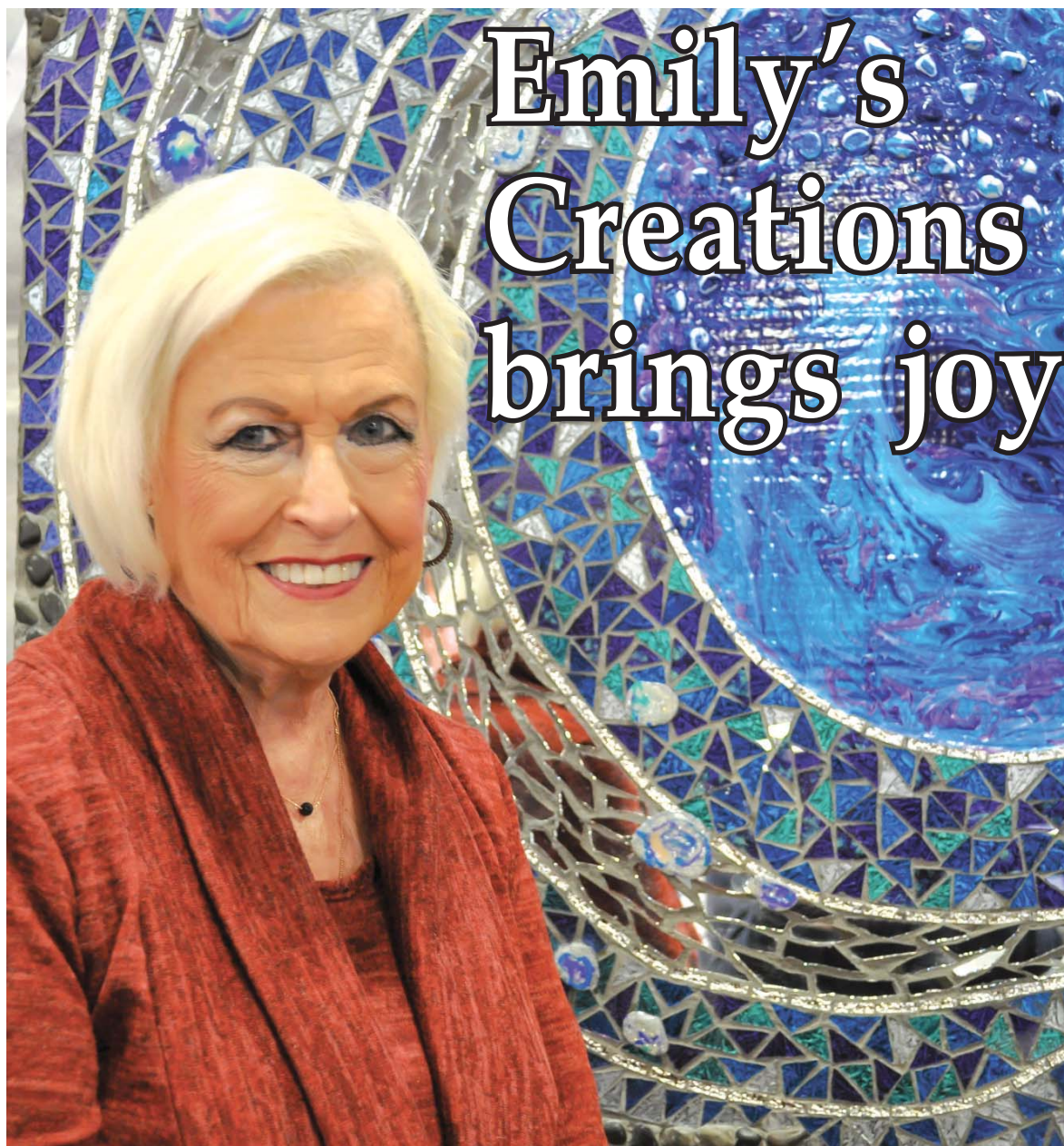


Emily's Creations brings joy



Emily Spitler is an award-winning artists who creates beautiful stained glass art from her home.

story and photo by Bobby Anderson, Staff Writer

It's been two years now since Emily Spitler decided to channel her creative energy into stained glass.

And the world is a better place for it.

"I really enjoy working on the mosaics as it is very rewarding seeing the finished product and knowing that it was something I created," Spitler said. "It also gives me tremendous satisfaction when someone sees one of my pieces, their eyes light up and they point to it and say 'I want that one' with a huge smile on their face."

She originally set out to do it as a hobby but as she got more and more involved with it, decided to put some things up for sale. Her daughter, Stacey, created a Facebook page for her

to share her art work and then it just blossomed from there.

Besides having her online store at www.emilyscreations.net, she has also had a booth at last fall's Affair of the Heart and the Santa Market. She is hoping to have a booth later this year at a few more shows.

Spitler used to own a knitting and craft store in Prague originally called The Knitting Needle then once she added more gift items the location changed and the name was changed to Emily's Gift World.

She's always been involved in arts and crafts. First there was ceramics, then of course knitting, crocheting and all kinds of needlework. She started

See CREATIONS Page 5

Can you trust your roofer?

honesty people respect
TRUST
accept na p relationships loyalty accept belief

Smooth Finish Roofing & Construction

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: Oklahoma's Senior News and Living, 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

See TRUST Page 9

Aging in Place—COVID-19 Important

Story and photos by Darl DeVault

Seniors either retirement privileged or close to that status face an important question around the world as we now see the importance of aging in place brought on by COVID-19-driven orders to shelter in place.

The question for those trying to add to the quality of life they have built for themselves throughout their decades of hard work and life experience is do they allow themselves to become dependent?

Seniors have grown up in an age of independence, of individual rights for those pulling for the greater good.

We have recently heard many directives from the U.S. Centers for Disease Control and Prevention during this COVID-19 Global Pandemic. The CDC says during a COVID-19 outbreak in your community, stay home as much as possible to further reduce your risk of being exposed.

Perhaps for seniors the CDC's definition of aging in



Kara De La Pena now stress the importance of seniors aging in place.

See COVID-19 Page 5



GENERAL CONTRACTOR OKC LIC. # 13705
FULLY INSURED CIB LIC. # 0242



**ACCREDITED
BUSINESS
A +**

ROOFING SIDING GUTTERING PAINTING smoothfinishroofing.com

We Help with Transition and Decisions - Home Improvement & Long-Range Planning



CALL (405) 923-5127

\$500⁰⁰ REBATE
(VISA Gift Card)

with 1 complete reroof of 26 sqs.

\$1000⁰⁰ REBATE
(VISA Gift Card)

with 1 complete reroof over 26 sqs.



LIVING IS NOT ONE-SIZE FITS ALL. SO, HOW CAN ASSISTED LIVING AND MEMORY CARE BE?

We serve the individual's need for purpose, independence and dignity. Our loving, expert staff improves life with innovative, individual programs and therapies. You really must see Legend® at Rivendell for yourself.

Call now and join us for lunch and a tour. **Discover the Legend Senior Living® difference today.**

Call to learn more: **(405) 703-2300**



Voted 2019 Best
Memory Care Community

LEGEND®

ASSISTED LIVING & MEMORY CARE
at Rivendell

LegendSeniorLiving.com

A Residence of Legend Senior Living®

NOW RENTING PHASE TWO!

Convenient Metro location between
Mustang and Yukon.

Located at SW 17th and
Czech Hall Road, Yukon, Okla.



bc BELMONT COVE

50+ Luxurious Retirement Living



1,100 Sq Ft. (APX) of Luxurious Living Space
Living, Kitchen, Dining, Utility, 2 Bed, 1 Bath, 1 Car Garage

- Living room has hardwood flooring with 10' ceilings featuring crown molding
- Kitchen has hardwood flooring, granite countertops, stainless steel oven, microwave hood, dishwasher and double sink
- Utility area equipped for washer and dryer with storage space
- Bedrooms are carpeted with spacious closets and large window
- Bath is oversized with Granite vanity and ceramic tile floor
- One car garage with garage door opener
- Small backyard with privacy fence which leads to walking path
- Inside and outside maintenance included in monthly lease
- Within minutes of Yukon Hospital, dining and shopping districts. Only minutes to I-40
- One year lease at \$1,200.00 monthly with an early medical termination clause
- Pet Friendly
- \$1,000.00 Deposit

**Call Today For Your No Pressure Tour with
Katelyn at 405-595-6224 or Gary at 405-417-7294!**

OPINION

S THE SAVVY SENIOR

Dear Scared,

Unfortunately, coronavirus scams are spreading nearly as fast as the virus itself, and seniors are often the most vulnerable.

These con artists are setting up websites to sell bogus products, and using spoofed phone calls, emails, texts, and social media posts as a ruse to take your money and get your personal information.

The emails and posts may be promoting awareness and prevention tips, and fake information about cases in your community. They also may be asking you to donate to victims, offering advice on unproven treatments, or contain malicious email attachments.

Here are some tips to help you keep the scammers at bay.

Click carefully: Don't click

Dear Savvy Senior,

Amid all the troubling coronavirus news, I've also read that there are various coronavirus scams going around right now taking advantage of innocent people who are afraid of getting sick or are worried about those that have. What can you tell me about coronavirus scams and what can I do to protect myself? **Scared Senior**

on coronavirus-related links from sources you don't know in an email or text message. The same goes for unfamiliar websites. When you click on an email or download a file, you could get a program on your computer that could either use your computer's internet connection to spread malware or dig into your personal files looking for passwords and other information.

Ignore bogus product offers: Ignore online offers for coronavirus vaccinations or miracle cures. There are currently no vaccines, pills, potions, lotions, lozenges, or other prescription or over-the-counter products available to treat or cure coronavirus online or in stores. If you see or receive ads touting prevention, treatment, or cure claims for the coronavirus, ignore them because they're not legitimate.

Beware of CDC spoofing: Be

Beware of Coronavirus Scams

wary of emails, text messages or phone calls claiming to come from the Centers for Disease Control and Prevention (CDC) and/or the World Health Organization (WHO). These scams could take several forms - such as fake health agency warnings about infections in your local area, vaccine and treatment offers, medical test results, health insurance cancellation, alerts about critical supply shortages, and more.

For the most up-to-date information about the coronavirus, visit CDC.gov/covid19.

Beware of fundraising scams: Be wary of emails or phone calls asking you to donate to a charity or crowdfunding campaign for coronavirus victims or for disease research. To verify a charity's legitimacy use CharityNavigator.org. But, if you're asked for donations in cash, by prepaid credit card or gift card, or by wiring money, don't do it because it's probably a scam.

Beware of stock scams: The U.S. Securities and Exchange Commission (SEC) is warning people about phone calls and

online promotions, including on social media, touting stocks of companies with products that supposedly can prevent, detect or cure coronavirus. Buy those stocks now, they say, and they will soar in price.

But the con artists have already bought the stocks, which typically sell for a dollar or less. As the hype grows and the stock price increases, the con men dump the stock, saddling other investors with big losses. It's a classic penny-stock fraud called "pump and dump." Making matters worse: you may not be able to sell your shares if trading is suspended.

When investing in any company, including companies that claim to focus on coronavirus-related products and services, carefully research the investment and keep in mind that investment scam artists often exploit the latest crisis to line their own pockets.

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.

APR/MAY AARP Drivers Safety

Date/ Day/ Location/ Time/ Registration # Instructor

Apr 2/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 405-509-0727/ Varacchi, Integris Senior Wellness Ctr - 5100 N. Brookline, ste 100

Apr 3/ Friday/ Midwest City/ 9 am - 3 pm/ 405-473-8239/ Williams Midwest City Senior Center - 8251 E. Reno

Apr 4/ Saturday/ Midwest City/ 9 am - 3 pm/ 405-473-8239/ Williams First Christian Church - 11950 E. Reno

Apr 10/ Friday/ Okla. City/ 9 am - 3:30 pm/ 405-691-4091/ Palinsky S.W. Medical Center - 4200 S. Douglas, Suite B-10

Apr 14/ Tuesday/ Yukon/ 8:30 am - 3:30 pm/ 405-350-7680/ Kruck Dale Robertson Senior Center - 1220 Lakeshore Dr.

Apr 21/ Tuesday/ Okla. City/ 8:30 am - 3:30 pm/ 405-603-7183/ Kruck Healthy Living - 11501 N. Rockwell

Apr 25/ Saturday/ Shawnee/ 9 am - 3:30 pm/ 405-818-2916/ Brase Shawnee Senior Center - 401 N. Bell St.

Apr 28/ Tue405-691-4091sday/ Okla. City/ 9 am - 3:30 pm/ 405-297-1455/ Palinsky Will Rogers Senior Center - 3501 Pat Murphy Dr.

May 7/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 405-509-0727/ Varacchi Integris Senior Wellness Ctr - 5100 N. Brookline, ste 100

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
NOTE: DUE TO COVID-19 PLEASE CALL TO VERIFY

Remember our local sponsors when shopping for your
**Walk-in Tub! Call A SAFE SOLUTION WALK-IN TUBS AT
405-226-8424 or visit www.safesolutionswalkintubs.com**



Safety & THERAPY for LIFE A SAFE SOLUTION WALK-IN TUBS

The best walk-in tub at the lowest possible price.

- Super-low door threshold for entry and exit
- Speedy Fill and drain
- Leakproof door with easy-grip handle
- Custom built-to-order, top-of-the-line hydrotherapy systems assembled using the highest quality name-brand components

\$1,128 OFF
when you mention this ad for a limited time only
Call Today 405-226-8424

For a free booklet and more **AMAZING Senior Discounts**
Call 405-226-8424
or email asafesolution@gmail.com
www.safesolutionswalkintubs.com

LIFETIME WARRANTY
VETERANS DISCOUNT

COVID-19

Continued from Page 1

place “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level” should define their future.

A member of the American Association of Nurse Practitioners, Kara De La Pena, who owns a metro urgent care mobile practice, is advising her patients to make changes to their home to compensate for their disabilities. This allows them to age in place.

And yet many healthy, disability-free seniors have chosen to amass in retirement communities. With 15 years of delivering medical services, De La Pena has seen a downside to this choice recently while delivering urgent care to her patient’s home.

“The number of patients with serious complications I have seen recently during this pandemic is astounding—often times requiring careful consideration of sending them to a higher level of care or leaving them to manage their symptoms,” said De La Pena, an advanced practice registered nurse whose practice is based on making house calls.

Her certifications in advanced cardiac life support, basic life support, and pediatric advanced life support allow her to fully evaluate her senior patient’s situations. De La Pena has been adding aging in place expertise to her delivery of medical health care as the owner of NP 2 Go.

She says although centers that cater to disability free seniors have a great array of services and amenities, they also come with a serious medical restriction.

Those places are only as medically secure in a pathogen pandemic as the least informed and observant of warnings of social distancing among that population.

While these retirement communities tout wonderful food, convenience, comfortable-bus special excursions to cultural events they fall short in medical privacy. Someone trying to self quarantine cannot prevent other seniors from ignoring the scientifically established demand to stay in their area during a pandemic.

It is not physically possible for self-quarantining seniors to live in a totally private area in a retirement community. Even the milder restriction of shelter in place is impossible when others can insist on inflicting their social visits.

Sharing beautiful common areas

can be a minus, just as the pressure to attend a variety of planned activities can short circuit the best intentions to be safe. Some residents may not be able to resist the temptation to socialize with friends and neighbors every day.

Seniors trying to do the right thing in a pandemic are at the mercy of those people who have the least ability to understand science. Some people do not understand the gravity of the situation, or exercise social inhibitions in a time of emergency.

If a senior remains in their home, aging in place, they are far more likely able to avoid a medical emergency based on the spread of a pathogen.

“Sheltering in place is nearly impossible in communal living, which is why aging in place is of utmost importance-now and in the future,” De La Pena said. “Our physical health and mental health often meld together for a balance which creates a homeostasis that directly affects our personal health. Aging in place provides independence, prevents communal illnesses, and promotes self-care.”

Aging in place means solving safety and inappropriate accessibility issues. It creates home living that is safe and accessible without sacrificing individuality. With our leaders calling this pandemic a war, why be on the front lines when you can choose to be a non-combatant by sheltering in place?

“For my older patients there are no potentially promising treatments available in this COVID-19 crisis. Sheltering in place is the only course of action that reliably gives seniors the possibility of a treatment benefit,” De La Pena said. “If seniors have already given up their right to age in place, they have no confidence that the possibility of a treatment benefit is in the offing.”

Now many seniors and retirees can see had everyone been able to truly shelter in place from the outset of the COVID-19 crisis, there would have been far fewer deaths in their demographic.

Instead, because of illness and disability and the choice of leaving their homes, many seniors were extra vulnerable while amassed in facilities other than their homes.

The concept of aging in place is as new as the agenda of collective living in retirement and yet it is lagging in importance. A major reason the concept is not widely advocated is business cannot make a great profit from sharing this information with the public.

Business can make a profit by building facilities and luring people

out of their homes to be a part of a larger collective.

America has just received an enormous wakeup call about how dangerous this collective living can be. Again, if everyone deemed vulnerable who did not require daily medical attention could have self-quarantined our nation’s COVID-19 virus stats would look much better.

The government has created a new phrase in the last few years—disability free aging.

With the new pathogen pandemic connectedness apparent in the world it begs the question. Shouldn’t those seniors and retirees who are disability free be clinging to the independence and relative safety of living in their own homes.

“Again, while I visit a cross section of ages as patients in their homes, I am very concerned for our senior population with COVID 19 spreading. Aging in place is the safest form of defense for seniors

now,” De La Pena said. “I plan on highlighting more government initiatives and programs to help seniors stay in their homes as long as possible. By performing aging in place assessments, I hope to empower more seniors to find ways to age in place as long as their home is a viable sanctuary.”

She recommends everyone with questions about the aging in place agenda visit this informative section of the federal Web site: www.nia.nih.gov/health/aging-place-growing-older-home

Steve Persa, 77, is staunchly an aging in place advocate in Oklahoma City. He sees this pandemic through the eyes of a retired Oklahoma Blood Institute employee who helped solve Oklahoma’s blood supply problems for decades.

“As long as I am healthy and mobile, I will continue to live in my home,” Persa said. “This latest COVID-19 shelter in place episode reinforces my resolve to do so.”

CREATIONS

Continued from Page 1

sewing during grade school and was involved in 4-H.

She still plants a garden each year and, of course, she starts the seeds from scratch and even mixes up her own soil. Her tomato and okra plants have been known to reach over 8’ tall. She enjoys cooking and collecting recipes to try. She even makes her own bread (including hamburger buns), pickles and tomato sauce!

She really enjoys doing the mosaic art because of the mystery of how each design will turn out. She starts by cutting the glass sheets, then laying it out on a pattern. The glass has to be ground on the grinding wheel to get the desired shape and to smooth out the sharp edges. Each piece of glass is glued down into the design.

She then mixes up the grout and applies it to the entire piece. After approximately 15-20 minutes, the grout is cleaned off. Many times, the grout has to be cleaned off with a pick to get between the tiles/glass.

Just by changing the color of the grout, you can get a completely different look.

On the large mural 3’x6’ mural called “The Wave”, it took 4 months to complete. Many hours were spent grinding each piece of glass and mirror. She

enlisted the help of both her daughter and husband to assist.

Depending upon the complexity of the piece it can take up to 3 weeks or longer to complete. She has used other mediums in her pieces including sand, shells, rocks, mirrors, beads, tiles and broken dishes

Her artwork brings out the best not only in herself but others.

Daughter Stacey recalls a funny story at her aunt’s 95th birthday celebration.

“We put her mosaic cross into a Harry and David box so she thought she was getting a box of clementines when she unwrapped the gift,” Stacey remembers. “Before she unwrapped the gift she was so happy and excited to get the box. When she unwrapped it and saw the Harry and David box, the expression on her face was priceless! She was so disappointed and at a loss for words. I actually thought she was going to start crying.”

“Then she went ahead and opened the box to unveil the mosaic cross and a big smile appeared. She said that she was so happy to get the cross instead of the clementines!”

Spitler’s work has been honored, most recently winning 1st and 3rd place at the 2019 Oklahoma State Fair.

You can also connect with her on Facebook at Emily’s Creations.

Digital Publishing Enables Senior Writers

Seniors Can Treat Life Experiences in Book Format

Story and photos by Darl DeVault

After decades of work and life experience, many seniors and retirees have the concept of writing a worthwhile book in their heads. But the challenge of finding a traditional publisher willing to accept their book idea as viable usually discourages many of these would-be authors.

Their struggle is understandable. Traditional publishers make their decision to publish based on whether the proposed manuscript can be turned into a page-turner. They are looking for minimum sales of nearly 10,000 books. This means many worthwhile ideas and manuscripts are rejected, and many good books are never even attempted.

The Digital Age presents seniors with a modern solution to this problem. Print-on-demand publishers enable new authors to bring their book ideas to market with a

minimum of concern. Some of these non-traditional publishers—some call their business model “subsidized publishing”—offer to publish a print-ready publication for a one-time setup fee of only a few hundred dollars. The author-client can then purchase these digitally printed books at wholesale prices in lots as small as 50.

Moreover, subsidized publishers link with booksellers like Amazon to leverage their investment in these digitally published works. Combining the author setup fees and purchases with the revenues from outside book sellers like Amazon enables publishers to realize a profit for books without best-seller status.

“I was able to get my manual for training service dogs published last year without the long search for a traditional publisher,” said Barbara



Barbara Lewis guides a couple through the process of selecting and training their service dog.

Lewis, longtime dog trainer and retired head of New Leash on Life in Norman, Okla. “This was a much-needed book that has helped a lot of people in Oklahoma and outside the state.”

Lewis spent decades training dogs and managing the nonprofit 501(c)3 organization that specializes in the training of dogs that assist people with daily living skills. She was able to capture her life experience in *Successful Working Dogs*, a 90-page illustrated dog training manual. The book helps people who need working dogs to better choose and use these animals in their daily lives.

Many aspiring authors need help with editing and designing their books before approaching a subsidized publisher. To minimize extra charges from a subsidized publisher, aspiring authors should submit their books in a version as close to printable as possible. This often requires the services of a professional editor and designer with the skills to polish and format the final version of the book.

One Oklahoma City go-between for authors and subsidized publishers is Larry Floyd, 67, who helped Lewis get her book into print. He offers his services under the business name of TurnKey Communications.

A longtime journalist and author living in Surrey Hills, Yukon, Floyd provides editing and publishing consulting for numerous authors.

His services can be as in-depth as ghostwriting the book, or as minimal as formatting the finished product for the publisher.

“When I talk to people about what I do,” Floyd said. “I’m always surprised by the number of people who say they have an idea for a book. Sometimes it’s related to their profession, sometimes it’s an idea for a children’s book. I guess there’s a book idea somewhere inside almost every adult.”

Floyd, who also teaches U.S. history part-time at OSU-OKC, says he gets great satisfaction from helping someone with unique skills or experiences share their story as an author. “There is a wealth of knowledge and experience out there, especially among retirees,” he said. “Many of them spent busy decades honing an expertise in a particular field without the extra time to share that knowledge in a publication. In retirement, they now have the time and with digital publishing the means.”

The subsidized publishing costs

Continued on page 7

COME AND SEE!
Assisted Living
as Low as
\$701*
person centered care


Care Suites
Your wellbeing first

Corner of NW122nd & Western
www.caresuitesokc.com



405-269-2266

*Income based all inclusive-1 bedroom private apartment



Continued from page 6

can often be recouped by authors by selling anywhere from 300 to 500 copies of the book they purchase wholesale from the publisher. These sales can come from signings by the authors at bookstores and appearances at professional meetings. Social media like Facebook can also play a key role in the new authors' sales.

In addition to individual authors, businesses and nonprofits often have a marketing need for a book about their organization or services, but these kinds of books have little attraction to a traditional publisher. Subsidized publishing offers an ideal solution for these kinds of business or organizational needs.

Floyd recommends would-be authors approach subsidized publishers with caution as some of these businesses are infamous for rip-offs and deception. Aspiring authors new to the publishing world are often flattered and talked into spending much more than necessary to see their book in print.

At TurnKey Communications, Floyd says he helps steer first-time authors through many of the complexities of the publishing world, both subsidized and traditional. He also helps these authors market and sell their books through his online



An adjunct U.S. history teacher at OSU-OKC, Floyd takes a special interest in helping authors of historical manuscripts see their works in book format.

sales and fulfillment service. For additional information or a free consult on how to get a book idea into print, contact Floyd at info@TurnKeyCommo.com or call (405) 373-3467.

STRANGE BUT TRUE

SO THEY SAY...

- SBT** Snails have 14,000 teeth and some can even kill you!
- SBT** Sonic the Hedgehog's full name is actually Ogilvie Maurice Hedgehog.
- SBT** Even though Froot Loops are different colors, they all have exactly the same flavor.
- SBT** George Clooney did the voice for 'Sparky' - a gay dog in South Park.
- SBT** In 2015, a silver coin with Superman on the heads side was made which is legal tender in Canada. There was only 350,000 produced.
- SBT** It took the creator of the Rubik's Cube, Erno Rubik, one month to solve the cube after he created it; as of June 2018 the world record is 4.22 seconds.
- SBT** Japanese square watermelons are ornamental plants and are not edible.

RISK-FREE COSULTATION

At No Cost To You

Make your Appointment Today!



NAVIGATING through Medicare

with MCM Insurance

We work with ALL the carriers of Medicare

Call or come by:
405-842-0494
2232 W. Hefner Rd. Ste A
Oklahoma City, OK 73120
www.mcmmedicare.com



MCM

INSURANCE

Medicare & Retirement



Carl Reiner says keeping busy keeps him going

by Nick Thomas

Turning 97 in March, Carl Reiner shows no sign of slowing down. "I wake up with ideas!" the veteran actor, writer, director and producer says from Los Angeles says.

One of those ideas was to colorize episodes of his crown television jewel, "The Dick Van Dyke Show." Two color episodes were produced in 2017 and last year Reiner selected a couple more favorites, with plots loosely based on his family's experience, which aired on CBS over the holiday season.

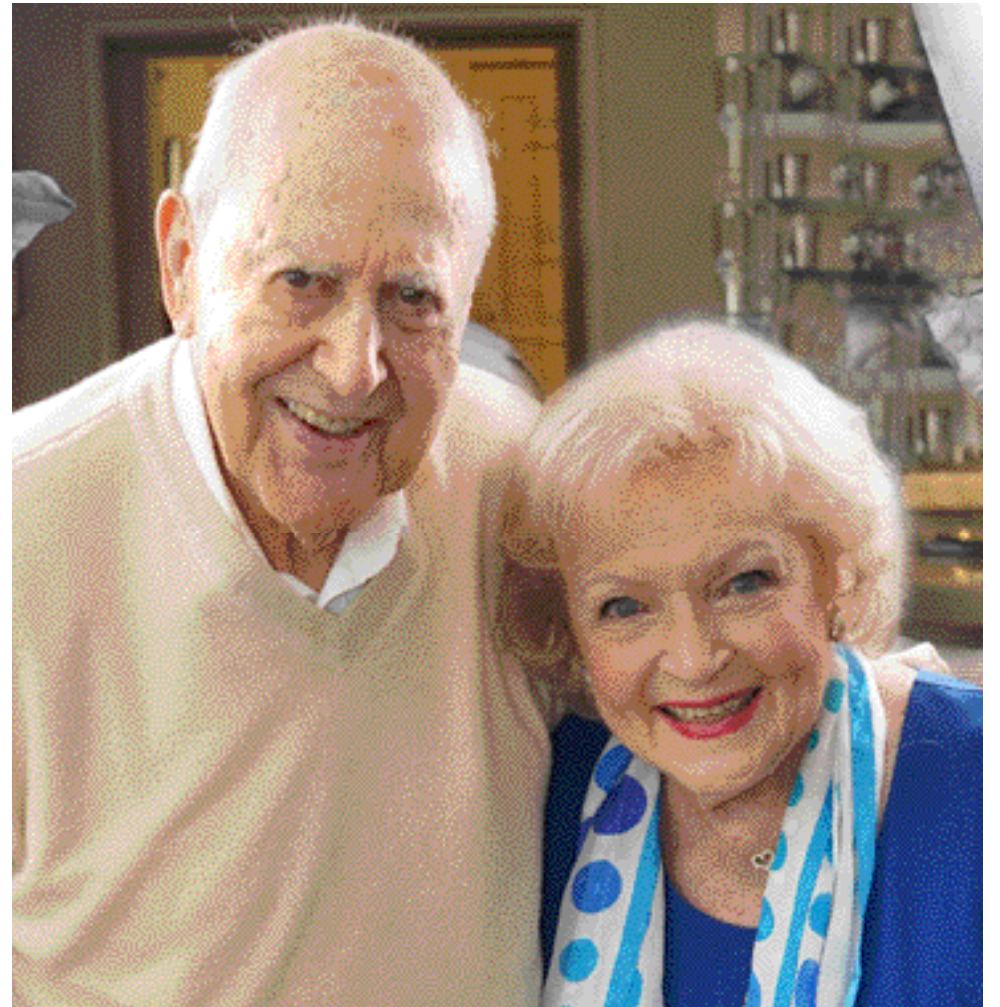
"I've done a lot in my life but have to say that show is what I'm most proud of," Reiner says. "We couldn't afford to shoot it

originally in color and make a profit, but I'm so pleased with the colorized episodes - they look fantastic."

In "Where Did I Come From?" young Richie (Larry Matthews) questions his parents about his birth, much like Reiner's own children did, while in "Never Bathe on Saturday," Laura (Mary Tyler Moore) gets stuck in a hotel bathtub, ruining a vacation for hubby Rob (Dick Van Dyke).

"I wrote that based on the time my wife and I were away, and she noticed the faucet dripping while taking a bath and wanted to get a plumber," Reiner recalls.

Reiner says it was important



Carl-Reiner with Betty-White who appear in *If You're Not in the Obit Eat Breakfast*. Courtesy of HBO

to produce colorized versions close to the originals.

"Luckily some enterprising photographers were on hand during the original filming and took color photos of the set and actors," he notes. "So some colors are very accurate, like the rooms. Colorization has come a long way and I wish we could do all 158 episodes, but it's very expensive."

Reiner's 2017 HBO documentary "If You're Not in the Obit, Eat Breakfast," in which he narrates a series of interviews with active nonagenarians, was also recently released on DVD.

"In my opening section, I'm reading the newspaper obituary section and remark if I'm not in it, I'll have breakfast," he says. "They thought that would make a good title."

The documentary features 90-plus-year-old guests still active in areas such as sports, fashion, music, comedy and acting such as Dick Van Dyke, Kirk Douglas

and Reiner's longtime cohort in comedy, Mel Brooks. "Truly a collection of remarkable people," Reiner says.

But of all the people Reiner has known, he has the highest praise for his late wife, Estelle, to whom he was married for 65 years.

"While you do live in your memories as you get older and especially after losing a spouse, if you've had a good marriage it sustains you," he says. "She was perhaps the most extraordinary woman I ever met and could do everything better than anyone else. I think about her every night I go to bed, so she's still alive in me, no question."

A prominent comedy writer throughout his career, Reiner also continues to work on new book projects this year.

"If you have something to do every day, you'll hang around," he says.



Assisted Living & Memory Care

Knowing what to do and where to turn for help when your loved one is diagnosed with Alzheimer's disease or a related memory impairment can be very difficult. The trained staff at Arbor House Reminisce Center is available to help the family with those difficult decisions. Our newest, state-of-the-art Memory Care Facility in Norman was specifically designed to meet the needs of those with memory care needs.

Arbor House Reminisce Center 151 S.W. 48th Ave. Norman, OK 73072
405-310-2499

Arbor House of Norman 4501 W. Main St. Norman, OK 73072
405-292-9200

Arbor House of Midwest City 9240 E. Reno Ave. MWC, OK 73130
405-455-3900

Arbor House of Mustang 850 N. Clearsprings Rd. Mustang, Ok 73064
405-376-2872

www.arborhouseliving.com

STRANGE BUT TRUE SO THEY SAY...

BBT The name for the shape of Pringles is called a 'Hyperbolic Paraboloid'.

BBT Mr Potato Head was the first toy to be advertised on TV.

BBT A duel between three people is actually called a truel.

BBT The stage before frostbite is called "frostnip".

Former Sen. Tom Coburn Dies At 72



Former Oklahoma Sen. Tom Coburn, whose inflexible support of conservative policies placed him at the heart of many major congressional battles, has died at the age of 72. His former communications director, John Hart, confirmed that Coburn died Saturday morning “after a long battle with prostate cancer.”

Coburn’s former colleague, fellow Republican Sen. James Lankford of Oklahoma, remembered the senator as a “friend and a leader.”

The state “has lost a tremendous leader,” Lankford tweeted, “and I lost a great friend today. Dr. Coburn was an inspiration to many in our state and our nation. He was unwavering in his conservative values, but he had deep & meaningful friendships with people from all political & personal backgrounds.”

Coburn served his state in Congress for two decades — first as a representative in the House, then, after a three-year spell out of office, as a senator during the administrations of George W. Bush and Barack Obama. Coburn rarely hesitated to spar with the latter over policy, despite his close personal friendship with the Democrat.

By the time he announced his early departure from the Senate in 2014, citing a fifth bout with cancer, the obstetrician-turned-congressional fiscal hawk had earned a reputation for obstinacy in pursuit of a slimmer federal budget — and a fitting nickname to go along with it: “Dr. No.”

Perhaps few of his works were more emblematic of his time in Congress than his annual “Wastebook,” a regular compilation of examples of what he deemed to be flagrantly unnecessary government spending.

His obstinacy could be felt on both sides of the aisle too, as in a 2008 op-ed he wrote taking his GOP colleagues to task for suffering from “paralysis and denial.”

“Regaining our brand is not about messaging. It’s about action. It’s about courage. It’s about priorities,” he wrote at the time.

“Most of all, it’s about being willing to give up our political careers so our grandkids don’t have to grow up in a debtor’s prison, or a world in which other nations can tell a weakened and bankrupt America where we can and can’t defend liberty, pursue terrorists, or show compassion.”

Vice President Mike Pence mourned Coburn in a tweet Saturday.

“Senator Tom Coburn was a great conservative voice in the United States Congress and American physician whose legacy will live on,” Pence said. “Karen and I send our deepest sympathies and prayers to his family during this tough time.”

Coburn is survived by his wife Carolyn and daughters Callie, Katie and Sarah.

TRUST

Continued from Page 1

to scammers because of difficulties he faced as a child.

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 #242 and City of Oklahoma City license #3705**

Smooth Finish Roofing & Construction

StacyCares

Advocacy, Accompaniment, and Visitation Services

by Vickie Jenkins, Staff Writer

What is StacyCares Oklahoma? StacyCares Oklahoma is a healthcare consulting company offering healthcare advocacy, appointment accompaniment, and visitation services. They provide support and information to clients, caregivers and families to help them navigate care and make informed healthcare decisions.

StacyCares Oklahoma was started by Stacy Hansen, a Board-Certified Patient Advocate with more than ten years of advocacy experience, an MBA in healthcare administration, a Master's degree in professional writing and communication, and a Bachelor's degree in biology.

What is a Board Certified Patient Advocate (BCPA)? An advocate is someone who supports or helps the cause of another. The BCPA designation acknowledges

Board Certified Patient Advocate professionals who have demonstrated their experience and proficiency in the field of patient advocacy by passing a formal examination. The BCPA credential is built on ethical standards, professional competencies and best practices for professionals who work in patient advocacy and have taken the steps necessary to become certified.

"The most important quality in my business is respecting patient autonomy," Stacy said. "What I want to emphasize is to let our clients know that they have a voice in their healthcare, and I can help them use it. They also don't have to be alone. They don't have to go to their doctor's appointments, procedures or be in the hospital alone. If they are in a facility, we can visit and check on them. I want



Stacy Hansen, BCPA started StacyCares Oklahoma, a healthcare consulting company offering advocacy, appointment accompaniment and visitation services, helping clients communicate with their healthcare providers.

See STACY Page 11

Pay your last respects...not your life savings!



"I only wanted a simple cremation...& they listened!"



Affordable Cremation Service has served the funeral industry for over 50 years. We understand the needs of families who are looking for a simple cremation. Our simple cremation package is \$995.00 within a 50 mile radius of Oklahoma City. No membership or hidden fees - no surprises. Visit our website for more info, or call us 24 hours a day.



Affordable Cremation Service located at Reflection Pointe Gardens • 10900 N. Eastern in OKC

405.521.8777 | www.acs-okc.com

Meadowlakes Retirement Village
Assisted Living Center at its Finest!
Spacious one and two bedroom
apartments available.



Providing affordable rates with two levels of care based on individual needs.
 Please call for a facility tour!

963 SW 107th St. Oklahoma City, OK 73170
405-703-4225

MEADOWLAKESRETIREMENTVILLAGE.COM

STACY
Continued from Page 10

seniors in facilities to have the best quality of life they can," she added.

"The business's set of personalized services and operating as a private advocate makes StacyCares Oklahoma unusual and unique in Oklahoma. This is what sets us apart from hospital advocates. I work for my clients, representing them and their needs and their interests. As part of our ethic, we honor our clients' personal values, their right to be involved in their healthcare, and to engage in two-way communication with their providers. We are seeking to empower people to feel in control of their healthcare, to have the best quality of life, and to take some stress out of their healthcare experience she commented.

Stacy explained that some clients struggle with managing their healthcare, or the healthcare of a loved one. "Some clients get stressed by appointments or have trouble talking to or understanding their healthcare providers, or they just want someone to help coordinate their care," Stacy said. "Effective communication is vital in healthcare. This is why we join clients at medical appointments and procedures—to be supportive, to assist discussions with healthcare providers, and to help them understand diagnoses, treatment plans and instructions. If the client doesn't have family or friends available to go with them, we go to be by their side. Sometimes, patients aren't up to advocating for themselves when they are not feeling well. StacyCares Oklahoma can help the client by asking questions to their doctor relaying their concerns, and

helping them understand treatment recommendations and plans. We can make those follow up calls for them to ask questions. We can also help coordinate their care to help them understand what each provider is doing. This helps them feel more at ease and in control of their healthcare."

"There are some families that live far away from their loved ones in Oklahoma. We offer personalized social and well-being visits to residents in long-term care facilities to help alleviate loneliness and put distant families at ease. We offer another set of eyes, devoted to checking on their loved ones well-being. Our social and wellness visits are tailored to our client's needs and include assisting communication with friends and family. We want to help maximize the quality of life," Stacy said.

Sometimes, potential clients ask the question, why do I need a private advocate? The healthcare system can be challenging and overwhelming, and sometimes scary and confusing. It can help to have an experienced advocate focused on their needs, providing additional information about what their healthcare provider or insurance company says, and helping them and communicate questions and decisions.

"I firmly believe the effective communication in healthcare setting is vital to patient safety and optical care outcomes," Stacy said. "That is why I started this company."

If you have any questions, feel free to call 1-405-802-3730 or email info@StacyCaresOK.com or check out www.StacyCaresOK.com or follow them on Facebook.

INTEGRIS Volunteers Making
Face Shields for Caregivers



The volunteers started making the protective gear on Wednesday afternoon and have already completed 1,000 pieces. They have enough supplies, thanks to a partnership with Hobby Lobby, to make a total of 10,000 face shields. The group plans to work Monday through Saturday until they are done.

This is yet another example of Oklahomans willing to roll up their sleeves and do whatever is necessary to properly defend our troops for battle.

A team from INTEGRIS Volunteer Services and other staff are busy making much needed eye protection and face shields for our caregivers on the frontlines of the current COVID-19 crisis.

While many of our volunteers are seniors, this particular group only consists of select members of the volunteer auxiliary who are under the age of sixty in an attempt to protect individuals in the age group considered most vulnerable to the illness.



Commissioner Glen Mulready
Comments on the Passing of
Sen. Tom Coburn

Commissioner Mulready released the following statement on the passing of former U.S. Senator Tom Coburn:

"Tom Coburn was a friend, statesman and supporter of mine who will be greatly missed. Dr. Coburn was a fierce public policy leader and someone who wouldn't shy away from working across the aisle to solve our state and national issues. When I was campaigning for Insurance Commissioner, I called Dr. Coburn and asked him to meet with me to discuss some healthcare and health insurance issues. He agreed to meet and graciously sat with me in his home for over an hour."

"He also stepped out and provided support to me during my 2012 re-election campaign. He acknowledged and supported my efforts to address the challenges with our state's healthcare and health insurance policies at a time when many of his supporters would not."

"He will be greatly missed. Sally and I extend our heartfelt condolences and prayers to his family during this difficult time."

What About Cremation?
So You're Considering Cremation...

The reasons for choosing cremation vary from individual to individual. But as with all funeral arrangements, there are many options available regarding the cremation itself, services, price ranges, and what to do with the ashes. Please send for this informative brochure to help answer any questions you may have. It's free & you'll learn about the endless choices available to you.



Signature: South OKC (405) 494-6554
Wilson: El Reno (405) 262-3311
Crawford: Edmond (405) 340-2333
Ford: Mid-Del (405) 677-9990
www.crawfordcares.com

Family Owned & Operated - Se Habla Espanol

Yes, I'd like more information on cremation.
(There is no cost or commitment.)

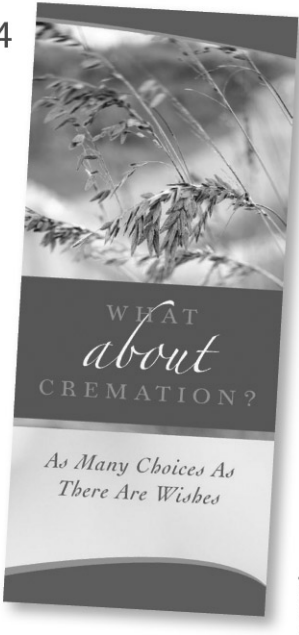
Name _____

Address _____

City _____ State _____ ZIP _____

Phone _____

MAIL TO:
Crawford Funeral Service
610 NW 178th, Edmond, OK 73012



TRAVEL / ENTERTAINMENT

A Celebrity Equinox Cruise: Part Two

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

You may think it odd that I would be telling you about the virtues and short falls of a cruise line, in an atmosphere of distrust and downright boycott of any cruise at this time of health issues. And I agree. However in recent memory Celebrity Cruises has not had any mass ship borne infection with its passengers as had other lines in the news.. Maybe due to luck, maybe due to good hygiene, as on my January cruise there was hand sanitizer at every turn of the corner and at every group gathering.

Lets face it: travel comes with risks. In most cases the risk is out weighted by the rewards of comforting destinations, emotional and intellectual satisfaction, and identifying with world wide humanity. The risk was there when I took my first international trip to Egypt and Greece in the early 1980s; as we traveled between the assassination of middle east leaders. Now the Cruise lines are suspended and booking now for the future of 6 to 9 months ahead is not available or even thinkable. We were so glad we had our Egypt adventure, as I'm sure you have had looking back on your completed trips.

The Celebrity Equinox has many extras that secured my vote and my deposit for a cruise in January, booked in September. In retrospect there were so many more pluses than minus to the cruise. It was a joy to board the ship. There was lots of walking from curbside to security, check in and off to the cabin which was available on time, not always available on other cruise lines. And in short time, the luggage arrived, there was ice, the pre-ordered flowers were delivered as was the shower bench and we were introduced to our cabin steward, Revlon, who throughout the cruise was quite efficient.

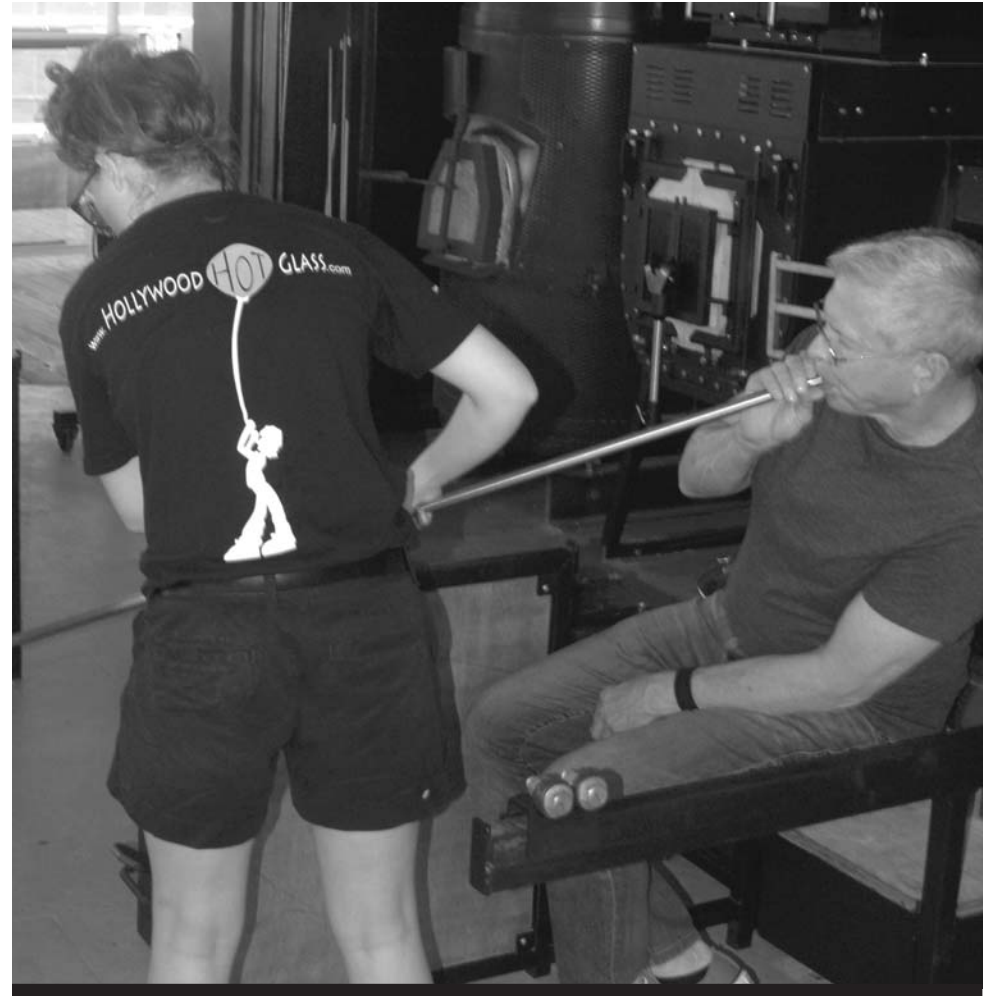
A short coming was the mini non insulated ice bucket. While there are ample drink stations on many floors, none on mine, as it's nice to take a soft drink from the nicely stocked mini fridge (\$3/soft drink) for a quick pick me up or beverage enjoying the view from your own veranda. Yes a small inconvenience, but hey, it's your cruise and should be without bumps that could be corrected.

All of my prepaid tours, events and dining extras were executed without exception, and it was easier than I thought, to add more once boarded. I have been on cruises where if you did not book your most wanted extras, there were sold out upon boarding, not so with Celebrity.

The tours offered on line before the cruise were minimal, but plentiful in the brochure on board. We had a most delightful three stop food and beverage tasting in St. Thomas. There was a trek over uneven streets to arrive at the 3 locales, but once there each were atmospherically and deliciously different. One was a tasting of local foods in an historic family owned and operated restaurant. The second was beverage making in a quaint bar, and the third a make shift banana fosters show and tasting. Each locale was near, but off the beaten track, and if you didn't know it was there, you could miss it, which made the tour mysterious and inviting. It was a pleasant tour, and only disappointing in that on that tour, was that we were not driven to the photo sight so often seen in brochure that looked down upon the white sand St. Thomas crescent beach.

I had heard from other cruise veterans that Santa Domingo was a beautiful tropical place, so I was looking forward to my tour. There were several choices but most sounded too strenuous for this cane carrying senior, so I picked one that was on a small bus to three spots of interest. I just knew one would be a local beach from a resort or such, and I could just take in the lux surroundings with a tropical view with beverage in hand. As the saying goes, "Expectations are the road to disappointment."

I was not happy with the non destination our small bus of cruisers were taken. One was a long drive to a large parking lot where off in the distance a sunken dilapidated wooden pier could be seen. The history, if there was some, was lost on me. Next was a park with a small bandstand where costumed dancers were waiting for the recorded music to start. Most got off the bus to see this local amateur folkloric dance-dozen swooshed



their skirts and stomped there feet. Next was a primitive open air eating place, where the driver had his dinner of rice and such. The rest of us, could buy bottle coca cola and such and wondered what was next on this tour. It was a stop at a gentrified and not yet completed colorfully painted strip mail of sorts, where over priced souvenirs could be purchased before returning to the ship. Needless to say this was no beautiful, tropical enchanting tour. I'm sure other tours which included hikes and snorkeling were well received. I gave this one a 1 on a scale of 10 as high, on the subsequent emailed evaluation.

The Equinox has many venues for entertainment. The top deck boasts a real live green grass lawn where bowling can be enjoyed or sitting in chairs and watch an outdoor movie after sunset. I preferred the more structured performance by the exceptional talent displayed at three different jute box musical in the main theater. There really were no bad seats and if you got there early you can order soft drinks and the like. The production shows usually had well known songs sung live with an array of costumes and a thin story line. I was not always thrilled with the content but the execution and energy of the performances were without equal.

Besides memories of near gourmet meals in the premium based specialty restaurants, the Hot Art Glass blowing experience was fun and offered a real home grown - your breath - take away souvenir. I had done this on a limited basis before, but there is nothing like putting your lips on the end of blow pipe where on the other end was a glob of glass at 2,000 degrees. Scheduling this event can be tricky as the on line booking App does not register your exact reservation time, and you must sign up for a time in person. This was one of their prepaid options I made at home before the cruise.

You may think I was hard on my Equinox evaluations, but as stated before, I got no compensation from the cruise line and my honest, picky evaluation, might prepare you in your booking. I heartily endorse Celebrity Equinox, as the highest complement, is that I look forward to booking again.

Celebrity offers at; (www.celebritycruises.com) and 1-888-751-7804)

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

3110 N.W. 15 Street - Oklahoma City, OK 73107

<https://realtraveladventures.com/?s=terry+zinn>

<https://realtraveladventures.com/?s=zinn>

<http://new.seniornewsandliving.com/?s=TERRY+ZINN>

www.martinitravels.com

OKC ZOO LAUNCHES LIVE RED PANDA CAM ONLINE NOW THROUGH MAY 1

New red panda cam connects fans with endangered wildlife during Zoo closure

While the Oklahoma City Zoo is closed due to the unprecedented COVID-19 public health emergency, it remains committed to connecting people to its animals and expert caretakers, and creating moments of wild wonder for all to enjoy during these uncertain times. Beginning Tuesday, March 24, enjoy an exclusive real-time look at the Oklahoma City Zoo's red panda family with the Zoo's new red panda cam online at www.okczoo.org/redpandacam. The Zoo's red panda cam will stream live daily through Friday, May 1, with optimal viewing from 9 a.m. to 4 p.m., weather permitting. When temperatures reach 90 degrees or higher, the red pandas are given exclusive access to their indoor habitats, outside the camera's field of view.

Experience a virtual visit to the OKC Zoo's red panda habitat at Sanctuary Asia from the ease of your smartphone, computer or tablet to watch Thomas, 6, and Leela, 5, plus their offspring Khyana and Ravi, 9-months, play, eat and engage with their caretakers. Youngsters, Khyana and Ravi, are always on the move climbing and exploring their habitat, providing hours of viewing enjoyment. In October, Khyana underwent an amputation of her hind, left leg, due to a congenital deformity. She is thriving and continues to do everything her four-legged brother, Ravi, can do-watch and see!

Known for being great climbers, red pandas spend most of their lives in trees, even sleeping in branches. Red pandas grow to be about the size of a typical house cat. Their bushy, ringed tails add about 18 inches to their length and serve as a type of blanket keeping them warm in cold mountain climates.

Though previously classified as a relative of the giant panda, and also of the raccoon, with which it shares a ringed tail, red pandas are currently considered members of their own unique taxonomic family—the Ailuridae. The red panda is listed as an endangered species. Only an estimated 10,000 remain in the wild, and their habitats in remote areas of the Himalayan Mountains, from Nepal to central China, are being threatened by deforestation,



agriculture, cattle grazing and competition for resources. The OKC Zoo participates in the Red Panda Species Survival Plan, developed by the Association of Zoos and Aquariums (AZA) as a cooperative effort among AZA-accredited zoos throughout North America to help promote genetic diversity through species management.

Stay connected to your Zoo each and every day with "OKC Zoo @ Two". This new digital series provides an online safari of the Zoo through caretaker chats, veterinary exams, behind-the-scenes animal encounters and more! Segments are posted on the OKC Zoo's social media platforms (Facebook, Instagram, YouTube) and at okczoo.org/okc-zoo-at-two daily at 2 p.m. CT. They include pre-produced stories as well as live broadcasts allowing viewers to submit their questions to be answered by Zoo caretakers. On Thursday, March 26, red panda fans won't want to miss a special red panda caretaker chat featuring more information about this unique species and their new habitat at the OKC Zoo!

Fans wishing to support the OKC Zoo and mitigate the significant cost of the temporary closure can pre-purchase general admission tickets and Zoo-It-All tickets online at okczoo.org/tickets at a 20% discount. These tickets will be valid to use any day before March 31, 2021. The public can also support the OKC Zoo by making a donation at okczoo.org/donate towards the Zoo's general operating fund or by becoming a ZOOfriends members at zoofriends.org/membership. All active

in our care, safety is our top priority every day at the OKC Zoo, particularly with the emergence of COVID-19. Zoo officials will continue to closely monitor this developing situation and follow guidance from federal, state and local health officials to determine the Zoo's reopening date.

Get all the cuteness you can stand with the Zoo's Red Panda Cam! Located at the crossroads of I-44 and I-35, the 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. Stay up-to-date with the Zoo on Facebook, Twitter and Instagram and by visiting Our Stories. Zoo fans can support the OKC Zoo by becoming Oklahoma Zoological Society members at ZOOfriends.org or in-person at the Zoo! To learn more about these and other happenings, call (405) 424-3344 or visit okczoo.org.

AVAILABLE NOW!



A NEWLY RENOVATED ASHTON ON THE GREEN

Independent Living for Seniors 55+

El Reno, OK

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

Washer & Dryer In Every Unit, Outdoor Pool, Fitness Center,
Clubhouse, Sidewalks, Activities, And Much More

NEWLY REMODELED UNITS AVAILABLE NOW

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

We accept OHFA Vouchers



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



ARE YOU THINKING ABOUT RELOCATING, DOWNSIZING OR SELLING YOUR FAMILY HOME?



For information & assistance,
contact **Belinda Gray**,
Seniors Real Estate Specialist,
at **405-823-0331**.



A Realtor for all Seasons of Life



StacyCares

Oklahoma

Advocacy, Accompaniment &
Visitation Services for Seniors

CONTACT US TODAY AT (405) 802-3730

www.StacyCaresOK.com info@StacyCaresOK.com

COME AND SEE!

Assisted Living

as Low as

\$701*

person centered care

Care Suites
Your wellbeing first

Corner of NW122nd & Western
www.caresuitesokc.com



405-269-2266

*Income based all inclusive-1 bedroom private apartment



Safety & THERAPY for LIFE

A SAFE SOLUTION WALK-IN TUBS

Local Family Owned and Operated



**The best walk-in tub at
the lowest possible price.**

- Speedy Fill and drain
- Super-low door threshold for entry and exit
- Leakproof door with easy-grip handle
- Custom built-to-order, top-of-the-line hydrotherapy systems assembled using the highest quality name-brand components



FREE IN-HOME ESTIMATES. 1-2 DAY INSTALLATION! CALL NOW!

For a free booklet and more **AMAZING Senior Discounts**

Call 405-226-8424

or email asafesolution@gmail.com

www.safesolutionswalkintubs.com



\$1,128 OFF

when you mention this ad
for a limited time only

Call Today 405-226-8424

Wheelchair and Scooter Lifts • Wheelchair Accessible Vans
Adaptive Driving Devices • Transfer Seat Bases & Hand Controls

Oklahoma's Only
All-Inclusive Sales
& Service Centers. **BraunAbility**



NEWBY VANCE &
MOBILITY SALES AND SERVICE

"We exceed expectations every day"

Located at John Vance Auto Group
Exit 153 & I-35 • Guthrie, Oklahoma
(405) 282-2113 • Toll Free (800) 375-4471

Serving NE OK, AR, KS & MO
510 N. Main • Miami, Oklahoma
(918) 919-3686 • Toll Free (855) 558-1909

www.newbyvancemobility.com



**Absolute Economical
Funeral Home**

**LOCK IN YOUR
PRICES TODAY
WITH A PRE
ARRANGEMENT!**

Providing Quality Care Without the Added Cost

6 MONTHS SAME AS CASH - WAC

**COMPLETE BASIC CREMATION
\$818.31**

**COMPLETE FULL
TRADITIONAL SERVICE
\$3,671.59**


BOTH PACKAGE INCLUDES
ONE DEATH CERTIFICATE AND ALL FEES & TAXES*

*DOES NOT INCLUDE CEMETERY EXPENSES OR OUTER CONTAINERS


405-787-9300

AEFUNERAL.COM

**We Are
NOW
OPEN!**



**Experience Our
Exceptional Lifestyle!**



HarborChase offers:

- State-of-the-Art Fitness & Wellness Center
- Extraordinary Fine Dining in Multiple Venues
- Bar & Lounge with Top Shelf Options Available
- World-Class Salon & Spa Services Available

**Call now to schedule your
personalized tour and
complimentary lunch!**


HarborChase
Assisted Living • Memory Care

South Oklahoma City

10801 South May Avenue | Oklahoma City, OK 73170
(405) 378-9768



Find us on 

www.HarborChase.com

OMRF donates 25,000 gloves to Integris, joins testing effort



Joel Guthridge, Oklahoma Medical Research Foundation.

The Oklahoma Medical Research Foundation has donated more than 25,000 protective gloves to the Integris Baptist Medical Center. The donation came after Integris officials put out a call for personal protective equipment, or PPE.

Across the state and nation, shortages of PPE have heightened concerns that first responders and medical workers might be at higher risk of contracting the COVID-19 coronavirus and passing it on to patients.

OMRF has suspended most biomedical research during the pandemic. So, researchers joined together to gather spare laboratory supplies, which also included masks and other PPE desperately needed in hospitals, clinics and testing facilities.

"Our scientists reacted immediately to the request," said OMRF's Lijun Xia, M.D., Ph.D., who helped spearhead the effort.

"As a medical scientist, I knew that it was essential to get Integris staff sufficiently equipped so they could help patients in Oklahoma," said Xia. "When I heard their supplies were running low, I was really concerned and wanted to contribute as quickly and as much as possible."

OMRF healthcare providers continue to treat patients in the foundation's rheumatology and multiple sclerosis centers. "So, it's vital that we still retain adequate supplies to protect caregivers and patients when they visit," said OMRF President Stephen Prescott, M.D. "But this is a crisis, and if we can help other medical professionals who are risking their lives by sharing part of our inventory, we will."

In addition to the PPE donation, OMRF scientists are teaming with the University of Oklahoma Health Sciences Center in an emergency effort to process COVID-19 tests. Led by Joel



Lijun Xia, M.D., Ph.D., and Hendra Setiadi, Ph.D., with the laboratory gloves the Oklahoma Medical Research Foundation donated to Integris Baptist Medical Center for use during the COVID-19.

Guthridge, Ph.D., a team of OMRF scientists is temporarily relocating to OU Medicine, where they will operate a high-speed polymerase chain reaction system OMRF has moved there temporarily, as well as a new robot OMRF has purchased to help accelerate testing.

The goal of the effort is to increase the state's testing capacity. When fully operational, OMRF and OUHSC scientists hope the facility will be able to process up to several thousand tests a day.

"Experts say Oklahoma's numbers will increase dramatically when more testing becomes available," said Prescott, a physician and medical researcher. "The sooner we can get our arms around the true magnitude of this health crisis, the better we'll be able to fight it."

Testing will also help those worrying about whether they've contracted COVID-19. "Knowing whether you have the virus could improve your chances of recovery," said Prescott, "and aggressive quarantine measures can save others from contracting it."



301 Triad Village Dr
Norman, OK 73071
(South of 12th and Alameda on Triad Village Drive.)
405-310-2266
www.beacon.cc

Wyndam Place

SENIOR RESIDENCES

- Fully equipped kitchens with dishwashers & disposals
- Custom fit window blinds provided
- Kitchen Pantry • Easy clean European style cabinetry
- Full size washer & dryer connections in every home
- Controlled access entry with intercom • Emergency call system
- Individual water heating, furnace & central air
- Off street parking & garages available
- Beautiful community room • Resident lounge/Fitness equipment
- On-site manager & 24 hour emergency maintenance

Pets are Welcome at Wyndam Place



INDEPENDENT LIVING FOR SENIORS 62 & GREATER

RESOURCES SENIOR NEWS AND LIVING

Assisted Living

Arbor House
Norman, OK 405-310-2499
Norman, OK 405-292-9200
Midwest City, OK 405-455-3900
Mustang, OK 405-376-2872
www.arborhouseliving.com

Care Suites OKC
1213 NW 122nd St,
Oklahoma City, OK 73120
www.caresuitesokc.com

Fountain Brook Assisted Living and Memory Support
11510 SE 15th St. Midwest City, OK
405-769-7677
www.fountainbrookliving.com

Harbor Chase
10801 South May Ave
Oklahoma City, OK 73170
www.harborchase.com

Legend at Rivendell
13200 S May Ave,
Oklahoma City, OK 73170
www.legendseiorliving.com

Meadowlakes Retirement Village
963 SW 107th St.
Oklahoma City, OK 73170
405-703-4225
meadowlakesretirementvillage.com

Tealridge Retirement Community Assisted Living | Memory Care
Call (405) 546-2385 2200 NE 140th Street Edmond, OK 73013

Independent Living
Call (405) 546-2385
2100 NE 140th Street
Edmond, OK 73013
www.tealridge.com

Cremation Service

Absolute Economical Funeral Home
7721 NW 10th St. Ste. B, Oklahoma City
405-787-9300
www.aefuneral.com

Affordable Cremation Service
10900 N. Eastern, Oklahoma City
405-521-8777
www.cremation-okc.com

Cremation Service

Crawford Funeral Services
CRAWFORD FAMILY FUNERAL & CREMATION SERVICE
EDMOND - 610 NW 178th Street
(405) 340-2333
FORD FUNERAL SERVICE
MIDWEST CITY - 305 S. SOONER RD.
405-677-9990
WILSON FUNERAL HOME
EL RENO - 100 N. BARKER
www.crawfordfuneralservice.com

Health Care

INTEGRIS Senior Life Wellness
5100 N. Brookline, Ste. 100 OKC, OK
73112 - 405-721-9821
4200 S. Douglas Ave. Ste. B-10
OKC, OK 73109 - 405-636-7474
www.integrism.com/seniorlifewellness

Naadi Healthcare - Vascular Healthcare Specialists
Naadi Health is an outpatient vascular center dedicated to treating peripheral artery disease (PAD) and chronic venous disease. Contact us for a free vascular health screening.
405-608-8884
www.naadihealthcare.com

Home Health

Comfort Keepers
Making everyday extraordinary
405-242-5300
www.comfortkeepers.com

Care Plus Home Care
9828 NE 23rd Street
Oklahoma City, OK 73141 405-769-2551
www.CarePlusatHome.com

Dispatch Health
Bringing Back The House Call
405-213-0190
www.dispatchhealth.com

Independent Living

Ashton On The Green
2501 Ashton Place El Reno, OK
405-262-4700
www.wilhoitliving.com

Chateau on the Green
1511 SE 4th St. Moore, Ok 73160
405-793-4200
www.chateauonthegreen.com

Independent Living

The Gardens at Reding
3708 S. Douglas Oklahoma City, OK
405-636-1537
www.gardensatreding.com

Whispering Creek
5712 Goldfinger Road, Mustang / SW OKC
73179 405.820.4058
www.whisperingcreekretirement.com

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

Wyndam Place
301 Triad Village Dr. Norman, OK 73071
405-310-2266 1-888-298-0888
www.beacon.cc/wyndamnorman.html

Autumn House
500 Adair Blvd, Oklahoma City, OK 73110
(405) 732-0644

Insurance

MCM INSURANCE
Medicare & Retirement
2232 W Hefner Rd. Ste. A
Oklahoma City, OK 73120
www.mcmmedicare.com

Mobilty

Newby Vance Mobility Sales and Service
5632 S. Division St. Guthrie, OK 73044
405-282-2113 or 800-375-4471

Private Duty

Excell Private Care Services
4631 N. May Ave. Oklahoma City, OK 73112
Call 405-639-3939 Toll Free:
1-866-631-8711

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

Also see our Resource Guide at www.seniornewsandliving.com

STRANGE BUT TRUE

SO THEY SAY...

SBT Marmite was one of most confiscated items at airports from the U.K. - to overcome this issue, Marmite made smaller ones for traveling.

SBT Most toilet paper sold for home use in France is pink.

SBT The human nose can remember 50,000 different scents.

SBT The television was invented only two years after the invention of sliced bread.

SBT Bullfrogs do not sleep.

SBT The dark region on the north pole of Pluto's moon, Charon, is called Mordor.

Private Duty

Excell Private Care Services
4821 S Sheridan Rd. #210
Tulsa, Ok 74145
Call 918-660-0609 Toll Free:
1-866-631-8711
A Legacy of Excellence

Roofs * Gutters & More

Smooth Finish
General Contractor Fully insured and Licensed -Call Dennis Helm at
405-923-5127
or visit: www.smoothfinishroofing.com

Realtor

Belinda Gray, Realtor
Senior Real Estate Specialist
(405) 823-0331
BelindaGrayRealtor@gmail.com
www.belindagrays.com
A Realtor for all Seasons of Life

Services

Guardian Angels Concierge Services, LLC
Call 405.415.3055
or email:
dhendrix@guardianangelsokc.com
www.guardianangelsokc.com

Electrical

A&P Home Electric Inc.
Specializing in Small Residential Jobs.
20% Senior Discount plus materials.
Call Art at 405-326-6117 Covering the OKC Metro Area for more than 50 years!

Taxes

Mustang Tax Service
45 W Armstrong Dr # A,
Mustang, OK 73064
(405) 376-5456

4 Things to Know about Coronavirus (COVID -19)

There has been a lot of information out about COVID-19 novel coronavirus, and it's important to decipher through to find accurate information that can help you and your family be as safe as possible. Here are four things you need to know about COVID-19 from experts at INTEGRIS Health.

1. Practice the Centers for Disease Control (CDC) COVID-19 Safe Guidelines

- **Hand Hygiene.** Protect yourself by frequently washing your hands with soap and warm water for at least 20 seconds. If soap and water are not available, then use a 60% alcohol-based hand sanitizer. Make sure that hand sanitizer is not replacing thorough handwashing if available.
- **Face.** Also avoid touching your eyes, mouth and face as much as possible. If you cough or sneeze, don't do so into your hands. Cough and sneeze into your elbow or upper sleeve.
- **Social Distancing.** Stay away from public gatherings of

more than 10 people. Put a six-foot distance between yourself and other people where possible. If you can, work from home and limit time spent in crowded public spaces.

2. Signs and Symptoms of COVID-19

- Fever, cough, muscle aches and shortness of breath.
- A runny nose or a sore throat, these are not common symptoms of the COVID-19.

3. How, When and Where to Get Care for COVID-19

Most people with COVID-19 will not need to come to a doctor office, ER or hospital for care.

The following are places you can get care if you have COVID-19 symptoms:

- At Home Care. There is no treatment to cure COVID-19 at this time. Staying home and letting the illness run its course is what most people will need to do.
- Call Ahead or Use TeleHealth. To limit exposure to others, if you feel you need



additional help beyond your home care, please seek care in the following ways:

- E-visits with your provider - visit www.INTEGRISandMe.com
- INTEGRIS Virtual Visits. Using INTEGRIS Virtual Visits allows clinical experts to

Continued next page

CROSSWORD CORNER

Across

1 Took a powder

5 Wake-up call alternative

10 Real estate ad abbr. after 2 or 3, commonly

14 Golfer Aoki

15 Blender button

16 "Wonderfilled" cookie

17 One of a daily three at the table

19 __ colada: cocktail

20 Heart rate

21 Tempo

22 Tar Heel State university

23 Hunting dog

25 Israeli currency

27 __ out a living

29 Fiber-__ cable

32 Temperate

35 Jinx

39 Tokyo, long ago

40 Drink cooler

41 Ten-spot

42 Ga. neighbor

43 Voting mo.

44 Ditching class, say

45 Visa rival, for short

46 Mournful toll

48 Former OTC market regulator

50 Trendy, with "the"

54 NFL team that moved from St. Louis in 2016

58 Perfume that sounds forbidden

60 Foes of us

62 "The Bourne Identity" star Matt

63 Universal donor's blood type, briefly

64 Reality show hosted by rapper M.C.

66 "Golly!"

67 Suggest

68 Salinger title girl

69 Aardvark fare

70 Affectionate nickname

71 __-Pei: wrinkly dog

Down

1 Talks like Sylvester

2 Suffix with arab

3 San Andreas __

4 Like much breakfast bread

5 Jungle chest-beater

6 Sugar cube

7 Real estate calculations

8 Gunslinger's "Hands up!"

9 Brawl

10 Girl with a missing flock

11 Military marching unit

12 Gambling town northeast of Sacramento

13 Sound of pain

18 Smell bad

24 Halfway house activity

26 Oddball

28 Spreads, as seeds

30 Sitting around doing

nothing

31 Win over gently

32 Luxurious fur

33 Twitter's bird, e.g.

34 Utmost effort

36 Brit. honor

37 Brooks' country music partner

38 In base eight

41 Fries sprinkling

45 Costs for sponsors

47 Guffaws or giggles

49 Iraq's __ City

51 Code of conduct

52 SeaWorld orca

53 Entice

55 Horse-and-buggy-driving sect

56 Mother's nickname

57 Lip-curling look

58 Frat party robe

59 Very shortly, to Shakespeare

61 Mid-21st century date

65 Cornea's place

1	2	3	4		5	6	7	8	9		10	11	12	13	
14					15						16				
17					18						19				
20							21				22				
23						24		25			26				
				27			28			29			30	31	
32	33	34			35		36	37	38			39			
40					41							42			
43					44						45				
46				47				48		49					
			50			51	52	53		54			55	56	57
58	59				60			61		62					
63					64				65						
66					67						68				
69					70						71				

Answers on page 26

c)2016 TRIBUNE MEDIA SERVICES, INC.

conduct an initial screening for COVID-19.

You can download the app for iPhone and Android, or use on your computer at www.integrisvirtualvisit.com

Emergency Room (ER). Only come to the ER for COVID-19 if you are experiencing difficulty breathing or shortness of breath, persistent pain or pressure in the chest, new confusion or inability to arouse and bluish lips or face.

4. The Need for Testing

- **World-wide Shortages.** COVID-19 testing kits and personal protective equipment (mask, gowns, etc.) are in short supply due to the worldwide demand.
- **Testing appropriateness.** The treatment for COVID-19 is not different for confirmed versus suspected COVID-19 patients. Because of the short supply, basic COVID-19 symptoms will not be tested.
- **Testing Centers.** As COVID-19 testing kits and personal protective equipment become more available, a drive through testing center will be created.

CONCIERGE SERVICES



Guardian Angels

Concierge Services

TO DO:

☒ Groceries

☒ Pharmacy

☒ Bank


☒ Dr. Appt.

Call 405-415-3055

www.guardianangelsokc.com

AUTUMN HOUSE

Affordable Retirement Living!



• Excellent Reputation

• Spacious Apartments with Full Kitchens

• Convenient to Shopping, Restaurants, Banks, etc

• Many Activities

Drop By For A Tour Today!

405.732.0644 | 500 Adair Blvd. | Midwest City, OK



You've Waited Your Whole Life For This.

INTEGRIS Senior Life Wellness

Around age 50, life begins to take on **new meaning**. You find yourself with new interests, new hobbies – and often **more time to explore them**.

INTEGRIS Senior Life Wellness is here to help you do just that, with programs, services, classes, clubs and more – all focused on the things people in this new stage of life want to know and experience. Better still, virtually all of it is *absolutely free*.

Learn Spanish. Take a defensive driving course. Join a book club. Find a support group. Or get in shape with Senior FitClub three days a week at locations across the metro.

Visit integrisok.com/seniorlifewellness today and make the most of it!

INTEGRIS

For you. For health. For life.

5100 N. Brookline, Suite 100

Oklahoma City, OK 73112

405.717.9821

4200 S. Douglas Ave., Suite B-10

Oklahoma City, OK 73109

405.636.7474






integrisok.com/seniorlifewellness | 405.717.9821



SENIOR TALK

Read what other Seniors have to Say...

If you could get away to anywhere in the world for a Spring Break where would it be? NRHS Auxiliary

<p>Hawaii and just enjoy the atmosphere.</p>  <p>Janice Hanna</p>	<p>I was going to say Hawaii, too. Just lay on a beach and stare at the sky.</p>  <p>Melanie Wright</p>	<p>Each Month We Visit With Seniors Throughout The State</p>  <p>If you would like us to visit you, please email the Editor at: news@metropublishingok.com SENIOR TALK or call SENIOR NEWS AND LIVING 405-631-5100</p>	<p>Probably Ireland because I've never been.</p>  <p>Janet Gatlin</p>	<p>The Carolina Coast. Lots of beach and lots of food.</p>  <p>Connie Bailey</p>
---	---	--	---	--



FREE IN-HOME ASSESSMENT

- ✓ 24 Hour Live-Ins or Hourly Available
- ✓ Certified Home Health Aides & Companions
- ✓ Bathing, Dressing & Hygiene Assistance
- ✓ Meal & Snack Preparation
- ✓ Light Housekeeping & Laundry
- ✓ Services Provided up to 24 Hours Per Day



Stay Home, Stay Well!

CALL US 24 Hours | 405.769.2551 | 877.744.2551

"Family owned, operated & serving Central Oklahoma since 1993"

www.CarePlusatHome.com

OKLAHOMA ASSISTED LIVING ASSOCIATION'S —UPCOMING— 2020 EVENTS



MARK YOUR CALENDARS



OKALA...20 Years of being Oklahoma's VOICE and PARTNER in Assisted Living!

April 21, 22 & 23	Annual Spring Convention	RiverSpirit - Tulsa
May 7	State Survey Prep	OKALA Office
May 18 - 20	Argentum Sr. Living Ex. Conf.	Tampa, FL
July 16	Boot Camp on OK Regs	Tulsa
July 30, 31, Aug 26 - 28	RCAL Admin Cert Class 2	OKALA Office
September 15	Statewide BINGO Day	Statewide
September 14 - 18	National Assisted Living Wk	Statewide
October 8	State Survey Prep	Tulsa
Nov 5, 6 & Dec 2, 3 & 4	RCAL Admin Cert Class 3	OKALA Office
November 10	AL CEU Seminar	Moore-Norman Vo-Tech
December 10	Holiday Open House	OKALA Office

Event information may be out of date due to the coronavirus (COVID-19). Please confirm details with event organizers!

Check Out our Website for additional events/dates or to enroll in classes.



Oklahoma Assisted Living Association 405-235-5000
CELEBRATING 20 YEARS OF BEING OKLAHOMA'S VOICE & PARTNER IN ASSISTED LIVING
REGISTER AT: WWW.OKALA.ORG

Is a virtual joke still a funny joke?

by Greg Schwem

For 30 years I've made my living as a standup comedian. I've stood on iconic stages including the Grand Ole Opry and the Chicago Theatre. I've gazed out at crowds as large as 10,000 and as small as six. We won't talk about the six.

My moods following my performances have run the gamut from elation to despair. From feeling like I'm the first person to set foot on an uncharted planet to wanting to jump into a recently dug grave and instructing the backhoe operator to "just bury me now."

The one commonality to all these shows was a live audience. The coronavirus has, for the immediate future, taken away my ability to perform.

Or has it?

Enter the concept of virtual entertainment, an idea that has never really taken off considering that, despite the available technology, most people ultimately think it's weird to watch a hologram of Prince or another deceased rock star "playing" live on stage. The connection a performer feels to an audience works in reverse too; the audience must feel that same connection.

So when a show I was scheduled to perform for 1,200 members of the dairy industry in Madison, Wisconsin, joined the scrap heap of cancellations on my calendar, I was not hesitant, rather overjoyed, when the organizers said they wanted to me to perform virtually.

Of course, that would mean performing standup comedy to a camera, without a crowd. The audience, I was told, would watch from bedrooms, hotel rooms and home offices, surrounded, most likely, by nobody.

Not exactly the ideal audience for a comedian. Still, the show must go on.

At 8 p.m., I entered a conference room that looked as if preparations were in place for some sort of invasion. A half-eaten takeout pizza sat on a round table big enough to seat 10. Snacks, drinks and sandwiches purchased from an attached hotel represented lunch for the staff tasked with running the virtual operation. Dinner too.

A few IT personnel stared intently at laptops as another virtual presenter, speaking from God only knows where, gave a speech entitled "Practical Proven Systems for More Profitable Innovation." I heard his voice and saw the PowerPoint slides he had assembled for his talk, but I didn't see him.

Instead I saw an empty stage and a single camera pointed at it.

"That's where you'll be," the conference organizer told me.

When the previous speaker had concluded, another member of the organizational team grabbed a mic and said, "We have some questions." These questions, I assume, were submitted by attendees watching virtually. Of the 10 people in the conference room, nobody raised a hand.

The unseen presenter answered several questions and then it was time for me. Like a normal show, a tech clipped a lavalier microphone to my shirt; like a normal show I stood slightly offstage awaiting my introduction. And, like a normal show, I bounded onstage when I heard my name.

The next 45 minutes were left to my imagination.

The conference room participants -- seven staff members and three techs -- did their best to laugh at my jokes, which, naturally, included a few references to the massive elephant in the room.

"I'm staying in a very nice hotel here in Madison," I said. "I only live two hours from here, so I don't really need a hotel. But I was out of toilet paper and the hotel had some."



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

Strangely, the longer I performed, the more confident I was that somebody was laughing somewhere. A few laughs from the 10 people in the room were all I needed to keep going. Yes, there were some uncomfortable moments, but it's also uncomfortable doing standup at a party in the hull of a Catamaran. OK, I brought up the audience of six. Sorry.

I hope there will be no more virtual shows in my career. I hope to be back on stage soon, where I can see and converse with real audience members.

But COVID-19 has taught me one thing: Laughter cannot be quarantined.

(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.)

You've enjoyed reading, and laughing at, Greg Schwem's monthly humor columns in Senior Living News. But did you know Greg is also a nationally touring stand-up comedian? And he loves to make audiences laugh about the joys, and frustrations, of growing older. Watch the clip and, if you'd like Greg to perform at your senior center or senior event, contact him through his website at www.gregschwem.com)

STRANGE BUT TRUE

SO THEY SAY...

BBT The two tiny holes drilled in every BIC pen is to ensure that the air pressure is the same both inside and outside the pen, which helps the ink flow to the tip.

BBT In South Korea there is an emergency number (113) to report spies.

BBT Japan is facing a ninja shortage. There is a high demand for "ninja shows," but it is a dying tradition and companies have trouble time finding properly trained ninjas.

Rents starting at \$1,295* include all amenities!

WhisperingCreekRetirement.com

A GATED RETIREMENT COMMUNITY FOR ACTIVE ADULTS

Now Is The Time To Enjoy The Lifestyle You Deserve

WhisperingCreek

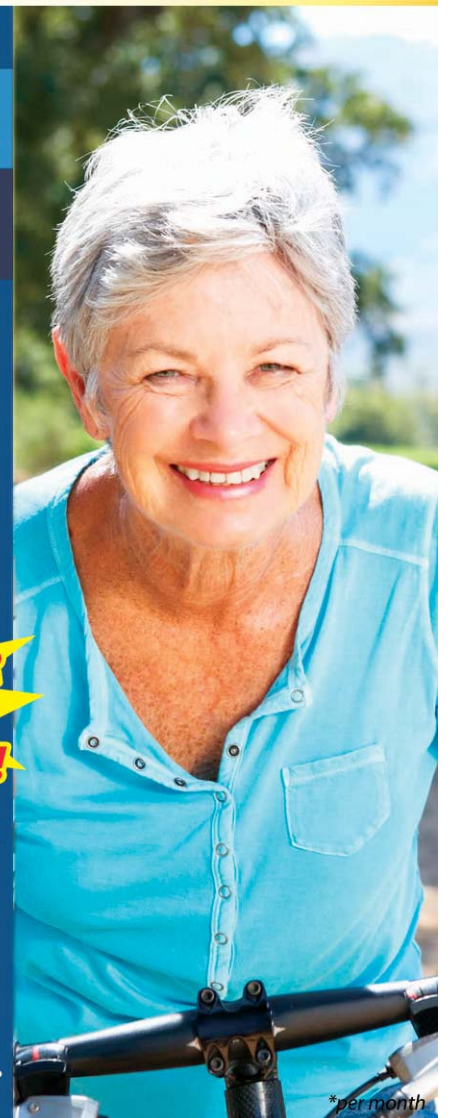
SIMPLIFIED LIVING • ACTIVE LIFESTYLE

- Cottage Homes For Lease
- Covered Parking
- Onsite Management
- Storm Shelter
- Fitness Center
- Walking Trails
- Ponds & Waterfalls
- Socials & Activities
- Age 55+
- Clubhouse
- Lawn & Home Maintenance Provided

CALL FOR MOVE-IN SPECIALS!

405.820.4058

5712 Goldfinger Road. Oklahoma City/Mustang On County Line Rd. Just North of SW 59th



*per month

First Lady, Girl Scouts, OSMA Team Up to Provide Cookies for Courage

Oklahomans Urged to Send Cookies to Frontline Health Care Workers



First Lady Sarah Stitt, Girl Scouts Western Oklahoma (GSWESTOK), and the Oklahoma State Medical Association have launched Cookies for Courage, a program that allows Oklahomans to purchase a box of Girl Scout Cookies for medical professionals fighting COVID-19.

"Cookies for Courage is a great way for Oklahomans to let our health care workers know we are thinking of them during this very difficult time," Stitt said. "Oklahomans always pull together in tough times, and this is a very sweet, very simple

way to support our medical community as they work to protect us all."

Cookies can be purchased online for \$5 per box or \$60 for a case at www.gswestok.org/cookiesforcourage. The

cookies will be distributed to health care workers and others on the frontline. Proceeds from the program will support leadership opportunities for young girls through the Girl Scouts.

"Oklahoma's physicians, nurses and other providers are working extended hours to keep our community safe during this health crisis. We are grateful to the Girl Scouts of Western Oklahoma and its members for providing this opportunity to say 'thank you' to those on the front lines of patient care," said Oklahoma State

Medical Association President Larry Bookman, M.D.

Girl Scout cookie season was set to run through March 22, but due to COVID-19, in-person sales have been paused. Individual Girl Scout troops have the option of returning their unsold cookies to GSWESTOK or continuing sales online through their individual Digital Cookie websites.

"Oklahomans always set the standard for how we care for our people," said Shannon Evers, CEO of Girl Scouts Western Oklahoma. "Cookie season was cut short this year because of coronavirus, and while that's disappointing for our girls, they recognize that there's an opportunity here to show love for people who are fighting this pandemic on the front lines."

SITUATION UPDATE: COVID-19

- As of this advisory, there are 481 confirmed positive cases of COVID-19 in Oklahoma. New counties with cases include Beckham, Cotton and Love counties. These counties will now be required to come into compliance with Governor Kevin Stitt's "Safer at Home" executive order that calls for non-essential businesses in counties with COVID-19 cases to temporarily suspend services until April 16.

- There is an additional death in Cleveland County: a male in the 50-64 age group.

- There are 17 total deaths in the state.

- Governor Kevin Stitt issued Sunday evening a sixth amendment to Executive Order (EO) 2020-07, requiring travelers from six states to self-quarantine for 14 days, to include New York, New Jersey, Connecticut, California, Louisiana, and Washington.

- Governor Stitt's amended Executive Order also requires delivery personnel to submit to screenings when making deliveries at hospitals, clinics, long term care facilities and daycares. The EO also protects health care workers and their families from discrimination in housing or child care.

- REMINDER: Governor Stitt's "Safer at Home" order includes the following guidelines for all 77 counties until April 30:

COVID-19 Oklahoma Test Results

Positive (In-State)	481
Positive (Out-of-State)	2
Negative*	1207
Hospitalizations	153
Deaths	17

- No gatherings in groups larger than 10 people.

- People age 65 or older or those with a compromised immune system must shelter at home.

- PLEASE NOTE: Some local municipalities, to include Oklahoma City, Tulsa and Norman, have put into place law enforcement efforts to enforce the Governor's order as well as the cities' additional "shelter in place" policies.

- On both statewide and municipal levels, individuals can still leave for essential errands such as to grocery stores or pharmacies. Please call 2-1-1 or visit covidresources.ok.gov for resources and information.

- For more information, visit coronavirus.health.ok.gov.

This update is as of March 30, 2020.



Excell

Home Care • Personal Care

Personal In-Home Care ♦ Case Management ♦ Advantage Programs
Long Term Care ♦ VA Friendly ♦ Long Term Care Insurance Accepted



Excell Private Care Services
4631 N. May Avenue
Oklahoma City, OK 73112
405.639.3939
Toll Free: 1.866.631.8711

Excell Private Care Services
4821 S. Sheridan Rd #210
Tulsa, OK 74145
918.660.0609
Toll Free: 1.866.631.8711

A Legacy of Excellence

www.ExcellCares.com

SECOND HALF EXPO 2020

Everything for the Second Half of Life

**June 27th, 2020 | 9AM - 4PM
OK State Fair Park
Oklahoma City, OK**



Something for Everyone:

Boomers • Seniors • Adult Children of Seniors • The Greatest Generation

**200+ EXHIBITORS • SENIOR LIVING & CARE • HEALTH & FITNESS
FOOD & MUSIC • HEALTH SCREENINGS • TRAVEL • & MORE!**

Calling All Exhibitors:

Meet a huge crowd of potential clients – in one day!

Reserve Your Booth Today At SecondHalfExpo.com

Presenting Sponsor



Media Sponsor



Contact Us: 405-796-8100 | Info@SecondHalfExpo.com



CALENDAR OF EVENTS

To Be Added To The Calendar, Email Senior News and Living at advertising@seniornewsandliving.com

APRIL

FREE LINE DANCE LESSONS

Weekly on Wednesdays 8PM-9PM. All ages and dance levels welcome. 401 South Meridian Ave. OKC-The Biltmore. *Event info. may be out of date due to the coronavirus (COVID-19). Please confirm details with event organizers.

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 OKC 73112 for more info: 405-943-1950. *Event info. may be out of date due to the coronavirus (COVID-19). Please confirm details with event organizers.

APRIL 24

Bell Cow Boil Crawfish Festival Fri., April 24, 5-9:30 p.m. 405-258-0673

chandlerchamber@gmail.com
Price: \$20. 4th Annual Bell Cow Boil Crawfish Festival Route 66 Pavilion 1113 Joe Long Drive All you can eat (while supplies last) Crawfish, potatoes, and corn, Red beans and rice and dessert \$20, 10 and under free with paid adult ticket. Crawfish eating contest. Vendors. Other fun activities!! Trade Days Pavilion. 1113 Joe Long Drive, Chandler Shawnee, OK. www.chandlerareachamberok.com

MAY 2

Holi - Festival Of Colors 2020 When: Sat., May 2, 11 a.m.-4 p.m. 405-759-0838.

infoiaok@gmail.com.
Price: Free

[www.facebook.com/
events/570231880251531](https://www.facebook.com/events/570231880251531)

Join us at Midwest City, Oklahoma and get painted in colors and enjoy the Festival of Colors in style with food, drinks, dance workshops, art and the amazing beats by OKC's Top Entertainers. This Festival of Colors celebrates the coming of spring, the joy of friendship, and equality for all. Make sure to wear white because this party gets colorful. Take the opportunity to cover yourself and your friends in colorful powders and dance your heart out. Enjoy musical performances, delicious food, and an afternoon of messy, color fun! Hope you all can make it! Joe B. Barnes Regional Park 8700 E. Reno Ave. Midwest City midwestcityok.org

MAY

Ceramics

okc.gov/parks. Event ID: 27154
Learn the Basics in the complete process in making clay creations of your choice. Pouring, cleaning, glazing instructions with opportunities to advance in techniques. Call for Supply List! Mon, Tues, May 4-28 9am-12:00pm
Will Rogers Senior Center
Ages: 50+. Cost: \$5/Month

Beginners Sewing

okc.gov/parks
Event ID: 27312
In this basic beginner's sewing class, you will learn to use a sewing machine as well as learn to craft simple beautiful projects. Instructor will have several patterns for you to choose from as she goes over techniques. Participants are required to bring sewing machine and supplies. Supply list available on request. Tue, May 5-26 9:00am-12:00pm
Will Rogers Senior Center
Ages: 50+. Cost: \$5/month

Painting- Explore Your Creativity

okc.gov/parks
Event ID: 27228
Join in this casual painting class while the instructor offers suggestions and tips to enhance your paintings. You will be able to paint in watercolor, oil, or acrylic. Each student paints individual work from personally selected subjects. All level painters are welcome. Wed May 6-27 1:00pm-3:00pm
Will Rogers Senior Center
Ages: 50+. Cost: \$5/month

Woodson Woodcarvers

okc.gov/parks
Event ID: 28312
Practicing a unique art form, woodcarving artists meet weekly to work on individual projects. Participants share ideas and patterns. Newcomers are welcome & receive help for selecting woods, supplies and beginning patterns. Wed, May 6 - 27 8:30am - 11:30am
Woodson Senior Center
Ages: 50+. Cost: FREE
Register on site.

MAY

Painting - Explore Your Creativity May Thursday Class

okc.gov/parks. Event ID: 29021
Join this painting class while the instructor offers suggestions and tips to enhance your paintings. You will be able to paint in any medium. Each student paints individual work from personally selected subjects. Beginners are welcome May 7 - 28. 9:00am - 12:00pm
Woodson Senior Center
Ages: 50+. Cost: \$5/class
Register on site.

The Mysterious Georgia O'Keeffe (Spring)

okc.gov/parks. Event ID: 28826
Learn about six women artists through the ages who have impacted the art world. You will paint in the style of each artist. Tue, May 5 - June 9 1:00pm - 3:30pm
Woodson Senior Center
Ages: 50+. Cost: \$10/class
Register on site.

MAY 6

MAY IS SPRINKLER SPRUCE-UP MONTH

Wednesday, May 6. 6:30 - 8pm
Will Rogers Gardens
Exhibition Hall. 3400 NW 36th ST. Before you ramp up watering this spring, let us walk you through a "sprinkler spruce-up" to ensure your system is operating efficiently. In this workshop you will learn how to inspect, connect, direct and select-to help promote healthy landscapes and reduce water waste. Free, registration is required at squeezeeverydrop.com or by calling (405) 297-1284.

MAY 29

Senior Bingo (Spring)

okc.gov/parks
Event ID: 28707
Seniors can come enjoy each other's company by playing bingo, winning prizes, and sharing a potluck meal. May 29 1:00pm-2:00pm
Woodson Senior Center
Ages: 50+. Cost: FREE
Call 297-1459 for further information or to register.

JUNE

SECOND HALF EXPO 2020 JUNE 27TH, 2020 9 AM - 4 PM

OK State Fair Park

EXHIBITORS SIGN-UP NOW
AND SAVE BIG!

WWW.SECONDDHALFEXPO.COM
A LIVELY, ANNUAL EVENT FOR THOSE WHO REFUSE TO ACT THEIR AGE

200+ Exhibitors * Food & Music
* Travel * Health & Fitness *
Senior Living & Care * Health Screenings * Career Options 45+
* And More!

**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 EXT 3 or email your listing to **advertising@seniornewsandliving.com** for more information and to be included!

OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

FOR SALE



Like New - \$200 Large heavy duty wheelchair with feet.

Frame is metal. Seat is brown heavy vinyl. Used by non-smoke and pet free. Seat 18" w X 15 1/2" d. Seat back 18" tall. Removable feet 6 1/2" d X 6" w. Floor to seat 18" Wheels 24" tall. Floor to padded arms 20" tall. Call Lisa (405) 413-8671

FOR SALE



FOR SALE: Like New! \$3,500. Used less than 5 times – SHOWER BAY ROLL IN SHOWER + WATERPROOF WHEELCHAIR. Set up in any room, connects to nearest sink w/ 35' hose. 50" Tall, 44" wide, & 80" long (including ramp). CAN DELIVER in OKC area! Call/Text Marianne (405-488-8351)

FOR SALE



READY TO SELL YOUR OIL & GAS MINERAL RIGHTS?

Oklahoma Mineral Buyers

Top Dollar Paid + Quick Close

Contact Us Today
(405) 657-6117

Oklahoma's Most Trusted Mineral Company

FOR SALE BOSTON POP ALBUM, BRAND NEW UNOPEN. WE HAVE 12 DIFFERENT VOLUME. \$7.50 EACH. CALL 580-450-2014

Resurrection Memorial Cemetery. 7801 NW Expressway, Oklahoma City. 2 Spaces for sale: Current selling price \$2420 each. Asking price: \$3000 for both Telephone: 405-720-1050

SERVICE

I Pay Cash For Diabetic Test Strips!!! Must be Unopened Sealed in the box and unexpired extra boxes that are rightfully yours. Call or Text (405) 655-8875

Assisted Living in Goldsby. Utilities, toiletry, meals, non smoking, pet friendly, transportation, references available. (405) 217-2920.

Want To Get Paid Drinking Smart Coffee \$\$\$ Increase Energy. Better Memory. No Jitters. Plus Much More Benefits. Samples Available. Earn extra \$ sharing with your coffee friends. Call or text for more info thanks. Ken (405) 473-9550

CLASSIFIED MARKETPLACE
CLASSIFIED LINER ADS
PRICE PER 25 WORDS
1 Month.....\$22.00
3 Months.....\$54.00
6 Months.....\$84.00

**ADD A PHOTO,
ONLY \$8.00 MORE!**

Deadline is the 24th of each month. Mail-in form with check must be postmarked by the 24th and received by the 27th 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 or email advertising@seniornewsandliving.com to submit ad copy & payments. www.SeniorNewsandLiving.com

PICK A CARD, ANY CARD!



Payment to
Senior News and Living
can be made with
any of the above
credit cards.



This & Pass Along to a Friend!
Be one of the first to view
SENIOR NEWS & LIVING
monthly newspaper by calling **SNL** at...

(405) 631-5100

and register your email address for the
Electronic Edition!

You get the full print version of
SENIOR NEWS & LIVING
online by email

FREE OF CHARGE

SENIOR NEWS & LIVING

AD FORM

Category (Exp: For Sale, Help Wanted):

Date(s) to Run:

CLASSIFIED LINER ADS (PRICE PER 25 WORDS)

- ☐ 1 Month.....\$22.00
☐ 3 Months.....\$54.00
☐ 6 Months.....\$84.00
☐ **ADD A PHOTO, ONLY \$8.00 MORE!**

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 mail-in form with check must be postmarked by the 20th & received by the 25th of each month.

Mail to: Senior News and Living P.O. BOX 239. MUSTANG, OK 73064.

Questions? Call 405-631-5100 x 3 or email advertising@seniornewsandliving.com



SAVE UP TO
85%
OFF
YOUR PRESCRIPTIONS



www.HonestDiscounts.com/snl

PRESENT THIS TO YOUR PHARMACIST!

DISCOUNT COUPON

REUSABLE - NEVER EXPIRES

PHARMACIST PROCESSING INFORMATION

BIN 610602
PCN HDX
GROUP HDRX5432
MEMBER 84736259

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

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

Customer Service: 1-866-809-9382

This is not insurance.

SAVE
\$60

ON AVERAGE



CVS/pharmacy



Walmart



TAKE THIS COUPON to your pharmacist!

Safety & THERAPY for LIFE

A SAFE SOLUTION
WALK-IN TUBS



The best walk-in tub
at the lowest
possible price.

- Super-low door threshold for entry and exit
- Speedy Fill and drain
- Leakproof door with easy-grip handle
- Custom built-to-order, top-of-the-line hydrotherapy systems assembled using the highest quality name-brand components

\$1,128 OFF

when you mention this ad
for a limited time only

Call Today 405-226-8424



For a free booklet and more
AMAZING Senior Discounts
Call 405-226-8424
or email asafesolution@gmail.com
www.safesolutionswalkintubs.com



*Bathe yourself with comfort and
ease again - giving you and your
family peace of mind!*

"The Quality of the Product and service were both outstanding. These people are very skilled and adept at installing a beautiful product and making it look like it was meant to be there. A Safe Solution is the best solution for anyone seeking a quality walk-in tub product and installation. Look no further! These folks are the way to go."

- Troy R.

**A SAFE SOLUTION
WALK-IN TUBS**

Local Family Owned and Operated

FREE IN-HOME ESTIMATES. 1-2 DAY INSTALLATION! CALL NOW!

For a free booklet and more **AMAZING Senior Discounts**
Call **405-226-8424** or email asafesolution@gmail.com
www.safesolutionswalkintubs.com