



SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

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Change is coming



Ginny Curtis, (middle), Tonderai Bassoppo-Moyo (left) and Jennifer Melton help Oklahomans make decisions about their healthcare needs at MCM Insurance.

story and photos by Bobby Anderson, Staff Writer

Winter is coming. So are changes to virtually every Medicare plan as the annual enrollment window opens.

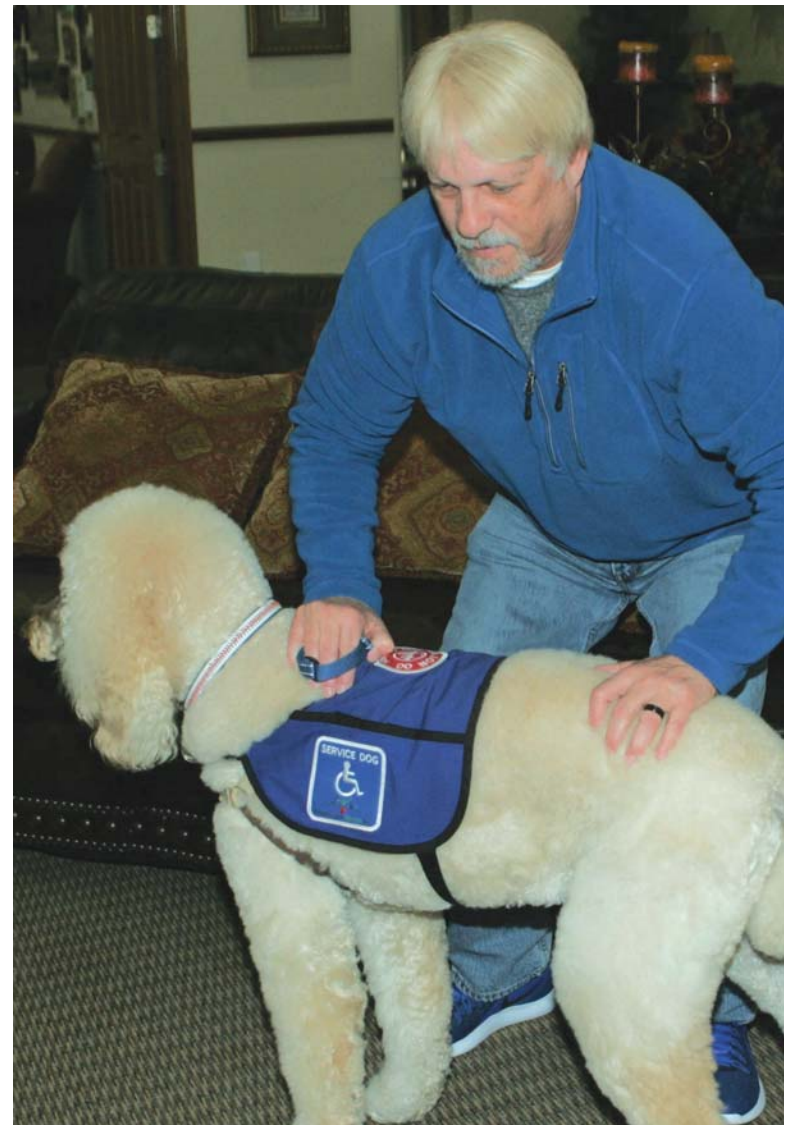
For several years, MCM Insurance has helped seniors in our community navigate what can be murky health care insurance waters as time ticks down on a decision they will have to live with for an entire year.

"The biggest thing we want seniors to know is that every plan changes in some way, every year," said MCM owner Ginny Curtis. "They need to know what those changes are before they enroll or stay on the same plan. They also need to make sure they're not paying too much for the benefits."

As 2019 begins to wind down, one of the most important times of the year for seniors is here. The Medicare Annual Enrollment Period (AEP) occurs annually from

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Service Dogs Can Aid With Aging in Place



Among many other things, service dogs can be used as a brace for standing up.

Story and photos by Darl Devault, Feature Writer

Another National Aging in Place Month has come and gone in October. This year more seniors are retaining the independence and peace of mind of living at home by depending on the skills of a well-trained service dog.

With seniors seeking to stay in their homes as long as possible, working dogs facilitate this in several ways, including the slowing of cognitive decline. Dog training expert Barbara Lewis of Norman, Okla., urges seniors to consider a trained dog to enhance an aging-in-place agenda.

"A simple act of picking things up, opening doors, or letting you know when someone is at the door are critical skills to assist in independent living for years to come" said Lewis, chief executive office of A New Leash on Life in Norman.

Taking dogs on walks provides seniors the benefits of physical activity. And a well-trained canine can do so many tasks for the aging senior. Among these tasks, a service dog can serve as a brace for owners when rising from a chair or fetch items out of a dryer in the laundry room.

Lewis is addressing the absence of information about this important topic for seniors. "What I see missing most is the idea the actual training of a working dog (service or therapy) is only part of the job when preparing a dog for

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DOGS

Continued from Page 1

an owner," Lewis said. "Determining the needs of the owner, finding the right working dog, and making sure the owner is properly matched to the dog are also key tasks."

For a senior living alone, the additional benefit of companionship for a senior living alone should not be overlooked. Trained dogs generally provide a friendly and comforting presence in an otherwise empty nest.

Many seniors have already experienced the life-changing, positive aspects of owning an intelligent canine. With adequate preparation and training, most seniors can handle the new responsibilities of owning a service dog. Lewis's nonprofit New Leash on Life combines her extensive background in dog training with her practical experience placing service and therapy dogs.

Service dogs are now asked to perform a variety of tasks for seniors and people with disabilities, some duties just based on the owner's aging body needing assistance. Dogs can provide help in opening doors and carrying items, while helping increase a senior's self-confidence and self-reliance. Each animal is different and can be trained in tasks tailored

to an individual's unique requirements for living at home and when in public.

Therapy dogs—once largely seen only at nursing homes—are now used for emotional support and motivation in schools, libraries, courts, universities, hospitals, churches and employee lounges.

Still, a trained dog has limitations, Lewis warns. One challenge is what people expect service dogs to do. Owners need to understand the needs—and limitations—of their dogs. They are not machines with an on-off switch. And sometimes even a well-trained dog has an off day.

Some dogs are not inherently suited to perform the type of tasks needed by the owner. And some canines perfectly trained for their requirements fail as a result of inappropriate demands or the owner's behavior.

An important question is whether a senior can train a dog to help them with their unique needs without outside expertise? In general, the answer is yes—sometimes. People without the means to pay for training may be able to successfully train their dog themselves. They may even bond better with their canine because of it.

Another pressing question for seniors is how long does it take to train a service dog? Many organizations, like Power Paws, train their service dogs from birth to two years of age before setting the dog with a handler.

Dog owners should note that training is a lifelong process for service animals. Without practice, dogs may forget their skills. Handlers should be prepared to work with their dogs to sharpen skills for the duration of the dog's life.

Seniors need to be proactive in securing help from a service dog, educating themselves about the ins and outs of acquiring this assistance. At the outset of this journey they must determine exactly what they need from their newly trained dog.

Insight for this can be gained from a book recently published. Successful Working Dogs, an inexpensive, fully-illustrated guidebook written by Lewis.



The book, provides readers positive-motivation training techniques for their service dog. It also provides information on how to evaluate the suitability of a working dog and its owner.

This book helps trainers—and dog owners in general—to understand the capabilities, needs and limitations of these dedicated animals.

The book can be purchased online from New Leash on Life at its website: <http://newleashinc.org>.



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OPINION

S THE SAVVY SENIOR

Dear Betty,

Walk-in tubs are a good option for mobility challenged seniors because they're much easier to get into and out of than a standard tub, and will help prevent slips, trips and falls too. Here's what you should know.

The Basics

Walk-in bathtubs are uniquely designed tubs that have a watertight, hinged door built into the side of the tub that provides a much lower threshold to step over (usually 2.5 to 7 inches) versus a standard tub that's around 15 inches.

In addition to the low threshold, most walk-in tubs also have a built-in seat, grab bars, anti-slip floors, anti-scald valves and a handheld showerhead. And many higher-end models offer therapeutic spa-like features that are great for seniors with arthritis and other ailments.

The kind of tub you choose will depend on your needs, preferences and budget, and the size and layout of your bathroom. The cost of a walk-in tub today with professional installation ranges anywhere from \$3,000 to \$10,000. Here are some

Dear Savvy Senior,

Because of my mobility problems, I'm thinking about getting a walk-in bathtub that's easy to get into and out of but could use some help selecting one. What can you tell me about walk-in tubs, and can you recommend

Bubble Bath Betty

other things you'll need to consider, to help you make a good choice.

Tub size: Walk-in bathtubs vary in size. Most models have high walls between three and four feet high, and are between 28 and 32 inches wide, but will fit into the same 60-inch long space as your standard tub without having to reconfigure the room. There are also bariatric walk-in tubs that have wider door openings and larger seats to accommodate people over 300 pounds.

Wheelchair-accessible: Most walk-in tubs have an inward opening door, but if you use a wheelchair, an outward opening door may be a better option because they're easier to access.

Tub options: The most basic and least expensive type of walk-in tub you can get is a simple soaker tub. But depending on your preferences, you have many other options like an aerotherapy (air jets) tub, hydrotherapy (whirlpool water jets) tub, aromatherapy tub that mixes fragrant essential oils with the water, or a combination tub that has multiple features. Also, look for tubs that have an in-line heating system to keep your bathwater warm while you soak.

Fast fill and drain: One drawback

How to Choose a Walk-in Bathtub

to using a walk-in bathtub is that the bather must sit in the tub as it fills and drains, which can make for a chilly experience. To help with this, consider a tub that has fast-filling faucets and pump-assisted drainage systems, which significantly speed up the process. But these options may require some plumbing modifications to your bathroom.

Easy cleaning: Keeping the tub clean should be a priority, especially if you get a therapy tub because of the bacteria that can grow in it. So, look for tubs with self-cleaning systems.

Warranty: The best walk-in bathtubs on the market today are made in the USA. Also make sure the company you choose has a lifetime "leak-proof" door seal warranty and lengthy warranties on both the tub and the operating system.

Where to shop: While there are many companies that make, sell and install walk-in bathtubs, some of the best in the industry are American

Standard (AmericanStandard-us.com), Safe Step (SafeStepTub.com) and Kohler (KohlerWalkinBath.com). Most companies offer financing with monthly payment plans.

Unfortunately, original Medicare does not cover walk-in bathtubs nor do Medicare supplemental (Medigap) policies, but some Medicare Advantage plans may help pay. There are also many states that offer Medicaid waivers that will help pay for the purchase and installation of a walk-in tub to those that qualify, and the VA offers some programs that provide financial aid too.

To get started, contact a few companies who will send a local dealer to your home to assess your bathroom and give you product options and estimates for free.

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.

NOV/DEC AARP Drivers Safety

Date/ Day/ Location/ Time/ Registration # Instructor

Nov 2/ Saturday/ Newcastle/ 8:30 am - 3 pm/ 392-4466/ Palinsky

1st Baptist Church Newcastle - 1650 N. Main

Nov 7/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi

Integris 3rd Age Center - 5100 N. Brookline Ave., Suite 100

Nov 8/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Palinsky

S.W. Medical Center - 4200 S. Douglas Ave., Suite B-10

Nov 9/ Saturday/ Midwest City/ 9 am - 3 pm/ 473-8239/ Williams

First Christian Church - 11950 E. Reno Ave.

Nov 14/ Thursday/ Norman/ 9 am - 3:30 pm/ 307-3177/ Palinsky

Norman Regional Hospital - 901 N. Porter Ave.

Dec 5/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi

Integris 3rd Age Center - 5100 N. Brookline Ave., Suite 100

Dec 12/ Thurs/ Midwest City/ 9 am - 3:30 pm/ 473-8239/ Williams

Midwest City Senior Center - 8251 E. Reno

Dec 13/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Palinsky

S.W. Medical Center - 4200 S. Douglas Ave., Suite B-10

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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Active Surveillance Allows Low-Risk Prostate Cancer Patients to Avoid Side Effects

The adage “trust but verify” is an appropriate description of active surveillance for low-risk prostate cancer.

Many men who are diagnosed with low-risk prostate cancer opt for active surveillance – closely monitoring the cancer over time in order to avoid treatments whose side effects negatively affect their quality of life. About one-third of prostate cancer patients at Stephenson Cancer

Center at OU Medicine are on active surveillance, said urologic cancer surgeon Michael S. Cookson, M.D.

“Prostate cancer can certainly be lethal, but more men are diagnosed and live with prostate cancer than will die of it,” said Cookson, who is also chairman of the Department of Urology at the OU College of Medicine. “For those cancers that are slow-growing, we monitor them. If we find something potentially aggressive, then we begin treatments.”

Prostate cancer falls into three risk categories – low, intermediate and high. Patients diagnosed with intermediate- and high-risk cancers usually undergo treatment, but because of the location of the prostate, their urinary control and sexual function may be negatively affected.

Patients with low-risk prostate cancer can avoid those side effects through active surveillance. Low-risk patients typically have the lowest Gleason score – 6 -- which indicates the cancer is unlikely to grow. Their prostate-specific antigen (PSA) test scores are usually less than 10, and the cancer typically can’t be felt during an exam. Genetic testing can further confirm their level of risk.

Active surveillance involves patients returning to the clinic regularly for PSA and symptom checks. Around six to 12 months, they return for an MRI and a confirmatory biopsy. If nothing has changed with their cancer, patients can return less frequently for the biopsy while still having regular PSA and symptom checks.

“With low-risk prostate cancer, changes occur over years, if not decades. It’s slow-growing; that’s why it can be safely observed,” Cookson said. “We believe men who have tumors that are not threatening deserve to enjoy the fullest life that they can.”

Active surveillance also involves guiding men to make the healthy decisions that will increase their odds of maintaining good quality of life. Studies of low-risk prostate cancer patients have shown that their No. 1 health threat is heart disease, Cookson said. Urologists encourage their patients to maintain a healthy weight, exercise, monitor their cholesterol, get colonoscopies and have heart exams.

“Many men come to us with a prostate cancer concern, and that visit becomes an entry point to healthcare for them,” Cookson said. “We become their trusted confidant in helping them to navigate the healthcare system and advocating for their entire health.”

Get Ready for Electric Scooters: Who is Responsible?

By Oklahoma Insurance Commissioner Glen Mulready

Fall is finally here in Oklahoma. Between the golden leaves and cool crisp air, you will begin to see electric scooters flooding the city streets. These rental scooters can be found along the curb in hundreds of U.S. cities including Oklahoma City, Tulsa, Norman, and Stillwater. Before you download the app and hop on, there are a few things you should know to protect yourself.

According to Consumer Reporters, eight people in the U.S. have died while using a rent-by-the-minute dockless electric scooter since the fall of 2017. One of those deaths was a 5-year-old boy who was riding with his mother in Tulsa in April. Along with numerous injuries, these deaths highlight the potential dangers of the scooters. Understanding the insurance implications related to electric scooters will help you make responsible decisions. Your health insurance could help defray the cost of medical bills in case of an accident. But what if you are riding a scooter and you hit a pedestrian, damage someone’s property or cause a car accident? You might think your auto insurance would kick in; however, most car insurance doesn’t generally cover vehicles with less than four wheels. Homeowner’s or renter’s insurance may cover an accident that occurs on a traditional bicycle, but it does not cover motorized bike or scooter trips.

The two largest scooter companies in the United States generally place the responsibility for accidents on riders by listing in their rental agreements that riders relieve the companies of liability. You must agree to those terms before you can ride. And despite the scooter companies’ liability insurance, responsibility for damages is likely to fall on your shoulders because of the terms and conditions agreed upon when you downloaded the app.

What can you do to protect yourself? Call your insurance agent. You may be able to add an umbrella policy to your homeowner’s or renter’s insurance policy. An umbrella policy can cover more scenarios and include higher limits for coverage than a typical policy.

There are a few other ways to protect yourself on an e-scooter.

Wear a helmet: While it is not required by law in Oklahoma to wear a helmet while riding a scooter or a bicycle, it is highly recommended.

- Operate the scooter in right-hand lanes and bike lanes where possible: Your agreement with your scooter rental company will tell you to use streets and bike lanes. Riding motorized scooters on sidewalks is illegal in most cities, and you can be cited for doing so. Know where you can ride before you hop on.
- Keep your eyes on the road: You may be tempted to share photos or videos of your new adventure on social media while operating. Always pay attention to the road.
- Inspect the scooter before you ride: Check to make sure the brakes are working properly before taking off.

I’m encouraging everyone who plans to ride an electric scooter, to get ready. Know your coverage. Anticipate what could happen, and know what your insurance will and won’t cover. And most importantly, be careful.

Social Security Announces 1.6 Percent Benefit Increase for 2020

Social Security and Supplemental Security Income (SSI) beneficiaries for nearly 69 million Americans will increase 1.6 percent in 2020, the Social Security Administration announced today.

The 1.6 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 63 million Social Security beneficiaries in January 2020. Increased payments to more than 8 million SSI beneficiaries will begin on December 31, 2019. (Note: some people receive both Social Security and SSI benefits). The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor’s Bureau of Labor Statistics.

Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$137,700 from \$132,900.

Social Security and SSI beneficiaries are normally notified by mail in early December about their new benefit amount. Most people who receive Social Security payments will be able to view their COLA notice online through their my Social Security account. People may create or access their my Social Security account online at www.socialsecurity.gov/myaccount.

Information about Medicare changes for 2020, when announced, will be available at www.medicare.gov. For Social Security beneficiaries receiving Medicare, Social Security will not be able to compute their new benefit amount until after the Medicare premium amounts for 2020 are announced. Final 2020 benefit amounts will be communicated to beneficiaries in December through the mailed COLA notice and my Social Security’s Message Center.

The Social Security Act provides for how the COLA is calculated. To read more, please visit www.socialsecurity.gov/cola.

MCM

Continued from Page 1

(Oct. 15-Dec. 7). AEP is a time in which current Medicare beneficiaries can choose to change part of their coverage. They can change their Medicare Advantage Plan (Part C) and/or Prescription Drug Plan (Part D). It's a time to reevaluate based on their benefits, health, and finances. If they find a plan that is a better fit for their needs than their current plan, they can then switch to, drop or add a Medicare Advantage or Part D plan.

October 1 is the date consumers can start looking over new plans.

During AEP Curtis' agency goes into overdrive to make sure that everyone that needs help facilitating the changes coming their way is reached.

"It's very important to us that each person that comes through our agency chooses their plan based on their specific needs," said Curtis. During an appointment with the agents from MCM, they will compare plans based on the customer's list of medicines and doctors to narrow down which plan will cover all their needs the best.

In addition to individual appointments, MCM offers no-cost Navigating Through Medicare



MCM Insurance Group. In addition to individual appointments, MCM offers no-cost Navigating Through Medicare informational sessions around the metro.

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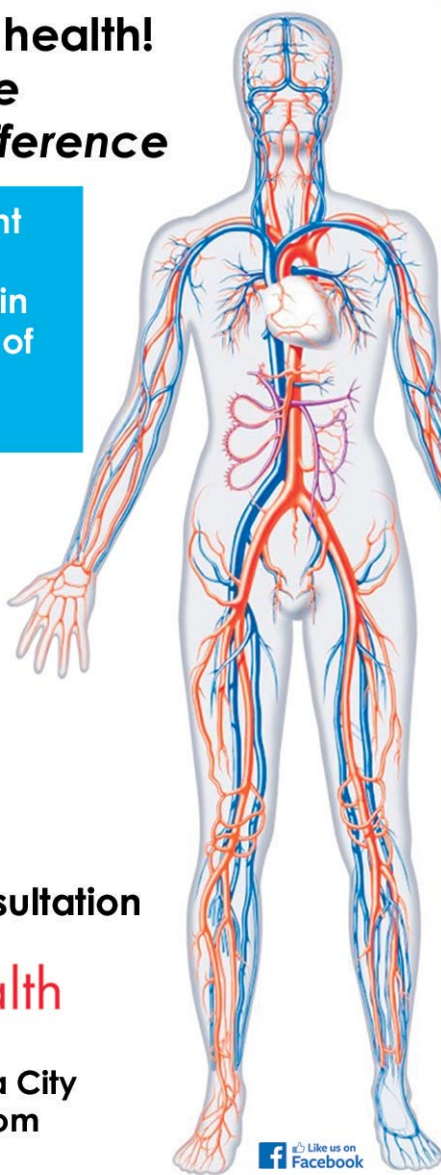
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informational sessions around the metro.

The hour-long informational sessions allow people to become more familiar with the ins and outs of Medicare in a low-key setting.

"I think the big thing we focus on is people know why they made a decision or why they stayed," said agent Jennifer Melton. "They need to know that."

Melton recalled a recent conversation with a client who has had the same supplement and drug plan since turning 65.

"That's OK, but it's also problematic in that premiums for Part D can be over \$100 whereas the average right now is just around \$35. They just stay on that because they feel like that's what they're supposed to do," she said.

Answering those questions and comparing plans is paramount.

"The cool part about dealing with a group like us is they can come in here without the fear of just being enrolled or sold something," Melton said. "We consistently tell people 'nope, that's good, stay on that - even if they're not our client.'"

"I feel like it's a safe place for them to come and say 'I've been on this forever. Is this what I should be doing or do I need to do something

different?'"

While many appointments are scheduled in the comfort of client homes, Curtis staffs the office at 2232 W. Hefner Road in the Village so that clients can walk in anytime 10 a.m. to 3 p.m. and speak with an agent directly without an appointment. During AEP they extend their hours.

Having those free conversations can take a load off of someone's mind, especially when health care costs are eating into their retirement savings.

"You don't want to change for the purpose of changing but when it comes to Advantage plans because the plans change and the drugs change every year they need to know the plan they're going to be on next year will work as good as the plan this year and not all of them will do that," Curtis said.

"That's what I want, a whole bunch of savvy seniors that have done their research and know what they're doing."

MCM also has agents in Tulsa, Claremore and Lawton. You can reach the OKC office by calling 405-842-0494. You can also view their calendar and get more info on their website at www.mcmmedicare.com as well as www.navigatingthroughmedicare.info.

Golden Age Nursing Facility earns Silver Quality Award

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL), the leading association for long term and post-acute care, recently held its 70th Annual Convention & Expo at the Orange County Convention Center in Orlando, Florida. Representatives from Golden Age Nursing Facility of Guthrie, Oklahoma were on hand to accept the Silver – Achievement in Quality Award during the National Quality Award Ceremony on October 15, 2019. This year, more than 800 member centers across the nation were recognized with a Quality Award, including 615 Bronze, 184 Silver and an elite group of five at the Gold level. Golden Age Nursing Facility was distinctive as the only facility in Oklahoma to receive the Silver Award this year. The Silver Award is the second of three progressive award levels through the National Quality

Award Program, honoring association members that have demonstrated their commitment to improving quality of care for seniors. The Bronze – Commitment to Quality Award was earned by Golden Age in 2017.

The National Quality Award Program, which AHCA/NCAL established in 1996, is based on the core values and criteria of the Baldrige Performance Excellence Program. The Baldrige program helps organizations in different business sectors improve and achieve performance excellence. As a recipient of the Silver – Achievement in Quality Award, Golden Age may now move forward in developing approaches and achieving performance levels that meet the Gold – Excellence in Quality Award criteria.

Care Providers Oklahoma President and CEO Nico Gomez said he was glad Golden Age



Danielle Wolfington, RN, Infection Control Nurse holds the Silver Quality Award.

Nursing Home is being recognized for their hard work and dedication to resident care. “The staff at Golden Age Nursing is delivering excellent care and raising the bar for quality services,” said Gomez. “Their residents are benefiting from the staff’s hard work and receiving a better quality of life.”

“We are proud of our Golden

Age team,” said Golden Age administrator Linda Smith. “They have shown the dedication and motivation it takes to achieve such a prestigious distinction. Our team will continue to provide compassionate care and services to our residents, families and the community we are blessed to serve.”

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COMMUNITY

Never Forget Santa Market keeps growing

by Bobby Anderson, Staff Writer

Ten years now and closing in on \$100,000 raised for Alzheimer's research and Joan Clarke knows her mission is nowhere near complete.

It's been 12 years since Alzheimer's claimed Clarke's husband.

And for the past decade she's used the Santa Market Craft Show to honor his memory and push the needle forward on Alzheimer's research.

"Our family has taken to do this as a positive response to a horrific disease," Clarke said recently on the anniversary of her husband's death. "The kids work. The spouses work. Even the grandkids work handing out bags."

"For us it helps. I like to hope we're helping other people and making a difference."

It's estimated that every 65 seconds another person learns they have the terminal condition which robs them of their identities.

While the disease keeps growing - now registering as the sixth-leading cause of death in the United States - the support for the Santa Market Craft Show benefiting Alzheimer's research is booming.

LONG TIME COMING

For the past nine years the Santa Market has been housed in the Downtown Edmond Community Center.

The show proudly boasted 18 vendor tables that first year.

"We were just a little show trying to get started," said Clarke, who organizes the event with daughter Megan Nye and Megan's

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Joan Clarke and family have turned the Santa Market Craft Show into a highly-anticipated event that benefits Alzheimer's research.

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SANTA

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mother-in-law Molly.

Last year the event took up the entire upstairs, downstairs and - with 101 vendors - poured onto the lawn of the community center in Edmond.

According to the family's best estimates some 4,000 people attended last year's market, which focuses on hand-made items perfect for holiday giving.

A new venue was a must so Clarke decided to "go big or go home" and booked space at the Oklahoma State Fairgrounds.

The Pavilion Building will host this year's Santa Market Craft Show on November 23 beginning at 9 a.m.

Sponsors have already responded, footing the bill for both admission and parking for attendees.

"We've never jumped the gun. We've steadily progressed," Clarke says. "We've steadily gotten more sponsors, steadily gotten more people involved and raised more money each year."

"I feel like we're paced ourselves really well."

The steady growth has resulted in some \$93,000 raised for Alzheimer's research. Clarke said the event has already raised \$4,000 in sponsorship including Diamond Level Sponsorship by Oklahoma's Senior News and Living.

By the end of October Clarke already had commitments from 190 vendors scheduled to fill 270 10x10 booths.

From three people running a craft show raising \$3,000 in its first year to a year-round, 501(c)3 organization that earned \$23,000 for Alzheimer's last year the Santa Market continues to grow.

A silent auction featuring items like Kendra Scott jewelry to a weekend package at Lake Texhoma serve as top earners.

"We are extremely blessed," Clarke said. "We get help from so many people. It just never ceases to amaze me. People want to help. They want to donate. They want to be involved."

"Literally, it's not just a craft show it's so many people getting on board with us."

STAGGERING NUMBERS

The number of Americans living with Alzheimer's is growing — and growing fast. According to the Alzheimer's Association, an estimated 5.8 million Americans of all ages have Alzheimer's.

This number includes an estimated 5.6 million people age 65 and older and approximately 200,000 individuals under age 65 who have younger-onset Alzheimer's.

- One in 10 people age 65 and older (10 percent) has Alzheimer's dementia.

- Almost two-thirds of Americans with Alzheimer's are women.

- Older African-Americans are about twice as likely to have Alzheimer's or other dementias as older whites.

- Hispanics are about one and one-half times as likely to have Alzheimer's or other dementias as older whites.

As the number of older Americans grows rapidly, so too will the number of new and existing cases of Alzheimer's. By 2050, the number of people age 65 and older with Alzheimer's dementia may grow to a projected 13.8 million, barring the development of medical breakthroughs to prevent, slow or cure Alzheimer's disease.

It's been 12 years since Clarke's husband has passed and his memory this time of year is even stronger.

"You would think you would get good at these things but you don't," Clarke said, wiping back tears. "This never ever stops for us."

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Impacting Children's Lives One Day at a Time

by Vickie Jenkins, Staff Writer

Cedar Ridge Behavioral Hospital provides quality inpatient treatment to help stabilize patients struggling with mental health issues. The multidisciplinary treatment teams consist of psychiatrists, licensed therapist and specialized nurse who collaborate to develop and implement compassionate, individualized, evidence-based treatment plans for our patients.

Cedar Ridge Behavioral Hospital is proud to serve our military families. We provide quality acute and residential services to children and teens ages five to seventeen. This program is designed to address specific treatment issues with psychiatric disorders in a secure and safe environment. -Cedar Ridge Behavioral Hospital-

With Cedar Ridge Behavioral Hospital comes a very professional staff. One special nurse is Chris Weigel, RN, Chief Nursing Officer. Chris explains that she has been

a nurse for forty-two years. "I always wanted to be a nurse, ever since I could remember. I started out as a candy striper in a hospital. At the time, I loved caring for people but didn't have any experience in the nursing field at all. When I was growing up, my mom was in and out of the hospital quite a bit so I felt like I wanted to be a nurse too, like the ones that cared for my mom. That's when my journey began," she said. "I have worked in many different areas of the medical field, but I especially like working with children. I feel like I am making a difference with the children here, helping them with their mental health issues." Chris added.

Asking Chris what her favorite part of her job is, she replied, "I like helping the nurses get rid of any barriers that they might have so they can give the best care in a safe and therapeutic way. I believe my strongest asset is leadership. I



Chris Weigel, BSN, Chief Nursing Officer, stays busy at Cedar Ridge Behavioral Hospital where they specialize in Behavioral Health Treatment.

See WEIGEL Page 11

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OMRF receives \$1.3 million in VA funding for aging research

Two Oklahoma Medical Research Foundation scientists have received Merit Review Awards totaling \$1.3 million from the U.S. Department of Veterans Affairs.

Holly Van Remmen, Ph.D., and Tim Griffin, Ph.D., from OMRF's Aging and Metabolism Research Program focus on a pair of diseases prevalent in aging veterans: age-related muscle loss and osteoarthritis, respectively.

Van Remmen, who chairs OMRF's aging program, received \$650,000 to continue an investigation into a potential therapy for age-related muscle loss called sarcopenia. No drug options currently exist to treat the condition, which causes muscle weakness and atrophy.

"Sarcopenia is a highly relevant problem for the veteran population, as more than half of all veterans are over age 60," said Van Remmen. "The weakness associated with it contributes to falls and fractures, deconditioning, institutionalization, and contributes to obesity and diabetes. All of these could significantly improve with a treatment."

In the lab, Van Remmen showed that a new therapy, CDN1163, was successful in elderly mice.

They studied mice until they were 26-28 months old—approximately equivalent to 70-plus human years. They observed those who did not receive the treatment had normal atrophy and weakness, but those who did receive it maintained considerably more muscle mass and muscle function.

"Now that we know the drug works, we need to develop a more efficient version. Once we have refined it, we can then start moving toward human trials," said Van Remmen, who holds the G.T. Blankenship Chair in Aging Research at OMRF. "This is very promising and could make a real impact in improving quality of life for veterans."

Griffin also received \$650,000 for his work in developing a new clinical approach for people suffering from osteoarthritis, the most common form of arthritis.

There are no approved treatments for osteoarthritis, or OA, which stems from the loss of cartilage in joints and abnormal bone growth. About half all Americans develop painful OA during the course of their lifetime.

"There is an urgent need for OA care, and it's even more pronounced in veterans," said Griffin. "They have a higher rate of post-traumatic OA than the general population related to injuries and the physical nature of their service."

Clinical studies show being physically active reduces OA pain and increases mobility. "And it doesn't matter what kind of activity you do. It can be swimming, walking, aerobics or other activities," he said. "Being active in any way you can shows benefits, and we aim to understand exactly how exercise works at a molecular level."

Using this clinical knowledge, Griffin will study how exercise changes the metabolism of joint tissues to reduce pain and inflammation. This should



OMRF aging researcher Holly Van Remmen, Ph.D. and scientist Tim Griffin, Ph.D.

allow them to develop options to give OA sufferers more 'bang for their buck' with therapy, he said.

Their findings could also provide safer alternatives to opioids and non-steroidal anti-inflammatory drugs for reducing pain.

"Eventually we would love to treat the disease itself, but if we can efficiently reduce symptoms and pain, that would be a great interim success that could help veterans sooner rather than later," said Griffin.

WEIGEL

Continued from Page 10

had quite a few mentors in the past, especially in administration here at Cedar Ridge. We have a phenomenal CEO, believing in compassion and believing in the kids. I try to be that same kind of person, helping the nurses with whatever they need. I want to be a mentor to others," Chris said.

How would you describe yourself? "I am very open-minded and I have strong communication skills. I am compassionate and make a huge effort to help others, whether it is one of the nurses or children," she answered.

Chris Weigel was the president of the Oklahoma Nursing Association and has served on the board of Oklahoma Organization for Nurse Executives; Governor's Clinical Work Force Center and Chris continues to stay active in the community. "I want to make an impact on nursing and how it can change lives," Chris commented.

Asking Chris what motivates her, she replied, "I love to see change in anything. I like to see the children here change in their control and their temperament and

I see such a difference when they get here and when they leave."

On a personal note, Chris has lived in several different states. When growing up, her dad was an environmental engineer, working in the everglades. Chris was always running around with him. "At one point, I enjoyed myself so much, I wanted to be game warden and train the alligators," she said with a laugh. "It was between being a teacher, nurse or game warden. I chose nursing because I didn't think I would do very well with the other two," she added. "Besides that, it was a lot safer."

Chris is married to her wonderful husband and has two grown children and one granddaughter, Minnie who is five years old. Their pets include a miniature schnauzer, Cricket, and will soon be getting a second schnauzer mid-October. Chris's hobbies include gardening, walking, scrapbooking and reading.

To sum up Chris's life in one word it didn't take long for her to answer, "That word would be IMPACT. I like to think that I have a great impact on others, especially the children that are here at Cedar Ridge Behavioral Hospital," she said with a smile.

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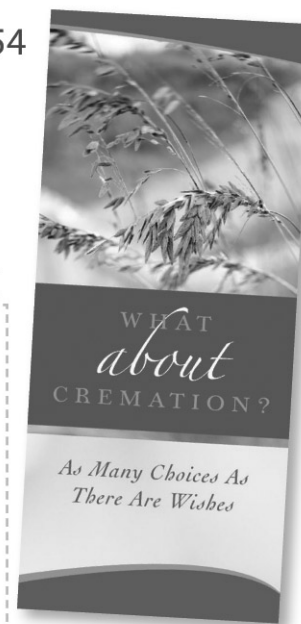
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TRAVEL / ENTERTAINMENT

Colony, Oklahoma: A New Art Colony

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

On November 17, 2019, Colony Community in Action, L.L.C., will host preview II, an exhibition of works to be displayed at The Sovereignty Symposium 2020 by Oklahoma Artists, Patrick Riley and Jim Van Deman. The exhibition will be held from 2:00-4:00 pm in the Kauger Building in downtown Colony, Oklahoma. Refreshments will be served. Everyone is invited to attend. This event is an example how Colony, Oklahoma is turning into at Art Colony.

The repainted Kauger Building and the old Payne's Store building host murals by Comanche artist, Eric Tippeconnic. "The Hunt" and "The Horse Capture" are featured on the store building and "The Grand Entry" has been started on the Kauger Building. It also boasts "Colony 1886" completed in 1994, and refreshed by Patrick Riley and the people of the community in 2017. The names of some of the helpers are included in the mural, giving it a real home town feel.

Patrick Riley is a nationally recognized artist and art educator. He has maintained a strong and expressive visual arts career and artist/teacher career and has taught students of all grade levels. He has completed residencies focused on many disciplines including pottery, drawing, printmaking, painting, sculpture, leather masks, and totems. In 2012, he completed a 28-foot-tall stainless steel mask sculpture of an eagle for the Oklahoma Judicial Center in Oklahoma City. In 2010, he designed a special leather mask that was gifted by the Ford Center of Oklahoma City to celebrity performer Lady GaGa. During his art career, he has exhibited masks in many galleries throughout the United States including New York City and Washington D. C.

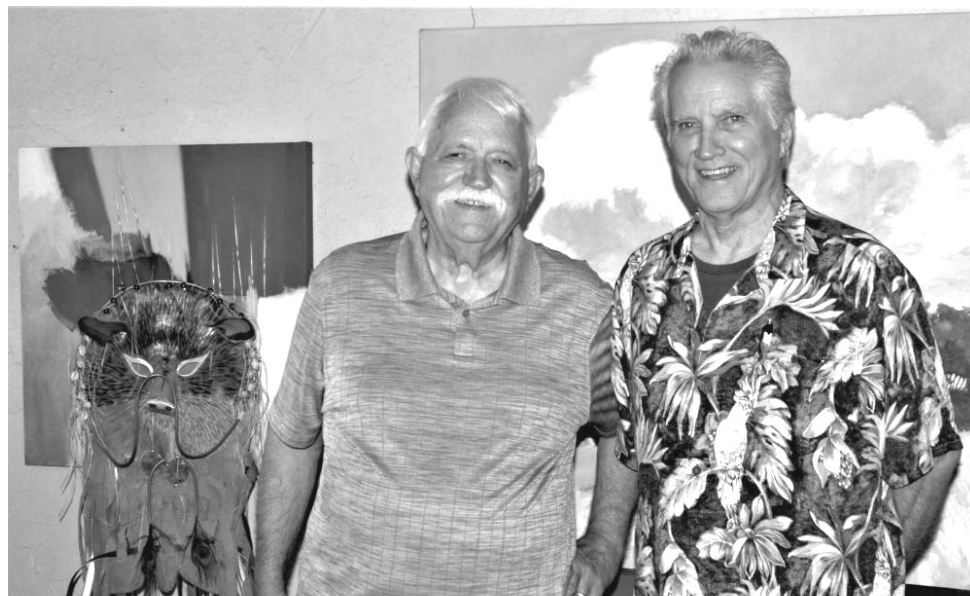
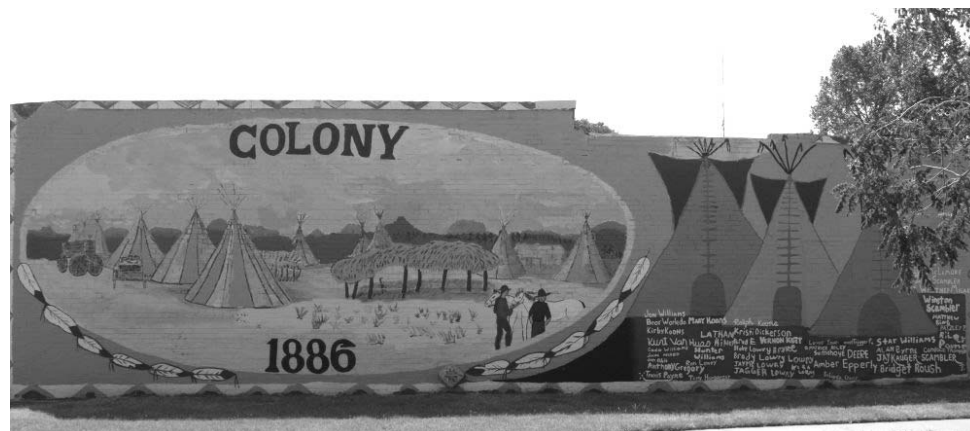
Jim Van Deman, great grandson of Black Beaver, depicts his Delaware heritage and other American Indian subjects in a broad range of creations from impressionist to mainstream abstract paintings. He is also known for his handcrafted flutes, unique banjos, and American Indian hand drums. He was recently honored as the "2016 Red Earth Honored One." In addition to creating art and instruments, Van Deman is also an aspiring writer, with many short stories and poems to his credit, with several novels in the works as well. Both Van Deman and Riley are scheduled to be in attendance.

Additional art can be seen next door in the old historic renovated Colony Post Office which has been the Gallery of the Plains Indian for several years. The Old Post Office built in 1927, was used to store feed by Payne's store for many years. It was given by John Kauger to his daughter, Yvonne. She converted it into the Gallery of the Plains Indian in 1982 and refurbished it in 2017. It is considered to be the genesis of The Red Earth festival held annually in Oklahoma City, Oklahoma. Before the Colony Gallery was established, Yvonne Kauger held many Native American mini gallery exhibitions in her Edmond home.

Currently, the Gallery features a permanent exhibit of the Colony Pow Wow, by Terry Zinn, which was first exhibited in 1986, at the Omniplex in Oklahoma City, and dedicated to John and Alice Kauger by the photographer. His photographs of the Red Earth festival are also on display, by the difficult in the camera double exposure technique to illicit a spiritual nature. As a consequence of serendipity, Ann Shadlo, the mother of Harvey Pratt, appears in full regalia in one of the Pow wow photos.

Terry Zinn currently holds the distinct pleasure of being the only artist to have a permanent collection installed in the Gallery of the Plains Indian Art Gallery in Colony. Zinn is currently looking for a permanent home for his other extensive photographic portfolios of: the late Oklahoma International Artist, Harold Stevenson; Oklahoma Performer and Voice Professor, Florence Birdwell; and 4 seasons of 1980s Lyric Theater. His work has been exhibited in many Oklahoma venues including the State Capitol and has also appeared in many publications. His travel writing and photography were awarded recognition at both the 2004 and 2007 Travel Media Showcases.

In 1886, John Homer Seger brought the first Arapaho to Colony. The Cheyenne followed shortly thereafter. Ultimately, the federal government built a beautiful campus with over eighty structures for the first vocational



Featured Artists: Patrick Riley and Jim Van Deman.

agricultural school in the United States at Seger Colony which was completed in 1892. When the school closed in 1932, the Colony School District took over the site. It was one of the first entities to be placed on the National Historical Register. Today, only the water tower remains.

In the 1920s, Fred Kauger, a German from Russia immigrant who came to Colony in the 1890s, constructed several buildings on Seger Street. Today, only three of them remain. The reception is held in two of them with the Gallery of

the Plains Indian next door in the old Post office.

Lonnie Yearwood, Colony Mayor and Great Grandson of John Homer Seger says, "Our goal is to renew a sense of community by attracting artists to use our town as a canvas, and as an inspiration for creativity."

As you can see Colony, Oklahoma is turning into quite the destination for art and historical creations as an Art Colony. Colony, Oklahoma is only a short drive south of Weatherford, Oklahoma off Interstate 40.

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

ZOO SALUTES: NOVEMBER IS MILITARY APPRECIATION MONTH AT THE OKC ZOO

Free Zoo admission offered to active duty, veteran members of the military all month



November is Military Appreciation Month at the Oklahoma City Zoo and Botanical Garden, and as a thank you for their service, the Zoo is honoring active duty, retired and veteran members of the military, National Guard and Reserves with free general admission for the entire month. Plus, up to four immediate family members of qualifying individuals will receive 50% off of general Zoo admission on date of visit. Military members must show valid military ID to receive complimentary admission.

"Our servicemen and women put their lives on the line for us and it's an honor to recognize their sacrifice and welcome them to the Zoo," said Dwight Lawson, OKC Zoo CEO/executive director. "We want to offer those who have been away from their families for months at a time a great experience and a chance to rediscover their connection to nature and their connections to one another."

Military members will also

enjoy 40% off concessions and merchandise at the Zoo's Safari Gift Shop and get \$10 off all available Wild Encounter behind-the-scenes experiences. Plus, they can save on the Zoo's premiere ticket options:

- Zoo-It-All (access to rides, experiences, feedings and shows): \$16/adult, child and senior (Mon.-Sun.)

- Ride-It-All (access to train, carousel and tram): \$10/adult, child and senior (Fri.-Sun.)

Also during November, Zoo guests can show their wildlife pride with an exclusive red, white and blue bison conservation wristband. The bison is America's National Mammal and a guest favorite at the Zoo's Oklahoma Trails habitat. The limited-edition design is exclusively available during Military Appreciation Month. The conservation wristband is \$2 with 100% of proceeds supporting the Zoo's Round Up for Conservation program.

The Zoo is proud to support

military members the rest of the year with a 50% discount on general admission to all veterans, active duty, active reserves and retirees of the military (with valid military ID). This discount does not apply to children or dependents of veterans, active duty, active reserves or retirees of the military.

The Zoo salutes service with Military Appreciation Month this November! Located at the crossroads of I-44 and I-35, the Oklahoma City Zoo is a proud member of the Association of Zoos and Aquariums, the American Alliance of Museums, Oklahoma

City's Adventure District and an Adventure Road partner. Hours of operation are 9 a.m. to 5 p.m. daily. Regular admission is \$11 for adults and \$8 for children ages 3-11 and seniors ages 65 and over. Children two and under are admitted free. Stay up-to-date with the Zoo on Facebook, Twitter, Instagram and YouTube by visiting Our Stories. Zoo fans can support the OKC Zoo by becoming Oklahoma Zoological Society members at ZOOfriends.org or in-person at the Zoo! To learn more about these and other happenings, call (405) 424-3344 or visit okczoo.org.



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OU MEDICINE ENTERPRISE QUALITY OFFICER HONORED BY GOOD SHEPHERD

Good Shepherd Clinic recently presented its Hope Award to Dale Bratzler, D.O., MPH, OU Medicine enterprise quality officer, in recognition of his work as a clinic volunteer. To honor his legacy, the Hope Award will become an annual event in Bratzler's name, with proceeds placed in the Dale Bratzler, DO, MPH Endowment Fund.

The Good Shepherd Clinic in Oklahoma City is a free, full-time clinic serving uninsured residents of the community. The clinic offers medical and dental services, provided by healthcare professionals who donate their time and skills to ensure that financial concerns do not become barriers to receiving care in a timely manner.

Bratzler began volunteering at Good Shepherd in 2015, believing that healthcare should be available to all members of the community, beyond the emergency room and regardless of ability to pay. As a result of Bratzler's persistence, the Unity Clinic will launch early in 2020. This initiative will use campus-wide, interprofessional teams of healthcare providers, faculty and students from the University of Oklahoma Health Sciences Center, to provide patient care in partnership with Good Shepherd.

Pam Timmons, executive director of Good Shepherd, described volunteers as the heartbeat of fulfilling the clinic's mission. She commended Bratzler's charitable efforts, his contributions that have enriched a community desperate for quality healthcare, as well as his leadership and commitment to inspiring and educating the next generation of healthcare professionals.



Dale Bratzler, D.O., MPH, OU Medicine enterprise quality officer and clinic volunteer.

"We can't begin to say how grateful we are for all of the selfless acts of kindness Dr. Bratzler has provided through the years. His commitment just continues to grow," Timmons said.

The endowment in Bratzler's name will help the clinic thrive and become more financially sustainable. Endowment funds will be matched at five cents (\$0.05) for each dollar processed, by Communities Foundation of Oklahoma - up to a maximum of \$50,000 in any given year. This designated fund will generate annual income in perpetuity from the earned investment income to help secure the future of Good Shepherd.

Timmons said, "Dr. Bratzler's legacy of providing high quality health care for the underserved will continue by his encouragement and empowerment of the next generation of health professionals."



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HEALTH

Breast Cancer: Know the Facts

by Dr. C.V Ramana

Cancer is an abnormal or uncontrolled growth of cells that can occur in almost any part of our bodies. Sometimes the abnormal growth is a result of a mutation in our genes that we inherit from our parents. In some cases, it is due to a mutation or alteration in our DNA in our lifetimes. This mutation can occur after we are conceived, due to exposure to radiation, harmful ultraviolet light from our sun, harmful chemicals in our atmosphere, in our water, in our food or from smoking or chewing tobacco. Sometimes it develops as a result of chronic overstimulation of cells due to longstanding inflammation or infection.

Breast cancer is the result of uncontrolled growth of cells in breast tissue. It can occur in both men and women but is much more

common in women. There are many different types of breast cancer due to the multiple types of cells in the breast tissue. The type of cancer depends on the cells that are growing abnormally. This can happen in the lobules which make breast milk, the ducts which transport the milk, or in the surrounding supportive tissue of the breast.

Who is at risk for developing breast cancer?

There is a very strong component of inheritance or family history of breast cancer. The most well-known inherited examples are the BRCA1 gene and BRCA2 genes (which we inherit). These genes code for a protein that helps repair DNA. The presence of this mutation markedly increases the risk of developing breast cancer. An individual with the mutation in either of these



genes has a 70% risk of developing breast cancer.

What is the likelihood of developing breast cancer in our lifetime?

In the United States, about 1 in 8 (or 12%) of women will develop breast cancer in her lifetime. For men, the lifetime risk is 1 in 1000. Early diagnosis is very important so that it can be treated when it is small and contained in a small area in the breast. Breast cancer is not easy to detect early. Screening is essential.

Screening methods include breast self-exam, healthcare professional exam, mammography, ultrasound, MRI, genetic screening for BRCA1 and BRCA2 gene mutations, and known family history of breast cancer.

How is it treated?

Treatment depends on the type of breast cancer, its aggressiveness (how fast it grows, how fast it spreads, and how it spreads), its size at time of diagnosis, and staging (identifying whether, and where it has metastasized in our bodies). Staging involves diagnostic testing such as mammography, ultrasound, MRI, CT scan, PET scan, Bone scans. Biopsy is an essential part of the diagnosis. A biopsy is done to confirm its presence, the type of cancer, and its aggressiveness. This may also help identify what type of treatment is likely to be most effective.

Treatment methods include surgery, chemotherapy, and radiation therapy. Lumpectomy is the surgical removal of the area around the tumor. Mastectomy is the surgical removal of one or both breasts and axillary dissection is the removal of the lymph nodes or glands and lymphatic tissue in the arm pit. Chemotherapy treatment most commonly involves a combination of pills and intravenous infusions of medicines that have been shown to be effective at killing the abnormal cells. Experimental techniques include targeting the abnormal cells through antibodies and "killer cells" that are engineered to recognize and attack the abnormal cells. Radiation therapy is the treatment by exposure to high doses of x-rays (far higher than the amount used in diagnostic imaging) to the area of the cancer.

Breast cancer is usually treated through a team approach and can include radiologists, surgeons, and oncologists (cancer specialist). Through prevention, early detection, and treatment there are over 3.5 million breast cancer survivors in the United States.

Dr. C.V Ramana is a vascular and interventional radiologist with more than 20 years of practice experience. He has expertise in all areas of vascular and interventional radiology. Dr. Ramana has a Ph.D from Yale University and MD from CWRU in Cleveland, Ohio where he subsequently completed his fellowship in Vascular and Interventional Radiology at the Cleveland Clinic.

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STRANGE BUT TRUE
SO THEY SAY...

SBT In Phoenix, Arizona, you can't walk through a hotel lobby with spurs on.

SBT In California, a law created in 1925 makes it illegal to wiggle while dancing.

SBT In Utah, daylight must be

visible between dancing couples.

SBT In Michigan, it is against the law for a lady to lift her skirt more than 6 inches while walking through a mud puddle.

SBT In North Carolina, it is against the law for a rabbit to race down the street.

SBT In Georgia, it's against the law to spread a false rumor.

SBT In Missouri, a man must have a permit to shave.

MLB Rookie Record Holder Repays Mom as Caregiver

Story by Darl DeVault and Robin Maxey

Caring for his mother, who provided one of the best starts in life he says, is routine at age 64 for Ted Cox, who set the record for the best hitting start in Major League Baseball. He moved from his family home in Midwest City he and his wife Debbie share, to a room in his mother's home he grew up in 19 months ago to be her live-in caregiver.

His mother, Ernestine Cox, is 91 years old and legally blind. His father Virgil died in January of 2013 at 94.

Every day, Cox helps dress and feed her. His son Joe and his wife Samantha also aid in this effort. Cox usually prepares her to travel the two miles on the three days a week she receives dialysis at a center in Midwest City.

She receives physical therapy twice a week in the home and has difficulty remembering life's details, such as taking her medicine. Some days Cox has to remind her of her schedule, such as when the nurse will arrive and the home health worker to bathe her.

Cox began as the caregiver to his parents by assuming these same duties for a year before his father

died. He says he is happy to assume these duties, as his mother gave him one of the best starts any son could ask for in Midwest City in the early 1960s. His mother took him to practices when Cox started playing sports at seven years old.

"I can afford to take care of my mom while my wife Debbie since 1974 is much happier of the two of us to still be working." Cox said recently. "My mom supported us kids in our sports and I had some baseball talent that allowed me to have a little more life experience than most. Giving her this personal care is all a part of being a good son to a loved one."

Cox said every year during September, he hears from his circle of friends who remind him about his baseball record. This also makes him think how blessed his start in life was, with his mother's support.

His mother made sure Cox made it to football and basketball practices before he settled on baseball. While learning to play baseball in school, he was also a three-sport star. He was the starting quarterback and point guard for his high school basketball team.

He became one of the best high

school baseball players in Oklahoma by his senior year in 1973. His outstanding play on the Midwest City High School baseball team catapulted him into the Boston Red Sox farm system right out of high school.

There he was fortunate to have another mentor help him have a great start. Future National Baseball Hall of Famer Ted Williams, known as the greatest hitter ever in MLB history, taught him to hit even better.

Williams was a Red Sox special coach every Fall in the Florida Instructional League who showed Cox plenty of attention. Cox climbed the minor-league ladder, stepping up a class each year under Williams watchful eye.

"From first meeting Williams in 1974 at Fall Instructional (League) after first joining the Red Sox, the importance of those conversations really began during my first big league spring training in 1976," Cox said last week. "Williams liked to hang out at the batting cages observing our swings, sometimes making really loud comments over the background noise."

The legendary Williams' suggestions had an immediate impact on the young athlete's future.

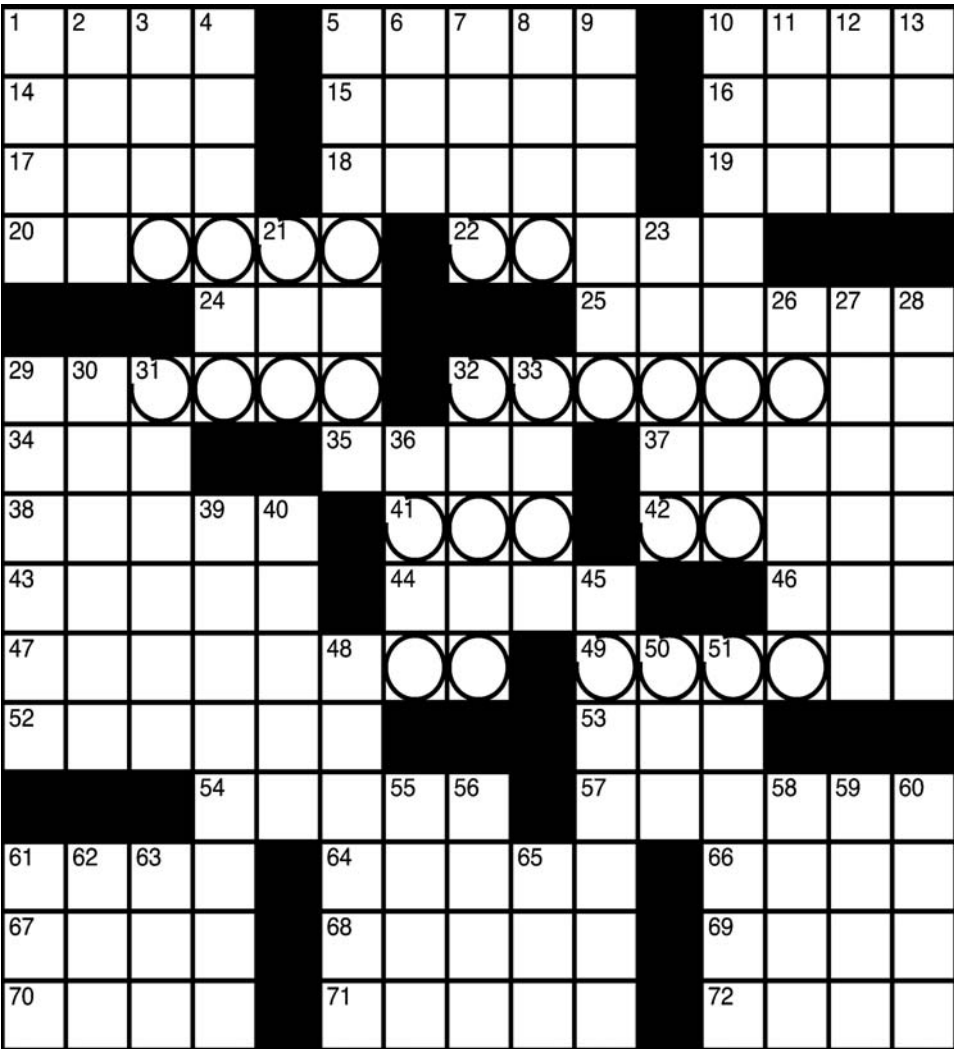


Ted Cox smiles during his best-of-team .362 batting average 13-game Boston career in a publicity photo provided by the Boston Red Sox Media Relations Department.

Continued next page

CROSSWORD CORNER

- Across**
1 Dench of "Philomena"
5 Alternative strategy
10 "Ladies First Since 1916" sneakers
14 Tourney format, briefly
15 Secretary Thomas Perez's department
16 Chicken vindaloo go-with
17 Sister of Rachel
18 Jazz pianist Blake
19 Logician's word
20 Sasquatch, for one
22 Rub the wrong away
24 Head covering
25 Walk of life
29 Home of the Oregon Ducks
32 Limited portions of
34 L.A. commuter org.
35 German coal region
37 New York Harbor's ___ Island
38 Large pears
41 Sing-along syllable
42 Colonial hero Silas
43 Home of the Imagination! pavilion
44 Cookout choice
46 Animation sheet
47 Extremely focused
49 Promising performers
52 Carpentry tool
53 "That's so ___!"
- 54 With 57-Across, negotiate ... and what needs to be done to make sense of this puzzle's circles
57 See 54-Across
61 Poet Angelou
64 Dry up
66 Sing in the shower, say
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68 Bored with it all
69 Fingerprint feature
70 Skin condition
71 Sasquatch kin
72 Mid-month time
- Down**
1 Crystallize
2 Film beekeeper
3 Laptop screen meas.
4 "Anybody around?" response
5 Certain campus newbies
6 Renowned '70s-'80s batting coach Charley
7 French friar
8 Roulette bet
9 Chicken serving
10 Desk space
11 Whisperer's target
12 Hammarskjöld of the UN
13 ___-Caps: candy
21 One with a habit
23 Spotted
26 Wrap around
- 27 "This Is Spinal Tap" director
28 Motown flops
29 War zone journalists
30 Ideal setting
31 Lawn maintenance accessory
32 ___ to go
33 Sleek horse
36 Abruzzi bell town
39 Payment required of known deadbeats
40 1943 penny metal
45 Grain cutters
48 Pay a call
50 Awe-ful sound?
51 Breakfast mix
55 Word with bake or fire
56 Logician's "E"
58 Yummy
59 70-Across application
60 Boston ___
61 Spoil
62 Esq. group
63 Assent
65 CBS series with a N.Y. spin-off



Answers on page 26

REPAY

Continued from Page 18

“Williams showed me and strongly suggested I try a couple of things,” Cox said. “Those tips certainly helped as I saw instant improvement in my ability to drive the ball into the outfield.”

He became a more productive and powerful hitter throughout his climb thanks to Williams’ coaching. At 6-foot-3 and 195 pounds by 1977, he evolved into a skilled hitter with a major-league swing with the help of coaches Williams and Johnny Pesky.

William “Ted” Cox started his MLB career for the Boston Red Sox with a best of all-time hitting performance in September of 1977. Cox established the MLB rookie debut hitting record by hitting safely in his first six at-bats in his first two games. Of the 19,000 players who have started MLB careers, his six consecutive hits at the start of his career is still the record for 150 years of organized baseball, 42 seasons later.

“Successful hitters have extraordinary eyesight, reflexes and reaction time to go with great hand-eye coordination,” Cox said. “But all that won’t get you on base unless you hit the ball. For that you need real major league coaching to help you develop a swing so fluid that every pitch they want to throw is



Ted Cox moved in with mom to take care of her.

your favorite pitch to hit.”

He went on the play five years and for two other teams, the Seattle Mariners and Toronto Blue Jays. Forty-two years later Cox is retired and living in the family home he grew up in while taking care of his mother Ernestine in Midwest City.

Writer’s Note: In celebration of the Washington Nationals winning their first World Series in franchise history Wednesday night, Senior News and Living provides baseball fans the full story of Ted Cox’s historic first two games online in an expanded version of this story. Please go to seniornewsandliving.com for full details of each of his first six hits.

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"THE SOCIAL MEDIA BRAIN" FEATURED TOPIC OF NEURO NIGHT FORUM

"The Social Media Brain" is the topic for November's Neuro Night forum, scheduled at 6 p.m., Tuesday, Nov. 19.

This month's forum will include a panel of three invited speakers, including:

- Bill Lovallo, Ph.D., professor, VA Medical Center
- Dave Sherry, Ph.D., associate professor, OU College of Medicine
- Alex Yeganeh, graduate student, Oklahoma Center for Neuroscience

The panelists will discuss how social media in its various evolving forms can affect the brain and nervous system and how applications based in social media may enhance brain function. Spectators will have the opportunity to ask questions.

The forum is part of the Neuro Night series sponsored by the Oklahoma Center for Neuroscience, a consortium of neuroscientists from across the state that serves as a research center and information resource at the University of Oklahoma Health Sciences Center. The series is aimed at improving neurological health through education and the sharing of information about research and access to care.

A light dinner will be served at no cost to participants beginning at 5:30 p.m. The event will be held at 1404 N.W. 122nd St., Oklahoma City. It is held in collaboration with The Fountains at Canterbury.

For more information or to arrange accommodations, call (405) 271-6267 or visit the center's website at www.oumedicine.com/ocns.



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**Thursday, December 12, 2019
2:00 - 5:00 PM**

**1301 Tinker Diagonal, Suite AL
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**Please RSVP by Friday, Dec 6, 2019 by either
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Jan Welch

It's in March - but, we'll be celebrating our 50th wedding anniversary. I think we're going to make it.



Nancy Markum

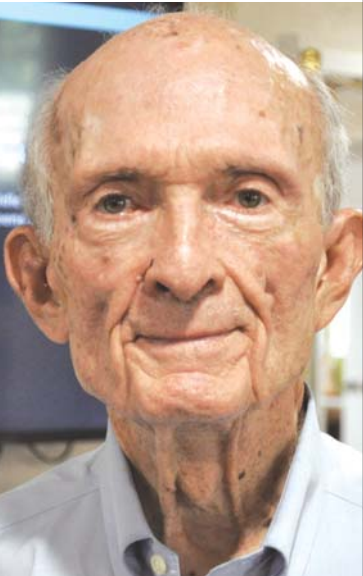
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Todd Markum

The only project I have going is feeding the ducks.



Frank Kalies



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Daily Living Centers Celebrates 45 Years



Ellyn Hefner (Daily Living Centers Board Chair) and Representative Tammy West

Daily Living Centers of Oklahoma will celebrate 45 years of service to caregivers of elderly and disabled members of our community on Tuesday, October 22nd from 11:30-1:00 p.m.

With four locations, Daily Living Centers stands apart as an affordable non-residential facility that supports the health, nutritional and social needs of adults in a professionally staffed group setting. DLC is an alternative to long-term care solutions such as an assisted living center or nursing home.

"I'm passionate about helping caregivers in our community," said Daily Living Centers Board Chairperson, Ellyn Hefner. "They provide a service that goes unseen, and having a place where caregivers can take their loved ones while they go to work or run errands is vital."

The Anniversary Celebration will be held at Daily Living Centers Rockwell location at 3000 N Rockwell Ave., Bethany, OK 73003. The event is free to attend, but guests are asked to RSVP by October 18.

Founded in 1974 as a therapeutic day care center for impaired, homebound and elderly people, DLC is the oldest and largest adult day health care organization in Oklahoma. Because of DLC, caregivers can hold jobs, safeguard their own mental health and maintain a sense of normalcy in their own lives knowing their loved ones are well-cared for at DLC.

Daily Living Centers of Oklahoma is an adult day health non-profit organization offering affordable non-residential facilities that support the health, nutritional and social needs of disabled or elderly Oklahomans in a professionally staffed group setting. For more information please visit, www.dailylivingcenters.org.

STRANGE BUT TRUE

SO THEY SAY...

BBT In North Carolina, it is against the law for dogs and cats to fight.

BBT In Singapore, it is illegal to chew gum.

BBT In Cleveland, Ohio, it is unlawful to leave chewing gum in public places.

BBT In Virginia, chickens cannot lay eggs before 8:00 a.m., and must be done before 4:00 p.m.

BBT In New York, it is against the law for children to pick up or collect cigarette and cigar butts.

When it comes to selfies, I'm no Elizabeth Warren

by Greg Schwem

Elizabeth Warren, exactly what do you eat for breakfast?

There must be something in your cereal, your eggs, your breakfast smoothie, or whatever it is you start your day with, that allows you to take selfies with strangers for four hours AFTER you've completed the stump speech that you hope propels you to the nation's highest office in 2020.

If I posed for that many photos, my first act as president would be to lock myself in the White House, alone, and not come out for four years. Want my signature on a bill? Just slip it under the Oval Office door and wait patiently. Eventually, I'll push it back out. Along with an executive order banning selfies.

In your case, calling the photos "selfies" is misleading, for it implies that every one of your fans held their own phones, extended their arms, took the pictures themselves, viewed them with disappointing looks and said, "Wait, can we do one more? In landscape mode?"

Your loyal subjects hand their phones to a staff member who takes the photos. Other celebrities use similar methods. Two years ago, I was one of 1,500 fans who waited in a Chicago bookstore for over three hours simply to meet and take a photo with Bruce Springsteen. A member of The Boss' security team took my iPhone and held the photo button down continuously for about five seconds. I was left with 10 pics, including one of Springsteen welcoming his next fan while my rear end exited the stage. I deleted that one.

Truthfully, I've never understood the desire to take, and post, photos of oneself, regardless of the background or situation. Several times a year I open my social media feeds to find someone has snapped a "hospital bed selfie," taken just before the subject sees an emergency room physician or undergoes an operation. Invariably, the photos are accompanied with text such as, "Guess where I am?" as if the hospital gown wasn't a clue. Seriously, what kind of medication makes a person think, "Hmmm, I have a tube in my nose, a needle in my arm and all my body hair has been shaved. DAMN, I LOOK GOOD!"

But the chance to rub shoulders with celebrities and come away with proof is a different story. My Bruce pic is on my office wall and elicits cries of, "Whoa, you met Springsteen?" from most who see it. Mere seconds after taking the photo, I posted it to all my social media feeds and happily read the comments expressing awe and jealousy. I'm sure 1,499 others were doing the same thing that day.

So, Sen. Warren, I understand your strategy. The more pics of you floating around cyberspace with everyday Americans, the greater your likability. I doubt President Trump even knows what a selfie is. Then again, it's impossible to snap a photo while simultaneously tweeting and golfing.

But senator, are you sure this is the right strategy? With all those people waiting in line, chances are excellent at least one of them is a pedophile, a Ponzi scheme creator or a future school shooter. In 1978, after serial murder John Wayne Gacy was arrested, a photo emerged of him posing with First Lady Rosalynn Carter, taken just seven months prior. Oops.

Of course, you can't possibly know the backgrounds of everyone waiting to smile with you, but would that stop vicious memes from circulating? Would it stop the hosts at Fox News from plastering that photo onscreen every time they mention your name? Doubtful.

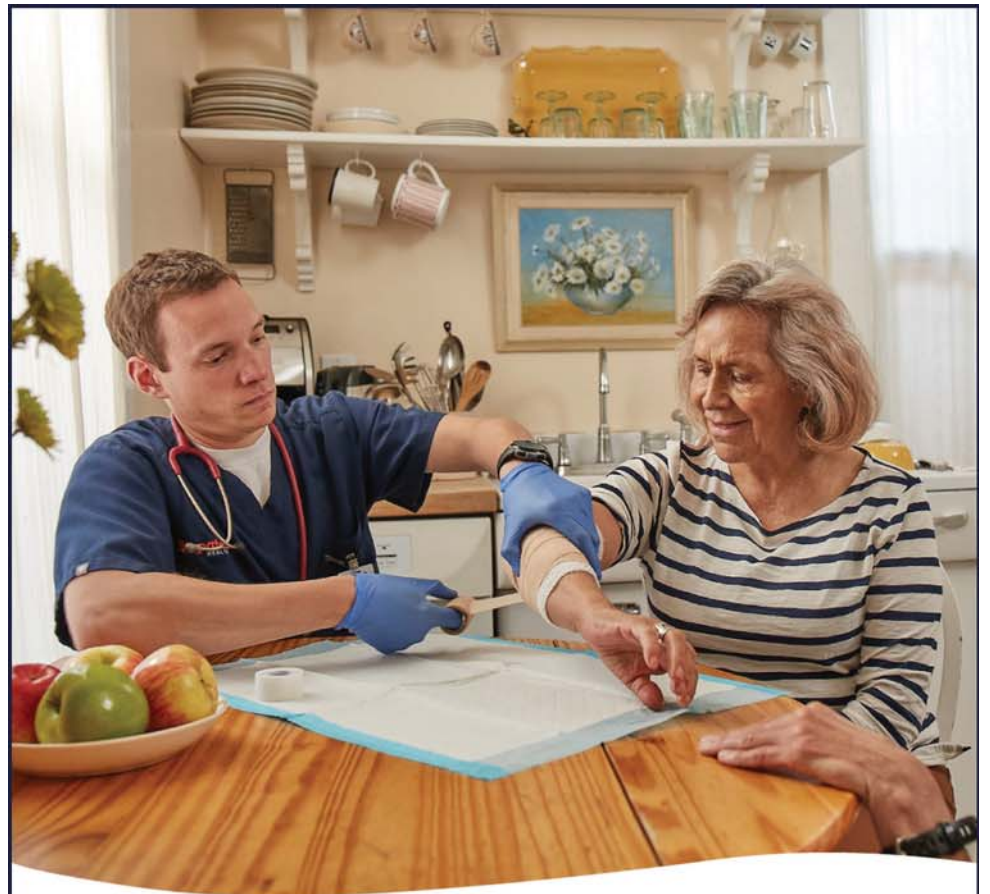
I have yet to decide who among the Democratic candidates will receive my vote. But Sen. Warren, I do admire your grass-roots approach, not to mention your stamina. If you win, thousands upon thousands of Americans will be able to say they met the president of the United States.

Let's hope they all know how to back up their iPhones.

(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.) (c) 2019 GREG SCHWEM. DISTRIBUTED BY TRIBUNE CONTENT AGENCY, LLC



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



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NOVEMBER

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4361 NW 50th, Suite 400
Oklahoma City, OK 73112 for more info: 405-943-1950

FREE Adult Beginning Square Dance Lessons, start October thru Nov 14, 7-9pm every Monday and Thursday

for 20 sessions at the Edmond Parks and Recreation Center, 2733 Marilyn Williams Dr, Edmond, OK 73034, in the Mac Building. No partner or experience needed. Experienced dancers will be available to help you learn. Register on-line at <http://edmondok.com/337/> Parks-Recreation or call 359-4630 for information and registration. Spirit of 76 and Teacup Chains clubs as members of the Central District Square Dance Association are the local square dance clubs sponsoring this fun event. Registration closes after the first 3 sessions have passed! The new modern square dance is simply "Friendship Set To Music". Join the fun now!

NOVEMBER 2

Huge Craft Fair

Come to our 7th annual Craft Fair. Saturday, November 2, 2019 from 9:00AM - 3:00PM. Located at 14617 N. Pennsylvania, OKC. Held in our three renovated buildings with more space, a very popular event with great variety & quality merchandise. This is a fundraising event for the United Methodist Women's group with monies going to various missions. With about 60 vendors, a Bake Sale, & Gift Boutique you will find those perfect gifts. Food will be available for purchase, no need to leave to find lunch.

NOVEMBER 5

Water in Our World Workshop

When: Tue., Nov. 5, 9 a.m.-3 p.m.
diana.sansing@okstate.edu
Price: Free
oces.okstate.edu/oklahoma/events#/?i=2

This workshop is a MUST for anyone looking to save water and money on their utility bills! Come and learn about drought resistant plants for Oklahoma, checking your irrigation system for efficiency, and so much more! Registered participants will be given a FREE lunch. Register at <https://waterinourworld.eventbrite.com> or contact Diana at 405-713-1125.

NOVEMBER 9

18th Annual Woodson Art Show (ages 55+):

November 9 from 9am-3pm. FREE. (refreshments provided) Woodson Senior Center, 3401 South May Avenue. Visit the senior center to sign up.

NOVEMBER 10

Free Screening: The Stories We Tell

When: Sun., Nov. 10, 2-4 p.m.
Oklahoma City University School of Visual Arts
1601 NW 26th St. Oklahoma City
Phone: 405-208-5707
Email: filmlit@okcu.edu
FREE AND OPEN TO THE PUBLIC!
www.okcufilmlit.org/2019/08/23/38th-annual-film-serieswomen-filmmakers-showcase

The OCU annual International Film Institute's 38th year: Women Filmmakers Showcase, with free screenings the second Sunday of each month during the school year. In this genre-twisting documentary, Oscar-nominated writer/director/actress Sarah Polley investigates the secrets kept by her family of storytellers. As each person relates a slightly different version of the family story, their memories hone in on their mother, whose early death left many unanswered questions. Polley "unravels the paradoxes to reveal the essence of family: always complicated, warmly messy, and fiercely loving."

NOVEMBER 16

Will Rogers Gardens Events 3400 NW 36th Street. OKC

Garden Tour (all ages):

November 16 from
9:30am-11am. FREE.
www.okc.gov/parksignup
keyword 25160

NOVEMBER 26

72nd Annual Interfaith Thanksgiving Service

When: Tue., Nov. 26,
7:30pm-9:30 pm
First Unitarian Church of OKC
600 NW 13th St., OKC. Midtown
Phone: (405) 232-9224

This free event is open to the public.

This is the oldest continuous interfaith service in Oklahoma City, begun in 1947. The service will feature a combined choir from the sponsoring congregations, and prayers of gratitude will be offered by representatives from a variety of different faith traditions. This year's keynote speaker is Rev. Glen Chebon Kernell, Executive Director at the Native American Comprehensive Plan of the United Methodist Church. The Interfaith Thanksgiving Service is co-sponsored by Temple B'nai Israel, St. Charles Borromeo Catholic Church, and Mayflower Congregational United Church of Christ.

NOVEMBER 29

Holiday Pop-Up Shops

When: Fri., Nov. 29, 10 am-9 pm
Holiday Pop-Up Shops
399 N.W. 10th St., OKC. Midtown
Phone: (405)-514-5205
Email: shops@bartabailey.com
Price: Free

www.okcpopups.com/about-1
The Holiday Pop-Up Shops are coming back to Midtown! With shops rotating weekly, you can find a gift for everyone on your list. Join us to discover 35+ local shops, enjoy treats from Katiebug's hot chocolate and The Big Friendly, or buy your Christmas tree from the Bishop John Carroll tree lot. The event also features live music, surprise visits from Santa, Curbside Chronicle wrapping paper and local food trucks.

NOVEMBER 30

The Great Pumpkin Smash Community Event!

When: Sat., Nov. 30, 11am-12pm
CommonWealth Urban Farms
3310 N. Olie Ave. Oklahoma City
info@commonwealthurbanfarms.com
Price: FREE!

What to do with all those pumpkins, once Thanksgiving is over and cold weather sets in? Bring them and the kids to Commonwealth, where we'll make a big compost pile and everybody can toss and smash pumpkins to their hearts delight. Messy fun for the whole family! You can bring your leftover hay bales, too, and we'll add them to the mix.

DECEMBER 1

SLEIGH BELLS MARKET

When: Sun., Dec. 1, 12-5:30 p.m.
OKC Farmers Market
311 S. Klein Ave., Downtown OKC
Phone: 405-810-6977
tobi@revolve-productions.com
ADMISSION IS FREE!

Sleigh Bells Market returns to the OKC Farmers Market building and this year we are taking over BOTH FLOORS!! More vendors, more shopping more fun! The Farmers Market bar will again come up with a yummy drink menu!

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

Call early, space is limited and available on a first come basis at no charge to Clubs, Organizations and Businesses that offer low to no cost events to our readers.

Call us today at (405) 631-5100 or email your listing to advertising@seniornewsandliving.com for more information and to be included!

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\$1,500 each or all four for \$5,000. Resthaven Gardens Cemetery located at 500 SW 104th St, Oklahoma City, OK 73139. Call 405-201-4267

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We have one burial plot in Rose Hill Burial Park in Oklahoma City for sale. Section 8, Lot 117. Spaces in this section sell for close to \$5000 if you buy directly from the cemetery. We will meet at the Rose Hill business office to transfer the deed. They charge a \$295 transaction fee that you will need to pay. Please contact Lori at 405-204-7477 if interested.

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3 Months.....\$53.00
6 Months.....\$83.00

ADD A PHOTO,
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Deadline is the 25th of each month. Mail-in form with check must be postmarked by the 25th and received by the 28th of each month. Classified Liner ads are prepaid only. ALL LISTINGS AND ADS ARE IN PRINT & EPUB. All prices are subject to change without notice at any time. Please call 405-631-5100 ext. 3 to submit ad copy and payments.
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Category (Exp: For Sale, Help Wanted):

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FIRST NAME LAST NAME

STREET ADDRESS APT. CITY

STATE ZIP CODE E-MAIL/PHONE

PAYMENT INFO. Check # _____ and Amount Enclosed _____

☐ VISA ☐ Master Card

☐ American Express

CARD NUMBER

EXP. DATE CVV # ZIP CODE

To place a Classified Marketplace listing, complete this form & mail-in form with check must be postmarked by the 25th & received by the 28th of each month. Mail to: Senior News and Living P.O. BOX 239. MUSTANG, OK 73064. For questions, please call us at 405-631-5100.



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The newspaper

Broom Hilda

By Russell Myers

NERWIN, YOU PUT 30 TABLESPOONS OF SUGAR ON YOUR CEREAL. YOU SHOULDN'T EAT ALL THAT STUFF!

DON'T WORRY,

I'LL JUST EAT DOWN TO THE CEREAL!

Animal Crackers

By Fred Wagner

WHAT ARE YOU DOING?

I'M PUTTING A SMILE ON SOMEONE ELSE'S FACE.

Gasoline Alley

By Jim Scancarelli

Give us a great big kiss, Slim!

UMMMM!

SMOOCH!

Was that kiss "partial" post?

Gosh, no! It was priority, first class!

Girls? Kisses? SLIM! WAKE UP! Right now!

G-Gulp! Clovia!

JUMBLE

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

VROGE

COLTU

OLODED

PRICST

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Check out the new, free JUST JUMBLE app

I should've made a reservation.

I didn't think they'd be busy tonight.

HE TOLD HIS WIFE THERE WOULDN'T BE A LONG LINE, BUT HE ---

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

(Answers next month)

October Answers | Jumbles: LOGIC CONGA DONKEY JUNIOR Answer: She knew the difference between stratus, cirrus and cumulus and was — ON CLOUD NINE

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STRANGE BUT TRUE

SO THEY SAY...

SBT Strange Fears: Anthrophobia - Fear of flowers

SBT Strange Fears: Astraphobia - Fear of thunder and lightning

SBT Strange Fears: Atelophobia - Fear of imperfection

SBT Strange Fears: Atychiphobia - Fear of failure

SBT Strange Fears: Achluophobia - Fear of darkness

SBT Strange Fears: Androphobia - Fear of men

J	U	D	I		P	L	A	N	B		K	E	D	S			
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