

Reunited
with
artwork 42
years later

PAGES 10



Remains of
Lost
Destroyer
Found

PAGE 5



SENIOR NEWS & LIVING

www.seniornewsandliving.com Information for Oklahoma Seniors

May 2021 Vol. 24 Issue 5

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

Senior Says Free Weatherization Program is Impressive



Kara Sanders beams as she stands at the ramp that allows her daughter Michele entry to their home just weatherized for free by the Community Action Agency of Oklahoma City and Oklahoma/Canadian Counties.

Story by Darl Devault, Feature Writer

When Kara Sanders, 72, heard about a local program from her daughter Michele offering to weatherize their home for free in South Oklahoma City she wondered how much they would do to her home since 1968.

When the Community Action Agency of Oklahoma City and Oklahoma/Canadian Counties' Weatherization Program was through she was impressed. She now offers the best testimonial by saying she is strongly recommending to her sister, Janelle Jones, 82, to apply for the free service for her home only a few blocks away.

Sanders is delighted with the completeness of the weatherization every time she turns on her hot water. "Before the workers put an insulating blanket around my hot water

tank, I needed to run the hot water a while before it became hot," Sanders said. "Now my daughter and I are making the adjustment in the last few days to that wonderful feeling of instant hot water."

After the recent frigid cold snap in Oklahoma City where residents saw 17 and 14 degree below zero mornings, seniors have many reasons to consider applying for free help to weatherize their homes.

"Every program our organization offers strives to create permanent solutions for those in our community," said Jessie Thompson, executive director of Community Action Agency. "Weatherization is no different. These changes create lasting effects for our clients, including lower utility bills, eliminating

See SANDERS Page 2

Del City's Armed Forces Day and Shriners Parade Returns May 15



The City of Del City and the Del City Chamber of Commerce are proud to announce the annual Armed Forces Day and Shriners Parade is returning on May 15. This long-standing tradition of nearly three decades is one of the largest of its kind in Oklahoma.

Dozens of parade entries have already signed up for what organizers are preparing as a record-breaking turnout. The parade will feature military vehicles, India Shriners, veteran groups, community organizations and more.

The parade will start at 10 a.m. at SE 15th and Sunnyslane. It will travel south on Sunnyslane to SE 29th, where it will turn east and proceed to Vickie Drive.

Oklahomans of all ages are invited to line the streets in honor and celebration of the men and women serving in our armed forces.

Anyone who would like to take part in the parade is encouraged to fill out the application online at cityofdelcity.com/armed-forces-day-parade.

If you would like to participate in this year's parade or additional information, please contact Monica Cardin via 405-671-2815 or email mcardin@cityofdelcity.org.

SANDERS

Continued from Page 1

health, safety and sanitary hazards to offer peace of mind to homeowners and renters alike."

Thompson was named executive director of the nonprofit, Community Action Agency (CAA) of Oklahoma City and Oklahoma/Canadian Counties, Inc., in January 2020, after a 14-year tenure with the organization.

Mark Hall headed up the five-worker crew spending three days making sure the Sanders' home complies with national standards as the agency's weatherization coordinator. The work is evident, even on the outside, where the workers replaced a big part of the rotting south exterior wall cladding to help close air leaks.

Hall emphasized they use computerized blower doors to detect all air leakage in the home. Then they decided which were the most cost-effective repairs.

For the Sanders home they added extra insulation in the attic. The licensed workers drilled and filled the walls with insulation. To seal a major air leak they also rebuilt the water heater closet to national standards and provided more insulation.

The workers installed new features in the home. They put in a bathroom ceiling vent and a kitchen ducted

range hood that vents outside the home. Workers added tubing and a vent to allow the dryer to vent to the outside. To address health and safety concerns they also installed carbon monoxide sensors and smoke detectors.

The agency uses the national standard National Energy Audit Tool (NEAT) energy audit to guide how much work to perform on each home. This audit and compliance with standards are supported by two agency assessors visiting the home before the work and two inspectors visiting the home upon the work's completion. They coordinate to make sure the home is repaired to comply with national standards.

"I feel blessed, now my daughter and I don't have to worry about our home not being healthy and safe because we know it is sealed from any gas leaks," Sanders said. "The workmen were professional in showing respect for my daughters' privacy while they worked, since she is on oxygen with COPD while almost homebound here."

Now, multi-family homes, quads and duplexes are eligible to receive services, something CAA was not able to do in the past. CAA offers this program for homes and residents with disabilities and households with children under the



Kara Sanders signs off on the acceptance paperwork provided by inspector Steve Howard (right).

age of 12. There is an income requirement to apply. This program has proven to be extremely beneficial for senior residents in need in Oklahoma, Canadian, or Cleveland counties.

In the big picture weatherization can lead to fewer hospitalizations and trips to the emergency room, especially for those with asthma. By sealing, caulking, and adding door and window installation insulation, Hall says the home is often twice as energy efficient. These efforts offer residents permanent solutions to help

save money by increasing energy efficiency. On average, residents save \$40 per month on utility bills after CAA's Weatherization program.

For information about the program see Community Action Agency of Oklahoma City & OK/CN Counties, Inc. (caaofokc.org)

If you are interested in receiving Weatherization Assistance, please complete this brief application. For more information or if you have questions, please call (405) 232.0199 to ask for Home Weatherization, or email wxsec@caaofokc.org.

YOUR TRUSTED MEDICARE RESOURCE

INCREASE BENEFITS • REDUCE COSTS • NO COST CONSULTATION



Christina Sibley

Medicare Specialist

405-655-6098

csibleyinsures@gmail.com

Steven Sibley

Healthcare in Retirement Planning

405-850-1569

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



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

Disabled Veteran | Native American | Woman owned company

SERVING OKLAHOMA & SE KANSAS

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 Savvy Senior,

I’ve been told that my two children, ages 14 and 16, may be eligible for Social Security when I file for my retirement benefits. Is this true? What can you tell me? **Viagra Daddy**

Dear Viagra,

It’s true. If you’re age 62 or older and are still raising young children, there’s a Social Security benefit strategy that can put some extra money in your family coffers.

Here’s how it works. When you file for Social Security retirement benefits, your minor children can get money on your work record equaling half of what you would receive at full retirement age, now gradually rising from 66 to 67. Even if you were to take a smaller benefit by claiming earlier, your kids will still get half of your full-retirement age amount.

To qualify, your daughter - whether she’s biological, adopted or a stepdaughter - must be unmarried and under age 18. Kids that are over 18 but still in high school, can collect too until they graduate or turn 19, whichever comes first. (Other rules apply to kids that are disabled.)

But that’s not all.

Because one of your children is only 14, your wife (if you’re married) can collect Social Security benefits on your work record too, and it doesn’t matter if she’s just 40 years old. The minimum age requirements to collect retirement benefits (62) or survivor benefits (60) does not apply when it comes to collecting benefits as the caregiver of a young child. The spouse’s benefit, which is also worth up to half of your benefit, will stop when your daughter turns 16.

But note that there are limits to the amount of money that can be paid to a family. The Social Security “family maximum payment” is determined by a complex formula and can range from 150 to 180 percent of your full retirement benefit amount. If the total exceeds that, each person’s benefit, except yours, is cut proportionately until it equals the maximum.

Here’s an example of how

A Social Security Perk for Older Parents

that’s figured. Let’s say, for example, that your full retirement age benefit is \$2,400 per month. That would make your family maximum benefit (according to the Social Security formula at SSA.gov/oact/cola/familymax.html) roughly \$4,200 per month.

Subtract your \$2,400 benefit from the \$4,200 family maximum benefit, which leaves \$1,800. That’s the monthly amount that can be split between your two children - \$900 each. If your wife wants in on it too, the individual checks are smaller, at \$600 a piece, but the family amount is the same.

You should also know that minor children can collect up to half of a disabled parent’s Social Security disability benefit. And if the parent dies, they will get a survivor’s benefit, which is up to 75 percent of the deceased parent’s basic Social Security benefit.

To learn more, see the SSA publication (No. 05-10085)

“Benefits for Children” at SSA.gov/pubs/EN-05-10085.pdf.

One Caveat

Social Security benefits for your kids may not be available before full retirement age if you are still working. In 2021, you will lose \$1 in benefits for every \$2 earned over \$18,960, except in the year you reach full retirement age. In that case, the earnings limit is \$50,520, with \$1 in benefits withheld for every \$3 earned over the limit.

If you lose your benefits, your dependents also lose theirs. You can recoup those payments later, but your kids can’t.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.

SITUATION UPDATE: COVID-19

COVID-19 Oklahoma Test Results

| | |
|--|-----------|
| Cases | 447,393 |
| *Total Cumulative Negative Specimens to Date | 3,571,887 |
| *Total Cumulative Number of Specimens to Date | 3,989,170 |
| Acute Care OSDH Licensed Facility Hospitalizations | 181 |
| Other Types of Facilities Hospitalizations | 8 |
| Provisional Death Count (CDC/NCHS) | 8,230 |

- As of this advisory, there are 447,393 (115 new today) cases of COVID-19 in Oklahoma.
 - 238 is today’s 7-day rolling average for the number of new cases reported.
 - Today’s Provisional Death Count (CDC/NCHS): 8,230
 - Additional hospitalization data can be found in the Hospital Tiers report, published evenings Monday through Friday.
 - Register online to receive a notification when you’re eligible to schedule a COVID-19 vaccine appointment at vaccinate.oklahoma.gov, or locate other vaccine opportunities at vaccinefinder.org.
 - 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 2021-04-27 at 7:00 a.m.

Remains of Oklahoman' Storied WWII Destroyer Found in Pacific

Story and photos by Darl DeVault

May 31st is Memorial Day and Oklahoma's Commander Ernest E. Evans is in the news again 76 years after his heroism and death at the hands of one of the largest Japanese naval armadas put afloat during World War II. His valiant actions in the Battle off Samar against a vastly superior force earned the Shawnee-born native American the only Medal of Honor awarded for this rare surface-ship battle in the war.

Evans' ship, the U.S. Navy destroyer USS Johnston, was sunk in late October 1944 after he repeatedly hurled it against devastating firepower in the Philippine Sea. It was first found in 2019 after the deepest dive to a shipwreck in history. Only in the last month was it positively identified in a second dive by a different group of researchers.

Showing personal initiative, the brave commander was the first of a submarine screen of three destroyers defending six thin-hulled, lightly armed escort carriers loaded with planes. The Taffy 3 task force was attacked by an overwhelming 23-ship Japanese force coming to destroy the Leyte landing.

Upon first spotting the huge Japanese fleet and without orders, the Johnston threw out a smoke screen while sailing at flank speed against an enemy whose largest gun turret outweighed the U.S. destroyer. In a valiant action, Evans and his sailors were able to torpedo a Japanese cruiser while inspiring the other two destroyers to follow him against the enemy.

Evans received shrapnel wounds and lost two fingers when the bridge of his Fletcher-class destroyer was blown apart. The severely wounded U.S. Naval Academy graduate, who grew up in Oklahoma and graduated from Muskogee High School, continued to captain his damaged vessel in battle while shouting orders from the stern. The overwhelming Japanese force soon reduced the ship to dead in the water, and Evans and his sailors abandoned the sinking warship. The Johnston skipper was never found.

The Johnston crew's bravery in this action, part of the wider-ranging Battle of Leyte Gulf, is credited with convincing the Japanese fleet that it was attacking a much larger force of aircraft carriers. The Japanese commander ordered an unnecessary withdrawal, saving the vital jeep carriers of the Taffy 3 force from

certain annihilation.

The Japanese's four battleships, including the super-battleship Yamato, eight cruisers and a dozen or more destroyers were in route to attack the 200,000 American soldiers of MacArthur's 6th Army landing on the beaches of Leyte Island. The massive American armada assigned to defend this landing, the U. S. Third Fleet commanded by Admiral William "Bull" Halsey, had been lured away by empty Japanese carriers used as decoys.

In 2019, a few days past the 75th anniversary of the Battle off Samar, researchers from Vulcan Inc.'s research vessel R/V Petrel believed they had found wreckage from the engagement's famed Fletcher-class destroyer, USS Johnston (DD-557).

Images of twisted metal, a destroyed deck gun, a propeller shaft, and other less recognizable debris were posted to Petrel's Facebook page, with a video narrated by Rob Kraft, Vulcan's director of subsea operations, and Paul Mayer a submersible pilot with the team started by the late billionaire philanthropist Paul Allen.

In late March of this year, a crewed submersible filmed, photographed and surveyed the wreckage of the Johnston off Samar Island on two eight-hour dives. A Texas-based undersea technology company Caladan Oceanic made the identifying dive. Company founder Victor Vescovo, who piloted the submersible, released dramatic video of the shipwreck.

"Just completed the deepest wreck dive in history, to find the main wreckage of the destroyer USS Johnston," tweeted Vescovo, a former Naval officer.

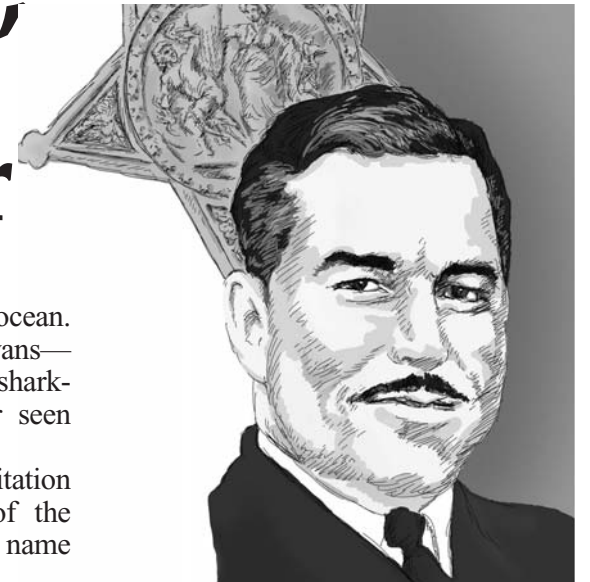
"We located the front two-thirds of the ship, upright and intact, at a depth of 6,456 meters (21,180 feet)," Vescovo reported. "Three of us across two dives surveyed the vessel and gave respects to her brave crew."

The expedition found the bow, bridge and mid-section of the Johnston intact, along with two full gun turrets, twin torpedo racks, and multiple gun mounts. The ship's hull number "557" is still visible, according to a statement by Caladan Oceanic.

The shipwreck is a well-preserved tomb. From Johnston's complement of 327 officers and men, only 141 were saved. Of the 186 men lost, about 50 were killed by enemy action and 45 later

died from wounds floating in the ocean. Ninety-two men—like Cmdr. Evans—got off before the boat sank in shark-infested waters and were never seen again.

Evans' Medal of Honor citation reads in part: The President of the United States of America, in the name



Imagery of the USS Johnston previously taken by the RV Petrel.

of Congress, takes pride in presenting the Medal of Honor (Posthumously) to Commander Ernest Edwin "Chief" Evans (NSN: 0-70042), United States Navy, for conspicuous gallantry and intrepidity at the risk of his life above and beyond the call of duty as Commanding Officer of the U.S.S. JOHNSTON (DD-557) in action against major units of the enemy Japanese fleet during the battle off Samar on 25 October 1944. The first to lay a smokescreen and to open fire as an enemy task force, vastly superior in number, firepower and armor, rapidly approached. Commander Evans gallantly diverted the powerful blasts of hostile guns from the lightly armed and armored carriers under his protection, launching the first torpedo attack when the JOHNSTON came under straddling Japanese shellfire. Seriously wounded early in the engagement, Commander Evans, by his indomitable courage and brilliant professional skill, aided materially in turning back the enemy during a critical phase of the action. His valiant fighting spirit throughout this historic battle will venture as an inspiration to all who served with him.

There were many other brave sailors and airmen from the escort carriers during those three hours of standing toe to toe with the biggest warships ever built. Besides the Johnston, the

destroyer USS Hoel was also lost in the engagement. The captain of the USS Heermann, the only U.S. destroyer that remained afloat, became the first destroyer captain to survive engaging multiple battleships in a daylight battle. Only losing four sailors, Commander Amos Hathaway was awarded the Navy Cross for his skillful seamanship.

These actions by the destroyers 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, two Silver Stars and two Bronze Stars for valor in the battle.

Evans was inducted into the Oklahoma Military Hall of Fame in 2009. The following 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, *The Chronicles of Oklahoma*.

Lt. Col. (ret.) Steve Reagan of Norman, Okla., has been raising funds for a memorial bust of Ernest Evans to commemorate this Native American naval hero from Oklahoma. The bust is planned to be located in Muskogee War Memorial Park. Anyone interested in information on these efforts or who would like to donate for this memorial should **contact Steve Reagan at (405) 312-2270**.

OPINION

Therapeutic Foster Care changes the world, one child at a time

By Amanda Martindale, Therapeutic Foster Parent

During my music therapy internship at a state facility for teens and adults with mental illnesses, I learned that many of the adults we served within the facility, who were there largely because they had been charged with crimes, shared the foster care experience of my teens.

Most of my teens had been through about 14 different placements by the time they got to our facility and had developed negative coping mechanisms due to their life experiences. No one had taught them how to process their emotions or trauma, which would come out in explosive tantrums. Like my adult patients, they also

had no one in their lives who was there just for them, but only staff who went home at the end of each shift. Can you imagine what being raised in an institution instead of a family and not having even one consistent parent could do to a person's psyche? It turns out, it gives you no way to learn about love and respect for others.

I decided I wanted to make a difference and break this cycle. I saw that trying to understand the "why" behind their coping mechanisms, connecting and showing unconditional love (especially after behaviors meant to drive you away) brought about significant changes, even healing. As soon as I learned about Therapeutic Foster Care (TFC), I knew I wanted to be involved.

TFC serves children in loving home settings instead of institutions, equipping foster parents to help children work through the trauma they've experienced. TFC homes receive more intensive services – weekly family and individual therapy for the child, an on-call team of therapists to help in times of crisis, monthly respite to give tired foster parents time to rejuvenate, and trauma-

based trainings to help parents understand why children have



Amanda Martindale is a Therapeutic Foster Parent with Choices for Life Counseling and Foster Care in Oklahoma.

See FOSTER Page 11

dispatchhealth

Home is where your health is.™

Same-Day Medical Care in the Comfort of Home

DispatchHealth delivers safe, in-home care helping you to avoid ambulances, waiting rooms and expensive ER bills.

Most insurance accepted, including Medicare and Medicare Advantage. **The average out-of-pocket cost is just \$5-\$28.**

Our highly skilled medical team arrives within hours of your request. Each team includes either a physician assistant or nurse practitioner, along with a medical technician. An ER physician is always available by phone.

Open 7 days a week, including holidays. | 8 a.m. to 10 p.m.

What We Treat:

- COVID-19 symptoms
- Urinary tract infections
- Respiratory infections
- Pneumonia
- COPD exacerbation

- Skin infections
- Diarrhea and dehydration
- CHF exacerbation
- And much more

Request Care Today:

405-213-0190 | DispatchHealth.com/Oklahoma-City

For life-threatening and time-sensitive injuries and illnesses, call 911 or go to the nearest emergency room. ©2021 DispatchHealth. All Rights Reserved.

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





WHEN YOU THINK OF REAL ESTATE
THINK OF ME

AnnMarie Jones
REALTOR®

(405) 905-9299 c
(405) 741-1900 o
ms.amj@kw.com

1716 S. Post Rd. Ste. A
Midwest City, OK 73130


KELLER WILLIAMS
Each office is independently owned and operated

Your Local Expert For Oklahoma City's Metro Area


GIVING RIDES TO SENIORS
1 MILE AT A TIME

405-924-4248
FIND US ON 

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

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



Giving 110 percent *RN and staff enhance quality*

By James Coburn, Staff Writer

The regulatory challenge of working in long-term care is what appeals most to Danielle Wolfington, RN, Golden Age Nursing Home. Promoting quality is her forte.

"I love a challenge. There's just something about having to deal with all the aspects of leadership," Wolfington said. "At the hospital you just kind of go with the motions. There's always a challenge here. There's always some way to promote quality. That's what I like."

She has worked at Golden Age for five years. As the assistant director of nursing at the Guthrie home she is in charge of infection control and quality assurance. Wolfington was previously MDS coordinator.

She earned her Bachelor of Science in Nursing degree in December at Northern Oklahoma College. She is currently in the master's degree program for family

nurse practitioner.

She worked a little bit at OU Medical Center, but was drawn back to long-term care.

She was only 16 when she became a CNA.

Today, you can see the smile in her eyes above her face mask as her admiration for coworkers shines through.

"I like the fact when I'm sitting in my office that I can hear my staff members talk to residents like they're very close to them," Wolfington said. "And the residents even reach for the staff member's hand and stuff like that when they are at the window visiting. They tell their families how much they love the staff. So, it tells me that behind the scenes, they are making a positive experience. You know how tough long-term care is right now. I feel that they do the best they can to try to make



There is a transcendent quality about Danielle Wolfington in that she always reaches for better solutions in patient care at Golden Age Nursing Home, located in Guthrie.

situations a little better."

Vaccinations against COVID-19 began for the residents and nursing staff on January 7.

"I think sometimes that we are too close, and it almost feels like, sometimes, that I am mad at my sister, she said with laughter," she said.

"But you come back the next day and it's like my family needs me."

There are always challenges and a way to promote quality of life. She strives to make her work person-centered, she said, with preferences. Wolfington is efficient when handling expenses.

Continued next page



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

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

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

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



Voted 2019 Best
Memory Care Community

LEGEND®

ASSISTED LIVING & MEMORY CARE

at Rivendell

LegendSeniorLiving.com

A Residence of Legend Senior Living®

GOLDEN

Continued from Page 8

"I don't so much like when surveyors come, but I like it when they say, 'Oh, you did good on that,'" she continued.

In 2019 The American Health Care Association and National Center for Assisted Living (AHCA/NCAL), the leading association for long term and post-acute care, recently held its 70th Annual Convention & Expo at the Orange County Convention Center in Orlando, Fla.

"That's one thing I love to show — that you have pretty good processes and quality of life," she said.

One thing that touches her life in a painful way is the COVID-19 pandemic, she said. Coronavirus has changed Wolfington, she explained, because almost a year has past since residents have not been able to touch their families.

"It makes me very sad," she said. "It really does."

Indoor visits are prohibited, however, when the weather is nice, they are able to provide outdoor visits by using plexiglass booths to shield residents from possible contamination of coronavirus. They continue to do window visits with phones and have iPads to

further facilitate the process. Nurses understand the human need of togetherness among families and loved ones.

Some nurses have worked 12-hour shifts day-after-day to care for the welfare of patients.

"They don't want their residents to be without. They don't want us to be short-staffed. They don't want the residents to get anything less than they normally get," Wolfington said.

Wolfington commends the frontline of CNAs for diligent work when missing holidays, weekends, and family events in order to care for the residents. CNAs show up for work when scheduled and not spend holiday times with families.

"I know that sounds sad to say, but honestly I think that's pretty noble to do that."

She is frank when telling nursing students that long-term care is hard work, especially with the pandemic.

"But you help people that count on you, and they love you," she said. "And it's a really good feeling, so I do usually bring that up. I always tell them to reach for more. Go back to school — get promoted."

Little things in life build to help humanity when given with love. And love is not in short supply at Golden Age Nursing Home.

TEALRIDGE RETIREMENT COMMUNITY

Independent Living | Assisted Living | Memory Care



Just Look At What's Included In Your Monthly Rent!

- ❖ 3 Meals daily in our dining room
- ❖ All utilities paid (except telephone & internet)
- ❖ Weekly housekeeping service
- ❖ Weekly linen & towel laundry service
- ❖ Maintenance ❖ Scheduled local transportation
- ❖ Extensive activity program
- ❖ Special holiday celebrations ❖ Entertainment
- ❖ Dog Park
- ❖ Wellness & Exercise Programs
- ❖ 24-Hour staffing
- ❖ 24-Hour emergency call system

*Certain conditions apply

Call TODAY for more information
or to schedule a tour!

(405) 546-2385

2100 NE 140th St. Edmond, OK 73013
www.tealridge.com



COME AND SEE!

Assisted Living as Low as

\$715*

person centered care



Your wellbeing first

Corner of NW122nd & Western
www.caresuitesokc.com



405-269-2266

*Income based all inclusive-1 bedroom private apartment



COMMUNITY

Assisted Living Resident reunited with artwork after 42 years

Our Life enrichment coordinator, Laura Leehan is an avid collector of thrift shop art and her office has literally been transformed into a small art gallery. Two years ago she purchased an original painting of wild pink roses at the Salvation Army for \$17. Several weeks ago Laura took notice of a painting in a residents apartment that bore a striking resemblance to her pink roses.

Upon closer inspection she realized that the signature in the lower right corner of the painting, "Julie 79" was identical to the signature on her painting. She rushed to her office, grabbed the painting off the wall and could not wait to show Julie! Julie was

thrilled to see her long lost art work and told us that in 1979 she began painting flowers. It was a brief but prolific season for her as an artist and most of her work was sold or given away. I would not be surprised if there are more pieces out there that may just catch your eye at the neighborhood second hand store or garage sale! It was such a joy to see Julie reunited with her beautiful painting and when Laura offered to return it to her, she declined and insisted that Laura keep it.

LEGEND
SENIOR LIVING





McKay-Davis & Tate
Funeral Home & Cremation

1616 NE 36th Street
Oklahoma City, OK 73111

405-424-3339

CREMATION SERVICES FOR AS LOW AS \$995!
"Where You Are Treated with
DIGNITY and SERVED with Pride"

Direct Cremation Traditional Burial Memorial Service
Affordable Options Graveside Burial
Dignified Service



Pre-Arranged Service Plans
Ease financial pressures and final
decisions for your love ones.



www.mckaydavistate.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

Eleven Fallen Officers to be added to Oklahoma Memorial



The names of eleven law enforcement officers and one canine partner who died in the line of duty in Oklahoma were recently engraved on the Oklahoma Law Enforcement Memorial in Oklahoma City. Their names will be dedicated during the 53rd Annual Oklahoma Law Enforcement Memorial Service, which is scheduled for the morning of Friday, May 7, 2021 at 10 a.m.

The Oklahoma Law Enforcement Memorial is the oldest state memorial honoring its fallen officers in the United States and was dedicated May 15, 1969. The non-profit memorial organization is totally funded by donations. Over forty percent of all the Deputy U.S. Marshals who have died in the line of duty in the United States died in what is now the state of Oklahoma and are honored on the state's law enforcement memorial.

Five of the officers, who died in past years, had not been added previously as the memorial was still researching their circumstances to confirm their death as line of duty.

The memorial is located on the west grounds of the Oklahoma Department of Public Safety Headquarters, 3600 M. L. King Avenue in Oklahoma City.

The eleven fallen officers and one canine partner being added are: **Jesse Whitfield Morris**, Deputy Sheriff, Washita County, died February 3, 1910;

John Sanders, Deputy Sheriff, Adair County, died September 14, 1915;

W. H. Corder, Deputy Sheriff, Ottawa County, died October 23, 1917;

Raymond Thomas "Buck" Boston, Sheriff, Montgomery County, Illinois, died July 23, 1947;

Dale Maloy Harbolt, Special Agent, ATF, U.S. Treasury Department, died June 7, 1976;

John Chukwydiut Okafor, Corporal, Detention Officer, Tulsa County, died April 15, 2020;

Craig Vincent Johnson, Sergeant, Tulsa Police Department, died June 30, 2020;

Jeffery Wade Sewell, Captain, Oklahoma Highway Patrol, died September 26, 2020;

Jerad Matthew Lindsey, Officer, Tulsa Police Department, died October 28, 2020;

Billy Dewayne Allen, Sr., US Dept of Defense - Ft Sill Police Department, died December 6, 2020;

Lindal "Dewayne" Hall, Chief Deputy, McIntosh County, died December 14, 2020;

Canine Oli, Muskogee Police Department, died July 1, 2020.

For more information on these officers or the other over eight hundred officers who have died in the line of duty in Oklahoma go to the Oklahoma Law Enforcement Memorial web site:

www.oklemem.com

FOSTER

Continued from Page 6

developed these negative coping mechanisms and help reframe them in a more positive way.

As a TFC parent, I have seen my house walls torn apart because something I did unknowingly triggered memories of past abuse. As anger shifted to tears, I've had children melt into my arms and let me hug them as they deescalated from their meltdowns. I've seen them work hard to pay me back for damages after I didn't kick them out like so many had done before, and start to develop personal responsibility and a mutual respect for others.

As a TFC parent, I've seen kids and teens learn to identify the feelings underlying all of their anger. This has often been fear and sadness, which, when allowed to fester, become depression and anxiety. I've gotten to know my kids for who they really were and found them to be sweet, incredibly loving children who were just hidden underneath the walls they'd built to protect themselves. I got to truly connect to them in a way no one else had, and watch them learn to trust others.

Being raised in a home instead of a hospital or group home taught them what being a part of a family is like. They learned how to care about others and how their actions can hurt someone. They learned self-worth because someone was willing to love them instead of just focusing on their behaviors. I saw them excel in school, work and activities and start to make healthy relationships. These are things that don't readily happen in institutions.

If we want to make our society a safer place, we need to teach kids how to love. As a TFC parent, you can teach by example and be a part of truly changing the world, one child at a time.

It takes all kinds of people to serve children and help them become healthy and whole again. Why not you?

Amanda Martindale is a Therapeutic Foster Parent with Choices for Life Counseling and Foster Care in Oklahoma. To learn more about Therapeutic Foster Care or apply to become a certified TFC foster family, visit beaneighbor.ok.gov, or call 1-800-376-9729.

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.



Crawford Family
FUNERAL CENTERS

Signature: South OKC (405) 494-6554

Wilson: El Reno (405) 262-3311

Crawford: Edmond (405) 340-2333

Ford: Mid-Del (405) 677-9990

www.crawfordcares.com

Family Owned & Operated - Se Habla Espanol

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

Name _____

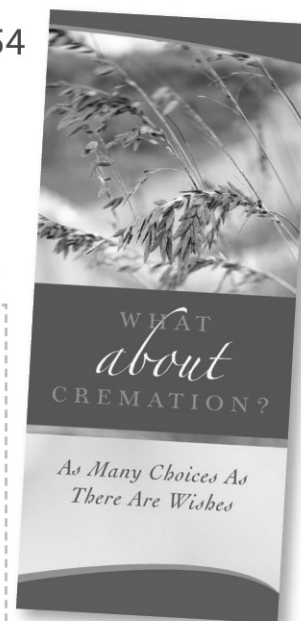
Address _____

City _____ State _____ ZIP _____

Phone _____

MAIL TO:

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



©adfinity®

TRAVEL / ENTERTAINMENT

Santa Fe : Old and New Traditions

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

Anytime you hear the word Santa Fe , it has to conjure up images. And if you have visited there it must illicit emotions and memories as well. With travel plans still up in the air a safe bet is a car trip, which at times can be cheaper and more reliable. My first visit to Santa Fe was in the late 1970s, when I was breaking in a new car and exploring the great American West.

Of course, I traveled a long day's drive on I-40 West out of Oklahoma City , then took the highway 284 cut off at Clines Corners and entered Santa Fe on the Old Pecos Trail. That road soon turned into the Old Santa Fe Trail, where I drove along the narrow road with the old San Miguel Mission adobe church on my right and the famed Pink Adobe Restaurant on my left. The Old Santa Fe Trail offered a perfect first impression, as it was lined with atmospheric time worn structures, and not the modern franchise eateries and gas stations that hug the more traditional entry up north from Albuquerque, on Cerrillos Road.

I soon came into the parking lot of the relatively new, Inn at Loretto, replete in iconic Santa Fe adobe architecture. I was treated the next morning with a light dusting of snow and a hint of pinion in the air, as I pulled away from a town I'd hardly seen but ~ silently, subconsciously ~ vowed to see again. I have returned to Santa Fe many times since then and each time explored new venues with a salute to favorite places, which have become a traditional pilgrimage when visiting.

I can't recall why I chose a one night stay at this particular hotel ~ must have been its appealing architecture and perhaps at that time availability. This time I found myself walking past the Spa and the aroma of relaxation made me regret my time on this visit was too short. My stay at the Inn at Loretto in the 1970s, and in subsequent years has always been a pleasant tradition. This time was no exception.

Old traditional haunts include: the La Cantina Bar at La Sena Casa where waiters turn into opera and musical theatre singers about every ten minutes; the Pink Adobe Restaurant with its fine and sometimes spicy gourmet productions; Jackalope on Cerrillos road with its affordable southwestern flared garden and household offerings ~ along with the best and freshest string of red chili ristras in season; and the old haunts along the Plaza with its Indian jewelry market and a variety of upscale fashion shops.

New traditional offerings include the Balconies at the Plaza restaurant, which until a few years ago was the traditional Ore House Restaurant with the best and meatiest tasting salsa anywhere ~ needless to say I miss it; the Carol Kucera art gallery filled with expressive movement in colorful paintings from the personable artist; and an always must see at the top of Canyon Road the special 822 Gallery of bronzes by Joshua Tobey. These two galleries a have now moved out of Santa Fe, with others occupying their places.

Upon this recent trip I discovered the Santa Fe pickup, a free bus that circles the old town area, and is certainly a boon and must for those wanting to wander down Canyon Road as it will drop you off at the top. While my most recent autumn visit was blessed with perfect weather, I have climbed the road in scorching heat and can testify that the art is much more appealing starting at the top and meandering down.

Other must visits is the New Mexico Museum of Art and the New Mexico History Museum/Palace of the Governors - both on the Plaza; and up on Museum Hill the Museum of Indian Arts and Culture and the Museum of International Folk Art . Of course a road trip out to Tesuque with its sculpture garden and the near by glass blowing gallery can be broken up with a respite at Bishops Lodge for libations and food with a dose of historical luxury. A Santa Fe visit is not complete without a stop at the Georgia O'Keeffe Museum and a tasting at is elegant restaurant.

I'm not sure if it's the upscale art and fashion shopping, the authentic



New Mexican cuisine, the fresh atmosphere and the nearly unspoiled vistas, or the essence of its history that permeates the soul, which beckons a perpetual return. Probably it's all, and yet some indescribable something else that all visitors try to describe when remembering, Santa Fe.

For more information contact:

The Inn at Loretto - <https://www.hotelloretto.com/> Joshua Tobey Bronzes: <https://www.joshuatobeystudios.com/> and, <https://www.santafe.org>

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.martinitravel.com

OKC ZOO'S SIP AND STROLL EVENT SERIES RETURNS THIS SUMMER

Enjoy summer sunsets, cool cocktails and wondrous wildlife at the Zoo's annual 21 and up event series

Join the Oklahoma City Zoo and Botanical Garden every Thursday evening beginning May 6 through June 24, from 6 to 10 p.m., for the second-annual Sip and Stroll presented by COOP Ale Works, 1800 Tequila and Kraken Rum. Guests 21-and-older are invited to explore an outdoor path that spans the majority of the OKC Zoo to discover amazing animals from around world and delicious drinks along the way. The Zoo will host a special PRIDE Sip and Stroll event on Thursday, June 24, with exclusive drinks and activities.

During this summer event series, guests can stop and enjoy one of six watering holes with two brand new locations. Each watering hole features custom cocktails inspired by the world's wildlife and wild places including Zimbabwe, Guatemala and Belize. Guests will also have an opportunity to learn what the Zoo is doing to protect and preserve the natural world through global conservation partnerships with the Wildlife Trafficking Alliance, Dian Fossey Gorilla Fund International and Turtle Survival Alliance. Guests can also enjoy the full menu of tasty favorites available for purchase at the Lotus Pavilion and Best of Oklahoma.

"We are really excited to host Sip and Stroll again this year after last year's success," said Jenna Dodson, OKC Zoo's events manager. "This series gives the 21-and-up crowd a unique way to connect with friends, while exploring the Zoo and learning about wildlife and conservation."

While the majority of the Zoo will be open for exploration, the giraffe loop and Oklahoma Trails will be closed for guest safety. As

part of the event, guests will be able to purchase tickets to enjoy access to Flamingo Mingle, Stingray Bay and the Endangered Species Carousel.

Early bird tickets are available now for ZOOfriends members through Sunday, April 18. Tickets go on sale to the public starting Monday, April 19. Limited VIP admission is \$40 per person and includes early entry to the event, a special sea lion presentation, Stingray Bay and Explorikeet Adventure plus, access to DINO SAFARI, an immersive experience featuring life-sized dinosaurs. General Sip and Stroll admission is \$25 per person. Purchase admission early and receive \$2 off per person through Sunday, April 26, with the code SIPANDSAVE. Learn more about the event and purchase tickets at okczoo.org/sipandstroll. Event entry times are spaced every 15 minutes to allow for maximum social distancing. Attendance is limited to 1,200 guests per night. Once checked in, guests are free to stay throughout the duration of the event.

Attendees can also pre-purchase a Drink Passport, good for one 5-oz featured drink sample at all six water holes for an additional \$30 per person. Additional beverages will be available for purchase, including domestic beer, wine, mixed drinks, soda and water. Tickets are on sale now and can be purchased at okczoo.org/sipandstroll. Sip and Stroll tickets are non-refundable and non-transferable, and the event will be held rain or shine.

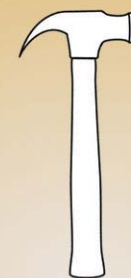
Safari-fy your summer with Sip and Stroll! Located at the crossroads of I-44 and I-35, the OKC Zoo is a proud member of the Association of Zoos and Aquariums, the American



Alliance of Museums, Oklahoma City's Adventure District and an Adventure Road partner. Regular admission is \$12 for adults and \$9 for children ages 3-11 and seniors ages 65 and over. Children two and under are admitted free. Stay up-to-date with the Zoo on Facebook,

Twitter, Instagram, TikTok, and by visiting Our Stories. Zoo fans can support the OKC Zoo by becoming Oklahoma Zoological Society members at ZOOfriends.org. To learn more about these and other happenings, call (405) 424-3344 or visit okczoo.org.

AVAILABLE NOW!



A NEWLY RENOVATED ASHTON ON THE GREEN

Independent Living for Seniors 55+

El Reno, OK

SMALL TOWN LIVING AT IT'S FINEST
Beautifully landscaped and great floor plans

1 & 2 BEDROOM UNITS

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

NEWLY REMODELED UNITS AVAILABLE NOW

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

We accept OHFA Vouchers



THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.



CONCIERGE SERVICES

HOW CAN WE HELP?

Concierge Services

Guardian Angels
Concierge Services

TO DO:

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

Call 405-415-3055

www.guardianangelsokc.com



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

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



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



Affordable Cremation Service has served the funeral industry for over 50 years. We understand the needs of families who are looking for a simple cremation. Our simple cremation package is \$1,250.00 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

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 Countyline
Road. Just North of SW 59th**



South Oklahoma City

Spring into a new lifestyle!



**SALON & SPA | FITNESS CENTER
MULTIPLE RESTAURANTS**

**Schedule your tour today to taste our
exceptional hospitality with a
complimentary 3-course lunch!***

10801 South May Avenue
Oklahoma City, OK 73170

(405) 378-9768
www.HarborChase.com



Excell

Home Care • Personal Care

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



Excell Private Care Services

4631 N. May Avenue
Oklahoma City, OK 73112
405.639.3939
Toll Free: 1.866.631.8711

Excell Private Care Services

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

A Legacy of Excellence



www.ExcellCares.com



Meridian Market

RESTAURANT • WINE • COFFEE • GIFTS

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

**SENIOR
DISCOUNT!**

Offering those unfamiliar twists on everyone's familiar favorites



30 Menu
Items under

\$10.00!



**OKLAHOMA
SENIOR CABARET
PRESENTS**

**CABARET
DINNER SHOW**



**JUNE 7, 2021
DINNER AT 6PM
SHOWTIME AT 7PM**

**RESERVATIONS REQUIRED
(405) 604-0789**

- 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

PROUD ITEX MEMBER



844.709.6956

oklahomacity.itex.com

20% OFF

EXP 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. (405) 604-0789.

TINSELTOWN TALKS:

Ruta Lee put the 'pro' in professional

By Nick Thomas

While some entertainers are renowned for their personal and professional demands while working, Ruta Lee never aspired to be a diva. Acting nonstop in film, TV, and theater since the early 1950s, she tackled projects with professionalism.

"There was no time to throw fits because you had to work quickly as you rapidly went from job to job," recalled Lee from Los Angeles.

Off-screen tasks were also approached with her trademark zeal. In 1964, she called the office of the Soviet leader Nikita Khrushchev to secure the release of her 90-year-old Lithuanian grandmother held since World War II in a Siberian internment camp.

A decade earlier, Lee approached her first film role as one of the brides in "Seven Brides for Seven Brothers" with similar resolve. "During the dance audition, the producers and director asked me to show them something

folksy. Because of my Lithuanian descent, I danced up a storm with a polka and got the role."

She was paired with gifted dance partner Matt Mattox in the beloved MGM musical and remembers one rehearsal.

"He lifted me high off a bench and I sprained my ankle when I landed. So I learned most of the choreography from a sitting position, but still managed to do most of the dancing in the big barn-raising number."

Many stories from the actress's career and life can be found in her April 5 autobiography "Consider Your Ass Kissed," the edgy-sounding title merely reflecting the genuine gratitude she feels for the people she worked with. She also celebrates a birthday this month, turning 86 on May 30.

A quick study, Lee learned an early valuable lesson in on-set protocol when she boogied her way into one



Ruta Lee and Alex Trebek, hosts of High Rollers - NBC.



Ruta Lee at far right front with the cast of Seven Brides for Seven Brothers - MGM.

of her first TV roles – a 1953 episode of "The Adventures of Superman."

"It was a short dance scene in a café and I decided to rehearse during lunch hour," she explained. "But when I plugged in the record player, someone grabbed me and said, 'you can't do that, you don't belong to the electrician's union!'"

Lee went on to make hundreds of appearances in TV series as well as games shows such as "Hollywood Squares" and "High Rollers" (as Alex Trebek's dice roller), but westerns were a favorite (see www.rutalee.com). And while many cowboys chased her, only one came close to catching her off-screen.

"Most of the dating I did was for publicity purposes and never had any real romances with actors except Eric Fleming from 'Rawhide.' What a darling man, but the most he got was a goodnight kiss!"

Her serious relationships were always with businessmen, she says, not show business men. In the midst of her rising career, Lee met Texas restaurant executive Webster B. Lowe, Jr., and the couple soon married. They were together for 46 years until his death last year.

Lee has also been a tireless voice for charitable organizations such as the Thaliens raising millions of dollars through her leadership role to support people with mental health problems, including returning veterans (see www.thaliens.org).

And then there was that phone call to Khrushchev's office to rescue her Siberia-bound grandmother.

"Within 48 hours we were flying over to bring her back to America. So I've had an interesting life and I'm always involved with something. It's been a long, wonderful, and fruitful career."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 magazines and newspapers and is the author of "Raised by the Stars: Interviews with 29 Children of Hollywood Actors." See www.getnickt.org.

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

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

Health Management at Home
electroniccaregiver01@gmail.com
www.lindasseniorservices.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

STRANGE BUT TRUE SO THEY SAY...

SBT Every second, Americans collectively eat one hundred pounds of chocolate

SBT A fetus develops fingerprints

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

at eighteen weeks!

SBT The fear of vegetables is called Lachanophobia!.. More fears...

SBT There are approximately fifty Bibles sold each minute across the world!

SBT In 32 years. there are about 1 billion seconds!

OMRF President Prescott to Retire

Stephen M. Prescott, M.D., who led the largest expansion in the Oklahoma Medical Research Foundation's history, will retire as president.

Prescott, 73, made the announcement Tuesday at a meeting of OMRF's board of directors. Prescott was diagnosed with cancer in 2017 and said he was stepping down for health reasons. Since 2006, he has led the Oklahoma City-based nonprofit, which will mark its 75th anniversary later this year.

"The time I've spent at OMRF has been the capstone to a scientific career that has been immensely rewarding," said Prescott, a physician and medical researcher. "I've been lucky enough to help guide this wonderful institution for 15 years. And nothing makes me happier than knowing the scientists of OMRF will continue the tradition of biomedical research excellence long after I've gone."

Under Prescott, OMRF has three times earned designation by the

National Institutes of Health as an Autoimmunity Center of Excellence, one of only 10 in the nation. Three life-changing drugs born at OMRF have earned FDA approval, including the first treatment for pain crises caused by sickle cell disease.

With the addition of a 186,000-square-foot research tower that included a multiple sclerosis clinic in 2011, Prescott engineered the largest campus expansion ever at OMRF. He also successfully completed a \$100 million fundraising initiative that paid for that growth, then spearheaded the recruitment of more than 30 new principal scientists to fill the new labs and clinic space.

In rankings based on employee surveys, OMRF has earned a designation as one of Oklahoma's Top Workplaces every year since the contest began in 2013. That includes a pair of blue ribbons among large employers in 2017 and 2019. During Prescott's tenure, the foundation also received more than a dozen four-star rankings

- the highest possible - from Charity Navigator, the nation's largest evaluator of nonprofits.

"Dr. Steve Prescott's leadership of OMRF has been transformative," said Len Cason, chair of OMRF's board of directors. "As a scientist and as a person, he dared not just to think big, but to transform those ideas into action. He challenged everyone at OMRF to reach new standards of excellence, and then he followed through and made sure it happened."

Prescott was inducted into the Oklahoma Hall of Fame in 2020. In his acceptance speech, he recalled how he'd been recruited to Oklahoma from the University of Utah's Huntsman Cancer Institute, where he'd served as executive director. "Len Cason told me that OMRF was the right place for me. He was right."

The executive committee of OMRF's board of directors will name an acting successor to Prescott soon. A nationwide search for a permanent replacement will follow.

"I've had the great fortune to live a charmed life. I've spent each day immersed in medical research," said Prescott. "When you do something you love, you don't work a day in your life."



Oklahoma Medical Research Foundation President Stephen M. Prescott, M.D., announced his retirement as the leader of the Oklahoma City-based nonprofit on Tuesday, April 27. A physician and medical researcher, Prescott has led OMRF since 2006 and in 15 years as president oversaw the largest expansion in the foundation's history.

CROSSWORD CORNER

- Across**
1 Egyptian god with an ibis head
6 One who crosses the line
10 Blight-stricken tree
13 "Donnie Brasco" actress Anne
14 Flap
15 Corp. leaders
17 Lay to rest
18 With 42-Across, part of a psychologist's battery
20 Seven-time Wimbledon winner
21 Wisconsin city on the Mississippi
22 HDTV part, for short
24 They may be civil
25 Singing stars
27 "60 Minutes" regular
31 Strong brew
34 Deadly
37 West Point team
38 Prom adornment
40 Hear about
42 See 18-Across
43 Stella __: Belgian beer
45 D sseldorf direction
46 Hard work
48 Bridge seats
50 __ Zee: Hudson River area
53 Divine fluid
57 Laszlo Kreizler, in a Caleb Carr novel
- Down**
60 Nylons
61 Scream-evoking horror film technique ... and a hint to what's hiding in five puzzle rows
63 Broadway orphan
64 US Open stadium namesake
65 Surrealist Paul
66 Paragon
67 It may be gross
68 Barrie pirate
69 Leaders of industry
1 Fried chicken choice
2 Painter __ de Toulouse-Lautrec
3 Two quartets
4 Jay Powell chairs it
5 That girl
6 Orchestra sect.
7 Not very friendly
8 "What __": "Ho-hum"
9 Amazon crime series based on Michael Connelly novels
10 Satellite communications giant
11 Grazing sites
12 Soft shoes
16 That girl
19 Old PC monitors
23 Adidas rival
24 Yelp user, say
- 26 Brightest star in Lyra
28 River of Pisa
29 Gps. with copays
30 Ride-sharing option
31 Ballet divisions
32 Early movie mogul
33 Gaelic language
35 Take out __
36 Island rings
39 Fox River, in TV's "Prison Break"
41 Spot of wine?
44 Source of a homeopathic oil
47 They may be fake
49 Slangy nose
51 Chooses
52 Church song
54 Passport producer
55 Willow twig
56 Lively dances
57 "The Birth of a Nation" actress __ Naomi King
58 A deadly sin
59 "If u ask me"
62 Shoebox letters
63 "Breaking Bad" network

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



Serene living at Chateau on the Green

Adult living community in Moore. Prices start at \$925.



Chateau
ON THE GREEN

405.793.4200
1511 SE 4th St. Moore, OK
www.chateauonthegreen.com

ANN MARIE JONES NOTARY SERVICE

- POWER OF ATTORNEY
- AFFIDAVIT PREPARATION
- LAST WILL
- DEEDS
- NOTARIZATION
- CERTIFIED FINGERPRINTING
- REGISTRATION RENEWAL
- VEHICLE TRANSFER



(405) 905-9299

aammjj@yahoo.com



**A Strange
Thing Happens
When You Don't
Advertise...
Nothing.**

What would you pay to get your business card in
front of up to 60,000 Seniors every month?

Call us today - 405-631-5100



**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

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

ASSISTED LIVING & MEMORY SUPPORT  fountainbrookliving





Ask about our visitation options!

"I love this community! My mother loves it here and the staff are truly remarkable. I haven't experienced such a hands on setting for assisted living." - Bear H.



Assisted Living & Memory Support

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

FountainBrookLiving.com **(405) 259-5069**



Healthcare
BANK Banking

Thank you, healthcare workers, for your hard work in these trying times.

Call us today and let us help you find a solution for your business needs.
(918) 508-2020





Member
FDIC

A WORLD PREMIERE AT LAST MAKES ITS DEBUT

Covid-Delayed World Premiere of Choral and Orchestral Piece Inspires Community Collaborations, Multimedia Event on May 16

Canterbury Voices, Oklahoma's largest and oldest community chorus, will present an original commission, *Of Perpetual Solace*, featuring soloist-cantor Lisa Reagan Love and the Oklahoma City Philharmonic, on Sunday, May 16, at 3:00 PM, at the Civic Center Music Hall in Oklahoma City.

The 45-minute work – in commemoration of the 25th Anniversary of the Murrah Building Bombing – was written by Oklahoma composer Edward Knight and librettist M.J. Alexander for full orchestra, cantor, large chorus, chamber choir and children's chorus. The husband-and-wife team, who live within walking distance of the bombing site, drew inspiration from conversations with survivors.

Originally scheduled to premiere in March 2020, *Of Perpetual Solace* was postponed due to the ongoing COVID-19 pandemic, and has been rescheduled for Sunday, May 16, 2021, at 3:00 PM. Canterbury, led by artistic director Dr. Randi Von Ellefson, reimagined rehearsals and

performances in light of the pandemic and found a way to sing again through the innovative use of specialized singers' masks developed by the Broadway Relief Project; socially-distanced rehearsals and safety protocols; a pared-down chorus; the OKC Philharmonic orchestra; and the power of video production, featuring clips from the Oklahoma City National Memorial and Museum. Sibling audio/video team Matt and Pat Horton of Norman are the production team for this monumental project and helped Canterbury create this special presentation.

A large-scale, multimedia concert event, *Of Perpetual Solace* will also feature a 47-voice children's chorus and 18-member adult ensemble. "I feel I've been preparing my entire life to write this music," said composer Edward Knight. "It has been years in the making, and demanded that I tap deep into our shared human spirit to bring out the essence of what is good and important and lasting."

Due to strict health and safety protocols, six hundred socially-distanced audience members will be allowed into the Civic Center Music Hall, one-third of the normally 2,400 seats. The performance will also be offered as an on-demand streaming event from May 23 to June 20, 2021.

Of Perpetual Solace progresses from darkness into light – toward an embrace of comfort, hope, and serenity. "This is the most ambitious commission we have undertaken in our 51-year history," Pam Mowry, Canterbury's Executive Director, said. "It is an epic work that has a profound meaning

to so many of us. It was written by Oklahomans for Oklahomans, and offered to all who have dealt with grief, mourning, and recovery."



Edward Knight consults with Randi Von Ellefson during OKC Philharmonic recording session.

OKLAHOMA'S MOST AFFORDABLE ASSISTED LIVING!

2 MONTHS
**FREE
RENT**

All-Inclusive Rent & Board

\$704^{OR LESS}

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.

Mercy Oklahoma City Celebrates Return of Volunteers

In any given year, Mercy Hospital Oklahoma City's more than 300 volunteers log thousands of hours in service to our co-workers and patients. But for more than a year, almost all of those efforts came to a halt because of the pandemic. While some volunteers continued to knit baby caps for newborns from home and assist in vaccination clinics, most were unable to do the jobs they love. Now, as COVID-19 cases hit new lows, volunteers are eager to get back to work and serve.

"So many of our volunteers serve at Mercy because they truly feel they are called to do this work, and when they couldn't serve

during the height of the pandemic, it was a real challenge for them personally," said Mel Henry, manager of volunteer services at Mercy Hospital Oklahoma City, recognizing their contributions during National Volunteer Week. "They are often the first and last faces our patients and visitors see as they come in and out of our facilities and they are dedicated to plugging in and helping wherever they are needed. They do so much, and we have missed them tremendously."

Mercy's volunteer program was put on hold in spring 2020 as the

continued next page



Ed and Joan Harper - 16 years of volunteering at Mercy OKC.




FREE IN-HOME ASSESSMENT

- ✓ 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 | 405.769.2551
24 Hours | 877.744.2551

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

www.CarePlusatHome.com

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


Care Suites
 Your wellbeing first

Corner of NW122nd & Western
www.caresuitesokc.com



405-269-2266

*Income based all inclusive-1 bedroom private apartment



VOLUNTEERS

Continued from Page 22

pandemic began. A few volunteers were welcomed back in November, and more are returning feeling more comfortable after receiving their vaccination.

“Many of the jobs they did on patient floors before the pandemic are not available due to strict COVID-19 precautions, but these volunteers are so selfless that they always tell us to put them wherever they’re needed,” said Henry. “We’ve also been able to create new ways to serve throughout the hospital at screening stations, in the pharmacy and co-worker health.”

Around 100 of the approximately 300 volunteers have already returned to service.

“Our volunteers are truly invaluable,” said Jim Gebhart, president of Mercy Hospital Oklahoma City. “Many of our volunteers may not be able to return to our halls anytime soon, mostly because they have underlying health conditions that put them at higher risk for the virus. We are hopeful that others

in the community will step in to serve and sign up to volunteer.” Mercy volunteers include teenagers who want experience in the medical field, middle-aged people looking to give back, seniors who want to stay active and people with disabilities learning job skills. Volunteers commit to as little as one hour a month to as much as 40 hours a week. There are myriad ways in which volunteers serve.

“Studies have shown that when people volunteer, they improve physical health, reduce depression, increase self-worth and are likely to be more connected to their communities,” said Dr. Katherine Garland, an internal medicine physician at Mercy who has long believed that volunteering is a prescription for happiness. “Benefits can be seen at any age, but older adults who volunteer one to two hours a week experience lower rates of depression and an increased lifespan.”

To learn more about volunteering at Mercy Hospital Oklahoma City, click here to visit mercy.net or call (405) 755-1515.





Assisted Living & Memory Care

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

| | |
|--|--|
| Arbor House Reminisce Center 151 S.W. 48th Ave. Norman, OK 73072 405-310-2499 | Arbor House of Norman 4501 W. Main St. Norman, OK 73072 405-292-9200 |
| Arbor House of Midwest City 9240 E. Reno Ave. MWC, OK 73130 405-455-3900 | Arbor House of Mustang 850 N. Clearsprings Rd. Mustang, Ok 73064 405-376-2872 |

www.arborhouse4u.com

Get Senior News and Living Online!
www.seniornewsandliving.com

The Oklahoma Standard should mean smokefree air for all.



When it comes to achieving the Oklahoma Standard, we've come a long way. All state property is 100% smokefree, and the age to purchase tobacco is now 21.

However, there's still work to do...



- Smoking is still allowed in Oklahoma bars and some restaurants.
- Hotels in Oklahoma are NOT 100% smokefree.
- Exposing children to secondhand smoke in cars is still legal.
- Smoking at in-home daycares after hours is still legal.

It's time to step up to the Oklahoma Standard. Join the fight at **TOBACCO STOPS WITH ME.com**

A Program of 



CALENDAR OF EVENTS

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

MAY

FREE: A Night In The Paseo

The Paseo Plunge. 3010 Paseo St., 405-315-6224 | paseoplunge.org

When: First Friday of every month, 7:30-9 p.m. Phone: 405-898-4215. Email: poeticcity16@gmail.com
Poetic City is bringing poetry and music. Several artists come to bless the ears of the Paseo, and open mic will be available. 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 & owner Charles Martin.

Online: Barbed Tales Podcast Theatre

Price: Free.
When: Mondays, 6am
Email: barbedtales@gmail.com
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.

Blazing a Trail

1700 NE 63rd St. Oklahoma City
When: Mondays-Saturdays, 10am-5pm and Sundays, 12-5 p.m. Continues through May 16, 2021. (405) 478-2250
marketing@nationalcowboymuseum.org
Price: \$12.50 * Senior and Children discounts available.
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.

MAY

Online: Art Moves

When: Mondays-Fridays, 12 p.m.
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

Paseo Arts District's First Friday Gallery Walk

3022 Paseo St., 405-525-2688 | 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.

Second Friday Art Walk

122 E. Main St. Norman 637-6225
downtownnorman.com
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 and galleries to view visual art exhibits, hear live music and more.

MAY

Ed Ruscha: OKLA

When: Mondays, Wednesdays, Fridays-Sundays, 11 a.m.-6 p.m. and Thursdays, 11 a.m.-9 p.m. Continues thru July 5
Phone: 405-951-0000
Email: info@okcontemp.org
Price: Free timed ticket required.
oklahomacontemporary.org/exhibitions/upcoming/ed-ruscha-okla

You can now reserve your free timed ticket for Ed Ruscha: OKLA! This exhibition is a survey of works by one of America's most important artists, looking at the ways in which work throughout Ruscha's career was connected to his childhood in Oklahoma City, and his continued trips back there from Los Angeles. Featuring objects spanning the artist's 60+ year career that explore his relationship to Oklahoma, Ed Ruscha: OKLA presents iconic pieces such as Twentysix Gasoline Stations and Chocolate Room alongside newer, lesser-known bodies of work, including two recent Drum Skins paintings.

Find Her West

National Cowboy & Western Heritage Museum.
1700 NE 63rd St. OKC
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
Price: \$12.50 * Senior and Children discounts available
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.

OCTOBER

SECOND HALF EXPO

OCT 16, 2021.

9 AM - 4 PM

OK State Fair Park

EXHIBITORS SIGN-UP NOW AND SAVE BIG!

WWW.SECONDDHALFEXPO.COM

A LIVELY, ANNUAL EVENT FOR THOSE WHO REFUSE TO ACT THEIR AGE

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

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

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

Call us today at (405) 631-5100 EXT 3 or email your listing to advertising@seniornewsandliving.com for more information and to be included!

OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

FOR SALE

2 Cemetery Lots at Memorial Park, Edmond, Oklahoma
Section 26 Lot 218
Space 2&3. Asking \$1500 each or \$2800 for both
Call/Text Jeff Montague (405) 400-5132

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)

LOOKING FOR ROOMMATE

LOOKING FOR ROOMMATE.
Two bedroom, two bathroom apartment. Renter would have the master bedroom. \$500.00 a month including all utilities. Apartment is in the Heritage Park Drive area south of Edmond, OK. Please call or text 405-541-1428 or email ann.richardson1969@gmail.com

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

SERVICE

Haircuts \$10.00 at Mustang Senior Citizens Center.
Wednesday mornings from 8:30AM-11AM. Call 405-376-1297 or 405-245-6200 for other days at homeshop.

CLASSIFIED MARKETPLACE CLASSIFIED LINER ADS 25 WORDS OR LESS
3 Months.....\$66.00
6 Months.....\$130.00
9 Months.....\$175.00

ADD A PHOTO, ONLY \$8.00 MORE!

Deadline is the 20th of each month. Mail-in form with check must be postmarked by the 20th and received by the 25th of each month. Classified Liner ads are prepaid only. ALL LISTINGS AND ADS ARE IN PRINT & EPUB. All prices are subject to change without notice at any time. Please call 405-631-5100 ext. 3 or email advertising@seniornewsandliving.com to submit ad copy & payments. www.SeniorNewsandLiving.com

SERVICE

PRIVATE DUTY, SENIOR AIDE, AVAILABLE 24/7. CALL/TEXT DENISE AT 405-503-0924

SENIOR NEWS & LIVING AD FORM

Category (Exp: For Sale, Help Wanted):

Date(s) to Run:

CLASSIFIED LINER ADS (25 WORDS OR LESS)

- ☐ 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

AMERICA'S FIRST PORTABLE INFORMATION DEVICE



PICK A CARD, ANY CARD!

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



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

(405) 631-5100

and register your email address for the
Electronic Edition!

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

FREE OF CHARGE

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.

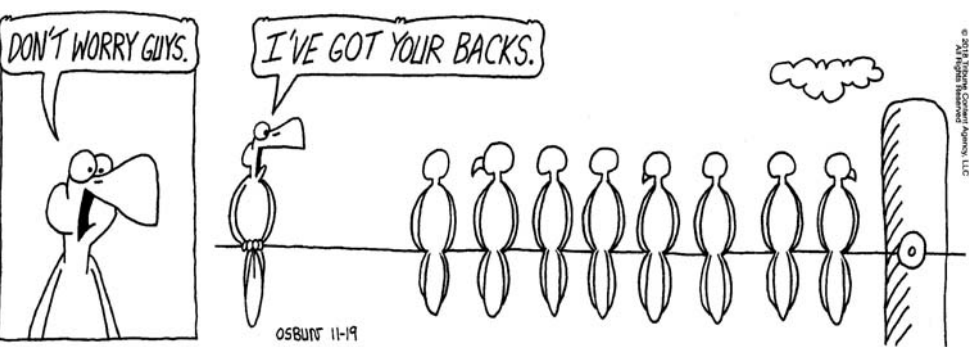
Mail to: Senior News and Living P.O. BOX 239. MUSTANG, OK 73064.

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

Broom Hilda



Animal Crackers



STRANGE BUT TRUE

SO THEY SAY...

BBT here 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!

BBT Humans blink over 10,000,000 times a year!

BBT In the year 2000, Pope John Paul II was named an "Honorary Harlem Globetrotter."!

OKLAHOMA ASSISTED LIVING ASSOCIATION'S
—UPCOMING—
2021 EVENTS

MARK YOUR CALENDARS

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

MAY 20 | OKALA RCAL Administrator Certification Course

MAY 21 | OKALA RCAL Administrator Certification Course

JUNE 23 | OKALA RCAL Administrator Certification Course

NOV 4 | OKALA RCAL Administrator Certification Course

NOV 5 | 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.

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

JUMBLE

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

©2017 Tribune Content Agency, LLC All Rights Reserved.

Check out the new, free JUST JUMBLE app

POS LI

CH LS A

CO Y DE M

EN K IO V

Answer here:

April Answers

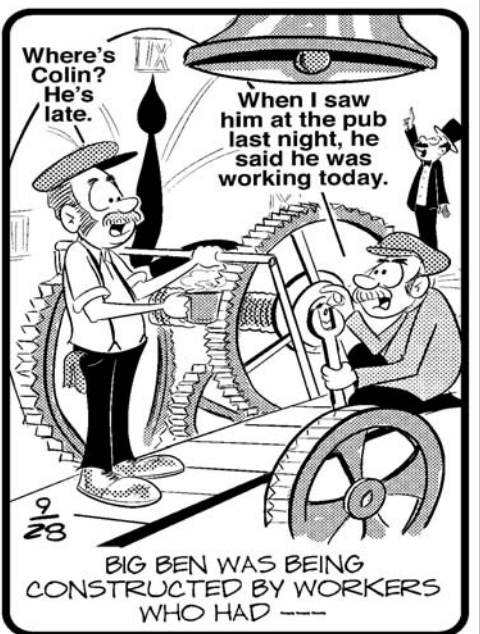
Jumbles: MOUND YEAST WILLOW GASKET

Answer: The fashion designer retired at the top of her career so that she could — GO OUT IN STYLE

(Answers next month)

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

Gasoline Alley



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

Greg Schwem: I'm listening but you're only talking about the vaccine

by Greg Schwem

I'll admit it: I'm a great eavesdropper. A professional eavesdropper even.

I've elevated myself to the pro ranks. Not only is my hearing excellent when I'm within the vicinity of your cellphone conversation or public banter, but I will go to great lengths to be near you if I feel I'm going to overhear something of interest.

I'm not stalking you; at least I don't believe I am. Full disclosure: I'm a full-time stand-up comedian and most of my material germinates from something I hear in passing from total strangers. A perfect example? The airline pilot, waiting for an incoming flight to arrive at O'Hare, telling the recipient of his cellphone conversation that he'd crave a "tall skinny blonde about now" Turns out he was placing a Starbucks order.

I thought it was funny. So did the audience that evening.

Years ago, I was exiting Bally's Las Vegas Hotel and Casino when a red Ferrari pulled up to the valet entrance. I paused, expecting to see a movie star or famous athlete emerge, engulfed in a sea of paparazzi flashbulbs. Instead, two males, who looked as if they had yet to experience the ordeal of driver's license renewal, exited.

I immediately made a beeline and went back inside, hoping to overhear something of interest. Certainly, two kids in their early 20s, and in possession of an automobile costing north of a quarter million dollars, would have SOMETHING interesting to say.

My plan disintegrated when the pair sat down at a bank of penny slots machines. I'm sorry but nobody playing penny slots has anything interesting to say. Most likely they are angry or depressed, perhaps because they blew all their money on a Ferrari.

Sadly, my penchant for eavesdropping is no longer fun. The reason? I already know what you're talking about.

The vaccine.

What else do we have to talk about? After a year without live entertainment, exotic travel destinations and succulent restaurant meals, what's left to share with our friends? Only our vaccine status.

Sometimes I don't even have to get within earshot to know this is the topic of conversation. If I see you pointing to your left shoulder, I know you just got the vaccine. If you are waving your arm in a circular motion, I know you experienced pain after receiving a dose of the vaccine.

Prior to the pandemic, if I heard a stranger saying, "just got my first one," my mind raced with endless possibilities. Your first what? Promotion? Social Security check? Online dating response? But I no longer need to guess. You just got your first shot, didn't you?

If I detect the phrase, "which one?" you can only be referring to Pfizer, Moderna or Johnson & Johnson. If I hear "any issues?" I keep walking, because there's nothing funny about sticking around listening to anyone mention their flu-like symptoms, persistent soreness or 24-hour fatigue.

What's best for the country is the worst for me, when it comes to eavesdropping. As the vaccine becomes available to wider demographics, it's no longer just senior citizens who are discussing it. Millennials, Gen Z and, in some states, teens are comparing their vaccine experiences, much to my dismay. It's only a matter of time before I hear two toddlers adding words like "appointment" and phrases such as "lasting side effects" to their new vocabularies.



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

Don't get me wrong, America; I'm passionate about vaccination. So passionate that, if I overhear somebody say, "I'm still on the fence" I'm likely to stop and say, "Why are you hesitant? We have a chance to end this pandemic. GO GET VACCINATED." Oh, sure, there's a chance the recipient of my wrath could be talking about which highway commission candidate he or she is going to vote for in an upcoming municipal election, but I doubt it.

By the way, I have been vaccinated. But I'm not going to endlessly droll on about a single topic with everybody I've ever met or plan to meet.

That's why Facebook was invented.

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

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

NOTICE:

All Metropolitan Library System Open Saturday, May 1.

All 19 Metropolitan Library System libraries welcome customers to come in and sit and stay beginning Saturday, May 1.

Sit and Stay service includes computer use by reservation, study room use, browsing and limited seating to accommodate reading and Wi-Fi usage and copy/fax/scan use. Seating will be spaced to one chair per table. Computers are limited to two (2) sessions of one-hour each per day. Masks are required for all customers.

"We invite guests to continue to come in and use the library with more services available in this stage," Larry White, MLS Executive Director said. "With school out for most of the summer, we are glad to have more reading areas available for both students and non-students to use."

Online programs and events via social media continue to be very popular. Other online services available are LearningExpress and HelpNow for students, "Book-A-Librarian" for general library help, genealogy help one-on-one, Hoopla and Kanopy streaming movies and tv, JobNow for job and career help and more.

Hours to the public are Mondays-Thursdays 9:00 a.m. - 8:00 p.m., Fridays 9:00 a.m. - 6:00 p.m., Saturdays 9:00 a.m. - 4:00 p.m. and Sundays 1:00 - 5:00 p.m. Curbside pickup hours are Mondays through Fridays 1:00 - 6:00 p.m., Saturdays 1:00 - 5:00 p.m. and from 1:00 -6:00 p.m. on Sundays. For more information, contact (405) 231-8650 or at askalibrarian@metrolibrary.org

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



STATEWIDE SECOND HALF EXPO 2021

Everything for the
Second Half of Life

WHEN

October 16th, 2021 | 9am-4pm

WHERE

The National Cowboy &
Western Heritage Museum

Oklahoma City, OK



Something for Everyone 50+

Boomers • Seniors • Adult Children of Seniors

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

RSVP for FREE Admission

SecondHalfExpo.com

Now Confirming Exhibitors. Details at SecondHalfExpo.com

Our Featured Sponsors



Contact Us: (316) 299-8272 | Info@SecondHalfExpo.com