

West  
River  
Trail  
Reopens

PAGES 6



Honoring  
our  
Veterans

PAGE 8



# SENIOR NEWS & LIVING

*OK*

[www.seniornewsandliving.com](http://www.seniornewsandliving.com) Information for Oklahoma Seniors

June 2021 Vol. 24 Issue 6 Locally Owned and Published Each Month  
By Metro Publishing L.L.C.

## Artist Proud Organizers Stage Red Earth Festival



Clancy Gray's smile says that he is grateful that his more than three-decade string of attendance was not broken by Covid-19 closing the 2020 Red Earth Festival.

Story by Darl Devault, Feature Writer

**O**sage master artist Clancy Gray is excited and grateful to show his artwork at the annual Red Earth Festival coming up June 12-13 at the Grand Casino Hotel in Shawnee for being his one constant for exposure in the time of COVID-19.

Gray says his being selected Red Earth The Honored One in 2019 and the Festival being held with masks in 2020 is probably the reason he was nominated in 2020 to receive an Oklahoma Governor's Art Award.

He said one of the surprising parts of being nominated for the Governor's Art Award is the nomination came forward in the middle of the COVID-19 pandemic.

The Governor's Arts Awards is an annual event recognizing individuals and organizations for their contributions to the arts in Oklahoma. First awarded in 1975, the awards are presented by Gov. Kevin Stitt during a special ceremony at the State Capitol.

The selection committee may honor a recipient in a category of its choice. Gray assumes if selected his award would be an Arts in Education Award for promoting Native American art and cultural. It recognizes an individual, organization, school, educator or group for their outstanding leadership and service in the

See FESTIVAL Page 2

# Opening up to life

*Tealridge Independent  
Living begins new normal*



Jose Diaz, at left, enjoys the company of his new friends, Joe and Sandra Ward, as new independent living residents at Tealridge Retirement Community in Edmond.

With COVID numbers dropping and the increasing number of vaccines that have been given in the state of Oklahoma, one could say that senior living communities are opening up! What wonderful news it is! Many people who were almost ready to make the decision to move during 2020 but placed their plans on hold have decided it is time to return to their search and make their final selections. Tealridge Retirement community has seen a significant influx of inquiries and move-ins during the last 60 days!

During the pandemic, Tealridge Retirement Community in Edmond followed the recommendations of county and state health departments. As the state began relaxing some of its COVID-19 recommendations, so did Tealridge.

Gov. Kevin Stitt recently signed Executive Order 2021-11 to withdraw and rescind the COVID-19 State of Emergency.

"We are open! Residents are able to accept guests in their apartments. In fact, we are conducting tours in person. We feel very fortunate that we are able to provide that place where residents can socialize and get back to normal", said Melissa Mahaffey, Tealridge Retirement Community executive director.

See TEALRIDGE Page 5



## FESTIVAL

Continued from Page 1

arts benefitting youth and/or arts in education.

During his 39-year career teaching high school art in the Greater Tulsa area Gray taught several thousand students at three schools.

"I was fortunate even when art shows were scarce, someone was evaluating my life-long contribution to art in Oklahoma enough to nominate me," Gray said. "This new status, even if I am not selected this year, makes me doubly proud to be a member of the Osage Nation, both as a former art teacher and artist."

The Red Earth Honored One is an annual award presented to a visual artist whose support of Native art has been substantial throughout his or her life and whose continuing involvement, activity and participation in their art form embodies the collective wisdom of their cultural experience.

This year's Red Earth again features a large art show, lectures, demonstrations, activities, a dance grand entry and opening ceremony.

"People always talk about my versatility in describing my efforts as an artist. They are amazed I work in so many media— mainly

painting, watercolor, pencil drawing, silversmithing jewelry, sculpting and pottery," Gray said. "I am fortunate my long-time patrons and my dozen or so international clientele continued to commission my work as I continue to honor my Native American heritage in creating all this art, even during the pandemic."

Continuing his tradition of gaining notice for his individual works of art at the Red Earth Festival, Gray received recognition again in 2020 for his silversmithing of two jewelry pieces "Elegant Ring and Bracelet."

"I have always been blessed in receiving recognition at Red Earth, as well as other art shows because I do not limit myself to one media, but create in many media," Gray said.

Last fall, the Oklahoma Arts Council accepted nominations for the 2021 Governor's Arts Awards, expecting to present the awards in spring 2021. They altered the timeframe as the COVID-19 pandemic evolved. Following the guidance of public health officials, the Oklahoma Arts Council adjusted the timeframe for the awards ceremony, with the goal of presenting the awards in fall 2021.

"Again, I am humbled by the nomination to be a Governor's Art

Award recipient," Gray said.

Gray, who retired in 2018, says he is grateful he was able to just be doing his own art during the pandemic, instead of trying to teach his way through a school year impacted by COVID-19. He says, "God Bless Our Teachers!"

"My 39 years of teaching has allowed me to showcase many Native American youth in various shows, events, contests and scholarships," Gray said. "Exposing our Native American art student's talents outside of their schoolwork was very important for their futures."

Gray's dramatic use of depth in the impasto style of painting has elevated his status in the Native American art world. His use of a palette knife to apply vivid acrylics gives the paintings depth and allows light to animate the focus of his work. This signature style allows the Osage master artist to create a modern ruggedness celebrating the light's reflective sparkle built up in some areas.

By creating a ceramic glaze depth with skillful repetitious palette strokes of the water-based acrylic paint his paintings are unique. Those high-gloss highlights have a richness of color which capture the eye, whether portrait and figure, still life, or landscape.

For the collector there is a stillness, balance and yet movement in his work. The art patrons celebrate Gray's intentional building up of depth in the painting highlighted by brilliant hues or light catching the shiny acrylic. Many art patrons add extra lighting to those areas in their homes where they display his work to get the full effect of his talent.

Osage Nation member and bronze casting legend John Free Jr. casts most of Gray's sculptures at his Bronze Horse Foundry in Pawhuska, Okla. Free is famous for capturing the artist's real goal in their work by applying some of the

most skilled patinas in the crucible industry.

Gray said John and Matt Free's ability to create a life-like patina to the many bronze sculpture he has created over the years has added to his own ability to create innovative patinas.

"It is an honor and a privilege to get to work with John Free and his group at the Bronze Horse Foundry," Gray said. "I always say sculpting success is a two-part process, the artist who first creates it in clay and the foundry artisans who duplicate it in bronze for them."

Gray's traditional and contemporary influenced jewelry reflects the Osage master silversmith's fondness for vivid color, texture, and asymmetrical design. The silver jewelry is often the most collected of his work and leads to the most commissions. This nationally collected master silversmith has won many awards in exhibitions and museum shows.

The Red Earth Native American Cultural Festival is one of the largest Native American cultural events in the country. It is held at the event center at the Grand Casino Hotel & Resort, a tribally-owned business 30 minutes east from downtown Oklahoma City on I-40.

The festival features a juried art market and competition attracting artists and collectors from across the state and nation.

Red Earth, Inc. is an Allied Arts member agency and is funded in part by the Chickasaw Nation, Choctaw Nation of Oklahoma, Kirkpatrick Family Fund, James H. and Madalynne Norick Foundation, Oklahoma's News 4, Allied Arts, and the Oklahoma Arts Council which receives support from the State of Oklahoma and the National Endowment for the Arts.

The Festival sponsors include the Grand Casino Hotel & Resort, Visit Shawnee and Communication Federal Credit Union



# MOBILITY CITY

WE FIX WHEELCHAIRS & SCOOTERS

(And Much More!)



Need Something Fixed?

We come to you!

<p><b>We service:</b></p> <ul style="list-style-type: none"> <li>* Wheelchairs</li> <li>* Power Chairs</li> <li>* Hospital Beds</li> </ul>	<ul style="list-style-type: none"> <li>* Scooters</li> <li>* Lift Chairs</li> <li>* Stair lifts</li> <li>* Rollators</li> </ul>
--------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------

\* Service \* Sales \* Rentals \*







**Yes!** We do battery changes

**Yes!** We come to your location – home, business, or residential community

**Yes!** We have a flat rate mobile service

**Yes!** We do community tune-up days

**Yes!** We do short and long term rentals

**Yes!** We do vehicle lifts

**Yes!** We follow sanitization protocols

**Yes!** We do stair lifts

**Yes!** We do steam sanitization

**Yes!** We have pre-owned equipment

**Yes!** We service all brands

**Yes!** We have many parts in stock

**Yes!** We listen and we care

Visit Our Showroom: Mobility City of Oklahoma City ♦ 12316 N. May Ave.

(405) 936-3324

## 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





# NOW RENTING PHASE THREE!

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
- Pet Friendly

★★★★ \$1,400 PER MONTH! ★★★★★

Call Today For Your No Pressure Tour with  
Carolyn at 405-602-9191 or Gary at 405-417-7294!



OPINION

S

THE SAVVY

SENIOR

Dear Savvy Senior,

Helping Seniors Find Discounted High-Speed Internet Services

Dear Savvy Senior, Do you know where I can find cheaper high-speed internet services for my home? I’m 70-years old and live strictly on my Social Security and would like to find something faster and less expensive than I currently have. **Surfing Susan**

Dear Susan,

There are actually two new resources available today that can help you save money on your home internet services, but what’s available to you will depend on your income level and where you live. Here’s where to begin.

**Internet Discounts**

Depending on your financial situation, a good first step to reducing your home internet costs is through the new Emergency Broadband Benefit (EBB) program. This is a temporary federal benefit that provides a discount of up to \$50 per month towards broadband service for eligible households and up to \$75 per month for households on tribal lands.

Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute \$10 to \$50 toward the purchase price.

To qualify, you’ll need to show that your annual household income is at or below 135 percent of the federal poverty guidelines, which is \$17,388 for one person or \$23,517 for two. Or, if you’re receiving certain types of government benefits such as Medicaid, food stamps (SNAP), SSI, public housing assistance, veterans’ pension or survivors pension benefit, or live on federally recognized tribal lands.

Households that experienced a substantial loss of income since February 29, 2020 due to job loss or furlough can also qualify for the EBB program, as long as their household income for 2020 was at or below \$99,000 for single filers and \$198,000 for joint filers.

To apply, go to **GetEmergencyBroadband.org** where you can apply online or print out an application and mail it in.

If you’re already receiving assistance through the federal Lifeline benefit (see [LifelineSupport.org](http://LifelineSupport.org)), which is a \$9.25 monthly subsidy for phone or internet costs, you automatically qualify for the EBB program, and you can receive both benefits at the same time. You can apply your EBB and your Lifeline benefit to the same or separate services.

Or, if your broadband provider already has its own low-income or COVID-19 relief program, you may be able to qualify through this program as well. Talk to your broadband provider for more information.

**Low-Cost Internet**

If you’re not eligible for the EBB program, another resource for locating cheaper high-speed internet is Aging Connected, which has a higher income qualification.

Created by Older Adults Technology Services from AARP (OATS) and the Humana Foundation, Aging Connected is a nationwide campaign created to help lower-income seniors find low-cost, in-home broadband options in their area.

Partnering with telecommunications companies, nonprofits and public entities, Aging Connected will help you search for services in your area that provide high-speed internet at a very low cost. Most participating companies charge around \$10 to \$15 per month, with no contract and no equipment fee.

Aging Connected also provides referrals to affordable desktop and laptop computers for under \$160.

To qualify, you’ll need to show that your annual household income is at or below 185 percent of the federal poverty guidelines, which is \$23,800 for one person or \$32,200 for two. Or, if you’re receiving certain types of government benefits similar to the EBB program.

To search, go to [AgingConnected.org](http://AgingConnected.org) and type in your ZIP code, name and email address, or you can call 877-745-1930.

**Other Search Options**

If you find that you’re not eligible for either of the previously listed resources, you may still be able to save on your internet by shopping and comparing. The best way to do this is at websites like [InMyArea.com](http://InMyArea.com) and [BroadbandNow.com](http://BroadbandNow.com), both of which provide a list of internet providers in your area, along with pricing and download speeds.

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

SITUATION UPDATE: COVID-19

COVID-19 Oklahoma Test Results

COVID-19 Cases	452,777
New Cases	144
New Cases 7 day Average	135
Active Cases	1,214
CDC/NCHS Provisional Deaths	8,457
Acute Care OSDH Licensed Facilities/Location*	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	2 (0)
Region 2 (NE)	6 (3)
Region 3 (SW)	10 (2)
Region 4 (EC)	4 (0)
Region 5 (SE)	3 (2)
Region 6 (Central)	9 (5)
Region 7 (Tulsa)	40 (11)
Region 8 (OKC)	58 (24)
Total	132 (47)
Other Types of Facilities	
Focus Facilities	5 (1)
Rehabilitation Facilities	0 (0)
Tribal Facilities	5 (0)
Other Facilities Total	10 (1)

● Focus, Rehabilitation and Tribal Facilities numbers are not assigned to a specific region as their patient populations reside across the state. Information provided through survey of Oklahoma hospitals as reported to HHS as of the time of this report. Response rate affects data. Facilities may update previously reported information as necessary. Data Source: Acute Disease Service, Oklahoma State Department of Health. \*As of 2021-05-28 at 7:00 a.m



# TEALRIDGE

Continued from Page 1

The community continues to follow recommendations set by the county health department. Currently, residents continue to wear masks in common areas. However, Tealridge Independent Living is offering full dining again while maintaining an area in the dining room for residents who choose to eat by themselves or whenever an individual is not fully vaccinated.

"All in all, we are back and stronger than ever. Our community has continued to be the choice for so many seniors - we are growing!" Mahaffey said.

Joe and Sandra Ward, along with resident Jose Diaz, are among the residents who recently moved to Tealridge Independent Living.

"I think Tealridge has managed the CDC guidelines very well," Jose said.

Retirees are eager to be a part of the Tealridge Family. The "opening" of the community encouraged Jose and the Wards to not waste a lot of time to make the decision to move. Jose said he wants to find ways to volunteer at Tealridge and meet all the residents.

In fact, people are wanting to make sure that they are somewhere that they will not feel isolated. When the pandemic was at its highest peak, Joe and Sandra were unable to socialize with friends or neighbors during darker days of the pandemic. They didn't go out of their single family home because everybody was scared. They didn't want to get sick, but they were impressed by the safety standards and amenities they found at Tealridge. Sandra said life at Tealridge Independent Living has made her feel safer during the pandemic.

"I was flabbergasted when I came down to visit the community. I looked around and saw a nice living room and super dining room," Joe said. "They showed me a couple of apartments and one that we finally settled on. People would wave to me or tell me, hello. It was just open and wide, clean and smelled good. Everybody you talked with was happy. I observed people sitting and visiting with one

another. It appeared that everyone got along great and welcomed me. It was super."

Sandra said she became impressed with Tealridge when driving up to the front door.

"From the very beginning it started off so nice," Sandra said. "I was so pleased that people were there to help me so soon when we arrived. I just can't tell you how much I love the place. I am impressed with it. People here help you and they're great."

The sales staff made a great impression on Jose, he said. He told his son that he was looking for a good place to relocate. He checked out a couple of other independent living centers, but they were not for him. Tealridge Independent Living best suited his needs, including health care concerns, he said.

Sales Coordinator Cathy McComas said the long-established residents at Tealridge are ready to get back to familiar ways of life whenever possible.

"They understand things have to open up slowly," McComas explained. "I have people say, 'Can my daughter have lunch with me,' or 'when can we do this or that'. We're just as excited as they are. We're ready to get back to family night. We're ready to get back to lunch tours. We're ready to get back to things we were doing before, but we're being very cautious. We're opening up a little bit at a time."

COVID never really excluded people in the community from reaching out to Tealridge in previous months, said Kristen Moss, retirement counselor. Now many of those individuals who put their moving decisions on hold are approaching the retirement community saying they want a new tour. The next day, they call and let me know they are ready to make the move, Moss said.

While people were in their own homes during the pandemic, we were seeing more people that were not able to see their families. And families are even calling saying. "My gosh, I had no idea what was going on with mom, because we chose not to go inside their home for fear that we could potential create a health risk to them."

COVID vaccinations changed

everything. Families are no longer feeling the need to stay put in their home. It's exciting for the Tealridge staff to be able to share the community, build on success, and be a resource for people, Moss said.

They even help people navigate to find resources they need, Moss has also counseled people as to where to get COVID shots.

We are delighted that so many people have chosen to make a decision to move to our community. This is family, we are all here at Tealridge to create a great environment where everyone feels welcome!" Moss said.

*Tealridge Retirement Community, located conveniently located in NW OKC/S. Edmond,*

*offers the full spectrum of senior living options including independent living, assisted living and memory care. Through these continuing levels of care, our residents are able to remain among loved ones, friends, and familiar staff members if their need for assistance or healthcare increases.*

*With spacious floor plans, affordable monthly rates, and a wide range of included amenities, Tealridge Retirement Community is an exceptional combination of service and value. To learn more about the Tealridge Retirement community call (405) 604-5433 or visit our website [www.tealridge.com](http://www.tealridge.com). Visit us at 2200 NE 140th St, Edmond, OK 73013.*

## STRANGE BUT TRUE SO THEY SAY...

- SBT** The starfish is one of the few animals who can turn it's stomach inside-out!
- SBT** Eskimo ice cream is neither icy, or creamy!

- SBT** A jellyfish is 95 percent water!
- SBT** In Bangladesh, kids as young as 15 can be jailed for cheating on their finals!
- SBT** The katydid bug hears through holes in its hind legs!
- SBT** A company in Taiwan makes dinnerware out of wheat, so you can eat your plate!

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

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



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

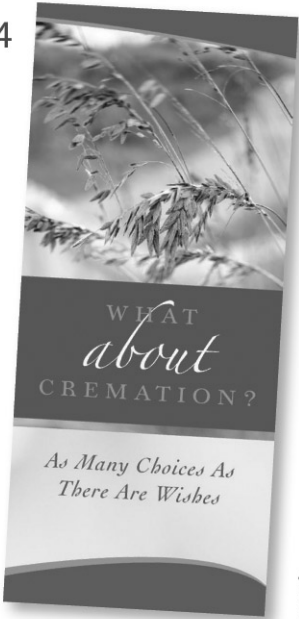
[www.crawfordcares.com](http://www.crawfordcares.com)

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

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

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
Phone \_\_\_\_\_

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



Independent Living | Assisted Living | Memory Care



# West River Trail Reopens

Story by Darl Devault, Feature Writer

Described as a realignment and costing half a million dollars, the new section of the MAPS 3 West River Trail (WRT) opened the first week in May. This reopening allows its multi-use travelers access to and from downtown Oklahoma City on the trails after being closed for 22 months.

For seniors trying to make a decisive quality of life recovery from pandemic restrictions this reopening is important. Seniors got outside more for exercise during the pandemic. Bicycling and walking was two of the major explosions in growth. Seniors who are bicycling and walking more say their pent-up demand to safely ride their bicycles to and from the Boathouse District and downtown Oklahoma City is strong.

“My long bike rides each week often took me almost downtown,

so the closure of the West River Trail was a huge inconvenience,” said Steve Persa, who lives across from the Lake Overholser Trail. With the trail closed I was forced to ride north, which took me into traffic, which is no fun at age 78.”

The WRT had been closed in the area since late spring of 2019. It was closed because of severe erosion from near-record heavy spring rain and resulting high North Canadian River flow next to the Rush Peterbilt Truck Center. The high rains moved the bend in the river closer to the truck center. Low-lying flat areas along the North Canadian River in El Reno, Yukon and west Oklahoma City in Canadian County were flooded by those heavy rains.

Although it looked safe to traverse from the trail after the heavy rains, it was not safe. Where



A cyclist zooms through the largest concrete feature of the new trail added to realign the West River Trail away from the erosion caused by the North Canadian River.

the trail skirted the truck center property to the west, the river had eroded and dug out under the embankment below. This part of the trail posed a liability exposure to the city and endangered users.

See TRAIL Page 11

**dispatch**health

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](http://DispatchHealth.com/Oklahoma-City)**



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

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

  
**BraunAbility**



**NEWBY VANCE**

**MOBILITY SALES AND SERVICE**

"We exceed expectations every day"

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

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

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



  
**kw** GREEN MEADOW  
KELLER WILLIAMS  
Each office is independently owned and operated

WHEN YOU THINK OF REAL ESTATE  
**THINK OF ME**

*AnnMarie Jones*  
REALTOR®  
(405) 905-9299 c  
(405) 741-1900 o  
[ms.amj@kw.com](mailto:ms.amj@kw.com)  
1716 S. Post Rd. Ste. A  
Midwest City, OK 73130

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

  
**MCM  
INSURANCE**  
Medicare & Retirement





# Honoring our Veterans

by Steven Sibley, Ret Army, DAV

Memorial Day has just passed and I want to salute all those who took the time to commemorate those who gave the ultimate sacrifice for our country. Since 1775, records indicate that as many a 1.3 million lives have been lost by those who served in our country's military. That is basically the population of Tulsa, Edmond, OKC, Moore and Norman combined. Imagine, almost half of them died in a senseless civil war that took nearly half those lives. The Civil War started because of uncompromising differences between the free and slave states over the power of the national government to prohibit slavery in the territories that had not yet become states. For those who fought for freedom for all, there was a familiar ring back to the words of Patrick Henry in March of 1775, "Why stand we here idle? What is it that gentlemen wish?

What would they have? Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, Almighty God! I know not what course others may take; but as for me, give me liberty or give me death!" The price of freedom for all is that great, that precious.

Our veterans have not only died, many have been wounded, maimed for life, and scarred both physically and emotionally. While complete statistics were difficult to find on this subject, it appears that on average, for every veteran killed, up to 10 were wounded. That is a significant number. It is why it's so important for us to do the very best we can, to take care of our veterans. The heroic 1% of our population. This is one of the greatest needs we have as a country. It's the greatest reason for those who are the top 1% of income earners in our country, to freely and responsibly give, in whatever way they can or must, to support these heroes, who have sacrificed so much for others to have the opportunity and freedom to succeed in our country at the highest levels.

Soon it will be Independence Day, 2021. This is my challenge to those who would seek to honor both those who have given their lives and those veterans who have been injured or disabled in the service of this country. Between July 4th this year and November 11th, Veterans Day, for those 5 months, would you purposely and proactively reach out to at least 1 veteran a month, and tell them you appreciate their service,



Steven Sibley, Ret Army, DAV.

and then serve them in some way. What ever you feel led to do, send them a card, buy them a

**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](http://LegendSeniorLiving.com)  
A Residence of Legend Senior Living®



## VETERANS

Continued from Page 8

meal, mow their lawn, take them to an appointment or just have a conversation with them. Imagine if everyone in Tulsa, Edmond, OKC, Moore and Norman reached out to just 5 veterans, that would be over 5 million times a veteran was talked to, recognized, appreciated and helped.

As a retired, disabled veteran myself, my wife and I do our part by helping veterans who transition into Medicare. We help them understand how those benefits work with their VA Benefits and Tricare Benefits. We provide

support, advocacy and information about Medicare Plans offered by companies that have special plans for veterans, that offer additional benefits which they've earned and deserve. While healthcare issues and delivery of healthcare is confusing enough for seniors, it is even worse for veterans who have sacrificed their bodies and blood only to find red tape and bureaucracy standing in the way of the healthcare they desperately need. If you need our help, just call, there is never any charge, any pressure, just help. We are here to serve you at [www.Sibleyinsures.com](http://www.Sibleyinsures.com), (918) 404-0807.

## STRANGE BUT TRUE

SO THEY SAY...

**BBT** Every day 20 banks are robbed. The average take is \$2,500!

**BBT** The most popular first name in the world is Muhammad!

**BBT** Tablecloths were

originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating!

**BBT** Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

**BBT** One car out of every 230 made was stolen last year!

**BBT** In the White House, there are 13,092 knives, forks and spoons!

## COME AND SEE!

Assisted Living  
as Low as

**\$715\***

person centered care



Your wellbeing first

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



**405-269-2266**

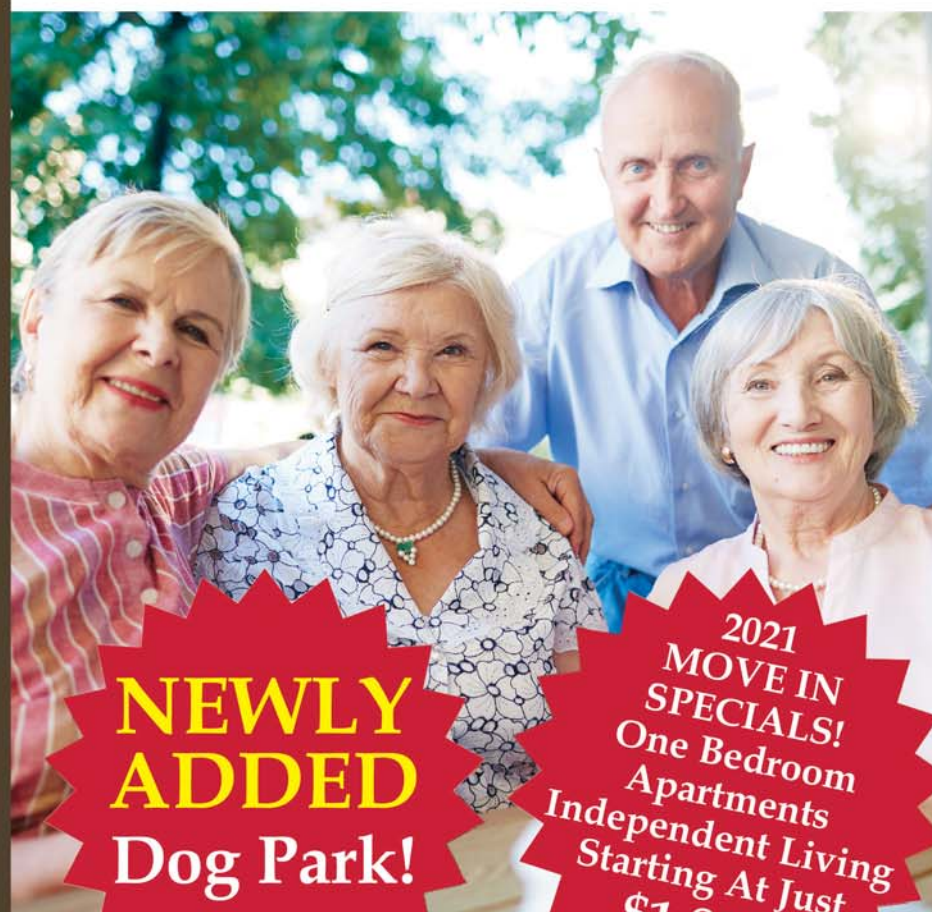
\*Income based all inclusive-1 bedroom private apartment



# TEALRIDGE

RETIREMENT COMMUNITY

Independent Living | Assisted Living | Memory Care



**NEWLY  
ADDED  
Dog Park!**

**2021  
MOVE IN  
SPECIALS!  
One Bedroom  
Apartments  
Independent Living  
Starting At Just  
\$1,850\***

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





## COMMUNITY

# Redline4Kids Brightens Children's Days

Story by Darl Devault, Feature Writer

As Father's Day, June 20, rolls around an Oklahoma City father and son are proud to share their bond by continuing their mission to brighten the days of hospitalized children. The pair have created an exotic car outreach to give kids in hospitals a special experience to help keep their minds engaged and focused on a positive future.

Eric Wynn is the older of Redline4Kids original organizing duo who readily gives full credit to his son who had the idea. The two and nonprofit volunteers have been busy the last few years taking their exotic cars to children's hospitals for special events.

Youngsters in hospital beds may have access to exotic car driving video games at home

using a controller and their TVs. This nonprofit gives them the ability to sit behind a real steering wheel of the latest generation of exotic cars to help them deal with the stress of being in a hospital environment. Their goal is to bring joy to kids, and hope to families, through an experience with exotic cars.

While not trying to foster a new group of automotive fanatics, the organizers want to give young patients a break from their normal routine.

This desire to create a novel experience for children in hospitals springs from the creator's early confinement to a hospital bed when he was first diagnosed with systemic juvenile idiopathic arthritis at age four.

Now 25, Chance wants to offer



**Redline4Kids Board President Eric Wynn poses with his exotic car he often takes to events to allow hospitalized youth a break from hospital life.**

kids in a hospital environment a fun exposure to cars most adults do not get by adding a fun part to their long hospital stays. The organizations name comes from high performance manual shift cars, where its instrument panel features a tachometer with a red

line showing engine revolutions per minute where it is important to make the next shift.

"From experience I know hospital life, especially as a kid, is not fun and can be

**Continued next page**



**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](http://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**





**It is thumbs up for Redline4Kids President Chance Wynn posing with a hospitalized child enjoying the driver's seat of an exotic car.**

pretty traumatic," said Chance Wynn, nonprofit president. "Any opportunity you get to escape, even if it is for just an hour is special. Whether you are a girl or boy, car lover or not, when you get close to these exotic cars it is a blast. It has been proven repeatedly as we have done so many of these events over the last four years from OKC to Dallas—Ft. Worth, and all the way to Miami Florida. It is all thanks to our great sponsors and volunteers. Without their support brightening children's patient days would not be possible."

The Wynns and volunteers want to give the kids a break from the hours upon hours of hospital routine by sparking their imagination of driving fun, fast cars. Chance is proud his idea gives such a memorable diversion from hospital routine to young children. The group offers them an outing, so the child can leave their hospital room which helps with cabin fever.

For those youngsters who already have a passion for automobiles it may be a dream come true to develop great memories that will stick with them.

The volunteers from Redline4Kids usually show up with a mixture of a dozen near-race cars, exotic or American muscle cars for the kids to enjoy. A few are among the fastest street-legal production cars in the world. Often the cream of the crop is European. They are built one at a time on a race engineered chassis with aerospace materials

to create style, elegance, untamed power and speed on wheels.

"I love doing this event and excited to keep sharing my blessings with your organization and all of the kids!" said Tom Gore, volunteer car owner. Thank you so much for making this venue available to us." He volunteers his legendary exotic, a 2019 Lamborghini Huracán Performante Spyder.

For the young patients, the experience runs the gamut from receiving a 1/64-scale die-cast toy car to play with to being able to climb behind the wheel of what seems like to them a "one-of-a-kind life-size car creation" because of their iconic rarity. Each child receives an event T shirt, wristband, a little Hot Wheels car and cards with photos and info about each vehicle on display.

"Once my son Chance bought his first exotic car, we quickly learned how kids wanted to get their picture taken with the car, or even sit inside of these types of cars," said Eric Wynn, Redline4Kids board president. "As Chance spent a good deal of his childhood sick and in the hospital, the idea just came to him one day. He told me 'Dad, I have an idea to help kids that are just like me' and five years later here we are!"

The first event at OU Children's Hospital was well documented in videos on YouTube by Imagine Productions OKC. They have also been featured on the front page of The Oklahoman newspaper.

After the first event in 2017 for OU Children's Hospital where

they have now appeared four times, the group targeted Texas patients. They visited the Scottish Rite Hospital for Children in Dallas, Children's Medical Center in Plano, the Cook Children's Hospital in Ft. Worth and Children's Health in Plano through 2018.

In 2018 they refocused on Oklahoma with appearances at Bethany's Children's Center Rehabilitation Hospital twice. The exotic cars have also brightened the patient's days at INTEGRIS Children's - Baptist Medical Center in Oklahoma City and the J.D. McCarty Center in Norman. And in 2019, Redline4Kids

recruited more exotic car enthusiasts to launch in Florida at The Joe DiMaggio Children's Hospital in Fort Lauderdale.

As restrictions for the pandemic are lifting the Redline4Kids exotic cars are schedule to brighten the children's days at the J.D. McCarty Center in Norman the third Saturdays in June and July. The group is working to finalize the dates for OU Children's Hospital and INTEGRIS Children's - Baptist Medical Center in Oklahoma City.

For more info, or to make a tax-deductible donation, visit [www.Redline4kids.org](http://www.Redline4kids.org).

## TRAIL

**Continued from Page 6**

This caused the city to close it out of an abundance of caution in case it fell into the river.

The closure was from its western-most point at the Reno Avenue trailhead to Safari Point at Crystal Lake near SW 8th Street and Rockwell Avenue. This was about 3.3 miles of the 7.5-mile trail.

The new realignment section makes the trail longer than the posted 7.5-miles now running from NW 10th Street west of Council Road to SW 15th Street at Meridian Avenue. There it connects to the east to the Oklahoma River Trails to continue downtown. The North Canadian River is named the Oklahoma River through Oklahoma City's downtown area.

Originally completed in 2015, the trail's new realignment construction began in January of this year to reroute the trail east between the truck center and Interstate 40. The new trail features large, long concrete barriers protecting it from the embankment just north of the truck center. It turns south at 8700 W Interstate 40 Service Rd. and continues south next to Cara Lane to go west along SW 8th Street to reconnect to the existing trail.

"Cyclists have missed the use of the trail for the almost two years it was closed, because it is easier than riding to Lake Hefner and back," said Dixie Duff, a retired nurse who rides here bicycle every other day in the area. "The West River Trail is preferred because of its east-west route, making it protected from Oklahoma's strong south winds in spring and summer

and winter's strong and cold north winds."

The WRT is one of the three trails created by tax dollars from MAPS 3. (The other two trails are Will Rogers and Lake Draper.) This is a more rural trek, taking users along the North Canadian River and around Crystal Lake well away from streets and traffic. The trail offers parking at NW 10th Street on the west end, Reno Street or Crystal Lake midway through the scenic trail.

This trail is a part of the more than 90 miles of Oklahoma City's multi-use trails. The trails system offers recreation and exercise along a network of 10 interconnected trails that can take users to almost every point in the city.

Using the Better Streets, Safer City Sales Tax, the city has been adding bike infrastructure and resurfacing multiple trails around the city these last two years. Latest figures show 56 percent of Oklahoma City residents live within a half-mile of a park or trail. Oklahoma City averages one park for every 3,995 residents.

The good-for-all-skill-levels WRT offers several activity options and is accessible year-round. Dogs are welcomed but must be kept on a leash. No motorized vehicles are allowed on the trail system. This kid and stroller friendly trail is ideal for family nature trips. Many residents walk and run the trail while taking in the many river views.

It is a venue of unexpected ruggedness with some of its close-in, tree-lined boundaries in some sections. Parts of the trail fit the description of a nature trail. Most of the other city trails are open and windswept.



## TRAVEL / ENTERTAINMENT

# Eating is an Adventure in Santa Fe

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

Santa Fe has too much to offer to be confined to just the recent May issue.

Having been to Santa Fe a number of times, it is always fun and relaxing to again visit those dining establishments that made an impression over the years. This eating adventure led me to sample several familiar popular gourmet dining venues, and none mentioned here disappointed.

The Compound, [www.compoundrestaurant.com](http://www.compoundrestaurant.com) located just off of artist filled Canyon Road, is an all-time favorite for the sophisticated palate. In an upscale adobe styled dining room, you can succumb to the temptations of; a Stacked Salad of Romaine, Tomato, Ham, Blue Cheese and Hard Cooked Taos eggs with Avocado Ranch Dressing topped with Free Range Chicken.

If your luncheon appetite is not quenched, for dessert you might try the Bittersweet Chocolate Marquis of Pistachio Gelato, Apricot Pistachio; or the Orange Olive Oil Cake of Fig Jam, Lemon Curd and Crème Fraiche. Your evening plans might include a return to the Compound to enjoy a night cap or light supper at the intimate bar. With seating only about ten people, reservations are recommended.

The La Fonda Hotel [www.lafondasantafe.com/la-plazuela](http://www.lafondasantafe.com/la-plazuela) holds many historic adventurous tales due to its early Santa Fe birth in 1640, but the restaurant, La Plazuela, has been a long time favorite for its casual, attentive, and never disappointing selections. Your selections might include: a spinach salad with grilled hazelnuts, with gluten free prosciutto bathed in a cranberry vinaigrette. Your entre might be the Alaskan Silver Salmon with lemon cilantro butter sauce, or sweet and buttery hearty pork tenderloins with pineapple glaze and papaya vinaigrette.

Top the meal with a Chocolate Molten Cake of dark chocolate truffles, dark rum cream glaze, which accents the dessert's warmth and coolness. It is impressive when your server knows the term "Ice on the Pond" when ordering your extra cold, extra dry Martini, which is served to perfection.

While the décor has been renovated in recent years, the hand-painted side glass panels remains the restaurant's signature Santa Fe tradition. Your high expectations for Santa Fe service, ambiance and dining are always met at La Fonda. Be sure and take time to visit the shops at La Fonda and the outside entrance to the top fashions of Rocki Gorman, a noted fashion and jewelry designer.

If you have not discovered the surprising and intimate atmosphere of Santacafe, [www.santacafe.com](http://www.santacafe.com) you are missing a treat. Here inside white adobe, small dining areas, complete with a hint of Georgia O'Keeffe styled décor, you will find the best fresh Chimayo Red Chile onion rings available anywhere.

But this seemingly simple appetizer is only a prelude to an array of tasty selections including: Blue Corn Chicken Confit of enchiladas of red and green chile, or the healthy pan seared salmon roasted with fingerling potatoes over a kale and spinach lime cream. It's known during high season to have one of the best outdoor patios for celebrity sightings.

While the Rosewood Inn of the Anasazi has undergone a dining room renovation, to open up the bar for casual tequila tastings and encourage conversation, the restaurant retains its elegant atmosphere and gourmet menu. You might start off your evening with a Kettle One Citron Pomegranate Martini, or a selection from one of their fine wines.

A flavorful good soup is an invitation to a gourmet meal and the Anasazi sweet potato soup was a perfect complement to the autumn weather. The Buffalo Empanada over an Avocado Mouse is personally recommended as is the fashionable crusted Salmon with baby beets, parsnips in a tamarind sauce. For dessert, you can play like a child with the Fried Ice Cream reminiscent of an outdoor campfire's S'more.

You can't leave Santa Fe without a nighttime visit to La Cantina next to La Casa Sena restaurant [www.lacasasena.com](http://www.lacasasena.com). At the Cantina, the waiters treat you, between serving food courses and beverages, with their favorite



contemporary and Broadway styled songs. Many of the talented singers are biding their time here, saving their money before jumping into the Broadway pool of performers. Feel free to order a Mexican styled dinner, or just a beverage with their chips and dip. The congenial atmosphere, the prompt and friendly service is a fitting farewell to the enchantment that is Santa Fe.

Consider your Santa Fe visit between high tourist times like the Santa Fe Opera Season or the Indian Market. In this way you can be assured of obtaining your preferred dining reservation times, and Santa Fe will have a more accessible feel and friendliness.

## Mr. Terry Zinn - Travel Editor

**Past President:** International Food Wine and Travel Writers Association

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

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

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

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

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



# DINO SAFARI NOW OPEN AT THE OKLAHOMA CITY ZOO

*Journey back to the age of dinosaurs with the Zoo's new DINO SAFARI experience to discover the world's largest, most life-like animatronic prehistoric creatures.*

Dinosaurs are back at the OKC Zoo! The Oklahoma City Zoo and Botanical Garden presents DINO SAFARI, a new immersive experience featuring life-sized, scientifically accurate animatronic dinosaurs that demonstrate movement and sounds like the prehistoric giants that once roamed the planet. Explore DINO SAFARI located in the Zoo's lush, 6-acre pollinator garden along the Lakeside to see several dinosaurs come to life through 15 one-of-a-kind animatronic displays and 8 skeleton replicas in a COVID safer setting.

These amazingly life-like creations were created by Jurassic Park advisor "Dino Don" Lessem's company Dino Don Inc., the premiere maker of robot animals in the world. DINO SAFARI is open to the public now through Sunday, October 31, from 9 a.m. to 4:30 p.m. daily. Entry into DINO SAFARI is the cost of general Zoo admission plus, \$5 per person for ZOOfriends members and \$6 per person for nonmembers. Children 2 and under are free and do not require tickets for entry into DINO SAFARI.

"Animal fans of all ages are drawn to dinosaurs so we are thrilled to bring this unique opportunity to the Zoo," said Dwight Lawson, OKC Zoo's executive director/CEO. "We hope to foster our guests' natural curiosity and interest to learn more about these prehistoric wonders of the past while connecting them to our incredible animal family today."

Learn how dinosaurs evolved over time and where they roamed as you encounter the fascinating creatures of DINO SAFARI. Stand next to one of the most popular predators of the late Cretaceous era, the Tyrannosaurus Rex, get an

up-close look at a massive Woolly mammoth from the Pleistocene era as also referred to as the Great Ice Age and gaze at the 42-foot wingspan of a Tropeognathus! Guests will also learn how the OKC Zoo is working with Tinker Air Force Base and the University of Oklahoma to help fight the extinction of Oklahoma's beloved lizard, the horny toad, also known as the Texas horned lizard, through educational displays setup near the DINO SAFARI gift shop.

Trek over to the newly, renovated Dino Bites, located next to the pollinator garden, for a selection of tasty favorites including turkey legs, chicken nuggets, hot dog and churros. Shop for the ultimate dinosaur souvenirs at the DINO SAFARI gift shop and discover a vast selection of unique toys and gifts, apparel for both children and adults, plush, children's books and more.

Additionally, guests can purchase exclusive DINO SAFARI OKC Zoo conservation wristbands. Choose from four limited-edition animal designs - Tyrannosaurus Rex, Triceratops, a raptor and Texas horned lizard - available for \$2/each in the Guest Services office and stroller window located in the entry plaza. The Zoo's collectible, conservation wristbands benefit the Zoo's local and global conservation efforts with 100 percent of sales going to Round Up for Conservation.

## DINO SAFARI TICKET OPTIONS

Bring on the big fun, purchase a single-day DINO SAFARI Adventure Ticket with unlimited walks through DINO SAFARI, unlimited lorikeet feedings, unlimited carousel and Elephant Express tram rides plus, general admission to the Zoo for \$31/adult and \$28/child and senior.

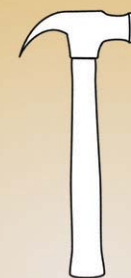


ZOOfriends members can take advantage of a dino-mite deal and purchase the Zoo's DINO SAFARI Adventure Season Pass for unlimited admission to DINO SAFARI through October 31, along with lorikeet feedings, carousel rides and a souvenir Zoo Key. DINO SAFARI Adventure Season Passes range from \$35 to \$200. Must be a current member to purchase season passes.

## DINO-RIFIC BIRTHDAY PACKAGES

Surprise your kiddo with a dino-mite birthday party! Young explorers can try their hand at the fossil dig to excavate rare dinosaur "bones" just like a real paleontologist. With the Zoo's exclusive DINO SAFARI birthday package, your child's special day is sure to be memorable.

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



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



Affordable  
CREMATION  
SERVICE

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



Affordable Cremation Service has served the funeral industry for over 50 years. We understand the needs of families who are looking for a simple cremation. Our simple cremation package is \$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](http://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!**



WhisperingCreek  
COMMUNITIES

**(405) 506-7416**

5712 Goldfinger Road.  
OKC/Mustang on Countyline  
Road. Just North of SW 59th



**Stride**   
**BANK** Healthcare  
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**





South Oklahoma City

*Enjoy Your Summer*  
At HarborChase



SALON & SPA | FITNESS CENTER  
MULTIPLE RESTAURANTS

Schedule your tour today and learn  
about our 1 month free special!\*

10801 South May Avenue | Oklahoma City, OK 73170

(405) 378-9768

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



\*For a limited time. Some restrictions may apply.



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

PROUD ITEX MEMBER



844.709.6956

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

# Turning 80, Hollywood beauty Diane McBain tackles new career

By Nick Thomas

According to Diane McBain who turned 80 in May, it's never too late to begin a new chapter in your life. Along with co-author Michael Gregg Michaud (see [www.facebook.com/michael.michaud.90](http://www.facebook.com/michael.michaud.90)), the 60s glamour gal published her autobiography "Famous Enough: A Hollywood Memoir" in 2014. She also recently penned her first novel, "The Laughing Bear."

"And I've got another ready to be published," said McBain from the retirement community in Woodland Hills, California, where she has lived for several years. "I have a cottage here and spend my time writing my heart out. So you can start a new career whenever you want."

2021 is also special for the actress since it was 60 years ago this year that her favorite film, "Claudelle Inglish," was released in which she portrayed a 'good girl' who turns very bad.

"It was just my third film, so

playing the title character gave me a great opportunity to test my acting wings," she recalled. "I had led a very sheltered life growing up in Glendale (California), so playing the bad girl was an interesting challenge."

McBain arrived in Hollywood as the studio system came to an end and appeared in over two dozen movies through 2001. She turned to television in the 60s appearing in dozens of shows, most notably co-starring in "Surfside 6," as well as guest-starring parts in TV classics such as "The Wild, Wild West," "The Man From U.N.C.L.E.," and "Batman" as the colorful Pinky Pinkston. Her first TV roles were alongside James Garner and Jack Kelly in episodes of "Maverick."

"They were both great Mavericks. Jack Kelly was really the first actor I worked closely with and was my first screen kiss. I was just a young girl and had never kissed a mature man before. But he was very sweet about



Diane McBain with co-author Michael Gregg Michaud in June, 2019.



Diane McBain and Van Williams in Surfside 6 - ABC.

it and I just adored him."

A few years later, in 1966, McBain snagged another on-screen romantic moment, this time with Elvis in "Spinout." "Women have asked me many times what it was like to kiss Elvis and I tell them it was just as wonderful as you would imagine! He was charming and a lovely person to work with. He didn't come on to me which I appreciated because so many did throughout my career."

Diane discusses her personal and career ups and downs, including some truly traumatic times, in her book. In 2001, she left Hollywood after a bad experience serving on the board of directors of the Screen Actors Guild.

"I turned 60 that year and worked very hard to represent people in the industry and do the best I could. But it's a very political organization so I found myself at real odds with others and under very stressful and nasty circumstances. The experience really turned me off being an actor."

After her spell with SAG concluded she moved to Pine Mountain Village, about 90 miles northwest of Los Angeles.

"I got a little cabin, moved in, and lived there for 15 years. I just loved it and especially the white Christmases in the mountains. But age was catching up with me and I had some health issues so that's why I moved to the retirement facility. I still live independently and am enjoying my time here very much. It's serving my health issues well."

Obviously, says McBain, eating well and exercising as you are able can contribute to good health as you age. But a healthy mental approach is important, too, she stresses.

"It's a great time in your life to start over and maybe tackle something you always wanted to but never had the time. For me, it's writing. Your life is never over until you decide it's over."

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

## 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!



# Oklahoma Historical Society to Host “Legacy of the Tulsa Race Massacre” Roundtable Discussion at OHC

On Saturday, June 12, at 1:30 p.m. the Oklahoma Historical Society (OHS) will host “Legacy of the Tulsa Race Massacre,” a roundtable discussion on how race relations developed in Oklahoma after one of the state’s most horrific events, the Tulsa Race Massacre. The panel will present several perspectives that represent different aspects the state’s African American community. This conversation will take place at the Oklahoma History Center, and limited seating will be available on a first-come, first-served basis.

Moderated by J. D. Baker, special assistant to Oklahoma City Mayor Holt, the panel will include Brenda Alford, who will share her family’s story of surviving the Tulsa Race Massacre; Oklahoma State University professor Dr. Brandy Thomas Wells, who will provide historic context for and ramifications of the massacre; and Rev. Dr. Robert Turner of Historic Vernon Chapel A. M. E. Church, who will give the perspective of a community leader in Tulsa.

Brenda Nails-Alford is the proud granddaughter of 1921 Tulsa Race Massacre survivors and Black Wall Street entrepreneurs. She serves

on the 1921 Tulsa Race Massacre Centennial Commission, Tulsa Race Massacre Commemorative Grant Program Committee, Greenwood Heritage Citizens Advisory Committee and chairs the Tulsa Mass Graves Public Oversight Committee. Nails-Alford is honored to serve in these capacities to raise awareness of the history of Greenwood’s Black Wall Street and bring some sense justice and healing to a community that suffered greatly.

Dr. Brandy Thomas Wells earned her Ph.D. at Ohio State University and is a professor of history at Oklahoma State University. She is currently preparing a book manuscript that analyzes African American women’s international interests and activities from the 1890s through the 1960s. Her work illuminates how members of the National Association of Colored Women’s Clubs and the National Council of Negro Women pursued anti-colonial and anti-imperialist agendas, and how they communicated, cooperated and competed in the overall quest for civil and human rights. Dr. Wells’s essays have appeared in the journal *Origins* and the collection “Women

and Modern Empire, 1840 to the Present.”

Rev. Dr. Turner is the pastor of the Historic Vernon Chapel A. M. E. Church in Tulsa. He is also the academic dean for Jackson Theological Seminary in Little Rock, Ark. Turner is on several boards and involved in many other organizations in Tulsa, including for the American Village, Crutcher Foundation and the North Tulsa Task Force. Since coming to Tulsa in 2017 he has become a tireless advocate for Greenwood. Through his leadership, the church has been placed on the National Register of Historic Places.

J. D. Baker serves as the special assistant to Oklahoma City Mayor David Holt. He is a sixth-generation Oklahoma City resident who graduated from the University of Oklahoma with a bachelor of arts in public relations. While at OU, he received the Clara Luper Department of African and African American Studies Leadership Award. Along with his position in the mayor’s office, Baker serves on the Board of Directors for the Oklahoma City Black Chamber of Commerce. He was recently recognized in the top five

of Oklahoma City’s “Most Powerful Young Professionals” by OKC Friday newspaper for the second year in-a-row.

This roundtable discussion is sponsored by the OHS’s Black Heritage Committee and the Oklahoma History Center Education Department. For more information about the event, please call 405-522-6676.

The Oklahoma History Center is a division of the Oklahoma Historical Society and is an affiliate of the Smithsonian Institution, National Archives and is an accredited member of the American Alliance of Museums. The mission of the Oklahoma Historical Society is to collect, preserve and share the history and culture of the state of Oklahoma and its people. Founded in 1893 by members of the Territorial Press Association, the OHS maintains museums, historic sites and affiliates across the state. Through its research archives, exhibits, educational programs and publications the OHS chronicles the rich history of Oklahoma. For more information about the OHS, please visit [www.okhistory.org](http://www.okhistory.org).

## CROSSWORD CORNER

### Across

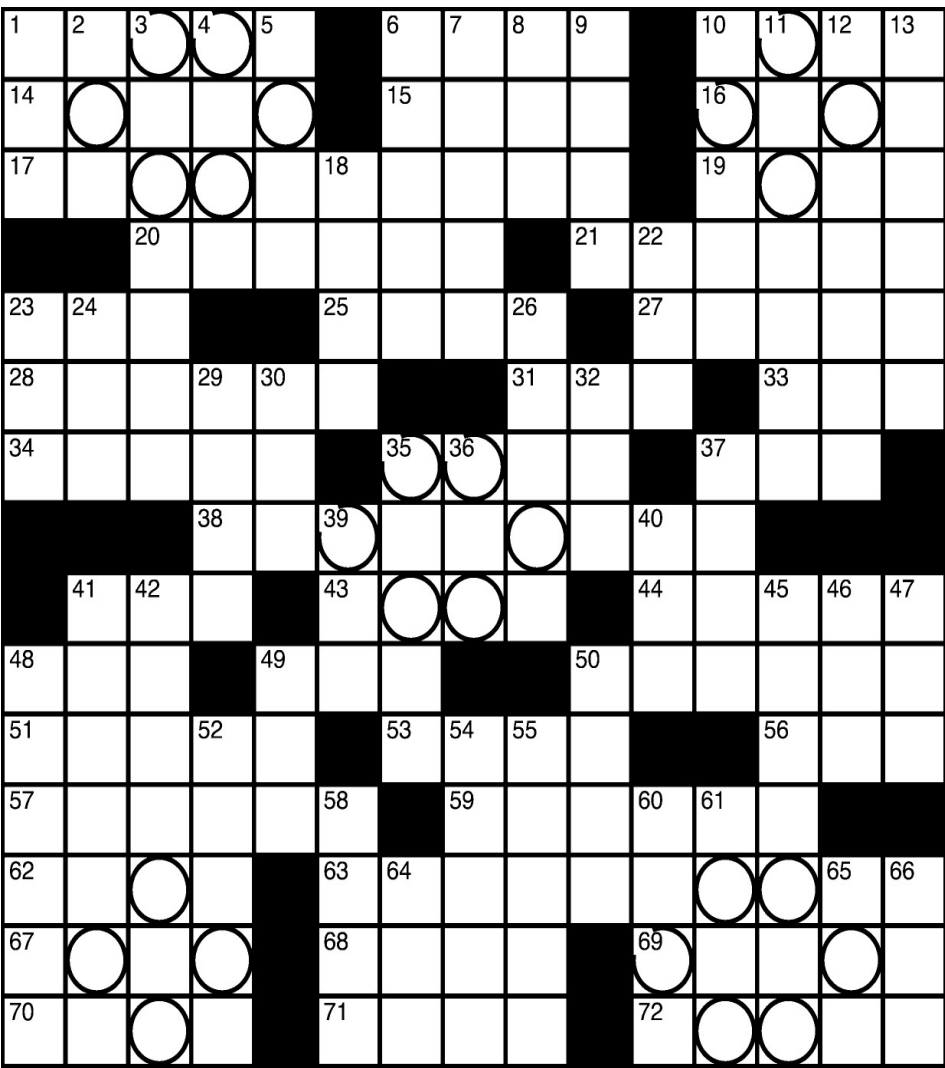
- 1 \_\_ d’art
- 6 It’s sold in bars
- 10 Axlike tool
- 14 Move furtively
- 15 “In memoriam” bio
- 16 Cow conversation
- 17 Rite of Christian ordination
- 19 Hip ‘60s Brits
- 20 Rodeo ropes
- 21 Honeybunch
- 23 Montreal mate
- 25 Fights (for)
- 27 “Cold Mountain” hero played by Jude Law
- 28 Bolster
- 31 Enhance, as an expense report
- 33 Whiz
- 34 Sticking points
- 35 Carries out
- 37 ER personnel
- 38 Fabric ponytail holder
- 41 Chinese menu surname
- 43 Foldable beds
- 44 Pet store enclosures
- 48 Dismissive syllable
- 49 Hasty escape
- 50 Computer key
- 51 Bounded
- 53 Quite
- 56 Leaves in the afternoon?
- 57 Irritate by rubbing
- 59 Supermarket walkways

- 62 Mall directories
- 63 1850s Eurasian conflict
- 67 “Ick!”
- 68 Spanish cat
- 69 Salty expanse
- 70 Director Kazan
- 71 With the circled word in the grid’s center, what each circled word is?
- 72 Celestial red giant

### Down

- 1 \_\_Kosh B’gosh
- 2 Rain-\_\_ bubble gum
- 3 Word whose meaning wouldn’t change if it began with “z”
- 4 One-named singer
- 5 Boxing decisions
- 6 “Me too”
- 7 Corpulent
- 8 Ultrathin MacBook
- 9 War affliction, for short
- 10 Jordan’s capital
- 11 Entry-level job?
- 12 Astrology diagrams
- 13 Ancient ascetic
- 18 Invite letters
- 22 \_\_ al-Fitr: end-of-Ramadan feast
- 23 Fitting
- 24 Hosp. scan
- 26 MS format details
- 29 Mexican money
- 30 L.A. school

- 32 Tray filler
- 35 Milano cathedral
- 36 Prov. bordering four Great Lakes
- 37 Authentic
- 39 Early TV maker
- 40 Freezer cubes
- 41 Game for little hitters
- 42 Wrinkly dog
- 45 Jumps in the lake
- 46 Summer in la ville
- 47 Vast quantity
- 48 Served like cherries jubilee
- 49 British co. letters
- 50 A teaspoon, say
- 52 Ottoman title
- 54 French-speaking Caribbean country
- 55 Colorful memory game
- 58 Heart tests, briefly
- 60 Golden Triangle country
- 61 SASEs, e.g.
- 64 Missy Elliott music genre
- 65 Battery for small electronics
- 66 GI’s furlough



Answers on page 26



TWO LOCATIONS SERVING YOU EAST AND WEST

Absolute Economical Funeral Home  
& AE Funeral Services

LOCK IN YOUR  
PRICES TODAY  
WITH A PRE-  
ARRANGEMENT



Providing Quality Care Without the Added Cost

COMPLETE BASIC CREMATION  
\$950.00

COMPLETE FULL TRADITIONAL SERVICE  
VALUED AT A PRICE YOU WILL APPRECIATE!

OKC METRO AREA  
(405) 787-9300  
AEFUNERAL.COM

SHAWNEE METRO AREA  
(405) 915-0160  
AEFUNERALSERVICES.COM





We're Family

Starting at \$1,750!\*

Call today to learn more.

As part of a fifth generation family company, we believe it's never been more important for seniors to love the communities they call home. We are committed to doing everything possible to achieve just that.

lionwood

(405) 775-9706

12525 N Pennsylvania Ave  
Oklahoma City, OK 73120



\*Based on availability.  
Call for details.

Independent Living • lionwoodseniorliving.com

CARLSTONE

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



# 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**



# Stonegate Senior Living adds ICP Division to Clinical Team

The Covid-19 pandemic has changed the long-term care community forever. Tamara Meadows, RN, the Divisional Director of Clinical Operations for Oklahoma with Stonegate Senior Living, stated that it brought infection control in long-term care to the 21st century.

“It highlighted the importance of our infection control program, while also highlighting the need for additional staff to assist with all the different infection control activities,” commented Meadows.

Towards the middle of last year Stonegate’s Chief Clinical Officer, Dianne Sullivan-Slazyk, RN determined along with the owners of Stonegate, that a new permanent role of an infection control preventionist in each facility was needed.

Already on staff at Stonegate, was the Director of Quality, Rhonda Abercrombie, RN who had extensive epidemiology experience with the CDC. So, it was a natural fit for Rhonda to lead the infection control department, which includes two Regional ICP nurses in the state of Oklahoma, along with 4 in Texas and Colorado. The Regional ICPs have oversight of each ICP nurse in each of Stonegate’s 11 skilled facilities throughout the state of Oklahoma.



Stonegate’s Infection Control Nurses from left to right: Cindy Shehan, LPN, Tara Placker, LPN, DON, Jan Herring, LPN, Tiffany Bryant, LPN, Mary Coppage, LPN, Mary Ustler, RN, Dawn Ferris, RN, Marilyn Rink, RN, Vicky Spencer, RN, Savannah Petrick, LPN, and Regional ICP, Cindy Christian.

Their job duties vary from routine Covid testing, sometimes as often as twice a week on all residents and employees, to the routine infection control surveillance with tracking and trending of infections.

The ICPs will play a big part of staying in compliance with the newest guidance from CMS on educating residents and staff on vaccinations.

Although they have had a very good turn out with vaccination rates of residents, Director Abercrombie states, they would love to see an increase in the amount of staff vaccinations.

“We have partnered with our consulting pharmacy, PharMerica, to do our own vaccine clinics, which are open to staff, residents, and families,”

said Abercrombie.

Asked, if these ICP nurses are temporary, Abercrombie states, “The owners of Stonegate have committed to these being permanent positions, which we are very proud!”

For more information about Stonegate Senior Living communities visit: [www.stonegatesl.com](http://www.stonegatesl.com) or call 972-899-4401.

ASK  
ABOUT  
OUR  
LEASING  
SPECIALS

ONEBEDROOM  
& TWOBEDROOM  
NOW AVAILABLE

Different configurations available!

Schedule a Tour Today!

ON-SITE AMENITIES INCLUDE...

• Movie Theater Room

• Exercise Studio

• Gathering Area

• Fishing Pond

• Game Room

• And more...

425 SE 4th Street | Moore, OK 73160 | M-F 9-5, Sat. 1-4 | 405.676.1655 | [TheGroveLife.com](http://TheGroveLife.com)



# Stephenson Cancer Center Physician Investigating Innovative Imaging Technique for Bone Marrow Transplants in National Clinical Trial

With the lifesaving potential of a bone marrow transplant comes an anxious few weeks of waiting to see if the patient begins producing new cells. A hematology oncologist at OU Health Stephenson Cancer Center is the co-leader of a national clinical trial that could revolutionize the field with an imaging technique that provides an early look at a transplant's likely success or failure.

The clinical trial represents more than 15 years of work by Jennifer Holter-Chakrabarty, M.D., a bone marrow transplant physician at Stephenson Cancer Center. Her research was launched in response to the tragic outcome of a patient with leukemia who received a bone marrow transplant. She cared for the patient until the point when laboratory and clinical diagnostic techniques available at the time were able to determine if the bone marrow had repopulated. The transplant failed and the patient eventually succumbed to an infection

and died.

Holter-Chakrabarty was determined to find a way to see, soon after a transplant, whether the bone marrow is growing. "That was the state of the science at the time - we didn't have the diagnostic capability of predicting if a transplant would be successful," she said. "It was very upsetting to lose my patient because I couldn't tell whether her cells were growing. I am hopeful that this clinical trial will let us know early on whether a transplant is working, so that we can take different steps to intervene if needed. Waiting four to six weeks is too long."

Holter-Chakrabarty's research trajectory began after reading a publication by scientists in the Netherlands who had used a new imaging agent called fluorothymidine (FLT) in positron emission tomography (PET) for solid tumors like breast and lung cancer. In that case, FLT imaging provided

an excellent view of the bones but a poor look at the breasts and lungs. Holter-Chakrabarty realized that those researchers' problem was her solution - an imaging agent that could light up the bones to reveal whether marrow was growing.

FLT's potential is in how it differs from the current standard imaging agent, FDG (fluorodeoxyglucose). Because FDG is tied to glucose, when used for imaging, it recognizes any cell that is active, whether dividing or because of inflammation. However, the thymidine in FLT only distinguishes cells that are dividing - the exact behavior of a bone marrow transplant that is working as intended.

Holter-Chakrabarty first tested FLT imaging in the laboratory, where it allowed her to see bone marrow repopulating in mice whose marrow had been irradiated. She then tested it in a small clinical trial in bone marrow transplant patients who were at low risk of

failure because of the similarity of the donor's marrow. Again, that trial demonstrated that FLT imaging could accurately predict early marrow growth, as well as the safety of FLT.

In the current trial, Holter-Chakrabarty is testing FLT imaging in patients whose type of bone marrow transplant puts them at a 10-12% chance of failure. In particular, the patients have undergone cord blood transplants, which use donated cells from a mother's placenta, and haplo-identical transplants, which are matched by half, usually siblings or parents of the recipient. Patients will undergo imaging one day prior to transplant, at five to nine days after transplant, and again 28 days after. In another cohort, patients who are not producing new cells by day 24 will undergo a single FLT image to determine whether the transplant is delayed or has failed.

The trial also will allow Holter-

*continued next page*




**Care Plus**  
HOME CARE

**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](http://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](http://www.caresuitesokc.com)**  
**405-269-2266**



\*Income based all inclusive-1 bedroom private apartment





# TRANSPLANT

Continued from Page 22

Chakrabarty to study different biomarkers to learn more about why some transplant recipients are more at risk for failure than others.

“The more we know about the biology of the process, like understanding which proteins are in particular places and what types of modifications occur in the cells, the more we can be very direct and prescriptive about how we make changes to help the patient early on,” she said.

The clinical trial, funded by the National Institutes of Health, will enroll 50 patients at three centers: OU Health, Emory University and the University of Michigan. Holter-Chakrabarty’s colleagues at the two other sites lead the project with her. If successful, the trial will mark a major leap forward for bone marrow transplant physicians and the blood cancer patients they treat. Patients whose bone marrow transplants fail only have a 30% survival rate over three years. Moving closer to improving those odds is gratifying, Holter-Chakrabarty said.

“It has been very exciting to reach this point,” she said. “To be able to see bone marrow growing



Jennifer Holter-Chakrabarty, M.D.

in a human while you’re doing the transplant is a first for our field. This trial is addressing the very problem I faced when I lost my patient all those years ago, and it will provide hope for our patients in the future.”

## Assisted Living & Memory Care

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

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

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

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

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

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

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

**THAT'S NOT OK**

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

Learn how to fight back at  
**TOBACCO STOPS WITH ME.com**

A Program of  
**TSET**



# June CALENDAR OF EVENTS

To Be Added To The Calendar, Email Senior News and Living at [advertising@seniornewsandliving.com](mailto:advertising@seniornewsandliving.com)

## JUNE

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

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

### 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](mailto:info@okcontemp.org)

Price: Free timed ticket required.

[oklahomacontemporary.org/exhibitions/upcoming/ed-ruscha-okla](http://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.

### Online: Barbed Tales Podcast Theatre

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

## JUNE

### Second Friday Art Walk

122 E. Main St. 637-6225  
[downtownnorman.com](http://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.

### FREE: A Night In The Paseo

The Paseo Plunge.3010 Paseo St., 405-315-6224 | [paseoplunge.org](http://paseoplunge.org)  
When: First Friday of every month, 7:30-9 p.m. Phone: 405-898-4215. Email: [poeticcity16@gmail.com](mailto:poeticcity16@gmail.com)  
Poetic City is bringing poetry and music. 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: Art Moves

When: Mondays-Fridays, 12 p.m.  
[www.artscouncilokc.com/art-moves](http://www.artscouncilokc.com/art-moves)

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

## JUNE

### BOTANICAL BALANCE FREE YOGA

The Devon Lawn  
When: Starts May 29. Tuesdays 6 pm and Saturdays, 9 am. Continues through June 12  
The Gardens offer a space of beauty and tranquility to help relieve stress and quiet your mind. Classes are open to all levels, whether you are a beginner or an experienced yogi. Bring a mat, water  
Recommended for ages 16&Up

## JUNE 17, 18 & 19

### Jazz in June

When: Thu., June 17, 7:30-10:30 p.m., Fri., June 18, 7:30-10:30 p.m. and Sat., June 19, 6:30-10:30 p.m.  
Phone: 405-630-7333  
[sheryl@sheryllovelady.com](mailto:sheryl@sheryllovelady.com)  
Price: FREE  
[jazzinjune.org](http://jazzinjune.org)  
Summer is back! The Jazz in June festival is LIVE this year in Norman, OK at Brookhaven Village on Thursday and Friday and in Andrews Park on Saturday. Jazz in June is family-friendly and FREE to the public. See all you need to know about the festival, the artists and more at [jazzinjune.org](http://jazzinjune.org)!

## JULY 3 & 4

### Freedom Fest

Sat., July 3, 8 a.m.-10 p.m. and Sun., July 4, 5-10 p.m.  
Phone: 405-350-8937  
[www.yukonok.gov/freedom-fest](http://www.yukonok.gov/freedom-fest)  
Yukon has a long-standing tradition of celebrating Independence Day with a blast. As always, admission is FREE! This year, Freedom Fest starts July 3, from 8 a.m. to 10 p.m., and concludes July 4, from 5 p.m. to 10 p.m., The annual celebration is held at Chisholm Trail Park (evening activities), 500 W. Vandament and City Park (daytime activities), 2200 S. Holly Ave. Four FREE live outdoor concerts are on the Freedom Fest agenda, as well as food trucks, contests, kids activities and more. Giant fireworks shows start at 10 p.m. both nights!

## 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](http://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 or email your listing to [advertising@seniornewsandliving.com](mailto:advertising@seniornewsandliving.com) for more information and to be included!



OKLAHOMA'S  
SENIOR NEWS & LIVING

CLASSIFIED MARKETPLACE

CEMETERY PROPERTY FOR SALE

**Memorial Park Cemetery**  
Sec-19, lot-147, spaces  
1-6. \$2,500.00 each.  
Sec-20, lot 2, spaces  
1-3, \$2,000.00 each.  
Park price \$5,495.00.  
Buyer pays \$295.00  
transfer. Call or Text  
1-(405)-919-0751

**Cemetery Spaces In  
Rose Hill Burial Park.**  
Lot Number 38 with  
Four Spaces in Rose  
Lawn Section. Value at  
\$4,995.00 Each. Sell  
Two Spaces For  
\$3,500.00 Each. Or All  
Four For \$12,000.00.  
Call 316-312-1482

CEMETERY PROPERTY FOR SALE

**Resurrection  
Cemetery, OKC, plot  
for sale \$750.00.**  
Desirable Section 8,  
Block 26 location.  
Text 405-818-2881 or  
call and leave message.

**2 Resthaven plots for  
sale.** Current selling price  
\$4,700.00 each. Asking  
price \$2,700.00 each.  
405-615-6847

**2 Cemetery Lots at  
Memorial Park, Edmond,  
Oklahoma.** Section 26  
Lot 218 Space 2 & 3.  
Asking \$1,500.00 each or  
\$2,800.00 for both.  
Call/Text Jeff Montague  
(405) 400-5132

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

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

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 or email  
advertising@seniornewsandliving.com  
to submit listings & payments.  
www.SeniorNewsandLiving.com

SENIOR NEWS & LIVING AD FORM

Category (Exp: For Sale, Help Wanted): Start Month 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

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 or email advertising@seniornewsandliving.com

AMERCIA'S FIRST  
PORTABLE  
INFORMATION  
DEVICE



The newspaper

PICK A CARD, ANY CARD!

VISA

MasterCard

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

SERVICE

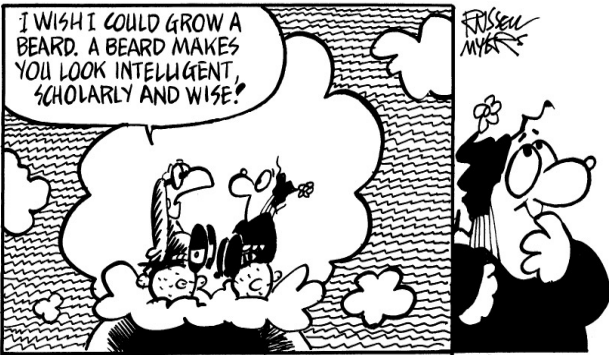
PRIVATE DUTY,  
SENIOR AIDE,  
AVAILABLE 24/7.  
CALL/TEXT DENISE  
AT 405-503-0924

Recycle

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



Broom Hilda

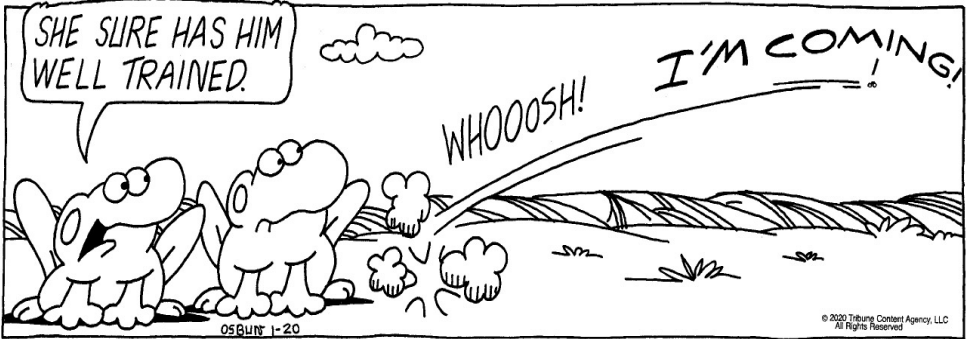


By Russell Myers



Animal Crackers

By Fred Wagner



STRANGE BUT TRUE  
SO THEY SAY...

**SBT** Slugs have 4 noses!  
**SBT** Recycling one glass jar, saves enough energy to watch T.V for 3 hours!

**SBT** Lightning strikes about 6,000 times per minute on this planet!  
**SBT** The average American/ Canadian drinks about 600 sodas a year!  
**SBT** It was once against the law to slam your car door in a city in Switzerland!

OKLAHOMA ASSISTED LIVING ASSOCIATION'S  
—UPCOMING—  
2021 EVENTS

MARK YOUR CALENDARS

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

JUNE 23	OKALA RCAL Administrator Certification Course
JUNE 24	OKALA RCAL Administrator Certification Course
JUNE 25	OKALA RCAL Administrator Certification Course
JULY 15	Oklahoma State Regulation 2021 "Boot Camp"
SEPT 23	2021 Assisted Living State Survey Preparedness Class
OCT 28	Oklahoma State Regulation 2021 "Boot Camp"
NOV 4	OKALA RCAL Administrator Certification Course
NOV 5	OKALA RCAL Administrator Certification Course
DEC 1	OKALA RCAL Administrator Certification Course
DEC 2	OKALA RCAL Administrator Certification Course
DEC 3	OKALA RCAL Administrator Certification Course

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

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

FOLLOW US ON facebook

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

JUMBLE

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

TUGRN

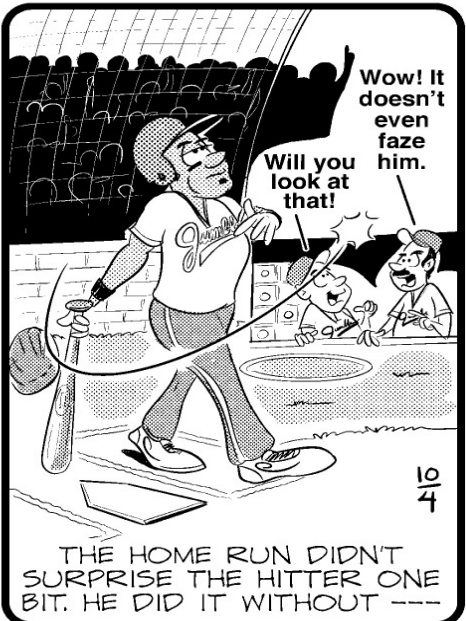
ABSIS

CFEETF

NDAYIT

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



THE HOME RUN DIDN'T SURPRISE THE HITTER ONE BIT. HE DID IT WITHOUT ---

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

May Answers | Jumbles: SPOIL CLASH COMEDY INVOKE  
Answer: Big Ben was being constructed by workers who had — CLOCKED IN

Gasoline Alley

By Jim Scancarelli



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



# Greg Schwem: 40 years later, I will be the most liked student in my high school

by Greg Schwem

I recently contracted a social media manager, which is a business-y phrase for “paying somebody to make me more popular.”

Jeremy’s duties were clear: Figure out how to increase exposure for my streaming television show, “A Comedian Crashes Your Pad,” by getting me more YouTube views, more Instagram followers and “likes.”

As he repeatedly explained, the way to achieve higher numbers is by posting content as often as possible and engaging with viewers regardless of their opinions. In other words, if they comment, “This show sucks and should be removed from YouTube,” I should reply, “Thank you for stopping by. Have you checked out my Instagram page?”

The plan worked, as my numbers quickly increased. But maybe I should have used the “Audrey Nicole Francisquini” strategy instead.

Francisquini, 28, of Miami, was recently arrested for allegedly entering American Senior High School in Hialeah, Florida, and posing as a student solely to hand out pamphlets promoting her Instagram page. A Miami-Dade police report said Francisquini carried a skateboard and a painting as she roamed the halls, arousing suspicion after she continued doing so while classes were in session.

Francisquini was charged with multiple offenses after being identified, ironically, through her Instagram account. She is smiling in her mug shot and, yes, at first glance, she does resemble a high school student.

At 58 years old, I’d turn to my friend Kevin Haney for help in pulling off the high school look. Haney, who won an Oscar for his makeup expertise in “Driving Miss Daisy,” once transformed me into Bill Gates for a series of comedy shows. Yes, the process took four hours and required me to wear multiple layers of latex that made me scratch and sneeze, but the results were uncanny.

I’d choose my alma mater, Prospect High School in Mount Prospect, Illinois, for my ruse. Might as well pick a school where I’m familiar with the terrain, right? As long as the principal’s office is in the same location, I’ll know which area to avoid.

I don’t own a skateboard, nor do I paint, but I’m sure one of my high school tennis rackets is somewhere in my basement. I’ll carry that in one hand while holding my iPhone in the other. I’ll stick AirPods in my ears. Oh, and I’ll dress in baggy shorts, the preferred attire of high school males, even if the temperature is minus 20. Don’t believe me? You haven’t picked up a kid from school in January.

Now I just have to convince the Prospect student body to follow me on Instagram before I start sweating through my latex. Jeremy said one popular strategy is to conduct a giveaway; provide a prize to one lucky follower. But what do high school students want? A Chipotle gift card? A new pair of shorts? Bitcoin? I’ll worry about that later.

First, I need to find students. Should I crash soccer practice? Nah, can’t keep up. What about the marching band? Lots of potential followers there. I could slap my pamphlets on tuba cases and music stands while band members went through their paces.

From there I’ll mosey over to the drama club and tell all the members that, in exchange for a “like,” I’ll consider them for roles in an upcoming episode. Note that I’ll say, “consider.” Might as well teach these kids at an early age that, in show business, nothing is guaranteed.



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



**Some teens enjoy documenting their lives on social media.**

If I continue to avoid school security, I’ll find the computer club. Perhaps one of those kids can write an algorithm guaranteed to get me even MORE followers. I’m not sure what I’d offer in return. My guess is that every member of a high school computer club is already a Bitcoin billionaire.

As I write this column, Francisquini’s Instagram account, although now private, has 3,526 followers, considerably more than mine. No word on how many she had when she began her alleged ruse, but a message on her profile says, “Video Explanation coming. Stay tuned.” I followed her just for that.

I’m sure her explanation will include an announcement of a Kickstarter campaign. For legal fees.

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

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

**fountainbrookliving**

**ASSISTED LIVING & MEMORY SUPPORT**

*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**





SilverLeaf is an Oklahoma City medicinal dispensary that focuses on seniors, veterans and other individuals seeking an alternative option to their healthcare needs.

Our team selectively chooses the best quality strains to match the needs of our customers. There are many factors we take into account before carrying a brand in our store. For instance: Quality, Ease of Use and Long Term Supply.



POWERED BY



*Fischer*  
Genetics

PANDORA'S  
POTIONS

*Indulge  
Relax  
Refresh*



**Trokie**  
Medicate with Confidence

**MINT**  
CANNABIS CO.

VISIT US TO SEE ALL THE MANY BRANDS WE CARRY

**20% OFF**

EXP 8/31/2021. NOT COMBINABLE WITH ANY OTHER OFFERS.  
NO CASH VALUE. MUST HAVE A VALID OMMA CARD TO  
PURCHASE THC MEDICINE. NO CARD REQUIRED FOR CBD.  
NO CARD REQUIRED TO ENTER.

**CALL (405) 724-9622**  
**[www.silverleaf-ok.com](http://www.silverleaf-ok.com)**

VISIT US AT  
5300 N. MERIDIAN AVE STE 12  
OKLAHOMA CITY, OK 73112  
located inside The Meridian Professional Center  
at the NE corner of NW 52nd & Meridian Ave.