

Quick Dispatch



photo by Bobby Anderson

Flu Crew comes to you

Richard Beevers, APRN, is one of the providers who will treat your illness in the comfort of your own home through DispatchHealth.

by Bobby Anderson, Staff Writer

The flu season is just now ramping into overdrive and Oklahomans are feeling it.

According to the most recent data provided by the Oklahoma State Department of Health, more than 250 Oklahomans were hospitalized for the flu the week of Feb. 13-19 alone - bringing the total number of hospitalizations to more than 1,200.

Some 31 Oklahomans have died from the flu since Sept. 1, 2018.

Nationally, the Centers for Disease Control estimates 20.4 million have already contracted the flu.

And in late February the CDC announced an emerging variant of the virus was responsible

for nearly half of all cases and could push the season all the way into May.

Odds are you'll come into contact with the flu this season.

But what if there were a way for you to minimize not only your exposure but the exposure of others when you start feeling sick?

Enter DispatchHealth, an innovative health care delivery model rapidly growing in the metro.

DispatchHealth is bringing

See DISPATCH Page 2

Know when to go When wounds just won't heal



Summit Medical Center Wound Care and Hyperbaric Center's Traci Davis, RN and Dr. William G. Morgan III help those with non-healing wounds.

by Bobby Anderson, Staff Writer

An open wound that just won't heal can be a matter of life and limb.

Traci Davis, RN, is the director of wound care and hyperbarics at Summit Wound Care in Edmond and says seniors need to know when to seek care for a problem that can quickly get out of hand.

Davis says an open wound that hasn't gotten at least 50 percent better in four weeks is indicated for advanced wound care.

"But, if you can get in sooner rather than later that's always the best approach," Davis said. "That way we can do any cultures or x-rays. Especially, diabetics if they are doing their weekly checks and notice they have a small opening that would be an indication to come in to prevent it getting into a deeper, diabetic foot ulcer."

What to know

According to the American Podiatric Medical Association, a diabetic foot ulcer is an open sore or wound that occurs in approximately 15 percent of patients with diabetes and is commonly located on the bottom of the foot. Of those who develop a foot ulcer, six percent will be hospitalized due to infection or other ulcer-related complication.

Diabetes is the leading cause of non-traumatic lower extremity amputations in the United States, and approximately 14-24 percent of patients with diabetes who

See SUMMIT Page 3

DISPATCH

Continued from Page 1

back the house call with a modern technology twist. DispatchHealth gives patients ways to access convenient, high-quality acute care in the comfort of their home, office or in the location of need.

DispatchHealth is redefining the healthcare landscape as an extension of a patient's healthcare team and offering solutions for simple to complex medical problems all from the comfort of your home.

While most seek treatment at an emergency room (ER) or urgent care clinic, when leaving one's home the virus can be immediately exposed to others and cause further spread of the flu.

And if you don't have the flu then you're walking right into a waiting room full of it.

Randee Green, APRN, is one of the Dispatch nurse practitioners treating patients in their home.

"I know from working in the ER if they go to the ER and they're 80 years old and say they're weak they're going to get worked up from head to toe,"

Green said. "I like being able to go in with a couple tests I can run and say 'this is something we can handle at home.' Then if it's not then we can send them on."

"I do like the satisfaction of knowing I've saved this person from getting run through the mill in the emergency room."

No lengthy waits. No need to leave your home.

And maybe one of the best things about the service is that for patients with Medicare, Medicare Advantage as well as Blue Cross and Blue Shield insurance plans the cost is the same or less than that of an urgent care co-pay.

A respiratory therapist for 15 years, Amy Evans is the Dispatch market director.

"I've learned what a valuable resource it is for seniors to keep them at home," Evans said.

The flu is transmitted by contact and airborne measures and is especially dangerous for young children, seniors and those with chronic illnesses. A person who has caught the virus can infect others up to six feet away. Adults can infect others one day before their flu symptoms even develop and can pass on the virus up to a

full week after becoming sick.

"If they don't have the flu they risk getting it when they go to the ER," Evans said. "If they do have the flu then they can stay at home and be comfortable and have someone come to them."

"And the cost is cheaper than the ER."

Evans said - on average - Medicare patients without a secondary insurance are paying less than \$20 locally.

"I feel like I'm finally in a positive track in healthcare because we're doing something to help," Evans said. "We're helping the population, the community and we're helping the healthcare system reduce costs. It's win-win all over the place."

"We're helping providers after hours so they not just telling them to go to the ER. We're partnering with physicians, hospitals, post-acute care, skilled and assisted living."

Services include testing such as: blood tests on-site, strep test, flu swab, urinalysis, urine cultures, stool culture, test for blood in stool, pregnancy test, lactate, 12-lead EKG, PT/INR, rapid infectious disease testing and



Nurse Practitioner Randee Green, APRN, likes helping patients receive the care they need at home.

more.

Medication - as well as IV fluid and breathing treatments - can also be administered on site.

DispatchHealth can be reached by calling 405-213-0190 and currently sees patients from 8 a.m. to 8 p.m.

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SUMMIT

Continued from Page 1

develop a foot ulcer will require an amputation. Foot ulceration precedes 85 percent of diabetes-related amputations. Research has shown, however, that development of a foot ulcer is preventable.

Anyone who has diabetes can develop a foot ulcer. Native Americans, African Americans, Hispanics, and older men are more likely to develop ulcers. People who use insulin are at higher risk of developing a foot ulcer, as are patients with diabetes-related kidney, eye, and heart disease. Being overweight and using alcohol and tobacco also play a role in the development of foot ulcers.

Ulcers form due to a combination of factors, such as lack of feeling in the foot, poor circulation, foot deformities, irritation (such as friction or pressure), and trauma, as well as duration of diabetes. Patients who have diabetes for many years can develop neuropathy, a reduced or complete lack of ability to feel pain in the feet due to nerve damage caused by elevated blood glucose levels over time.

Vascular disease can complicate

a foot ulcer, reducing the body's ability to heal and increasing the risk for an infection. Elevations in blood glucose can reduce the body's ability to fight off a potential infection and also slow healing.

Often times, wound patients have issues with arterial or venous disease.

"We see them every week so we tend to recognize changes," Davis said. "As a whole, Dr. (William G.) Morgan III and ourselves we look at every system in the body and make sure everything is working together because if everything isn't working together it makes for difficult wound healing."

The holistic approach is one Dr. Morgan adopted long ago. Where some see wounds, Dr. Morgan sees much more.

"It's all connected," Dr. Morgan explained. "It's not that we're treating a wound, we're treating a person that has a wound. All these things we deal with are connected."

"One of the rules about about wound care is that every wound is a window to an underlying problem."

"That's a rule with no exceptions."

And if left unchecked, those wounds can lead to life-altering amputations.

"It's extremely dangerous because diabetic foot ulcers very quickly get infected and can get staph infections very easily," Davis said.

Lower-limb amputations may be rising after decades of decline, according to new data published in Diabetes Care, the journal of the American Diabetes Association.

After years of decline, the rate of amputations jumped by 50 percent between 2009 and 2015.

Oklahoma ranks No. 8 in the country in the number of

individuals living with diabetes.

Davis has worked with Summit's patients for the last eight years. She says it's like family.

"The patients, Dr. Morgan and the relationships we have here," Davis said of why she stays. "We are a little bit different in that we are more family-oriented, take care of each other and try to take care of our patients holistically and try to be advocates for them in other areas of their health care and get them to the right places they need to go."

Patients are able to self refer to the clinic.

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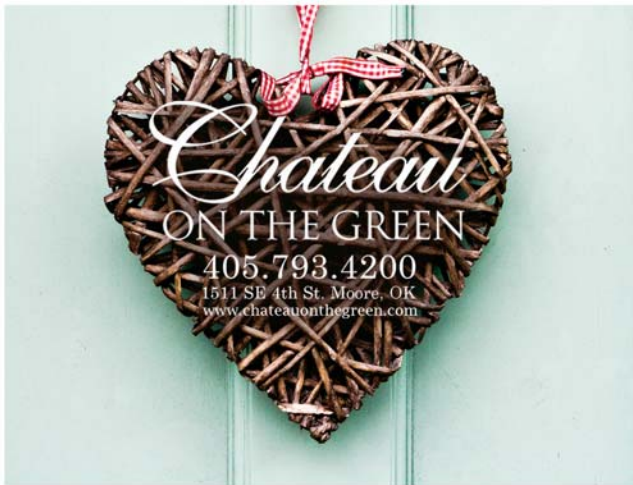
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March CALENDAR OF EVENTS

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MARCH

Mid Day Dance
WEEKLY on Tuesdays \$5 & Thursdays \$6
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Sundays from 1pm to 4pm
Moore Public Library
225 S Howard Avenue in Moore
All ages and skill levels are welcome. For more information, contact Mr. Kissinger at ishmaelkissenger@mooreschools.com

Whiteout at Campbell Art Park.
Phone: 405-951-000. Price: Free
When: 10/11/18 - 3/31/19 (lit daily between 6 a.m. and midnight)
NW 11th and Broadway.
An outdoor artwork made by hundreds of transparent white spheres embedded with white LED lights and animated in large-scale patterns.

MARCH

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.

Free Zen Meditation Class
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www.ctbuddhamind.org

MARCH 2

Free Balance Class.
Cox Communications invites you to Join local physical therapist, Brice Heinen. Improve your balance, enjoy refreshments and win prizes.
March 2nd from 10 a.m. to noon
715 NE 122nd St. OKC, OK 73114.
RSVP to Alexis.Heatrice@cox.com

MARCH 9

We Are Here Community Day
Sat., March 9, 2-4 p.m. 405-325-3272.
www.ou.edu/fjjma/Events
What does community mean to you? Join us for a celebration of the DVA: Mildred Howard exhibition as we build community through the arts. Enjoy collaborative art, poetry, and weaving projects. Refreshments inspired by the show will be provided.
This free event is for all ages!

MARCH 10

Bert Seabourn is the featured artist at the Art Opening Reception for Sunday afternoon, March 10, 2019, 2:00-4:00. "Animals" is the subject of our theme wall. Light refreshments will be served. 50 Penn Place Art Gallery, 1900 NW Expwy; 405-848-5567.

MARCH 16

GROWING ROSES
Learn which roses are best for our climate and your landscaping from experts at the Oklahoma Rose Society. FREE. Ages 14+. 10am-11:30am. March 16 in the Exhibition Hall. Visit okc.gov/parksignup and search keyword 20417 to register.

MARCH 23

KEEP YOUR ORCHID ALIVE
Bring your orchid to this workshop for one-on-one help from the Oklahoma Orchid Society to keep it alive and make it bloom again. FREE. Ages 14+. 10am. March 23 in the Ed Lyan Conservatory. Visit okc.gov/parksignup and search keyword 20414 to register.

MARCH 27

3/27/19 8:00 am - 12:30 pm
2019 Oklahoma Senior Protection Summit (free). Learn how to protect yourself from fraud with your Medicare and other insurances, investments, banking and more. Moore Norman Technology Center 13301 S Penn Oklahoma City, OK 73170. Space is limited, RSVP at 800-763-2828

MARCH 27

3/27/19 2:30 pm
Medicare 101 Seminar (free).
Oklahoma Insurance Department 3625 NW 56th St, Suite 100, Oklahoma City, OK 73112. Space is limited, RSVP at 800-763-2828

MARCH 30

Walk MS: Oklahoma City
When: Sat., March 30, 8:30 a.m.-12 p.m. Phone: 918-770-7263
Email: ashton.yancey@nmss.org
Price: Free . walkms.org/signup
Walk MS: Oklahoma City is an annual walk event held every spring to raise funds and awareness for Multiple Sclerosis. The walk has a 1 mile and 3 mile option for participants to choose from with rest stops along the long route. Sponsors and vendors are set up at the event, giving away promotional items and information about their companies. The funds raised go to research for Multiple Sclerosis and local programs and services.

MARCH 31

SONIC Free Family Day
When: Sun., March 31, 12-5 p.m.
405-236-3100. learn@okcmoa.com
Price: FREE. www.okcmoa.com
Families receive free Museum admission to the galleries, including the special exhibition Off the Wall: One Hundred Years of Sculpture, take part in fun art-making activities, and create memories that last a lifetime Activities available throughout the Museum and is sponsored by SONIC, America's Drive-In.



CarFit is a free, 12-point check and education event designed to improve your safety and comfort behind the wheel. **Helping Mature Drivers Find Their Safest Fit**

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When: Wednesday, March 20, 8:30 - 11:30 a.m.

Where: Francis Tuttle Technology Center, 12777 N. Rockwell Ave. (Use North entrance)

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OPINION & MORE

THE SAVVY SENIOR

Dear Running,

For retirees who own their home and want to stay living there, but could use some extra cash, a reverse mortgage is a viable financial tool, but there's a lot to know and consider to be sure it's a good option for you.

Let's start with the basics.

A reverse mortgage is a unique type of loan that allows older homeowners to borrow money against the equity in their house (or condo) that doesn't have to be repaid until the homeowner dies, sells the house or moves out for at least 12 months. At that point, you or your heirs will have to pay back the loan plus accrued interest and fees, but you will never owe more than the value of your home.

It's also important to understand that with a reverse mortgage, you, not the bank, own the house, so you're still required to pay your property taxes and

Dear Savvy Senior,

What can you tell me about reverse mortgages for retirees? My wife and I are contemplating getting one but want to make sure we know what we're getting into. **Running Short**

homeowners insurance. Not paying them can result in foreclosure.

To be eligible, you must be 62 years of age or older, own your own home (or owe only a small balance) and currently be living there.

You will also need to undergo a financial assessment to determine whether you can afford to continue paying your property taxes and insurance. Depending on your financial situation, you may be required to put part of your loan into an escrow account to pay future bills. If the financial assessment finds that you cannot pay your insurance and taxes and have enough cash left to live on, you'll be denied.

Loan Details

Around 95 percent of all reverse mortgages offered today are Home Equity Conversion Mortgages (HECM), which are FHA insured and offered through private mortgage lenders and banks. HECM's also have home value limits that vary by county, but cannot exceed \$679,650.

How much you can actually

What You Need to Know About Reverse Mortgages

get through a reverse mortgage depends on your age (the older you are the more you can get), your home's value and the prevailing interest rates. Generally, most people can borrow somewhere between 50 and 65 percent of the home's value. To estimate how much you can borrow, use the reverse mortgage calculator at ReverseMortgage.org.

You also need to know that reverse mortgages have recently become more expensive with a number of fees, including: a 2 percent lender origination fee for the first \$200,000 of the home's value and 1 percent of the remaining value, with a cap of \$6,000; an upfront 2 percent mortgage insurance premium (MIP) fee on the maximum loan amount, plus an annual MIP fee that's equal to 0.5 percent of the outstanding loan balance; along with an appraisal fee, closing costs and other miscellaneous expenses. Most fees can be deducted for the loan amount to reduce your out-of-pocket cost at closing.

To receive your money, you can opt for a lump sum, a line of credit, regular monthly checks or a combination of these.

More Information

To learn more, read the National Council on Aging's online booklet "Use Your Home to Stay at Home" at NCOA.org/home-equity. And see the National Reverse Mortgage Lenders Association self-evaluation checklist at ReverseMortgage.org/consumerguides.

Also note that because reverse mortgages are complex loans, all borrowers are required to get face-to-face or telephone counseling through a HUD approved independent counseling agency before taking one out. Most agencies typically charge around \$125. To locate one near you, visit Go.usa.gov/v2H, or call 800-569-4287.

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.

ARE YOU THINKING ABOUT RELOCATING, DOWNSIZING OR SELLING YOUR FAMILY HOME?
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March AARP Drivers Safety Classes

Date/	Day/	Location/	Time/	Registration #	Instructor
Mar 7/	Thursday/	Okla. City/	9 am - 3:30 pm/	951-2277/	Varacchi
		Integris 3rd Age Life Center -	5100 N. Brookline, Suite 100		
Mar 8/	Friday/	Okla. City/	9 am - 3:30 pm/	951-2277/	Edwards
		S. W. Medical Center -	4200 S. Douglas, Suite B-10		
Mar 9/	Saturday/	Midwest City/	9 am - 3:30 pm/	473-8239/	Williams
		First Christian Church -	11950 E. Reno Ave.		
Mar 9/	Saturday/	Moore/	9 am - 3:30 pm/	799-3130/	Schaumberg
		Brand Senior Center -	501 E. Main Street		
Mar 12/	Tuesday/	Midwest City/	9 am - 3:30 pm/	691-4091/	Palinsky
		Rose State Conventional Learning Center -	6292 Tinker Diagonal, room 203		
Mar 22/	Friday/	Okla. City/	9 am - 3:30 pm/	297-1455/	Palinsky
		Will Rogers Senior Center -	3501 Pat Murphy Drive		
Mar 23/	Saturday/	Shawnee/	9 am - 3:30 pm/	818-2916/	Brase
		Gordon Cooper Tech. Center -	One John C. Burton Blvd.		
Mar 23/	Saturday/	Yukon/	9 am - 4 pm/	350-5014/	Kruck
		Spanish Cove Retirement Center -	11 Palm Ave.		

The prices for the classes are: \$15 for AARP members and \$20 for Non-AARP. Call John Palinsky, zone coordinator for the Oklahoma City area at 405-691-4091 or send mail to: johnpalinsky@sbcglobal.net

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Stocking Up

Salvation Army needs pantry help

by Bobby Anderson, Staff Writer

The first year of Rick Dimit's retirement went by in the blink of an eye.

By the time the second year rolled around he realized he needed to do something to get the most of out of his retirement.

"I wanted to do community work that was equivalent to about a day for a non-profit," Dimit said, unfolding the story of how he got plugged into the Salvation Army Food Pantry.

Dimit's professional life included serving as the human resources director at Francis Tuttle Technology Center. He also served as the equity officer at the University of Central Oklahoma as well as putting his law degree to work as inhouse counsel for the university.

But with all that behind him and more free time than he ever imagined he decided to commit to something once again that was bigger than himself.

"Once you're down here and see the work they do and meet the people you basically just want

to be a small part of their team," said Dimit, who helps stock the pantry before visitors arrive. "They're helping people that have desperate needs in a lot of areas of their life. It keeps me connected and makes me still feel like I'm part of a group and I really just appreciate what the organization stands for."

Dee Watts serves as the social services ministry director. She says volunteers like Dimit are part of her "Salvation Army sunshine."

"The fact we can get quality volunteers like Rick, they help us do our mission in the fact they're not only giving people some food but they're being kind and compassionate. It's so important to me and the Salvation Army that we leave people intact. When they come they are honored and respected."

"You might be coming here for something but it's no different than if I were in that same position I would want to be treated that way."

Currently The Salvation Army is in need of volunteers to serve in



Volunteers are the backbone of the Salvation Army's Food Pantry.

its Client Choice Food Pantry at its Oklahoma City location.

"We have seen an increase in donations for which we are extremely

thankful," said Liz Banks, volunteer coordinator. "With the increase of

See VOLUNTEERS Page 9

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VOLUNTEERS

Continued from Page 8

donations comes an increase in need of volunteers to help stock the shelves in the pantry and to serve clients."

Dimit admits he may never truly understand the depth of how much the Salvation Army helps those in need.

"I couldn't believe the pantry, the kitchen and after watching what they do at the holidays and so on I still don't totally understand what they do but it's just amazing how much is here to serve the community," Dimit said. "A lot of people don't understand that people walk through those doors and they have horrific needs and there is somebody here that if someone can't address they're getting another agency to help."

"It's just incredible."

Volunteer duties may include assisting clients as they shop the pantry, preparing items before being placed on pantry shelves, and keeping the pantry shelves stocked. Volunteers are needed Monday through Friday at 1001 N Pennsylvania Avenue for the following shifts:

• Monday: 9 a.m. to 12 p.m. (Stock pantry) / 1 to 4 p.m. (Assist

clients with groceries)

• Tuesday: 9 a.m. to 12 p.m. (Stock pantry) / 1 to 3 p.m. (Stock pantry)

• Wednesday: 8:30 a.m. to 12 p.m. (Assist clients with groceries) / 1 to 4 p.m. (Assist clients with groceries) / 10 a.m. to 2 p.m. (Stock pantry)

• Thursday: 10 a.m. to 2 p.m. (Stock pantry)

• Friday: 8:30 a.m. to 12 p.m. (Assist clients with groceries) / 10 a.m. to 2 p.m. (Stock pantry)

Watts urges people needing assistance to come to the pantry first before they start spending their limited monthly benefits like Social Security or food stamps.

"Let me see how much I can give you first so it will stretch," Watts said. "That's less out of your pockets."

To learn more about this opportunity, please contact Liz Banks at 405-246-1107 or via email, liz.banks@uss.salvationarmy.org.

Dimit admits if he can do it anyone can. Watts agrees.

"We can teach them whatever needs to be taught but just for them to be kind and generous and flexible with us," Watts said of volunteer qualities. "We need someone with a servant's heart - that nothing is too beyond them or too difficult."



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405-292-9200

Arbor House of Midwest City 9240 E. Reno Ave. MWC, OK 73130
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Significant Women in Oklahoma Agriculture

Highlight: Patti Townsend

by Kaylee Snow

Move and adapt. For Patti Townsend, her entire life could be described by these two words.

After enduring the drought of the Dust Bowl, Townsend's father, an Oklahoma farmer and coal miner, decided to move his family west to California during World War II. There was a need for work in the shipyards because of the war, so he was certain a better life would await them there.

"My father just threw up his hands and said, 'This farming is not worth it right now,'" she said.

Townsend grew up in San Francisco, a much different sight from the New Mexico cattle ranches she would soon call home.

After marrying Gayland Townsend, the two began ranching together in Albuquerque and then Roswell. They raised commercial cattle before incorporating Brangus into their herd, eventually owning nearly 800 head. The Townsends moved several times while in New

Mexico, each time to a bigger ranch, before relocating to Oklahoma in 2004.

"I was chief cook and bottle washer," Patti Townsend laughed, pointing out that she worked more than everyone else because she had two jobs: ranching and cooking.

She added, "They counted on me being out there helping them with cattle and then having dinner on the table too."

"I wasn't a hired hand," she laughed. "I was a free hand. Let's put it that way. I was out there working cattle and then having pot roast in the oven."

She would have beans on the stove and cornbread in the oven while she worked cattle.

"They'd send me up there about 10 minutes before, and then I put everything on the table," Townsend said. "They ate. I cleaned up. I was back out there in the corral."

While the Townsends ranched in Roswell on the "home place," Patti

See TOWNSEND Page 11



Patti Townsend of Milburn is being recognized as a Significant Woman in Oklahoma Agriculture. She is shown here with her husband Gayland and three sons Philip, Charles and Steven.

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TOWNSEND

Continued from Page 10

Townsend became heavily involved with the New Mexico Cowbelles. She served on the board, as secretary and as president.

"I did everything they asked me to," she said.

Townsend worked beef cook-offs, helped the New Mexico Beef Council – where she also chaired the board – at the state fair, and helped put on the beef ambassador contest. She traveled to each region of the state giving workshops, ran booths at the state capitol, and visited schools to teach children about beef cattle. She also led farm tours to show the public more about the industry.

She recalls one lady being so excited – and scared – to give a cow a shot for the first time.

"She did it. She ended up giving that cow a shot, and then she raised her hands up and just thought that was the greatest thing in the world that she gave that cow a shot," Townsend laughed.

It was the education and promotion of agriculture, specifically beef cattle, that drove Townsend.

She was involved on the local, state and national level. She was named the 1999 New Mexico Cowbelle of the Year and served as president. She also served as region director of the American National CattleWomen for six years and was president of ANCW in 2003.

Townsend, who "to this day still can't believe it," was named the 2011 ANCW Outstanding CattleWoman of the Year.

"It was the best honor I could have in my life," she said.

The "home place" or "family ranch" as Patti Townsend calls it, is where the Townsends lived for about 21 years and raised three sons: Philip, Charles and Steven. It is also where Townsend started her sheep herd, which grew to nearly 600 head over a 20 year period.

"The boys had them [the sheep] for ag," she said. "It was an ag project, and course they showed sheep too. The oldest one took off to college, and he had to sell his part of the sheep to the other two. And when the second one went off to college, he had to sell his part to the youngest one. And then when the youngest one when off to college, there was nobody to buy them but Momma. So I bought his share, and so those were Momma's sheep now."

"There was a herd of them by the time we finished with them because they can have triplets," she laughed.

Her sons were all heavily involved in FFA, showing cattle, pigs and sheep. All three received their American FFA Degrees, and Charles

was a state FFA officer.

All three also grew up to pursue agriculture. Charles is a veterinarian, Philip is a rancher and fishermen's guide, and Steven runs the ranch, which is now located in Milburn, Oklahoma.

"We started getting bigger on account of the youngest son [Steven] wanting to be a rancher, and so that's the reason we sold the family ranch," she said. "He's always wanted to be a rancher since he was 3 years old."

The Townsends moved to a bigger ranch outside of Roswell first before moving the cattle to Oklahoma.

Why would a successful ranching family decide to move 500 miles to begin the challenge of raising cattle in a completely new state?

The answer can be found in one word: drought.

After year five of what would be an eight-year intense drought, the Townsends were at a crossroads. Their time in New Mexico had set them up for success in Oklahoma.

"A man walked up to us and wanted to buy the ranch," she said, "and my husband said, 'Sold.' So we bought a place here in Oklahoma, and that's where we are now. We still have Brangus cattle. We raise about 600 head here."

As the ranches got bigger and more help came in the form of her sons, Patti Townsend wasn't needed as much. However, she never got too far away from the ranch.

"I stayed involved with the cattle, and when we culled cows and stuff like that my husband wanted me out there working to make sure I was satisfied with what they sent to the sale and what they kept for heifers. They didn't sell my pets. Let me put it that way," Townsend laughed.

She became very involved with the Oklahoma CattleWomen and was slated to become an officer here too, before deciding she was needed more at home to take care of her husband after his heart attack.

"I'm getting back involved with them again, but I am not moving up to be president so leave that off your list," she laughed.

She has truly loved the ranching life – where she spent her entire career – and is hopeful that her grandchildren and great-grandchildren will pursue it.

"It is a beautiful life for a family, and I would suggest it for any young couple that wants to start living on the ranch to try it," she said. "Get them out of the city. Put them on the ranch or the farm, and it's a hard life. I'm not going to say it's an easy life. We had some rough times. We had some big rough times, but we made it. We just stuck together and made it. I wouldn't trade it for a billion

dollars, or a trillion."

It has been almost 50 years since the Townsends first started ranching together.

"It was fun days. I enjoyed it. I really did. It's just something I did, and I was young enough to do it. Don't ask me to now," she laughed.

Patti Townsend, now nearly 78,

reflects back on her days on the home place and says every memory was great – whether it was good or bad. She would certainly love to be working underneath the Oklahoma sky.

"I wish I was 10 years younger," she said. "I'd be out there hand in hand. I'd still be the chief cook and bottle washer."

INTEGRIS Celebrates Opening of New Community Hospital in Moore

The new INTEGRIS Moore Community Hospital, which brings a transformative concept of health care to Central Oklahoma, is officially open and accepting patients.

A Grand Opening ribbon-cutting event was held Feb. 26 to introduce the new hospital, at 1401 SW 34th St. in Moore. Speakers included Glenn Lewis, mayor of Moore, Kathy Gillette, president and CEO of the Moore Chamber of Commerce, Jamie Crow, membership director of the South Oklahoma City Chamber of Commerce and State Senator Darrell Weaver.

The 60,685 square-foot INTEGRIS Moore Community Hospital, which opens to the public today (Feb. 27), is part of a major initiative in which INTEGRIS will, in 2019, open four new community hospitals – small-format facilities also known as micro-hospitals or neighborhood hospitals – in the Oklahoma City metropolitan area.

The INTEGRIS Community Hospital at Council Crossing, 9417 N. Council Road., opened Feb. 6. The INTEGRIS Del City Community Hospital at 4801 SE 15th St., is scheduled to open March 6, and the INTEGRIS OKC West Community Hospital at 300 S. Rockwell Ave., will open in May.

As part of its expansion initiative, INTEGRIS, the state's largest nonprofit health care system, entered into a joint venture partnership with Emerus, the nation's first and largest operator of micro-hospitals, to build and manage the facilities.

"Each new community hospital is an innovative way to create more access points for people who are seeking care," said Timothy Pehrson, president and chief executive officer at INTEGRIS. "We think the citizens of Moore will find this facility to be more convenient, more affordable and if they need higher levels of care, they'll be connected to all the great things people have come to expect from INTEGRIS."

Emerus Chief Executive Officer Craig Goguen said the company is honored to partner with INTEGRIS, an award-winning, highly respected health system brand, as it expands its footprint throughout central Oklahoma. "Our transformative concept of health care allows great health systems like INTEGRIS to expand its reach into the community to provide a variety of patient services that are fast, convenient and economical."

These new community hospitals will serve a variety of patient needs including emergency medical care, inpatient care and other comprehensive health services. While the ancillary services vary, each community hospital has a set of core services including the emergency department, pharmacy, lab and imaging.

The rest of the services depend on the needs of the community, but common examples include primary care, dietary services, women's services and low-acuity outpatient surgeries. The community hospitals offer:

- Health system integration – allowing for care coordination, consultation and seamless transition across the care continuum
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TRAVEL/ ENTERTAINMENT

Raise a toast to this years ARTINI

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

Allied Arts announces that their 2019 fundraising event, ARTini, will take place on April 12, 2019 at Science Museum Oklahoma from 7 P.M. to 11 P.M. ARTini is one of the year's most popular fundraising events, bringing together local restaurants, entertainment and artists for a night of fun for a good cause. This year's event, STAR-tini, will present a galaxy theme—from décor and lighting to entertainment and cocktails—and guests are invited to dress the part.

Having attended and exhibited at several previous ARTini events, I can vouch that this event combines Original Art from abstract to realism for purchase, sampling of fine restaurants' finger food offerings, and imaginative sips of original and fanciful Martinis made and offered by a number of local venues. The congenial gathering is accented by patrons eager for a good time and to see and be seen by friends of art conscious guests. Music entertainment is usually a staple and there are always surprises such as one year; live mannequins, which were a delightful photographic attraction. Good natured selfies and group photos are encouraged.

Event proceeds benefit Allied Arts and the local nonprofit arts organizations it supports. Each year, Allied Arts contributes to more than 40 organizations that collectively impact more than a million individuals. Allied Arts grantees have programming in all 77 Oklahoma counties—working to ensure that the arts are accessible to everyone from all walks of life.

As a United Arts Fund, Allied Arts works to broaden support for the arts by raising financial support for cultural organizations, encouraging participation and attendance,

advocating for arts education and promoting excellence in the arts and arts management. Since its founding in 1971, the organization has raised more than \$67 million to advance the arts in central Oklahoma.

ARTini is presented by Catalyst, Allied Arts' emerging professionals group. Joining Catalyst requires an annual donation to Allied Arts of \$300 for a single membership or \$500 for a couple. Membership includes ticket(s) to ARTini, as well as networking, learning and volunteer opportunities throughout the year.

Allied Arts contributes to approximately 40 organizations annually. Member agencies include: Ambassadors' Concert Choir, Arts Council Oklahoma City, Carpenter Square Theatre, Lyric Theatre of Oklahoma and Thelma Gaylord Academy, Mabee-Gerrer Museum of Art, also Oklahoma City Ballet, Oklahoma City Museum of Art, Oklahoma City Philharmonic, Oklahoma Contemporary Arts Center, Oklahoma Shakespeare in the Park, Oklahoma Visual Arts Coalition (OVAC), Prairie Dance Theatre, Red Earth, Inc., Science Museum Oklahoma and The Sooner Theatre among others.

More than 800 guests are expected to enjoy a sampling of martinis from several Oklahoma City restaurants and partake in one of the largest silent art auctions in the region - featuring work from around 100 local artists. ARTini tickets are \$100 and must be purchased in advance. Tickets will go on sale shortly, and sponsors, artists, and restaurants will soon be available. You must be at least 21 and display a valid ID to enter the event.

For more information, about ARTini or Catalyst, contact Allied Arts at 405-278-8944 or visit alliedartsokc.com.



Mr. Terry Zinn - Travel Editor

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Made in Oklahoma: Agriculturalist brings the farm to the city in unique way



LAWTON – Nichole Lorenzen is bringing the farm to the city one art project at a time.

Owner of Lorenzen Farm Art, Nichole Lorenzen creates farmhouse decor and gifts from her original watercolor paintings. She offers her paintings in real barn wood frames and prints on tile, metal, coasters, car coasters, bookmarks and magnets.

"Being able to offer farm tractor art prints to people that own or remember their pieces of equipment makes me feel like I am bringing agriculture into a few more homes," Lorenzen said.

She said what makes her art special is that it is created from what she sees on her own farm where she bales hay and tends to cattle alongside her husband. Lorenzen said she loves that she can paint and work while watching the kids and dogs play all while the cattle bawl in the background. She loves the idea of growing a business at her farm.

Lorenzen Farm Art was started in 2013 when Lorenzen was accepted to an art show. In 2017 she opened her online Etsy store. This year, she has added Amazon and is currently building a website for wholesale and retail shoppers. She also sets up booths at art shows and festivals.

"The booth should feel like a country home that says, 'Come in, leave your boots on the porch and grab a sweet tea,'" Lorenzen said. "It brings a smile to your face and lightens your load. The artwork is bright and happy. It reminds you of good old memories from Grandpa's farm."

Lorenzen's goal is to continue expanding her operation into gift shops and businesses across the state and nation. Lorenzen Farm Art recently joined the Made in Oklahoma Program. To learn more about the business, visit www.nicholelorenzen.com or find the company on Facebook, Instagram or Etsy.

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Seniors gain marketable skills and confidence

WALK BY FAITH,
By Lisa Sydnor



NICOA SCSEP - NATIONAL INDIAN COUNCIL ON AGING SENIOR COMMUNITY SERVICE EMPLOYMENT PROGRAM - is a federally funded program, serving the low-income job seeking population 55 and over. Arnetta Yancey, SCSEP Central Region Program Manager, NICOA stated: "The program offers paid on-the-job training, job search assistance, help in writing a resume and tips on improving interviewing skills. This is a four (4) year training program and is the only federal program for low-income U.S. citizens, age 55 and over. The program is administered by the U.S. Department of Labor under the authority of the Older Americans Act of 1965. The program is free to participants and host agencies."

NICOA SCSEP participants provide community services for public agencies or nonprofit organizations providing much needed staff in the workplace. Positions are 20 hours per week at minimum wage. The NICOA SCSEP staff focuses on matching job seekers with agencies offering job training in their field of interest. Information on Job Fairs, mentoring, and counseling are available to all. Participants are offered the opportunity to take part in trainings provided by NICOA SCSEP and host agencies. These trainings include ESL, computer literacy, telephone systems and other skills specific to their field of interest and job assignments.

While many seniors need to work to supplement their income, others want the workplace camaraderie and personal fulfillment working provides. NICOA SCSEP is an organization which can help in either case. For seniors' educational barriers may exist in getting a job in this fast-paced, ever changing work environment. Some may not have the skill sets applicable while physical limitations may prevent others from working in their previous jobs. Some career fields impacted include construction, oil field, plumbing, welding, waitressing or any field requiring physical

strength and stamina. For other seniors, becoming proficient in technology skills needed in the workplace is the goal. Many seniors need training in using the internet, social media and computer programs, such as Word, Publisher or Excel.

The goal is for each trainee to find a job outside of the NICOA SCSEP program. In Oklahoma County, NICOA currently has 60 elders enrolled and have placed over 30% of the participants in employment. In 2018, NICOA partnered with more than 35 community agencies including The Salvation Army, Lottie's House, Department of Veterans Affairs, Heartline 211 and Oklahoma County Senior Nutrition. Diane Maguire, North Coordinator for The Salvation Army, oversees the Warr Acres and Danforth Senior Centers, stated "NICOA SCSEP trainees have been a blessing in many ways for us at The Salvation Army Senior Centers. Having them be a part of the staff has given us the ability to do more for our seniors. Throughout their training I have watched them build skills that have enabled them to serve our senior citizens, 'the golden generation,' with both skill and love."

Jacqueline Lewis, a former NICOA trainee, gave a pep talk and shared her success story with Paycheck Club participants in Oklahoma City. Jacci's story: "When I applied to this program, I felt defeated. The job-hunting process has changed so much from the earlier years. Beginning with my very first host site to the last one, the things I learned were invaluable. This program teaches self-worth for the aging population that still wants to work. The staff will listen to your concerns and guide you in the best direction. They provide workshops and interview techniques along with the onsite training to better prepare you to reenter the work force. This program is a confidence builder that at 55+ you can step out and succeed. I am now employed full time thanks to this program. If you



Jacqueline Lewis, former trainee, and Tonya Harjo, NICOA counselor

have barriers to employment start here for help in overcoming them and success in job search."

Jacci joined NICOA SCSEP to prepare herself to be a viable candidate for employment. She wanted to enhance her skills, learn new processes and techniques, become proficient in computer programs in daily use. At NICOA SCSEP Jacci said she found all of this and more; "The moral support, guidance, advice and workshops kept me on target and focused." She has been full-time employed for over 18 months and loves having a

meaningful job.

If you are looking for a way to learn, develop and refine marketable skills call NICOA SCSEP to learn of your options. NICOA SCSEP provides the opportunity for paid training, meaningful community service, skills development and a great support network.

Ms. Yancey stated: "Our elders have so much experience and knowledge to contribute we must give them viable options. NICOA SCSEP offers options. Contact our office at 405-254-3642".

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Medicare: RULES FOR THOSE WITH HIGHER INCOME

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

If you have higher income, the law requires an upward adjustment to your monthly Medicare Part B (medical insurance) and Medicare prescription drug coverage premiums. But, if your income has gone down, you may use form SSA-44 to request a reduction in your Medicare income-related monthly adjustment amount.

Medicare Part B helps pay for your doctors' services and outpatient care. It also covers other medical services, such as physical and occupational therapy, and some home health care. For most beneficiaries, the government pays a substantial portion — about 75 percent — of the Part B premium, and the beneficiary pays the remaining 25 percent.

If you're a higher-income beneficiary, you'll pay a larger percentage of the total cost of Medicare Part B, based on the

income you report to the Internal Revenue Service (IRS). You'll pay monthly Part B premiums equal to 35, 50, 65, 80, or 85 percent of the total cost, depending on the income you report to the IRS.

Medicare Part D prescription drug coverage helps pay for your prescription drugs. For most beneficiaries, the government pays a major portion of the total costs for this coverage, and the beneficiary pays the rest. Prescription drug plan costs vary depending on the plan, and whether you get Extra Help with your portion of the Medicare prescription drug coverage costs.

If you're a higher-income beneficiary with Medicare prescription drug coverage, you'll pay monthly premiums plus an additional amount, which is also based on the income you report to the IRS. Because individual plan premiums vary, the law specifies that the amount is

determined using a base premium. Social Security ties the additional amount you pay to the base beneficiary premium, not your own premium amount. If you're a higher-income beneficiary, we deduct this amount from your monthly Social Security payments regardless of how you usually pay your monthly prescription plan premiums. If the amount is greater than your monthly payment from Social Security, or you don't get monthly payments, you'll get a separate bill from another federal agency, such as the Centers for Medicare & Medicaid Services or the Railroad Retirement Board.

You can find Form SSA-44 online at www.socialsecurity.gov/forms/ssa-44.pdf. You can also read more in the publication "Medicare Premiums: Rules For Higher-Income Beneficiaries" at: www.socialsecurity.gov/pubs/EN-05-10536.pdf.

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BBT you're born with 300 bones, but when you get to be an adult, you only have 206!

BBT Human thigh bones are stronger than concrete!

BBT Over 10,000 birds a year die from smashing into windows!

BBT The state of Florida is bigger than England!

BBT California law prohibits a woman from driving a car while dressed in a housecoat.

BBT In New York, it is against the law for a blind person to drive an automobile.

BBT In West Virginia, only babies can ride in a baby carriage.

BBT In Georgia, it is against the law to slap a man on the back or front.

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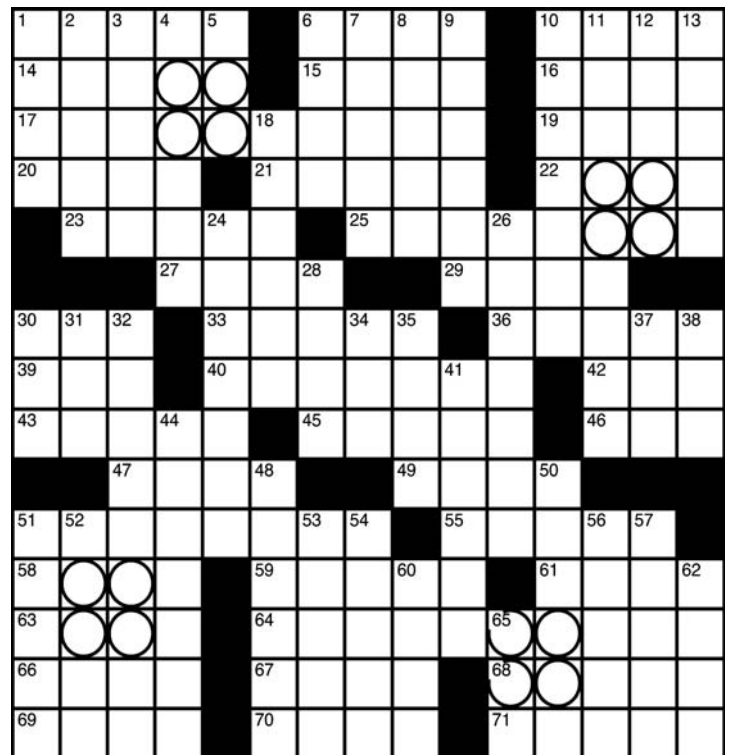
- 1 Host of "Late Night Joy"
- 6 Pennant contest
- 10 Herbal seed used in smoothies
- 14 Truly impress
- 15 Screen image or screen idol
- 16 Called
- 17 Eleventh hour
- 19 Language of Pakistan
- 20 Beach toy
- 21 "Otello" composer
- 22 She played Jackie on "Nurse Jackie"
- 23 Age of Reason philosopher
- 25 Short fiction
- 27 Sloth and envy
- 29 First name in scat
- 30 Super ___
- 33 Words after save or take
- 36 Afghan capital
- 39 Lamb nurser
- 40 Speaker's stand ... or what each set of circled squares graphically represents
- 42 Mama bear, in Baja
- 43 Sauce made with pine nuts
- 45 Roll dipped in wasabi
- 46 ___ cabbage
- 47 Drawn tight

- 49 Big name in golf clubs
- 51 Bugs' voice
- 55 Storied monsters
- 58 Airline known for tight security
- 59 About
- 61 Algerian seaport
- 63 Humorist Barry
- 64 Unparalleled
- 66 Plugging away
- 67 Heated contest, in more ways than one
- 68 Aquafina rival
- 69 Some skinny jeans
- 70 Torah cabinets
- 71 Like a neglected garden

Down

- 1 Refuse to, with "at"
- 2 Outlook messages
- 3 Lacks choices
- 4 Quetzalcoatl worshippers
- 5 High-___ image
- 6 Jasmine ___
- 7 Part of an autumn stash
- 8 Many a beach rental
- 9 Bitter green in mixed greens
- 10 Fur-loving de Vil
- 11 Work that may be imposed with a prison sentence
- 12 29-state country
- 13 Feverish bouts

- 18 "Still ... "
- 24 Honda Fit competitor
- 26 Warning sign in the Rockies
- 28 High waters
- 30 Abundance in the cheerleading squad
- 31 Reverence
- 32 Observation with a sigh
- 34 Kwik-E-Mart clerk
- 35 Kitchen amt.
- 37 Take for a sucker
- 38 Little fellow
- 41 Many an Indian fan
- 44 Computers that travel well
- 48 Puget Sound city
- 50 It's on the record
- 51 Wartime award
- 52 Fill with joy
- 53 Forty-___
- 54 Links hazard
- 56 Banks with a statue at Wrigley Field
- 57 Course with leaves
- 60 Jazz lovers
- 62 Part of a Wall St. address
- 65 Meadow drops



Answers on page 25



SENIOR TALK

Read what other Seniors have to Say...

How do you stay active? Warr Acres Senior Center

I'm never still. I like to line dance twice a week.



Sharon Garrett

I have a cardio machine in my lanai and get out three times a week.



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I like to line dance and play ping pong every now and then.



Billie Willis

I don't. I do like to line dance.



Rita Knight

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5 Ways to Spot a Lottery Scam



You get a phone call or a letter in the mail informing you that you just won millions in a lottery. Could this be your lucky day? More than likely, no, as this is a very common scam that preys on your excitement to claim a big prize.

To finish out our series of scams, did you know that in 2017, nearly 500,000 people fell victim to lottery scams? The reported losses alone totaled \$117 million and that's only what was reported. The actual number of victims and losses are probably larger, as many victims are too embarrassed to report it. These scams, commonly referred to as "advance fee", "lottery" or "sweepstake" scam, often begin with fraudsters informing you that you've won a lottery or sweepstake raffle. You are issued a check worth more than the amount owed and instructed to pay "taxes and fees" before receiving a lump sum payment. Unfortunately, the check, in addition to the raffle, is false.

There is no legitimate reason for someone who is giving you money to ask you to send money back. That's a huge red flag that it's a scam. To help prevent you from falling victim to this scam, here are some helpful tips to keep you from getting tricked. **Don't be fooled by the appearance of the check.** Scam

artists are using sophisticated technology to create legitimate looking counterfeit checks. Some are counterfeit money orders, some are phony cashier's checks and others look like they are from legitimate business accounts. The company name may be real, but someone has forged the checks without their knowledge.

➤ **Verify the requestor before you wire or issue a check.** It is important to know who you are sending money to before you send it. Just because someone contacted you doesn't mean they are a trusted source.

➤ **Ensure a check has "cleared" to be most safe.** Under federal law, banks must make deposited funds available quickly, but just because you can withdraw the money doesn't mean the check is good, even if it's a cashier's check or money order. Be sure to ask if the check has cleared, not merely if the funds are available before you decide to spend the money.

➤ **Report any suspected fraud to your bank immediately.** Bank staff are experts in spotting fraudulent checks. If you think someone is trying to pull a fake check scam, don't deposit it— report it. Contact your local bank or the National Consumers League's Fraud Center, fraud.org.



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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

A New Reason to Visit the Audiologist: Dementia Prevention

By Ron Hendricks

Dementia could be reduced if everyone with hearing loss would seek treatment. Dr. Pam Matthews, Oklahoma City Audiologist, explained to the Monday meeting of Central Oklahoma Chapter of Hearing Loss Association of America (COC HLAA) how hearing loss and decreased brain functions are connected. If the brain does not receive signals from the ear, it must work harder to fill in the blank spaces to the detriment of other brain functions -- bringing on cognitive disorders. An early visit to the audiologist at first sign of hearing loss, could help prevent Dementia.

Pam discussed how a new hearing aid wearer reported good hearing in the low registers, but had lost over 50% in the upper ranges. New hearing aids allowed the wearer to once again hear high pitched sounds like children's laughter, the squeak of a door hinge, or the tinkling of running water. It is encouraging to know that a visit to the audiologist could help combat potential loss of brain activity. A hearing test is the best way to know for sure if you have hearing loss.

Do you have hearing loss? Hear a few of the most common symptoms according to the National HLAA: Do you:

- Ask people to repeat what they say
- Have trouble following the conversation in groups
- Think others are mumbling
- Frequently turn up the volume on the TV or car radio
- Have difficulty

- on the phone
- Oversleep because you didn't hear your alarm clock
- Have difficulty hearing or understanding speech at the movies
- Avoid going to noisy parties and restaurants

Hearing tests are easy and available online and at many locations here in the OKC metro. In many cases, the initial screening is free. See any of the fine Audiologists here in the Oklahoma City area for more information.

COC HLAA has served Oklahoma's hearing loss population for 27 years and is going strong for 2019. Two informational and educational meetings are held monthly and both are open to the public and are free. Meetings are captioned and are a safe and friendly place if you have hearing loss or love someone with hearing loss. Again, this year we will give two scholarships of \$1,000 each to students heading for higher education this fall. We are actively involved in making Oklahoma City more accessible to those with hearing loss thru our LOOP OKC drive -- getting hearing Loops installed in public facilities. And for over 20 years the Hearing Helpers Room has encouraged Oklahomans to live well with hearing loss; open Monday - Friday, 10-3, at 5100 N Brookline, Suite 100. Stop by to try a device in person or check one out for a free trial at home. We have over 100 assistive hearing devices on hand. Volunteers have ordering information and are available to answers any questions. For more information visit the website at WWW:OKCHearingLoss.org

STRANGE BUT TRUE

SO THEY SAY...

- BBT** Until 1796, there was a state in the United States called Franklin. Today it's known as Tennessee!
- BBT** The Earth weighs around 6,600,000,000,000,000,000 tons (5,940 billion billion metric tons)!
- BBT** A cockroach can live several

- weeks with its head cut off - it dies from starvation!
- BBT** Every time you lick a stamp, you're consuming 1/10 of a calorie!
- BBT** The average person has over 1,460 dreams a year!
- BBT** It's against the law to pawn your dentures in Las Vegas!
- BBT** One in every 4 Americans has appeared on television!

Be Aware, Telephone Scammers Target



by Corporal Kim Lopez, TRIAD Coordinator for all of Oklahoma County

Telephone scams, remember the good ole days when you just requested an unlisted number? Yes, those days are gone, I remember my parents saying, "this is an unlisted number" like all mankind would respect it. I've spent almost 33 years of my life dedicated to my community and as I look back on the good works of law enforcement officers of the past it's laughable that we use to tell people "Just Hang Up!" this is no longer good advice. In today's world you can no longer trust the caller ID boxes we worked so hard to hand out to seniors who couldn't afford one. These scammers can use software to make calls look like they are coming from anywhere, even the pentagon. The first thing seniors need to understand is that other cultures believe that it is perfectly honorable, acceptable and smart to cheat others out of their money. Unlike our belief system here, they actually believe that they have harmlessly out smarted you to their benefit. There is no guilt associated with their actions to gain your money. The second thing to understand is that in other countries they believe every senior citizen is sitting on a huge three hundred thousand dollar nest egg! Hard to convince them otherwise when some people are sending over two hundred thousand dollars to crooks who promise to be someone they are not! Romance Scams, Solicitation Scams, Granny Scams and even IRS Scams require one thing, your cooperation!

I recently learned that some of my seniors in SALT (Seniors And Law enforcement Together) that they answer every call because they do not have voice mail, they feel more comfortable answering calls of their own area code and some even admitted feeling more comfortable if the prefix matched theirs. All are false, a gross false sense of security. Many are intended to provoke you to call a number. Many use sad emotional stories about one's family being in fatal car accidents to entice you to make a call, unbeknownst to an adult entertainment network overseas. All will come at

a cost and all will have one common dominator: A SENSE OF EMERGENCY!

In regard to IRS Scams, it's important to understand that the IRS will notify you in writing should you need to be notified of lack of payment. Criminal warrants are usually threatened that do not exist. If you know anyone who hangs their head at owing the IRS money and you feel they could be scammed, share this sage advice:

1. Do not answer your phone unless you are certain of the caller.
2. Never give any numbers associated with your financial well-being.
3. Never call numbers back.

Make a note of the number they are calling from and make a note of the number they want you to call back as many times these are different. Report these numbers to the IRS. These reports should be handled as IRS Impersonation Scams, report all of them to 1-800-366-4484 or complete a form online at WWW.tigta.gov. If you do owe money for federal taxes or think you may owe taxes call 1-800-829-1040 IRS workers can help you with payment questions.

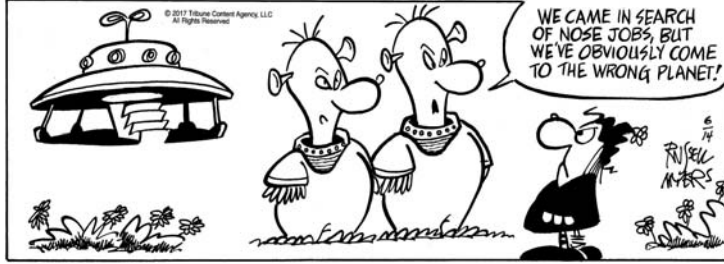
Remember the IRS will never call to demand immediate payment, they will never demand you pay taxes without giving you opportunity to question or appeal and you will never be required to use a specific payment method such as prepaid debit cards.

We currently hold 19 key core community groups about topics such as IRS Scams and many more. Get involved with local police and your Oklahoma County Sheriff's office by calling 405-713-1950 and leaving your address, I will send you a reminder call every month to the Seniors And Law enforcement or SALT group near you. SALT works to prevent crimes against the 65 plus population and holds monthly meetings to be more accessible to you should you have questions or crime concerns.

I am Corporal Kim Lopez, TRIAD Coordinator for all of Oklahoma County and I look forward to meeting you.

Broom Hilda

By Russell Myers



Animal Crackers

By Fred Wagner



Gasoline Alley

By Jim Scancarelli



Retired and Senior Volunteer Program of Central Oklahoma Announces Advisory Council Members

The Retired and Senior Volunteer Program of Central Oklahoma (RSVP), a nonprofit organization that enriches the lives of senior adults through community volunteer opportunities and the Provide-A-Ride Senior Transportation Program, recently announced its 2019 Advisory Council members.

RSVP Advisory Council members are: Debbie Evers, community volunteer; Jamie Jeter, retired,

Tinker Air Force Base; Wanda Patrick, retired, Hank Martin, CPA; Sheryl Presley, TRIAD coordinator, Oklahoma City Police Department; Kimberly Sanders, retired, Focus Oil & Gas; Paul Sanders, retired, All-American Bottling Corporation; and David Smith, retired, Oklahoma Tax Commission.

RSVP's advisory council helps to enhance the nonprofit's recruitment, retention, and recognition of volunteers.

State Historic Preservation Office Citations of Merit Awarded

The Oklahoma Historical Society's State Historic Preservation Office (SHPO) recently presented its quarterly Citations of Merit for work in preserving the history of Oklahoma. Three citations were awarded for accomplishments in three Oklahoma communities. The award recognizes efforts to preserve Oklahoma's historic properties through restoration, rehabilitation, research, planning, public programming and other activities.

The January 2019 recipients of the SHPO's Citations of Merit and their accomplishments include:

Oklahoma Affordable Housing Partners, LLC; Rosin Preservation, LLC; and Stark Wilson Duncan Architects, Inc., for the rehabilitation of the Mining Exchange Building located on Route 66 in Downtown Miami.

H2O Apartments of OKC, LLC; Steve McQuillin & Associates; and KKT Architects, Inc., for the rehabilitation of the Tiffany Apartments in Oklahoma City.

Archer Building, LLC; Rosin Preservation, LLC; and Lilly Architects for the rehabilitation of the Archer Warehouse in downtown Tulsa.

JUMBLE

THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek

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

TAIDM
 ○ ○ ○ ○
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MUPEL
 ○ ○ ○ ○

RENOYR
 ○ ○ ○ ○

NAMEUH
 ○ ○ ○ ○

Answer here: ○ ○ ○ ○

Last month's answers

Jumbles: KUDOS BRING LAWYER MOSAIC
 Answer: He promised to give up cigarettes, but he was just — BLOWING SMOKE



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

○ ○ ○ ○ ○ ○ ○ ○ ○ ○
 (answers next month)

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

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The View Through My Door

THE MANY SOUNDS OF MAJESTY

By Darlene Franklin

On the eve of Prince Harry's marriage to Meghan Markle, I remember watching Diana Spencer marry Prince Charles when my children were small. A generation later, Americans remain fascinated with royal weddings. Although our country rejected a sovereign king at its birth, we still love pomp and circumstance.

According to the New York Post#, we remain fascinated by royalty because embody national unity in a unique way. (Presidents are rather polarizing figures).

Perhaps that's why enjoying nature's majesty leads us to the unifying force of nature's God.

Consider the experience of Katherine Lee Bates.

In 1893, the young Wellesley professor taught a summer course in Colorado Springs. She joined a faculty trip to the top of Pikes Peak. Inspired by the panoramas, she wrote a heartfelt poem. Visitors today can read her words on a plaque atop the mountain that rises more than two miles into the sky:

O' beautiful for spacious skies, for amber waves of grain, for purple mountains majesties above the fruited plain! America, America, God shed grace on thee.

Almost a hundred years later, I traveled to Colorado for the first time. I kept looking for the mountains. At the top of one final rise, they filled the horizon. Mountains, mountains, everywhere I looked, from north to south. Tall, rugged, in shades of slate blue and purple—breathhtaking.

God's majesty stamped through my heart for the first time since I left New England for college, The soaring peaks increased my awareness of God's other-ness as creator and king. I loved it so much that I stayed in Colorado for two decades.

As a child, I loved summer storms. Lightning flashed and waves crushed against the rocks with destructive force, but they didn't scare me at all. In the pounding, echoing, hissing squall, I heard echoes of God's voice and responded to His roll call.

Lord, our Lord, how majestic is Your name in all the earth! You have set Your glory in the heavens.

In similar ways, music's harmonies lift my heart to God. Two hundred seventy-five years have passed since Messiah, George Friedric Handel's masterpiece, was first performed on Easter Sunday, 1742. Legend has it that King George II attended the premiere. He was so impressed by the Hallelujah Chorus that he remained standing for the duration of the song. Everyone around him also stood, as required by royal protocol. That's the reason why audiences today stand during the performance. An earthly king recognized The King, and so must we.

I've had the privilege of performing all two and a half hours of the Messiah. When I've been at my lowest points, I lose myself in a music, whether classical or contemporary, that lifts God up. Worship His majesty.

While not nearly as melodic, a child's first cry also showcases God. Nothing captures the pinnacle of creation, the one creature made in His image, as perfectly as a newborn child. So tiny, so helpless—so perfect. All parts work as God designed, made to live with God in eternity although it will take a second birth to make that happen.

As the proverb says, a child is God's approval that the world should go on. God gave Abraham and Sarah a son after he had lived for a century. The Lord gave me a grandchild when my daughter



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died. My first great-grandchild this year brought happiness as old age approaches.

Lately I've discovered that the silence of old age adds a high-pitched bell, hardly heard, to the choir. A church holds regular services every Sunday and Wednesday at the nursing home where I live. Many of our most faithful members struggle to speak. One lady of German descent claps when the preacher's family joins in the singing. Her evident delight brings to mind the verses from Psalm 8 that speak of "the praises of children and infants."

Or how about my friend, who

writes down her prayer requests because we struggle to understand her stroke-riddled speech? Or the ones who come in reclining chairs, their warm smiles saying it all? Sweet praise rises from the lady who reads out loud from her Bible, so soft-spoken we can't hear her words.

Their whispered, nonsensical, missing voices reach the highest heaven. I offer a pianist's hands as a humble accompaniment to their purer worship.

God's majesty confronts me, demanding an answer. I respond in worship.

STRANGE BUT TRUE

SO THEY SAY...

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

SBT In Philadelphia, you can't put pretzels in bags based on an Act of 1760.

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

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

SBT In Miami, it is forbidden to imitate an animal.

SBT It is against the law to mispronounce the name of the State of Arkansas in that State.

SBT In Illinois, the law is that a car must be driven with the steering wheel.

SBT In Tennessee, it is against the law to drive a car while sleeping.

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