

## Patient Survives Rare Cancer

PAGES 10



## Renowned Collection on Display

PAGE 8



# SENIOR NEWS & LIVING

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

Information for Oklahoma Seniors

July 2021

Vol. 24 Issue 7

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

## National Parks System Offers Free Entry Days



**Rob Walker clowns for his son sitting in the middle of the one of the dinosaur displays at the award-winning Fossil Discovery Exhibit at Big Bend.**

Story by Darl Devault, Contributing Editor

Although this is July, seniors trying to make a decisive quality of life recovery from pandemic restrictions need to book now if they plan to use the two free entry days in our National Parks in August.

The National Park System is one option for outdoor experiences but booking early is critical because pent-up demand is creating a scarcity at premium destinations. Some parks accommodations may already be full.

One example is the lodges at Glacier National Park in Montana often must

be booked a year in advance but there can sometimes be accommodations available outside the park.

Ranked fifteenth in size of all our parks and as close as the state next door, Big Bend National Park in far southwest Texas offers 801,163 acres of many things to do.

"I believe the best time of year to visit Big Bend is in the winter to avoid the heat, but it can be very warm even in winter and

See PARKS Page 2

## Peace of mind: Excell Private Care Services



**Excell Private Care Services provides families comfort in knowing their loved one is safe at home with a trained and compassionate professional, says Crystal Warner, CEO.**

Story by James Coburn, Feature Writer

Every day there is someone who has it in their heart to care for people helping clients of Excell Private Care Services, said Crystal Warner, CEO.

Excell Private Care Services is a home care agency providing private duty, Veterans Administration Services, a Medicaid Advantage program, and case management for the state. Certified nurse aides can provide 24-hour in-home care with bathing, cooking, cleaning, companion care, emptying a foley bag, meal prep, medication reminders, and shopping.

"We have RNs on staff. So, they would come in and do an assessment, and then we would find an aide that would work well with the family," Warner said. "We don't require a referral from a doctor. It's just anybody who would need in-home care."

Excell Private Care Services partners with home health and hospice services to help with skilled needs for an hour or two.

"Then they're gone. They're there to see them for that skilled need for a certain amount of time. Because our aides can be there for however long the family wants us there, having an aide there — they are less

See EXCELL Page 5



# Excell

Home Care • Personal Care



## PARKS

Continued from Page 1

not too cold for camping under the stars. The spring and the two free dates in the fall are other options, but it can also be crowded then," said Rob Walker, 66, retired Edmond kayaking and Jeeping enthusiast. "Some people will see free entry as tipping the scale toward going even in August. You should prepare for the heat for long hikes in the day."

On two days in August, all National Park Service sites charging an entrance fee will offer free admission to everyone. Seniors without the Lifetime Senior pass need to be mindful of these entrance fee-free dates: August 4th, the one-year anniversary of the Great American Outdoors Act and August 25th, the National Park Service's birthday.

"Remember Big Bend is a desert park with summer temps over most of the park reaching 100 degrees by late morning," Walker said. "The heat is at dangerous levels until after sunset. Hikers should stay off the trails in the afternoon, while carrying and drinking plenty of water any time they hike any distance."

Tourists might want to join the group of people sitting on a bench watching Old Faithful erupt in the cooler climate of Yellowstone National

Park, located primarily in Wyoming.

For two days in August entry to the park is free, but the place will be packed. Tourists might want to scale back their demand to make a decisive quality of life recovery from pandemic restrictions this August closer to home.

A ten-hour car trip from Oklahoma City, Big Bend is too big to see in a day. A one-day trip inside the huge park mostly in an air-conditioned car might include a trip down the Ross Maxwell Scenic Drive and a visit to the Chisos Basin.

The scenic drive gives visitors ample views of the Chihuahuan Desert landscape and leads the banks of the Rio Grande River. There are scenic overlooks and exhibits along the way for the history buffs. The drive offers short walks to Sam Nail Ranch, Homer Wilson Ranch and a visit to the Castolon Historic District which affords a glimpse into the area's past.

At the end of the road is a highlight of the trip—a short walk into Santa Elena Canyon—one of Big Bend's most scenic spots. It is an easy 1.4-mile round-trip hike.

Visitors may also visit the forested Chisos Mountains and walk the 0.3-mile Window View Trail to get a feel for the mountain scenery. If time allows, consider hiking the

Window Trail or Lost Mine Trail for a closer look at Big Bend's mountain landscapes.

The Chisos Mountain Lodge is operating at reduced capacity, while the Panther Junction Gas Station and Basin Store are open daily. The Mountain View Restaurant inside the lodge offers lunch. Guests there must be registered in the park, and it is probably already full. They are currently providing sack lunches to go or deliveries to registered guest.

The award-winning Fossil Discovery Exhibit eight miles north of Panther Junction is another park highlight visitors often fit into a one-day visit. If grandkids are along, they will enjoy it.

Abandoned since the 1940s, the Mariscal Mine is isolated by its remote location in the middle of the park. It takes much longer to drive the rough road in a normal car. It is the best-preserved mercury mining site in Texas. The area is a listed historic district on the National Register of Historic Places. Best to avoid it if the day is windy and dusty, as it is a mercury contaminated site.

Black Gap Road is one of only two Jeep Badge of Honor Trails in Texas. The most remote un-maintained road in the park, Black Gap provides visitors scenic views of the Chisos

Mountain Range as well as wide-open vistas of the Chihuahuan Desert.

Two more days in 2021 offer the same no-fee privilege, September 25, National Public Lands Day and November 11, Veterans Day.

After more than a year of pandemic-related restrictions and limited travel, surging attendance figures across US national parks show Americans are eager to get back on the road and explore.

Often described as America's best idea, there are 432 National Park System parks available to everyone, every day. The fee-free days offer a great opportunity to visit a new place or an old favorite. This is especially true if it is one of the national parks that normally charge an entrance fee. There are only 10 national parks that charge no entry fees year round. The entrance fee waiver for fee-free days does not cover amenity or user fees for activities such as camping, boat launches, transportation, or special tours.

The surge to get outdoors after COVID-19 is why this article runs in July, as many seniors need to get busy planning if they are going to take advance of the August free days but do not be surprised if the parks have no available accommodations in the park and those outside the park may be filling fast.

## YOUR TRUSTED MEDICARE RESOURCE

INCREASE BENEFITS • REDUCE COSTS • NO COST CONSULTATION



**Christina Sibley, EMT/RMA**

Medicare Specialist

405-655-6098

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

BS Health Studies-Gerontology

**Steven Sibley, RET/DAV**

Life, Health, LTC, & Disability

405-850-1569

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

MBA - Healthcare Administration



Steven and Christina Sibley are licensed, independent Insurance Brokers. Their focus is finding the best products to insure their client's Life, Health, Long Term Care and Medicare insurance needs are fully and affordably met, both now and in retirement. With her 20 years of healthcare experience and his 20 years of financial services experience, they are ready to offer you the information and personalized service you expect and deserve. There's never any pressure, or any charge, just help.



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



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

Disabled Veteran | Native American | Woman owned company

**SERVING OK, KS, TX, AZ, NM**



# 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

Keeping Seniors Safe and Secure Online

Dear Savvy Senior,

I spend a lot of time online and love the convenience of paying bills, shopping, and keeping up with my grandkids on Facebook and Instagram. But last month my computer was infected with malware, and I just found out some cybercriminal opened up a credit card using my identity and went on a shopping spree. Do you have some simple tips to help me stay safe while online? **Violated in OKC**

Dear Violated,

Unfortunately, cybercrimes against seniors has become a huge problem in the U.S. According to FBI data, last year alone more than 1.8 billion was stolen from unsuspecting older Americans during the pandemic.

While anyone can be subject to cybercrimes, seniors are frequent targets because they tend to be more trusting and have more money than their younger counterparts. But there are a number of things you can do to protect yourself from online fraud, hacking and scams. Here are a few tips to get you started.

**Strengthen your passwords:** A strong password should contain at least seven characters and include numbers and a special character, like an exclamation point or asterisk. Be sure to change up your password across different sites to ensure a hacker would not gain access to all accounts through one password. And keep a written list of all your passwords stored in a safe secure place.

**On your smartphone or tablet,** be sure to set up a four or six-digit PIN to protect your device.

**Opt out of pop-ups:** To protect yourself from computer viruses and other forms of malware, make it a habit to avoid any pop-up style message when you're on the web. Sometimes hackers disguise their malware as pop-up advertisements or "special offers" when you're shopping or reading online. Clicking on these pop-ups can lead to viruses or data breaches.

**If you encounter a suspicious pop-up message,** don't click on anything in the window. Simply leave the site or close out of your web browser.

**When in doubt, throw it out:** Sometimes online hackers will send you an email or text message and pretend to be someone they're not in order to convince you to share valuable information with them, such as your Social Security Number, address or

credit card information. This is called phishing.

If you receive a message from an unknown sender, do not respond or click on any links or attachments. Instead, either ignore the message or delete it.

**Share with care:** There is such a thing as oversharing, and it definitely applies to online profiles. On social media platforms like Facebook, Instagram, and Twitter, online hackers can easily gather information about you from what you post - like where you live.

**Ensure that your privacy settings** are up to date so that only people who follow you or are your Facebook friend can see your posts.

**Verify websites:** Before you shop or access your bank online, double check the validity of the website you're using. A good rule of thumb is to check the beginning of the web address and look for an 's' at the end of https: at the start of the address. The 's' stands for secure, and if you don't see it in the web address that you're on, you should not trust that website with your passwords, payment or banking information.

**Have some back-up:** Practicing safe habits will protect you and your information, but you don't have to rely on just yourself to stay safe. Anti-virus software works in the background to protect your computer from a variety of malware and helps to make it easier for you to avoid threats while surfing the web.

**For more information on how to safeguard your personal technology devices,** Cox Communications offers a variety of tips and solutions at [Cox.com](http://Cox.com) - search "security."

*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	456,686
New Cases	273
New Cases 7 day Average	190
Active Cases	1,572
CDC/NCHS Provisional Deaths	8,587
Acute Care OSDH Licensed Facilities/Location*	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	1 (0)
Region 2 (NE)	17 (2)
Region 3 (SW)	8 (2)
Region 4 (EC)	5 (1)
Region 5 (SE)	3 (0)
Region 6 (Central)	8 (3)
Region 7 (Tulsa)	55 (18)
Region 8 (OKC)	25 (10)
Total	122 (36)
Other Types of Facilities	
Focus Facilities	3 (1)
Rehabilitation Facilities	0 (0)
Tribal Facilities	4 (0)
Other Facilities Total	7 (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 2021-06-24 at 7:00 a.m



## EXCELL

Continued from Page 1

likely to return to the emergency room. They have someone to call. We have nurses on call 24 hours a day," Warner said.

The CNAs may stay with the patient for up to 24 hours. Private care aides only clean the house but can be prepared by a CNA to go to CNA school to earn their CAN license. There are also educational opportunities for LPNs to advance within the company.

Compassion is an indispensable element for the staff. Screening includes several different background checks to make sure the aide can provide a safe environment and has not committed a crime, Warner said.

"We go through CPR training, lifesaver courses," she added.

Family members can rest assured their loved one has a CNA or caregiver in the home with them if an emergency happens.

Sometimes a client does not

need to go to an emergency room. It may be that they are scared during a storm or feel lonely. They may need to have somebody to ask questions to.

Having another set of eyes also helps hospitals that depend on Medicare to avoid unnecessary emergency room visits.

"We will also partner with communities and sit with the patient and do companion care," Warner continued.

Many health care providers were short on staff during the COVID pandemic. Family members knowing their loved one was at risk of a fall were thankful to have a CNA sit with their aging parent.

A lot of long-term health policies will pay for Excell Private Care Services, including VA insurance and Medicaid.

"If you have insurance that says it will pay for the service, it will take care of everything," Warner said.

The feedback that Excell Private

Care Services has received has been exceptional. A recent family member wrote how much the family loves the CNA being so compatible and friendly.

"We love the conversation that we've had. 'She's helped us a lot with the house,'" Warner paraphrased a family member. "It's always nice for us to hear that because until we call around to do our checks and ask if they like the aide, we may not hear. So, it's nice when someone reaches out and lets us know."

Patients and family members understand they can call Excell Private Care Services whenever they need a resource as simple as providing a wheelchair.

They can call Warner seven days a week at any hour of the day or night, she said. Warner has gone to be with families until an ambulance has arrived at a client's home.

The company provides services throughout the Oklahoma City metro and also has an office in Tulsa. The staff also travels to Duncan and Lawton. There are not too many counties that Excell Private Care Services does not reach, except in the panhandle and the far southeast corner of

the state.

"We're going to be opening a new satellite in Chickasha," Warner said.

The need for services is growing in demand as the population of older Americans continues to grow.

Many elders have no clue that they would be able to receive such a service.

"We'll help them go through the process even if they don't choose our company and they choose someone else," she said. "We'll help them get signed up so they will have somebody come to their house under the Medicaid program."

Being able to bridge a gap by providing community services is personally enriching for Warner.

"It's being able to help the people that need the help, and also help the families get through a tough time," Warner said. "Allowing a mom to still live in her home independently, allowing a daughter to be a daughter and not a caregiver, or a son being able to be a son and not a caregiver — it's being able to help those families." For more information visit: [www.excellcares.com](http://www.excellcares.com)

## Celebrate the West's Cultural Diversity with "Viva Mexico!" And Find Your North Exhibitions

The Cowboy Museum is celebrating the diversity of the American West with two upcoming exhibitions spotlighting Mexican and northward migration. "Viva Mexico!", on exhibit July 9 – October 17 and Find Your North, on exhibit August 20 – October 17, use images, artifacts, maps and stories to share the influence the people "south of the border" had on cowboy and Western culture.

"The American West was and continues to be built on diversity of thought and experience," said Natalie Shirley, National Cowboy & Western Heritage Museum President and CEO. "It was an embodiment of a shared hope and future, even for those for whom the west was actually north."

This year marks the bicentennial of Mexican Independence from Spain in 1821, an event that played a significant role in the history of Central America to Western Canada. After Mexico gained independence, the nation retained its cultural mix of Spanish, criollo, African, mestizo and native Mexican traditions, eventually bringing them to the North and creating the American Cowboy. Both exhibitions will be open during National Hispanic Heritage Month celebrated annually September 15 – October 15.

"Viva Mexico!" highlights how *hombres a caballo* (horsemen) affected key historical events like Mexican Independence, the Texas Revolution, Mexican War and the Mexican Revolution through artifacts, art objects, and photographs. The exhibition showcases how Mexican culture, faith, food, popular culture, and trade contributed to and continues to shape the Americas we know today.

Find Your North shows how a change in perspective can highlight different histories. The exhibition will focus on Hispanic experiences and influence on the borderlands. Diverse archival materials and collections preserved in the Museum's Dickinson Research Center will be highlighted.

For more information on "Viva Mexico!" and Find Your North, visit [nationalcowboymuseum.org/all-exhibitions](http://nationalcowboymuseum.org/all-exhibitions).

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

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



**Crawford Family**  
FUNERAL CENTERS

**Signature: South OKC (405) 494-6554**

**Wilson: El Reno (405) 262-3311**

**Crawford: Edmond (405) 340-2333**

**Ford: Mid-Del (405) 677-9990**

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

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

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

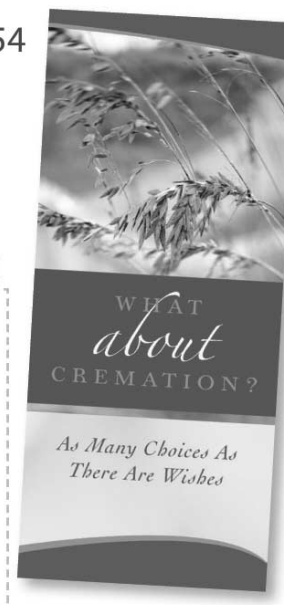
Name \_\_\_\_\_

Address \_\_\_\_\_

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

Phone \_\_\_\_\_

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





# A servant's heart: Staff shines love on residents

by James Coburn, Staff Writer

Yvonne Roeieger is full of smiles knowing she made the right decision 18 months ago when choosing to live at The Wolfe Living Center at Summit Ridge. She's made several friends at the living center and said it's a friendly place to be, she said.

"All the nurses and the staff are sweet and nice, and the people that are around are really good people and they treat them all the same," Roeieger said. "I have a fianc here. He lives here."

Almost every day Roeieger can be seen going into the lush and green atrium that greets residents and visitors near the entrance of the center.

"It has turtles in it," Roeieger continued.

The Wolfe Living Center at

Summit Ridge was inspired by Christian principals of the Seventh-day Adventist Church on its campus in Harrah, said Felicia Jones, RN staffing coordinator.

Families can be confident that Wolfe Living Center has every service available that is expected from a skilled nursing and rehab center. The quaint setting is tucked in a wooded landscape surrounding the community with an independent living center. Many of the residents know each other from the past and remain attendees of the church.

Roeieger was the first resident that Jones met when coming to work at the center.

"We bonded right away," Jones said.

The Wolfe Living Center is very intimate and the best kept secret



Adella Owen and Felicia Jones, both registered nurses at The Wolfe Living Center at Summit Ridge spend a moment with resident Yvonne Roeieger in the center's atrium.

in long-term and rehab care, she said.

"It's the atmosphere. It's very

pleasant and you can feel the Holy Spirit here because it's very

See WOLFE Page 7

**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.

Request Care Today:

405-213-0190 | [DispatchHealth.com/Oklahoma-City](http://DispatchHealth.com/Oklahoma-City)



### What We Treat:

- COVID-19 symptoms
- Urinary tract infections
- Respiratory infections
- Pneumonia
- COPD exacerbation
- Skin infections
- Diarrhea and dehydration
- CHF exacerbation
- And much more



## WOLFE

Continued from Page 6

Christian oriented and I loved it from the moment I walked in," Jones said.

She has had a number of roles as a nurse and before the pandemic brought her out of retirement to workout Wolfe Living Center. Jones is a former director of nurses at Belfair Memory Care, located in Shawnee. She began her nursing career 22 years ago at then-Oklahoma Christian home in Edmond.

"Everywhere I work I took a bit of skills with me and it grows," she said.

Infection control nurse Adella Owen, RN, had never considered working in a nursing home, but when Wolfe Living Center opened, she was attracted to the family-like setting. Employees go over-and-beyond to make residents know they are being taken care of. It warms Owen's heart that the residents recognize everyone on staff. Residents see how the nursing staff bonds in a joyful team effort to offer exceptional nursing care, she said.

"There's nothing perfect, but

this place is doing the best they can do to let these people know this is their home because they miss their home," Owen said.

The women's group of the church help by making cards for the residents and treat the staff like they are part of the church.

Administrator Valarie Smith-Hubbartt tries to make all in-services special, said Jones, adding that everyone there loves Hubbartt.

"We have devotions in our meetings every morning," Jones said. "We discuss business, and she reads a devotional — we pray. That is so neat to have that."

A major factor for the success of Wolfe Living Center is it's in a rural setting with a mom-and-pop character for the home, Hubbartt explained.

The leadership and members of the church have bought into the community as reflected in Wolfe Living Center. The Seventh-day Adventist Church's expectation is having a nursing home sharing their values, Hubbartt said.

"Not necessarily their same beliefs, but their same values," she explained. "So, we try to bring residents in that have those

same values, too, who want to be in a small, Christian, rural community."

The facility was originally designed with the intent of having enough independent living to fill the building.

Twenty-five years ago, Wolfe Creek Living Center became Medicaid and Medicare certified and expanded into rehab care as part of its long-term skilled nursing practices.

"There's more of a purpose here that just having a job. We are here to serve our residents," Hubbartt

said. "And we want them to have the most dignified life they can have at this time because this is their final home except the ones that are going to go home for rehab. For long-term care this is going to be their final home until they go to heaven."

Hubbartt said the staff feels a sense of a bigger purpose by working in a Christian facility while having a personal connection with the Lord.

For more information visit: <https://www.wolfelivingcenter.com/> or call (405) 454-1400.

### 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



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





# Renowned Art Historian's Collection Goes on Display

Creighton Gilbert (1924-2011), a scholar and connoisseur of Italian Renaissance art donated his extensive collection to the Fred Jones Jr. Museum of Art in 2011. Opening Thursday, June 24, *A Life in Looking: The Creighton Gilbert Collection* explores the thematic elements that make up this exceptional collection.

This exhibition is also important for the university, as two art history professors from the OU School of Visual Arts, Allison Palmer and Erin Duncan-O'Neill, served as curators. "This exhibition showcases some of the most exquisite pieces from an important gift to the museum, artworks that were carefully collected over Dr. Gilbert's long and storied art historical career," said O'Neill. "It was an exciting project, leading us to new discoveries from X-radiographs in conservation reports and treasures unboxed from storage."

The show is organized into five themes: religion, architecture, allegory, portraiture and humor. Gilbert took particular delight in discovering works by major artists, such as Rembrandt van Rijn, Giovanni Battista Piranesi and Albrecht Durer, to name a few, hidden away in print shops. In 2005, then museum director Eric Lee, a former student of Gilbert's, encouraged his mentor to leave his private collection to the museum. The bequest, totaling 272 objects, spans the 14th to 20th centuries with an emphasis on Old Master prints and drawings from the Renaissance, Baroque and Rococo periods. "While Dr. Gilbert

was a specialist in the Italian Renaissance, his collection encompasses a wide range of European artworks from the 1400s-1900s, and he seemed to delight in researching issues of attribution and dating," said Palmer

An academic prodigy, Gilbert entered college at age 14, became a professor at 21 and eventually completed a doctorate from New York University's Institute of Fine Arts in 1955. He was also one of the foremost authorities on Michelangelo. He authored numerous books and articles on Caravaggio, realism in Renaissance art and the Northern Baroque, as well as two seminal

Continued next page



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

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

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

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



Voted 2019 Best  
Memory Care Community

**LEGEND®**  
ASSISTED LIVING & MEMORY CARE  
at Rivendell

**LegendSeniorLiving.com**  
A Residence of Legend Senior Living®



## ART

Continued from Page 8

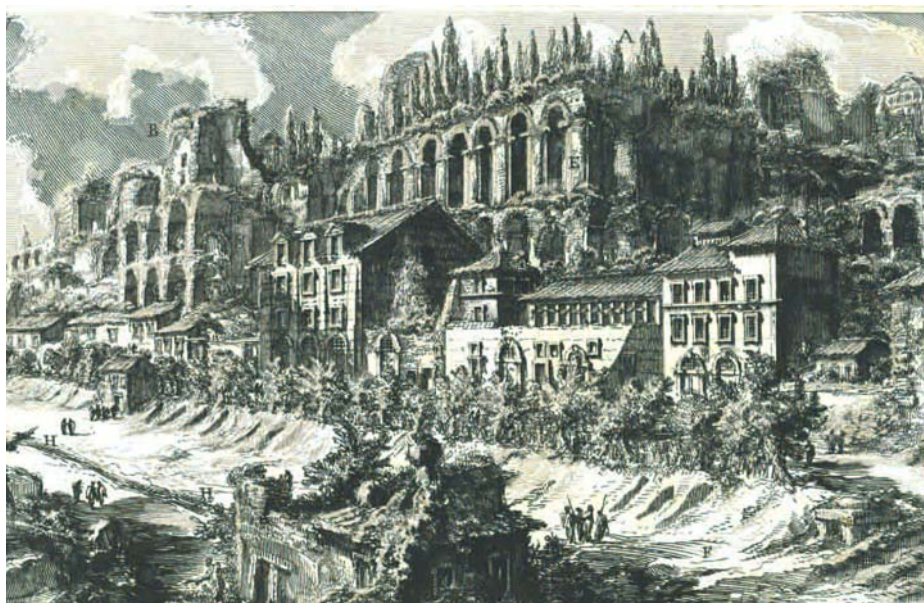
works: Michelangelo: On and Off the Sistine Ceiling (1994) and Caravaggio and His Two Cardinals (1995).

"Gilbert curated many exhibitions at museums and universities, developing a breadth of interests on clear display in his collection," said O'Neill. "From illuminated parchment to sketches made on a cabaret table, we see discoveries made by a passionate and well-trained eye in a range of

subjects and time periods."

A Life in Looking: The Creighton Gilbert Collection is on display June 24 through Dec. 31.

The Fred Jones Jr. Museum of Art is located in the OU Arts District on the corner of Elm Avenue and Boyd Street, at 555 Elm Ave., on the OU Norman campus. Admission to the museum is complimentary to all visitors. Information and accessibility accommodations are available by calling (405) 325-4938 or visiting [www.ou.edu/fjjma](http://www.ou.edu/fjjma).



(And Much More!)



*Need Something Fixed?  
We come to you!*

We service:	* Scooters
* Wheelchairs	* Lift Chairs
* Power Chairs	* Stair lifts
* Hospital Beds	* Rollators

\* 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



**NEWLY  
ADDED  
Dog Park!**

**2021  
MOVE IN  
SPECIALS!  
One Bedroom  
Apartments  
Independent Living  
Starting At Just  
\$1,900\***

**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)





# Young Mercy Oncology Patient Survives Rare Form of Cancer

Kristi Cormack was at a Galentine's event in February 2020 with a group of friends when she said it hit her; she was too exhausted to stay. The 30-year-old went home and slept for three days. She had no history of health issues and didn't know she'd soon be diagnosed with a rare form of cancer.

"I couldn't go to work on Monday and the only excuse I had was that I was tired," Cormack said. "It was a kind of tired I'd never experienced before."

She called her primary care physician and, at first, they thought it was a virus. Kristi had a gut feeling it was more serious and requested blood work.

The test revealed her instinct was right. After a CT scan and biopsy, Kristi's medical team at Mercy had a better picture of what was wrong.

"I'll never forget that call at 4:45 p.m. March 26, 2020," Cormack said. "They called to tell me that it was cancer. Nothing can ever prepare you for that phone call."

She immediately grabbed a notepad and started writing down any words she could comprehend. It was an aggressive form of spindle cell sarcoma. A six-pound tumor was growing from her pancreas.

"You hear all these words and you don't have a clue about



**Kristi Cormack was diagnosed aggressive form of spindle cell sarcoma. A six-pound tumor was growing from her pancreas.**

the weight of them," Cormack said. "You don't know what walking through treatment and chemotherapy means."

Because less than 40 people in the United States have been diagnosed with this type of sarcoma, the oncology team at

Mercy collaborated with their peers across the country. They sent Cormack's scans to MD Anderson Cancer Center and Harvard Medical School for review.

"Kristi is a special case," said Dr.

**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**



Christian Ellis, surgical oncologist at Mercy Hospital Oklahoma City. "She had a bad situation. The location of her tumor and the fact that she is so young are very rare."

It was a lot to process, but the timing created an additional challenge. All of this was happening when the world was first learning of COVID-19 and everything began to shut down.

"I went in for my biopsy the day the Oklahoma City Thunder had the first COVID case, and the NBA shut down," Cormack said. "I remember waking up that evening and thinking, 'What world did I wake up in?'"

Her initial consultation about removing the tumor happened in early April via video conference. That's when she met Dr. Christian Ellis. He was the first person to explain the gravity of the surgery and that it could mean life or death.

"I remember sitting with my mom at home, seeing the CT scans on the video and Dr. Ellis walking me through the scans, talking me through surgery, the impact on each organ – the colon, small intestine, my spleen, stomach and pancreas – and what that would mean for me post-operation," she said.

She was overwhelmed and told him she couldn't make her decision without meeting in person. He told her to come down to the office right away.

At an in-person meeting, Dr. Ellis encouraged her to seek a second opinion. He was confident he could do the surgery, but Cormack said he wanted her to feel confident in him and the plan of action.

"He said if it's crossed your mind at all, I want you to get a second opinion," Cormack said. "He told me you deserve to explore all of your options and feel confident before you step into something this big."

Cormack said she was relieved the second opinion confirmed Dr. Ellis' course of action and helped her remove all the 'what ifs.'

Family and friends camped out in the parking lot of the hospital while she endured what could have been an eight-hour surgery. A nurse called them hourly with updates and after just four hours, the surgery was complete. Dr. Ellis removed her spleen, two-thirds of her pancreas and all of the tumor. He told her anxious family he was pleased with how well it went.

"I woke up in the ICU and just screamed, 'I'm alive, I made it, I'm alive,'" Cormack said.

After she recovered from surgery, Cormack began six rounds of an aggressive form of chemotherapy that required a five-day inpatient stay at Mercy every 21 days. She was relieved she could have one visitor during her treatments.

On Oct. 29, Kristi finished her last round of chemo. The fourth floor nurses cheered and sang to her as she left the unit when she was ready for discharge. Her mom drove her around to the back of the hospital to the Coletta Building, where Mercy's outpatient oncology services are housed. She

pulled up to the building to shouts of "ring that bell."

She rang the bell outside of the Coletta Building, surrounded by family and friends, to signify the end of her cancer treatment. They celebrated the end of a long, hard journey.

"Kristi had all the ups and downs of a young person who was diagnosed with an aggressive cancer, but our multidisciplinary team at Mercy walked her through the entire process," Dr. Ellis said. "She did very well, and she is cancer free today."

## Oklahoma History Center Seeks Performers and Vendors for Fall Folklife Festival

The Oklahoma History Center (OHC) is seeking performers and vendors for its upcoming Folklife Festival to be held October 16, 2021, from 9 a.m. to 2 p.m. This community-wide event will celebrate and recognize what the American Folklife Center at the Library of Congress has called "the everyday and intimate creativity that all of us share and pass on to the next generation." The "creativity" mentioned will come in the form of dancing, singing, crafts, food and much more. The Folklife Festival will be open to the public and held predominantly outdoors at the OHC, located at 800 Nazih Zuhdi Drive in Oklahoma City.

Already scheduled to participate are: Oklahoma Farm Bureau; Angels Modeling and Dance Studio; Eterna Primavera Folklore Guatemalteco; Southwest Dairy; "Traditional Music of the Open Prairie" with Wayne Cantwell; 3J Farms; 145th Army Band; and Thick Descriptions. Also, the Oklahoma Pork Council will be giving away a new roaster/smoker.

If you are interested in participating in the OHC's Folklife Festival as a performance act or vendor, please complete the application form found at [www.okhistory.org/historycenter/folkfifesignup](http://www.okhistory.org/historycenter/folkfifesignup).

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).



**405-924-4248**

FIND US ON 

**TRANSPORTATION FOR EVERYONE!**

**MEDICAL APPOINTMENTS, SHOPPING, ERRANDS & MORE!**

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 & COMPANY**  
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)













## TRAVEL / ENTERTAINMENT

# Washington D. C.: An Installment City

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

The 4th of July lets me think of the many Washington D.C. memorials, but D.C. has so much more to offer, and that's the problem.

Over the years I have discovered that some cities are just too large, diverse, and ever changing, to be experienced fully in just one visit. I find this true about our Nation's Capitol, Washington D.C. That's why I find it to be an "installment" city: one that needs to be visited over and over again, over a number of years (or decades in my experience.)

Creating a reasonable itinerary for D.C., and knowing your physical capabilities is the key. In my youth I walked and walked and walked to near exhaustion, to see some of the monuments, memorials and museums. For this brief two day trip I took it easy, knowing that in most likelihood that all would be there for another visit on down the line.

I used inexpensive taxis to go most places. I could not believe how accessible they were.

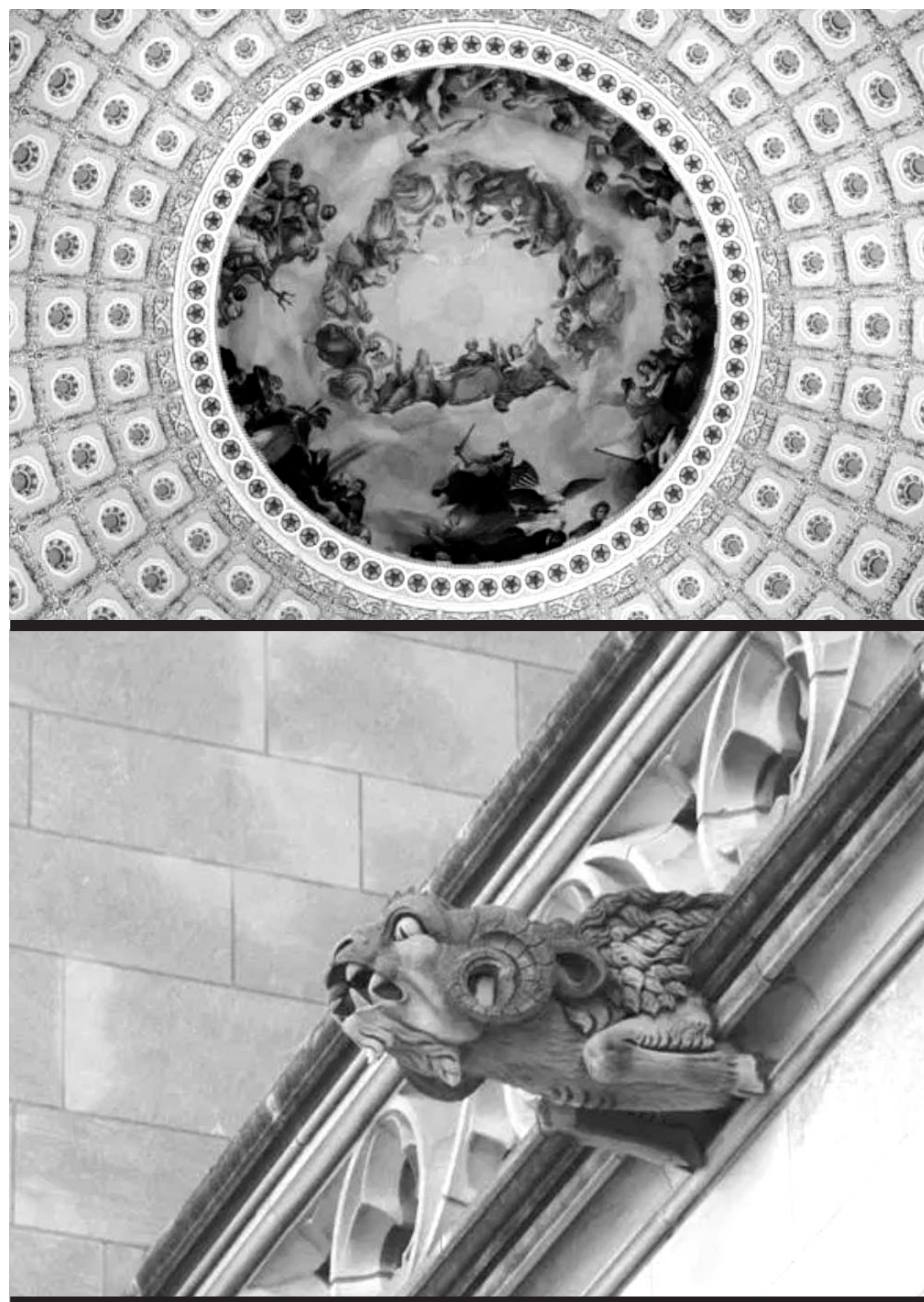
My home base was in the Beacon Hotel and Corporate Quarters, up the hill from the White House by several blocks. It was a comfortable hotel, with a doorman for taxis, offering spacious rooms, kitchenette and full size bath. While I would not try to visit their unfriendly dining establishment again, I would consider the hotel for my next installment. They do offer a rooftop bar on some nights. Go early before the music starts.

Months in advance I contacted both my Congressional representatives to see about getting a White House tour. After a prolonged attempt it did happen, and I was put on a list with a group of strangers, to this day I have not met. I showed up a little earlier than my appointed time, and went through 2 check lists before going through security. I was told on the website, no cameras, although cell phones with cameras were allowed (go figure that logic), no pencils, no pens, no back packs, no water, no nothing, or it would be taken away. Strange again, but the price you pay. The self guided tour, following a pre determined path, was reminiscent of a tour decades ago. In reflection it is fun to see the rooms and hallways on TV and know their juxtaposition to each other and such, because you were there. I'm ashamed to say, I did not get a feeling of awe, but seeing the portraits of JFK and Jacqueline was heart warming. A tour of the Capitol Building is much easier to get and very informative.

I can also recommend visiting the National Gallery, The Spy Museum and its adjacent restaurant, Zola. All three are worth a lengthy visit. Dining at Zola is definitely on my list for my next installment visit to D.C.

Other fun food and beverages were enjoyed at the iconic Old Ebbitt Grill, the Round Robin Bar at the Willard Intercontinental, and the roof top bar and dining atop the W Hotel, where extra ordinary sights can be had of the White House, Washington's Monument, Jefferson Memorial and the Lee Mansion in Arlington. The W can be a bit snooty, as they reserve several roof top bar tables for VIP's, which are seldom used early in the evening. So as you wait for the elevator behind the velvet rope, just profess to the doorman you want to stand at the bar. It's worth the effort.

I longed to see the National Cathedral and took a taxi there and back. Getting back was the challenge. I saw the edifice and took a



Gargoyle tour, which I can not recommend.

One is shown slides of the exterior, and then taken out front on the grounds to try and see again, what you saw in slide format. My souvenir book of Gargoyles sold in the basement gift shop was worth its money; the tour was not. A quick trip to the architecturally pleasing National Museum of the American Indian was accomplished, along with a light lunch, and my two days were completed.

One of the best compliments of any travel adventure or meal is answering "Yes" to the question, "Would you have it again?" And "Yes," Washington D.C. is already on my list for future city installments. As always these days double check web sites and times of admission etc, for the times you need.

When you go or before check out:

The Spy Museum <https://www.spymuseum.org/visit>

Beacon Hotel: <http://www.capitalhotelswdc.com>

The National Cathedral: [www.nationalcathedral.org](http://www.nationalcathedral.org)

Washington D.C. info: <http://washington.org>

## Mr. Terry Zinn - Travel Editor

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

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

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

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

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

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



# 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

### Emerald Square

701 N. Council Rd.,  
Oklahoma City, OK 73127  
405-784-5870  
emeraldsquareseniorliving.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.legendseniorliving.com

### Meadowlakes

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

meadowlakesretirementvillage.com

### Willowood at Mustang

1017 W. State Highway 152,  
Mustang OK 73064  
405-544-0277  
willowoodatmustang.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 St. Edmond, OK 73013 www.tealridge.com

## Funeral/Cremation

### Absolute Economical Funeral Home

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

**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**

## Funeral/Cremation

### Affordable Cremation Service

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

### 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

### AE FUNERAL SERVICES

603 W. Independence, Shawnee, OK 74804  
405-915-0160  
www.aefuneralservices.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

## 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

## Home Health

### Health Management at Home

electroniccaregiver01@gmail.com  
www.lindasseniorservices.com

## Independent Living

### Autumn House

500 Adair Blvd, Midwest City  
405-732-0644

### 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

### 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

### The Gardens at Reding

3708 S. Douglas Oklahoma City, OK  
405-636-1537  
www.gardensatreding.com

## 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.”

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

**BBT** An earthquake on Dec. 16, 1811 caused parts of the Mississippi River to flow backwards!

## Insurance

### Home Health Care Insurance

Benefits payable regardless of medicare  
Bryan Waters, Agent (405) 658-3018  
Call 405.655.6098 or 918.404.0807

## Mobility

### Mobility City

Showroom: 2316 N. May Ave.  
Oklahoma City 405-936-3324

### 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

### AnnMarie Jones

1716 S Post Rd. Ste. A  
405-905-9299 (Cell)  
405-741-1900 (Office) ms.amj@kw.com

## Services

### AnnMarie Jones

1716 S Post Rd. Ste. A  
405-905-9299 (Cell)  
aammjj@yahoo.com

### Guardian Angels Concierge Services, LLC

Call 405.415.3055  
or email:

dhendrix@guardianangelsokc.com  
www.guardianangelsokc.com

### GoGo Geezers

405-924-4248  
Find us on FACEBOOK

## 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!

**BBT** A person uses approximately fifty-seven sheets of toilet paper each day!

**BBT** Honolulu is the only place in the United States that has a royal palace!

**BBT** One gallon of used motor oil can ruin approximately one million gallons of fresh water!



## COMMUNITY

# Senior Bicyclists Provided Best Century Ride Nearby

Story by Darl Devault, Contributing Editor

For Oklahoma senior bicycle riders who became serious riders during COVID-19 the 40th Anniversary Hotter'N Hell 100 (HHH) the weekend of August 26-29 in Wichita Falls, Texas can be a post COVID celebration.

As the largest century ride in the nation, for the retirement privileged crowd the event can be likened to the crowded spectacle of Woodstock in the 1960s. Participants select from several distances to ride in the August heat at one of best supported bicycle rides attended by more than 10,000 riders. It has seen 14,000 some years.

The event is so big no article can describe everything on offer for attendees to do and see. There are more than 100 committee members who put on the event. It features more than one thousand volunteers during the weekend. The HHH website offers a 51-page downloadable Ride Guide at <https://tinyurl.com/z7633umv>

Besides being the best attended, it is the safest, best supported and most robust century ride including the largest bicycle consumer show available every year. The booths feature new bicycle innovations and major manufacturers starting Friday, running through Saturday.

"If you have time, it's fun to explore the area. You can ride to Lake Wichita on trails or explore Lucy Park," said Dixie Duff, a retired OKC nurse who has ridden HHH nine times. "The HHH is not a time to try new food or drink, especially if you are doing it the first time, but they do a great job of offering many choices."

Duff also said to not let the 100 miles in the event name scare riders off. The ride offers lesser mile courses with huge rest stops with medical support and Support and Gear (SAG) support throughout the courses. Info is available at Hotter'N



Seniors are eager to begin their adventure in what is sometimes brutal North Texas heat and wind at the 2019 Hotter'N Hell 100.

Hell ([hh100.org](http://hh100.org)).

All this just a two-and-a-half-hour drive from OKC. The distance is 140 miles using I 44 through Lawton.

Beginning Saturday at 7 a.m., cyclists of all ages are welcome to ride the classic HHH endurance ride with 10K, 25-mile distances for younger cyclists, 50 mile, 100K, 75 mile and the namesake 100-mile route.

Adjacent to the HHH ride finish the organizers stage USA Cycling criterium races Saturday and Sunday.

While more than 10,000 cyclists descend on Wichita Falls the event offers tent camping close in where thousands of people camp out in tents the night before. Shower facilities opening Friday night for the campers are open 24 hours till after the event

Continued next page

*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**



## RIDE

Continued from Page 14

so riders can shower near the start/finish area before they begin their trip home.

Bicycle clubs from surrounding states often rent buses and stay as far away as Lawton, Okla. or closer-in cities, filling up those accommodations. They get up early Saturday to take their bus into Wichita Falls to stage for the start.

One thing does live up to its name being in Texas in August—so most of the riders shy away from the 100-mile course. Cycling skills, training, and resolve will be tested. This is not an ordinary ride. Fuel for cycling is available at a huge spaghetti dinner and a pre-ride breakfast buffet.

The start for the ride is staged by those riding the longest distances at the front. For some people, the start itself is a party where they meet with friends beginning at 4 a.m. They are soon joined by 10,000+ other riders who have trained to complete their chosen distances.

For those people who are riding the middle distances the start is just as exciting. Again its anticipation is the specialness of having attended the Woodstock music festival.

All that pent up human energy is

unleashed after the National Anthem, U.S. Air Force Fly Over and cannon blast. Many say to experience the excitement of a start of a major organized ride, the best place to see it is at the HHH.

Seniors new to the sport will want to attend the 2021 HHH Science of Cycling Symposium: From Lab to the Road featuring tips for cyclists riding the HHH. Area experts will present 30-to-45-minute presentations designed to be easy to understand. The free Symposium runs from 9 a.m. to noon and 1 to 3 p.m. Friday in the MPEC amphitheater. No registration is required. A question-and-answer period will follow each talk.

The great routes; friendly, well-supplied rest stops; a staff of nearly 1,000 dedicated professional medical support; and a fleet of SAG wagons awaits. HHH provides riders with every chance to achieve their goals in the brutal North Texas heat and wind—while having a safe and memorable experience accomplishing them.

No matter how far seniors ride it is about the camaraderie of riding along with thousands of other bicyclists who are enjoying a lifelong sport providing a wonderful health benefit without the overuse injuries of many of the other endurance sports.

TOGETHER  
*is a great place to be*



Living your best life, surrounded by a caring team, engaging activities, new friendships and meaningful connections, in your new home with all the supportive services and amenities that make life better. That's our version of senior living.

**MOVE-IN  
SPECIAL**

**Call Today**

**405-544-0277**

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

**WILLOWOOD**  
AT MUSTANG

SENIOR LIVING

WellAge Managed Community

1017 W. State Highway 152, Mustang OK 73064

Assisted Living | Memory Care





# 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)



## TINSELTOWN TALKS:

# Tinseltown Talks: 'Matilda' turns 25

By Nick Thomas

When British author Roald Dahl's beloved 1988 novel "Matilda" was transformed into a fantasy comedy movie a decade later, the film became hugely popular. It remains an enjoyable family movie to watch with children and grandchildren today, 25 years after its release in July of 1996.

Filled with memorable characters including a callous and dishonest family as well as a tyrannical school principal, Matilda was portrayed by adorable child actor Mara Wilson who battles and eventually overcomes adversity. It was one of four films in the 90s that made Wilson famous. Matilda, she says, was a role she was thrilled to play.

"It was my first favorite book," she told me in a 2017 interview. "The film became a touchstone for girls who grew up feeling a

little awkward and out of place and could relate to the Matilda character. When I was little and people would recognize me at the airport, park, or mall, I used to think 'Why do they care?' But I've come to realize how important some films can be to people."

Despite the popularity of the spirited little actress in the additional 90s hits "Mrs. Doubtfire," the remake of "Miracle on 34th Street," and "A Simple Wish," Wilson had slipped from the public spotlight by the decade's end – an exile that was largely self-imposed.

"I grew out of that cute stage and didn't develop into the classic Hollywood beauty as I got older," she explained. "I didn't like being reduced to adjectives – you're thin or short or tall or blonde – and was no longer comfortable going to auditions. I still do some fun TV or



Mara Wilson with Robin Williams in Mrs. Doubtfire - Twentieth Century Fox



Danny DeVito, Mara Wilson, and Rhea Perlman, in Matilda - TriStar Pictures

web projects for friends and I love voice-over work because no one is judging how I look or how many times a week I workout!"

One actor she fondly remembers during her early career was Robin Williams during the filming of "Mrs. Doubtfire" who she says was "kind and gentle, but rather shy which is not uncommon for actors." Not surprisingly, he was usually hilarious on the set and responded in typical Williams' style when she told him of her fondness for musicals such as "The Sound of Music" and "South Pacific."

"So he started singing 'Nothing Like a Dame,' which was funny because there he was, a man dressed like a woman singing there was nothing like being a woman!"

While her films from the 90s were largely comedic or sentimental, Wilson remains proud that her Matilda character has helped kids overcome abuse.

"They were living in abusive families or with parents who didn't care about them, and the movie showed them there was a way out and that they could find people who cared. So it's a comforting movie about feeling powerless, then finding power. People write to me all the time about the impact it had on their lives and I love that."

Wilson's autobiography, "Where Am I Now? - True Stories Of Girlhood And Accidental Fame," was published in 2016.

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**



## COMMUNITY

# Seniors Can Audit Free Public College Courses

Story by Darl Devault, Contributing Editor

On Aug. 23, seniors 65 and older can begin to take scientists' advice of adding years of robust emotional and intellectual development to their lives by auditing college classes for free at every public college and university in Oklahoma.

Auditing means enrolling in a college course because a senior is interested in the subject and wants to learn more for no grade and no credit. Called Senior Auditors by the schools, they do not have to be admitted to the school.

Seniors Auditors will attend class regularly, have access to all class materials, but will likely not need to complete homework or take any exams. Seniors may also be encouraged to participate in the class, but this is usually not required.

Some faculty may expect senior's participation to be minimal to give more time and attention to normally enrolled students.

Seniors need to ask the faculty member about the level of engagement expected while auditing a course, including active class participation in class and completing assignments. Buying the book, course material and listening to the lectures is standard.

In Oklahoma, the procedure for signing up to audit these free classes is Pre-Internet (1994).

A Senior Auditor may enroll as an auditor by meeting the faculty member in the first class with an audit request form. Provided space is available and the faculty member approves by signing the form, the Senior Auditor files the completed audit request form with the Registrar's office to be officially enrolled.

Initial enrollment in a course as an auditor may be completed only between the first day of class and the last day allowed for late enrollment for credit.

This privilege available for seniors 65 or older has become even more important since scientists are now saying the ability to learn new subjects helps seniors create and sustain their neuroplasticity well into old age.

It was once long believed—by the average person and by brain health experts—that each person had a finite number of brain cells, which

decreased over time. Lose enough and neurological damage or diseases result, including dementia.

During the last decade researchers have learned brain health is improved by neurogenesis, the process by which new neurons grow in the brain. This results when seniors take college classes.

By learning new subjects, seniors stimulate new brain cell growth, creating neuro plasticity where existing neurons grow and form different connections with each other.

The brain is responsible for emotional health as well as memory function, remembering old memories as well as creating new ones. Because of this, neurogenesis is key for staying mentally sharp and emotionally balanced.

Fortunately for seniors, free college classes are as close as any Oklahoma institution of higher learning. This includes any Oklahoma public two-year college or four-year university.

The Oklahoma State Regents for Higher Education codify the privilege each year in a document. On page 52 of the FY2020-2021 Tuition and Fee Rates for the Oklahoma State System of Higher Education dated September 2020 the privilege of striving for neuroplasticity is spelled out: Auditing of Classes by Senior Citizens. State System institutions are hereby authorized to waive the tuition and fees for auditing of classes for residents of the state of Oklahoma who are sixty-five (65) years of age or older. Such students may be admitted without charge to classes on a space available basis.

The number of seniors taking advantage of this privilege varies greatly. Kellie Dyer, Registrar at the University of Oklahoma, provided the numbers for the last two regular semesters. At the University of Oklahoma in the Fall 2020 semester 10 seniors audited classes and in the Spring of 2021 12 seniors audited classes for free.

Senior Auditors wishing to enroll in a course as an auditor need to get an Audit add/drop form from Enrollment Services in Buchanan Hall, Room 230, get the faculty member's approval, and return the form to Enrollment Services.



To find out the precise manner and method of auditing classes for free at seniors' college or university of choice contact their enrollment office. The enabling legislation does not standardize the way they do this across the system. Seniors should contact them well advance of selecting classes they want to take.

Listing of local Oklahoma Public Colleges and Universities  
• Langston University, Langston, OKC

- Oklahoma City Community College, Oklahoma City
- Oklahoma State University, Oklahoma City
- Redlands Community College, El Reno
- Rose State College, Midwest City
- University of Central Oklahoma, Edmond
- University of Oklahoma, Norman
- University of Oklahoma Health Sciences Center, Oklahoma City

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

  
**Care Suites**  
Your wellbeing first

**Corner of NW122nd & Western**  
**www.caresuitesokc.com**



**405-269-2266**

\*Income based all inclusive-1 bedroom private apartment





# HEALTH

## Should we fear Covid variants?

A Covid-19 variant that appears more contagious than the earliest strain of the virus is increasingly circulating in the U.S. But is the mutation something to fear?

Only if you're unvaccinated, say experts at the Oklahoma Medical Research Foundation.

"Viruses mutate to survive," said OMRF immunologist Eliza Chakravarty, M.D. "Becoming more transmissible is helpful from an evolutionary perspective. But with vaccines, we can mount a defense we didn't have last year."

The U.S. Centers for Disease Control and Prevention has classified the delta variant, first identified in India, as a "variant of concern." The CDC gave the mutation that now accounts for

more than 20% of new infections in the U.S. the designation based on growing evidence that the variant spreads more easily and causes more severe cases of Covid-19 when compared to other variants.

The variant's prevalence has more than doubled in recent weeks. What started as a seemingly small percentage of cases doesn't mean small danger for a virus that has claimed more than 600,000 lives in the U.S., said OMRF physician-scientist Hal Scofield, M.D.

"The delta variant appears prime to become the dominant coronavirus strain in the U.S., as it is now in the United Kingdom and India," said Scofield, noting that the variant is striking teens and young adults with increasing

speed. "For communities with low levels of vaccination in Oklahoma, this could mean serious trouble come fall."

There is good news for the fully vaccinated, Scofield said. In a study published in May, researchers in the U.K. found that a two-dose regimen of the Pfizer vaccine was 88% effective against symptomatic Covid-19 from the delta variant. CDC officials anticipate similar results for Moderna's vaccine. And the effectiveness of Johnson & Johnson's one-dose shot appears only slightly lowered — 60%, vs. the 66% seen in clinical trials — against the variant.

Despite this, in the same U.K. study, scientists found that one dose of the Pfizer vaccine is just 33% effective against the virus.

"It's a reminder of how critical full vaccination is," said Chakravarty. "If you are unvaccinated and waiting to see whether there will be a spike in cases before getting your shot, or if you've delayed in getting your second dose, the time to act is now."

Although infections of Covid-19 are rare in fully vaccinated people, Scofield said



Oklahoma Medical Research Foundation physician-scientist Hal Scofield, M.D.

that testing should remain top of mind to track the progression of the delta variant in the state.

"If you're vaccinated, we're on the cusp of returning to regular life," said Scofield. "But if you're sick with symptoms such as coughing, fever and difficulty breathing, you still need a Covid test."

## CROSSWORD CORNER

### Across

- 1 "Friends" catchphrase
- 11 Auctioned wheels
- 15 Far from perfect
- 16 European capital with more than 340 lakes
- 17 Newspaper audience
- 18 Convertible option
- 19 City downriver from Las Cruces
- 20 Temporary fixes
- 22 Ctrl + I, in much software: Abbr.
- 24 Draft pick
- 25 Early product promotion with few details
- 29 Summer hire, perhaps
- 32 Cruise controls
- 33 Piece maker?
- 35 Vietnamese soup
- 36 Hawkish god
- 37 Light refractor
- 38 Coagulate
- 39 Show passes, informally
- 40 Secret meeting
- 41 Vocation
- 42 Living room piece
- 44 Factory equipment
- 46 19th-century English novelist Charles
- 48 \_\_\_ Jim
- 49 Like a "pony" with limited skills
- 52 Dyson alternatives
- 56 Beginning to call?

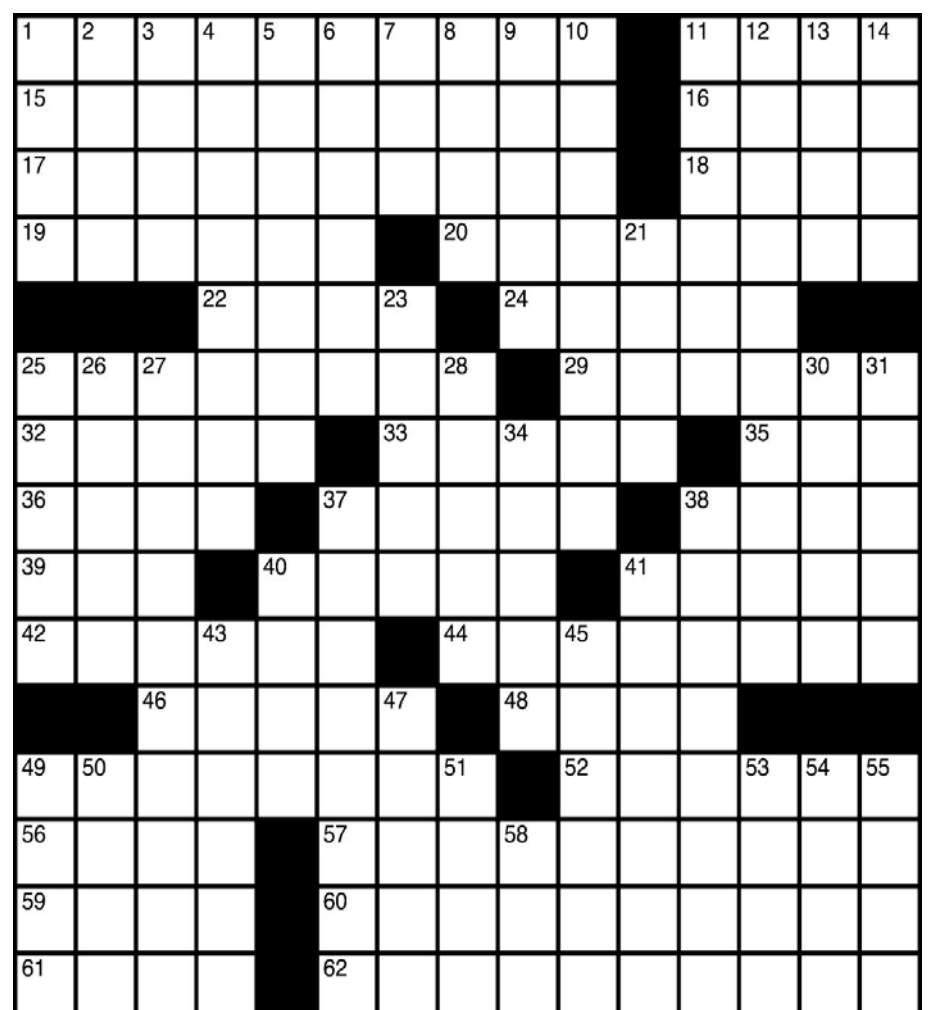
- 57 One may be part of a fresh start
- 59 Knotted up, scorewise
- 60 Campaign focus
- 61 Sources of furniture wood
- 62 Relative of a fidget spinner

- 61 Sources of furniture wood
- 62 Relative of a fidget spinner

### Down

- 1 Present
- 2 Only unanimous Cy Young Award winner between Dwight and Randy
- 3 Finish (up)
- 4 "Always in motion is the future" and others
- 5 Electra's brother
- 6 Hullabaloo
- 7 Oz and Howser: Abbr.
- 8 Sounds heard at an unveiling
- 9 JFK and LBJ, e.g.
- 10 Relative priority in hiring
- 11 Some moonshine
- 12 One may include large gifts
- 13 Ripple preceder
- 14 Cry over spilt milk
- 21 Corn bread
- 23 Jerry's "Seinfeld" co-creator
- 25 "\_\_\_ So Raven": 2000s sitcom

- 26 Like meeting one's doppelgänger, probably
- 27 "I'm curious about everything—even things that don't interest me" speaker
- 28 Belief in a hands-off god
- 30 \_\_\_ Island
- 31 Observes
- 34 "Cmo \_\_\_?"
- 37 Forecasts
- 38 Forensic analysis site
- 40 Berlin Wall Speech word
- 41 Ardent desires
- 43 Wyoming range
- 45 "Jurassic Park" dinosaurs, e.g.
- 47 Brilliance
- 49 Snack manufactured in 18 countries
- 50 Super star
- 51 Broadway's Walter \_\_\_ Theatre
- 53 "Flashdance... What a Feeling" singer
- 54 "Hooked on Classics" co.
- 55 Navy \_\_\_
- 58 Mature



Answers on page 26

©2021 TRIBUNE MEDIA SERVICES, INC.





## 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

**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**



# Survey: Only One Quarter Of Nursing Homes Confident They Will Make It Through to Next Year

*Majority of nursing homes, nearly half of assisted living communities operating at a loss*

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL), representing more than 14,000 nursing homes, assisted living communities, and other long term care facilities across the country, announced the release of a recent survey of providers across the U.S. Results from the survey showcase the urgent need to address the economic crisis facing the profession.

Key findings include:

- Only a quarter of nursing homes and assisted living communities are confident they can last a year or more.
- More than half of nursing homes and nearly half of assisted living communities say their organization is operating at a loss.
- Nearly half of nursing homes and assisted living communities have had to make cuts in 2021 due to increased expenses or lost revenue.
- The top three costs facilities have incurred due to COVID-19, regardless of whether they have had cases or not, are additional pay for staff, hiring additional staff, and personal protective equipment (PPE).
- In 2021, 84 percent of nursing homes said they are losing revenue due to fewer post-acute patients coming from the hospital.
- Ninety-two percent of nursing homes and 62 percent of assisted living facilities said the Provider Relief Fund has been helpful during COVID.
- More than half of nursing homes and more than one-third of assisted living communities say that Medicaid fee-for-service is problematic in covering the actual cost to provide care to residents. Of those, more than one-quarter of both providers qualify it is a serious problem.

"Even though COVID cases in long term care are at historic lows, providers are struggling to recover from the economic crisis the pandemic has induced. Too many facilities are operating under shoestring budgets simply because policymakers have failed to dedicate the proper resources,

and this can have devastating consequences," said Mark Parkinson, president and CEO of AHCA/NCAL.

An analysis by AHCA/NCAL earlier this year estimated that the nursing home industry is expected to lose \$94 billion over the course of the pandemic, and more than 1,800 facilities could close their doors. Closures are hard on vulnerable residents who are forced to move, their family members who must often travel farther to see their loved ones, and dedicated caregivers who are out of a job.

"Lawmakers and public officials across the country must prioritize the residents and caregivers in our nursing homes and assisted living communities," continued Parkinson. "This starts by sending immediate resources through what remains of the Provider Relief Fund, and it continues by finally addressing the chronic underfunding of Medicaid, which only covers 70 to 80 percent of nursing home care. We have laid out key proposals in our Care For Our Seniors Act to transform America's nursing homes, but without the help from Congress and state legislators, these necessary reforms will not be possible."

"We look forward to working with federal and state governments to ensure the stability of our care economy, so that every provider has the ability to deliver the highest quality of care. From being able to have an adequate supply of PPE to compensating caregivers for their heroic work, long term care facilities need financial assistance from lawmakers to keep serving our vulnerable residents," concluded Parkinson.

**AHCA**  
AMERICAN HEALTH CARE ASSOCIATION

**NCAL**  
NATIONAL CENTER FOR ASSISTED LIVING

# Wreaths Across America Kicks Off Giving in July 2021

*'Do Good Twice' by supporting local groups in Oklahoma while sharing the mission to Remember, Honor, Teach*



Throughout the month of July, national nonprofit Wreaths Across America (WAA) will be featuring its annual Giving in July campaign — a month dedicated to the groups and individuals giving back in their communities while helping to share the mission to Remember, Honor and Teach.

Locally, groups like Roll To Wreaths Riders 4 Vets, Riverside Flight Civil Air Patrol, Broken Arrow Creek Chapter NSDAR, and Catholic War Veterans USA OK Memorial Post 168 among those hundreds of sponsorship groups raising funds through the sale of wreaths sponsorships to support its efforts.

Since its founding in 2007, WAA has partnered with hundreds of like-minded charities, community programs, and civic groups throughout the country to remember and honor our nation's veterans and active duty military all year long. Giving in July celebrates these groups and highlights the opportunity to 'do good twice' through the sponsorship of veterans' wreaths through the organization's Group Sponsorship Program. Through the program, donations received in fact 'do good twice' because WAA gives back \$5 of each \$15 wreath sponsorship made to support the local group's own mission, which include programs helping veterans, military families, youth and more, in communities across the country.

Through this national program, WAA has given back nearly \$15 million in local contributions over the last 13 years!

"I have long said, it would be disingenuous for us as an organization whose mission is to Remember the fallen, Honor those that serve and their families, and Teach the next generation the value of freedom, if we do not support other like-minded programs doing just that in their communities," said WAA Executive Director Karen Worcester. "Our Group Sponsorship Program is a year-round effort, but through Giving in July we hope to remind people that veterans and our current military serve and protect us 365 days a year and it is never too early to make a difference in your own community."

This year, more than 2,500 cemeteries will participate in National Wreaths Across America Day, including locations in (Macomb Oklahoma Area Cemeteries-Roll to Wreaths Riders 4 Vets, Memorial Park Cemetery, Floral Haven Cemetery, and Sunny Lane Cemetery) – Saturday, Dec. 18, 2021 – and thousands of local Sponsorship Groups are working in their communities to raise funds and awareness to honor the local servicemembers with the placement of veterans' wreaths made of fresh Maine balsam.

Wreaths Across America is a 501(c)(3) nonprofit organization founded to continue and expand the annual wreath-laying ceremony at Arlington National Cemetery begun by Maine businessman Morrill Worcester in 1992. The organization's mission – Remember, Honor, Teach – is carried out in part each year by coordinating wreath-laying ceremonies in December at Arlington, as well as at thousands of veterans' cemeteries and other locations in all 50 states and beyond.

For more information or to sponsor a wreath please visit [www.wreathscrossamerica.org](http://www.wreathscrossamerica.org).



**Broom Hilda**

By Russell Myers

**Animal Crackers**

By Fred Wagner

**Willy Muffitt**

By Bill Brewer

**JUMBLE**

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

ASUPE

KKUSN

TOTOTA

LAPOWL

Check out the new, free JUST JUMBLE app

©2017 Tribune Content Agency, LLC All Rights Reserved.

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

Print answer here: [ ] [ ] [ ] [ ] [ ] [ ] [ ] [ ]

Last Month's Answers

(Answers Next Month)

Jumbles: GRUNT BASIS EFFECT DAINTY

Answer: The home run didn't surprise the hitter one bit. He did it without — BATTING AN EYE

**Schwadron**

©2021 H. Schwadron. Dist. by Tribune Content Agency, LLC All Rights Reserved

**Gasoline Alley**

By Jim Scancarelli

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



# Lawton Resident Finds Hope Thanks to Older Blind Independent Living Program

Mary Ann Pawless, like millions of Americans, wonders how Katie Thurston's journey will end this season on "The Bachelorette."

The dating show is one of several shows the Lawton woman looks forward to watching each week, but that hobby was at risk because of her struggles with macular degeneration, a common eye disorder among people over age 50 that causes blurred or reduced central vision.

Pawless sought help with her vision issues from the Oklahoma Department of Rehabilitation Services' Older Blind Independent Living Program. The staff teach independent living skills, adaptive aids and alternate techniques. Areas of support include help with reading tasks, time telling, name signing, orientation and mobility for clients in their home and community. Clients are also taught money identification and management, recreation and leisure activities and

multiple independent living skills.

Pawless demonstrated how she uses a handheld magnifier with a light to read an adjustable magnifying glasses that enable her to watch her favorite TV shows including the ABC reality series. Each week she follows along as the men wait to see who will not receive the final rose and are sent home.

"For a while there it was, poor me," Pawless said. "I didn't have the desire to try to do too much. I just kind of scooted around, but now it's kind of like a whole new world they've opened up for me. I used to get kind of depressed, but that's very rare now because I stay busy at home and doing the yard."

DRS also helped in other areas of her life. Pawless has black tabs on her stove and microwave that help her identify numbers and has a pair of elbow length oven mitts to prevent accidentally burning her arm while using the oven. She also listens to audiobooks from the Oklahoma Library for the Blind and Physically Handicapped, a program associated with Services for the Blind and Visually Impaired that provides audio books and audio equipment.

The Oklahoma Older Blind Independent Program provides one-on-one teaching for Oklahomans ages 55 and older who are struggling with vision loss and



Lawton resident Mary Ann Pawless.

blindness. A large percentage of the staff are blind or have low vision and are located in offices throughout the state to help individuals regain their independence in a safe and efficient way at no cost to the client.

Pawless' rehabilitation teacher Pam Holloway is also blind. Holloway helped Pawless to be creative around her house, such as using a rubber band to identify her shampoo and conditioner. Pawless' orientation and mobility specialist Liz

*continued next page*




**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 24 Hours** | 405.769.2551  
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





## HOPE

Continued from Page 22

Scheffe taught her how to navigate outside and use her white cane. With her newfound independence, Pawless is now able to live life to the fullest again and has recovered from the depression that came with losing most of her vision.

Pawless, her husband and dog, Biscuit, live in a cabin with a beautiful garden across from Mount Scott. Her hobbies include listening to audiobooks, cooking and working in her garden. She enjoys spending time with her grandson and neighbors.

"The Older Blind program means that our staff can give something to older blind individuals that they might not get anywhere else, and that is their independence to perform tasks for themselves," Services for the Blind and Visually Impaired Field Services Coordinator Teresa McDermott said. "There is nothing more joyous than to hear a client say they never thought they would be able to read a piece of mail or a medicine label again, or cook a meal on the stove, but they can now, as a result of services from our staff."

For more information about DRS services, call 800-845-8476 during business hours to be transferred to the nearest office or visit:

<https://oklahoma.gov/okdrs/independence/blind/older-blind.html>



**Pawless demonstrating how she uses her oven.**

The Older Blind Independent Living Program is part of the Service for the Blind and Visually impaired division of DRS, a state agency that assists Oklahomans with disabilities through vocational rehabilitation, education, employment, independent living programs and the determination of medical eligibility for disability benefits. Last year, DRS served more than 76,000 Oklahomans.



## Assisted Living & Memory Care

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

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

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

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

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

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



**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.



# 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](https://SecondHalfExpo.com)

Now Confirming Exhibitors. Details at [SecondHalfExpo.com](https://SecondHalfExpo.com)

### Our Featured Sponsors



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



Over 55, Unemployed & Looking for Work?



Get the training and skills you need to compete in today's job market.

The AARP Foundation Senior Community Service and Employment Program (SCSEP) can help you keep pace with the changing nature of work and improve your ability to find employment, even in today's tough job market. AARP Foundation SCSEP places older workers in a variety of community service activities at nonprofit and public facilities like day care and senior centers, schools and hospitals. As a participant, you can sharpen your job skills and earn income — all while giving back to your community.

If you're 55 or over and unemployed, contact AARP Foundation SCSEP's local office at 405.879.3899 for more information.

AARP Foundation

For a future without senior poverty.

OKLAHOMA ASSISTED LIVING ASSOCIATION'S  
—UPCOMING—  
2021 EVENTS

MARK YOUR CALENDARS

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

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

TOGETHER  
*is a great place to be*



Living your best life, surrounded by a caring team, engaging activities, new friendships and meaningful connections, in your new home with all the supportive services and amenities that make life better. That's our version of senior living.

MOVE-IN SPECIAL

Call Today  
405-784-5870  
emeraldsquareseniorliving.com

EMERALD SQUARE

SENIOR LIVING

WellAge Managed Community

701 N. Council Rd., Oklahoma City, OK 73127

Independent Living | Assisted Living



# OKC ZOO ANNOUNCES BIRTH OF ENDANGERED GIRAFFE CALF

*OKC Zoo's giraffe matriarch, Ellie, welcomes a male calf, her sixth offspring to be born at the Zoo.*

The Oklahoma City Zoo and Botanical Garden is thrilled to announce the arrival of an endangered giraffe calf, born to 20-year-old, Ellie. Ellie's sixth offspring to be born at the Zoo, a male, was born on Thursday, June 3, 2021, at 12:01 p.m. at the Zoo's giraffe habitat barn. The calf, who is yet to be named, is the first to be fathered by four-year-old, Demetri. The Zoo's youngest giraffe is healthy and strong, and weighs approximately 157 lbs. and stands six-foot one. He will continue to spend time bonding with his

mother and herd mates behind the scenes. Ellie's daughter, Julu, 5, is also pregnant and expected to deliver her first calf soon. It's been neck and neck between this mother-daughter giraffe duo to see who would give birth first, and Ellie delivered! To view the giraffe birth, click [here](#).

"Witnessing Ellie and Julu experience pregnancy together has been the greatest joy and we're thrilled to watch our herd grow with the addition of this little calf," said OKC Zoo's Curator of Hoofstock and



Primates, Tracey Dolphin-Drees. "This birth is critical for the conservation of this endangered species and a true testament to the importance of the Zoo's involvement in collaborative breeding efforts."

Ellie arrived at the Zoo in 2008 from the Birmingham Zoo, in Birmingham, Alabama. The calf's father, Demetri, arrived from the Fossil Rim in Glen Rose, Texas, in 2018, as part of a breeding recommendation by the Association of Zoos and Aquariums (AZA) Giraffe Species Survival Plan™ (SSP). SSPs are cooperative, long-term management programs designed to maintain genetically viable and geographically stable populations of specific species. The Zoo is also home to two-year-old female, Mashamba.

The gestation period for giraffes is approximately 15 months. The average weight for a newborn giraffe is about 150 pounds. Newborns stand within an hour of birth at a height of around six-feet tall. According to giraffe caretakers, Ellie's water broke around 10:40 a.m. and she was in active labor until the calf's birth at 12:01 p.m. By 1:13 p.m. the calf was standing and attempting to nurse.

Native to East and South Africa, giraffes are currently listed as endangered by the International Union for the Conservation of Nature. There are approximately 111,000 giraffes remaining in the wild, an almost 40% decline since the 1980s. This population decline is caused by illegal poaching and habitat destruction. The Zoo has contributed to giraffe conservation for decades by supporting the Northern Rangelands Trust and the Giraffe Conservation Fund, as well as becoming a member of AZA's Giraffe

Saving Animals from Extinction (SAFE) partner organization in 2018.

Weather depending, Ellie and her calf will have access to the giraffe habitat yard over the weekend. The Zoo's giraffe feeding experience will be tentative for the time being. Follow the Zoo's social channels for updates about our growing giraffe family.

Love these gentle giants as much as we do? Save the Date for the Zoo's World Giraffe Day celebration on Monday, June 21, from 10 a.m. to 1 p.m. presented locally by Bob Moore Subaru. Guests will enjoy information stations, biofacts, activities, photo opportunities and more.

The Oklahoma City Zoo is currently in its summer hours and open daily from 8 a.m. to 5 p.m. with the last entry no later than 4 p.m. Purchase advance tickets at [www.okczoo.org/tickets](http://www.okczoo.org/tickets) and avoid the entry lines. Located at the crossroads of I-44 and I-35, the OKC Zoo is a proud member of the Association of Zoos and Aquariums, the American Alliance of Museums, Oklahoma City's Adventure District and an Adventure Road partner. Regular admission is \$12 for adults and \$9 for children ages 3-11 and seniors ages 65 and over. Children two and under are admitted free. Stay connected with the Zoo on Facebook, Twitter, Instagram and TikTok, and by visiting our blog stories. Zoo fans can support the OKC Zoo by becoming a ZOOfriends member. Starting at \$45, memberships can be purchased at [ZOOfriends.org](http://ZOOfriends.org) and provide access to the OKC Zoo for an entire year plus, additional benefits and discounts. To learn more about Zoo happenings, call (405) 424-3344 or visit [okczoo.org](http://okczoo.org).

## CONCIERGE SERVICES



**HOW CAN WE HELP?**  
Concierge Services

**TO DO:**

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

**Call 405-415-3055**  
[www.guardianangelsokc.com](http://www.guardianangelsokc.com)

*Guardian Angels*  
Concierge Services




## Brand New Apartments

**48 UNITS SENIOR LIVING IN PURCELL**

- Smoke free community
- Storm shelter • Indoor fitness center
- Security alarm system in every unit
- Washer and dryer hookups in every unit
- Community room for gatherings and computer workspace
- Pet friendly
- On site laundry facility • Lawn care provided
- All ground floor units • 1 and 2 bedroom units

**AVAILABLE NOW**



**410 Maya Court • Purcell, OK 73080**

*Call Today!*

**405-442-0118**



# I've been vaccinated. Now, somebody please mow my lawn

by Greg Schwem

When it comes to luck, my sense of timing could not be worse.

If one lane on a congested interstate suddenly starts moving at normal speed, I just moved to the other lane, and am now sandwiched between two semis, both hauling explosives.

If I schedule an outdoor party, local weather forecasters immediately start telling viewers to expect rain the entire day. Historically, they have been correct most of the time.

I never owned GameStop stock but I'm certain I would have dumped it at its 52-week low of \$3.77 as opposed to the all-time high of \$483 it achieved in January, following chatter on Reddit investor forums.

Now comes word that ordinary Americans are getting rich just by rolling up a sleeve and getting jabbed with the coronavirus vaccine. Just ask Abbigail Bugenske, 22 of Cincinnati.

In exchange for doing something ALL Americans are being urged to do as soon as possible, Bugenske received \$1 million as part of Ohio's Vax-a-Million lottery. Four other Ohio residents will be receiving similar windfalls if their names are chosen. Not to be outdone, California is offering \$1.5 million prizes to 10 vaccinated residents. New York, Maryland and Oregon are among other states that feel cold hard cash is the best way lower coronavirus numbers.

I had the misfortune of settling in Illinois, where no money will be changing hands, or arms, as of now. Some retail establishments have stepped up, however. Illinois is one of only 13 states that feature White Castle restaurants, and, through May 31, the chain was offering vaccinated patrons one of its three "desserts on a stick." For free! I chose not to partake in that offer, feeling I was simply trading one potentially fatal malady for another. I won't die of the coronavirus, but clogged arteries kill plenty of people annually.

For the record, I received my injections back in mid-February, when the vaccine was still in its rollout stages and states were struggling to figure out who should have priority. I asked for nothing in return, feeling I had won a personal lottery just because I was able to snag an appointment. Heck, I didn't even take a complimentary candy from the dish that sat next to the health care worker processing my exit paperwork. My prize was relief that I was on the road to a life free of facemasks and quarantine.

But now it's payback time. Even though I shunned dessert on a stick, I want a piece of the pie.

Somebody needs to mow my lawn.

As I write this, I have just completed the weekly task of pushing the mower up and down, back and forth over bumpy terrain, trying to keep up with my neighbor who feels grass should be pampered, as opposed to clipped. He is much younger and, I'm sure, doesn't spend the following day recovering from the assortment of joint pain that lawn mowing delivers to my body.

Ironically, I suffered no side effects from either vaccine dose. While friends updated me, via social media, of their high fever and body aches after vaccines one or two, I went about my day pain free. I would like to continue doing so, hence the lawn mowing request.

Sure, I could use a million dollars, but other Illinois residents need it more, vaccinated or not. All I want is to wave my vaccination card at a passing lawn service truck, have the driver do an about face and follow me



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



**Several states in the U.S. are offering vaccine incentives.**

to my yard, where his crew would cut my grass while I lounge on the patio. I would like this routine repeated weekly until at least Labor Day. I've read I may need a COVID-19 booster shot in approximately eight months, which I will gladly receive.

Provided I win the Illinois "Shovel My Driveway" vaccination sweepstakes.

(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))

## ASSISTED LIVING & MEMORY SUPPORT fountainbrookliving



*"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.

**Fountain Brook**  
Assisted Living & Memory Support

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



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



# July CALENDAR OF EVENTS

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

## JULY

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

### 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.

## JULY

### 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

### SUMMER PET SAFETY

Make sure your pets stay safe and cool this summer by remembering that if it is too hot for you, it is too hot for them. Bring pets inside when it is hot, and provide them with plenty of shade and water when they are outside. Walk your pets at cooler times of the day and never leave an animal in a car. Contact Animal Welfare at (405) 297-3100 if you see an animal in distress. [visitokc.gov/animalwelfare](http://visitokc.gov/animalwelfare) for pet safety tips.

## JULY 6

### WOODCARVING

Will Rogers Senior Center  
3501 Pat Murphy Drive  
Learn the basics from the OKC Woodcarving group and carve your own masterpiece.  
July 6 from 1pm-3pm  
FREE. RSVP: Due to the COVID pandemic, visit [okc.gov/parksignup](http://okc.gov/parksignup) (keyword 36924) for the latest event details in case of changes.

## JULY 9

### DIGITAL PHOTOGRAPHY

Will Rogers Senior Center  
3501 Pat Murphy Drive  
Stroll through nearby Will Rogers Gardens and get practical hands-on instruction. Bring your camera's instruction manual or CD. July 9 from 9am-11am  
FREE. RSVP: Due to the COVID pandemic, visit [okc.gov/parksignup](http://okc.gov/parksignup) (keyword 36907) for the latest event details in case of changes.

## JULY 10

### GARDEN TOUR (ALL AGES)

Will Rogers Gardens  
3400 NW 36th Street  
July 10 from 8am-9:30am  
\$5 per person  
RSVP: Due to the COVID pandemic, visit [okc.gov/parksignup](http://okc.gov/parksignup) (keyword 39190) for the latest event details in case of changes.

## JULY 12

### BOOK CLUB

Will Rogers Senior Center  
3501 Pat Murphy Drive  
Meet each month to discuss a book chosen the previous month. Call (405) 297-1455 for the book listing.  
July 12 from 10:15am-11:15am  
FREE  
RSVP: Due to the COVID pandemic, visit [okc.gov/parksignup](http://okc.gov/parksignup) (keyword 36782) for the latest event details in case of changes.

## JULY 12

### BROWN BAG BINGO AND SPEAKER

Will Rogers Senior Center  
3501 Pat Murphy Drive  
Listen to a guest speaker on issues important to seniors. Bring your own lunch and play bingo for prizes.  
July 12 from 11:30am-1:30pm  
FREE  
RSVP: Due to the COVID pandemic, visit [okc.gov/parksignup](http://okc.gov/parksignup) (keyword 36728) for the latest event details in case of changes.

## JULY 17

### FAERIE FROLIC AND GARDENING (ALL AGES)

Will Rogers Gardens  
3400 NW 36th Street  
See what the faeries have been up to and learn to build your own little faerie garden.  
July 17 from 8am-10am  
\$25 per person (supplies provided)  
RSVP: Due to the COVID pandemic, visit [okc.gov/parksignup](http://okc.gov/parksignup) (keyword 39191) for the latest event details in case of changes.

## JULY 20

### 45th INFANTRY MUSEUM

Will Rogers Senior Center  
3501 Pat Murphy Drive  
Take a field trip by van to one of OKC's best museums.  
Call (405) 297-1455.  
July 20 from 10am-1pm  
FREE  
RSVP: Due to the COVID pandemic, visit [okc.gov/parksignup](http://okc.gov/parksignup) (keyword 36915) for the latest event details in case of changes.

## OCTOBER 16

### SECOND HALF EXPO

OCT 16, 2021.

9 AM - 4 PM

### OK State Fair Park

[WWW.SECONDDHALFEXPO.COM](http://WWW.SECONDDHALFEXPO.COM)  
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

**2 Cemetery Lots at Sunnyslane Cemetery**  
Section 10, Lot 349, Row 15  
Space C & D.  
Asking \$6,000.00 for both.  
Text: 405-850-1163

**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

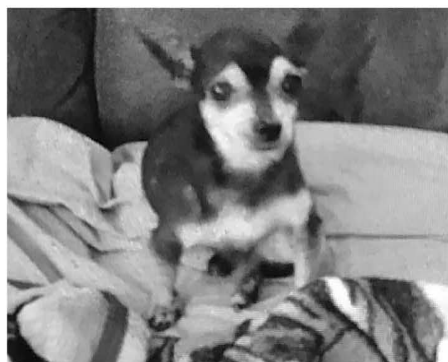
## CEMETERY PROPERTY FOR SALE

**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

## FOR SALE



### CHIHUAHUA PUPPIES!

Different colors Apple head and deer head. Located in Oklahoma City. Call or text for pictures and pricing 321-442-6467

## JOB WANTED

**I have 20(+) years experience in the Nursing - Home Health field.** I can work part or full-time, M-F. Also, I charge reasonable hourly rate(s). with References. 405-830-7837

## 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

## 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.

## PICK A CARD, ANY CARD!

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

## 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/MO MORE!**

Mail-in form with check must be Postmarked by the 15th, Received and Paid by the 20th of each month prior to appear in upcoming publication date. Classified Liner ads are prepaid only and non-refundable. ALL LISTINGS AND ADS ARE IN PRINT & EPUB. All prices are subject to change without notice at any time. Questions? Please call 405-631-5100 or email [advertising@seniornewsandliving.com](mailto:advertising@seniornewsandliving.com)  
Thank you for choosing Senior News and Living's for your advertising needs.  
[www.SeniorNewsandLiving.com](http://www.SeniorNewsandLiving.com)

## 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**

## SENIOR NEWS & LIVING

## AD FORM

Category (Exp: For Sale, Help Wanted):

TODAY'S DATE:

### 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/month 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 15TH, RECEIVED AND PAID BY THE 20TH OF EACH MONTH PRIOR TO APPEAR IN UPCOMING PUBLICATION DATE. CLASSIFIED LINER ADS ARE PREPAID ONLY AND NON-REFUNDABLE. MAIL TO: SENIOR NEWS AND LIVING P.O. BOX 239. MUSTANG, OK 73064.



## HEALTH

# Study shows strawberries lower serious health risks

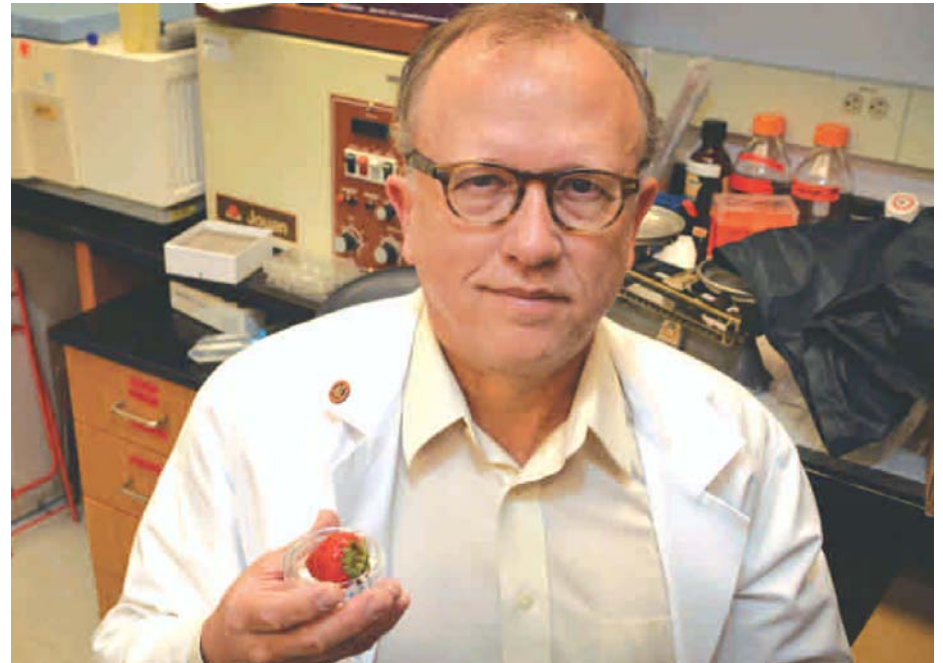
As little as 130 calories per day could make a significant impact on your cardiovascular health.

That's approximately how many calories are in about 2.5 cups of strawberries. And it's the amount a new study led by Oklahoma Medical Research Foundation physician-scientist Hal Scofield, M.D., found is needed to lessen our risk of heart disease, stroke and diabetes.

"This is the ideal health finding," said Scofield, a physician and medical researcher in OMRF's Arthritis and Clinical Immunology Research Program. "Strawberries don't require a prescription, and they're available year-round."

Previous work in Scofield's lab showed that strawberries could have a positive impact on health. But in the new study published in the journal *Nutrients*, researchers were surprised to find that such a reasonable amount of the berries could make a difference.

Scofield found that in people with obesity, the daily consumption of 32 grams of freeze-dried strawberry powder mixed with water (the equivalent of about 14 oz. of fresh strawberries) lowered participants' blood glucose, improved good lipids and reduced LDL cholesterol, all factors for heart attack and stroke. Study participants also showed improved insulin



A study led by Oklahoma Medical Research Foundation physician-scientist Hal Scofield, M.D., found that 2.5 servings of strawberries per day can lessen the risk of heart disease, stroke and diabetes.

resistance, an underlying cause of Type 2 diabetes.

But like the omega-3 fatty acids in fish, the researchers found the natural compounds in strawberries to be most beneficial when consumed as part of a whole.

"We know that eating fish has more health benefits than

taking fish oil pills. This appears to be the same for strawberries," said Scofield, noting that freeze-dried, powdered berries retain the nutrients of fresh berries. "We aren't certain why, but it supports the idea that eating real, whole foods is important."

continued next page



**Gated • Individual duplex with covered parking**  
**Three sizes to choose from • Prices starting at \$925**



*Chateau*  
ON THE GREEN

1511 SE 4th St. Moore, OK  
**405.793.4200**

**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





## OU College of Allied Health Programs Earn National Rankings

U.S. News & World Report has cited four degree programs offered by the University of Oklahoma College of Allied Health as among the best educational programs nationally. The rankings recognize top schools for training at the master and/or doctorate levels. Each school's score reflects average rating based on a survey of academics at peer institutions.

OU College of Allied Health programs ranked by the national publication are: **Audiology:** Ranked 36th in the nation. Audiologists are experts in the diagnosis and treatment of disorders of hearing and balance. Professionals with the Doctor of Audiology degree work in a variety of settings, including hospitals, clinics, academic institutions and private practices. **Physical Therapy:** Ranked 42nd. Physical therapy is a rehabilitation field focused on improving quality of life through prescribed exercise, hands-on care, and patient education. Physical therapists are movement experts who examine, evaluate, and treat injuries, disabilities, or other health conditions, including nerve and muscle function, posture, balance and pain disorders for individuals of all ages. **Occupational Therapy:** Ranked 58th. Occupational therapy is a rehabilitation field that maximizes performance in everyday activities such as self-care, home management, work, school and leisure for people across the lifespan. Occupational therapists evaluate and treat motor, visual, cognitive and psychological deficits, and innovatively modify tasks and environments that support participation in life activities. **Speech-Language Pathology:** Ranked 63rd in the nation. Training in speech-language pathology prepares professionals to assist adults and children with disorders of speech, language and swallowing. This high-demand and fast-growing profession includes professionals in a wide range of work settings, including clinics, hospitals and school systems.

Jane Wilson, Ph.D., dean of the OU College of Allied Health, said "The acknowledgement by an external entity of the outstanding quality of our programs and the faculty and staff who support those programs is gratifying. We are confident that our college community will be able to continue the excellent work and learning that places us in the top tier of programs nationally."

## STRAWBERRIES

Continued from Page 30

Scofield's lab has previously shown that strawberries are an effective anti-inflammatory measure to reduce pain associated with osteoarthritis, the leading cause of disability and joint replacements in adults in the U.S.

"The idea that strawberries have anti-inflammatory and heart-healthy compounds is not new, but applying the benefits directly to specific diseases is," said

Scofield. "The bottom line is to eat well. We're supposed to eat five servings of fruits and veggies a day. This is just one more indicator that the benefits of that are real."

Scientists at the University of Oklahoma Health Sciences Center, Oklahoma State University and the University of Nevada at Las Vegas contributed to the work. The research was supported by National Institutes of Health grant Nos. U54GM104938 and 5P20GM109025 and institutional funds from OUHSC and UNLV.



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

**AnnMarie Jones**  
REALTOR®

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

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

**kw GREEN MEADOW KELLERWILLIAMS**  
Equal Housing Opportunity

**Your Local Expert For Oklahoma City's Metro Area**



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

## Wyndam Place

### SENIOR RESIDENCES

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

**Pets are Welcome at Wyndam Place**




**ATTAINABLE HOUSING FOR SENIORS 62 AND BETTER**



**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*



**OKLAHOMA SENIOR CABARET PRESENTS**

**CABARET DINNER SHOW**

**JULY 12, 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

**itex**  
844.709.6956  
[oklahomacity.itex.com](http://oklahomacity.itex.com)

**20% OFF**

EXP 8/31/2021. 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.





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.



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.

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



POWERED BY



VISIT US TO SEE ALL THE MANY BRANDS WE CARRY

**20% OFF**

EXP 9/31/2021. 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.