

Happy New Year!

# SENIOR NEWS & LIVING

[www.seniornewsandliving.com](http://www.seniornewsandliving.com)

Information for Oklahoma Seniors

January 2021

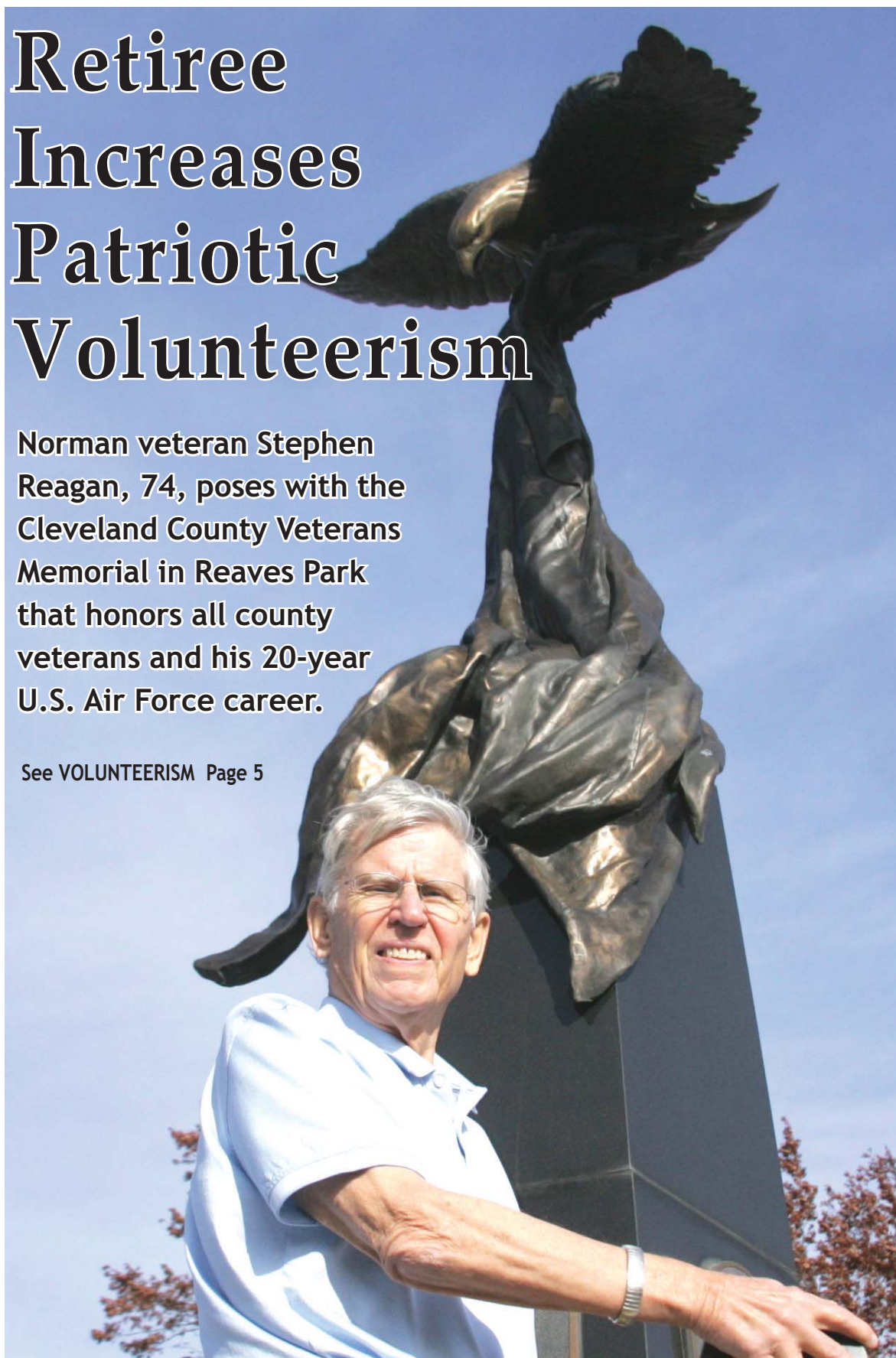
Vol. 23 Issue 1

Locally Owned and Published Each Month  
By Metro Publishing L.L.C.

## Retiree Increases Patriotic Volunteerism

Norman veteran Stephen Reagan, 74, poses with the Cleveland County Veterans Memorial in Reaves Park that honors all county veterans and his 20-year U.S. Air Force career.

See VOLUNTEERISM Page 5



## Virus survivor pays it forward as research volunteer



Oklahoma City physical therapist James Richardson still feels the effects of Covid-19 nine months after testing positive for the virus. He is participating in OMRF's Covid-19 antibody study, helping researchers understand the body's immune response to the virus.

When Covid-19 hit James Richardson, it hit him hard. Now, the 45-year-old physical therapist is using his experience with the virus to help others.

A distance runner who also regularly lifts weights, the Oklahoma City resident didn't fit any of the traditional risk factors associated with Covid-19. But shortly after a work exposure at his clinic in March, the virus had him fighting for his life.

Following his recovery, he's now participating in antibody research at the Oklahoma Medical Research Foundation.

"It was such a miserable experience. If there's anything I can do to help others avoid that or experience it less severely, that's what I'm going to do," he said.

Infected by a patient in his physical therapy clinic, Richardson soon developed a fever of almost 103 degrees and blacked out repeatedly. He was admitted to the emergency room at Integris Baptist Medical Center and moved to isolation in the hospital's Covid unit.

"It felt like my chest was tightening more with every breath, like I had a constrictor snake wrapped around me," he remembered. For a week in the

See SURVIVOR Page 2



**COME AND SEE!**  
**Assisted Living**  
 as Low as  
**\$715\***  
 person centered care



**Corner of NW122nd & Western**  
**[www.caresuitesokc.com](http://www.caresuitesokc.com)**



**405-269-2266**

\*Income based all inclusive-1 bedroom private apartment



## SURVIVOR

Continued from Page 1

hospital, he cycled in and out of consciousness.

The low point came when his oxygen levels crashed, and the ventilator team was called. "I was able to muster the word 'no' when they asked to vent me," he said. "I was afraid of the long-term consequences."

Fortunately, Richardson pulled through without the ventilator. But nine months later, he continues to feel the lingering effects of the virus.

I'm still dealing with things that don't feel right. I can't breathe well, and some of the cognitive effects are scary," said Richardson. "I find myself trying to explain something to a patient or a colleague and can't find the words; I just want to slap myself on the back of the head and yell, 'Spit it out already!'"

Once he'd cleared the virus from his body for a sufficient period, Richardson began donating plasma to the Oklahoma Blood Institute for use in treating other Covid-19 patients. He also volunteered for research at OMRF, where scientists are studying his

antibodies as part of a two-year federal grant.

"Our goal is to understand people's differing immune responses to the virus," said Linda Thompson, Ph.D., one of the leaders of the project at OMRF. Using blood donated by volunteers, the scientists are looking for biological clues that might identify those individuals most likely to experience a severe response to the virus.

This information can be used to develop potential treatments and to inform vaccine design and improvement over the coming years.

"Someone like James volunteering isn't just valuable," said Thompson. "It's crucial in helping us understand the effects of antibodies in fighting this virus." When Richardson learned what taking part in the OMRF research entailed, he says the decision to participate was easy.

"All I need to do is show up to help and give a little blood?" he said. "Count me in!"

If you've recently recovered from Covid-19 and are interested in volunteering for OMRF's antibody research study, please call 405-271-7221.



When the *Smallest* **SOUNDS MATTER**

**Ears of Oklahoma**

**Is Now Accepting  
 Patients at Our NEW  
 Oklahoma City  
 Metro Location**



**Jeni Merrick-Baker, Au.D.**  
 Owner

### EARS OF OKLAHOMA OFFERS:

#### DIAGNOSTIC TESTING & CERUMEN MANAGEMENT

- Hearing assessment for all ages

#### HEARING REHABILITATION

- Prescriptions and fitting for a full range of hearing instruments including bluetooth technology
- Visual Speech Mapping
- Counseling for hearing impaired and their families
- Hearing Aid Repairs

#### HEARING CONSERVATION

- Assistive listening devices for telephone, television, etc
- Custom swim molds and ear molds
- Amplified telephones
- Earpieces for cellular phones and PDAs

#### CONCIERGE SERVICES

- Diagnostic & fitting services at your home or office

To schedule your  
 appointment, call  
**405-673-1327**  
 today!



3330 NW 56th St,  
 Suite 105  
 Oklahoma City, OK 73112  
[earsofoklahoma.com](http://earsofoklahoma.com)



# 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



Dear Ready,

Whether or not you'll be required to pay federal income tax on your Social Security benefits will depend on your income and filing status. About 35 percent of Social Security recipients have total incomes high enough to trigger federal income tax on their benefits.

To figure out if your benefits will be taxable, you'll need to add up all of your "provisional income," which includes wages, taxable and non-taxable interest, dividends, pensions and taxable retirement-plan distributions, self-employment, and other taxable income, plus half your annual Social Security benefits, minus certain deductions used in figuring your adjusted gross income.

## How to Calculate

To help you with the calculations, get a copy of IRS Publication 915

## Dear Savvy Senior,

I understand that a portion of my Social Security benefits may be taxable when I retire. Can you tell me how to calculate this? *Ready to Retire*

"Social Security and Equivalent Railroad Retirement Benefits," which provides detailed instructions and worksheets. You can download it at [IRS.gov/pub/irs-pdf/p915.pdf](http://IRS.gov/pub/irs-pdf/p915.pdf) or call the IRS at 800-829-3676 and ask them to mail you a free copy.

*After you do the calculations, the IRS says that if you're single and your total income from all of the listed sources is:*

- Less than \$25,000, your Social Security will not be subject to federal income tax.
- Between \$25,000 and \$34,000, up to 50 percent of your Social Security benefits will be taxed at your regular income-tax rate.
- More than \$34,000, up to 85 percent of your benefits will be taxed.

*If you're married and filing jointly and the total from all sources is:*

- Less than \$32,000, your Social Security won't be taxed.
- Between \$32,000 and \$44,000, up to 50 percent of your Social Security

benefits will be taxed.

- More than \$44,000, up to 85 percent of your benefits will be taxed.

If you're married and file a separate return, you probably will pay taxes on your benefits.

To limit potential taxes on your benefits, you'll need to be cautious when taking distributions from retirement accounts or other sources. In addition to triggering ordinary income tax, a distribution that significantly raises your gross income can bump the proportion of your Social Security benefits subject to taxes.

## How to File

If you find that part of your Social Security benefits will be taxable, you'll need to file using Form 1040 or Form 1040-SR. You also need to know that if you do owe taxes, you'll need to make quarterly estimated tax payments to the IRS, or you can choose to have it automatically withheld from your benefits.

To have it withheld, you'll need to complete IRS Form W-4V, Voluntary Withholding Request ([IRS.gov/pub/irs-pdf/fw4v.pdf](http://IRS.gov/pub/irs-pdf/fw4v.pdf)), and file it with your

local Social Security office. You can choose to have 7 percent, 10 percent, 12 percent or 22 percent of your total benefit payment withheld. If you subsequently decide you don't want the taxes withheld, you can file another W-4V to stop the withholding.

If you have additional questions on taxable Social Security benefits call the IRS help line at 800-829-1040.

## State Taxation

In addition to the federal government, 13 states - Colorado, Connecticut, Kansas, Minnesota, Missouri, Montana, Nebraska, New Mexico, North Dakota, Rhode Island, Utah, Vermont and West Virginia - tax Social Security benefits to some extent too. If you live in one of these states, check with your state tax agency for details. For links to state tax agencies see [TaxAdmin.org/state-tax-agencies](http://TaxAdmin.org/state-tax-agencies).

*Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](http://SavvySenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.*

## AHCA/NCAL Issues Statement Regarding COVID Relief Package

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL), representing more than 14,000 nursing homes and assisted living communities across the country that provide care to approximately five million people each year, released the following statement in response to the pending COVID relief package.

The following statement is attributable to Mark Parkinson, president and CEO of AHCA/NCAL: "While we appreciate the difficulty in reaching a bipartisan compromise, we are disappointed that Congress could not strike a deal that recognizes the dire situation our long term care residents and staff are facing right now. Due to soaring community spread, nursing homes are experiencing a record-breaking number of cases and

deaths—worse than the spring. Even with a vaccine on its way, it will likely take months to fully vaccinate our residents and staff, as well as the remaining public. Facilities will not be able to return to normal for some time, meaning providers need ongoing support with PPE, testing and staffing.

"Meanwhile, nearly two-thirds of long term care facilities are operating at a loss, and the additional funds slated for the Provider Relief Fund for all health care providers in this legislation are minimal. Hundreds of facilities are in danger of closing their doors permanently and uprooting the frail seniors they care for. Congress must do more in the new year by directing specific aid to long term care. We owe it to our nation's seniors and our health care heroes."

## 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](http://www.crawfordcares.com)**

**Family Owned & Operated - Se Habla Espanol**

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

Name \_\_\_\_\_

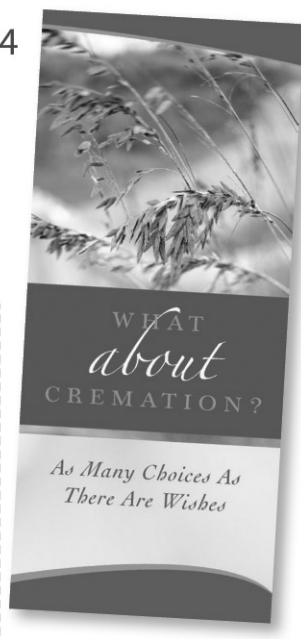
Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

MAIL TO:

**Crawford Funeral Service**  
**610 NW 178th. Edmond, OK 73012**





# VOLUNTEERISM

Continued from Page 1

Story and photos by Darl DeVault

A retired U.S. Air Force lieutenant colonel and dentist, Norman resident Stephen Reagan is expanding his daily volunteer work helping fellow veterans. For several years he has volunteered helping veterans file their VA claims at the Dale K. Graham Veterans Foundation. Now he is volunteering to help honor a long-deceased Oklahoma veteran—U.S. Navy Commander Ernest E. Evans, who earned the Medal of Honor for heroism in WWII.

Since its beginning, the veteran's organization has helped more than 25,000 veterans file their benefits claims with the Veterans Administration. Its impact spans all 77 counties in Oklahoma, 45 states, and four foreign countries.

Segueing from helping at the foundation several mornings per week to raising funds to honor Muskogee High graduate Ernest Evans' heroism has been a change of pace. Reagan, 74, plans to ramp up his fundraising efforts to find a suitable setting for a bronze bust of Evans in 2021.

"I was inspired to do this because Evans was the commander of the destroyer USS Johnston in the Battle off Samar where his heroic actions are as impressive as any war story I have ever heard," Reagan said recently.

Fortunately, widely acclaimed Norman sculptor Paul Moore sees Reagan's patriotic vision. He has sculpted the bust with the USS Johnston (DD 557) in miniature at the base in clay. This act of patriotism on Moore's part gives Reagan's mission a real boost of professional credibility.

Upon first learning of Evans' heroism and Reagan's mission to honor him, Moore was immediately on board, to use a nautical phrase. Evans' bronze bust will be accompanied by an informational plaque on a granite pedestal. A clay model has already been completed. "I am grateful a talented and famous Oklahoma sculptor like Paul Moore sculpted the bronze bust," Reagan said.

Of Native American heritage, Evans was largely forgotten in his home state because he left Oklahoma in the mid-1920s for the Navy. He only returned for visits with his mother and siblings in the Tulsa area. He was initially awarded the Navy Cross for his gallantry, but this was upgraded to our nation's highest military distinction at the end of WWII.

His story of heroism first

resonated with Reagan in 2008. "I read about Evans in an excellent book by James Hornfischer, *The Last Stand of the Tin Can Sailors*, which tells the story of one of the largest naval battles in history."

The author describes the battle near the Philippine Islands in late October 1944. A Navy taskforce called Taffy 3 was assigned to protect the U.S. Army troops committed to the vital landing on the Philippines with General Douglas MacArthur. Taffy 3 was to shield the vulnerable transports of the Leyte Gulf invasion fleet.

Taffy 3 consisted of six escort aircraft carriers (known as jeep carriers), three destroyers, and four destroyer escorts. The lightly armored, smallish escort carriers were lightly armed. They were built on commercial hulls, as platforms to launch aircraft. The destroyers and destroyer escorts were assigned to protect the escort carriers.

Early in the morning of October 25, off the island of Samar, the Imperial Japanese Navy "Center Force A" appeared on the horizon with no warning.

The Japanese force consisted of 23 ships, including four battleships and six heavy cruisers. Led by the super battleship Yamato, the largest and most-heavily gunned ship ever built, the Japanese display of force strength was a daunting sight.

This battle has been cited by naval historians as one of the greatest mismatches in history. Taffy 3 was there to provide the landings shore support and screen as an anti-submarine patrol. The group was never envisioned as a force capable of mounting fleet-level combat with battleships.

The USS Johnston, a Fletcher-class destroyer under Commander Evans, was the first American ship to attack the Japanese fleet. Without being ordered to attack, Evans sailed straight for the enemy against impossible odds. It was a suicide mission.

This bravery was foretold during the Johnston's commissioning ceremony in October of 1943. New Commanding Officer Evans told sailors assigned to the ship: "This is going to be a fighting ship. I intend to go in harm's way, and anyone who doesn't want to go along had better get off right now." His sailors remained at their stations.

He ordered a smoke screen to protect himself and the rest of Taffy 3 and the wind made it effective. He first made a torpedo run toward a Japanese heavy cruiser and sank it. Being the first to attack, all this time the Johnston was taking heavy shell fire. Out of torpedoes,

Evans continued to attack the Japanese with his five-inch guns.

After about two hours of fighting, the Johnston's steering was knocked out as well as its communications. Wounded when the ship's bridge was destroyed, Evans moved to the rear of the ship. From the fantail he controlled the ship by shouting orders through an open hatch to sailors turning the rudder by hand below.

A short while later the Johnston was dead in the water. Three hours after the battle began, a Japanese ship approached to point blank range and sank the destroyer. But by then the delaying action by the Johnston's heroic crew and the sailors of the other small fighting ships had allowed all but one the jeep carriers to escape. The escort aircraft carrier USS Gambier Bay was sunk.

"This brief description doesn't do justice to the heroism of Evans and his crew," Reagan said. "The USS Johnston, with the other ships and planes of Taffy 3, fought so fiercely they surprised the Japanese. They thought they were fighting a much larger American force and retreated."

Evans went down with his ship. His body was never recovered. Late in 1945 he was posthumously awarded the Medal of Honor for his actions. His widow accepted the award in a ceremony near San Diego.

His actions and those of many other sailors and pilots of Taffy 3 saved the Navy from a near disaster. In addition to all earning Presidential Unit Citations, the sailors and pilots earned 22 Navy Crosses, 2 Silver Stars and 2 Bronze Stars for valor in combat operations.

Inducted into the Oklahoma Military Hall of Fame in 2009, Evans received little recognition in Muskogee and in the state until this year. The Oklahoma Historical Society published a long-overdue account of his life and heroics in a 2010 issue of the society's historical journal, *Chronicles of Oklahoma*.

On Veterans Day this year Oklahoma City unveiled the Oklahoma Medal of Honor Memorial at the new 27-acre Manuel Perez Park, named for a MOH winner. Evan's valiant fighting spirit throughout his historic naval battle is honored at the plaza there with the 32 other Oklahomans who have earned the Medal of Honor.

Commander Evans graduated



**Clay bust of Medal of Honor winner U.S. Navy Commander Ernest E. Evans sculpted by Norman artist Paul Moore.**

from Muskogee High School in 1926 and joined the Navy as an enlisted sailor. He then made his way to the Naval Academy where in 1931 he became one of the first Native Americans to graduate. At the academy he was nicknamed "Chief." Serving in the fleet as a junior officer, he steadily advanced in rank to commanding the Johnston in 1944.

Reagan wants to see Evans honored with a bronze bust and historic marker on a pedestal. He hopes to place it in an appropriate setting. War Memorial Park in Muskogee would be one of his choices. The bronze bust, set on a base by Willis Granite of Granite, Okla., is envisioned as a patriotic fixture in Muskogee.

Reagan was born in Norman and raised in Claremore, Okla. He attended Cameron College and the University of Arkansas, playing baseball. He joined the U.S. Air Force for four years, then graduated dental school at the University of Oklahoma College of Dentistry. He went on to serve in the Air Force for a total of 20 years.

He returned to Oklahoma to teach at the OU College of Dentistry for 20 years, where he was director of the Advanced General Dentistry Program. He has been married to his wife, Alice, for 52 years.

The cost of the project is near \$40,000 for the bronze bust by Moore and the granite base. Willis Granite will do the installation. As an outdoor display, the City of Muskogee would need to provide a concrete base.



# Oklahoma Senior Games are on the move, including the need for volunteers

Story and photos by Darl DeVault

In 2020 Basketball was cancelled and Pickleball moved outdoors in Norman to accommodate COVID-19 while the full slate of Oklahoma Senior Games was staged.

Regina Stewart, the Games' volunteer coordinator, a senior athlete herself, was direct in explaining how it would work. "With our two-week preregistration window, it gave us time to contact everyone if we had to cancel one of the events," Stewart said.

The Games grew to more than 1,000 50+ athletes in 2019 and added two Native American nations as sponsors to help to conduct the many activities needed to allow the Games to run smoothly September through October 2020. The Chickasaw and Cherokee Nations are underwrote the Games for the first time in 2020.

Stewart said she counts on the community to continue embracing what has come to be known as the

"Oklahoma Standard" even in the time of COVID-19.

The Games promote healthy lifestyles for seniors through education, fitness with the spirited competition of sports and recreational games. This goes along with inspiring everyone to embrace health while enjoying the value of sports related exercise.

Volunteering opportunities abound as the Games grow. Oklahomans who have a flair for community service can help stage the Oklahoma Senior Games. Volunteers can help promote healthy lifestyles by encouraging active seniors 50 and over to enhance the quality of their lives through statewide athletic and recreational competition.

Also as the Track and Field coordinator in years past, Stewart said that more than 100 volunteers helped last year. She estimates double that number are needed to help this



Oklahoma Senior Games Volunteer Coordinator Regina Stewart speaks to a cyclist at Lake Draper as she hands out the blue event T-shirts she is leaning upon.

coming year to handle the social distance requirements and growth in the many sports offered. The sports offered and sign up for volunteering is found on the [okseniorgames.org](http://okseniorgames.org) Web site under the Volunteer tab.

"The organizers are counting on the warm hospitality and strong sense of community spirit Oklahomans have shown as volunteers that allow the state to thrive. "Our volunteers are a major part of how and why Oklahoma has proven itself as a great place to compete in Senior Games each year," Stewart said. "We have grown each of the last five years because of the time and energy Oklahomans who do not compete have invested in offering the Games

to those who do compete."

Volunteers make up the largest resource for the sanctioned state organization to produce state games each year. This help allows the Games to be the qualifying site in Oklahoma for the National Senior Games Association's National competitions.

The Games provide up to 27 sports venues, some with variations, which offer athletic training opportunities and social interaction. Along with the competitions, the Games supply healthy lifestyle educational information for seniors. For general questions call (405) 821-1500 or email [info@okseniorgames.org](mailto:info@okseniorgames.org).

## Examples of ways to volunteer:

- Archery: Check-in, refreshments
- Badminton: Check-in, refreshments
- 3 on 3 Basketball Free Throw/Around-the-world: Scorekeepers, rebounders
- Bowling: Check-in, refreshments
- Cornhole: Check-in, Scorekeepers
- Cycling: Check-in, course monitors, bike holders, refreshments, medals
- Golf and Golf Croquet: Check-in, refreshments
- Horseshoes: Check-in, refreshments
- Pickleball: Check-in, refreshments, scorekeepers
- Race Walking: Check-in, water stops, course monitors, refreshments, medals

continued next page

## COME AND SEE!

## Assisted Living

## as Low as

# \$715\*

## person centered care



Your wellbeing first

Corner of NW122nd & Western  
[www.caresuitesokc.com](http://www.caresuitesokc.com)



## 405-269-2266

\*Income based all inclusive-1 bedroom private apartment







Cyclists gathered for the start of the 2019 Oklahoma Senior Games cycling competition at Lake Draper September 21, 2019.

GAMES

Continued from Page 6

- Racquetball: Check-in, refreshments
- Road Races: Check-in, water stops, course monitors, refreshments, medals
- Registration: Check-in athletes, t-shirt distribution,
- Shuffleboard: Scorekeepers,
- Swimming: Timers, Refreshments, Medals
- Table Tennis: Check-in, refreshments,
- Tennis: Check-in, refreshments, water coolers, t-shirt sales, ball retrieving/distribution
- Triathlon: Course monitors, swim lap counters, water stops, check-in, refreshments
- Track and Field: Check-in, field event helpers, timers, refreshments, runners, medals
- Washer Pitch: Check-in, scorekeepers, refreshments

Your well-being is our well-being.

Even in trying times, we don't forget our *Enjoy More* philosophy. Our team strives to find creative ways to bring joy into residents' lives every day. Because to us, home means community and feeling like your best self. As the New Year starts, we look forward to sharing brighter days together.

Move in for \$99 — No community fee and only \$99 for rent until February 1.\*

\$99 Moves You In!\*



(405) 755-3200  
12525 N Pennsylvania Ave  
Oklahoma City, OK 73120

Lic #197263360  
\*Limitations may apply. Call for details.

Independent Living • lionwoodseniorliving.com

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





## COMMUNITY

# A Partnership for Healthcare Planning

by Steven Sibley of Sibley Insures, MBA/Health Care Administration

Sibley Insures is pleased to announce their strategic partnership with Mass Mutual of Oklahoma. Mike McCall, with Mass Mutual, serves as the primary Advisor on a team of professionals focused on retirement planning. "I am very excited to have both Steve and his wife Christina as a resource for our team," Mike noted. "Our clients expect and deserve a high level of expertise and these two have it. Their input will ensure our clients have great, affordable healthcare, with ongoing support and advocacy throughout their retirement years."

Sibley Insures is an independent insurance broker in Oklahoma City, specializing in Medicare and ancillary healthcare products. Steve, from Tulsa and licensed in Oklahoma, is a retired Air

Force and Army veteran and holds an MBA with an emphasis in healthcare administration from MACU in OKC. He manages the business and their marketing. Christina is also licensed in Oklahoma and Kansas, where she is originally from. She holds a Bachelor of Science degree in Health Studies with an emphasis in Gerontology. She spends her time focused on consumer education, plan selection and advocacy for her clients.

Together, Steve and Christina bring a unique balance of healthcare planning experience to the table. She's spent over 20 years as a caregiver in hands-on patient care; as an EMT, a Registered Medical Assistant in physicians' practices, the supervisor of a homecare company and a healthcare sciences

educator at the college level. She is all about patient and client care. Steve explains, "I tell people it's like having someone in your corner with all this healthcare knowledge and experience, that just happens to be your favorite niece, and she will treat you like family."

Steve's career in the financial services industry started over 20 years ago. During that time he also served in the Army Reserve, as a weekend warrior and eventually as an active-duty reservist, ending his 36-year military career in September of 2017. "After retirement, I wanted to be an independent broker and add a focus on health insurance to my financial services business." Christina agreed to join him in business, got licensed and once she discovered Medicare, she loved it. Steve ended up spending the next 3 years focused on supporting Christina in her Medicare business and becoming a house husband. However, he knew that eventually he wanted to get back into the field. "With my knowledge of both financial services and how Medicare works, I knew I could carve out a niche helping advisers and their clients get a real clear picture of healthcare costs in retirement and strategically plan for it."

That is where Mike McCall

comes in. He's also an Army Veteran and as a financial services advisor has over 20 years of education enhanced skillsets and experience. He's continued serving people in a specialty centered around income planning for retirement. "Life is always changing; therefore, the financial planning landscape is always evolving. I believe most people are so busy living life that they need someone at their side to help them navigate the challenges of creating sustainable income during retirement. That's what I do and I share that responsibility myself and for my family. So, it is work I take seriously and it's work I love." In addition to Mike's experience, the next most important part of his knowledge and growth has been his education. "I'm fortunate that Mass Mutual invests in my continuing education and I believe that pays dividends for my clients." With a Degree in Management and Ethics from MACU here in OKC, he also holds the esteemed professional designations of: Chartered Life Underwriter (CLU), Chartered Financial Consultant (ChFC), and Retirement Income Certified Professional (RICP). Mike's

See PLANNING Page 9



## 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](http://LegendSeniorLiving.com)

A Residence of Legend Senior Living®



## PLANNING

Continued from Page 8

a family man, with wife Joyce, a nurse at Baptist Hospital, and two adult sons.

"Our goal is to help people do for their families, what we would do for our own," Mike points out. "We've developed a model for strategically guiding our clients through healthcare planning. We've also armed clients with a knowledgeable team of advocates, such as health insurance agents, who'll guide them into the right Medicare and ancillary plans. An Advisor, who'll skillfully recommend financial vehicles for healthcare savings to mitigate expenses not typically covered by insurance, and Attorneys, who'll ensure the proper legal healthcare documents are put into place. Our clients can be confident they have a sound, strategic, flexible plan that works very well, which, while being affordable, offers a high level of coverage, that protects their most important assets, their health, wellness and wealth. We are looking for 2021 to be a great year for helping seniors in this area." For more information contact Steven Sibley 405-850-1569, [ssibleyinsures@gmail.com](mailto:ssibleyinsures@gmail.com).



Steven Sibley of Sibley Insures and Mike McCall, with Mass Mutual announce their strategic partnership with a goal to "to help people do for their families, what we would do for our own."

## YOUR TRUSTED MEDICARE RESOURCE

*INCREASE BENEFITS • REDUCE COSTS • NO COST CONSULTATION*



### Christina Sibley

Medicare Specialist

405-655-6098

[csibleyinsures@gmail.com](mailto:csibleyinsures@gmail.com)

### Steven Sibley

Healthcare in Retirement Planning

405-850-1569

[ssibleyinsures@gmail.com](mailto:ssibleyinsures@gmail.com)



Steven and Christina Sibley are licensed, independent Medicare Brokers. Their focus is finding the best products to insure their client's healthcare needs are fully and affordably met. With her 20 years of healthcare experience and his 20 years of business and financial experience, they are ready to offer you the information and personalized service you expect and deserve. There's never any pressure, just help.



[sibleyinsures.com](http://sibleyinsures.com)



**A Mass Mutual of Oklahoma  
Healthcare in Retirement Planning Partner**

Disabled Veteran | Native American | Woman owned company

**SERVING OKLAHOMA & SE KANSAS**



## COMMUNITY

# Go Go Geezers gets seniors around

by Bobby Anderson, Staff Writer

After a career as a home builder, Gina Wallen-Conatser was happily retired.

But it seemed she kept hearing about a problem she just couldn't shake.

Friends in the medical industry kept remarking how often seniors couldn't make their scheduled appointments due to a lack of transportation.

Her parents in San Antonio would tell her stories about how unsafe it was to get around.

So with time on her hands, a problem to be solved and a family ready to help out she started Go Go Geezers, a ride service dedicated to helping people get around.

"We take seniors and people with disabilities to medical appointments, like dialysis and chemotherapy," Wallen-Conatser said. "It helps keep

people healthy and with early detection some illnesses may be prevented."

"When people can get out and go on appointments, shopping and church, it helps with feelings of isolation. There is a sense of independence."

Based in Yukon, Go Go Geezers traverses not only the metro but the state with enough notice.

"Covid has made transport a little more complicated," she said. "We clean after every ride. We have plastic up that separates the driver from the rider. Drivers wear masks and gloves and we ask that riders wear masks."

Drivers go through extensive training - CPR, defensive driver, passenger assistance, wheelchair ADA just to name a few.

"They treat the riders like

See GEEZERS Page 11



Gina Wallen-Conatser, her family and employees help people get around with their company Gogogeezers. Photo provided.

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

Affordable  
CREMATION  
SERVICE

*"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](http://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](http://MEADOWLAKESRETIREMENTVILLAGE.COM)**



# GEEZERS

Continued from Page 10

family members,” Wallen-Conatser said. “They’re very careful. When the same drivers take the rider a couple times a week they build a friendship.”

Wallen-Conatser’s son, Blake, is a driver and partner. A customer remarked to her the other day they see him more than they see their own family

Wallen-Conatser loves the stories her drivers tell her. One of her driver’s told her a recent passenger noted her husband passed. She mentioned that



a coffee would be nice but wouldn’t dream about drinking it in the new Go Go Geezer van. After the driver dropped her off to her appointment he returned at the appointed time with coffee and flowers.

Operations Manager Morgan called one night to tell her she had a rider who was going to the emergency room. Insurance normally

covered their ride, but this time it wouldn’t.

Wallen-Conatser dispatched the Go Go Geezer van anyway to get her at 11:30 p.m. in a different town than normal.

“Everyday riders call and say wonderful things about all our drivers and dispatch,” she said. “When you book a ride with us, Morgan will call you the night before and verify reservation. Morgan gets to know the riders and she visits with them.”

“I tease her that she’s everyone’s granddaughter and best friend.”

Go Go Geezers took their first ride at the end of April. The service has grown to nine vehicles with three wheelchair vans.

“I want to keep growing and helping our community get to their appointments safely,” she said. “My family is in Texas and I would love to expand there. My goal is to keep hiring the best drivers who really care about the riders.”

“We can take anyone. You don’t have to be a senior or a person with disabilities,” she said. “We take riders all week long to work, or out to eat, church, shopping. We are children and pet-friendly. We have wheelchairs, walkers or car seats to use if needed. Our vehicles are new and clean.” For more information call 405-924-4248.

# ANA President Responds to False Claims

The following statement is attributable to Ernest J. Grant, PhD, RN, FAAN, President, American Nurses Association (ANA):

“To claim that health care professionals are inflating the number of COVID-19 cases or deaths to make more money is outrageous, baseless, and dangerous.

Nurses, physicians, and other frontline health care workers have endured brutally long shifts covered in stifling personal protective equipment (PPE). Others have faced long days and weeks caring for COVID-19 patients, working without sufficient PPE, or forced to reuse PPE multiple times, increasing their risk of infection, or bringing the virus home to those they love, illness and even death.

More than 350 nurses in the United States have died as a result of COVID-19, many others have been infected and hospitalized.

All have faced extreme stress and mental anguish.

As cases and hospitalizations surge across this country, our nation’s leaders have a responsibility to call for and model public health measures to stem the spread of the disease. They should follow science and the guidance of health care professionals.

Nurses, physicians, and other frontline health care workers have demonstrated courage, commitment, and grit in responding to this pandemic, risking their own health and safety to care for others. To try to slander or place blame on these dedicated health care professionals is a shameless, blatant lie.”

**Specializing in:**  
Cosmetic, General,  
and Implant  
Dentistry

**NEW PATIENT  
SPECIAL**  
Doctor Consultation  
and X-Rays  
**ONLY \$49**

1315 South Holly Avenue  
Yukon, OK 73099  
Call (405) 494-8006

**Dr. Todd Brunson D.D.S.**

[www.hometowndentalok.com](http://www.hometowndentalok.com)

## RENTS STARTING AT \$1,445.00

GATED COMMUNITY FOR  
INDEPENDENT ACTIVE ADULTS

*Now Is The Time To Enjoy  
The Lifestyle You Deserve*

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

**CALL FOR  
MOVE-IN  
SPECIALS!**

**(405) 506-7416**

5712 Goldfinger Road.  
OKC/Mustang on County Line  
Rd. Just North of SW 59th



## TRAVEL / ENTERTAINMENT

# A few Surprises in Wichita, Kansas

Photography and Text by Terry "Travels with Terry" Zinn [t4z@aol.com](mailto:t4z@aol.com)

In the Oklahoma region many of us over the years have visited Wichita, Kansas, for a theatrical event at Century Two or to see the Chisholm Trail, or to just get a bit of Western atmosphere. I too have, over the years, visited Wichita and on a recent visit was surprised at the additions to this vibrant city. And as last month I suggested you visit Dodge City, you might as well take about a two hour drive on over to Wichita, before or after your Dodge City visit. Not recommending travel at the moment, but it's fun to explore and plan for the new year. And remember to check current times and conditions on venues you plan to visit.

My home base was the Ambassador Hotel, an Autograph Collection Hotel, (<https://ambassadorwichitaks.com>) where the modern black and gray and chrome atmosphere welcomes the well-worn traveler seeking a step up from the ordinary. Located downtown with convenient self-parking and an expansive room with courteous attendants and city views, the Ambassador promises a surprise upscale experience. While I requested long in advance for one of their ADA rooms, there was no bench or chair in the walk-in shower. I re-requested such from the front desk, and by the next day, with some bumps in the road, was happily accommodated.

The hotel staff was very good in following through with requests. I only wish the food and beverage side of the hotel had not disappointed. The steak and unique charred Caesar salad were exceptional at the Siena Tuscan Steakhouse, however they did not honor a coupon., They gave me a drink coupon for the downstairs pseudo speak easy. Even after talking to the Food and Beverage manager and crew it was not accepted, even though my server agreed the coupon was misleading – almost a bait and switch situation. I did not mind paying for my drink, but the experience left a bad farewell feeling for the hotel, as I was leaving the next day. Just a heads up, as I tell it like I experience in all my travel articles. So when I say "I'm impressed," you know it.

About a block from the hotel is the Roxy Theater, ([www.roxysdowntown.com](http://www.roxysdowntown.com)) with a disguised rear entrance for the uninitiated, to a funky building housing a dinner theater. The food was acceptable for Dinner Theater fare and their production of Avenue Q, was one of the best I have seen. The wait staff had more tables than they could easily accommodate. I'd recommend the Roxy, now you know what to expect.

A pleasant unexpected surprise is the Tanganyika Wildlife Park ([www.twpark.com](http://www.twpark.com)) where wild animals including a plethora of giraffes, a Rhino, a variety of primates are among the surprises. Roaming the expansive grounds, even during a rain shower is a recommended experience where you can slow down and enjoy nature and its creations.

Who'd think that there was a goat farm in Kansas that also served adult beverages and farm to table gourmet lunches which is Elderslie Farm. (<https://eldersliefarm.com>) Being a family owned operation from chef to owner tour guide, the home-grown sincerity rang throughout the farm, from goat milking and cheese making to the wood working of heritage wood into tables, shelves and doors. Admiration goes out to Elderslie Farm for their preservation of tender loving care and investment in preservation. They even have a large blackberry patch that is a community pick and share in June. The season for blackberries is brief – influenced heavily by the unpredictable spring weather. Reserve a tour and luncheon here – you will be surprised.

Talk about surprises, two dining establishments blew my critical socks off. Georges, a true French bistro, (<http://georgesfrenchbistro.com/>) located in an unprepossessing strip mall, will delight your taste buds. My luncheon Martini and Prosciutto Eggs Benedict with truffle frites, was accented by the continental waiter and the chatter of the accompanying "ladies who lunch," who find this their congenial gathering place.

6Steakhouse, ([www.6steakhouse.com](http://www.6steakhouse.com)) located out near the Zoo and offering lake front views, is an upscale dining experience not to be passed by. An aged steak prepared to my specification, even with a



second "more heat" request, was memorable. What they call creamed corn is a unique roasted corn medley, from which you could make an entire meal. A relatively new establishment promises many years of good times with their sleek upscale interior dining and even an added education into the ageing of fine beef, I found enlightening. (if you say "6S" fast enough it can sound like, success.)

Of course, Wichita is known for its Keeper or the Plains symbolic statue with its reflections in the river, is still an attraction to be viewed anytime.

The veteran The Museum of World Treasures, warehouse style building (<https://worldtreasures.org>) is a long-time Wichita resident. It offers mainly replicas of world history documents and artifacts, (including Custer's button up fly underwear). Seeing many letters of world figures and artifacts can be quite educational for the youth, along with the ever-popular T-Rex skeleton. Also you can enjoy the gardens of Botanica (<https://botanica.org>) and the restored WWII B29 bomber at B-29 Doc Hangar and Educational Center ([www.b29doc.com](http://www.b29doc.com)).

The best surprise of all was the Wichita Art Museum's ([www.wichitaartmuseum.org](http://www.wichitaartmuseum.org)) limited showing of what could



be called the most comprehensive overview of the Works and Life of Georgia O'Keeffe. Having seen many exhibitions of her work, I was delighted to see her paintings and timeline juxtaposed with her actual artifacts and many of her dresses. While this exhibit is over another intriguing exhibit is "Foot In the Door" photographs from local Wichita residents through April 18, 2021. Staged in conjunction with the Wichita Art Museum's 85th Anniversary, "the exhibition is an opportunity to recognize Wichita artists and make them feel welcomed and loved at their art museum. They are critical to the lifeblood at WAM," says director Dr. Patricia McDonnell.

To help with your Wichita surprises contact them at: [www.visitwichita.com](http://www.visitwichita.com)

### 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](http://www.martinitravels.com)



# OKC ZOO HOSTS LIVE RED PANDA CAM ONLINE NOW THROUGH FEBRUARY 28

*Virtually connect with the Zoo's endangered red pandas from home*

Shake those winter blues as you enjoy live views of the Zoo's red pandas! The Oklahoma City Zoo's popular red panda cam returns giving animal lovers worldwide the opportunity to enjoy endless hours of watching the Zoo's red pandas this winter. Experience a virtual visit to the OKC Zoo's red panda habitat at Sanctuary Asia from your smartphone, computer or tablet to watch Thomas, 7, and his daughter, Khyana, 18-months, as they play, engage with their caretakers and enjoy their favorite weather season, winter!

Now through Sunday, February 28, 2021, get an exclusive real-time look at the Zoo's red pandas with the Zoo's red panda cam online at [www.okczoo.org/redpandacam](http://www.okczoo.org/redpandacam). The red panda cam will stream live daily with optimal viewing from 10 a.m. to 2 p.m. of either Khyana or Thomas. Because red pandas are solitary by nature and Khyana has reached an age of maturity, she and Thomas do not share habitat space.

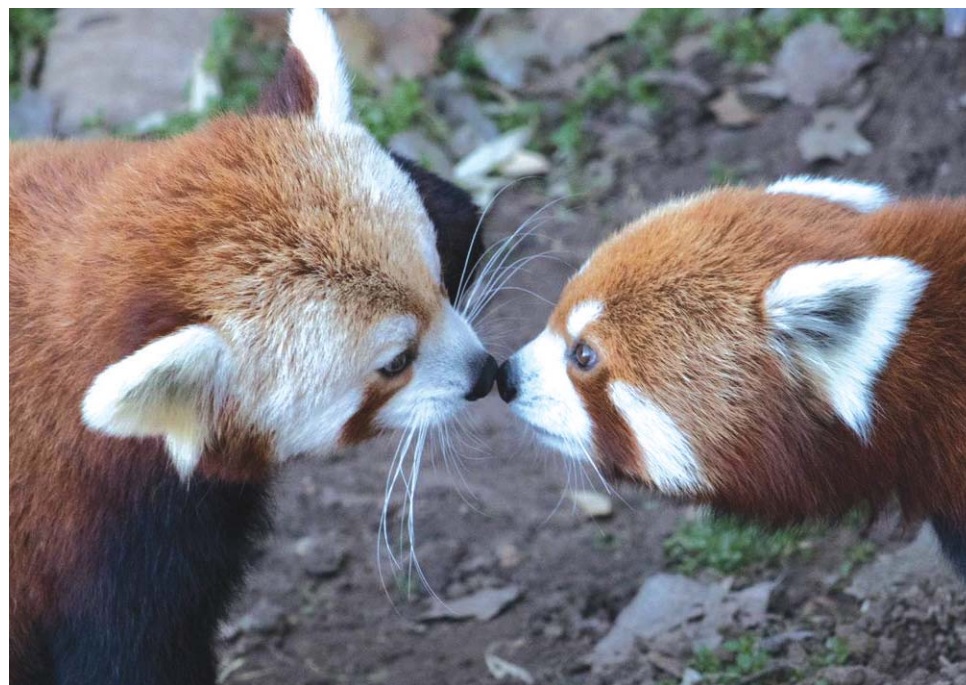
Khyana and her twin brother, Ravi, were born at the Zoo's Sanctuary Asia habitat on June 2, 2019, to parents Thomas and Leela. Both Leela and Thomas arrived at the OKC Zoo in 2018 as part of the Red Panda Species Survival Plan (SSP). SSP programs were developed by the Association of Zoos and Aquariums (AZA) to help oversee the husbandry and breeding management and, as a result, the sustainability of select animal species within AZA-member

zoos and aquariums, including the OKC Zoo. Many of these programs help enhance conservation efforts of these species in the wild as well. This year, Leela and Ravi, relocated to other AZA-member zoos as part of the SSP program to help further contribute to the conservation of their species.

In October 2019, Khyana underwent an amputation of her hind, left leg, due to a congenital deformity. She continues to thrive and is extremely active, always exploring her surroundings. Khyana is also eager to engage with her caretakers through training sessions.

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.



Red Pandas - Lela and Thomas. Photo provided by OKC Zoo.

Click on the Zoo's red panda cam for all the cuteness you can stand! The Oklahoma City Zoo is open Thursday through Monday from 9 a.m. to 5 p.m. with no public access on Tuesdays and Wednesdays. Advance tickets

are required for all guests and ZOOfriends members and can be purchased at [www.okczoo.org/tickets](http://www.okczoo.org/tickets). Zoo tickets are limited each day to maintain social distancing among guests.

## CONCIERGE SERVICES

**HOW CAN WE HELP?**

*Guardian Angels*  
Concierge Services

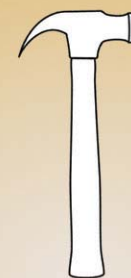
**TO DO:**

- ☒ Groceries
- ☒ Pharmacy
- ☒ Bank
- ☒ Dr. Appt.

**Call 405-415-3055**

[www.guardianangelsokc.com](http://www.guardianangelsokc.com)

**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.





# COVID 19 Takes Physical, Emotional Toll on Caregivers

by Vickie Jenkins, Staff Writer

There is no denying that the last nine months have been very difficult for our caregivers. COVID-19 is a devastating and relentless disease that knows no rules or boundaries. The medical community is working day and night to unlock its mysteries and we're learning more each day on how to treat those infected – yet the death toll continues to rise. Our caregivers are exhausted from the rigorous donning and doffing of personal protective equipment while in the back of their minds is fear that they could be contracting and or bringing this virus home to their loved ones. They are witnessing significant mortalities and many say they have seen more death in the last month than they have in their entire careers. They are literally doing everything they can to try to

save as many patients as possible. They pour their heart and soul into each patient but at the end of the day, they know some will not make it out of their unit.

With family members not being allowed inside the hospital for safety concerns, our caregivers are playing dual roles. They are not only caregivers to these patients, they are also their support system. They are comforting patients when they are scared, hugging them when they are lonely and unfortunately holding their hands as the pass away. Our caregivers serve as the liaison between our patients and their families worrying at home. They facilitate phone calls and video conferences when they can and become emotionally invested. It is physically, mentally and spiritually

exhausting.

While the recent approval of the COVID-19 vaccine is rejuvenating and uplifting, it will still take quite some time and will require majority compliance to see the true impact. In the meantime, the models indicate that it will get worse before it gets better. Our caregivers are bracing for what is to come.

Support from the community is imperative to help get them through these dark days. Anything helps. Cards, notes, care packages, prayers. They are all meaningful and appreciated. These tokens are sometimes the catalysts that get them through their next shift. It's amazing to watch their faces light up when they receive even the simplest gesture. Anyone interested in supporting our INTEGRIS Health caregivers can make a monetary gift to the Caregiver Relief Fund at [integrisrelief.org](http://integrisrelief.org) or reach out to



Kerri Bayer, the Chief Nurse Executive for INTEGRIS Health, explains the physical and emotional toll the pandemic is having on our caregivers.

the INTEGRIS Health Foundation team at [giving@integrisok.com](mailto:giving@integrisok.com) to discuss other giving opportunities.

## STRANGE BUT TRUE

SO THEY SAY...

**BBT** There are over 58 million dogs in the U.S!


**BBT** Dogs and cats consume over \$11 billion worth of pet food a year!

**BBT** Fingernails grow nearly 4 times faster than toenails!

*Chateau*  
ON THE GREEN

405.793.4200

1511 SE 4th St. Moore, OK  
[www.chateauonthegreen.com](http://www.chateauonthegreen.com)

-  Independent Adult 50+ Gated Community
-  All Kitchen Appliances Provided
-  Full Size Washer and Dryer In Every Unit
-  Choose From 3 Sizes

*A place to call*

# HOME

*in all seasons*

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](http://www.newbyvancemobility.com)







  
**HarborChase**

*Tis the Season to Celebrate Life  
 at HarborChase*

**RESORT-STYLE COMMUNITY  
 MULTIPLE RESTAURANTS | FULL BAR**

Schedule your tour today and mention  
 our Holiday Special to receive up to  
 one month free for a limited time!

**HARBORCHASE OF  
 SOUTH OKLAHOMA CITY**  
 ASSISTED LIVING AND  
 MEMORY CARE RESIDENCES

10801 South May Avenue | Oklahoma City, OK 73170  
**(405) 378-9768 | [www.HarborChase.com](http://www.HarborChase.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**



**Meridian Market**

KITCHEN & FOOD COLLECTIVE

2037 S. Meridian Ave. OKC 73108  
 (405) 604-0789

*Offering those unfamiliar twists on everyone's familiar favorites*



30 Menu  
 Items under

**\$10.00!**

- Full Service Restaurant
- Made in Oklahoma Retail area
- Wine and Coffee Bar
- Scratch Kitchen,
- Local and Veteran owned
- Meals to go/Heat & Serve/Online Ordering

**[www.meridianmarketokc.com](http://www.meridianmarketokc.com)**

**itex**

844.709.6956

[oklahomacity.itex.com](http://oklahomacity.itex.com)

**20% OFF**

EXPIRES 6/30/2021. ONE COUPON PER TABLE. NOT COMBINABLE WITH ANY OTHER OFFERS.  
 NOT APPLICABLE FOR RETAIL, LIQUOR, BEER, OR WINE - FOOD PURCHASE ONLY. NO CASH VALUE.



## LOOKING BACK

# Jacqueline Bisset's sizzling career

By Nick Thomas

Now in her seventh decade as a film actress, British beauty Jacqueline Bisset first hit the big screen in the mid-1960s and was soon on her way to becoming a household name after dramatic roles later in the decade in films such as "Bullitt" with Steve McQueen.

Although her role was small as McQueen's sizzling love interest and she didn't appear in the film's action sequences, Bisset was on set to witness some of the legendary driving scenes often performed by McQueen, a keen race car enthusiast.

"Watching those cars jumping in the air on the streets of San Francisco was amazing," Bisset recalled from Los Angeles. "There were also some scenes where I had to drive Steve around in a yellow convertible and

remember thinking God Almighty, I don't want to mess this up with a race car driver next to me!"

She says McQueen, a major star at the time, was "very patient with me and we would go out for meals with the director and producer when we'd break for lunch. He didn't like getting caught in crowds and would often just jump on his bike and get the hell out of there."

Also memorable for Bisset – and audiences for her wet T-shirt scenes – was "The Deep" a decade later. Noted for its stunning underwater sequences, the actress still has mixed feelings more than 40 years later when she speaks of the aquatic adventure.

"As a child, some stupid kids tried to dunk me and ever since



Jacqueline Bisset and Steve McQueen in a publicity shot for Bullitt - Warner Brothers-Seven Arts

I've been fearful of the water and swimming around others," she explained. "But the diving crew on 'The Deep' were amazing and I found it a beautiful experience even though the thought of drowning was still a daily worry. I had a stunt double for some underwater shots, but she looked nothing like me so it meant I attempted more stunts that I would have liked. When you're 90 feet underwater you have to solve any problem right there – you can't just shoot to the surface."

In one scene, her character attempts precisely that after encountering a moray eel (her stunt double did the eel sequence).

"It was complicated to film and very frightening – I actually thought I was going to drown. The others didn't know if I was acting or in real trouble, which I was. I got through it, but even as I speak of it now, my throat tightens!"

With several films in post-production for 2021, Bisset has remained a busy actress throughout her career and in recent years has tackled personal roles such as 2018's "Head Full of Honey" with its Alzheimer's theme.

"My mother got dementia in her early 50s and lived with it for 35 years, so it's something I knew a lot about," she says. "The film approaches the subject with a little humor because that can sometimes help families dealing with it. It's painful humor but can make it more bearable."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.

Jacqueline Bisset recent- photo from publicist.

## 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

## STRANGE BUT TRUE

SO THEY SAY...

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

**BBT** Although the TV show "Friends" is based around life in

New York City, the entire show was filmed in California.

**BBT** Magpies are considered one of the most intelligent animals in the world, and the only non-mammal species able to recognize itself in a mirror test.

**BBT** Baked beans are actually not baked, but stewed.



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

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

Independent Living

**Carlstone Luxury Senior Living – In the Heart of Norman**  
501 E. Robinson, Norman, Ok. 73071  
405-701-2951 www.thecarlstone.com

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

**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

Insurance

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

**Your Trusted Medicare Specialist Christina Sibley – EMT, RMA, BS Health Studies/Gerontology OK and KS Licensed Broker/Agent**  
www.sibleyinsures.com 405-655-6098  
“No pressure, just help.”

**Home Health Care Insurance**  
Benefits payable regardless of medicare  
Bryan Waters, Agent (405) 658-3018  
Call 405.655.6098 or 918.404.0807

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

Mobility

**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

Realtor

**Belinda Gray, Realtor**  
Senior Real Estate Specialist  
(405) 823-0331  
BelindaGrayRealtor@gmail.com  
www.belindagray.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

STRANGE BUT TRUE SO THEY SAY...

**BBT** Expedia.com, Hotels.com, Hotwire.com, Trivago, Travelocity, and Orbitz are all owned by the same company, Expedia Inc.  
**BBT** The most popular item at

Walmart is bananas. They sell more bananas than any other single item they have in stock.  
**BBT** Sunsets on Mars are blue.  
**BBT** The world record for the longest human chain (holding hands) is 652.4 miles and it consisted of 5 million people in Bangladesh as part of a campaign.



# American College of Rheumatology recognizes OMRF scientists

Three Oklahoma Medical Research Foundation scientists were recently recognized for excellence at the American College of Rheumatology meeting, the world’s largest annual conference for the field.

OMRF senior research assistant Sherri Longobardi received the Sjogren’s Foundation’s Outstanding Abstract Award for her work in identifying new methods for diagnosing Sjogren’s syndrome, where immune cells attack moisture-producing glands, causing symptoms that include severe dry eyes and dry mouth, fatigue, joint pain and rashes. There are currently no approved treatments for the illness.

Current blood tests to diagnose Sjogren’s look for biomarkers found in just 60% of patients, making the disease challenging to detect, and a lip biopsy is often required to confirm a diagnosis. Since beginning her research in 2016, Longobardi

has identified eight new markers, paving the way for a blood test with accuracy rates as high as 93%.

Darise Farris, Ph.D., who mentors Longobardi at OMRF and holds a \$2.7 million Sjogren’s grant from the National Institutes of Health, noted the work is a major step forward in the field. “This a significant discovery that could better diagnose patients and save a large portion from a painful lip biopsy and extensive testing.”

OMRF scientists Eliza Chakravarty, M.D., and Melissa Munroe, M.D., Ph.D., were also recognized for outstanding abstracts at the meeting. Their separate projects focused on better understanding aspects of the autoimmune disease lupus.

Chakravarty helped lead a multi-site NIH trial to determine whether patients can safely stop taking a lupus medication — mycophenolate



Oklahoma Medical Research Foundation scientist Melissa Munroe, M.D., Ph.D.

mofetil — associated with numerous side effects. The study determined that patients with stable disease may be able to stop the medication without added risk of disease flare. Munroe’s project examined specific inflammatory and regulatory

Continued next page

## CROSSWORD CORNER

- Across**  
1 Cathartic magnesium compound  
11 Bygone Bulgarian bigwig  
15 Some drag racers  
16 Scott of “Arrested Development”  
17 Comment denying kinship  
18 Bob Ross painted with one  
19 Dog follower, maybe  
20 “Disturbia” singer, familiarly  
21 Raise  
22 “The Cocktail Party” monogram  
23 Former Carson Daly employer  
24 Horn for Parker  
26 Where to find Ruth and Aaron: Abbr.  
27 West in old movies  
28 Small book size  
30 Words that contradict what preceded them  
34 Perpetual loser  
35 Game time?  
36 Hydrocodone, e.g.  
37 “Too Many Rappers” rapper  
38 Holstein’s hi?  
39 “Flags of Our Fathers” setting, for short  
41 Vegas summer hrs.
- 42 Windy City train org.  
45 “Baywatch” actor  
47 Superman’s mom  
49 Physics Nobelist the year after Einstein  
50 “Count on me!”  
51 Came clean  
53 “Aww!”  
54 Source of some long flows  
55 Freezer aisle brand  
56 At risk
- Down**  
1 \_\_\_ Blofeld, Bond bad guy  
2 Combines  
3 Slope of loose stones  
4 Passed  
5 Sideshow \_\_\_ of “The Simpsons”  
6 Gave it another go  
7 When Prospero says, “We are such stuff / As dreams are made on”  
8 Hideaway  
9 Dix moins sept  
10 I-9 ID  
11 Uphill aid  
12 Sanctuary  
13 Protection from planes  
14 Support  
21 Does very well  
23 Do the bare minimum  
25 Welk intro words  
27 Mediterranean country
- in which English is an official language  
29 Final purpose, to Aristotle  
30 Factor in committee assignments  
31 Houston’s \_\_\_ Stadium, named for an energy company  
32 Has too much, briefly  
33 Run a tab, say  
34 Coffee, in diner slang  
35 Hockey advantage  
40 From days past  
41 \_\_\_ parade  
42 Python pro  
43 Bronze ordinal  
44 Like Taos, say  
46 Folks  
48 Key of Mozart’s clarinet concerto: Abbr.  
49 Version to debug  
51 Sashimi selection  
52 Light knocknch

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									

Answers on page 26





OMRF scientist Sherri Longobardi received the Sjogren's Foundation's Outstanding Abstract Award for the 2020 conference.

imbalances in the blood that may help clinicians better predict and identify which relatives of lupus patients will go on to develop the condition.

"The American College of Rheumatology meeting is a gathering of the brightest minds in the field,"

said OMRF Vice President of Clinical Affairs Judith James, M.D., Ph.D. "The recognition of these investigators and their teams is yet another nod to OMRF's critical work in understanding and treating autoimmune diseases."

## STRANGE BUT TRUE SO THEY SAY...

**SBT** Canadian company started selling fresh air in a can as a joke, then Chinese consumers made it

real paying up to \$20 a can.

**SBT** Lego toys are a better investment than stocks, bonds, or gold.

**SBT** Tyromancy is the practice of predicting the future with cheese.



**405-924-4248**

FIND US ON 

**TRANSPORTATION FOR EVERYONE!**  
**MEDICAL APPOINTMENTS, SHOPPING, ERRANDS & MORE!**



## LUXURY SENIOR LIVING IN THE HEART OF NORMAN



SCAN FOR  
EXCLUSIVE OFFER

**CALL TODAY 405-701-2951**

**THECARLSTONE.COM**



*Our residents can enjoy this brand new community that is full of amazing spaces for activities. Here at Carlstone Senior Living we will have a monthly calendar that is full of classes, activities, and events; as well as offering scheduled outings to popular destinations for shopping, dining, and entertainment. Carlstone provides a spacious dining room experience to enjoy gourmet meals with friends and family. Come check out what all Carlstone has to offer to provide an enjoyable, convenient, and relaxing living experience.*

**THECARLSTONE.COM**

501 E ROBINSON NORMAN, OK 73071



OKLAHOMA ASSISTED LIVING ASSOCIATION'S  
—UPCOMING—  
2020 EVENTS

MARK YOUR CALENDARS

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

JAN 28 | OKALA RCAL Administrator Certification Course

JAN 29 | OKALA RCAL Administrator Certification Course

FEB 24 | OKALA RCAL Administrator Certification Course

FEB 26 | OKALA RCAL Administrator Certification Course

MAY 20 | OKALA RCAL Administrator Certification Course

MAY 21 | OKALA RCAL Administrator Certification Course

JUNE 23 | OKALA RCAL Administrator Certification Course

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

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

FOLLOW US ON facebook

OKLAHOMA ASSISTED LIVING ASSOCIATION  
OKALA

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

ASSISTED LIVING & MEMORY SUPPORT IN MIDWEST CITY





(405) 259-5069 Call to set up a virtual tour today!

Fountain Brook

Assisted Living & Memory Support

11510 S.E. 15th Street | Midwest City, OK



FountainBrookLiving.com | Check out the fun!

 fountainbrookliving

SITUATION UPDATE: COVID-19

COVID-19 Oklahoma Test Results

Cases	283,781
*Total Cumulative Negative Specimens to Date	2,335,909
*Total Cumulative Number of Specimens to Date	2,618,975
Acute Care OSDH Licensed Facility Hospitalizations	1,752
Other Types of Facilities Hospitalizations	175
Total Cumulative Hospitalizations	16,426
Total Cumulative Deaths	2,405

- As of this advisory, there are 283,781 cases of COVID-19 in Oklahoma.
- 2,594 is today's 7-day rolling average for the number of new cases reported.
- There are 22 additional deaths identified to report.
  - \* Two in Cleveland County, one female in the 65 or older age group, one male in the 65 or older age group.
  - \* One in Creek County, one male in the 65 or older age group.
  - \* One in Garfield County, one male in the 65 or older age group.
  - \* One in Grady County, one male in the 65 or older age group.
  - \* One in Kay County, one female in the 65 or older age group.
  - \* One in Love County, one female in the 50-64 age group.
  - \* One in McClain County, one female in the 65 or older age group.
  - \* One in McCurtain County, one male in the 65 or older age group.
  - \* Eight in Oklahoma County, three females in the 65 or older age group, one male in the 18-35 age group, one male in the 50-64 age group, three males in the 65 or older age group.
  - \* One in Pontotoc County, one male in the 65 or older age group.
  - \* Three in Tulsa County, one female in the 65 or older age group, two males in the 65 or older age group.
  - \* One in Woods County, one female in the 65 or older age group.
- There are 2,405 total deaths in the state.
- Additional hospitalization data can be found in the Hospital Tiers report, published evenings Monday through Friday.
- For more information, visit <https://oklahoma.gov/covid19.html>.

\*The total includes laboratory information provided to OSDH at the time of the report. As a result, counts are subject to change. Total counts may not reflect unique individuals.

\*\*\*The purpose of publishing aggregated statistical COVID-19 data through the OSDH Dashboard, the Executive Order Report, and the Weekly Epidemiology and Surveillance Report is to support the needs of the general public in receiving important and necessary information regarding the state of the health and safety of the citizens of Oklahoma. These resources may be used only for statistical purposes and may not be used in any way that would determine the identity of any reported cases.

Data Source: Acute Disease Service, Oklahoma State Department of Health. \*As of 2020-12-29 at 7:00 a.m.



# COVID-19 Vaccine Myths Debunked

Oklahomans should feel confident in receiving either of the vaccines.

Still, we know there is a lot of mis-information out there. The Mayo Clinic debunks many of the most common myths below.

**Myth:** The COVID-19 vaccine is not safe because it was rapidly developed and tested.

**Fact:** Many pharmaceutical companies invested significant resources into quickly developing a vaccine for COVID-19 because of the worldwide impact of the pandemic. The emergency situation warranted an emergency response but that does not mean that companies bypassed safety protocols or perform adequate testing.

To receive emergency use authorization, the biopharmaceutical manufacturer must have followed at least half of the study participants for at least two months after completing the vaccination series, and the vaccine must be proven safe and effective in that population. In addition to the safety review by the FDA, the Advisory Committee on Immunization has convened a panel of vaccine safety experts to independently evaluate the

safety data from the clinical trials. The safety of the COVID-19 vaccine will continue to be closely monitored by the Centers for Disease Control and Prevention (CDC) and the FDA.

**Myth:** I already had COVID-19 and recovered, so I don't need to get a COVID-19 vaccine when it's available.

**Fact:** There is not enough information currently available to say if or for how long after infection someone is protected from getting COVID-19 again. This is called natural immunity. Early evidence suggests natural immunity from COVID-19 may not last very long, but more studies are needed to better understand this. Mayo Clinic recommends getting the COVID-19 vaccine, even if you've had COVID-19 previously. However, those that had COVID-19 should delay vaccination until about 90 days from diagnosis. People should not get vaccinated if in quarantine after exposure or if they have COVID-19 symptoms.

**Myth:** There are severe side effects of the COVID-19 vaccines.

**Fact:** There are short-term mild or moderate vaccine reactions that resolve

without complication or injury. Keep in mind that these side effects are indicators that your immune system is responding to the vaccine and are common when receiving vaccines.

**Myth:** I won't need to wear a mask after I get the COVID-19 vaccine.

**Fact:** It may take time for everyone who wants a COVID-19 vaccination to get one. Also, while the vaccine may prevent you from getting sick, it is unknown at this time if you can still carry and transmit the virus to others. Until more is understood about how well the vaccine works, continuing with precautions such as mask-wearing and physical distancing will be important.

**Myth:** More people will die as a result of a negative side effect to the COVID-19 vaccine than would actually die from the virus.

**Fact:** Circulating on social media is the claim that COVID-19's mortality rate is 1%-2% and that people should not be vaccinated against a virus with a high survival rate. However, a 1% mortality rate is 10 times more lethal than the seasonal flu. In addition, the mortality rate can vary widely and is influenced by age, sex and underlying health condition.

You cannot get COVID-19 infection from the COVID-19 vaccines; they are inactivated vaccines and not live vaccines.

While no vaccine is 100% effective,

they are far better than not getting a vaccine. The benefits certainly outweigh the risks in healthy people.

**Myth:** The COVID-19 vaccine was developed as a way to control the general population either through microchip tracking or nano transducers in our brains.

**Fact:** There is no vaccine "microchip" and the vaccine will not track people or gather personal information into a database. This myth started after comments made by Bill Gates from The Gates Foundation about a digital certificate of vaccine records. The technology he was referencing is not a microchip, has not been implemented in any manner and is not tied to the development, testing or distribution of the COVID-19 vaccine.

**Myth:** The COVID-19 vaccine will alter my DNA.

**Fact:** Injecting mRNA into your body will not interact or do anything to the DNA of your cells. Human cells break down and get rid of the mRNA soon after they have finished using the instructions.

**Myth:** The COVID-19 vaccines were developed using fetal tissue.

**Fact:** Current mRNA COVID-19 vaccines were not created with and do not require the use of fetal cell cultures in the production process.

INTEGRIS Health is a member of the Mayo Clinic Care Network.

## OKLAHOMA'S MOST AFFORDABLE ASSISTED LIVING!

**2 MONTHS  
FREE  
RENT**

## All-Inclusive Rent & Board

# \$704<sup>OR LESS</sup>

**Call for Appointment Today  
(405) 605-6353**

*Village at*  
**OAKWOOD**

**817 SW 59th Street. Oklahoma City, OK 73109**

**WWW.VILLAGEATOAKWOOD.COM**



**GOVERNMENT ASSISTANCE AVAILABLE**

INCOME BASED RESTRICTIONS APPLY.







## 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 <b>405-310-2499</b>	Arbor House of Norman 4501 W. Main St. Norman, OK 73072 <b>405-292-9200</b>
Arbor House of Midwest City 9240 E. Reno Ave. MWC, OK 73130 <b>405-455-3900</b>	Arbor House of Mustang 850 N. Clearsprings Rd. Mustang, Ok 73064 <b>405-376-2872</b>

**[www.arborhouse4u.com](http://www.arborhouse4u.com)**

# OU Health Sciences Center Receives Grant for Opioid Management in Older Adults

Chronic pain can be quite common among older adults as they face conditions such as arthritis and neuropathy. Treating pain in older adults requires special considerations, however, especially when it comes to opioids.



The University of Oklahoma Health Sciences Center recently received a \$2.5 million federal grant to tailor methods of treating chronic pain to the older adult population – with an emphasis on decreasing the use of opioids – and to disseminate those best practices to primary care clinics across Oklahoma. The grant is from the Agency for Healthcare Research and Quality, the lead federal agency charged with improving the safety and quality of America's healthcare system.

In recent years, the OU Health Sciences Center has made significant contributions to the medical profession's understanding of the risks and benefits of using opioids to treat chronic pain. However, much of that work has focused on the general population, rather than older adults specifically. This grant will allow physicians and researchers to concentrate solely on older adults, and to establish standards of pain management that prioritize non-opioid medications and treatments.

"The older population has a much different relationship with opioids than the younger population does," said one of the grant's three principal investigators, Zsolt Nagykalai, Ph.D., Director of Research for the Department of Family and Preventive Medicine in the OU College of Medicine. "In the younger population, the No. 1 problem is typically misuse, while in the older population, the bigger problems are interactions between opioids and other medications

and other health conditions, as well as a higher risk of falls."

There are numerous reasons for limiting or avoiding opioid prescriptions in older adults, said co-principal investigator Steven Crawford, M.D., Senior Associate Dean for the OU College of Medicine. Metabolism slows as people age, which can increase the effects of opioids. Conditions like emphysema and sleep apnea complicate the use of opioids, Crawford said, and other medications may interact poorly with opioids. Opioids also cause constipation, which can affect the body's systems and eventually lead to serious issues.

However, there are many alternatives to opioids. Non-opioid medications may be an option, although care must be exercised with anti-inflammatory drugs like ibuprofen, which can damage the kidneys and increase the risk of internal bleeding, among other complications, Crawford said. There are many non-pharmacologic possibilities, such as physical therapy, topical agents, acupuncture, massage, meditation and exercise. Those are also important options if patients are decreasing their opioid use slowly over time.

"Regular physical activity is very important for managing chronic pain because pain gets worse if people sit for a long time," said geriatrician and co-principal investigator Lee Jennings, M.D., Chief of the Section of Geriatrics in the Department of Medicine, OU College of Medicine. Jennings is also director of the Oklahoma Healthy Aging Initiative (OHAI),

See GRANT Page 23




## 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](http://www.CarePlusatHome.com)**



## GRANT

Continued from Page 22

which provides gentle exercise opportunities and falls prevention classes (including via Zoom) across Oklahoma. OHAI's free programming will be emphasized as part of the overall program.

"It's not easy to treat older adults with chronic pain, so this grant will allow us to help patients and their physicians to understand and have access to alternatives to opioids," Jennings said. "It's very important to have safe opioid prescribing practices and to make sure that patients understand the risks, but we have to think through other ways to manage pain. It's not always possible to make someone totally pain-free, but we also don't want to put someone at risk for a fall because they're taking a medication that has a sedating effect. We want them to continue doing the activities that enrich their lives. We don't want people to stop doing the things

they enjoy because that can lead to social isolation and loneliness, which ultimately leads to poorer health."

Because primary care clinics provide most of the care for older adults with chronic pain, the OU Health Sciences Center will be working with up to 50 clinics across Oklahoma. Community panels, comprised of both patients and clinicians, will provide insight into the needs specific to each area. The OU Health Sciences Center has an extensive network of relationships with rural clinics across the state to share best practices and provide hands-on assistance; this grant will enable further outreach on a topic that's important to many Oklahomans.

"New medical guidelines, if they follow the natural course of things, can take years to become wedded into the practices of clinics," Crawford said. "This type of program allows us to accelerate that process by working with clinics to improve the quality of life for their patients."

**Get Senior News and Living Online!**

[www.seniornewsandliving.com](http://www.seniornewsandliving.com)



301 Triad Village Dr  
Norman, OK 73071  
(South of 12th and  
Alameda on Triad  
Village Drive.)

**405-310-2266**

[www.beacon.cc](http://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**



ATTAINABLE HOUSING FOR SENIORS 62 AND BETTER

Each year in Oklahoma,  
**7,500 adults die**  
from tobacco use

**IT'S TIME TO  
DRAW THE LINE.**

Big Tobacco puts profits over people — and it's hurting Oklahoma.  
In our state:

- \$2 billion is spent on tobacco-related health care costs every year
- 1,500 kids become new daily smokers each year
- 1 in 4 kids use e-cigarettes

THAT'S NOT **OK**

By implementing common-sense tobacco policies, we  
can save Oklahoma from the clutches of Big Tobacco.

Learn how to fight back at

**TOBACCO STOPS WITH ME.com**

A Program of  
**TSET**



# January CALENDAR OF EVENTS

## JANUARY

### 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 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 COVID-19.

### Barbed Tales Podcast Theatre Online

Price: Free. When: Mondays, 6am Email: [barbedtales@gmail.com](mailto:barbedtales@gmail.com) [anchor.fm/barbedtales](http://anchor.fm/barbedtales) Barbed Tales Productions brings theatre to the airwaves. Theatre for your ears. Due to the quarantine, live theater has to make adjustments so that we may still bring culture and entertainment to audiences. Barbed Tales Productions are taking steps to provide high quality entertainment. Creating podcast theatrical releases and online shows are a safe way to provide culture to our area. Season One explores video game reviews, D&D, Outlander fan fiction, and more. Under fifteen minutes episode.

### Online: Art Moves

When: Mondays-Fridays, 12 p.m. [www.artscouncilokc.com/art-moves](http://www.artscouncilokc.com/art-moves) Art Moves artists have adjusted from daily downtown performances to online streaming. Help us support our local artist by joining us weekdays at Arts Council Oklahoma City's facebook page for live-streaming performances and demonstrations from artist homes or studios! Art Moves is an Arts Council OKC initiative that provides free arts events each workday from Noon-1:00. Events previously took place in various downtown locations and may include artist demonstrations or musical performances. The daily line-up features a wide range of artistic mediums including musical and theater performances, live art demonstrations, short film selections, and more

## JANUARY

### Paseo Arts District's First Friday Gallery Walk

3022 Paseo St., Oklahoma City 405-525-2688 | [thepaseo.org](http://thepaseo.org) When: First Friday of every month, 6-10 p.m. peruse art from over 80 artists with 25 participating business for a night of special themed exhibits, refreshments and a variety of entertainment opportunities.

### FREE: A Night In The Paseo

The Paseo Plunge 3010 Paseo St., Oklahoma City 405-315-6224 | [paseoplunge.org](http://paseoplunge.org) When: First Friday of every month, 7:30-9 p.m. Phone: 405-898-4215 Email: [poeticcity16@gmail.com](mailto:poeticcity16@gmail.com) Poetic City is bringing poetry and music every first Friday in the Paseo Arts District. Several artists come to bless the ears of the Paseo, and open mic will be available as well. Our fav Host Louisiana's Lady Kat will be in the building! Dj Chief Tr3 will be on the ones and two's creating vibes! Bleek is the event coordinator for all events and CEO of Poetic City. Sponsored Literati Press Comics & Novels and owner Charles Martin.

### Second Friday Art Walk

Downtown Norman 122 E. Main St. Norman 637-6225 | [downtownnorman.com](http://downtownnorman.com) When: Second Friday of every month, 6 p.m. In keeping with the CDC's guidelines to a safe reopening, we will limit the 2nd Friday Norman Art Walk to a virtual broadcast experience that celebrates art, artists and our local businesses on Friday, July 10 that we can all enjoy from home. tour shops studios, venues & galleries to view visual art exhibits, hear live music and more.

### Blazing a Trail

1700 NE 63rd St. Oklahoma City When: Mondays-Saturdays, 10 a.m.-5 p.m. and Sundays, 12-5 p.m. Continues through May 16, 2021 Phone: (405) 478-2250 [marketing@nationalcowboymuseum.org](mailto:marketing@nationalcowboymuseum.org) Price: \$12.50 \* Senior and Children discounts available [nationalcowboymuseum.org/exhibition/blazing-a-trail](http://nationalcowboymuseum.org/exhibition/blazing-a-trail) 2020 is the centennial for Women's Suffrage in the United States. For most of the West, however, suffrage was realized years or even decades before the rest of the country. Blazing a Trail explores why Western Women as a whole were more successful than their Eastern counterparts in achieving polling parity with men.

## JANUARY

### Find Her West

National Cowboy & Western Heritage Museum 1700 NE 63rd St. Oklahoma City When: Mondays-Saturdays, 10 a.m.-5 p.m. and Sundays, 12-5 p.m. Continues through May 16, 2021 Phone: 4054782250 [marketing@nationalcowboymuseum.org](mailto:marketing@nationalcowboymuseum.org) Price: \$12.50 \* Senior and Children discounts available [nationalcowboymuseum.org/exhibition/find-her-west](http://nationalcowboymuseum.org/exhibition/find-her-west) The American West is difficult to define and far more complex than stereotypes suggest. It is a destination, an experience, an idea, and for some even home. It has few boundaries and crosses cultures, geography, socioeconomics, gender, age, and eras. Photographs and other archival items from the Museum's Dickinson Research Center reveal this diversity. At its core, history is not about dates and events, but the people who experienced them. Not just the famous, but the everyday and ordinary. Look closely. These faces and names are not fiction.

## JANUARY 13

### Online: Building Equitable Futures for Oklahoma's Children: An Early Childhood Research and Policy Series

When: Wed., Jan. 13, 1-4 p.m. and Wed., Feb. 10, 1-4 p.m. Phone: 4054294219 [contact@okschoollreadiness.org](mailto:contact@okschoollreadiness.org) Price: FREE [okschoollreadiness.org/events/building-equitable-futures](http://okschoollreadiness.org/events/building-equitable-futures) The Oklahoma Partnership for School Readiness and the Early Childhood Education Institute have joined forces to offer a new, multi-session conference to highlight early childhood research, initiatives and policy. "Building Equitable Futures for Oklahoma's Children: An Early Childhood Research and Policy Series," will be from 1-4 p.m., Dec. 9, Jan. 13 and Feb 10. Each of these free, online webinars will feature multiple keynote speakers and introductory remarks from state leaders and national experts, including State Superintendent Joy Hofmeister, who will kick-off the first session, titled "Foundations: How Oklahoma Research Influenced Pre-K Policies and Programs Across the Country."

## JANUARY 31

### FREE: The Woodlands Art Exhibition Online

The Art Hall 519 NW 23rd St., Oklahoma City Through Jan. 31, 10 a.m.-7 p.m. Phone: 405-456-9504 Email: [arthall@arthallokc.com](mailto:arthall@arthallokc.com) [www.arthallokc.com/the-woodlands](http://www.arthallokc.com/the-woodlands) Organized by guest curator Rachel Stout, The Woodlands encompasses creative women that share of love of nature, magic, and the mysterious universe we call home. Although we all come from different creative backgrounds, we have gathered in the woods to make our practices a collective. Whether it's tattooing or illustration, this coven appreciates all creative walks of life. The Woodlands features the work of Haley Bell, Ashley Davis, Benét Peach, and Rachel Stout. On view concurrently are several recent paintings by alexis austin and recent woodwork by Michael McDaniel.

### 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 & 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](mailto:advertising@seniornewsandliving.com) for more information and to be included!



# OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

## FOR SALE

### Resthaven Memory Gardens

500 SW 104th. OKC, OK 73139. 2 plots for sale; current selling price: \$4,995.00. We can sell both for that price-2 for the price of one. Call Gary at 405-638-3004

### 2 Resthaven plots for sale.

Current selling price \$4,700.00 each. Asking price \$2,700.00 each. 405-615-6847

### FOR SALE BOSTON POP

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

### Memorial Park Cemetery

Section 26. Lot 218, Space 2 & 3 Asking \$1,500 a space Call/Text Jeff at 405-400-5132

## 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

**Four Burial Plots in Resthaven for sale.** \$1,500 each or all four for \$5,000. Located at 500 SW 104th. OKC. Call 405-201-4267



**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

## CLASSIFIED MARKETPLACE CLASSIFIED LINER ADS PRICE PER 25 WORDS

3 Months.....\$66.00  
6 Months.....\$130.00  
9 Months.....\$175.00

## 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](mailto:advertising@seniornewsandliving.com) to submit ad copy & payments. [www.SeniorNewsandLiving.com](http://www.SeniorNewsandLiving.com)

# SENIOR NEWS & LIVING

## AD FORM

Category (Exp: For Sale, Help Wanted):

Date(s) to Run:

### CLASSIFIED LINER ADS (PRICE PER 25 WORDS)

- ☐ 3 Months.....\$66.00  
☐ 6 Months.....\$130.00  
☐ 9 Month.....\$175.00  
☐ 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](mailto:advertising@seniornewsandliving.com)



## 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

## 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

## SERVICE

### Estate Planning

- Revocable Living Trust
  - Will's
  - Healthcare Power of Attorney
  - Durable Power of Attorney
- Email [makbkrptcy@gmail.com](mailto:makbkrptcy@gmail.com)



**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**







# Greg Schwem: Coming (hopefully) next summer: 'Indiana Jones and the Elusive, Affordable Meds'

by Greg Schwem

Please, Harrison Ford, don't do this.

You're already 78 years old. You've proven to be one of the most bankable movie stars in history. You've survived numerous plane mishaps, some due to your, um, confusion while piloting your own aircraft. You're Jack Ryan, Dr. Richard Kimble and Han Solo, rolled up into one dude. Leave it at that.

But you're also Indiana Jones, the guy who found the Ark of the Covenant, and apparently, you're going to gulp down a whole lot of anti-inflammatories and reprise the character yet again. A fifth Indiana Jones movie, Disney confirmed earlier this month, will be released in July 2022. You will be 80 by then.

I know, 60 is the new 40 and 70 might be the new 50 but 80 is still 80. I can't imagine a scenario where an 80-year-old man, even one who has faced off against Nazis, would be in need of anything other than a comfortable chair. My mom just celebrated her 85th birthday and we got her everything on her wish list, comprised of an outdoor planter and a fanny pack.

"I need something to hold my phone when I get the mail," she said.

Also, Harrison, may I remind you that, in "Indiana Jones and the Last Crusade," you found the Holy Grail, which gives eternal youth to anyone who drinks from it. You gave it to your dad, a noble gesture for sure, but you took nary a sip. Had you done so, you could have made many more adventures. But you didn't and now I assume you're like most octogenarians; trying to stay active but also bemoaning how much it costs every time you pick up a prescription at the local CVS. That problem will, hopefully, be rectified in the Summer 2022 blockbuster, "Indiana Jones and the Elusive, Affordable Meds." How about this for a plot?

OPEN: While playing Pickleball at an undisclosed active retirement community, Indiana Jones is visited by his grandson, Michigan Jones (I'm thinking Chris Evans for this role). Michigan has grown weary of reading his grandfather's Facebook rants about the OUTLANDISH cost of Lisinopril, which Indiana takes daily to control his high blood pressure. This condition first appeared more than 30 years ago when he fell into a vat of poisonous snakes.

Michigan shows his grandfather how to download the GoodRx app. Together, they see that Lisinopril is available for a third of the price at a Costco but it's 60 miles away. Despite Indiana's complaints about Costco — "Why do I need 30 pounds of cashews at my age?" — Michigan offers to drive him. Indiana infuriates his Pickleball partners by leaving the game early to get ready for his latest adventure.

CUT TO: Indiana stubbornly tells Michigan that he needs his whip and sable fedora before leaving. The whip is in his nightstand; unfortunately, he sold the fedora at a yard sale while downsizing. Michigan says he could order a new one on Amazon, with one-day shipping, but Indiana doesn't want to wait. Whip at the ready, the two set out for Costco.

CUT TO: Indiana insists on stopping at Denny's for the senior discount breakfast. Indiana says it's his "God given right" to enter the



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



Harrison Ford in "Indiana Jones and the Kingdom of the Crystal Skull."

establishment without a face covering but the Denny's manager has other ideas. Warily eyeing Indiana's whip, the manager also gestures to the "No Weapons Allowed" sign on the cash register. Furious, Indiana leaves, vowing never to spend another red cent at Denny's. Michigan texts his wife, saying, "Grandpa's being Grandpa again."

CUT TO: They enter Costco, using Michigan's membership card. Indiana reluctantly dons a mask. They approach the pharmacy, where Indiana does indeed get his Lisinopril. Upon leaving, a Costco attendant asks to see Indiana's receipt.

"You think I stole this?" an enraged Indiana replies "The Temple of Doom has nothing on this place. Get the manager."

Michigan produces the receipt and leads his grandfather to the parking lot. They arrive home at 4 p.m., just in time for dinner.

## FADE OUT

(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](http://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](http://www.gregschwem.com))

## A REALTOR FOR ALL SEASONS OF LIFE

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



For assistance,  
call or text **Belinda Gray**, a Seniors Real Estate Specialist  
**405.823.0331**







# PREPARE TO BE SURPRISED.

Meet the Maddox family. Their thirteen-year-old daughter, SaNiyah, has cerebral palsy and is confined to a wheelchair. SaNiyah's entire life – her happiness, her health, her every need – all depends on her family and help from the team at Special Care. But they also have two adorable young sons, demanding jobs and – on top of everything else – they foster an infant who needed a home, too. It's more than most of us could handle.

But here's the big surprise. The Maddoxes not only receive help from United Way agencies, they find room in a budget stretched to its limit and they give to the United Way. **Can you?**

**GIVE. ADVOCATE. VOLUNTEER.**



**STAND  
UNITED  
OKC.com**