Room with a Pew



Net Gains - Tennis Anyone



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PAGES

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Transplant at 69 allows



Harold Holden (left) at the 2012 unveiling of his donation of "Thank You, Lord," a six-foot bronze of a cowboy pausing to pray, to honor the seven-member lung transplant team that saved his life at the Nazih Zuhdi Transplant Institute as Nazih Zuhdi stands to the right. The statue is located outside the emergency room at INTEGRIS Baptist Medical Center in OKC.

Story and photos by Darl Devault

single lung transplant in 2010 allowed Enid native Harold Holden to share a funny quip with a large audience in 2017. The National Cowboy & Western Heritage Museum was inducting Holden into its Hall of Great Westerners.

As the first artist from Oklahoma to be so honored, he said "Seems a little strange to be receiving one of my own sculptures here."

That quip brought a positive response from the audience. They saw the irony in one of the most revered sculptors of horse and rider in the West to receive as his award his own iconic sculpture. What else would the Hall of Great Westerners give their honorees except a small Holden bronze of a cowboy sitting a horse?

See ARTIST Page 3

On a whim

Senior finds pageant success



2019 Ms Oklahoma Senior America Deborah Wedel.

story by Bobby Anderson, Staff Writer

When Deborah Wedel received a business card from a friend a few years back she tucked it safely inside her purse.

It came after a session at the gym with friend Zenetta Kendricks and an urging for Wedel to sign up for the Ms. Oklahoma Senior America pageant.

Still working at the time, Wedel appreciated the gesture but figured it wasn't for her.

That was until a few months ago when cleaning out that purse the card once again was in her hands.

"I thought 'Oh, I'm retired now I might try this and I did," Wedel said.

And that was the beginning of a life-affirming journey for Wedel that culminated when she was crowned the 2019 Ms. Senior Oklahoma winner earlier this summer in Ada.

The night of the pageant Wedel's nerves were flowing.

"They were all firing," she laughed. "It's amazing. I just want to say how encouraging we all tried to be for each other. I know it was a pageant but it was more like a sisterhood."

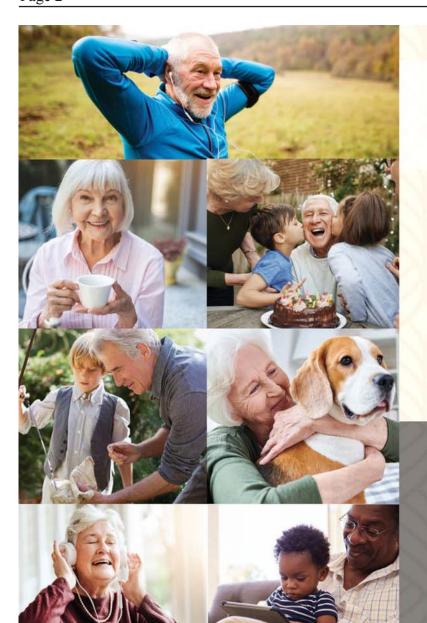
"I didn't think it was going to be my name," she continued. "I thought it would be one of the ladies who had been in it before and I was just fine with that. The people in it before were such incredibly beautiful people inside and out."

It was Wedel's first pageant but an experience she wanted to use to get out of her comfort zone.

START TO FINISH

Back in 2013, Wedel went to the same gym as

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ARTIST

Continued from Page 1

In 2009 the world-renowned sculptor and painter of horses and cowboys was not taking on new work. The U.S. Navy Vietnam veteran's pulmonary fibrosis lung disease was getting the better of him

Medical experts at the time said it was not advisable to give a 69-year-old a lung transplant. The staff at the INTEGRIS Nazih Zuhdi Transplant Institute at the INTEGRIS Baptist Medical Center in Oklahoma City, said they were wrong.

Conventional wisdom questioned the aging cowboy's survivability. Luckily the folks at the Zuhdi Institute saw something different. They saw a viable candidate for a lung transplant. They saw a wonderful support network, headed by a devoted wife Edna Mae, and Holden's vital philanthropic spirit that was busy supporting many of Oklahoma's worthy causes.

So, from that live saving surgery in 2010 until now, Holden, known as H to everyone, has proven them right. The Western artist has outlived the idea of survivability to become a model of thrive ability as he went on to create some of his largest works as an artist.

And now, at 80, he opens a new chapter in thriving by sculpting three heroic size bronzes to grace the Oklahoma State University campus. These three larger than life statues will round out his total of 25 monuments around the country and be his largest impact on any one location, his alma mater.

Holden sculpted his first bronze statue for OSU in 2012. Only 18 months after his life-changing transplant, he donated his creation of the "We Will Remember" memorial of a

kneeling cowboy with his hat in his hands, staring at a black medallion of OSU's Spirit Rider surrounded by 10 stars.

He donated his design of the plaza with three walls holding the images of the 10 men who died in an airplane crash on January 27, 2001 in Colorado. The images of the 10 men associated with the OSU basketball team have their families' tributes etched into the same black Indian granite as a memorial at the crash site.

OSU players Nate Fleming and Daniel Lawson; pilots Denver Mills and Bjorn Fahlstrom; broadcaster Bill Teegins; publicist Will Hancock; radio engineer Kendall Durfey;



trainer Brian Luinstra; manager Jared Weiberg; and director of basketball operations Pat Noyes died in the crash. Again, Holden donated the rights to create 50 small replicas of the memorial for the families and donors. Now almost a decade after being given a new lease on life Holden is sculpting OSU royalty.

He is creating a one-and-a-half life size bronze T. Boone Pickens, a one-and-a-quarter life size historically correct Frank Eaton (Pistol Pete's namesake) and a one-and-a-half life size Barry Sanders. OSU's athletic director Mike Holder has commissioned the series.

Holden still mentions the sevenperson team in conversations about his transplant. "To wake up after surgery with a new lung and essentially be given a second chance at life is overwhelming" Holden said recently.

His gratitude to God and the medical team is memorialized by a six-foot bronze sculpture he donated in appreciation. His "Thank You, Lord" recasting of a cowboy thanking the heavens just outside the INTEGRIS Baptist emergency room entrance was unveiled in 2012.

He has started the Pickens and Eaton pieces, but his studio size will not allow him to do all three together. He hopes to complete the Pickens statue this year and the Eaton sculpture by Spring of next year. The Holdens live on a small 65-acre ranch outside of Kremlin, Okla. His studio is one of the most prominent buildings on the property. He still owns horses and raises cattle, as ranching and riding was the lifeblood of his art career.

"I became a Western artist because I was raised in the life style, riding horses and being a cowboy." Holden said recently. "Paint and sculpt what you know and I loved everything about the West and being a cowboy."



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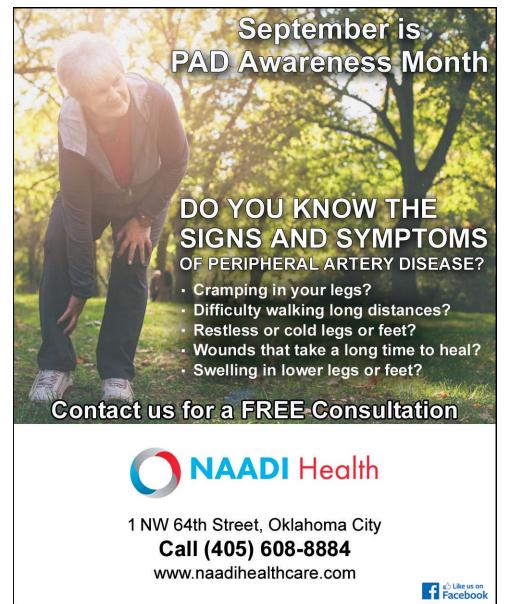
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OPINION



Dear Interested,

Electric bikes have become very popular among U.S. baby boomers over the past few years because they're super fun to ride and easier on an aging body.

Electric bikes, also known as e-bikes, are conventional bicycles with a battery-powered "pedal" or "throttle" assist. When you saddle up and push the pedals or throttle, a small motor engages and gives you a boost, so you can whiz up hills, ride into headwinds and cruise over challenging terrain without gassing yourself or taxing your knee joints.

Many older e-bike owners say that they ride more frequently and go further and longer than they ever would with a traditional bike. Here's what you should know about e-bikes, along with some tips to help you choose

Electric Bikes Are Booming Among Baby Boomers

Dear Savvy Senior,

What can you tell me about electric bicycles? A friend of mine, who's almost 70, recently got one and absolutely loves it. He told me he rides more now than he ever did his regular bicycle. *Interested Boomer*

one.

What to Know

E-bikes are more complicated and expensive than regular bicycles, so you need to do some research before you purchase one. For starters, you need to know that there are three different types of e-bikes to choose from:

Class 1: "Pedal-assist" electric bikes that only provides assistance when the rider is pedaling, and only up to 20 miles per hour. These are the most common type of electric bikes.

Class 2: "Throttle-assist" e-bikes that let you use the electric motor without pedaling, like a motorcycle or scooter, but only up to 20 miles per hour.

Class 3: "Speed pedal-assist" e-bikes, similar to Class 1, except that the motor will assist with bike speeds of up to 28 miles per hour.

Because they're electrically powered, states and local communities have varying regulations regarding the use of e-bikes. In many states, class one and two e-bikes are allowed to be ridden wherever a traditional bike goes, while class three are generally allowed on the street due to their higher top speed. For more information on your state's e-bike laws, visit PeopleForBikes.org/e-bikes.

You should also know that e-bikes come in many different styles - commuter, cruiser, mountain, road, folding, etc. - just like traditional bikes to meet different riding needs. They also run on rechargeable lithium-ion batteries, and their motors are either hub-driven mounted on the front or rear wheel, or mid-drive motors that are mounted to the frame at the bottom bracket between the cranks.

The only downsides of e-bikes are weight and cost. Because of the battery and motor, e-bikes are much heavier than traditional bicycles weighing 50-plus pounds, so it can be more challenging if you have to

manually lift or maneuver your bike a lot. And e-bikes are expensive, typically range between \$2,500 and \$3.500.

E-bikes are made by many of the same established companies that make traditional bikes like Specialized, Electra, Schwinn, Trek, Giant, Cannondale and Felt, along with a number of upstarts like Juiced Faraday, Pedego, Elby and Hi Bike. To shop for an e-bike, find some good bike shops in your area that sell them so you can test ride a few.

If you're interested in a cheaper option, there are also e-bike kits you can purchase at places like Walmart, Amazon.com and eBikeKit.com that can convert your regular bike into an e-bike for a few hundred dollars.

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.

OU Surgeon Brings Robotic Liver Cancer Surgery to Oklahoma: Sand Springs Man Recovers Quickly After Liver Lobe Removed

Last spring was a discouraging time for Billy Mickle. He was diagnosed with liver cancer and his course of treatment seemed unsure.

Then he was referred to Nelson Royall, M.D., a Tulsa-based OU Physicians surgeon who was the first to bring major robotic liver surgery to Oklahoma. Royall used the robot to perform minimally invasive surgery on Mickle, removing the left lobe of his liver, in which the cancer was confined, and sent him home only three days later.

For Mickle, who lives in Sand Springs, Royall's expertise was a godsend. The cancer had not spread, his small incisions healed quickly, and he's back to his daily life.

"Dr. Royall and his staff are just amazing," Mickle said. "I give him the highest praise."

Royall brings a unique service to Oklahoma. He is one of only a handful of robotic liver and pancreas surgeons in the United States and is the first in Oklahoma to use the robot to perform surgery for liver and pancreatic cancer. He is fellowship-trained in surgery of the liver, bile duct and pancreas,

bringing years of surgical oncology experience to patients in Oklahoma and around the region.

With robotic liver surgery, patients bleed less, meaning they don't require blood products or transfusions, Royall said. They face a lower risk for complications, leave the hospital faster, and recover more quickly than those who undergo traditional open surgeries. Incisions are five to eight millimeters, which leads to less pain and scarring. In addition, the robot makes surgery possible for many patients who couldn't tolerate open surgery or aren't candidates for laparoscopic surgery because of other issues.

Patients also enjoy a good prognosis after robotic liver surgery because of Royall's skills in performing more precise and advanced maneuvers than would be possible with laparoscopic surgery.

"The robot allows me to have 360-degree Wire lereasa. range of motion, which lets me get around difficult areas and structures," he said. "I can perform more delicate suturing, and I can do complex movements without any difficulty. We also remove lymph nodes from the area to make sure the cancer hasn't spread, and the robot allows me to remove them safely while protecting sensitive blood vessels and organs in the area."

The robotic system provides additional tools to enhance the safety of the surgery. Three-dimensional imaging allows Royall to see where structures are in space. The robot also offers what is equivalent to X-ray vision – allowing him to see inside the liver and bile duct system.

"It allows me to quickly find the bile duct and blood vessels feeding the different parts of the liver," he said. "I can make sure the ones that need to



Billy Mickle, was diagnosed with liver cancer and was referred to Nelson Royall, M.D. Billy is pictured above with wife Tereasa.

be protected are not injured during the surgery. It also helps to prevent leaks from areas like the bile duct."

Royall finds it gratifying to provide a safer surgery that results in outcomes at least as good or better than traditional and laparoscopic surgery. His patients are grateful to have the option in Oklahoma.

"I was very blessed to have this surgery," Mickle said. "I knew I was going to be alright."

PAGEANT Continued from Page 1

Kendricks, the 2013 Ms. Oklahoma Senior winner.

Kendricks handed her her card. Wedel didn't think much of it at the time. She was flattered but thought it wasn't for her.

She was working full-time then, finishing up a 36-year teaching career that included a stint as a counselor at Mount St. Mary's.

She loved the experience being around high school students. To this day she felt like she never met a single student she didn't enjoy.

"Some people are really good with younger kids and I just really love the age," she said. "It felt like I clicked with them."

Most days as a counselor she was working on scholarship applications, which produced about an 86 percent success rate.

She retired about the time her husband, who served as a high school principal for a couple decades. During those years the two went to a lot of basketball, football and athletic events as well as drama and band productions.

After retiring the couple spruced up their rent homes and booked a trip to Switzerland coming up in September.

Nobody planned on a pageant win in between.

"Luckily, the national contest isn't until October," said Wedel, who will represent Oklahoma in Atlantic City, New Jersey.

"It was just incredible," Wedel said of the experience. "I don't think it was like a regular pageant in the fact we were all rooting for each other. Quite honestly, if I had not done anything and still been standing on the stage after they crowned that queen I would be alright with that."

Her stage fright was in full effect when she performed a dramatic reading of an Elizabeth Barrett Browning poem.

"You would think that would go away after awhile but it doesn't appear to," said Wedel.

While most people expected the life-long singer to sing, she wowed the crowd with her tear-filled performance.

"Every time I read it I weep," she said. "It's a mother who lost both of her sons in the Italian war for independence. She encouraged them to give everything but when they actually do she goes back and questions why."

"I think most of us would question if we lost both of our children in a way but there are some things you can't change."

For Wedel it's all about staying active with her husband, Bruce, of 46 years. She has two children of her own with a pair of grandchildren involved in the arts.

Exercise is still a priority. The other day she went over to mow her



2018 Ms Senior America Gayle Novak, 2019 Ms Oklahoma Senior America Deborah Wedel & Ed Novak.

92-year-old old mother's yard.

She stays active at the house and civic events and sporting events as well as the local arts.

She wants to reach out to the community, helping with fundraisers and appearances. "I just stay active,

hopefully helping others," Wedel said. "I'm hoping for some events."

Those who would like to get in touch with Wedel can contact her through her cell phone at (405) 274-2627.

Oklahoma hospitals meet 96 percent influenza vaccine challenge

Forty-seven Oklahoma hospitals Halstead, vice president of quality and hospital specialty units have met a challenge from the Oklahoma Hospital Association to achieve a health care worker influenza vaccination rate of 96 percent or higher during the 2018-2019 flu season.

According to the U.S. Centers for Disease Control and Prevention (CDC): "Influenza places a substantial burden on the health of people in the United States each year. CDC estimates that influenza has resulted in between 9.2 million and 35.6 million illnesses, between 140,000 and 710,000 hospitalizations and between 12,000 and 56,000 deaths annually since 2010."

"And the risk of complications from influenza is higher among the types of people who are admitted to our hospitals," said LaWanna and clinical initiatives, Oklahoma Hospital Association. "These hospitals have developed policies and processes that ensure their patients and employees are protected."

Hospitalized patients particularly vulnerable to the dangers of influenza because their immune systems are often compromised by the illness that caused their admission or by the treatments they are undergoing. Vaccination of health care personnel (HCPs) has been shown to prevent illness and death in patients and reduce influenza and absenteeism among HCPs. The CDC has recommended annual vaccination of HCPs since 1984. Several key national professional organizations have endorsed mandatory policies for influenza vaccination as a condition of employment within health care facilities, including the American

Hospital Association. In 2011, the Oklahoma Hospital Association board of trustees developed a position statement urging mandatory influenza policies.

Hospitals meeting the 96 percent challenge are: Arbuckle Memorial Hospital, Sulphur - Bailey Medical Center, Owasso - Blackwell Regional Hospital - Cherokee Nation W.W. Hastings Indian Hospital, Tahlequah Chickasaw Nation Department of Health, Ada - Choctaw Nation Health Services Authority, Talihina -Creek Nation Community Hospital, Okemah - Eastern Oklahoma Medical Center, Poteau - Grady Memorial Chickasha - Hillcrest Hospital Claremore - Hillcrest Hospital Cushing - Hillcrest Hospital Pryor - INTEGRIS Bass Pavilion, Enid - INTEGRIS Canadian Valley Hospital, Yukon - INTEGRIS Jim Thorpe Rehabilitation, Oklahoma City - INTEGRIS Southwest Medical Center, Oklahoma City - Jackson County Memorial Hospital, Altus -McAlester Regional Health Center McBride Orthopedic Hospital, Oklahoma City - Mercy Hospital Ada - Mercy Hospital Ardmore - Acute

Care - Mercy Hospital Ardmore -Rehab-IRF - Mercy Hospital Ardmore Senior Behavioral Health-IPF - Mercy Health Love County, Marietta -Mercy Hospital Healdton - Mercy Hospital Kingfisher - Mercy Hospital Logan County, Guthrie - Mercy Hospital Oklahoma City- Mercy Rehabilitation Hospital Oklahoma City - Norman Regional Health System - Norman Regional HealthPlex - Okeene Municipal Hospital and Medical Clinic - Oklahoma Heart Hospital, Oklahoma City - Oklahoma Heart Hospital South, Oklahoma City - Oklahoma Surgical Hospital, Tulsa - Purcell Municipal Hospital - Seiling Regional Medical Center - Select Specialty Hospital Oklahoma City - Share Medical Center, Alva -SSM Health St. Anthony Hospital - Oklahoma City - SSM Health St. Anthony Hospital - Shawnee - St. John Broken Arrow - St. John Medical Center, Tulsa - St. John Owasso - St. John Sapulpa -St. Mary's Regional Medical Center, Enid - Stillwater Medical, Perry - Stillwater Medical Center - The Children's Rehabilitation Hospital, Bethany - Wagoner Community Hospital

LIFESTYLES

Room with a Pew

story and photos by Bobby Anderson, Staff Writer

Full circle.

Nancy McCurdy smiles when the words come out of her mouth.

She smiles because she's comfortable in the fact that she's following in her mother's footsteps as a resident of Tealridge Retirement Community.

Nestled right on the 200-acre Oklahoma Chrisitan campus is Tealridge Retirement Community, a full-service, private and locally-owned community providing independent, assisted living & memory care services to the

Community of Edmond.

Nancy McCurdy's mother, Velma LaFaver, was a charter member of the Tealridge Community back in 1990, likely the third or fourth resident to move in.

When she moved in there was a nondescript pew in the common area.

"Our grandkids thought it was great and they would go down and

play on it and have a good time," McCurdy said.

A few years later, Tealridge held a garage sale to benefit the activity fund.

Mccurdy and her husband noticed the pew was for sale. Nancy told John to load it up and the pew wound up in the couple's home and eventually playhouse.

The kids continued to play on it growing up.

When the time came to downsize and the McCurdys to make their next move it was the couple's decision to move to Tealridge.

It was John's idea to take the pew.

206D was McCurdy's mother's room. The McCurdy's now live a floor above.

"We have a similar view to what she had," she said. "We've come full circle."

Nancy McCurdy's mother hailed **Continued next page**



Senior News and Living Oklahoma - www.seniornewsandliving.com

John and Nancy McCurdy are keeping a legacy alive at Tealridge Retirement Community.





PEW

Continued from Page 6

from southwestern Oklahoma - Lone Wolf to be exact. The move to the big city was a planned one.

"We were very pleased and happy and so far we've been very pleased with Tealridge," Nancy McCurdy said.

The McCurdy's visited several places but they both kept coming back to Tealridge, which was only two miles away from their current residence. They've lived in Edmond for 33 years.

One of their daughters lives nearby.

They hired Senior Transitions, a local moving company catering to seniors making a move, to get everything - pew included - moved over.

ROOM WITH A VIEW

There's something special about looking out the window of the McCurdy's apartment.

Knowing her mother looked out over the same pond, filled with fish and ducks, has a calming effect on her.

Nancy McCurdy was a registered nurse by trade. She helped found the Hope Center Clinic of Edmond, an organization helping those in crisis in the area. "They decided they wanted to start a clinic and I had been in health education for a long time," she explained. "I got the job and we started this clinic. It helped people who didn't have insurance, mainly pregnant women."

McCurdy took care of hundreds of her fellow Edmondites.

She failed at retirement the first time, going back for another four years.

"I've always been in nursing," said the 40-plus-year nurse. "When I retired the last time I told them that was it."

John dated Nancy while she was attending the Mercy School of Nursing in downtown Oklahoma CIty at 12th and Walker. The Granite native met Nancy in southwestern Oklahoma but transferred to the University of Oklahoma to be closer to her.

He graduated with a degree in industrial engineering.

The two wed when he moved back after a semester. Nancy quit school briefly.

He worked for Phillips Petroleum in Bartlesville. He found a better fit at Tinker Air Force Base before earning his Master's degree from the Air Force Institute of Technology in Dayton, Ohio.

Wright Patterson Air Force Base

was his next job site and also where Nancy finished her RN degree.

The two raised four children in I did." the Dayton area.

After 15 years of cold weather the McCurdys moved back to Oklahoma and settled into Edmond.

"One of the reasons we moved back was to be closer to our parents and our relatives," said Nancy, who sent two of her children through nearby Oklahoma Christian University. "This has been our home ever since."

John actually worked for Tealridge, putting his commercial driver's license to drive residents "I enjoyed that," he said. "I don't know if the residents did but I did."

And so when the time care Tealridge seemed like a natural fit, for Nancy's mother and for her and her husband.

"She loved every minute of it," Nancy said. "We were really concerned about her making an adjustment but when she got here they played bridge and did all the things she liked to do and she really enjoyed it. We were really happy with that move.

"We plan to be happy with our move, too."





COMMUNITY

Net Gains

story and photos by Bobby Anderson, Staff Writer

Whether it's a tournament or just the manufacture of their products. a regular weekday morning, odds are you'll find Sherry Sakoski at Westwood Tennis Center in Norman.

Sakoski has been a regular fixture at Westwood for years, but she didn't pick up the game of tennis until she

She remembers taking her three children to the courts while they were growing up.

Two times a week she would have lessons before hitting by herself on the backboard.

"Every day almost. It wasn't very far from the courts," she said. "I'd just load up the kids and head out."

Within a couple years she started traveling to tournaments, improving her skills and having some success.

Originally from Weatherford, she took a job with 3M as a chemist after going to pharmacy school. Much of her time with 3M was spent as a quality engineer, auditing the chemical components company vendors used in

At 60 she went back to school to get her doctorate in pharmacy so she could help out her daughter who works as a pharmacist in Oklahoma CIty.

After moving back to Norman in 2003, she took lessons from then-director David Minihan before transitioning to now current-director Marc Claude.

"I'd rather play with them than play with anybody else. Isn't that something?" she laughed.

"I didn't have an opportunity to play any ball when I was young because they didn't have anything for girls at Weatherford. Then I got out into the world and my kids wanted to play so we just all learned together."

Her husband, an avid tabletop tennis player, even picked up the sport and advanced quickly.

Players always have to contend with the Oklahoma weather but construction of a new indoor tennis



Tennis has helped keep Sherry Sakoski, pictured with Westwood Tennis Center Director Marc Claude, active in life. See GAINS Page 9

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GAINS **Continued from Page 8**

center will help players like Sakoski still get out on the court.

Westwood Tennis Center is considered as one of the top public facilities in the United States. In 2007, The U.S. Tennis Association recognized Westwood as the National Outstanding Facility. Currently, Westwood has 14 outdoor championship courts with four 36-foot youth courts.

The new 15,000 square foot indoor facility is a Norman Forward project, funded through a one-half-cent sales tax approved by Norman voters in October 2015. The construction contract was awarded to Flintco for \$1,376,714 in August 2018.

This facility is the city's first tensile fabric structure and features two new USTA-sanctioned indoor tennis courts, reflected LED lighting, a spectator area, and an energy efficient heating and air conditioning system.

The project also included the construction of two new outdoor USTA-standard courts with lighting, fencing and bleacher areas which were completed in 2018 before the new indoor facility's construction.

"It's softer in there," she said of the new surface.

It's been two years since Sakoski had her hip replaced so she appreciates that fact.

She'll take whatever she can to keep her out on the court.

"I just like it. I like to hit the ball. I like it because it makes you stronger and in order to play tennis I have to keep up with my health," she said. "I have to eat right and I have to drink a lot of water.'

Sakoski is an avid doubles player, enjoying playing up at the net.

"You'll have to ask Marc but I play pretty good for an old lady," she said. "Not as good as some of them. Oh, my goodness I know some of them that are in their 80s. It's no effort for them. It's still an effort for me to hit the ball hard."

NET GAINS

According to the International Tennis Federation, playing tennis could increase life expectancy by a decade, according to an ongoing cardiovascular

The Copenhagen City Heart Study has examined people over a 25-year period and evaluated improvements in life expectancy through participation in various sports and leisure-time activities.

In total, 8577 participants were examined for all-cause mortality between 10 October 1991 and 16 September 1994 until 22 March 2017, with various sports found to improve and increase life expectancy.

Of the sports included in the observational study, tennis topped the charts for potential life expectancy gains by some considerable distance, with results suggesting as many as 9.7 years could be added to an individual's existence.

This is 3.5 years more than its nearest competitor badminton, the playing of which has been found to increase life expectancy by 6.2 years, with football (soccer) having the potential to add 4.7 years and cycling 3.7 years. Swimming was found to boost life expectancy rates by 3.4 years, jogging by 3.2 years, calisthenics by 3.1 years and health club activities by 1.5 years. A further conclusion of the study suggests that leisure-time sports which involve greater levels of social interaction are associated with the higher levels of longevity. **Senior Seminar**

"Medical Marijuana - Separating

the Facts from the Hype"

Healthy Aging, which includes Trinity Presbyterian, Redeemer Lutheran, and New Covenant Missionary Baptist Churches. The seminar is scheduled

for Thursday, October 24, 2019 at the Oklahoma City County Health Department NE Regional Health and Wellness Campus, 2600 NE 63rd Street, Oklahoma City, OK. Registration opens at 8:30 AM, with sessions

between 9 AM and noon; pre-registration is not necessary. The event

is free of charge; a continental breakfast and light refreshments will be provided. For more information, leave a message at Redeemer Lutheran

Church (405-427-6863) or e-mail us at agingseminar@gmail.com.

Oklahoma City area residents are invited to an informational seminar on the use of marijuana or marijuana products for medicinal purposes. Information from medical professionals will respond to a growing concern among seniors regarding potential therapeutic benefits of marijuana. Another topic will address benefits available through the Social Security Administration. The event is sponsored by the Community Alliance for

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HEALTH

Miss America, Faith and Surviving Cancer

Jane Jayroe was in disbelief still seemed unreal. Here I was, this when she heard the announcer call her name. The young girl from rural Laverne, Oklahoma, was standing on stage in Atlantic City as Bert Parks began the first few bars of an old familiar song.

"There she is, Miss America," Parks crooned.

The image flickered on black and white television sets across the country as Jayroe accepted the crown and took her first steps as Miss America 1967.

"A wave of emotions swept over me," Jayroe recalls. "The audience rose to its feet, while what seemed like flashes from a thousand cameras began going off simultaneously. I could not believe it, even after I heard my name it

shy, 19-year-old girl from Oklahoma and I had just been given one of the most recognizable titles in the world!"

Jayroe spent the next year traveling in a whirlwind of public appearances, which included entertaining the troops in Vietnam. The schedule was grueling but paved the way for the bright future that lay ahead.

She finished her reign as Miss America, and then continued her education at Oklahoma City University. Her career led her to Dallas where she was news anchor for KXAS-TV before moving home to Oklahoma City, where she worked as prime-time anchor for both KFOR-TV and KOCO-TV.



Jane Jayroe holds three titles, Miss. America, Miss. Oklahoma and cancer survivor.

In 1999, she ventured into public Secretary of Tourism and Recreation title and that is cancer survivor. until 2003.

But for all her titles and service and held the cabinet position accolades, Jayroe holds one more

See JAYROE Page 11





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JAYROE Continued from Page 10

"I have always been very faithful about having the medical checkups that are recommended," she says. "As a result, I went in for regular breast exams but in 2003 I was very surprised. One of the spots my doctor had been watching for years was different. We checked it out, and the result was a very early breast cancer diagnosis."

It was fortunate, Jayroe says, that the cancer was caught early.

"To hear the word 'cancer' was terrifying," she said. "I didn't think of death, but I did think of months of chemotherapy and being sick. I was so scared. As it turned out, I had a lumpectomy."

A few years went by and life was good, but in 2007 Jayroe was diagnosed again with cancer-- this time it was uterine.

"It took a long time to get that diagnosis," she says, "Which was really frightening to me because I had symptoms for more than six months before I had the diagnosis. I had a full hysterectomy with additional lymph nodes removed. The surgery was on a Tuesday and the test results came back on Friday actually, Friday the 13th! Lymph nodes were clear, no

follow-up treatment was needed."

During her journey, Jayroe says what helped most was her faith.

"It was everything to me," she said. "My faith was the rock upon which I stood. It was the Hand that held mine. It was the Light when my night was dark. And having a community of support like the American Cancer Society is so important. Cancer can be such a lonely fight and such a lifealtering experience. To have help in those practical ways is really crucial."

Today Jayroe is a best-selling author, helping others find their way on whatever path their life takes them. Her most recent book, "Practice: Unleashing the Power of Faith," was released in 2018.

"My words to those who are going through a cancer journey is first, try not to jump into the pool of fear," she says. "Instead, lean into faith. With the internet, it's good to have information and learn about things but I don't think it's helpful to start thinking the worst scenario when you don't have all the information. Take someone with you to appointments if possible and start gathering facts, not fear."

on Friday actually, Friday the 13th! Using the ACS helpline and Lymph nodes were clear, no website is a good place to start.

{1-800-227-2345 or www.cancer.org} It also helps, she says to be around people who are hopeful and positive.

"After my diagnosis it seemed everyone wanted to share the story of their friend or family member who died and who had such an awful journey," Jayroe said. "I realized how terrifying that was for me. So, I reached out to friends who had survived cancer and asked to hear their stories. I was suddenly encouraged! I bought books that told stories of cancer survivors and how they focused and worked hard during their time of treatment."

Coming from a strong faithbased community and upbringing, Jayroe turned to the scriptures for inspiration, and found a favorite: "The Lord is my strength and shield. My heart trusts in Him and I am helped." Psalm 28:7

"When I was recovering at home after the uterine cancer, I started walking in the backyard and I would say this scripture out loud repeatedly," Jayroe said. "I claimed it. I was indeed helped!"

At age 72, the former Miss life joy and meaning, America lives a peaceful life be grateful. Those are surrounded by friends and family, to others who are on her husband Gerry and faithful cancer journey, and pup Maggie, and all around her them many blessings."

are mementos of a life well-lived.

"Age has brought me to this statement," Jayroe says. "'All of us will die, but not everyone will live fully until then.' That is my goal; I want to live with gratitude, joy and purpose for as long as I can. Hard times come to everyone and something will take us down. But there really is a lot of beauty in the world if we have eyes to see and ears to hear it"

This summer, Jayroe got to hold the newest member of the family, baby Henry who was 12 weeks old. "When I held him close while he was sleeping, our hearts kind of beat together" she said with a smile. "It was awesome. And nature gives me peace, too. I don't have a green thumb but last spring, just outside my backdoor, roses grew up the wall. Their perfection left me in awe. And this summer I sat outside in the mountains with friends and heard music that was so powerful and then so tender, I was moved to tears. While I try to find purpose and serve God and my neighbor, I'll accept the gifts given that give life joy and meaning, and I will be grateful. Those are my words to others who are on their own cancer journey, and I wish for

SEPT/OCT AARP Drivers Safety

Date/ Day/ Location/ Time/ Registration # Instructor

Sep 5/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi Integris 3rd Age Center - 5100 N. Brookline Ave., Suite 100

Sep 13/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards S.W. Medical Center - 4200 S. Douglas Ave, Suite B-10

Sep 21/ Saturday/ Midwest City/ 9 am - 3 pm/ 473-8239/ Williams First Christian Church - 11950 E. Reno Ave.

Sep 21/ Saturday/ Moore/ 9 am - 3:30 pm/ 799-3130/ Schaumburg Brand Senior Center - 501 E. Main St.

Sep 23/ Monday/ Shawnee/ 9:30 am - 4 pm/ 818-2916/ Brase Shawnee Senior Center - 401 N. Bell St.

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

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

Oct 11/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards S.W. Medical Center - 4200 S. Douglas Ave, Suite B-10

Oct 12/ Saturday/ Chandler/ 9 am - 3:30 pm/ 818-2916/ Brase First United Methodist Church - 122 W. 10th, Basement

Oct 22/ Tuesday/ Okla. City/ 8:30 am- 3:30 pm/ 773-6910/ Kruck Healthy Living Center - 11501 N. Rockwell 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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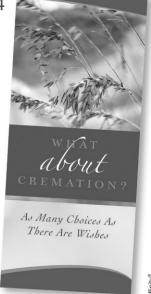
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TRAVEL / ENTERTAINMENT

Back in Time and Back to Grammar School with Senior Bob Hammack

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

Fall is a time we often think is going back to school time. And while we may or may not be going back to school with continuing education, we can all recall the tactile feelings of note books, pens and pencils (do kids use pens and pencils anymore?) and the anticipation of new experiences.

Memories of Grammar School, those school years of first through sixth grades, are engraved in our memory, when our heads were only anticipating what comes in the next hour or so.

With Oklahoma City author, Bob Hammack's, books, "When Magpies Ruled Th World" and "Two Years In the Doghouse," your arm chair travel will take you back to the simpler times of the 1950s and your allegiance to your school's mascots. In Bob's case the Magpies referred to Madison Elementary and the Bulldogs of Cleveland Elementary. While my days were with the Linwood School Lions, it's easy to identify with the characters Bob grew up with and elaborates through his narrative. Maybe my book of memories would be "When Lions Roared," however my recollections are not as good or as colorful as Bob's.

Magpies, has a thread of mystery of a young boy's disappearance and Doghouse includes a parallel life of a gentleman much the senior of Bob.

I had to ration my reading time with both books as it was too good to rush a comforting a time by reliving a simpler time with landmarks and cultural icons were familiar to me.

Bob recalls a car trip with friend Sally and a journey down memory lane. "The day long journey would provide some quality time for

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small talk about "remember when", or "whatever happened to old so and so," sprinkled with stretches of quite times for thoughtful recollections. Traveling with a fellow baby boomer, we both understand we have more past to talk about than future. Still, the thing about nostalgia is that it is an illness, with only one cure."

"As the mile markers flew by, I smiled as I realized how simple and predictable life seems to a child. This was especially true during the fabulous fifties, a time in American history when schools followed a predictable pattern, Each year was cleaved into a set of recurring annual events, etched in stories such as Trick or Treat, Thanksgiving, Christmas, '89 Day or Valentines day."

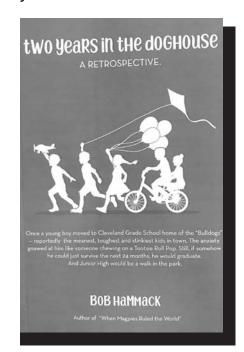
In only a few words you are whisked back in time to Roy Rodgers, Howdy Doody, the Mickey Mouse Club, or Superman. While I lived in relatively the same neighborhood as Bob, his recollections of landmark buildings, attractions and stores, along with a history of the area fascinating. I had no idea the Shepherd Mall area was once so expansive before development. Wished I could go back in time to see that long gone large Victorian style house of the Shepherds. I do recall having hamburgers with my Dad and brother at a railway style car in a grill called "Cherry's" that faced NW 23 street, where my Dad teased me with, "Need some help eating those fries?"

Bob has an easy going writing style reminiscent of great Southern writers. To end your nostalgic trip, Bob finishes each book with a what happened to them, in a brief bio of the children's life as adults. This brings us back to reality and is a comfort to find the childlike escapades that shaped the grown up to their future accomplishments, or not.

Bob's impressive resume includes being a 1971 Graduate of Oklahoma State University with a degree in journalism, Past Board members of: Oklahoma City Board of Education, Oklahoma City Zoological Trust, Alliance for Women in Media, Oklahoma Zoological Society, Oklahoma City Chapter of the American Red Cross, Oklahoma City Arts Commission, Omniplex Science Museum, Oklahoma City Advertising Club, Downtown Oklahoma City



Bob Hammack, Oklahoma City author.



Rotary Club, Oklahoma City Arts Council and Goodwill Industries.

In between his civic involvement it's a wonder he has time to write his infectious books. But I hope his educational tomes continue as he might move on to the Royals of Taft Junior High and then to Northwest Classen Knights, when maturity really heats up the escapades.

I suggest you contact Bob by way of email where you can order books by mail. bob@newwestgroup.com

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association http://realtraveladventures.com/author/zinn/

www.seniornewsandliving.com - www.martinitravels.com

OKC ZOO'S ANIMAL ART SHOW RETURNS TO THE MYRIAD BOTANICAL GARDENS

Art Gone Wild provides unique opportunity to view, purchase original animal art in support of wildlife conservation

Art Gone Wild, the Oklahoma the animals who are guided by City Zoo and Botanical Garden's exclusive animal art show, is making a creative comeback! After taking a break in 2018, the OKC Zoo is excited to announce the return of Art Gone Wild, Oklahoma City's wildest art show, to the Myriad Botanical Gardens, 301 West Reno, Oklahoma City. The exhibition runs Thursday, August 22 through Monday, September 16, 2019, in the Crystal Bridge, south lobby. Lobby hours, during which attendees can view and purchase pieces, are Monday through Saturday from 9 a.m. to 5 p.m. and Sundays from 11 a.m. to 5 p.m.

The Zoo's newest collection of wildlife art features over 200 original paintings that highlight the artistic talents of various Zoo animals including Asian elephants, California sea lions, giraffe, Sumatran and Amur tigers, Western lowland gorillas and more. Creating art is stimulating for

their caretakers who are on-hand to assist in the painting process. Each animal expresses their creative abilities in their own way. Some animals use specially adapted tools such as paintbrushes while others paint with their trunks, flippers, noses and paws!

All of the art created by Zoo animals is made with safe, non-toxic paint. Painting sessions are done voluntarily by the animals as part of the Zoo's enrichment program. Enrichment activities are designed by the Zoo's animal experts to continually improve and enhance the lives of the animals in their

Art Gone Wild fans can view and purchase these original paintings ranging in price from \$35 to \$300 depending upon the canvas size. All net proceeds benefit the Zoo's conservation initiatives. Art Gone Wild is open to the public and free to attend. To learn more about Art Gone Wild, call Zoo Guest Relations



at (405) 425-0262 or click here.

Visit Art Gone Wild for an aweinspiring look at art by animals for animals! Located at the crossroads ages 3-11 and seniors ages 65 and of I-44 and I-35, the Zoo is over. Children two and under are a proud member of Oklahoma admitted free. Stay connected to City's Adventure District and an Adventure Road partner. Hours of operation are 9 a.m. to 5 p.m. daily. Buildings close at 4:45 p.m.

daily. Guests must exit grounds at closing time. Regular admission is \$11 for adults, and \$8 for children the Zoo on Facebook, Instagram, Twitter, YouTubeand visit Our Stories. To learn more, call (405) 424-3344 or visit www.okczoo.org.



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USS Oklahoma City Returns to Homeport



Los Angeles-class fast attack submarine USS Oklahoma City is one of four forward-deployed submarines assigned to Commander, Submarine Squadron Fifteen out of Apra Harbor, Guam. (photo by Mass Communication Specialist 2nd Class Kelsey J. Hockenberger). Story by Lt.j.g. Meagan Morrison, Commander, Submarine Squadron 15

Los Angeles-class fast attack submarine USS Oklahoma City (SSN 723) returned to its homeport of Apra Harbor, Guam, Aug. 18.

Oklahoma City conducted routine patrols throughout the Indo-Pacific region in support of maritime security operations that promote stability while maintaining key partnerships with allies across the region.

"I am extremely proud of my crew and the hard work and dedication they put into accomplishing several extremely challenging missions," said Cmdr. Steven Lawrence, commanding officer of Oklahoma City. "They performed superbly on multiple operations in the Indo-Pacific area of responsibility."

Oklahoma City celebrated the various achievements of its crew members in their professional development.

"I am very proud of the crew of Oklahoma City," said Master Chief Machinist's Mate (Auxiliary) Kevin Swanson, Oklahoma City's chief of the boat. "They performed amazingly during our deployment. We had 25 Sailors and one officer become qualified in submarines. I am honored to be the chief of the boat of such an outstanding group of Sailors."

Swanson went on to say that the Oklahoma City had 12 Sailors frocked to the next rank and four officers promoted during their time at sea. Additionally, four members of the crews were awarded Navy and Marine Corps Achievement medals.

The Sailors were greeted on the pier by families, as well as other organizations from around the island.

"It is great to see all of the families on the pier," said Lawrence. "Four months is a long time to be out to sea on a submarine with limited communications. It is nice to come home and know you are appreciated, missed, and made to feel welcome again."

Oklahoma City was commissioned July 9, 1988. Measuring more than 360 feet long and displacing more than 6,900 tons, Oklahoma City has a crew of approximately 140 Sailors. Oklahoma City is capable of supporting various missions, including anti-submarine warfare, antisurface ship warfare, strike warfare and intelligence, surveillance and reconnaissance.

Oklahoma City is assigned to Commander, Submarine Squadron 15, which is located at Polaris Point, Naval Base Guam and consists of four Los Angeles-class fast attack submarines. The CSS-15 staff is responsible for providing training, material and personnel readiness support to these commands.

Also based out of Naval Base Guam are submarine tenders USS Emory S. Land (AS 39) and USS Frank Cable (AS 40). The submarines and tenders are maintained as part of the U.S. Navy's forward-deployed submarine force and are capable of meeting global operational requirements.

<u>COMMUNITY</u>

Can you trust your roofer?

Story by Susan Slater

How Seniors Can Trust They've Found a Reputable Roofer

A lot of companies say they specialize in working with seniors. But Dennis Helm, of Smooth Finish Roofing & Construction, shows it.

Dennis is an industry partner and a member of OKALA (Oklahoma Assisted Living Association). He also has industry partnerships with several important senior organizations: The Oklahoma Senior Journal, Senior GuidePost, and The VillagesOKC. When Dennis says he enjoys working with seniors and wants to help them, he means it!

Dennis has been a senior advocate for as long as he's been a business owner of Smooth Finish. He came about this from a place of caring for those who may be vulnerable to scammers because of difficulties he faced as a child (see article page ?? – in main section).

How Smooth Finish can help seniors

1) If you are working with a senior who would like to stay in their home, Smooth Finish can install a good-quality roof on their home that will last.

They can also help with other repairs and modifications on the homes of seniors who want to age in place. Besides roofing, Smooth Finish can do ceiling leak repair, guttering, siding, garage doors, fencing, painting, and more.

2) If you have a client who is moving into a senior living center and needs to sell their home, they may likely need a new roof or other repairs. Smooth Finish will do excellent work at a fair price, so your client's home can pass all the inspections required for a sale.

3) Smooth Finish is not only certified and licensed* to do roofing for residential homes, but for senior living facilities as well.

Owner Dennis Helm—a true senior advocate

With his sincere desire to help seniors, Dennis always works to encourage people to use only local, licensed, and insured roofing contractors with hundreds of verifiable references. There are just too many terrible stories of things going wrong when people don't.

Warning: roofers may not be who they seem to be!

"I've heard it many, many times," Dennis says, "most people don't trust roofers. That's because in this industry there are a lot of fly-by-night roofers. They come in town, start a 'company,' get magnets on their car, and in 24-hours they look like a legitimate business. But they're not."

Unreliable scammers always rush into town after a storm has hit to solicit people who need roofing services. These unscrupulous "companies" many times will claim to be local, even though they're not, and may go to great lengths to look like they're hometown guys.

Dennis tells about having a man from out of town contact him after a bad storm hit the Oklahoma City area. This man wanted to "buy" the Smooth Finish company name, and use Dennis's address and phone number for six months. He offered a good price, too! He wanted to appear to be a local, established company when soliciting roof jobs.

Dennis warns people to not be fooled. He says, "I wasn't about to go for that deal, but other companies will." He continues, "I want people with roofing needs in Oklahoma City to rest at ease. I want them to know that when they use Smooth Finish Roofing & Construction, they're getting an honest, reputable company. I'm a lifelong resident and have 32 years expertise in this



business."

Ask for licensing numbers and for references, and then check them out! Dennis explains that reputable roofers live and work in the same city where their business is located. "We don't go out of town, except for previous and existing customers. There is always more than enough work for us right here in the 620 square miles of Oklahoma City."

Your clients will thank you for a Smooth Finish recommendation

You can feel confident in recommending Smooth Finish Roofing & Construction to the clients you're helping. For the homeowner, Dennis can work on the rooftop, the floor, and everything in between. He's licensed General Contractor for the City of Oklahoma City* and has

been in business for 32 years.

Since 1987, Dennis has been helping customers with decisions concerning their homes. Many times, he's found simple solutions for complex problems. He works to keep the costs fair and reasonable, and lives by the Smooth Finish motto: "Where quality craftsmanship meets fair pricing."

Give Dennis a call on his personal cell phone at (405-923-5127). He'll be happy to come visit you for a free consultation, inspection, and estimate. And he'll be glad to give you references so you can check with people who have used his services! Dennis adds, "We are proud of and enjoy our solid reputation. We enjoy serving seniors, military, and single mothers—and we only move forward with a job when you're comfortable."

*Oklahoma CIB #0242 and City of Oklahoma City license #13705

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HEALTH

Understanding Chronic Venous Insufficiency

Do you have swelling in your legs?

Are your legs discolored?

Do you have varicose veins?

Do you have numbness, pain or tingling in the legs?

Do you have throbbing in the legs or itchy, scaly skin?

Do you have, or have you had, wounds in the lower leg/calf area?

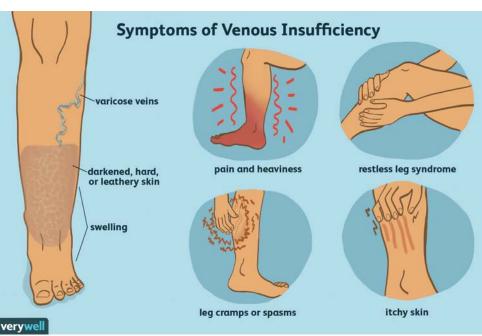
You could have chronic venous insufficiency (CVI). Understanding venous disease means understanding the function and anatomy of the venous system. Veins carry blood with CO2 and metabolic waste products back to the heart and lungs to be replenished with oxygen and nutrients. To reach the heart, blood needs to flow upward in the veins from the legsagainst gravity. The contraction of the muscles in the legs help to propel the blood upward. To keep the blood flowing up and

prevent backflow, the veins contain one-way valves. CVI occurs when these valves become damaged allowing blood to flow backwards and pool in the leg veins. Over time, this malfunction of the valves causes pressure to build up in the veins. Fluid then leaks out into the tissues causing swelling and inflammation Chronic inflammation results in progressive problems, such as pain, bulging veins, skin changes or the most serious complication, blood clots. Blood clots that form in the deep veins of the legs (DVT) can travel to the lungs and cause serious complications, even death.

The symptoms of venous disease can vary greatly. They are often so insidious that, after treatment, patients are surprised to realize how much chronic discomfort they had accepted as "normal". Common symptoms include burning, swelling,







throbbing, cramping, and leg fatigue. The appearance of the lower extremities is often very helpful in the diagnosis of venous disease. Some people will notice swelling, changes in the color and texture of the skin, dry scaling, itchy skin, visible spider veins or bulging veins in the calf and thigh. Others will experience more serious soft tissue changes that develop as the disease progresses which include chronic inflammation or cellulitis, varicosities that bleed without warning, or wounds that come up like small blisters and take a long time to heal. The most serious complications from chronic venous insufficiency are blood clots (DVT's), and non-healing wounds that become infected - sometimes spreading to bone or into the bloodstream.

Risk factors include:

- •Family history
- Obesity
- Damage to your leg due to injury, surgery, or previous blood clots
- Occupations that require sitting or standing for long periods of time
- Reduced mobility or sedentary lifestyle
- More than one pregnancy

In order to diagnose CVI, a complete medical history and examination of your legs will be required. A vascular ultrasound may also be useful to assess the blood flow in the leg veins. Like any disease, CVI is most easily treated in the early stages. Conservative treatment strategies

include avoidance of long periods of standing and sitting, regular exercise, weight loss, elevating your legs at night, practicing good hygiene and treating active skin infections. Properly fitting, medical grade support hose called compression stockings are a common conservative treatment option. Compression stockings come in different lengths and compression To ensure a proper strength. fit, compression stockings should be prescribed by a health care provider. Endovenous laser thermal ablation (EVLT) is a relatively new technique that uses a laser to create heat in the abnormal vein causing it to shut down, and redirecting blood flow to deep veins. This technique is minimally invasive, can be done in under an hour, involves less pain than traditional therapies, and allows for a quick return to normal activities. Sclerotherapy is another minimally invasive option; it involves injection of a solution directly into the vein that causes the vein to collapse and shut

If you think you may have this problem, you can discuss it with your primary health care provider, or seek out one of the many specialists who offer treatment options – including cardiologists, vascular surgeons, and interventional radiologists. You are also welcome to call our center to schedule a prompt and free consultation- you can reach us at (405) 608-8884

RESOURCES SENIOR NEWS AND LIVING

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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

Social Security Accelerates Decisions for People with Serious Disabilities

Agency Adds to Compassionate Allowances List

Andrew Saul, Commissioner of severity of their condition." Social Security, today announced Compassionate four new Allowances conditions: CDKL5 Deficiency Disorder, Pitt Hopkins Syndrome, Primary Peritoneal Cancer, and Richter Syndrome. Compassionate Allowances is a program to quickly identify severe diseases and medical conditions that meet Social Security's standards for disability benefits.

Security's highest "Social priority is to serve the public and we are committed to ensuring Americans with disabilities receive the benefits they are eligible for," said Commissioner Saul. over a decade, our Compassionate Allowances program has helped us accelerate the disability process for people who are likely to get approved for benefits due to the

The Compassionate Allowances program identifies claims where the applicant's condition or disease clearly meets Social Security's statutory standard for disability. Due to the severe nature of many of these conditions, these claims are often allowed based on medical confirmation of the diagnosis alone. The list has grown to a total of 237 conditions, including certain cancers, adult brain disorders, and a number of rare disorders that affect children. To date, more than 600,000 people with severe disabilities have been approved through this fasttrack policy-compliant disability process.

The incorporates agency leading technology to identify potential Compassionate Allowances and make quick



decisions. When a person applies disability benefits, Security must obtain medical records in order to make an accurate determination. Social Security's Health IT brings the speed and efficiency of electronic medical records to the disability determination process. electronic records transmission,

Social Security is able to quickly obtain a claimant's medical information, review it, and make a determination faster than ever before.

For more information about the program, including a list of all Compassionate Allowances conditions, please visit:

www.socialsecurity.gov/ compassionateallowances.

To learn more about Social Security's Health IT program, please visit:

www.socialsecurity.gov/hit.

People may apply online for disability benefits by visiting www.socialsecurity.gov.

To create a my Social Security account, please visit:

www.socialsecurity.gov/ myaccount.

CROSSWORD CORNER

Across

1 Unlike this clue,

obviously

5 Driving force?

10 Bar regulars, and then some

14 Bible book before Romans

15 One-named singer with 10 Grammys

16 William of "Broadcast

News"

19 On

20 URL ending

21 Bridge call

22 Hang loosely

23 Star's statuette

25 Cereal box factoid

30 Pale

31 __ shadow

32 Tip to one side

33 Etiquette expert Baldrige who was Jackie

Kennedy's social secretary

37 Concert finale ... and what 17-, 25-, 50- and

60-Across have in common

41 Comes back with

42 Hardly scads

44 Beer choice, briefly

47 Part of un mes

48 Ready for the piano

recital

50 Opera house level 54 "Ugh!"

55 Climbed aboard

56 Some Neruda poems

58 Hawaiian tuna

59 Snack since 1912

60 Bullied

63 MusŽe Marc Chagall city

64 Ancient Greek region

65 Conversation piece?

66 __ chair

67 Minute

17 Does well at the casino? 68 Archer of myth

Down

1 Researcher's garb

2 Puzzle with a quote

3 Recent medical research

subject

28 Mushroom cloud makers 4 Org. operating full-body scanners

5 Prepare, as avocados for guacamole

6 Ancient theater

7 "Tradition" singer

8 "Bravo!"

9 "You eediot!" speaker of

cartoons

10 Ventriloguist Lewis 11 Delighted state?

12 Prize in a case 13 Fla. city

18 Go-

22 Overalls material

24 Financier aboard the

26 Strong string

27 1960s dance

29 Add sneakily

34 China's Zhou

35 "In Here, It's Always

Friday" letters

36 Diminish

38 Enterprise choice

39 Academic figure

40 Southwestern farm

owner

43 Rear ends

44 "See ya!"

45 Everycity, USA

46 Tenochtitl‡n natives

49 Where to see IBM and

51 Deschanel of the

musical duo She & Him 52 Whom to trust, in "The X-Files"

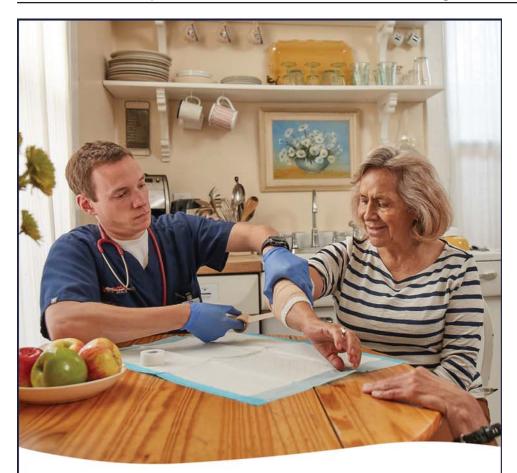
53 Astronomer Hubble 57 PayPal's former parent

60 Morsel

61 Salmon eggs 62 More than impress

Answers on page 26

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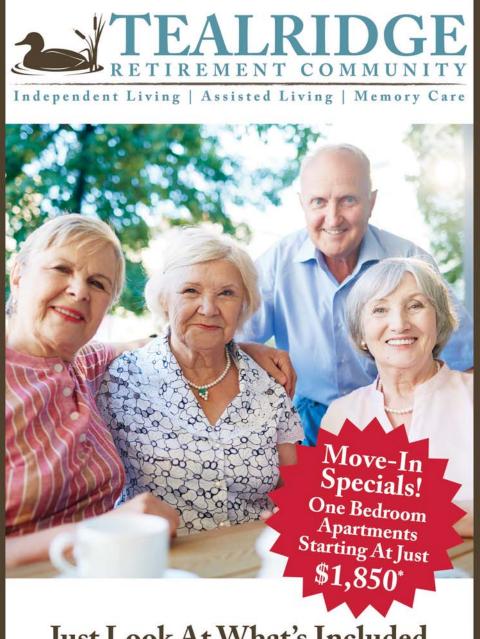


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AL CEU Seminar RCAL Admin Cert Class 3 Survey Prep (New in 2019)

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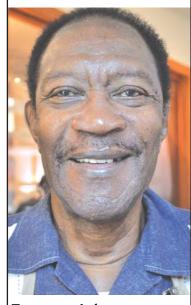
What would you want for your last meal on Earth? Integris Canadian Valley Hospital Volunteers

Just like today I'm going home to eat a bacon and tomato sandwich.



Carolyn Cury

A salad. I've eaten everything else.



Eugene Johnson

Each Month We Visit With Seniors Throughout The State



please email the Editor at: ews@metropublishingok.com

or call SENIOR NEWS AND LIVING 405-631-5100

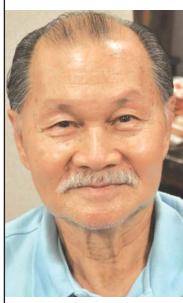
SENIOR TALK

I want some barbecue ribs.



Zola Johnson

I don't have favorites but probably a steak.



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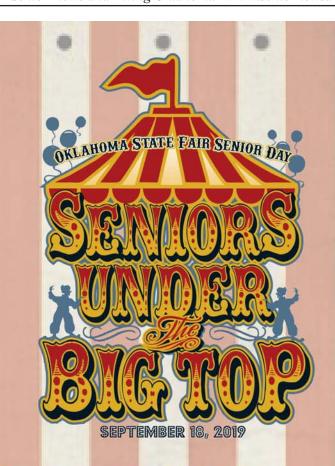
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DOOR PRIZES		Session 1: 8 - 11:30 a.m.
		Session 2: 11:30 a.m 2:30 p.m.
		Session 3: 2:30 - 4 p.m.
NOT JUST COUNTRY LINE DANCERS		8:10 & 10:30 a.m.
MYSTIC MYSTERY GAME		8:30 a.m.
TAI CHI		8:45 a.m. & 2:10 p.m.
BALLOON SCULPTURE CONTEST		9:10 a.m.
THE OKIE STOMPERS		9:25 a.m. & Noon
CIRCUS COUPLES CHALLENGE		10 a.m.
OUT & ABOUT: SIDESHOW STROLL		10 a.m 2 p.m.
IN A NUT SHELL		THE CONTRACT OF THE CONTRACT O
JESTER REJECTS		11 a.m.
JUST CLOWNING AROUND		11:35 a.m.
ANTIQUE TRACTOR PARADE, Along Tram Route		Noon
UNDER THE BIG TOP GAME SHOW		12:30 p.m.
THE SILVER CHORDS		
PUPPIES OF PENZANCE		
THE VOCAL SOUNDS OF OKLAHOMA, Men's A Cappella Ch	orus	3:30 p.m. 19

ELVIS EXTRAVAGANZA...... 7:30 p.m.

MOST ACTIVITIES TAKE PLACE IN THE MODERN LIVING BUILDING

RINGMASTER'S LINE DANCE LESSONS 4 p.m.

Chickasaw Country Entertainment Stage

It's not a family vacation until you 'see them aliens'

I burst excitedly into our family room, finding my wife and two daughters staring at their phones while some mindless reality show droned in the background. A typical night in the Schwem household.

"Attention, please, everyone," I said. "In the name of science, I have found our next vacation destination."

Crickets.

"Ahem, I said I have found our

"We heard you," my wife said. "And we're not going."

"You don't even know where it

"Doesn't matter," she said. "We are not doing anything in the name of science."

'Yeah, Dad," my eldest chimed in. "Last year you wanted us to go to St. Louis and catch the flu. On

"We would have each made \$3,500," I said, referring to last summer's study at St. Louis University in which researchers sought out healthy volunteers who would consent to being exposed to the flu virus, followed by 10 days in quarantine.

"Dad, what's in your hand?" my youngest asked. "Are those bolt cutters?"

"Yes," I said. "We might need them if we are going to see aliens."

My girls, huge fans of "Stranger Things" on Netflix, dropped their phones. I finally had their attention. My wife, not so much.

"What do you mean, 'see aliens?"" my oldest said.

"On September 20, we are going to Groom Lake in Nevada, specifically to storm Area 51," I said. "The event is on Facebook, and I've already responded 'interested.' Along with 1.4 million others."

"Sounds like we'll have no problem getting a hotel," my wife

I gave my daughters a brief history lesson on Area 51, a highlyclassified Air Force facility that, for years, has been the subject of conspiracy theories, most related to the housing and study of UFOs and other extraterrestrial beings that may have landed in this country.

The site returned to the news recently when California resident Matty Roberts created the "Storm Area 51, They Can't Stop All of Us"



Greg Schwem is a corporate stand-up comedian and author.

Facebook page. Roberts admitted the site, and the event itself, is a joke, but that hasn't stopped 1.8 million people from insisting they are attending, including five of my Facebook friends.

"I'm going because I'm interested in history, and there are a lot of historical files at the base," said Facebook friend Stephen Haas, 29, a New York City stand-up comedian. Then, he added, facetiously, "I'm not some conspiracy nutjob looking for aliens. I just want to know which Apollo 11 astronaut killed Kennedy."

I pulled up Google Maps on my phone and began plotting our route. "If we fly, we should probably go to Las Vegas and rent a car," I said. "Area 51 is about three hours away."

"Can you just pick me up on the way back?" my wife asked. "I'll hang out at the Mirage pool, and you can send me texts of the three of you cavorting with your new Martian friends."

"Are you really going to uses the bolt cutters, Dad?" my oldest asked. "I'm interviewing for jobs now, and I don't want 'felony trespassing' to pop up on my background check."

I assured her I would only use them as a last resort.

"Or we could just borrow a pair," my youngest said. "With over a million people in attendance, odds are pretty good that somebody has a spare set."

"Let's talk attire," I said, changing the subject. "We may have to walk about 50 miles before we



The recent creation of a Facebook event inviting people to "storm Area 51" has given Greg Schwem a new idea for his next family vacation.

actually reach the gates, particularly if our flight is late. So sensible shoes are a must. And sunscreen."

"We need as many portable phone chargers as we can carry," my youngest said. "Can you imagine finally seeing an alien and not being able to put it on Instagram because your phone is dead? I. Would. Die."

The three of us continued our checklist, adding and subtracting items at will until we were satisfied we were totally prepared to, as the Facebook page states, "see them

"What if we get captured?" my oldest said.

"By aliens or the military?" I replied.

"Either."

"Say nothing," I commanded. "At least not without a lawyer present."

spaceship?"

"We'll worry about that if it happens."

"Ask them if their spaceship can fly to St. Louis," my wife said. "Then you call all make \$3,500 and spend 10 days with only each other

Sounds like a great vacation for next vear.

(Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at www.gregschwem.com.)

2019 **GREG** DISTRIBUTED BY TRIBUNE "What if we get taken to a CONTENT AGENCY, LLC.

National Cowboy & Western Heritage Museum Saloon Series set for October 17

Join the Museum for a unique happy hour experience, featuring wines from Boardwalk Distribution and a tasting class from expert Adam Rott. Guests will enjoy new and exciting themed drinks while mingling inside the Museum. Admission is \$25 online or \$30 at the door. Admission includes live music featuring 2015 The Voice contestant, Chase Kerby, a drink flight, tasting



class, featured "Six Shooter Sangria" cocktail and hors d'oeuvres. Tickets may be purchased at https://nationalcowboymuseum.org/ event/saloon-series-4/

National Cowboy & Western Heritage Museum, 1700 Northeast 63rd Street in Oklahoma City.

Patrons must be 21 years or older to attend.

SEPTEMBER CALENDAR OF EVENTS

SEPTEMBER

FREE LINE DANCE LESSONS

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

FREE EMBARK FARES

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

Mid Day Dance

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

CITY FISHING

A City fishing permit and state fishing license are required to fish in OKC fishing waters for all anglers age 16 to 62, unless exempt. Permit revenue funds the Fisheries Management program, which enhances local fish populations and fishing. Visit okc.gov/parks or call 297-1426 for details on permits, fishing opportunities and more.

USE MOSQUITO REPELLENT, DRAIN STANDING WATER

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

SEPTEMBER 7

JUNKLAHOMA The Old Store 100 Monroe Ave. NW Piedmont Sat., Sept. 7, 10 a.m.-4 p.m. Phone: 405-373-2093 junklahoma@yahoo.com Price: FREE

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live entertainment. JUNKLAHOMA will
have a wide variety of antique,
vintage, junk, handmade and
boutique style vendors. You do not
want to miss this family friendly event!

SEPTEMBER 9

Art & Victory: Making Short Films -The Depot 200 S. Jones Ave. Norman Mon., Sept. 9, 6:15-8 p.m.

Price: Free

www.artandvictory.com/
event/making-short-films
Art & Victory is a free monthly
panel discussion series designed for
creative entrepreneurs. Ran by The
Show Starts Now Studios in collaboration with the Norman Arts Councill, The Depot, Norman Film Fest, and
OkSessions, the topic for September's
panel is Making Short Films, in honor
of the Norman Film Festival happening September 14th. We'll hear from
filmmakers about making your own
short film.

SEPTEMBER 19

Art Awakening 2019 NorthCare 2617 General Pershing Blvd. OKC Thu., Sept. 19, 4:30-6:30 p.m. Phone: 4058582706 communications@northcare.com Price: FREE

www.facebook.com/ events/340236226674270 Art Awakening 2019 is our sixth annual art show highlighting the artistic talents of persons living with mental illness, trauma, and/or addiction. The event is familyfriendly, free to attend, and open to the public. Art across various media will be available for viewing or purchase with all proceeds going directly to the artists; this is not a fundraiser for NorthCare. Light refreshments will be available. Join us in celebration of our artists as we promote empowerment and recovery through creativity!

SEPTEMBER 20

Summer Music Series Wheeler Ferris Wheel 1701 S. Western Ave., Oklahoma City Western Avenue When: Fri., Sept. 20, 7-11 p.m. Phone: 405-655-8455 events@wheelerdistrict.com Price: Free

www.wheelerdistrict.com/events
Join us for a night of music
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bus. You can cap off the evening by
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This is a free event! Live music +
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SEPTEMBER 27-29

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27-29th. The weekend will kick off
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purchase.

Visit www.scissortailpark.org for more information.

SEPTEMBER 28

Fling at the Springs Music Festival Government Springs Park North 509 E Oklahoma, Enid When: Sat., Sept. 28, 3 p.m. Price: Free

Enjoy a variety of musical talents during the annual Fling at the Springs Music Festival at Government Springs Park North beginning at 3 p.m. Admission is free and food trucks will be onsite throughout the festival.

OCTOBER 2

Alzheimer's Foundation of America's National Educating America
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When: Wed., Oct. 2, 9:30
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Phone: 866-232-8484
Email: ssilverstein@alzfdn.org

Price: Free alzfdn.org/event/ educating-america-tour-oklahoma The Alzheimer's Foundation of America (AFA)'s national Educating America National Tour, featuring AFA's free Concepts in Care educational conference, free memory screenings, and much more, comes to Oklahoma City on Wednesday, October 2nd. The free program is open to families affected by Alzheimer's disease, caregivers, and anyone interested in learning more about Alzheimer's disease. The conference provides information regarding Alzheimer's disease, brain health, and dementia caregiving. The conference is free and open to the public. Participants have the opportunity to interact with Alzheimer's experts, ask questions, network and obtain a

free memory screening.

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

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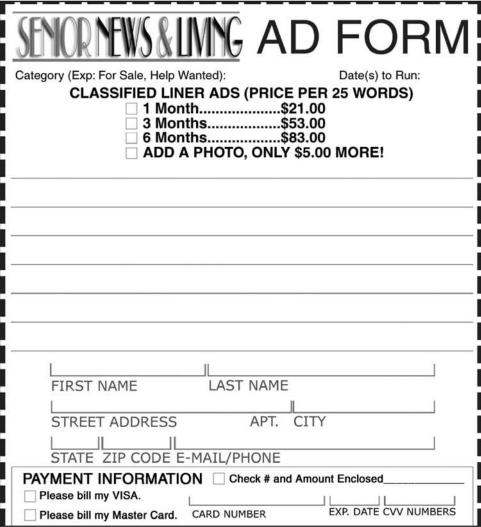
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Broom Hilda





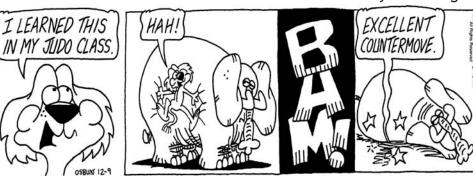




By Russell Myers

Animal Crackers

By Fred Wagner

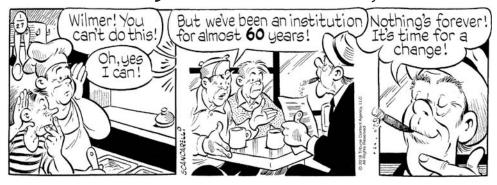


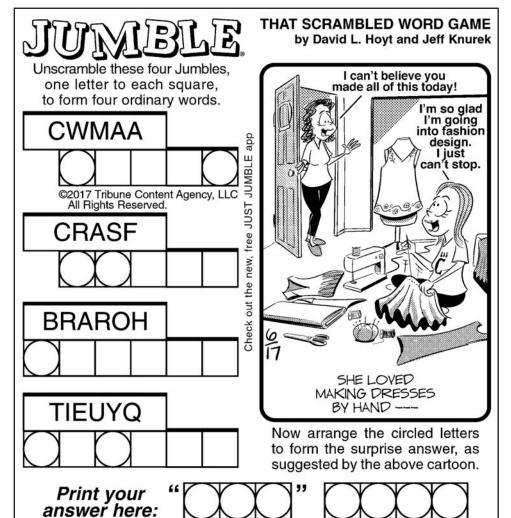
Gasoline Alley

August

Jumbles: IVORY

By Jim Scancarelli





(Answers next Month)

ADJOIN

GEYSER

LOBBY

Ansswers Answer: For them, saying goodbye took — SO LONG

Game Warden Jay Harvey Honored by NWTF



Gathered for the NWTF Officer of the Year award are, from left, Bill Hale, Chief of Law Enforcement for the Wildlife Department; Terry Bourne, NWTF LIttle Dixie Chapter president; honoree Game Warden Jay Harvey; Don Chitwood, NWTF Eastern Oklahoma regional director; and Wildife Department Director J.D. Strong. (Don P. Brown/ODWC)

Game Warden Jay Harvey, based in Atoka County, was honored by the National Wild Turkey Federation as the Oklahoma Law Enforcement Officer of the Year for 2018 during a regular meeting of the Oklahoma Wildlife Conservation Commission on Aug. 12 in Durant.

Presenting the award were Don Chitwood, eastern Oklahoma regional director for NWTF, and Terry Bourne, president of the Little Dixie Chapter of Durant.

Harvey, who won the same honor from NWTF in 2004, began his career as a Game Warden in 1992. He has been involved with various NWTF activities, especially with Jakes events. He has volunteered with the weeklong Wildlife Youth Camp for 20 years, serving seven years as camp director. In 2005, Harvey started a wildlife law enforcement class at Southeastern Oklahoma State University. And in 2017, his proficiency in airboat operations allowed the rescue or evacuation of more than 200 people as he volunteered for disaster relief in the wake of Hurricane Harvey in the Houston area.

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