

Heart
for
People

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Artist's
Legacy
Will Live
On

PAGE 8



SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

October 2021

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Turning over a new leaf



SilverLeaf focused on seniors

Jerry and Alison Almufleh are helping Oklahomans live better through SilverLeaf.

story and photo by Bobby Anderson, Staff Writer

Jerry Almufleh still remembers getting out of school in the afternoons and heading to the dialysis center to sit with his grandmother while she received dialysis.

There would be good days and there would be bad days while Almufleh watched his loved one go through renal failure.

And he always wished there was something more he could do to make things easier.

"Doing that, sometimes three days a week, I got intrigued. I wanted to learn more and I built relationships with the nurses and the doctors," he said.

Eventually, that curiosity would be

See SILVERLEAF Page 2

A resilient community

Epworth Villa bonds with hope



Epworth Villa CEO and President Ron Kelly admires the courage and encouragement shared among staff and the Epworth community.

story and photo by James Coburn, Staff Writer

Seniors wanting to live their lives in community can be confident in the lifestyle options available at Epworth Villa, a retirement community in Oklahoma City.

"If you stop and think about it, the pandemic has highlighted for us the importance of community," said Epworth Villa CEO and president Ron Kelly.

The pandemic has interrupted the daily life of Americans in many ways. People have not been able to be as close to one another as in the past. Epworth Villa has met the challenge by preserving community when COVID moved through virtually every segment of society.

Epworth did a lot of shutting things down last year during the height of the pandemic. It joined everyone else in trying to understand how to minimize the risks of COVID-19. Testing and screening protocols were implemented for best practices.

Oklahoma is experiencing a resurgence with the Delta variant as scientists unravel the mystery of the disease with vaccinations available to keep the virus at bay. Kelly

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SILVERLEAF

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rewarded at age 19 with a job on the dialysis unit. Positions in long-term care, home healthcare and hospice would follow, but his driving focus was always helping make life easier for those battling health issues.

That's why he and his wife, Alison, started SilverLeaf, a cannabis and CBD dispensary that takes a person-centered approach to making everyday life better.

The passage of State Question 788 in 2018 paved the way for medical marijuana in Oklahoma.

For more than two years Oklahomans have turned to the licensed and regulated industry for treatment of a variety of conditions.

But while new stores seemingly pop up every week, none have taken an approach like SilverLeaf.

"I would love to see this model flourish because we hear the testimonials. Not only the medicine, because we know what we're looking for but just the experience overall," Jerry said. "Really all it is is to treat people like they're humans, empathize, sympathize with them, listen to them and always do your very best. That's

where we're getting a lot of the trust."

Customers coming to SilverLeaf are greeted by their first name. It's just the tip of the iceberg as Jerry and his wife take the time to find out exactly what their client needs are.

"I get to help them in a more natural way," said Alison who previously worked in admissions in long-term care. "Working in long-term care you see the downgrade, someone come in and decline. But being there every day they become part of your family."

"Now when I get to be with the patients they walk in and they're happier."

Cannabis enjoys the distinction as one of the oldest cultivated crops in the world, dating back several thousand years.

But the discovery of its vast medicinal purposes has only occurred in the last half-century.

"It's hard to believe that just the last 60 years we got it right," Alison said. "We're finally figuring it out."

SilverLeaf operates more like a clinic than a store.

Having spent the better part of their lives working with seniors, both Jerry and Alison know the importance of establishing trust

especially when it comes to helping customers who are struggling with chronic issues.

Jerry estimates more than 60 percent of his time is spent in teaching.

"The education is understanding the background of whatever diseases they're battling, understanding the side effects and the pros and cons," said Jerry, who frequently provides presentations to independent and assisted living facilities. "This is not what they were taught back in the day. The main message we want to get out is there is a more natural, safer way."

In the realm of constant pain or anxiety, there's little argument now that cannabinoids provide safe, natural symptom relief.

"(Constant pain) shouldn't have to be that way. What quality of life is that," Jerry asked. "We have a passion for seniors. I feel seniors should live their life to the fullest to the last day. They shouldn't have to succumb to sedation and seclusion."

Silverleaf Dispensary specializes in senior care and dosing. It is very important that you know the correct delivery methods and dosage to consume,

that's why Silverleaf is a Certified Cannacian and can walk you through the process of obtaining optimal health through CBD and Cannabis.

The working relationship between Almufleh and physicians often results in customers being able to decrease dosages or even go off of pharmaceutical medications entirely.

In some instances, evening prescription medications designed to sedate patients for the purpose of sleep can be replaced by quality CBD products.

"We understand we may be ahead of our time in terms of (medical marijuana)," Jerry said. "It's now that we're starting to see those poles shift. We have a whole demographic counting on us."

"There needs to be an atmosphere and a place where people can come down and truly get what they need instead of being rushed through dispensaries like cattle," he said. "We feel like we needed to develop that place and here we are."

For more information visit: <https://silverleaf-ok.com> or go by and say hello at 5300 North Meridian Avenue Suite 12 in Oklahoma City.



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OPINION



How Does Social Security Work When a Spouse or Ex-Spouse Dies?

Dear Savvy Senior,

Who qualifies for Social Security survivor benefits? My ex-husband died last year, so I would like to find out if me or my 17-year-old daughter are eligible for anything? **Divorced Survivor**

Dear Divorced,

If your ex-husband worked and paid Social Security taxes and you and/or your daughter meet the eligibility requirements, you may very well be eligible for survivor benefits, but you should act quickly because benefits are generally retroactive only up to six months. Here’s what you should know. Under Social Security law, when a person who has worked and paid Social Security taxes dies, certain members of that person’s family may be eligible for survivor benefits including spouses, former spouses and dependents. Here’s a breakdown of who qualifies.

Widow(er)’s and divorced widow(er)’s: Surviving spouses that were married at least nine months are eligible to collect a monthly survivor benefit as early as age 60 (50 if disabled). Divorced surviving spouses are also eligible at this same age, if you were married at least 10 years and did not remarry before age 60 (50 if disabled), unless the marriage ends. How much you’ll receive will depend on how much money (earnings that were subject to Social Security taxes) your spouse or ex-spouse made over their lifetime, and the age in which you apply for survivor benefits. If you wait until your full retirement age (which is 66 for people born in 1945-1954 and will gradually increase to age 67 for people born in 1960 or later), you’ll receive 100 of your deceased spouses or ex-spouses benefit amount. But if you apply between age 60 and your full retirement age, your benefit will be somewhere between 71.5 - 99 percent of their benefit. There is, however, one exception. Surviving spouses and ex-spouses that are caring for a child (or children) of the deceased worker, and they are under age 16 or disabled, are eligible to receive 75 percent of the worker’s benefit amount at any age.

Unmarried children: Surviving unmarried children under age 18, or up to age 19 if they’re still attending high school, are eligible for survivor benefits too. Benefits can also be paid to children at any age if they were disabled before age 22 and remain disabled. Both biological and adoptive children are eligible, as well as kids born out of wedlock. Dependent stepchildren and grandchildren may also qualify. Children’s benefits are 75 percent of the workers benefit. You should also know that in addition to survivor benefits, a surviving spouse or child may also be eligible to receive a special lump-sum death payment of \$255. **Dependent parents:** Benefits can also be paid to dependent parents who are age 62 and older. For parents to qualify as dependents, the deceased worker would have had to provide at least one-half of the parent’s financial support.

But be aware that Social Security has limits on how much a family can receive in monthly survivors’ benefits - usually 150 to 180 percent of the workers benefit. **Switching Strategies** Social Security also provides surviving spouses and ex-spouses some nice strategies that can help boost your benefits. For example, if you’ve worked you could take a reduced survivor benefit at age 60 and switch to your own retirement benefit based on your earnings history - between 62 and 70 - if it offers a higher payment. Or, if you’re already receiving retirement benefits on your work record,

you could switch to survivors benefits if it offers a higher payment. You cannot, however, receive both benefits. You also need to know that if you collect a survivor benefit while working, and are under full retirement age, your benefits may be reduced depending on your earnings - see SSA.gov/pubs/EN-05-10069.pdf. For more information on survivor benefits, visit SSA.gov/benefits/survivors. For more information on the program visit SSA.gov/payee. Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of “The Savvy Senior” book.

SITUATION UPDATE: COVID-19
COVID-19 Oklahoma Test Results

COVID-19 Cases	610,385
New Cases	648
New Cases 7 day Average	1,690
Active Cases	12,607
CDC/NCHS Provisional Deaths	10,132
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations
	Cases (ICU)
Region 1 (NW)	35 (12)
Region 2 (NE)	77 (28)
Region 3 (SW)	142 (41)
Region 4 (EC)	62 (20)
Region 5 (SE)	41 (11)
Region 6 (Central)	76 (28)
Region 7 (Tulsa)	277 (86)
Region 8 (OKC)	256 (70)
Total	966* (296)
Other Types of Facilities	
Focus Facilities	38 (18)
Rehabilitation Facilities	8 (0)
Tribal Facilities	28 (10)
Other Facilities Total	74 (28)

*Includes 22 hospitalizations in pediatric beds.
**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 2021-09-28 at 7:00 a.m.

EPWORTH

Continued from Page 1

said Epworth has done fairly well in minimizing the impact. It's important to be transparent, he said.

"Did we have cases? Yes, we did. We had a few folks that passed away actually that were in our upper levels of care," he said. "It was very sad for us — but from what I saw — what others experienced, that was well above what others were experiencing."

Some people enjoyed the neighborly aspects of greeting friends from their balconies and other measures during a time when the public didn't feel very safe being indoors together.

"There was a friendship tree that came out of that in our cottage area where we have independent homes,"

Kelly said.

People in the neighborhood would come to a large shade tree to gather at a safe distance in front of one of those homes. That spirit has continued at Epworth.

To this day, people still want to receive the daily community videos that Kelly produces for residents. Kelly now distributes the videos three days a week. He provides updates on the Delta variant and the possible impact it may or may not bring to daily life. Guidance from the CDC is presented in the videos as to whether a change of protocols should be updated to offer the best protection for the residents.

"So, I think people have really appreciated staying informed with what's going on," he said. "They've taken advantage of every opportunity to keep community going. That has

been huge in terms of the thriving of our residents and our staff."

Another area of improvement is creating more options for enriching life at home. Dining venues reopened when Epworth felt confident it was safe.

About 99 percent of Epworth residents have been vaccinated, Kelly said. There have been adjustments, but the community has been able to adapt and thrive since February.

Epworth's nursing staff is one to admire. They have shown a lot of courage, Kelly continued. Folks were happy to be able to adapt to wearing protective equipment. There was greater risk for both staff and residents early in the pandemic.

"We had some staff that tested positive. I'm sure when that happens it rattles you, but they were courageous. Our director of nursing (Mia Owen) led the way. She showed the staff herself. She put on the equipment — did it herself. She went into areas where we had a COVID-positive resident," Kelly explained. "She showed them and demonstrated that for them. That was the kind of leadership we needed. We needed our director of nursing when there was uncertainty. That courage and that leadership is why I call those folks heroes."

Epworth offers residents the options and amenities of a seamless living environment on its spacious campus.

There are three levels of living including independent living with apartments and cottages. There is assisted living care with a memory care component. Health services at Epworth provides a short-term rehab for people transitioning from a hospital to home. Skilled inpatient and outpatient care is provided.

"We offer that to the broader community outside of Epworth as well," he said.

Epworth at Home is a hospice and home health care to serve the campus and the community at large.

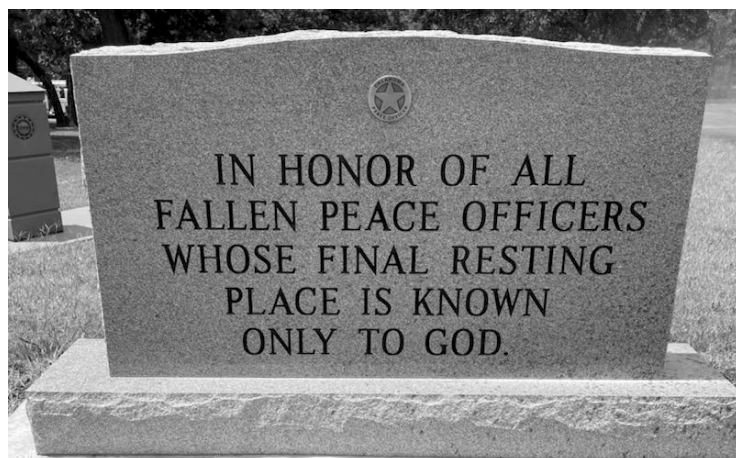
"What I love about it is not only how the staff has served the residents that live here, but how the residents serve one another," Kelly said. "That's the kind of community I see."

Friends encourage one another when they see progress resulting from health care.

"That really uplifts people, not only in those times of need, but in general," Kelly said.

For more information visit: <https://epworthvilla.org> or 14901 N. Pennsylvania Avenue in Oklahoma City.

New Stone Added to Ok Law Enforcement Memorial



Oklahoma Law Enforcement Memorial, Inc., the non-profit 501c-3 organization that oversees the Oklahoma Law Enforcement Memorial, started a project two years ago to have wreaths placed during the Christmas holiday season on all graves of Oklahoma's fallen law enforcement officers. During the research to locate the graves of Oklahoma's fallen officers it was found that the final resting place of just over one hundred of the over eight hundred fallen officers was unknown.

Most of the unknown burial sites are those of Deputy U.S. Marshals, their posses or guards, or tribal law enforcement officers who died before Oklahoma statehood. Over forty percent of all the Deputy U.S. Marshals who have died in the line of duty in the United States died in what is now the state of Oklahoma and are honored on the state's law enforcement memorial.

The memorial organization ordered a new granite stone, and it was recently placed just south of the Oklahoma Law Enforcement Memorial plaza. This beautiful new granite stone is in honor of all the fallen officers whose final resting place is unknown.

A wreath will be placed at the new stone in mid-December during the annual Wreaths for the Fallen ceremony.

The Oklahoma Law Enforcement Memorial is the oldest state memorial honoring its fallen officers in the United States and was dedicated May 15, 1969. The non-profit memorial organization is totally funded by donations.

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

For more information on these officers or the other over eight hundred officers who have died in the line of duty in Oklahoma go to the Oklahoma Law Enforcement Memorial website at www.oklemem.com.

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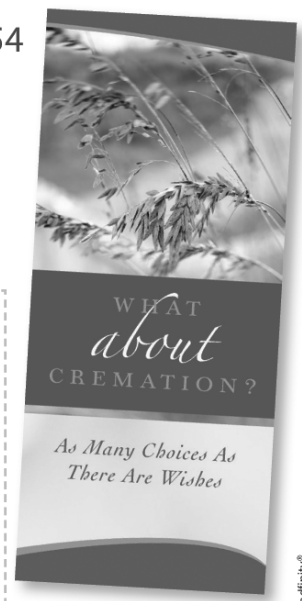
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Heart for People

story and photo by Bobby Anderson, Staff Writer

Most people choose the jobs they want to pursue.

For Christina Sibley, the job chose her.

Christina has been a healthcare provider for more than 20 years. She's taught medical assisting and phlebotomy.

She's worked in doctor's offices, labs, hospitals and home care, always with a passion for her patients.

But it was a suggestion from husband, Steven, that brought it all together.

"I feel like God put me on the Earth for a reason," she said. "I have a specific set of skills, experience and education that allow me to do things for people, they have put me in a unique position to be able to do things for people that others just don't have the ability to do."

Christina and her husband own and operate Sibley Insures.

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producers in Oklahoma and Kansas, serving OKC, Tulsa, and beyond, the Sibleys are a wealth of information when it comes to making one of the most important healthcare decisions most of us will ever face.

And that yearly decision is fast approaching.

The last few months of the year the Sibleys' business goes into overdrive with Medicare enrollment beginning October 15 and running through December 7.

"A broker, like myself, is someone contracted with multiple carriers so they aren't beholden to a specific carrier and they're not trying to fit someone into the only tool they have," Christina explained of what she does. "A broker is able to find the right tool for the client and their specific needs."

"You would be surprised at how many people who are on Medicare, and have been for a long time, who don't understand how it works. They've never really been given a good education."

That's the "what" when it comes



Christina fell in love with gerontology largely because of the experiences with her grandmother. (Photo provided)

to Sibley Insures.

The "why" runs deeper.

Christina Sibley tears up when she talks about her grandmother,

whom she was able to care for in her final few years.

"She was a widow, a homemaker

See HEART Page 7

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HEART

Continued from Page 6

her whole life, whose husband died at a young age unexpectedly," she said. "She lived on a very low income and had significant health issues. I watched her struggle for a long time, especially with paying for medications."

Planning on going to school to become a physician's assistant, Christina fell in love with gerontology (the study of aging issues), largely because of the experiences with her grandmother.

"My desired patients were going to be geriatric patients. That's who I love. That's who I love to work with," she said. "When Steve suggested I go into insurance I was not interested at all."

"She thought I was nuts," Steve said with a laugh. "When she found out about Medicare and what she could do for seniors it was like the lightbulb came on. These were not only the people she wanted to serve but as an educator she was able to use her experience and skills to truly make a difference."

Behind her the whole way is Steve, who brings 15 years of financial services expertise and 36 years of military service to the business.

She's always had a passion for education.

"The best part of what I do now I can spend two or three hours with somebody and really get to know them, help them understand so they can make their own choices," she said. "As an educator you have to be able to break complex things down into something people can relate to."

With Covid 19 restrictions ongoing, many seminars and educational opportunities to help seniors make an informed decision will likely not occur this year throughout the industry.

"That has been in the back of my mind but my clients, the people who are already with me, understand they have access to me all year," she said. "They're used to 'Hey, I have a question. I'm going to call Christina.'"

She said "this year, in particular, there are many tools available to meet and enroll virtually, if that's someone's preference."

In person or on the phone, Christina has always prided herself on being accessible to her clients and the people who are referred to her by her clients.

Answering a question, or giving her opinion - it's always about the client.

"One of my favorite sayings is do the right thing for the sake of the right thing," she said. "Just do the right thing for people, it's that simple. I decided early on that I was going to do it that way, period. I'll

either be successful at it or I won't be, but I'll do it in a way that I can look at myself in the mirror each day and be happy with what I do." Visit: <https://www.sibleyinsures.com>

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Osage Artist Shan Gray's Legacy Will Live On

Story by Darl DeVault contributing editor

Renowned Oklahoma Osage sculptor Shan Gray died in September at age 65, but his legacy as the most prolific artist of the Oklahoma Centennial Commemoration will live on in the state with his iconic bronze masterpieces of public art.

Gray was hitting his stride as a prolific figurative portrait sculptor when Oklahoma planned its Centennial Commemoration for 2007—a statewide, multiyear celebration of the state's 100th birthday. Commemoration organizers Lee Allan Smith and Blake Wade drafted Gray into sculpting multiple, larger-than-life public art projects, which became a legacy to his talent.

"Gray's sculpture of the Shannon Miller statue in Edmond is truly the Oklahoma standard for excellence," said Joel Randell, Gray's sculpting protege. Gray's Warren Spahn statues and award put his contribution to Oklahoma art at the level of Paul Moore's Centennial Land Run Monument masterpiece and Harold Holden's legacy, Randell added,

and his Billy Vessels and James Garner bronze sculptures in Norman illustrate some of the state's best of the human form in motion.

Completing eight bronze sculpting projects for the 2007 celebration, Gray was the most prolific of the individually commissioned Oklahoma Centennial artists. He collaborated with John Free Jr. in the casting of his heroic statues at Free's Bronze Horse Foundry in Pawhuska.

The largest of Gray's public art creations is the Cleveland County Veterans Memorial near the southwest corner of Reaves Park in Norman. A striking and complex memorial, the work accentuates the clean lines of an obelisk topped by an oversized eagle landing with an American flag.

The statue of the University of Oklahoma's first Heisman Trophy winner, Billy Vessels, is displayed in Heisman Park just east of Jenkins Avenue and the football stadium. Also in Norman, his bronze likeness of famous Norman son and movie



Inset: Renowned Oklahoma Osage sculptor Shan Gray.

OCU Miss Americas at the southeast corner of the campus.

Continued next page



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GRAY

Continued from Page 8

star James Garner enhances the downtown area on East Main Street at the railroad tracks.



Norman native James Garner Statue at RR Track and Main in Norman.

"For all of these works," Gray said at the dedication of the Garner statue, "I was striving to accurately capture the detail and dynamics of the spirit or movement in the human figures in the unmoving bronze to carry off the illusion of bringing the monument to life. I have always said my sculpting style is rooted in the classical tradition."

A cluster of Gray's efforts is outside the Chickasaw Bricktown Ballpark in downtown Oklahoma City, including the nine-foot-tall bronze depiction of Warren Spahn in his famous high-kicking windup. Spending his final decades in Tulsa, Spahn is the winningest lefty pitcher in major league history. Gray's busts of other Oklahomans—New York Yankee pitcher Allie "Super Chief" Reynolds and St. Louis Cardinal

Pepper Martin—are near the third-base gate at the ballpark.

Gray's works include a tribute to the three former Miss Americas who attended Oklahoma City University. At the southeastern entrance to the

OCU campus, Jane Jayroe, Susan Powell and Shawntel Smith beam in their pageant evening gowns.

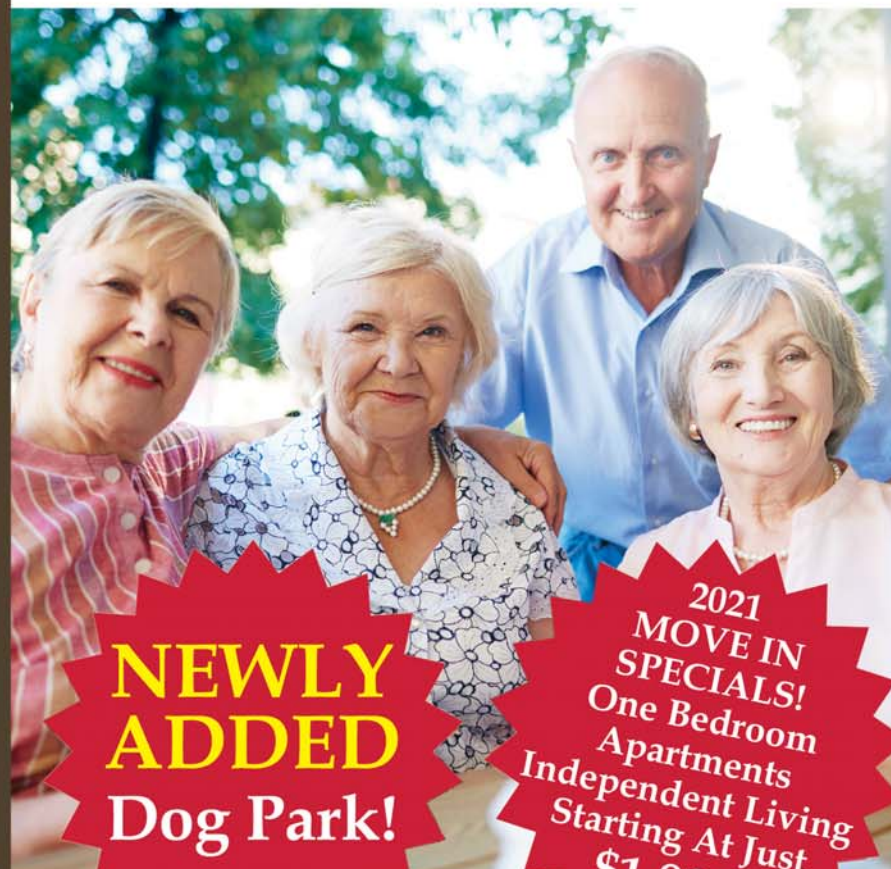
The Nazih Zuhdi Transplant Institute on the campus of Baptist Integris Hospital displays a bust of its namesake medical inventor and heart surgeon. The sculpture is on the ground floor of the main hospital building.

In Edmond's Shannon Miller Park, Gray's bronze sculpture honors the seven-time Olympic medalist from Edmond. The 19-foot bronze was the largest statue of a woman athlete in America at its completion.

In Edmond's J.L. Mitch Park, Gray erected a bronze Girl Scout statue titled '95 Years and Planting.' It depicts a small girl planting a tree in the park.

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Safer at Home: Care plan improves quality of life

Home Care Assistance helps to maintain a clean, safe and healthy environment for its clients, says Melissa Hill and Greg Bridges, owners of the family-owned company based in Edmond.

"We just hit our seven-year anniversary milestone," Hill said.

The award-winning company provides non-medical care. As a registered nurse, Bridges writes a care plan based on an assessment he makes for individuals.

A home health care company might overlap in the company's involvement.

"It's almost synergistic, the whole thing that 1 and 1 makes 3. We partner up with home health. It's just great because they know our mission, and they know our care methodology. We're consistent — we're conscientious — we're careful."

Home health might have a physical therapist coming into the home once a week for treatment.

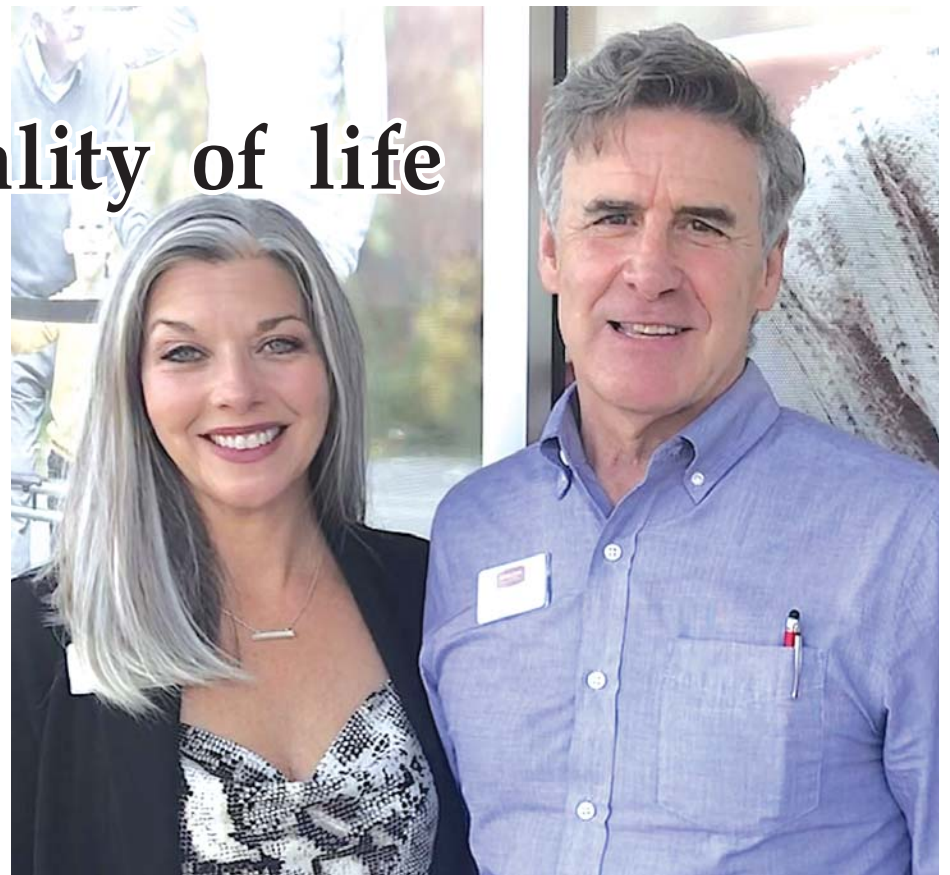
"Our caregivers serve as cheerleaders and guide them and encourage them to have them go through their exercises which really

expedites recovery," he said.

The caregivers do not diagnose but simply assess and report back to Bridges. Home Care Assistance handles bathing, grooming, sometimes feeding, dressing, safety, transfers, medication reminders and housekeeping. Caregivers report unusual health problems that might pop up or have been overlooked.

Home Care Assistance is on-call 24/7. There is a lot of in-house training to maximize their potential to serve their clients' needs. Caregivers also provide social interaction which is a much-needed resource to keep individuals from being isolated in their own communities. Balanced care provides emotional, physical and spiritual support. Pathways are secured for safe mobility.

"As a young start-up business seven years ago, we've evolved a lot," Hill said. "Over time, I think, we've really established Home Care Assistance as the highest quality care provider in this market. So, our business has grown, and the demand for in-home services is growing. During COVID I think people really



Melissa Hill and Greg Bridges celebrate seven years of business with Home Care Assistance.

came to terms that they are safer at home."

A caregiver's assignment is without rotation. A personalized individual caregiver limits the exposure that a resident would otherwise have to people. Home Care Assistance has evolved its employee care program as well with training and development.

"We have some super people with us and some very tenured employees. So, we really invest a lot with our employees in helping them be highly satisfied," she added.

As they follow the CDC guidelines, caregivers have a high immunization rate and follow the protocol of wearing a protective mask to help reduce the risk of an exposure. Infection control means asking employees to live a lifestyle that considers the everyday health of their clients. Employees are asked daily if they feel sick, and they sign a form, that in-turn is another safety approach.

Balanced care involves an involved assessment by a registered nurse in the client's home. The RN will evaluate the home including any danger points that could impair a client's security. There has never been a fall with injury during the seven years that Home Care Assistance has been protecting its clients.

"We turn those into tasks that are followed in the care plan," Bridges said. "It guides our caregivers on safety and best practices. It's documented electronically and we follow the real-time feedback on that."

Bridges notes the occurrence of a tar-like stool, indicating internal bleeding. And recently he assessed someone whose blood pressure changed

from low to high when changing from sitting to standing. These indications are reported to the client's physician.

Bridges is a seasoned nurse having worked in acute care, hospice, and home health. He said that Home Care Assistance operates closest to home health, but without doing the medical component of care. Services are private pay without being contracted with Medicare.

"You really get to know them and the family intimately," Bridges said.

Caregivers are emotionally invested in their their clients' successes and empathizing with their challenges. Some of the clients are living with memory loss. It can be heartbreaking to see a client going through stages of dementia.

"You learn to ride some of the tough times out with them," he said.

A consistent assignment by one caregiver in the home will oftentimes help the individual to relax due their familiarity with a caregiver. It's very touching for the caregiver to see their client feel safe at home.

Families are their clients as well, as Home Care Assistance is constantly working with the family by getting feedback, Hill said.

"A lot of our clients are fortunate to be very local and can be involved in the care team and work very closely with us," Hill said. "But we also support people who have nobody. Their kids are in other states and are raising families. So, they really rely on us as the eyes and ears locally to be with mom or dad."

For more information visit: www.homecareassistanceoklahoma.com.



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TRAVEL / ENTERTAINMENT

Nashville By Disney

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

While we are still feeling travel is an uncertainty, I have found my arm chair reminiscences of past travels a comfort and a possibility for the future. A trip to relive and see Nashville through the eyes of Disney Travel is a pleasant escape.

Many seniors find that a packaged tour offers the best in time and treasure management. A package tour is pre designed to offer the ease of small group travel and the expert knowledge of the highlights of a particular itinerary. Package tours take the worry out of exploration, as the operators know the area offered and the fastest way to experience the survey of an area. For first time visitors, it gives an over view of the best of the area, and if the traveler finds that time at an attraction is not enough, it is a good reference point for a follow up visit. As you can tell, I find an expert package tour is a convenient holiday experience.

Adventures By Disney is a group tour offering. Disney does it right, whether it's movies, theme parks or group tours. I experienced Nashville the Disney way, with many insider and backstage visits not available to other tours and certainly not by solo travelers. Several years ago I visited Nashville, but with my tour with Adventures By Disney, I have a complete Nashville experience with many Disney extras that are memorable, educational and fun. Every day our energized and informative tour guides, Kelley and Paola, offered extras and surprises that got us spoiled as we visited from venue to venue. Just when you thought the venue or day was complete we'd hear our guides say, "And then there's more!"

The Hermitage, located near Nashville, was the home of President Andrew Jackson. Adventures By Disney arranged for Andrew and his wife to greet our bus, and welcome us at the traditional entry to the homestead, which is not offered for other visitors. We had an after-hours visit, complete with a guided grounds and house tour, and then there was more. We had a period dance instruction with Andrew and his wife joining in, as others in the group enjoyed wine and vintage Andrew Jackson bourbon. And then there was more. We had a hands on instruction in simple biscuit making by expert, Maryann Byrd, and then enjoyed our creations baked just for us at a catered sit down dinner in an air conditioned venue. Walking back in the dark to the bus we were all more than satisfied as our departure was enhanced with a spectacle of fireflies.

Nashville has added notoriety with the popular ABC television drama of the same name. Disney enhanced our Nashville adventure with a bus tour of filming locations, and a very special private concert luncheon at the famed Blue Bird Cafe. The essence of Nashville's established and rising performers was exhibited by the intimate hour long plus performances by Leslie Satcher and Walker Hayes. We were all moved by the stories they told that inspired the creation of the songs they sang for us. This example of sincerity and the universal experiences of life, is the real Nashville sound. The clear and rhythmic songs were true examples of craft being raised to the level of performance art. Beyond the flash and country glamour of Nashville, the Blue Bird Cafe experience reaffirms the essence of America's indigenous music.

A visit to Music City would not be complete without a tour of the historical Ryman auditorium and of course Disney gave us a special private tour and a chance to stand on that stage which was inhabited by the founders of country music. We entered through the stage door entrance in an alley adjacent to a bar/lounge famous as a haunt of music pioneers. And while the Ryman is a must, the new Grand Ole Opry venue is as impressive when you are able to visit the famous back stage dressing rooms, and wall of fame. But there was more!

We had a pre-show dinner in the broadcast studio where many Nashville shows were filmed which included the sound stage where the popular Hee Haw show was once produced. A catered sit down meal with wine was only briefly interrupted when instruction in line dancing was included. And to top off all of this VIP experience, we had VIP seating at



that night's Grand Ole Opry show, with a special treat for me, hearing a couple of songs by Vince Gill, a fellow Oklahoman.

The more continued with hands on poster making at Hatch Show Print, a mock station ID recording at the legendary WSM 650 AM radio station, admission to the expansive Country Music Hall of Fame, and a private visit to Music Row's RCA Studio B recording studio where Elvis along with other legendary artists, recorded their songs beginning in 1957. We were entertained with insider stories, and with many rehearsals under our belts, we recorded our own group singing a well-known Elvis favorite, and was later presented with our own special CD of our performance.

All along our days of adventures all admission charges were taken care of by our hosts as were most meal times. We ate at Merchants' Restaurant where we customized our own BBQ sauce, and had breakfast at popular Puckett's Grocery. There was even a little free time for us to explore downtown Nashville sights on our own. I took this opportunity to reserve my spot for lunch at the Southern Steak and Oyster restaurant, and then took a stroll up to the historic Hermitage Hotel and the Capitol Grille, where I took in a beverage and tales of this famous watering hole.

If you couldn't tell I was impressed with the services and thoughtfulness of the Adventures By Disney experience. Some tours are for adults only while most welcome the whole family. Documents and itineraries are sent to you well in advance of your departure and should you have added questions they are easily answered by phone from your personal travel concierge. Besides state-side destinations, the company offers tours overseas and cruises as well. Tempt your travel lust by exploring: <https://www.adventuresbydisney.com>.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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Bringing joy and comfort: Therapeutic cardboard cut-outs bring smiles

Laughter is great therapy. Epworth at Home Hospice has discovered a way to brighten up the days of hospice patients receiving palliative care, said Hope Knight, a registered nurse with the Epworth at Home Hospice team in Oklahoma City.

Seniors receiving hospice care or home health care from Epworth at Home will often find humor and a glimpse of nostalgia by therapeutic cardboard cut-outs of classic movie stars. Carol Burnett, John Wayne, Audrey Hepburn, and Elvis Presley have made steady appearances. A cut-out of actor Will Smith will soon join the collection of stars.

Patients get a ray of sunshine, something that makes them smile, Knight said. Hospice is a ministry, said Knight, who has been a nurse for 30 years and a hospice nurse for nearly six years. Her history includes emergency room and intensive care nursing.

"We'll place it in a common area

Continued next page



Epworth Villa Community Liaison Shelley Stutchman, at left; and Hope Knight, RN, say moments of joy are preserved for hospice patients by the use of therapeutic cardboard cut-outs of iconic actors.

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CUT-OUTS

Continued from Page 14

of their room. We will just see smiles and maybe they will point at them. We don't know what's going on in their head a lot of times, but we can see some joy in their faces," Knight said.

The idea clicked in the mind of Community Liaison Shelley Stutchman just before an open house in May. She had been storing the cardboard inspirations in her office and wondered what to do with them.

"Even though John, Elvis, Carol, and Audrey were only cardboard, we could imagine them smiling as our guests took selfies with their favorites of the group," Stutchman said.

Her role includes visiting with patients in the skilled nursing unit. She said there have been a few home health and hospice patients who have chosen hospice care. She will inform them about hospice and home health options when applicable.

One day she greeted a woman who was feeling a little depressed about her health. She looked at Stutchman and said she gets always feels more courageous and stronger after watching a John Wayne movie.

"How about I have John Wayne come visit you?" Stutchman said.

The woman thought Stutchman was joking, knowing the actor had died in 1979. Stutchman said she needed an hour to prepare her surprise.

"The patient just laughed and went to the therapy gym," she said. "I attached a personalized note to the John Wayne cutout and snuck it into the patient's room while she was in therapy. When the patient came back, she lit up like a Christmas Tree."

The woman came from a hospital after having a leg amputation and felt blue. But soon she was texting photos to family and friends and laughed about how Duke Wayne startled a nurse who came in her room that night. Wayne was standing at the head of her bed holding a gun at his side. Her life was falling apart, but the therapy cut-out changed her attitude.

Knight said hospice families love taking pictures of the cut-outs with

their loved ones. People smile as she carries Elvis, Carol, Audrey, or John Wayne down the hall. Ladies will prepare for a visit by Elvis in the rehab unit. They will fix their hair and put on their lipstick, so they will look nice for their photo with Elvis.

"It motivates them therapy-wise to take care of themselves," Stutchman said.

Another patient said one of the ladies told her she had the personality of Carol Burnett. When the cut-out was brought for an overnight visit to the woman's room, it became a source of laughter during her visit with her son. They began talking about the old Carol Burnett shows they saw together when her son was a little boy. Mother and son talked for almost two hours — something they had never done before.

"She said she was forever grateful for the Carol Burnett therapy cardboard," Stutchman said.

Family members appreciate being able to share joy during their loved one's hospice care, Knight said.

"It brings back good memories. We're all about memories in hospice," she said. "That's all we've got when people pass."

Even hospice patients living with dementia will interact with the therapeutic cut-outs. Older memories are more intact with dementia. And, even if a hospice patient does not have dementia, they will oftentimes pull back into their younger selves, Knight said.

"They will pull away from the world as they are transitioning from this life to the next. And so many times they just don't want to talk with people — they don't want to interact because they're pulling back and readying their spirit for when they pass on," Knight said.

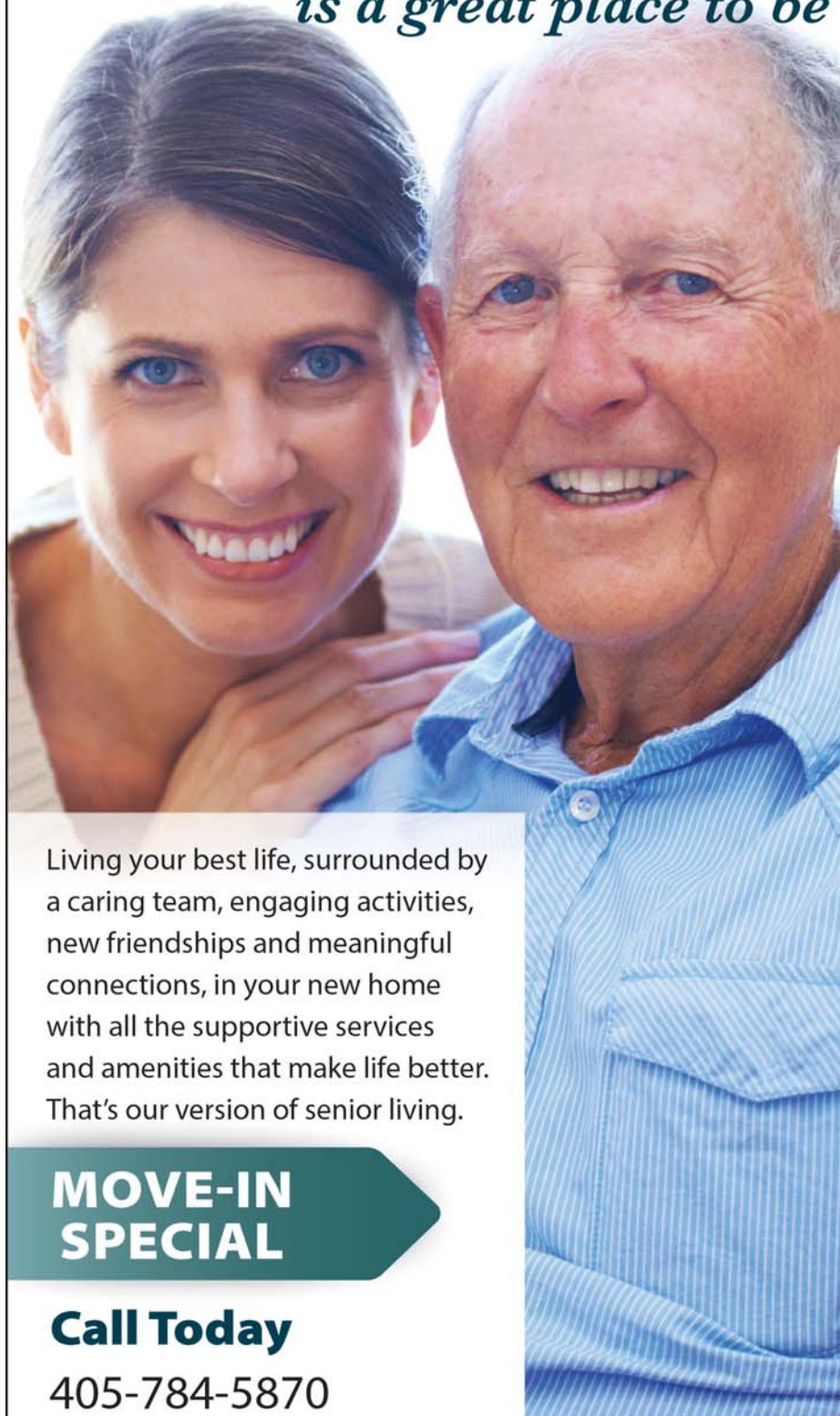
Many nurses in general don't deal well with people passing away because they want to make them better, Knight said.

"But then, there are some of us that say sometimes we don't make them better, so let's make this transition the best it can be. Let's help them have the best life possible in as many days that they have."

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TINSELTOWN TALKS:

Mummy and Cartwright launch new 'Lost in Space' book

By Nick Thomas

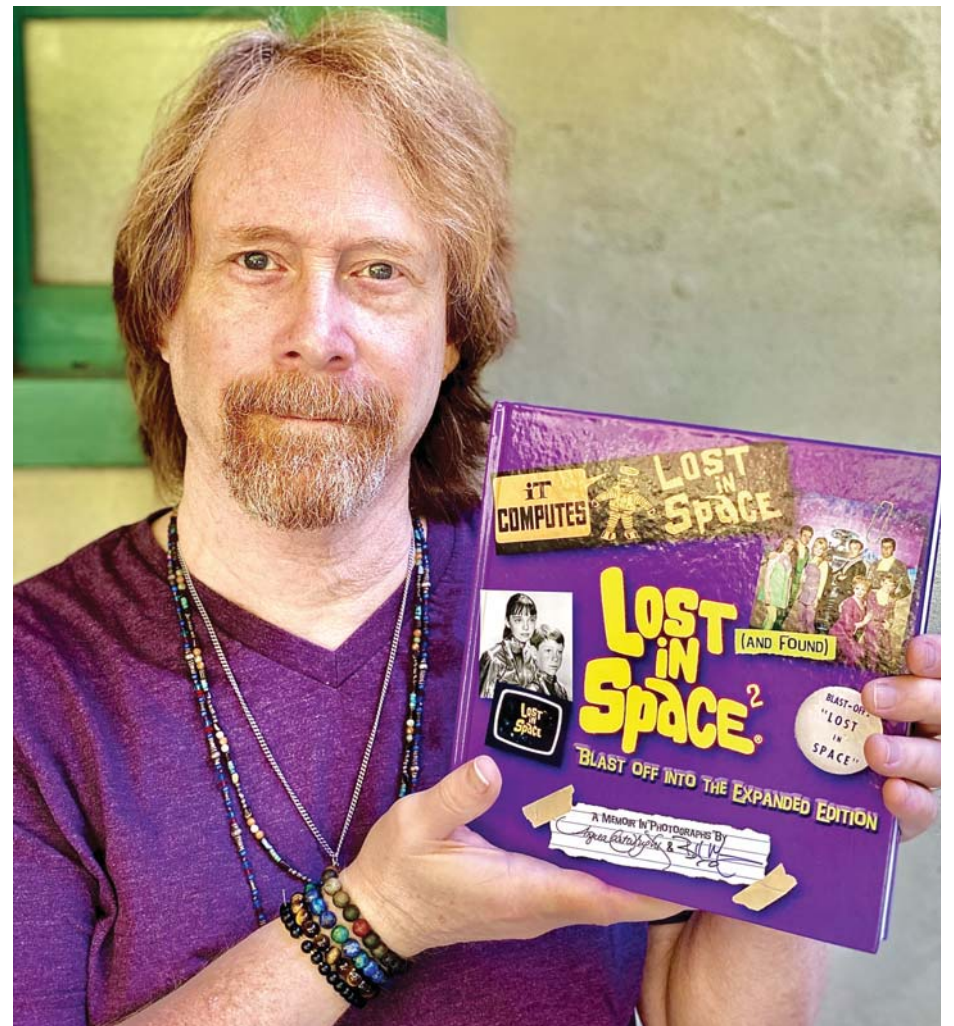
If you were a child growing up during the 1960s and a fan of sci-fi television of the day, the nostalgic value of shows like "Lost in Space" can't be overstated. Cast members Bill Mummy and Angela Cartwright recognize the connection many seniors may have to the series and have updated and expanded their 2015 "Lost (and Found) in Space" book into a new volume, released September 14 (see www.NCPBooks.com).

"The new book is now 350 pages and contains over 900 photographs," said Bill Mummy, who played plucky junior astronaut Will Robinson in the series, from his home in Los Angeles. "The original was largely a scrapbook with a few captions, but this one contains a lot more stories

about the show as well as the intertwining lives of Angela and me who have remained friends for over 50 years. Much of the credit for the expanded book goes to (the late producer, director, and screenwriter) Kevin Burns."

Angela Cartwright (the show's genial and imaginative space-teen Penny Robinson) says Burns called her after acquiring the CBS photo archives of the show.

"We were planning to update the book with maybe 50 additional pages, but it ended up so much more with all these never-before-seen photos," she explained from her Los Angeles art studio. "Bill and I got on the phone and began writing down all the personal memories the photos brought back."



Above: Bill Mummy with the new book - provided by the publisher.

"I was 10 when the show began," recalled Bill. "Angela and I were at school together for 4 years, we went through puberty together, we became each other's first loves, traveled the world together, and went on to have our own families. So it's both a book on 'Lost in Space' and our long friendship."

Why the show, and science fiction in general, remains so popular with audiences is no mystery to Mummy. "Sci-fi is just a canvass for the imagination. And because our show had children, kids watching could relate to those characters and go along on the space adventures with us each week."

After the 3-season show ended in 1968, Mummy and Cartwright continued to act including cameos in the new Netflix "Lost in Space" series. But both have enjoyed successful careers beyond the screen in other artistic areas. Mummy is a respected musician and singer/songwriter (see www.billmummy.com) while Cartwright is a noted photographer and painter (see www.angelacartwrightstudio.com). However, the pair never distanced themselves from the iconic sci-fi series.

"The props, the cast, the stories - I loved every minute working on the show," recalled Bill. "We've been living through a hard time on this planet lately, so a little nostalgia can take you back to a happy time. 'Lost in Space' even inspired people to go into the space program."

"When we visited NASA to watch the Discovery liftoff, an experience I'll never forget, that's what technicians told us," added Angela. "We just made this little show but it really captured the imagination of the youth of the day. Now, people in their 50s and 60s have introduced it to their children and grandchildren. In 30 or 40 years when we're all no longer around, there will probably be new generations still watching it with fond memories. So we're grateful for the fans and hope the book brings back a snippet of their childhood."

And as the stars have aged, so have their fans. "That's a special connection we have with them," noted Angela. "They've even been very forgiving about my white hair!"

"We've told our story and told it honestly," said Bill. "'Lost in Space' just makes people happy."

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

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Kind hearts

Nursing staff celebrates dignity of life

Story by James Coburn, Staff Writer

Cori Roney helps patients live their lives as happy as they can be.

Her career as a registered nurse comforts lives as the director of nursing at St. Ann's Skilled Nursing & Therapy, located in Oklahoma City.

There are many opportunities to learn about a myriad of modalities in patient care at St. Ann's.

"One is their personalities, just like you get to know about your friends — what they like and what they dislike. Their ups and downs, what helps them relax. So even if I'm having a bad day, you still have your family here and they can bring you out of it. It ups your spirits because they are here."

Her grandfather was in a nursing home. So, she empathizes with families on their journey into long-term care. It helps her to take pride in her work knowing families can take comfort in knowing their loved one is safe and secure when living at home is no longer the best option in care.

Roney began her career as a licensed practical nurse after graduating from the Western Technology Center in Burns Flat. She later graduated from Oklahoma City Community College with a nursing degree. She started in home health and progressed into wound care. Her RN license brought her to a totally skilled facility. She worked at a hospital but wanted to get to know her patients better so she ventured into a skilled rehab facility where she could see patients improve with smiles on their faces when returning home.

Teamwork is a story of success at St. Ann's Skilled Nursing & Therapy. She accepted her new career challenge at St. Ann's in January of 2020. A lot of the staff were new last year when the COVID pandemic emerged throughout Oklahoma. Roney is grateful to work where nurses radiate a caring spirit about the residents.

How St. Ann's nursing staff responded to the pandemic touched Roney's heart with grace. Families have been very supportive throughout all of life's challenges. They are like family, too. Life is more of a celebration at St. Ann's.

"We have birthdays, and our staff will go buy them birthday presents of what patients like. They

enjoy seeing them happy," she said. "Our nurses are really compassionate, and you can't teach compassion. It's a natural personality trait. It's easy to train somebody their skills, but not to have compassion."

Roney recalls a patient who had COVID. She had spent a month hospitalized and it was touch-and-go regarding her survival. The woman returned to St. Ann's and is stronger than ever. Seeing someone's health overcome dark struggles is one of the reasons to be a nurse, Roney said,

"Something that has changed my life, my perspective while being at this facility is the support that we have gotten from our families in the community during the hard times," she continued.

The past year represents one thread of a career that flourished while helping others. As a child she would watch TV shows about medicine. The nurses portrayed seemed so awesome. She earned her CNA license when in high school. It was a natural fit for a teenager who enjoyed making other people feel better.

"I just like taking care of people. If I can make their day better, I feel like I've done my job," she explained.

She has a lot of praise for certified nurse aides. They are the hardest workers, Roney said.

Having been a CNA deepened her understanding of the dignity of life. Being a nurse means more than taking care of a patient, she said. Patients are people with individualized needs.

"Some people prefer to have their hair fixed, smell good and to wear nice clothes," she said. "That's their preference and it is a dignity. Most of the geriatrics, when they grew up, they dressed to impress all the time."

That has helped me as a nurse when looking at the smaller things."

Small things like wearing glasses, how residents rest in bed matter to them. And Roney said if she didn't start out as a CNA that she might have missed that.

About 50 percent of CNAs become nurses at St. Ann's, Roney said. But some of them don't.

"They love what they do. That's their calling."

St. Ann's offers a nursing



Cori Roney's leadership begins with compassion and a curiosity to learn.

scholarship through the Bridges program. Each employee also has an educational fund with options that Bridges will pay for.

good about this facility is we're home-grown and we like to grow people."

For more information visit:

"That's what I feel like is really www.stannsok.com.

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Quilt Show at Pawnee Bill Ranch and Museum

The Pawnee Bill Ranch and Museum is proud to host its annual quilt show during the entire month of October. The exhibit is open during normal hours of operation and there is no charge to see the special exhibit. The beautiful works of art on display include both heirloom quilts and modern quilts. The Cimarron Valley Quilt Guild and Pawnee Bill Quilt Guild members are instrumental in putting together this yearly event.

The Pawnee Bill Ranch and Museum is located at 1141 Pawnee Bill Road in Pawnee. Hours of operation are Tuesday through Saturday, 10 a.m. to 5 p.m., and Sunday and Monday 1 to 4 p.m. For more information about the quilt show or other programs, please call 918-762-2513 or email pawneebill@okhistory.org.

The Pawnee Bill Ranch and Museum is a division of the Oklahoma Historical Society. 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.



History and Haunts at the Overholser After-Hours Tour

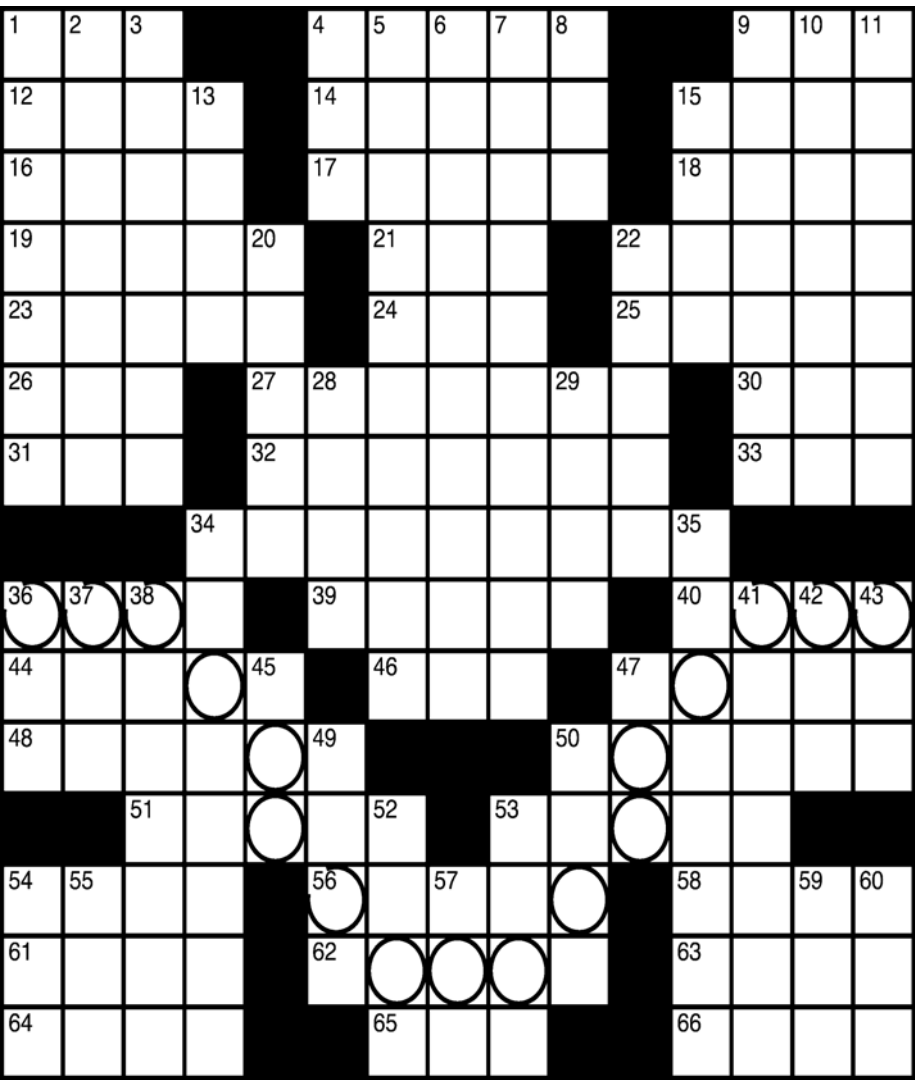
Visit the Henry and Anna Overholser Mansion this October for the History and Haunts after-hours tour! These evening tours of the historic home will take place October 2, October 9 and October 15. All tours will begin at 7 p.m. with a brief introduction in the carriage house followed by a tour of the mansion in its nighttime splendor. Guests will learn the history of the home and its former occupants, and discover why some say they are still roaming the halls! The tour will allow time for guests to explore the historic home on their own. Tickets are \$20 per person and are now available for purchase on the Preservation Oklahoma website, www.preservationok.org/shop. The History and Haunts tours will be limited to 25 guests per night, masks are required and tickets are nonrefundable.

Preservation Oklahoma, Incorporated, is the state's only private, nonprofit membership organization that is dedicated to promoting, supporting and coordinating historic preservation activities throughout the state. Preservation Oklahoma's mission is to promote preservation statewide. Founded in 1992, Preservation Oklahoma is a statewide partner with the National Trust for Historic Preservation and works on joint projects with the Oklahoma Historical Society, State Historic Preservation Office. More information can be found at www.preservationok.org. The Overholser Mansion is an affiliate of the Oklahoma Historical Society. 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.



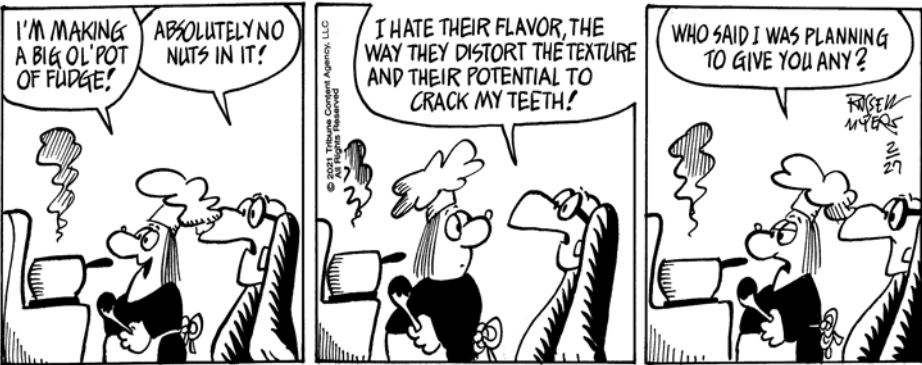
CROSSWORD CORNER

- Across**
1 MS-____
4 He's Santa in "Elf"
9 Fish-and-chips fish
12 Andean stew tubers
14 Geoffrey of fashion
15 "You have a point"
16 Hanukkah moolah
17 Cut with sharp teeth
18 Greasy spoon sign
19 Board game endings
21 Dudes
22 Sonora flora
23 Jungian inner self
24 Anti-apartheid org.
25 Actor Werner of "Fahrenheit 451"
26 Element #50
27 More squalid
30 Scrape (out)
31 Crackerjack
32 Restricted road area
33 High-____ image
34 Red variety of this puzzle's circles
36 Larry ____, former Phillies All-Star shortstop who was 2001 N.L. Manager of the Year
39 Meat-eating aids
40 River to the Baltic
44 "Invisible Cities" author Calvino
46 Copper orgs.?
47 Happy, but not cheerful
- or upbeat?
48 Spoonful, say
50 Was in the cards
51 Group with rackets
53 Long ____
54 Slightly cracked
56 Glass-half-empty sort
58 Computer giant
61 "Amen!"
62 Memorable mission
63 Director Kazan
64 "I'm up for it!"
65 Sashimi selection
66 Initial request for an answer?
- Down**
1 Church doctrines
2 Airline on "Lost"
3 With 9-Down, crispy go-with for this puzzle's circles
4 Washboard ____
5 Sailor's skill
6 White variety of this puzzle's circles
7 Doesn't mumble
8 Press in a gym, say
9 See 3-Down
10 Scene not meant to be seen
11 Wish list items, e.g.
13 Stern's opposite
15 They're often in hot water
- 20 Bossa nova ancestor
22 Chick of jazz
28 Family member
29 Tolkien's Quickbeam et al.
34 Adaptable ducks
35 "I get it now"
36 Two diamonds, possibly
37 loway relative
38 Store whose first three letters come from its founder's name
41 Ones "in distress"
42 Before, before
43 "Mayberry ____": '60s sitcom
45 Body blow reaction
47 Simpson outburst
49 12-point type
50 El Pollo ____: chain in the U.S. and Mexico
52 "The Clan of the Cave Bear" heroine
53 Hendrix at Woodstock
54 Leatherwork tool
55 Film noir coffee
57 "I'll pass"
59 Tyler who played Arwen in the "Lord of the Rings" films
60 Catcher behind the plate?



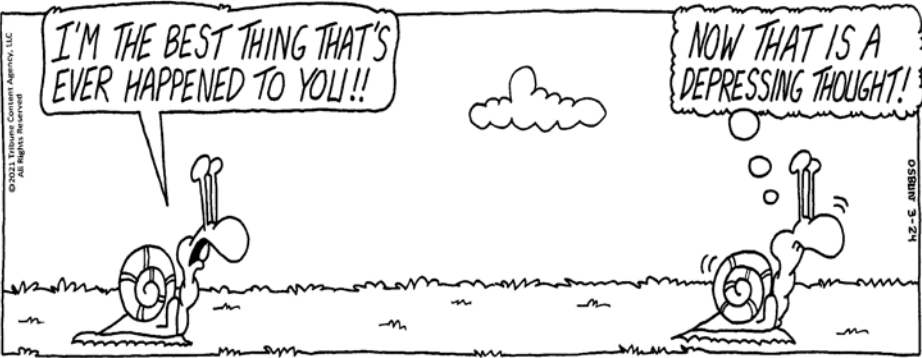
Broom Hilda

By Russell Myers



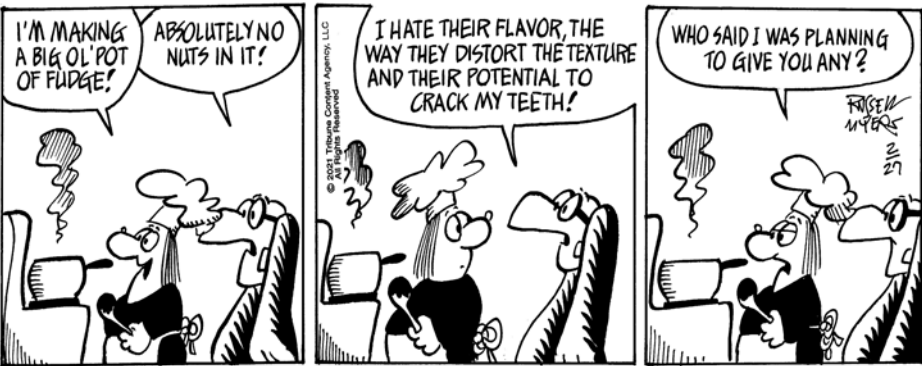
Animal Crackers

By Fred Wagner



Willy Muffitt

By Bill Brewer



Gasoline Alley

By Jim Scancarelli



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

(Answers Next Month)

September Anwsers | Jumbles: OUTDO GUMBO PILLOW DENTAL Answer: The twins got in trouble a lot. They were often — UP "TWO" NO GOOD

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

FLIGHT NURSE CONTINUES TO SOAR

story and photo by Vicki Jenkins, Staff Writer

Jenna Waddell is a flight nurse, flying out of Air Evac Lifeteam in Ada, Oklahoma. She has been a nurse for almost six years now and has been flying for a year and seven months. "I always wanted to work in the medical field, ever since I was a child. I truly believe it is a calling for me to serve others. Growing up, my dad, now a 100% disabled combat veteran Navy SEAL, would sometimes come home from deployment with an injury. I would help him in any way that I could. After a traumatic parachuting accident that almost amputated his right leg, I knew for sure that I was supposed to go into trauma and emergency medicine. I grew up taking care of others, so it is only natural for me to be a nurse. It's in my bones. No pun intended," Jenna said with a smile.

"Being a flight nurse is the best job in the whole world," Jenna said. "I don't just have one favorite thing about my job but the ones that stand out are: 1. The amount of autonomy that I have in the air. I do not have

to ask a physician for orders. It is me and my partner making critical life or death decisions. 2. We are held to a higher standard as clinicians with an enhanced scope of practice. The requirements, certifications and education needed are next level and we are expected to know our stuff. 3. I take care of patients in a helicopter."

Jenna got her first degree at Baylor University in Health and Human Science. "I initially was going to be a physical therapist. During my senior year at Baylor, I was completing my clinical nurse in an inpatient setting for physical therapy school admission. During that rotation, I was working alongside other nurses. I watched as they worked tirelessly to provide the best care for their patients. I knew right then that was going to become a nurse. I applied last minute into UCO's Nursing program after graduation from Baylor. I went through the fast track nursing program at Oklahoma City University Kramer School of Nursing. I did



Jenna Waddell, RN, BSN, CCRN, TCRN is a flight nurse for Air Evac Lifeteam in Ada, Oklahoma. They average fifty to seventy flights a month.

continued next page

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NURSE

Continued from Page 22

not realize that nursing had so many specialties and opportunities. After doing more research about the profession, I never looked back," Jenna said.

To qualify for a flight nurse, more training is needed. "You must have 3-5 years of critical care experience, have BLS, ACLS, PALS, PHTLS, PHNRP, an advanced certification such as TNCC and an advanced nursing certification to include either CFRN, CCRN, or CEN. After being accepted into the new role as a flight nurse, there is a six month orientation/training process," Jenna explained. "During those six months, you have to attend and pass three regional intensives which test you on your knowledge and skill set during any quizzes and stimulations. There are four flight nurses, four flight paramedics, and four pilots at each base," Jenna added.

Jenna's flight flies out of Ada, Oklahoma, working 24 hours on, 24 hours off each week. She works in the trauma bay at the hospital during her week off. "I truly experience the best of the nursing world-in air and on the ground."

"Our service area is 75 nautical miles from the base in Ada, Oklahoma. However, we have found ourselves in many states across the

Midwest and southeastern regions to include Kansas, Arkansas, Louisiana and Texas."

At the base, Air Evac Lifeteam 26 in Ada, there were seventy-four flights this past month, the most in the state of Oklahoma.

What are some of the qualities of a good flight nurse? "Compassion, hard-working, detail-oriented, empathetic, being a strong, patient advocate, an effective communicator, a leader but also a team player," Jenna said.

Asking Jenna if she had received any awards or recognitions, she replied, "I received honors for grades all through undergrad and nursing school including Cum Laude, the honor society for nurses, President's List, Dean's List, a Base Recognition Award, etc. I volunteered at Habitat for Humanity and the Humane Society."

When Jenna is not working she enjoys spending her time, running, cycling, Body Pump and CrossFit, etc. Jenna likes to travel and spend time outdoors, whether it be hiking, boating, camping, kayaking and scuba surfing. She enjoys walking Bentley, her Australian Shepherd mix. Jenna also likes to read and play the violin.

Summing up Jenna's life in three words, she replied, "Faith, adventure and ambition."

For more information visit: www.lifeteam.net.




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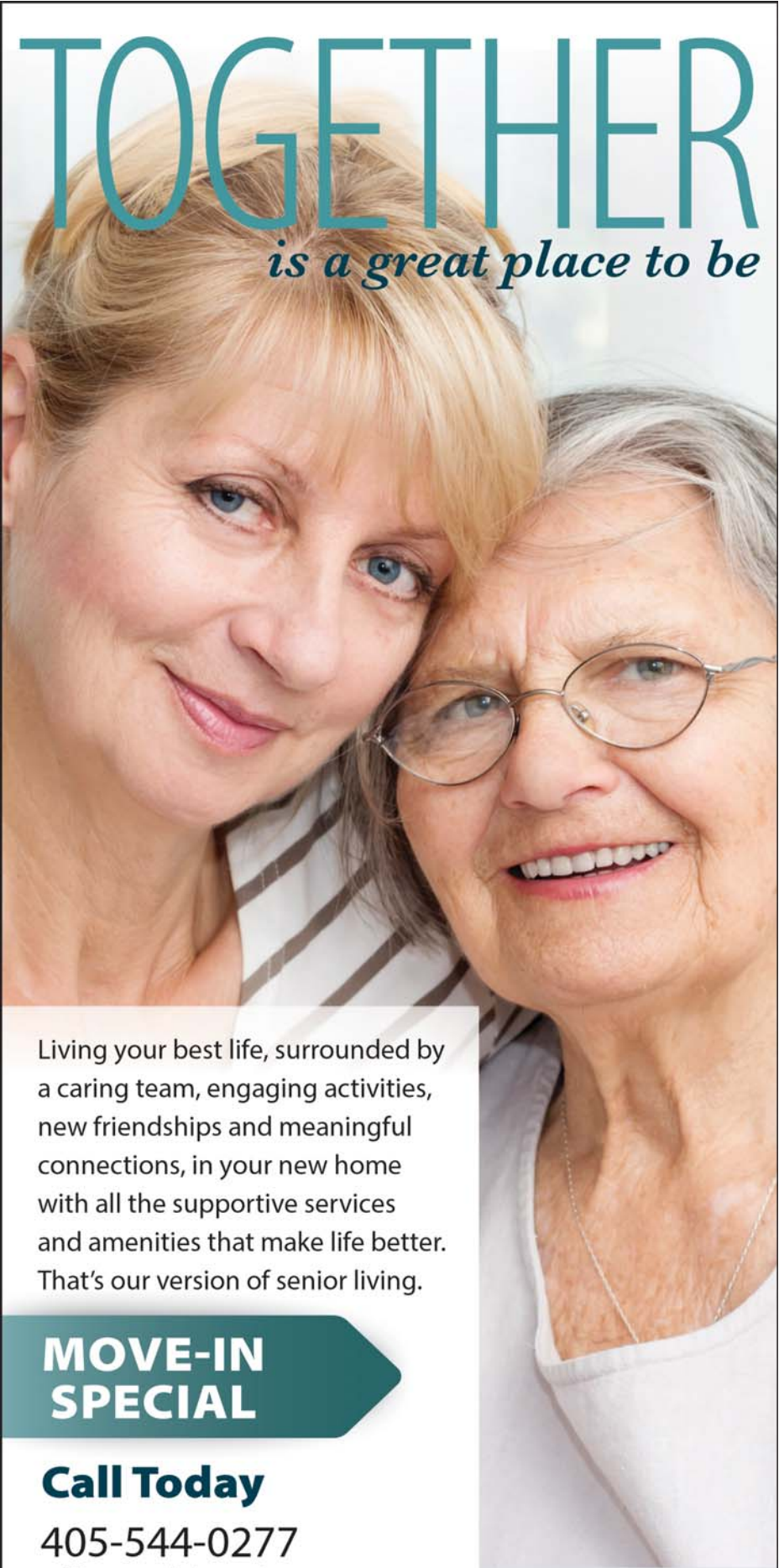
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Salmon, Idaho Artist Shows Work in 23rd Annual Traditional Cowboy Arts Exhibition and Art Sale held at the National Cowboy & Western Heritage Museum

Idaho artist, Cary Schwarz, will join some of the finest traditional cowboy artists for the 23rd Annual Traditional Cowboy Arts Exhibition and Sale at the National Cowboy & Western Heritage Museum, October 1-2, 2021.

Showcasing the best of saddlemaking, bit and spur making, silversmithing and rawhide braiding from the members of the Traditional Cowboy Arts Association, the exhibition will open to the public Friday, October 1, 2021, and the sale will take place on October 2. All pieces will remain on exhibit and available for purchase at the Museum through January 2, 2022. The sale will take place on October 2.

Each year the TCAA exhibition gives Schwarz the opportunity to reflect on his journey as a founding member. From the very earliest conversations about what would become the TCAA, to the elaborate education programs of today, it's been a tremendous journey. Before the founding of the association, Schwarz would stumble into his peers and mentors in the saddle business every few years. Now he interacts with them on a weekly basis, offering a depth of support and advice to one another. To view the catalog, visit TCAA (nationalcowboymuseum.org). To sponsor the event or place a proxy bid for art, visit nationalcowboymuseum.org/tcaa. Proxy service is also available by contacting Trent Riley at (405) 839-7097 or triley@nationalcowboymuseum.org.





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For a future without senior poverty.

Greg Schwem: A retirement speech from somebody too young to retire

Hi, Instagram! It's Andrew. I have some, how should I say, personal news. But before I get into that, please "like" my page" and also follow me on YouTube, Twitter, Snapchat and TikTok. Oh, and I'll have more details about this announcement on my podcast; so check that out too.

OK, here goes. As many of you know, I've been in the workforce for nearly six months. Well, if you don't count the nine mental health days I took, then, yes, six months. And even though my company instituted a four-day work week and allows paid time off for dog grooming visits, I needed those days. Seriously, when my supervisor told me I had to be part of FOUR Zoom calls in a single day, well, that was just too much. And that's what I'm live streaming this announcement.

As my 24th birthday dawns, a little voice inside my head has been getting louder. And it's saying, "Drew, there's more to life than work." Now it's time I start listening to that voice.

I mean, I've already accomplished all of my professional goals. I've made enough money to move out of my parents' house. Well, I almost did, then COVID hit. So, yes, I'm still here, but living in my childhood bedroom, surrounded by my high school trophies, has made me realize that life is short. I don't want to wake up when I'm 30 — hopefully in my own place — and realize how much I've missed.

So, I've made the decision to take some Andrew time. I'm not retiring. I'm just recalibrating. And everybody has been so supportive, maybe with the exception of my dad who said, "What the hell does that mean? I'm 58 and you don't see me re-whatever. I haven't even calibrated yet."

I can't believe my dad still works. He could have retired by 30 if he just had the same values and goals as my generation.

It's not like I won't be making money. I can always become an influencer, monetize my YouTube channel or develop an app. My college roommate Darren created this AWESOME app that suggests which cannabis-infused edibles go best with microbrews. So, like, if you're sipping a Belgian IPA, you just point your iPhone at the glass and the app tells you that a watermelon sativa gummy would go great with it.

It's amazing! Darren submitted it to Apple 15 months ago and he's still waiting to hear back; but when he does, he and I are going to be partying in Belize. First class, baby! Is there any other way to travel?

Plus, Dad doesn't know anything about cryptocurrency. When is he going to learn that the only thing you need for financial independence is a decent internet signal and a Reddit account?

So, next Friday will be my last day. I've already told my co-workers that I don't want a big party. Or a big virtual party since we're all still working from home. I submitted my notice and the messages on my company group chat have been SUPER positive. Wait, here's one now. I'll read it aloud:

"Remind me again. Who are you?"

Um, that probably came from somebody who was hired after me. But see, this is my point. Once I've extricated myself from the workforce, I won't have to respond to group chat messages. If I must work from home on my laptop at the local Starbucks, I want it to be work that fulfills ME, not somebody else. I've given my heart and soul to this organization ever since the day my dad's golf buddy hired me. Those days are over.

So, that's it. As of next week, I'll be off the grid for a while. I plan to travel. Maybe hike or camp or just do something that feeds my soul.

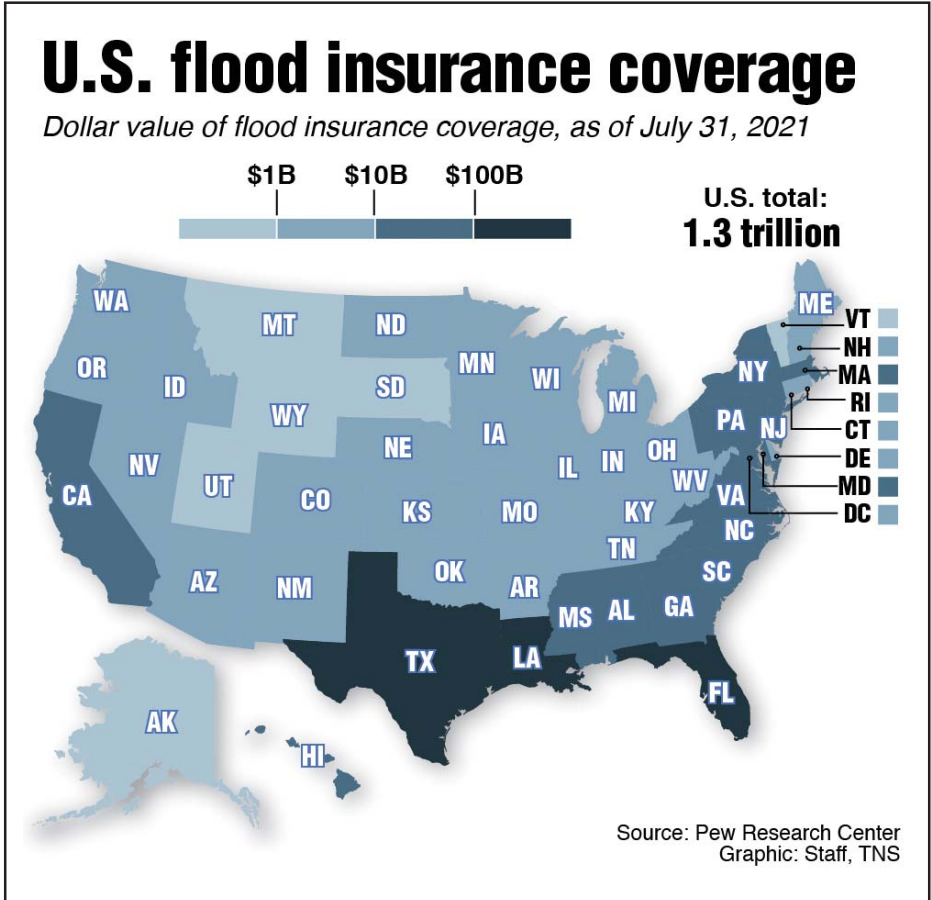


Greg Schwem is a corporate stand-up comedian and author.



As long as Dogecoin stays stable, I'll be fine.
Bye for now. Please like and subscribe.
(Greg Schwem is a corporate stand-up comedian and author of two books: "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad" and the recently released "The Road To Success Goes Through the Salad Bar: A Pile of BS From a Corporate Comedian," available at Amazon.com. Visit Greg on the web at www.gregschwem.com.

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



STRANGE BUT TRUE
SO THEY SAY...

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

SBT Slugs have 4 noses!

SBT Recycling one glass jar, saves enough energy to watch T.V for 3 hours!



CALENDAR OF EVENTS

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

OCTOBER

FREE EVENT! Make Ready Market

220 NW 13th St.

Starts Sept. 25. Fourth Saturday of every month, 11 a.m.-4 p.m.

Continues through Nov. 27

We will have tons of vintage, beautiful pottery, locally made clothing, jewelry, skin care, flowers, soap, plants, and original art! Plus food trucks and live music, it's a fun time. Bring a friend and see you there! Follow us at [makereadymarket](http://makereadymarket.com) for more info.

Free Stroke Awareness Community Education.

A STROKE Happens every 40 seconds in the United States. Stroke can happen to anyone and the number of strokes are increasing in ages 20-55. "BE A STROKE HERO," Free Training available. Simple, practical, teachable techniques for your community groups. Learn the New Treatments for Stroke. Learn how to recognize the early warning signs of stroke in less than one minute/ Learn what to do and what not to do in a stroke emergency. Learn simple, effective ways to lower your stroke risk. Please contact Charlotte Colbert, RN, MS, CPHQ, 405.650.0656, Integris Health Stroke Community Educator and schedule a brief 20 minutes stroke awareness education session with your community group.

Join Our Ole' Timers Club! Fall into volunteering! Help us prep for winter by insulating & preparing things at the barn, checking blankets and getting animals ready. These are things seniors can do! Join us on Wednesdays 10am-1pm for our Seniors' Program. You don't have to be a senior to join in! Refreshments provided or you're welcome to bring something to share. Come groom on donkeys, miniatures or even some horses. No experience needed; we will teach you. For those who just want to socialize, you can also help with basic chores or organizing supplies. There's something for everyone! \$15 Long-sleeved t-shirts are available for purchase, and you can also donate to help a senior get theirs if you like. Email plainswindrdr@gmail.com for details. Follow us at

www.facebook.com/HFOleTimersClub. www.horsefeathersequinecenter.org. 405-260-7281. 6320 N. Highway 74C. Guthrie, OK 73044. Donations are needed to provide the Standard of Care that we do. COVID-19 has affected prices of hay, grain, supplements and more. Please donate to help the horses and also support our Seniors' Program.

OCTOBER

Chakaia Booker: Shaved Portions

Oklahoma Contemporary Arts Center

11 NW 11th St. 405-951-0000

oklahomacontemporary.org

When: Through Aug. 31, 2022

Email: info@okcontemp.org

Price: Free

oklahomacontemporary.org/exhibitions/upcoming/chakaia-booker-shaved-portions

Commissioned specifically for Campbell Art Park, Shaved Portions is among the most recent additions to Booker's body of work marked by her distinct ability to radically transform her signature material - salvaged rubber tires - into an incredible array of biomorphic sculptures.

OCTOBER 9

Worms Make Me Happy: How to Build a Worm Bin

CommonWealth Urban Farms

3310 N. Olie Ave. Oklahoma City

Sat., Oct. 9, 11 a.m.-12 p.m.

Info@commonwealthurbanfarms.com
commonwealthurbanfarms.com/garden-school

Allen loves his worms, and is passionate about the care and feeding of worms and their immense value to gardeners. Participants will get an inside look into Allen's worm bins, and learn the do's and don'ts of building one at home. Instructor: Allen Parleir, coordinator of Closer To Earth and co-founder of CommonWealth. \$10 per workshop, \$15 per couple/pair. Or volunteer on a Saturday morning, and get in free!

OCTOBER 10

Free Film Screening: We Are Little Zombies

OCU Norick Art Center

1608 NW 26th Street

When: Sun., Oct. 10, 2-5 p.m.

Phone: 405-208-5707

Email: filmlit@okcu.edu

This event is free and open to the public!

www.okcu.edu/film-literature/home
Join us for a free screening of

Makoto Nagahisa's 2006 feature film *We Are Little Zombies*. In Japanese with English Subtitles. Four young teens come together after losing their parents and discover they share the same confusion: why are they unable to feel the emotions they should be experiencing at such loss? Orphaned and without hope for the future, the new friends decide that they will move forward into their new "zombie" phase of existence by starting a band.

OCTOBER 16

Chisholm Trail Festival

Mollie Spencer Farm

1001 Garth Brooks Blvd. Yukon

When: Sat., Oct. 16, 9 a.m.-6 p.m.

Phone: 405-354-1895

Price: FREE Admission

The family-oriented event celebrates the western history of the famous Chisholm Trail. The festival is filled with living history re-enactors of the Old West, a variety of foods, live entertainment, contests, Civil War demonstrations, gunfights, vendors, craft booths, the Kids Korral, pony rides, and a petting zoo.

SECOND HALF EXPO

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OCTOBER 29

Stargazing in the Park Scissortail Park

300 SW Seventh St. OKC

When: Fri., Oct. 29, 8-10 p.m.

This event is FREE and open to the public. The Oklahoma City Astronomy Club will have telescopes set up on the Love's Travel Stops Stage and Great Lawn for the public to view the night sky (or you can bring your own telescope).

OCTOBER 30

Oklahoma Railway Museum Halloween Train Ride

3400 NE Grand Blvd. OKC

When: Sat., Oct. 30, 9 a.m.-5 p.m.

and Sun., Oct. 31, 9 a.m.-5 p.m.

Phone: 4054248222

info@oklahomarailwaymuseum.org

Price: \$5.00-\$12.00

NOVEMBER 6

Pumpkin Harvest Craft Festival Dale Robertson Center

1200 Lakeshore drive, Yukon

Beyond OKC

When: Sat., Nov. 6, 9 a.m.-3 p.m.

Phone: 405-350-8937

Price: Free Admission

www.yukonok.gov

The festival features over 45 crafters, the Pumpkin Patch Café, Friends of the Park Bake Sale and the Friends of the Library Book Sale next door. The craft fair will feature an array of handmade items. A sampling of items include: home decor, repurposed wood art, Christmas ornaments, handmade soaps, jewelry, wood furniture, candles and more. The Pumpkin Patch Café is back with food for sale, as well as the Friends of the Park Bake Sale, which features famous Pumpkin Muffins! The Friends of the Library Book Sale is held in conjunction with the festival, with deeply discounted books.

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 and 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 for more information and to be included!

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Call Linda at 405-833-9564

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

2 Cemetery Lots at Sunnylane Cemetery

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Space C & D.
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Text: 405-850-1163

CEMETERY PROPERTY FOR SALE

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price \$4,970.00 each.
Asking price \$2,700.00
each or all four
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\$500.00 transfer fee.
405-640-4501

Resurrection Cemetery, OKC, plot for sale \$750.00.

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Whom have I in heaven but thee?



“Whom have I in heaven but thee? and there is none upon earth that I desire beside thee.

My flesh and my heart faileth: but God is the strength of my heart, and my portion forever.”

Psalm 73, believed to be written by Aseph, one of David’s worship leaders in the tabernacle choir, is a psalm of struggle. Aseph laments about the wicked prospering, how they are strong physically and financially, how they seem to escape calamity even though they treat God with disdain. And the more they prosper, it seems the more sinful they become.

Aseph became so distraught he was tempted to deny God himself. But then God revealed that the

destruction of the wicked will come, and the love and goodness of God will prevail. This realization causes the psalmist to cry out, “Whom have I in heaven but thee? and there is none upon earth that I desire beside thee. My flesh and my heart faileth: but God is the strength of my heart, and my portion [all sufficient One, the source of blessing] forever.”

In the midst of the struggle and despair, Aseph’s heart reached toward heaven and as his spirit settled, he realized that to deny God would be denying the very one that gave him the ability to live this life in victory. As a result, he knew there was no person, no possession, no thing more precious than his relationship with God. In that relationship lay strength.

In the craziness of today’s world, it is so easy to fall into the same temptation as Aseph and struggle to recognize God in the midst of the chaos. But that is when we draw near to the Father that is when we let our heart reach toward Heaven and settle and know that the goodness of God is sure to prevail so our spirit too can rejoice and know that God truly is our strength.

Prayer: God, I come to you today with a humble heart that is

burdened for our world. There seems to be such chaos where wicked prospers and your children are left by the wayside. But Heavenly Father, I come before you declaring and proclaiming that you are God and your word is truth. I trust your word that says if we are wise and if we do not fear, you will strengthen and help us. God, I choose to trust you today. I choose to believe you today and stand with the psalmist and declare that you, oh God are the strength of my heart and my portion for evermore. I trust you to protect and lead me in victory in the name of your precious Son, Jesus Christ. Amen.

Florence Fly grew up in a family filled with song and a love for God. Her father was in ministry in the early years of her life, and she learned first-hand from her parents the importance of trusting God and having a personal relationship with Jesus Christ. Born in Shreveport, Louisiana, Florence has lived in Louisiana, Tennessee, Texas, and Oklahoma. A graduate of Pryor High School in Pryor, Oklahoma, she completed her college at Dallas Baptist University with a BA in Music Education. She has used her writing throughout her professional career, but as she moves toward retirement, has now ventured into the Christian arena where she writes primarily for seniors. Florence believes it is important for senior citizens to remember their value, not only to family and society, but to God and it is her desire through her writing to provide encouragement, inspiration, and hope. As a single woman and long-time resident of Bethany Oklahoma, Florence enjoys music, traveling, crafts, and spending time with friends.

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STRANGE BUT TRUE

SO THEY SAY...

SBT Lightning strikes about 6,000 times per minute on this planet!

SBT The average American/ Canadian drinks about 600 sodas a year!

SBT It was once against the law to slam your car door in a city in Switzerland!

SBT There wasn’t a single pony in the Pony Express, just horses!

SBT Honeybees have a type of hair on their eyes!

SBT The starfish is one of the few animals who can turn it’s stomach inside-out!

SBT Eskimo ice cream is neither icy, or creamy!

SBT A jellyfish is 95 percent water!

SBT In Bangladesh, kids as young as 15 can be jailed for cheating on their finals!

SBT The katydid bug hears through holes in its hind legs!

SBT A company in Taiwan makes dinnerware out of wheat, so you can eat your plate!

SBT More Monopoly money is printed in a year, than real money printed throughout the world!

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