

RN's First Love to Last Love

Barbara McDougal and Bobby Aldridge have a real love story. Dating each other in 1969, their love was alive yet life's path led them apart. In 2007, they found their way back to each other and are now happily married.

story and photo by Vickie Jenkins, Staff Writer

Growing up in Holdenville, OK in the late sixties, people considered this as golden town living; a safe place to live, small in size and friendly folks. At the tender age of twelve, Barbara McDougal was like most girls, beginning to notice those once dreaded species called boys.

She began to push her childish ways to the side, knowing that she would soon be a teenager. Barbara took notice of a certain boy that had just moved to the neighborhood, only one block away from her. She peeked out the window

See LOVE Page 5

Editor's Note: As part of the American Nurses Association "Year of the Nurse" campaign, National Nurses Month begins May 1st. During This very difficult time and in support of Oklahoma Nurses - we have devoted a large portion of our publication to nurses throughout the state. Please join us in saying THANKS!

One Pandemic — Two Brutal Outcomes

Story and photos by Darl DeVault

While Oklahoma seniors have been the most vulnerable to COVID-19, our modern heroes, medical health professionals, have also been impacted by this huge stress event.

Medical outcomes are stark. There are no proven therapies to treat or cure the disease. In Oklahoma, the vast majority of COVID-19 deaths are in seniors 65 or older, as high as 80 percent. The statistics go on and on, unchanging in dire descriptions of how



Nurse Beth Bierig.

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Behind the Mask: A nurse's view



Becky Lewis RN, MSN, CIC, is the system director of infection prevention for INTEGRIS, Oklahoma's largest health system. - Bobby Anderson, RN (RIGHT)

story and photo by Bobby Anderson, Staff Writer

At the time, none of us knew.

The patient we received from the emergency room was breathing 40-50 times a minute and maxed out on oxygen.

The bipap - the last line of oxygenation before

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OPINION

S THE SAVVY SENIOR

Dear Patty,

This is a great question. Because the coronavirus (COVID-19) attacks the lungs and respiratory system, many readers have asked whether the pneumonia vaccines, which are administered to millions of patients each year, might protect someone if they contract the coronavirus.

But unfortunately, the answer is no. Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B vaccine, do not provide protection against the new coronavirus.

This virus is so new and different that it needs its own vaccine. Researchers are in the process of rapidly developing a vaccine against COVID-19, but it is expected to take at least a year before it's ready.

Having said that, you should also know that there are several other important vaccines the Centers for Disease Control and Prevention (CDC) recommends that all seniors should get up to date on after the coronavirus pandemic dies down. Here's a rundown of what they are, when you should get them, and how they're covered by Medicare.

Flu vaccine: While annual flu shots are recommended each fall to everyone, they are very important for older adults to get because seniors have a much greater risk of developing dangerous flu complications. According to the CDC, last year up to 647,000 people were hospitalized and 61,200 died because of the flu - most of whom were age 65 and older.

To improve your chances of escaping the seasonal flu, this September or October consider a vaccine specifically designed for people 65 and older. The Fluzone High Dose or FLUAD are

Dear Savvy Senior,

Do currently offered vaccines against pneumonia provide seniors any protection against the coronavirus disease? I've always been bad about getting vaccinated, but this coronavirus pandemic is causing me to change my thinking.

Pro-Vax Patty

the two options that provide extra protection beyond what a standard flu shot offers. And all flu shots are covered under Medicare Part B.

Pneumococcal vaccine: As previously stated, this vaccine protects against pneumonia, which hospitalizes around 250,000 Americans and kills about 50,000 each year. It's recommended that all seniors, 65 or older, get two separate vaccines - PCV13 (Prevnar 13) and PPSV23 (Pneumovax 23). Both vaccines, which are administered one year apart, protect against different strains of the bacteria to provide maximum protection. Medicare Part B covers both shots if they are taken at least a year apart.

Shingles vaccine: Caused by the same virus that causes chicken pox, shingles is a painful, blistering skin rash that affects

Do Pneumonia Vaccines Protect Seniors from Coronavirus?

more than 1 million Americans every year. All people over age 50 should get the new Shingrix vaccine, which is given in two doses, two to six months apart. Even if you've already had shingles, you should still get this vaccination because reoccurring cases are possible. The CDC also recommends that anyone previously vaccinated with Zostavax be revaccinated with Shingrix because it's significantly more effective.

All Medicare Part D prescription drug plans cover shingles vaccinations, but coverage amounts, and reimbursement rules vary depending on where the shot is given. Check your plan.

Tdap vaccine: A one-time dose of the Tdap vaccine, which covers tetanus, diphtheria and pertussis (whooping cough) is recommended to all adults. If you've already had a Tdap shot, you should get

a tetanus-diphtheria (Td) booster shot every 10 years. All Medicare Part D prescription drug plans cover these vaccinations.

Other Vaccinations

Depending on your health conditions, preferences, age and future travel schedule, the CDC offers a "What Vaccines Do You Need?" quiz at www2.CDC.gov/nip/adultimmsched to help you determine what additional vaccines may be appropriate for you. You should also talk to your doctor during your next visit about which vaccinations you should get.

To locate a site that offers any of these vaccines, visit VaccineFinder.org and type in your location.

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.

Yukon Couple Hospitalized with COVID-19 Making Progress

Paul H. and Evelyn Bourne were the first two COVID-19 patients to require hospitalization at INTEGRIS Canadian Valley Hospital in Yukon. The married couple came to the hospital together, both were listed in critical condition and both required intubation to breathe.

Six weeks later, we are happy to announce that both are making progress.

Evelyn, who was transferred to another hospital, was taken off of the ventilator today (Wednesday, April 29) and is showing improvement. While Paul is headed to INTEGRIS Jim Thorpe Rehabilitation.

The 71-year-old spent 11 days on a ventilator, a total of 23 days in the hospital and then another 15 days in a long-term acute care facility. But today, he got one step closer to going home. Here is the emotional send-off.

Paul is expected to spend approximately 14 days at INTEGRIS Jim Thorpe working to regain his strength and coordination. We hope Evelyn will soon follow his lead. It's stories like these that keep our caregivers going. This is what makes our job worthwhile.



MASK

Continued from Page 1

a ventilator – wasn’t keeping up and the patient was struggling.

We knew the Coronavirus – or more technically, Covid-19 – was a thing.

Like all hospitals around us, there were whispers of a handful of patients on our campus being tested for it.

But they were in the ICU or on a separate floor, being taken care of by nurses with special personal protective equipment, wearing helmets and facemasks with powered air-purifying respirators.

Meanwhile, our patient was in respiratory distress.

Lab tests, chest x-rays and CT scans were reviewed along with a late call about the patient’s history.

The situation called for an ICU level of care.

The call from the patient’s doctor revealed COVID 19 was highly suspected.

That’s when COVID-19 became real for all of us in the room.

Outside the room, five respiratory therapists, the house supervisor and my charge nurse huddled together.

Eyebrows and voices raised.

The people I looked to most in the hospital for answers were without them.

Not only that, they were scared.

The bipap ventilation system was effectively aerosolizing the already contagious virus.

In layman’s terms, the high pressure flow made the viral particles even smaller and easier to transmit.

The surgical masks we were all wearing aren’t designed to be effective against the virus.

Two days later we learned the patient died while on a ventilator.

The day after that we learned results were positive for COVID-19.

Direct exposure was declared and all of us barred from returning to work for 14 days.

Nearly two weeks later we’re still learning.

Now I take my temperature twice a day and monitor for symptoms while logging

everything online.

A fever over 100 degrees. A cough. Vomiting and diarrhea. Body aches.

All are symptoms of infection.

I haven’t been tested nor will I be tested unless I develop symptoms.

But my goal throughout this pandemic isn’t to complain or blame others. My goal, when I’m not at the bedside after my quarantine ends, is to highlight individuals who are helping turn the tide.

One of those individuals making a difference is Becky Lewis.

Lewis RN, MSN, CIC, is the system director of infection prevention for INTEGRIS, Oklahoma’s largest health system.

This virus has affected us all in different ways: personally, professionally and emotionally.

In Becky’s own words:

I see my family less and work more.

It is necessary but it is hard.

My five-year-old asks me when the sickness will be gone and my almost two-year-old cries when I come home because he knows that means it’s time to go to bed.

I come home and immediately start looking at any new common guidance documents from the CDC and the like to see if there were any revisions or updates overnight.

Every day I identify three to five items to focus on and work toward providing recommendations or guidance for each and relay that information to the system. The amount of updated or new information to digest is astounding.

I am currently on day 49 of non-stop COVID work. I am tired to my bones but know what I am doing is necessary and important work. I am working to keep our patients and caregivers safe.

I worry about the fear factor for our teams on the front line and the misinformation that can feel stronger than science.

My first week on the job as an infection preventionist was during H1N1 and it was wild, but we didn’t have the same social media presence that we do now and it is a strong element to work with and around.

LOVE

Continued from Page 1

each time he walked by her house as he adventured out, exploring the mighty streets in the neighborhood.

As Barbara and her girlfriends gathered, Barbara found herself secretly pointing this boy out, telling them how cute he was, along with a firm statement of, “Someday, that boy is going to be mine.”

It wasn’t long before Barbara became more interested in this new boy in town. She would casually be sitting on the front porch at the most convenient planned out times. It wasn’t long before this boy walked by her house, stopping to introduce himself. It was just like one of those love stories on the big screen; the two of them stood there, gazing into each other’s eyes, as though a light suddenly came on. They knew the love bug had gotten to both of them. They had been love-struck!

His name was Bobby Aldridge and he was sixteen-year- old. He drove around town in his blue ‘57 Chevy and Barbara remembers the car being far out! After a few visits between the families and getting to know each other a little better, Barbara was allowed to meet Bobby for lunch at the local Dairy Queen. They spent their time holding hands as they listened to the juke box play some of their favorite music; Donavan’s Hurdy Gurdy Man and Tommy James and the Shondells. Soon, the relationship between the two of them progressed and they were inseparable!

In this time and age, when a boy liked a girl, he gave her a token of his love by giving her a drop, a necklace with the boy’s initials on it; Bobby’s initials being RLA. Now, they were going steady! The relationship between Barbara and Bobby was going perfect!

It was in 1970, that Barbara got the news that Bobby and his family were moving from Holdenville, to Oklahoma City, OK. No, this couldn’t happen! Both families hated

to see the sweet couple separate but it had to be. Bobby’s dad had taken on a new job in Oklahoma City, OK. After the move, frequent visits were made by Barbara as her parents would drive to OKC, allowing Barbara to spend as much time as possible with Bobby. Little did they know that their relationship would be coming to an end in the near future.

Life brings changes when we least expect it and our paths take off in different directions.

Barbara graduated in 1974 and attended Oklahoma State University. This was a whole new world for her; college, new friends and discoveries of being an adult. Barbara became an LPN in 1978, working in Stillwater, OKC and even moved to Dallas, Texas for a while. Barbara realized that she needed to go back to school for her RN. She moved back to OKC in 2007 to begin RN school at OSU/ OKC.

Time moves on. Barbara had just finished one of her classes and decided to go a near-by restaurant for lunch. As she sat at a booth, she noticed a gentleman sitting at a booth, across the room, not far from her. Taking a second look, he looked very familiar. Was it Bobby? With a feeling of nervousness and a little flushed, she got up and walked over to him. Yes, it was Bobby! They enjoyed talking to each other and reminisced about old times. Their love story picked up where they left off.

Barbara and Bobby were married on October 7, 2017. Barbara wore his initials, RLA as a charm on her charm bracelet in their wedding. This was the something old for her wedding.

Now, it’s the year 2020. Bobby is a homebuilder in OKC and Barbara is an RN at Mercy Rehab Hospital. Today, they still hold hands as they listen to some of their favorite music; Donavan’s Hurdy Gurdy Man and Tommy James and the Shondells.

From first love to last love, fifty-one years later and the love is still growing.

STRANGE BUT TRUE

SO THEY SAY...

BBT Eight of the ten largest statues in the world are of Buddhas.

BBT 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.

BBT 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.

Editor’s Note: Bobby is a critical care registered nurse at a metro hospital. He’s currently on a 14-day quarantine at home after direct exposure with a Covid-19 patient who became one of Oklahoma’s first deaths.

Calm during the storm – Interim stands tall

by Bobby Anderson, Staff Writer

Now, more than ever, people need quality care at home from providers who can make sense of a daily changing healthcare environment.

For more than 50 years, people have turned to Interim HealthCare for that quality, compassionate care.

Ashley Simms, LPN, has been with Interim for two of those years, serving now as the assistant manager of sales operations.

"We realize for seniors and those with serious underlying health conditions home is the best place for them to be during this time," Simms said.

While state and local governments mandate people stay at home to flatten the curve on Covid-19, care is needed more than ever inside the home.

"I think at this time it's so critical because legislatively there's a lot of focus on hospitals which is important but these patients are going to come home and somebody has to take care of them," Simms said. "There are so many factors that go into Covid that many people don't consider such as fear and mental health."

Interim HealthCare offers a full suite of services including: home healthcare, hospice care, personal care and support, veteran and spouse care, palliative care, behavioral health as well as neonatal and pediatric home care.

Interim offers services in Canadian, Cleveland, Grady, Kingfisher, Lincoln, Logan, McClain, Oklahoma, Payne and Pottawatomie counties.

The care extends beyond



Ashley Simms, LPN, is the assistant manager of sales operations for Interim HealthCare of Oklahoma City.

medical.

"Our social workers work diligently to help assist patients in obtaining necessary and basic items such as food and shelter which helps to drive down fear for our patients, especially in a time of crisis like this," Simms said.

For several years, healthcare delivery has been trending more and more to a home setting to help curb rising medical costs. That means patients are coming home quicker and sicker than they ever have before.

And the hospital penalties for patients who readmit for the same diagnosis within 30 days can be substantial.

That's why hospitals and other facilities rely on providers like Interim to stand in the gap and make sure patients safely recover at home.

With Covid-19 forcing more and more Oklahomans to stay at home, monitoring these high risk patients and intervening before they become sick has taken on an even greater importance.

Simms said Interim has long provided telehealth options for patients for daily monitoring of things like blood pressure, oxygen saturation and weight.

"A lot of times that provides

calm to those patients because they are able to see somebody," Simms explained. "It helps us keep an eye on our patients. Due to the restrictions that have been loosened for healthcare in general right now if the patient has a smartphone we're able to FaceTime with them."

Being unable to get out to doctor appointments can cause a sense of panic. Simms understands that.

"We're also trying to drive down the fear with our patients because we're trained and we know how this process works," Simms said. "We're not scared and know how to take care of you. There's a lot of fear circling. We have to be the forefront of education."

Being able to talk to patients in their own home at their own pace is an invaluable piece of the puzzle. Simms said Interim providers are able to have those conversations that rely on facts not the latest headlines.

"I believe we do an excellent job during this scary time," Simms said. "At the top, it's important we support our nurses. I think being the calm in the storm is what we do best. Before Covid, we took high-risk patients."

Continued on page 7

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Continued from page 6

“Because that’s already our platform, Covid was just a step up for us. We’re able to educate why (a patient) might be at more risk. We’re able to take that time, take those precautions and provide that education.”

Interim is locally owned and part of a national network of more than 300 offices.

Employing more than 75,000 healthcare workers, Interim provides care to more than 50,000 patients each day.

Simms explained Interim revolves around key concepts including: preparation and training, monitoring and reporting, alternative methods of care, high standards of safety and an emergency preparedness plan.

And in these trying times, Simms said Interim has made it a greater focus to love on its frontline staff.

From lunches and breakfasts to special personal protective equipment including floor mats and car seat covers, Interim is protecting those who protect us all.

“At Interim we believe we are all in this together and I think being the calm in the storm is what we do best.”

Tips on staying healthy in an unhealthy time

Isolation has become the new normal as we all do our part to end the spread of Covid-19. But while we’re separated, experts at the Oklahoma Medical Research Foundation say there are important steps we can take to maintain our psychological and physical health.

1. Stick to a schedule

The lack of a set daily routine can be disruptive. Resist the urge to stay up late and sleep in, as it disrupts your body’s circadian rhythms, said OMRF immunologist Eliza Chakravarty, M.D.

“Sleep deprivation also causes stress hormones like cortisol to rise, signaling the body to go into fat-storage mode by slowing your metabolism,” said Chakravarty. “And when you’re sleepy, you eat more, which can put you on a slippery slope.”

2. Get moving

Research shows that even 30 minutes of moderate exercise lowers blood pressure, strengthens bones, improves mood and helps maintain muscle mass, said OMRF researcher Holly Van Remmen, Ph.D.

“Getting outdoors when the sun is shining boosts your physical and mental wellbeing,” said Van Remmen. “Do some gardening, mow the lawn, go on a long walk—whatever gets you off the couch.”

3. Say no to junk food

“Resist the temptation to graze all day long out of boredom,” said Chakravarty. “If you snack, have healthy options on hand like veggies and hummus, fruit or nuts.”

It’s no secret that obesity has a severe negative impact on health in a variety of ways. And that can be compounded by coronavirus, which appears to take a severe toll on people suffering from obesity-related conditions like heart disease and diabetes.

4. Stay connected

Sunshine and fresh air can work wonders for your mood, but so can maintaining contact with friends and family—from a distance. “Pick up the phone, send emails or write letters to stay in touch,” said OMRF President Stephen Prescott, M.D. “Even though we’re not together physically, we don’t have to be alone.”



Oklahoma Medical Research Foundation immunologist Eliza Chakravarty, M.D.

5. Take a news break

“There’s a difference between staying informed and dwelling on never-ending commentary and speculation,” Chakravarty said. “Instead, go sew, paint, learn a hobby or rediscover an old one. Be creative.”

We don’t know when this pandemic will end, said Chakravarty. “But how you come out when it’s over depends a lot on the decisions you make now.”

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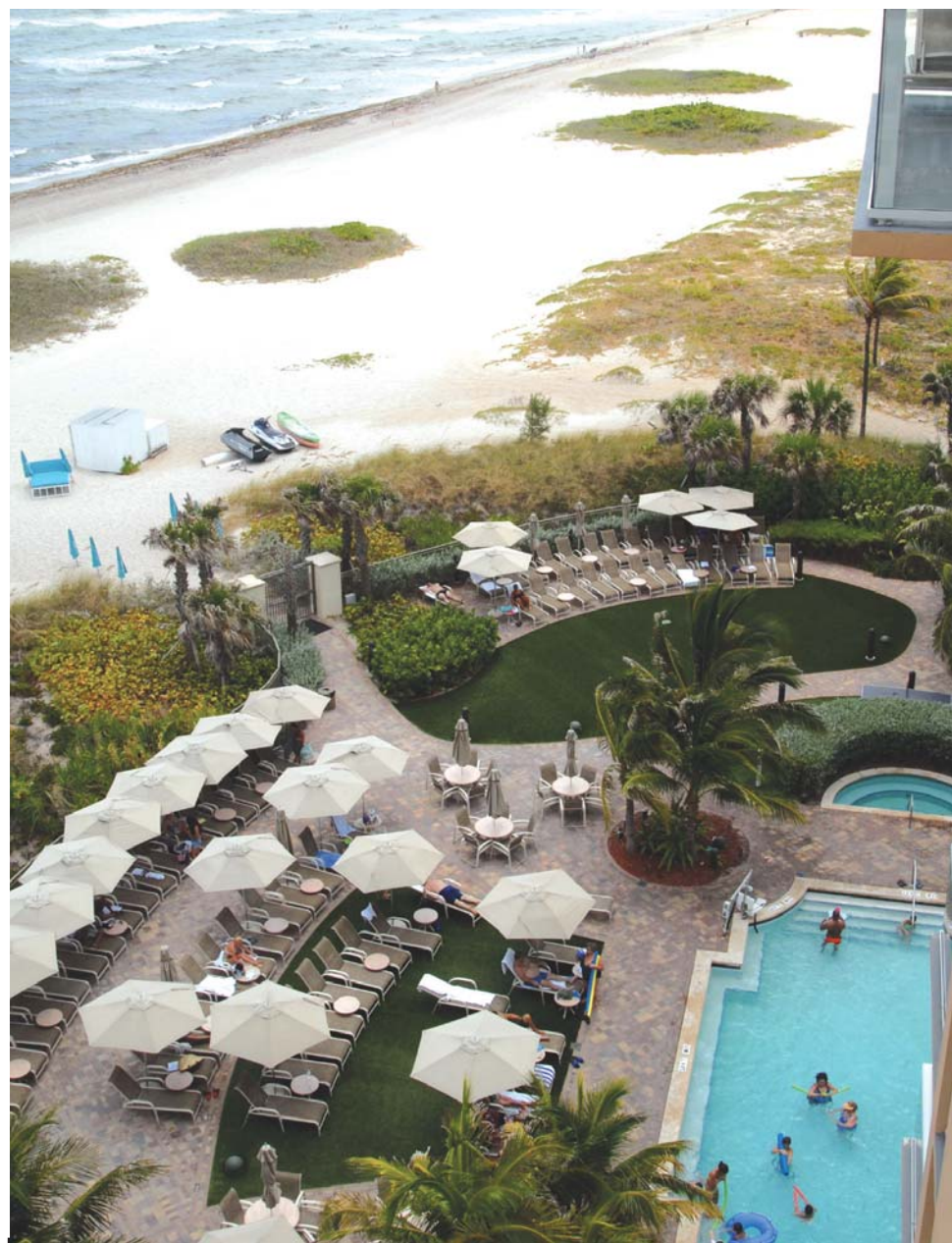
Photography and Text by Terry "Travels with Terry" Zinn t4z@aol.com

At press time leisure travel is not available or recommended, but it does not keep us from planning and revisiting destinations worthy of future consideration. Reminiscence is the safest kind of pleasure travel, sometimes called arm chair travel. For a few moments we have a respite from current news. In the following months this travel column will revisit previous personal travel experiences. Enjoy.

Some Florida resorts are located amid a massive amount of traffic and tourist activity. The Marriott Pompano Beach Resort and Spa is somewhat off the beaten track, and is boon for motorists, with their own transportation.

While a stroll within a mile of the property can be charming, there are not many cafes, restaurants or shops within the immediate area. If your desire is to get away from it all, and just ensconce yourself in a comfortable setting with pristine and maintained beaches, 2 pools, 2 towers of accommodations and delicious eating experiences, Marriott Pompano Beach Resort and Spa may be your ideal.

When you consider a visit to Florida at any time of year, it is important to keep in mind the annual hurricane season from mid-summer through September. Of course these days, predictable weather patterns of past years seem to be unpredictable. It's a boon to Pompano that they are far North of Miami Beach with its recent health headlines. It also is North of Fort Lauderdale, and a comfortable distance from its neighbor Lauderdale-By-the-Sea, which is a more active community with



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its many eateries and entertainment options. Again motorists will find it near enough to quench a typical Florida tourist's appetite.

Near Pompano is the Hillsboro Lighthouse, privately owned and only open for tours at certain times, being a coast guard operated property. Check them for opening times and tours, as you book your visit.

Happily, sequestered in your ninth floor ocean front room with balcony, you might find the sporadic afternoon thunderstorm a real 3-D entertainment, more impactful than the best free action disaster movie, shown on your large in room TV screen. Be sure and inquire about a corner suite room, for added luxury. As with many upscale hotels, housekeeping may be sporadic, even when alerting them to your out of room schedule.

Check in time is listed at 4 pm, but as someone I know had to do, you might have to wait until 6 pm, which will give you time to explore the property, Atlantic Ocean beach, Spa, and exercise room or grab a bite to eat.

McCoy's restaurant both comfortably inside or out by the active pools, offers a variety of delectable meal options and beverages with congenial wait staff. If you're a fan of specially cocktails, with the proper and courtesy instruction, they follow through with your requests most satisfactorily.

Florida still offers what many sun worshipers require and the family welcoming Marriott's Pompano Beach Resort, might be your new favorite Florida oasis for you and your extended family.

For more information and reservations: www.marriott.com/fllpm

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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PANDEMIC

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vulnerable aging bodies are to the pandemic.

Another group shares a vulnerability every bit as brutal in descriptions. Our medical health professionals are the next highest death rate in America. Besides the brutal numbers of deaths, there is another facet of their suffering.

They are repeatedly exposed to preventable unmanageable stress. This immersion in the onslaught of a pandemic has the potential to inflict post-traumatic stress disorder.

In honor of the 200th birth anniversary of Florence Nightingale, the World Health Organization (WHO) has designated 2020 as the "Year of the Nurse and Midwife." Since National Nurses Week is celebrated soon from May 6 through May 12 it is appropriate to ask one "What are you going through?"

Nurse Beth Bierig said last week from New Jersey, "Working on a floor of all COVID-19 positive patients whose change in status happens quickly without warning, makes you feel constantly guarded as to when your own medical health will quickly turn badly as well. You don't have time to even comprehend how scary the silent killer surrounds every piece of air you work in, but it weighs heavily on your mind."

Bierig, from Hackensack University Medical Center, goes on to explain how having a servant's heart can put a nurse in harm's way. "While performing life sustaining measures on your patients and respiratory fragments flood the air in the process, you can't help but wonder, will it be saving their life that takes mine?" she said. "I don't know the effects it will have on myself or other people, because everyone has had different experiences. Every nursing specialty has their own traumas and people are generally drawn to what they can handle."

Also, "the support nurses receive after this will affect their long-term mental health pertaining to this situation. The whole situation has affected everyone strongly, not only health care providers. We're living in a historic time and hopefully we all learn from it."

From the respiratory therapists who manage ventilators, and technicians that manage ICU equipment to the direct caregivers, stress can be overwhelming. The heroes who share their servant's heart signed up to be properly supported and use their knowledge and ability to affect positive change. Again, at present, there are no

proven therapies to cure COVID-19.

Some health care professionals function where they are overwhelmed by the sheer number of deaths that take place right in front of them. Sometimes as often as hourly, these deaths may inflict a PTSD future on the frontlines of medicine.

For those healers who were constantly worried about their own health because of a shortage of personal protective equipment life can change. Just the apprehension of spreading the disease to their family could have a dire outcome.

COVID-19, the severe respiratory illness caused by the novel coronavirus pandemic is extremely transmissible. Properly protected ICU critical care team workers being readied for patient interaction look like preflight prep before blastoff for our moon missions.

These heroes may share an almost as strong an impact as the vulnerable seniors who perished. Some may suffer grave symptoms of psychological stress impacting their ability to deliver medical health care in the future.

Every psyche is different in the many roles played by helping healers who suited up to sustain the COVID-19 patients. Science tells us women are twice as likely to suffer PTSD symptoms.

This pandemic is something different. The onslaught of stress can change brain wiring for the worse — at the level to create PTSD. Later, some may seek to stay away from the situations that remind them of the traumatic events.

Some caregivers may not be able to adaptively overcome the stress and adversity while maintaining normal psychological and physical functioning.

The potential for PTSD is when an individual is placed in a situation where they do not have all the needed equipment, weaponry, support by colleagues in numbers needed, or proper support from superiors. This is also fueled when they feel they do not have the proper protective material and are forced to go in harm's way relentlessly when they fear for their own survival. On April 3, Oklahoma showed 10.6 percent of its confirmed cases were health care workers.

Situationally produced and yet self-imposed is the stress of sleeping in their cars in their hospital parking lot because they do not want to bring potential illness and death home to their families. This can result in the development of PTSD, depression and other psychiatric disorders.

In a medical scenario where our heroes ran toward the danger and healing is supposed to take place

that sounds extremely abrupt. But in many of our hospitals that were overwhelmed by COVID-19 patients presenting repeated unmanageable stressors, that is exactly what was happening.

Often nurses and doctors in COVID-19 hotspots made life and death choices, deciding who was to live and who was to die because of a limited number of ventilators and limited ability to intubate. And there was the randomness of patients dying right in front of them as these patients first entered the hospital.

We must be honest. Nurses and doctors are human and cannot escape that negative impact. People who signed up to work around the sick also take great pride in learning all the ways to be healers.

To suddenly be immersed in the onslaught of hourly and daily negative scenario can have a permanently deleterious effect on the human psyche. It remains to be seen if overwhelming the individual at a high morbidity level has a lasting effect. We know brainwave activity that negativity establishes can create specific pathways in the brain that were not there before.

How do we know what effect this has on these brave people's body and spirit when these pathways are never compensated for? These

individuals may have anxiety and depression from these days forward.

The wild card in all of this are brave medical health professionals who contracted COVID-19 themselves, while trying their best to help others. Hundreds have died around the world. Yes, they signed up for this profession, but not to suffer the same as their patients.

Another stressor is some hospitals, such as the University of Oklahoma Medical Center, are cutting pay and hours because of the strict emphasis on COVID-19 leaving them cash poor.

"A grateful nation will likely create a fund offering therapy and treatment for front line medical professionals who have health problems traceable to saving lives similar to the federal World Trade Center Health Program," Oklahoman Kara De La Pena, APRN, said. "Considering for many of us who took on preventable risks, the James Zadroga 9/11 Health and Compensation Act of 2010 will be held up as a model for providing us medical treatment. That program is funded through 2090 now."

The seniors saved and whole world thank our heroes and seek restorative insight into the medical outcomes thrust upon the healers who fight to keep people alive.

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Guardian Angels Concierge service in trying times

by Bobby Anderson, Staff Writer

Social distancing. Infection risk. Quarantines.

The news during this pandemic has been enough to make your head spin.

Fear has been prominent no matter who you listen to and nearly everyone agrees - at least for now - it's probably a good idea to just stay home.

For more than 30 years, Diana Hendrix worked in nursing home administration. She understands that life does go on and she also understands vulnerable populations.

That's why six years ago she started Guardian Angels Concierge Service.

Little did she know that

her business one day would be saving lives.

"Most of my seniors are pretty concerned. They don't want to get sick," she said. "They don't understand why all this is happening but they still don't want to get sick and don't want their families to get sick."

That's where Guardian Angels comes in, to provide essential services during this time. Grocery shopping, light housekeeping and cooking still remain essential and Hendrix and her staff are able to provide those services.

"The one thing I'm trying to get out there is don't be afraid to call us. Just because this is happening in the world if you



Diana Hendrix is the owner of Guardian Angels Concierge Service. Photo provided

See CONCIERGE Page 11

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CONCIERGE

Continued from Page 10

need help call us,” Hendrix said. “I can do a certain amount of interviewing on the phone and pulling things together without actually being with a client. But even when I do have to see a client we’re very protective.”

In business since 2014, Hendrix brings her healthcare administration experience to her clients.

“I thought there would be a better way to help our seniors but I didn’t want to do any nursing. There are plenty of nurses out there and home health agencies. So I started out grocery shopping and making sure seniors ate and took their medicine.”

Grocery shopping and cooking was the easy part of.

Per regulations, Hendrix isn’t allowed to administer medication to clients but she can be there to remind her patients when they’re due.

The big thing I try to do for every family is try to find a solution for whatever is going on in their life,” Hendrix said.

As most non-essential stores have closed, errands are fewer for Hendrix.

“We’re still doing a lot of cooking which we do a lot of breakfasts, sandwiches for lunch and we do a great deal of crockpot and casserole cooking so clients can have them several days,” Hendrix said.

Hendrix and her staff are still able to still walk pets and provide other services just on a limited basis.

“We’re not taking any of our furry friends to the vet right now,” she said. “The vet I use is saying unless it’s an emergency we’re not really going into the vets.”

Another service is escorting patients to doctor’s appointments, which has taken on a new look.

“What they’re doing is they’re saying stay in your car and we’ll call you when the doctor is

ready to see you,” Hendrix said. “They’re saying the fewer the better. They’ll take my client’s temperature, escort them into the doctor’s office and turn around and bring them back to the car.”

“They’re not wanting people to be in the waiting room at all.”

Things may look different but Hendrix and her staff are getting things done in this new normal.

“We’re trying our hardest not to go to stores. We’re doing as much as we can online,” said Hendrix.

Shoe coverings are donned before going into a client’s homes as well as gloves and sanitizing wipes.

Right now, the largest service is Hendrix is fulfilling is home organization including down-size packing. Regular housekeeping and laundry is also offered.

“When I started to look at the governor’s list to see if we were necessary,” she said. “The reason we fell into that essential spot was that if we didn’t come the client would not be able to do it. Picking up a load of laundry is hard for clients who use a walker or wheelchair. Making their bed, running a vacuum cleaner are things they need help with to stay at home.”

As the quarantine wanes on, Hendrix has noted her regular clients call more often.

But Hendrix and her staff are still there and talking with clients and reminiscing with them, brighten their days as they go along.

“It’s amazing I’m talking to them almost every day and I’m telling my staff to make sure you give them a call,” Hendrix said. “Those that started out with me they’re still calling me.”

“I commend every administrator out there because I know they have a hard job.”

You can find out more about Guardian Angels online at guardianangelsokc.com or on Facebook.

Inspector General Warns About New Social Security Benefit Suspension Scam

The Social Security Office of the Inspector General has received reports that Social Security beneficiaries have received letters through the U.S. Mail stating their payments will be suspended or discontinued unless they call a phone number referenced in the letter. Scammers may then mislead beneficiaries into providing personal information or payment via retail gift cards, wire transfers, internet currency, or by mailing cash, to maintain regular benefit payments during this period of COVID-19 office closures.

As of Tuesday, March 17, 2020, local Social Security offices are closed to the public due to COVID-19 concerns. However, Social Security employees continue to work. Social Security will not suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic. Any communication you receive that says Social Security will do so is a scam, whether you receive it by letter, text, email, or phone call.

Social Security will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
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- Send official letters or reports containing personally identifiable information via email.

If you receive a letter, text, call or email that you believe to be suspicious, about an alleged problem with your Social Security number, account, or payments, hang up or do not respond. Report Social Security scams using our dedicated online form.

Learn about Social Security services during the COVID-19 pandemic, by visiting our Coronavirus Disease (COVID-19) page.

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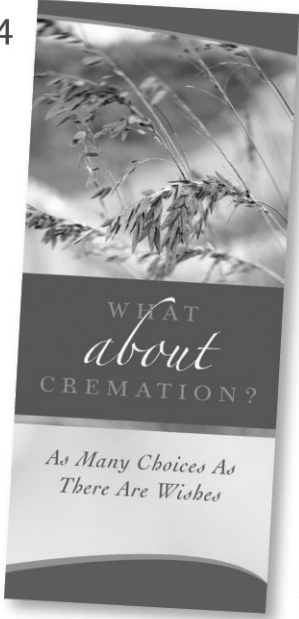
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STRANGE BUT TRUE

SO THEY SAY...

BBT In 2014, a missing woman on a vacation in Iceland was found when it was discovered that she was in the search party

looking for herself.

BBT If you sneeze while traveling at 60 mph your eyes are closed for an average of 50 feet.

BBT Alligators will give manatees the right of way if they are swimming near each other.

Paul Petersen remembers TV Mom, Donna Reed

by Nick Thomas

While most of us will be remembering mothers on May 10 this year, entertainers who worked as child actors in television sitcoms may also have special memories of their 'TV mom.' For Paul Petersen, that was Oscar winner Donna Reed, matriarch from "The Donna Reed Show."

"It's kind of an archival look back at an iconic television show," said Petersen who, like Reed, appeared in all 275 episodes during the series run from 1958 to 1966. "I wanted the book to not only examine the people who made the show, but to put television in the historical context of the period. During the 8 years, we went through a lot including illnesses, accidents, and national incidents from that era."

One of the most memorable was the 1963 Kennedy assassination.

"We were rehearsing and a guy from the radio station across the street called with a real quiver in his voice asking for Donna," said Petersen who remembers answering the phone. "Donna then told us the president had been shot and it shut down the studio. We just packed up and went home for a very painful weekend."

Most of Petersen's memories of the show are far more pleasant, however, like the first day filming on the set.

"Donna was from a little town in Iowa called Denison, in the county right next to where my mother was born around the same year," he explained. "When I got the job, the most excited person in my family was my grandfather who insisted on taking me to work to film the pilot. He marched right up to Donna and said, 'Donna Belle Mullenger (her birth name) I knew your dad!'"

Reed was gracious, and remained personable and well-liked throughout the series, according to Petersen. "We all got together for lunch and were very close – uniquely close compared to other television families."



Patty Petersen, Paul's sister, Donna Reed, Carl Betz, and Paul Peterson, stars of The Donna Reed Show - provided by Paul Petersen

A potentially tragic incident occurred when Paul crashed his Pontiac Grand Prix during the series. But Donna came to his rescue.

"The accident was my fault and for punishment I had to ride a bicycle 8 miles to work every day. But Donna and Tony (her husband) felt sorry for me and gave me a brand-new Volkswagen Bug. I loved that car!"

During the show's run, Petersen obviously called Reed 'mom' while filming, but it was always 'Miss Reed' away from the set.

"It wasn't until four years after the show ended when I was in my mid-20s and we were at Chasen's restaurant that I remember her learning across the table and saying, 'Paul, I think it's time you started calling me Donna!'"

Having a close 'second mom,' especially a famous one, could have created friction between Petersen's real mother and the actress.

"I remember in an interview my mother said, 'how could I ever compete with Donna Reed?' But she understood I had an ongoing professional relationship with Donna that sometimes required spending more time with her than my actual mother."

"Donna was my de facto mother and guardian on the set, a pretty safe person to leave your kids with," added Petersen. "She was an Iowa bred farm girl, the oldest of five children, who had lived through the depression and came out to California

to be a Hollywood star and succeeded. She was a wonderful role model."

In 2018 for the anniversary of the show's first broadcast, Petersen (and coauthor Deborah Herman) released "The Donna Reed Show: A Pictorial Memoir" (see www.micropublishingmedia.com).

Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for over 800 newspapers and magazines. See getnickt.org.

**STRANGE
BUT TRUE**
SO THEY SAY...

SBT Rowan Atkinson - also known as Mr. Bean - is the voice of Zazu in The Lion King.

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.

Stride Bank N.A. Helping Even More Local Businesses with PPP Round Two

Stride Bank has managed to secure over 400 SBA PPP loans and saved an estimated 6,407 jobs

The staff at Stride Bank has been working around the clock for weeks now to ensure local businesses are approved for the Small Business Administration's Payroll Protection

Program loans. The funds may have run out for the initial phase of the program, but Stride isn't slowing down their efforts any time soon.

As the federal government works to provide a second wave of SBA PPP funding, Stride Bank is putting in the extra effort to ensure anyone left out of phase one funding will find relief with phase two.

So far, throughout this process, Stride Bank has managed to secure over 400 SBA PPP loans, provided over \$59 million in potentially forgivable funds and saved an estimated 6,407 jobs.

When asked how Stride has managed to secure so much funding and ensure the approval of so many loans, Kevin Guarnera, the leader of Stride Bank's dedicated SBA team, responded, "We've been a part of our community for over 100 years. We're not about to quit on anyone now.

Local small businesses are in trouble, and they've been thrown a lifeline. It's our job to make sure as many small businesses as possible secure that lifeline and find safety."

Guarnera and his team have been sought out by others in the industry as the experts on getting these loans approved quickly and efficiently. By understanding the guidelines inside and out and working overtime to get applications processed, the team at Stride has helped numerous local businesses find that lifeline.

"When you're a part of a community, you protect it and everyone in it. We won't stop until this is over," added Guarnera.

Founded in 1913, Stride Bank is an Oklahoma-based financial institution that holds over \$800 million in assets.

Offering a full range of financial services such as consumer and commercial banking, mortgage, wealth management, and treasury management, we have also developed and currently manage highly specialized payment solutions for several national fintech companies. While we are

unwavering in our pursuit to continue innovating and offering new financial solutions, we will always remain loyal to our community banking roots in Oklahoma. We have branches throughout Oklahoma in Enid, Tulsa, Oklahoma City, Bartlesville, Blackwell, Woodward, and Mooreland. Member FDIC. Equal Housing Lender. Learn more at www.stridebank.com.

Debbie Blacklock is the Senior Vice President and Manager of the Stride Bank Healthcare Division. Founded in 1913, Stride Bank is a full-service, Oklahoma-owned-and-operated financial institution with offices in Oklahoma City, Tulsa, Bartlesville,

Enid, Woodward, Mooreland, and Blackwell. As an industry leader throughout the U.S. in real-time, next-generation payments, Stride Bank provides mobile banking and a full spectrum of Treasury Management Services. The Stride Bank Healthcare Division provides loans and other financial solutions for senior housing, long-term care, specialty hospitals, surgery centers, physicians, dentists, and other ambulatory healthcare providers. Debbie has 21 years of commercial banking experience in Oklahoma with over nine years in the healthcare space. Stride Bank, Member FDIC, Equal Housing Lender.

Publisher's Note: Upon finding out our local financial institution was not able to secure SBA loans, we were forced to look elsewhere. Because we "were not a customer of theirs," three other banks refused to even look at our application for the PPP loan. Fortunately, we made contact with Stride Bank, who worked diligently to secure our PPP even though we were not currently a customer. This publication does not generally recommend or endorse one business over another, but Stride Bank won our respect. A special thanks to Debbie Blacklock, Senior Vice President, Manager of Healthcare Banking at Stride Bank, N.A. for her hard work. OKNT recommends Stride Bank to our Healthcare Friends.

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Facing Frightening Viruses: A Physician Perspective

Mark Rolfe, M.D., is a Lung Transplant and Critical Care Pulmonologist at INTEGRIS Baptist Medical Center. He says we are starting to see an increase in COVID-19 cases requiring hospitalization. Many of those end up in the intensive care unit, where he works.

"The first time I walked into the room of a patient known to have COVID-19, I paused at the door," admits Rolfe. "I was a little frightened at facing this disease for the first time."

It was the first case to be diagnosed at INTEGRIS Baptist, and Rolfe reveals it brought back memories from early on in his career. "I grew up in medicine at the beginning of the AIDS epidemic and remember the hysteria around that diagnosis and all the precautions people took

to not catch it. We initially wore hazmat suits with those patients and put them in different wings of the hospital."

He continues, "It feels like I am living those days from my medical school years all over again. This disease, unlike HIV, is very contagious though. A person can spend five to six minutes with someone who is infected and catch this disease."

In Rolfe's ICU, every patient there either has the virus or is considered high risk. But despite the apparent danger associated with COVID-19, Rolfe feels his unit is very safe. "We have developed protocols that protect us, and everyone is very careful," he says. "I feel I am more likely to get this disease shopping at the grocery store than in my hospital or ICU."

He further explains, "In the public, there are unknown asymptomatic carriers who are very contagious and just don't know it. In the hospital, I know where the danger is, and I am prepared to deal with it safely."

Rolfe understands the importance of his work. "We are doctors. We are supposed to take care of the ill to the best of our ability. It is a challenge, but it is also a calling. God gave us these gifts for a reason. It's time to step into the breach and use them."

But don't call him a hero, he says that honor is reserved for America's finest. "Doctors are not heroes. We are doing what we were trained to do. Generations of physicians have fought off diseases throughout the years. It is our legacy. It is why we are respected in this society. The efforts to fight this disease and help people through it is the price of that respect," states Rolfe.

"The people who put on a uniform and protect our country are the heroes."

Masks, gloves and hand washing will stop a virus. Nothing stops a bullet, a missile, a grenade, or a knife. The police and military are our heroes."

However, Rolfe does



Mark Rolfe, M.D. Lung Transplant and Critical Care Pulmonologist at INTEGRIS Baptist Medical Center.

acknowledge that the novel coronavirus has completely altered life as we knew it. He says each one of us has the power to reclaim it, we just have to work together to do so. "It's all been said before, but it is worth repeating – wash your hands, don't touch your face, avoid crowds and stay home to stay safe. Do what you can now, so you don't become one of my patients later."



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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!

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STRANGE BUT TRUE
SO THEY SAY...

SBT The collars on men’s dress shirts used to be detachable. This was to save on laundry costs as the collar was the part that needed cleaning the most frequently.

SBT In 2014, a missing woman

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on a vacation in Iceland was found when it was discovered that she was in the search party looking for herself.

SBT If you sneeze while traveling at 60 mph your eyes are closed for an average of 50 feet.

SBT Both Nicholas Cage and Michael Jackson shared the same wife, Elvis Presley’s daughter, Lisa Marie Presley.

Social Security Combined Trust Funds Projection Remains the Same Says Board of Trustees

Projections in 2020 Report Do Not Reflect the Potential Effects of the COVID-19 Pandemic

The Social Security Board of Trustees today released its annual report on the long-term financial status of the Social Security Trust Funds. The combined asset reserves of the Old-Age and Survivors Insurance and Disability Insurance (OASI and DI) Trust Funds are projected to become depleted in 2035, the same as projected last year, with 79 percent of benefits payable at that time.

The OASI Trust Fund is projected to become depleted in 2034, the same as last year's estimate, with 76 percent of benefits payable at that time. The DI Trust Fund is estimated to become depleted in 2065, extended 13 years from last year's estimate of 2052, with 92 percent of benefits still payable.

In the 2020 Annual Report to Congress, the Trustees announced:

- The asset reserves of the combined OASI and DI Trust Funds increased by \$2.5 billion in 2019 to a total of \$2.897 trillion.

- The total annual cost of the program is projected to exceed total annual income, for the first time since 1982, in 2021 and remain higher throughout the 75-year projection period. As a result, asset reserves are expected to decline during 2021. Social Security's cost has exceeded its non-interest income since 2010.
- The year when the combined trust fund reserves are projected to become depleted, if Congress does not act before then, is 2035 – the same as last year's projection. At that time, there would be sufficient income coming in to pay 79 percent of scheduled benefits.

"The projections in this year's report do not reflect the potential effects of the COVID-19 pandemic on the Social Security program. Given the uncertainty associated with these impacts, the Trustees believe it is not possible to adjust estimates accurately at this time," said Andrew Saul, Commissioner of Social Security. "The duration and

severity of the pandemic will affect the estimates presented in this year's report and the financial status of the program, particularly in the short term."

Other highlights of the Trustees Report include:

- Total income, including interest, to the combined OASI and DI Trust Funds amounted to \$1.062 trillion in 2019. (\$944.5 billion from net payroll tax contributions, \$36.5 billion from taxation of benefits, and \$81 billion in interest)
- Total expenditures from the combined OASI and DI Trust Funds amounted to \$1.059 trillion in 2019.
- Social Security paid benefits of \$1.048 trillion in calendar year 2019. There were about 64 million beneficiaries at the end of the calendar year.
- The projected actuarial deficit over the 75-year long-range period is 3.21 percent of taxable payroll – higher than the 2.78 percent projected in last year's report.

- During 2019, an estimated 178 million people had earnings covered by Social Security and paid payroll taxes.
- The cost of \$6.4 billion to administer the Social Security program in 2019 was a very low 0.6 percent of total expenditures.
- The combined Trust Fund asset reserves earned interest at an effective annual rate of 2.8 percent in 2019.

The Board of Trustees usually comprises six members. Four serve by virtue of their positions with the federal government: Steven T. Mnuchin, Secretary of the Treasury and Managing Trustee; Andrew Saul, Commissioner of Social Security; Alex M. Azar II, Secretary of Health and Human Services; and Eugene Scalia, Secretary of Labor. The two public trustee positions are currently vacant.

View the 2020 Trustees Report at www.socialsecurity.gov/OACT/TR/2020/.

CROSSWORD CORNER

- Across**
1 Major clothing chain
7 Free speech inhibitor?
15 Morsel
16 Tufted tweeter
17 Unspecific threat
18 "Right you are!"
19 "Women and Love" author Shere
20 Tach readings
22 Norwegian king during the Cold War
23 Serial sequence
24 Attributes
26 Door opener?
27 Where Martin Scorsese taught Oliver Stone: Abbr.
28 Rhein tributary
29 16th-century rulers
32 Archaeologist, at times
34 Capital of Kazakhstan
36 Disdained, with "at"
38 Mickey Rooney septet
42 Blue on screen
44 Last Supper query
45 Completely overhauled
48 Revival figs.
50 Texter's appreciation
51 I, perhaps
52 Harsh
54 U.N. ambassador appointed by JFK
55 2008 Best New Artist Grammy winner
58 Sweet sign-off
- 59 King Ahab's father
60 Different exercises performed consecutively
62 Boxer Rebellion setting
64 Cherish
65 Shady Records co-founder
66 Snakes
67 Event associated with warm climates and big midday meals
- Down**
1 Driving instructor's reminder
2 "Star Trek: Voyager" actress
3 Initial encounter in a romcom
4 Fit
5 Frat letters
6 Former Nissan SUV
7 Hinders
8 "Bullets Over Broadway" Oscar winner
9 Sci-fi staples
10 Recess rejoinder
11 Stir up
12 Katy of "High Noon"
13 Sincere sign-off
14 Player of Kent
21 Flaunt
24 Fiction's Lord Greystoke
25 Pringles alternative
30 Ill-conceived
- 31 Stand for 45-Down
33 First name in architecture
35 Hybrid cuisine
37 "Nos ____": 2000s French-Canadian drama set in a summer home
39 Total assets?
40 One way to connect nowadays
41 Quality control process with an alphanumeric symbol
43 Allots
45 They involve insult comedy
46 Stomach
47 Superior, vis-^-vis Michigan
49 Metaphors, e.g.
53 Wield
56 Vault
57 Language that gave us "plaid"
59 Tom Joad, e.g.
61 Flare producer
63 "Big four" record company

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Trial by Fire: A First Year ER Nurse Describes COVID-19

Talk about on the job training, Hailee Stull became a registered nurse less than a year ago. Now, she finds herself working on the frontlines of a worldwide pandemic.

"I never imagined something like this would happen in my lifetime, much less my first year on the job."

Stull works in the Emergency Department at INTEGRIS Southwest Medical Center. She says it has been amazing to watch her team rise to the challenge. "Policies and procedures for the COVID-19 situation have been frequently changing since the beginning of the outbreak. We're dealing with changes sometimes from shift to shift and doing our best to keep up and stay informed."

She adds, "I've watched my coworkers adapt and thrive with every change thrown our way. It has been fascinating to watch and experience the creativity, teamwork and generosity on full display."

Stull says patients and visitors have been impacted by the ever-

changing environment as well. "They've had to deal with visitor restrictions, symptom screenings at every entrance and waiting in their cars to be seen. This crisis has proven to me just how resilient we all can be."

But she admits caring for coronavirus patients on top of other emergencies can be a juggling act. "My role as an ER nurse is to not only care for COVID-19 patients, but to also care for other emergent patients. People are still breaking bones and having strokes. Those things don't stop just because of a virus."

Stull's sense of duty helps her push past the fear. "Dealing with the unknown is always scary. I have seen what this virus has the capability to do to people. It is frightening to put myself in direct contact with this virus," she reveals.

However, as a nurse this isn't the only frightening disease I am in contact with. I do the best I can to

protect myself while caring for my patients."

Stull says she has always wanted to be a nurse and nothing, not even a pandemic, can change that. "I have always been a caregiver at heart and always will be - long after this pandemic is a thing of the past."



Hailee Stull, RN works in the Emergency Department at INTEGRIS Southwest Medical Center.

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OU Medicine, OU Health Sciences Center to Use CompSource Mutual Donation to Assist Healthcare Providers

OU Medicine and its academic partner, the University of Oklahoma Health Sciences Center, recently received \$100,000 from CompSource Mutual Insurance Company to assist healthcare providers on the front line of treating patients during the COVID-19 pandemic.

To avoid potentially exposing their families to the virus, many healthcare providers are not going home at the end of a long workday, but are staying away from home for everyone's safety. The donation from CompSource Mutual will be used to provide meals and a place to stay for those physicians, nurses and other healthcare providers.

"We're grateful to CompSource Mutual for their generous support of our healthcare team to combat this pandemic," said Dr. Dale Bratzler, Enterprise Chief Quality Officer of OU Medicine. "This donation will fund temporary housing and food for OU Medicine and OU Health

Sciences Center team members living away from home to protect their families from potential exposure to COVID-19."

CompSource Mutual Insurance Company, an Oklahoma-based business that provides workers' compensation coverage, donated a total of \$250,000 in Oklahoma to assist medical personnel and families coping with lost wages and other hardships because of the pandemic. Other recipients include the Tulsa Area COVID-19 Response Fund formed by the Tulsa Area United Way and the Tulsa Community Foundation, as well as the United Way of Central Oklahoma's COVID-19 Response Fund.

"Our policyholders include many Oklahoma businesses that are currently experiencing the emotional, physical and financial tolls of this pandemic," said CompSource Mutual President and CEO Jason



Clark. "We are committed to being a reliable partner in our communities' responses, which we first demonstrated earlier this month by implementing measures to help CompSource policyholders who are struggling financially to pay their premiums. This donation is the next step and supports our guiding principle to improve the communities in which we live and work. I am grateful to our leadership team for approving this vitally important assistance for three organizations who are working directly in support of first responders, medical professionals and affected families in our state."

STRANGE BUT TRUE

SO THEY SAY...

SBT Ketchup originated in China as a boiled-down brine of pickled fish and spices called 'ke-chiap'.

SBT In Morse Code -.- means k.

SBT In 2005, a fortune cookie company called Wonton Food Inc. correctly foretold lottery numbers, resulting in 110 winners and an investigation. No fraud was involved.

SBT If you die in Amsterdam with no next of kin, and no friends or family to prepare funeral or mourn over the body, a poet will write a poem for you and recite it at your funeral.

SBT The Himalayan Honey Bee - the largest of the honey bees - makes a hallucinogenic honey that tribes collect.

SBT The man who found the 5,000 year old corpse Ötzi the Iceman in 1991 (Oldest natural European mummy) was also found dead frozen in ice in 2004.




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Face it, all your photos have that 'pandemic' look

by Greg Schwem

The ongoing stay-at-home order has forced most of us to seek amusement by posting photos of ourselves from bygone eras to our social media accounts.

"Share your high school senior picture" was trending last week; a challenge I was about to undertake until I read how doing so could invite hackers to glean more information about me, such as where I attended school, where I currently lived and who did such a horrible job cutting my hair in 1980.

Security experts also warned that more information could be easily obtained once this information was known, as many people choose to use their high school as a security answer or worse, their password. Those of you who attended Catholic schools need not worry; even the most skilled hacker is probably going to give up before guessing, "AcademyOfOurLadyOfGoodCounsel1994."

Despite not participating, I enjoyed seeing these throwback photos, from graduation and other events, posted by friends. Did everybody in the 1970s wear thick, black horn-rimmed glasses and look like they worked for the Apollo space program?

Ladies, if you attended college in the early 1980s, did the law require you to part your hair down the middle and then feather it back with enough aerosol to start a salon?

And guys, did you not realize that only David Coverdale, from Whitesnake, and Jon Bon Jovi could pull off the big hair, pompadour look? The rest of you had that "just exited a wind tunnel" look.

Tom, my long-time comedian friend in New York, often reminds me why he has never jumped on the fashion bandwagon. "The hipper your clothes are today, the more ridiculous photos of you are going to look in 20 years," he says on stage.

I won't argue.

When scientists find a vaccine for COVID-19, the "all clear" signal is given, and life returns to whatever is subsequently defined as "normal," we will all be left with treasure troves of photos taken during the pandemic. And in future decades, when those photos find their way into school history books (assuming schools and books still exist) or onto social media sites, viewers won't need to look at a hairstyle, a car in the background or an item of clothing to determine the photo was indeed shot in 2020.

For starters, the viewer only has to see the photo's dimensions. It will most likely be shot vertically, with a 9-by-16 aspect ratio. The photo will contain only one subject. Correction, one HUMAN subject. Animals may be included, but more people? Absolutely not, for they will all be standing at least 6 feet away and, therefore, out of frame.

The subject will be wearing sweatpants and a faded T-shirt containing some semblance of the slogan, "We're All in this Together." He or she will be shoeless. Men will have facial stubble; sadly, so will some women. Hairstyles won't have complimentary names like "The Rachel," "Charlie's Angels" or "The David Hasselhoff." Instead, all hair will fall into the "Dang, That Should Have Been Cut Weeks Ago" category.

Photos of celebratory occasions will feature one participant, perfectly centered, wearing a "Happy Birthday" or "Congratulations" party hat, while grainy, square images of others hover overhead. The word "Zoom" will appear somewhere.

The "guess where this photo was taken" game will be boring once everybody realizes the answer is always the same: "Uh, your house?" Kids who play sports won't appear in photos wearing brightly colored uniforms while baseball diamonds and soccer fields glisten behind them. Instead, the background will be a basement wall or a garage door. Youth basketball players, take heart: At least the vertical photos will make you look taller than you are.

Since the stay-at-home order began in mid-March, I have neglected to



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

take many photos, so anxious am I to erase this moment from my life, rather than record it for future viewing. I did break down last weekend and post a selfie, snapped while my wife cut my hair. The pandemic, I realized, would not date it.

Trust me, even without a global health crisis, that image is horrifying and depressing.

(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)

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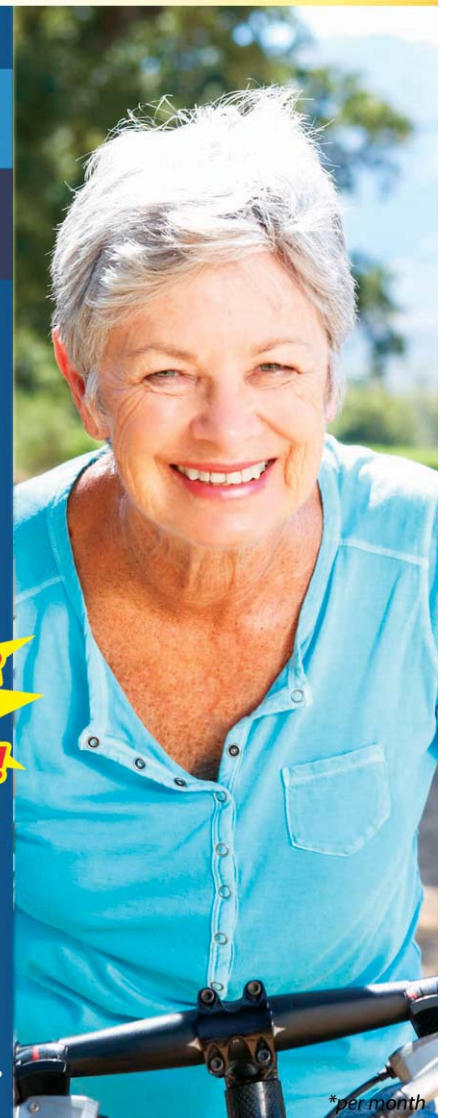
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SITUATION


UPDATE: COVID-19

- As of this advisory, there are 3,280 confirmed positive cases of COVID-19 in Oklahoma.
- There are three additional deaths; zero occurred in the past 24 hours and the others died between April 24-April 25.
 - * One in Tulsa County, a male in the 65 and older age group.
 - * One in Carter County, a female in the 50-64 age group.
 - * One in Wagoner County, a female in the 65 and older age group.
- There are 197 total deaths in the state.

Note: The number of total cumulative negative specimens, total cumulative number of specimens to date, and the number currently hospitalized reported below are compiled through the Executive Order reports submitted to the governor. These reports are not submitted on the weekend, and therefore, those numbers found in this report will be updated Tuesday. All other numbers listed in this report are current.

- The American Association on Health and Disability (AAHD) has created a survey to assess health care and health care access challenges people with disabilities are encountering with the COVID-19 pandemic. The survey is open until May 1 and can be found [here](#).
- A list of COVID-19 testing sites in the state can be found [here](#).
- For more information, visit coronavirus.health.ok.gov.

Confirmed Positive Cases	3,280
*Total Cumulative Negative Specimens to Date (As of 4/24)	49,891
*Total Cumulative Number of Specimens to Date (As of 4/24)	53,338
**Currently Hospitalized (As of 4/24)	306
Total Cumulative Hospitalizations	656
Deaths in the Past 24 hours	0
Total Cumulative Deaths	197



OKLAHOMA

State Department of Health

*The total includes laboratory information provided to OSDH at the time of the report. Total counts may not reflect unique individuals.

**This number is a combination of hospitalized positive cases and hospitalized persons under investigation, as reported by hospitals at the time of the report. The data reflect a change in calculation and should not be compared to prior data.

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CALENDAR OF EVENTS

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MAY

FREE LINE DANCE LESSONS

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

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

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

MAY

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

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

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

MAY

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

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

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
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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

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

SERVICE

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

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.

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



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FREE OF CHARGE

Broom Hilda

By Russell Myers

I WONDER WHAT YOUR HOROSCOPE SAYS TODAY, GAYLORD.

"BEWARE OF SHORT GREEN PEOPLE WITH BAD DISPOSITIONS."

HOW DO YOU KNOW? YOU HAVEN'T EVEN LOOKED YET?

IT SAYS THE SAME THING EVERY DAY!

Animal Crackers

By Fred Wagner

NOW THERE GOES A REAL LEADER.

THE LINE STARTS HERE!

Gasoline Alley

By Jim Scancarelli

Gentlemen! Gentlemen! Don't get up on my account!

Hi, Senator Bobble!

I was just leaving, Wilmer!

Aw! Sit back down and visit awhile!

Hey!

PLOP

JUMBLE

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

LOCRO

VEELL

NASADL

PIBSOY

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Check out the new, free JUST JUMBLE app

Thank you, here's your money.

This sure beats a cookie!

Who had red and who had white?

How much?

DRACULA STARTED PAYING FOR PLASMA BECAUSE HE KNEW THAT ---

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

Ans. here: [] [] [] [] [] []

" [] [] [] [] [] [] "

(Answers Next Month)

April Answers | Jumbles: SWEPT UNIFY AROUND COLONY
Answer: The new heating/cooling system would be ready when they had all their — "DUCTS" IN A ROW

Sudoku

By The Mephram Group

Level **1** **2** **3**

Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit from 1 to 9. For strategies on solving Sudoku, visit sudoku.org.uk.

Solution to our March Puzzle

6	3	5	1	4	2	8	9	7
1	8	7	9	3	5	2	4	6
4	9	2	6	7	8	1	5	3
3	5	9	7	8	1	4	6	2
7	1	4	2	6	9	5	3	8
2	6	8	3	5	4	9	7	1
9	4	3	8	1	7	6	2	5
8	2	6	5	9	3	7	1	4
5	7	1	4	2	6	3	8	9

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STRANGE BUT TRUE

SO THEY SAY...

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

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

SBT The stage before frostbite is called "frostnip".

SBT 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.

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

STRANGE BUT TRUE

SO THEY SAY...

SBT Strange Fears: Heliophobia - Fear of the sun

SBT Strange Fears: Hemophobia - Fear of blood

SBT Strange Fears: Herpetophobia - Fear of reptiles

SBT Strange Fears: Hippopotomonstrosesquipedaliophobia - Fear of Long Words

SBT Strange Fears: Gynophobia - Fear of women

SBT Strange Fears: Haphephobia - Fear of touch

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

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