted Ponds of robbery and insurance fraud. He was sentenced to life for the robbery conviction and 25 years for the insurance fraud conviction. Ponds' prior felony convictions include assault and battery, robbery and burglary.

"I could not be more pleased with the jury's verdict," said Tulsa County Assistant District Attorney Reagan Reininger. "The jury was able to evaluate the evidence and send a message that making a

fraudulent insurance claim and robbery by force or fear are crimes that will not be tolerated in our community. A violent criminal was taken off our streets with the help of the Tulsa Police Department and the thorough investigation of the Oklahoma Insurance Department. Because of our collective efforts, the hope is that this criminal will never be able to victimize again," said Reininger.

"Repwest takes insurance fraud very seriously and works closely with authorities to fervently pursue justice," said Robert Pirmann, vice president at Repwest Insurance

Company. "On behalf of our team, I want to commend the Oklahoma Department of Insurance, the Tulsa County District Attorney's Office and local law enforcement for their diligent efforts in this case. The violence exhibited against our insurance investigator should never be tolerated."

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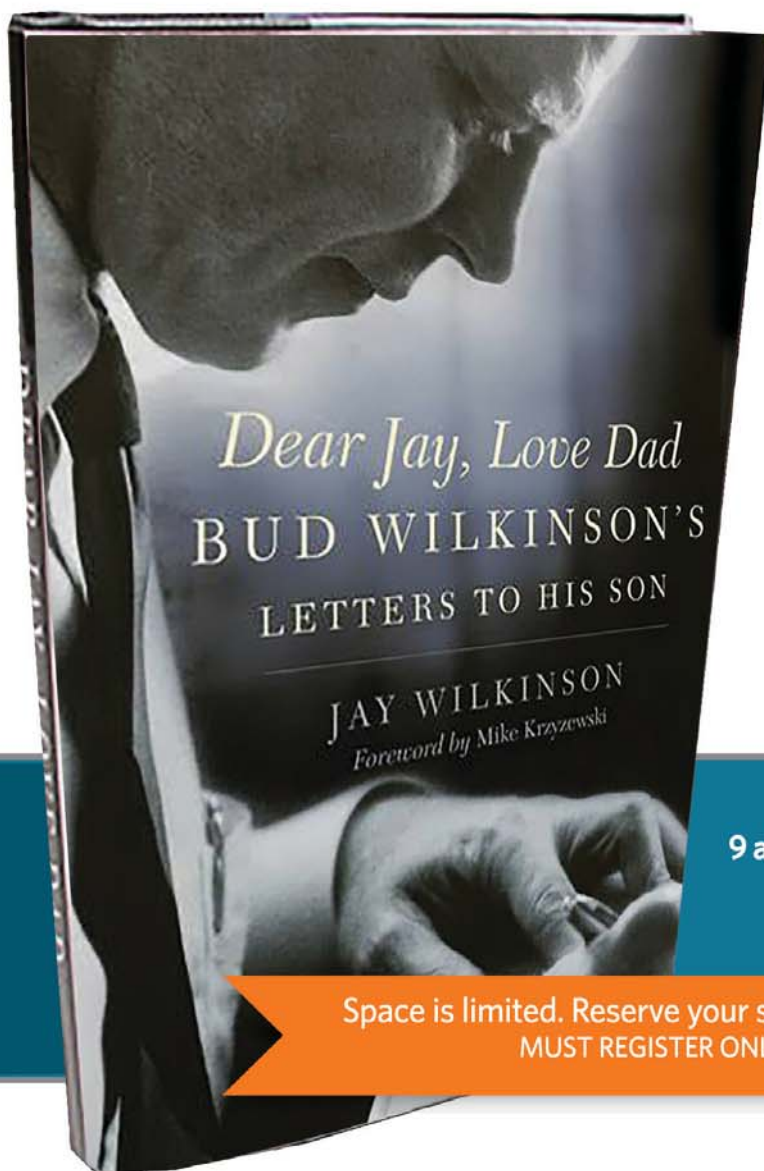
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