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PAGE 14



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PAGE 26

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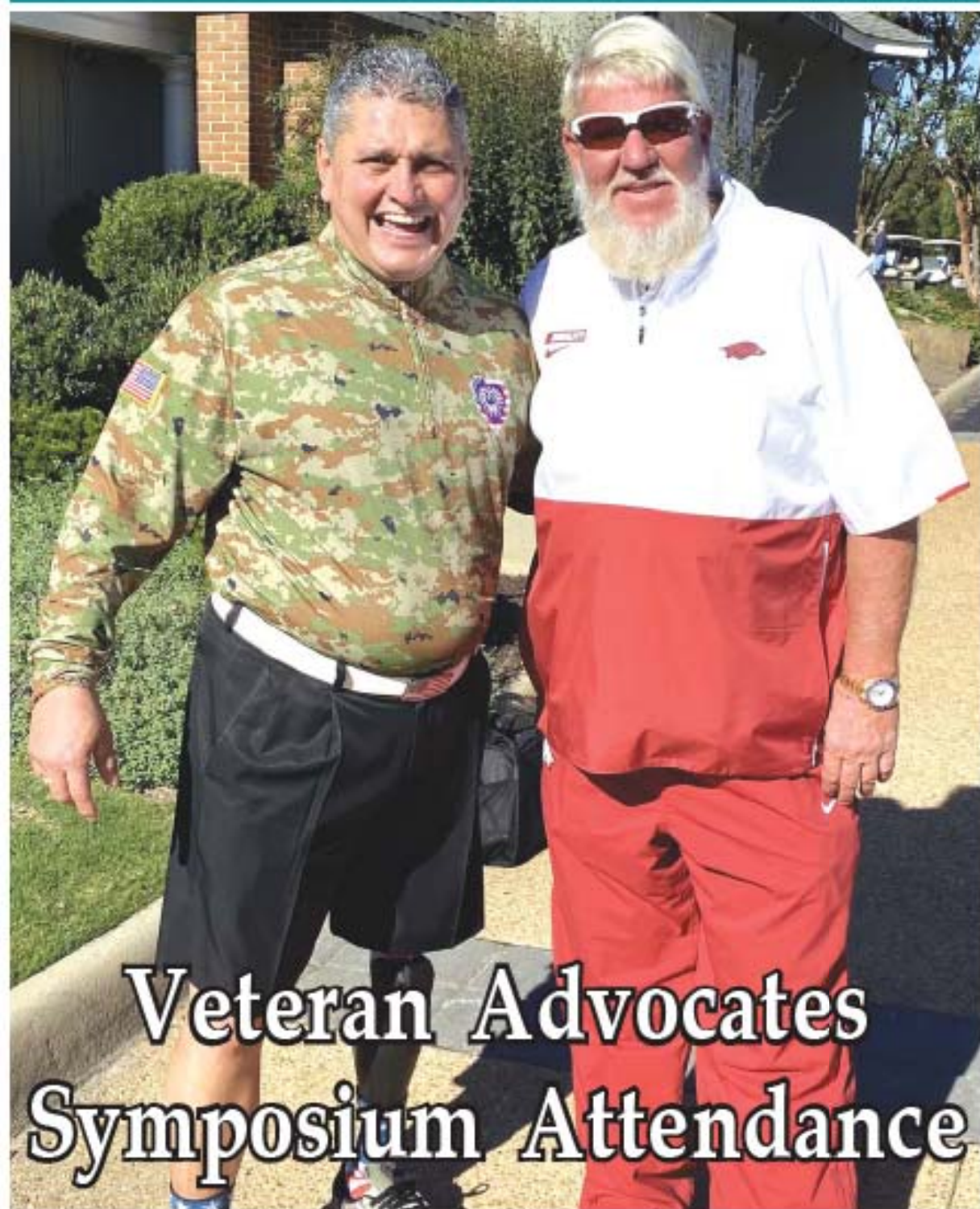
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Information for Oklahoma Seniors

November 2021

Vol. 24 Issue 11

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



Veteran Advocates Symposium Attendance

Major Edward Pulido, U.S. Army (Ret.) (left) poses with John Daly, the former PGA Tour star, with whom he created a nonprofit to address veterans' needs.

Story and photo by Darl Devault, Contributing Editor

You know when an Oklahoman has massively advocated for the greater good when they become nationally known for earning the camaraderie and trust between active duty and former United

States military service members.

The hallmark for Edmond, Okla. resident Major Edward Pulido's, U.S. Army (Ret.)

See PULIDO Page 2



The Dozenth Santa Market Craft Show Arrives



Organizers Joan Clarke, Molly and Megan Nye posed for their free photos with Santa Claus last year at the Santa Market Craft Show.

Story by Darl Devault, Contributing Editor

The Santa Market Craft Show November 19-20 at State Fair Park has evolved the last dozen years into Oklahoma City's premiere free two-day showcase for Christmas themed creations, benefiting the Alzheimer's Association of Oklahoma.

As one of Oklahoma's largest free nonprofit arts and craft shows, the 12th annual festive shopping experience will fill the Pavilion and Centennial Buildings with more than 180 carefully chosen creative vendors. It features free admission, free parking, a silent auction and more from 9 to 4 Friday and Saturday.

Visitors are encouraged to bring their children to

See SHOW Page 5

PULIDO

Continued from Page 1

advocacy for his fellow veterans is known throughout the veteran services movement simply as Major Ed.

When the National Veterans Foundation lists its first podcast it simply states: Major Ed was our first guest to be interviewed on the American Heroes Network Radio 1/15/2013 on our first program.

Major Ed's challenging work and determination to serve other veterans since his devastating injuries cut short his career while serving with the Coalition Military Assistance Training Teams under the command of General David Petraeus has promoted him into something rarer than rank, a brand in the veterans services movement.

Not consciously trying to build his brand bigger, he is simply displaying integrity by sharing his thoughts, feelings, words and actions to bring attention to the plight of America's defenders after they have served.

Approached for an interview with the attention afforded the upcoming Veterans Day November 11 he changed the emphasis of this story from himself in a selfless

gesture. He is advocating Oklahoman veterans attend the November 15-16 Oklahoma Department of Veterans Affairs 2021 Governor's Symposium for Veterans Services in Norman.

The event featuring Gov. Kevin Stitt and his wife Sarah speaking in separate plenary sessions the first day runs 8 a.m. to 4 p.m. both days at the Norman Armed Forces Reserve Center, 4000 Thunderbird St.

Topics are Suicide Prevention, Lethal Means Safety, Women Veterans, Native Veterans, Crisis Care and Management, Best Practices, Employment, Education, and more.

There will be special sessions on Veteran Agriculture as a means for Employment and Mental Health, and the release of OKVALOR (Oklahoma's Veterans Assistance Locator).

Question, Persuade, Refer and Talk Saves Lives training will be available to those interested in suicide prevention training. Info at Governor's Symposium (oklahoma.gov)

"Major Ed has stated in his work with the John Daly - Major Ed Heart of a Lion Foundation 'At the end of the day it's all about empowering and supporting those that fight for our freedom,'" said Lisa

Mussett, U.S. Air Force veteran and Women Veterans Program Director with the Oklahoma Department of Veterans Affairs who has worked alongside Pulido for many years. "Major Ed's statement about empowering and supporting our veterans is a key mission of the upcoming symposium. We strive to highlight many partners across the state, those providing services to veterans and their families."

Mussett will offer a breakout session at the symposium, to discuss a special project for Women Veterans called the HerStory Project. "The project includes photographing women veterans to accompany the State Veteran Registry," Mussett said. She extends a personal invitation to the 30,669 women veterans in Oklahoma to attend the Symposium, to learn more about the HerStory Project and the annual Women Veterans Recognition Day Program. Women vets can email her directly at okwomenvets@odva.ok.gov

Deployed to Iraq during Operation Iraqi Freedom, Pulido was fighting in a war where wounds had increased in severity as a result of a change in enemy tactics. The insurgency war had intensified with increased sophistication and use of improvised explosive devices (IED).

On August 17th, 2004, after 19 years with the U.S. Army and U.S. Army Reserve, the 36-year-old Hispanic officer's life was changed forever. He was severely wounded by one of those IEDs or roadside bomb in Baqubah, Iraq, 35 miles northeast of Baghdad, earning the Purple Heart medal.

"I will never forget on that day I did not just lose my leg. On that day, I sacrificed my leg for my country and for everyone in this nation to be free," Pulido said.

After that fateful day he faced multiple challenges, which, included miscommunication on his whereabouts, 17 operations, numerous hospital stays and rehabilitative sessions. Along with the loss of his left leg to amputation he was diagnosed with post-traumatic stress and traumatic brain injury. He also faced what he says was one of the toughest battles of all—whether to stay in his beloved military or become a medically discharged veteran.

He says his decision to leave the military was based in part on a compelling desire to reach out to other wounded veterans and their families who were seeking help for their injuries and post-war obstacles.

He went on to devote his life to veterans' services issues as the founder and CEO of the John Daly - Major Ed Heart of a Lion Foundation. He works with 2-time PGA Major Championship winner John Daly to provide mental, physical, and wellness support to our nation's children, first responders, and America's veterans. "Together, we will never leave our nation's children, our first responders and Americas Veterans and their families behind on the field of battle, so help us God," Pulido said.

He now sees his mission as advocating for and serving other wounded veterans with their ongoing needs while raising awareness about their sacrifices made to keep our nation whole.

"I was given a second chance to do something bigger than myself," Pulido said recently. "Before August 17, 2004, I wasn't educated about how important it was to have a purpose or a passion. But God tested me that day, gave me hope and another chance to do something really worthwhile."

Our veterans know what we can accomplish on the world stage, but they also want opportunities—to work, be productive and not be patronized or relegated to the notion they have returned home as damaged goods. Through my personal story, I want to help them reach their goals so when they encounter their own set of challenges, they can also experience their own triumph and positive change."

He is the former Sr. VP, co-founding member of the Ambassador for Folds of Honor Foundation and co-founder of Warriors for Freedom Foundation.

He worked with Marie Bartlett to self-publish his story "Warrior for Freedom: Challenge, Triumph and Change." The book details the extreme lows and highs of helping the American people understand the visible and not so visible costs of war. The book is his attempt to help the public and the corporate community understand how they can help our nation's heroes and their families.

Warrior for Freedom is now available on Amazon and on his web site www.majored.org.

A portion of the proceeds from each book sale goes to veteran charities he supports and represents: John Daly-Major Ed Heart of a Lion Foundation www.jdme.org and Warriors for Freedom: www.warriorsforfreedom.org.



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OPINION



Tips and Tools for Family Caregivers

Dear Savvy Senior,

Can you recommend any resources that offer help to family caregivers? I've been taking care of my 86-year-old mother and could use some help. Burned-Out Brenda

Dear Brenda,

Caring for an aging parent or other loved one over a period of time can be very challenging both physically and mentally. Fortunately, there are a number of tips and services you can turn to that can help lighten the load. Here are several to consider.

Assemble a care team: A good first step is to put together a network of people including family, friends and even neighbors that you can call on to help out when you can't be there or need a break.

Tap local services: Many communities offer a range of free or subsidized services that help seniors and caregivers by providing things like home delivered meals, transportation, senior companion services and more. Call 211 to find out what's available in your community, or call AARP's caregiving resource center (877-333-5885), which provides referrals to local resources.

Use respite: Respite services can provide short-term care to your mom so you can take some time off. To locate services in your area, try the ARCH National Respite Network and Resource Center at ARCHrespite.org.

Hire in-home help: You may want to consider hiring a part-time home-care aide that can help with things like preparing meals, housekeeping or personal care. Costs can run anywhere from \$12 to \$30 an hour depending on where you live and the qualification of the aide. To find help through an agency, use Medicare's search tool Medicare.gov/care-compare. Or to find someone on your own, which is a more affordable way to go, try websites like Care.com or CareLinx.com.

Use financial tools: If you're handling your mom's finances, you can make things easier by arranging direct deposit for her income sources and set up automatic payments for her utilities and other routine bills. Also, consider setting up your mom's online banking service at her bank so you can pay her other bills and monitor her account anytime. If you want or need help, there are professional daily money managers (see AADMM.com to locate someone) that can do it for you. They charge between \$60 and \$150 per hour.

Also, if your mom is lower-income use BenefitsCheckup.org, a free, confidential website that will help you locate financial assistance programs that can help pay for her medications, utilities, health care, and other needs.

Get insurance help: If you have questions about what Medicare or Medicaid covers, or about long-term care, your State Health Insurance Assistance Program (SHIP) provides free counseling on all these issues. Call 877-839-2675 or visit ShiptaCenter.org to locate a nearby counselor.

You can also get help at Medicare.gov or by calling 800-633-4227, and through the Medicare Rights Center, which staffs a helpline at 800-333-4114.

Tap other resources: There are a number of other organizations you can draw on for additional information like the Family Care Alliance (Caregiver.org/family-care-navigator), which provides a state-by-state listing of caregiving programs and services; Caring.com, which offers caregiving advice, senior housing information and online support groups; the Alzheimer's Association (ALZ.org/care), which provides information unique to the challenges of dementia caregivers; and the U.S. Department

of Veterans Affairs (www.caregiver.va.gov), which offers caregiver support services to veterans and even spouses of veterans.

And, if you happen to be sharing care responsibilities with others, sites like LotsaHelpingHands.com and CaringBridge.org can help you coordinate together.

Take care of yourself: Make your own health a priority. Being a caregiver is a big job that can cause emotional and physical stress and lead to illness and depression. The only way you can provide the care your mother needs is to make sure you stay healthy.

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	642,362
New Cases	865
New Cases 7 day Average	800
Active Cases	6,337
CDC/NCHS Provisional Deaths	11,251
Acute Care OSDH Licensed Facilities/Location**	Recent 3 day Ave. Hospitalizations Cases (ICU)
Region 1 (NW)	27 (11)
Region 2 (NE)	35 (10)
Region 3 (SW)	51 (17)
Region 4 (EC)	27 (13)
Region 5 (SE)	17 (5)
Region 6 (Central)	42 (13)
Region 7 (Tulsa)	142 (48)
Region 8 (OKC)	142 (53)
Total	483* (170)
Other Types of Facilities	
Focus Facilities	12 (5)
Rehabilitation Facilities	2 (0)
Tribal Facilities	15 (4)
Other Facilities Total	29 (9)

*Includes 19 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 2021-10-27 at 7:00 a.m.

SHOW

Continued from Page 1

get their free photos taken with Santa Claus at Oklahoma City's most prestigious Christmas market each year.

Shoppers are treated to a variety of home decor, homemade arts and crafts, boutique and holiday items, jewelry, children's clothes, and food goodies. Free shopping bags sponsored by local businesses will be given to the first 1,000 visitors.

Joan Clarke, along with Molly and Megan Nye began the event in 2010 after Joan's husband died of Alzheimer's in 2007. It has been a labor of love attracting many volunteers to help showcase the wares of the many high-quality vendors, who see it as an opportunity to support a local charity addressing one of America's most difficult diseases.

"Molly and I had been selling items at craft shows for years and we decided to start our own event. We booked a small room in a hotel and started out with 17 vendors," Clark said. "By the time our third year began, we realized how much work putting on a quality show involves, so we decided to make it a fundraiser. Molly immediately suggested Alzheimer's since I lost my husband to the terrible disease."

"Our excellent vendors are what make this show what it is each year. We are one big family, everyone

helps promote the show, advertise, and find new merchants. They donate to our cause, both monetarily and with their products, even though it's totally voluntary," Clark said. "They help with set up, clean up and everything in between. We have 3 vendors that have been with us all 12 years. Countless more that have been with us 5, 8, even 10 years. One vendor named it 'The Greatest Show on Earth' and it truly is."

Even while spreading out over two buildings now, the organizers limit the number of crafters assigned space. Clarke says it is not about turning away new vendors, it is about only allowing a limited number of each type of vendor. They wish they could take everyone, but having a variety makes for a much better shopping experience and the merchants have a much better chance of success.

The event is now at the point where longtime merchants who display clamor to be back each year. This means the shoppers have high quality choices because the theme of the show is providing the highest quality Christmas theme material for their customers.

Clarke says some of the merchants see the event as an opportunity to make sure one of their favorite charities receive as much as possible from their craft world and from them personally.

Vendors write personal checks to the Alzheimer's Association when

the Santa Market rolls around, Clarke said. They also donate some of their hand-painted ornaments, clothing, pet items, artwork, wood working, signs, candles and more to the Alzheimer's auction and Alzheimer's booth at the event.

The 12th year means the Santa Market folks also supported the annual Alzheimer's Association Walk to End Alzheimer's which occurred October 23 in downtown OKC. The Santa Market fielded a team for the walk, captained by Janie Biggs, with 11 members this year who raised \$8,512 by the day of the walk.

Taking place many different dates and locations, it is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. The Walk in OKC was one of the top 30 in the nation in 2020.

"We are so grateful to the Clarke and Nye families who have used their creativity and passion to end Alzheimer's to create such an amazing craft event," said Jessica

N. Hogner, OKC Alzheimer's Walk Manager. "The Santa Market is not only responsible for raising more than \$177,000 these last 11 years, but also helping spread awareness about Alzheimer's Disease and the free services the Alzheimer's Association provides."

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AHCA/NCAL Applauds CDC, FDA for Approving Booster Shots for Long Term Care Residents, Workers

The American Health Care Association and National Center for Assisted Living (AHCA/NCAL) released the following statement in response to the recommendations by the Centers for Disease Control and Prevention (CDC) as well as the Food and Drug Administration (FDA) to approve booster shots of the Moderna and Janssen (Johnson and Johnson) COVID-19 vaccines for certain individuals, including residents and health care workers in long term care.

The following statement is attributable to Dr. David Gifford, chief medical officer of AHCA/NCAL:

"Once again, we appreciate the FDA and CDC for thoroughly examining the data and following the science to help protect Americans, including our nation's most vulnerable, from COVID-19. All long term care residents and staff members will now be eligible to receive a booster shot thanks to these expanded recommendations. Additionally, the ability to mix-and-match vaccines for the booster dose will make it easier for long term care facilities to swiftly access these vaccines for their residents and staff."

"The rollout of the Pfizer booster shot has gone incredibly well in long term care, and we are confident that adding Moderna and Johnson and Johnson into the mix will catapult our efforts. We appreciate the partnership of federal and state governments as well as long term care pharmacies and other vaccine providers to make these vaccination efforts in nursing homes and assisted living communities efficient and successful."

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Beatles vs. Stones Tribute Show to Settle Old Score

Nationally touring show returns to the Tower Theatre on Saturday, November 13

For decades, the battle has raged: Beatles or Stones? Through their heyday, fans accused London's Rolling Stones of stealing ideas -- even entire albums -- from their Liverpool counterparts. At the same time, the Beatles secretly envied the Stones' "bad boy" image and attitude, often copying their style. Both bands are unmistakably great, scoring an array of hits that changed musical history, but only one can be the best. The most infamous rivalry in rock and roll never played out in a public arena until now as Beatles vs. Stones - A Musical Showdown performs on Saturday, November 13 at the Tower Theatre at 8:00 pm.

Will the Stones be yelling for "Help" to fight the songwriting prowess of Lennon/McCartney?

Or will the Beatles cry "Gimme Shelter" from the relentless sonic barrage of Jagger/Richards classics? The epic duel between two rock giants as both groups demand the ultimate satisfaction from an estimated 400 attendees on November 13 at Tower Theatre.

While fierce competition fueled the creative output of both bands during the 1960's, tension between the tribute performers is equally palpable.

"The Beatles cornered the rock market on cute suits and fluffy hairdos, but then they stood still on stage and modeled them," that according to Chris Legrand, who plays a dead ringer for Mick Jagger in both swagger and ability.

"The Stones rocked the stage, and worked as hard as the



bluesmen they modeled their stage show after, generating the smoldering sexuality that came to be a hallmark of great rock-n-roll acts. The Beatles? Well, they were

cute! The Stones were the original punks, outsiders at best. Beatles took tea with the bloody Queen--

See BATTLE Page 7

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BATTLE

Continued from Page 6

how rock-n-roll is that?!"

As for the Beatle response? "We got our Sgt. Pepper jackets

Guitars will weep and dice will tumble, and in the end, when the whip comes down, only one band shall emerge victorious. Whoever wins, the audience is sure to be dazzled by an "electrifying show"



made a little long so the Stones would have no problem riding our coattails!" Mocks drummer Axel Clarke as Ringo. "That Mick Jagger sure can move! It's a shame he has to work twice as hard to be half as good!"

Would you let your daughter marry a Rolling Stone, or your son come home with a Beatle haircut? This ultimate battle of the bands pits the mop tops against the bad boys. London against Liverpool.

(O.C. Register), with fantastic music, iconic wardrobe and spot on performances down to the onstage banter, missed notes and flubs heard on the original records.

Members of both Abbey Road and Jumping Jack Flash have taken great care to recreate the experience of seeing these incredible bands live so as to please casual fans and purists alike. That 'All You Need is Love' spirit appears to be lost on Messrs.

Legrand and Clarke, who continue trading barbs. "The Beatles wrote Let It Be, but the Stones countered with Let It Bleed!" snarls Chris.

"Listen, mate," counters Axel. "The song John and Paul gave to the Stones ('I Wanna Be Your Man' in 1963) was one they let Ringo sing...that says it all!" Ouch.

Beatles or Stones? You decide!

Calendar: Beatles vs. Stones - A Musical Showdown returns to the Tower Theatre on Saturday, November 13 at 8:00 pm. Tickets are \$30 - \$65, plus ticket fees,

and may be purchased online at www.towertheatreokc.com. Proof of vaccination or current (within 72 hours of entry) negative COVID-19 test is required of patrons. For more information on refund policies, lost or misplaced vaccination cards and more, please visit Tower's COVID-19 Update page at towertheatreokc.com. The Tower Theatre is located at 425 NW 23rd Street, Oklahoma City, OK 73103. The show is appropriate for all ages. There is plenty of free parking available.



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OKC Grandmother Becomes Accidental Movie Star

Story and photos by Darl DeVault, Contributing Editor

After 30 years of working at the national headquarters of an Oklahoma City-based insurance company, Jeanise Jones could see a pleasant retirement peeking over the horizon. With a pension ahead and a growing 401(k) retirement account, Jones's future seemed secure—until suddenly it was not.

Her position at the insurance company abruptly ended in 2018, six years before her planned retirement. She eventually transitioned to a receptionist position at a metro counseling center until COVID-19 squelched her new start early in 2020. By summer of last year, Jones was out of work and wondering what else could go wrong.

Then lightning struck—and only in the best sense of the word. By late fall 2020, she was being praised for her role in Sacha Baron Cohen's feature-length film *Borat*

Subsequent Moviefilm. She was also giving phone interviews to overseas reporters and soon had a six-figure sum in a personal GoFundMe account.

The improbably series of events began with a phone call from Ebenezer Missionary Baptist Church, where Jones regularly attended and volunteered as an usher. Knowing Jones was out of a job, the caller asked if she was available for a day or two of work on a documentary.

"The film producers said they were looking for a grandmother-type for a foreign documentary," said Jones, who fit the bill with six grandchildren of her own. "I wasn't sure I wanted to do it. They said I probably wouldn't even see it in the United States."

It did not sound like much money, but at the time Jones needed anything she could get. She drove to Guthrie, where she thought she would continue interviewing for a part in the documentary. But her unassuming, forthright manner quickly won over the movie producers, and she was taken to a local residence to meet the zany Borat from Kazakhstan (played by English actor and producer Sacha Baron Cohen) and his alleged 14-year-old daughter Tutar (played by 24-year-old Bulgarian



Grandmother of six, Jeanise Jones became an unlikely movie celebrity after *Borat Subsequent Moviefilm* was released late last year.

actress Maria Bakalova).

Unknown to Jones at the time, the supposed documentary was actually a "mockumentary," the second of Cohen's hilarious, risqué productions since 2006. Just like a number of those who would appear in the production, Jones was unaware she was being

Continued next page



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MOVIE

Continued from Page 8

duped. Cohen's Borat movies are a takeoff on the old Candid Camera gag, but with a strange twist of Kazakh humor.

She was told that Borat had

Borat did not receive any nominations for his over-the-top performance.

Jones was asked to appear in a couple of more scenes in the production, one of which took her to Washington, D. C. She was paid \$3,600 for all her work,



Jeanise Jones (right) talks to the innocent Tutar Sagdiyev (played by actress Maria Bakalova) in a scene shot in a Guthrie home for the "mockumentary" Borat Subsequent Moviefilm.

brought his daughter Tutar to America to find a mature, rich husband after certain cosmetic enhancements were made to the teenager. Jones's role would be to mentor her for a short while. Jones was shocked by the low self-esteem shown by the compliant Tutar and the girl's acceptance of her abusive father's plans.

"But I let her know that she didn't have to change herself to please anyone," Jones recounted. "I told her, 'Girl, you're way too young for the cosmetic changes your dad wants, and you don't want to be married to some old man anyway.'"

Although completely unaware she was being set up, Jones's refusal to support father Borat's schemes and her motherly attempts to rescue Tutar became an audience highlight of the movie. Sometimes actors can steal a scene when the genuineness of their empathy in their performance outshines the script.

Who knows if her honest advice changed the direction of the film as it evolved, being written by seven screenwriters? One thing is certain, it was the young Bakalova playing Tutar who garnered the lion's share of the critical acclaim from the movie including an Academy Award nomination.

plus expenses for her travels. Still looking for employment when the movie was released in fall 2020, she was taken aback when a cousin called to ask her about her appearance in the comedy production.

"He told me I was in a movie that was about to be released on Amazon Prime," Jones said. "I said, 'Movie? What movie?'"

Her heartwarming efforts to help the abused Tutar won her a big following on Twitter when the movie was straight-to-streaming distributed. Recognizing the viewers' outpouring of affection for Jones, Cohen donated \$100,000 to her church last fall.

Great for her church, but not much help to the out-of-work Jones. In gratitude and as a way to help her benefit more from the movie, her pastor, Rev. Derrick Scobey, set up a GoFundMe web page for her. The site pointed out that she had been out of work during the pandemic. Money poured in from around the globe.

Jones is certainly grateful for her sizable GoFundMe account, but retirement is now just ahead, and the money in the fund might not be enough. "Maybe lightning will strike one more time," Jones said with a laugh, "and I can get a good job for a few more years."

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ArchWell Health to Open Three Oklahoma City Area Centers to Deliver Primary Care to Medically Underserved Seniors

Windsor, Southwestern, and Midwest City locations are part of national rollout

Senior adults in Oklahoma City will soon have access to three innovative primary care health centers focused on meeting the needs of the medically underserved.

ArchWell Health is a new healthcare company providing an advanced model of holistic primary healthcare services to Medicare-eligible seniors with the Oklahoma City-area locations among the first in a planned national rollout.

The initial Oklahoma City area center to open is located at 4629 NW 23rd (Windsor) in Oklahoma City. A grand opening will be held Wednesday, October 20. The next day, Thursday, October 21, a grand opening will be held at the ArchWell Health center located at 7313 S. Western Ave. in Oklahoma City.

The third center is scheduled to open at 6951 Southeast 15th Street in Midwest City in November.

The Oklahoma City area centers are among the first in the United States to be opened by ArchWell Health. The company will be opening centers in several states this fall.

The centers establish state-of-the-art neighborhood healthcare centers featuring an advanced, senior-focused care model.

The company's goal is to provide seniors access to excellent healthcare and healthy living options, irrespective of their economic situation. ArchWell Health centers will focus on providing comprehensive primary care for seniors enrolled in Medicare Advantage plans, with the goal of enabling members to live healthier lives by offering them a higher level of care and a more positive experience.

Dr. Michael Lipp, Chief Medical Officer, said ArchWell Health's centers in the Oklahoma City area will provide a more comprehensive level of

care than the traditional primary care model, including transportation to and from the center, 24-hour service, access to same-day appointments, specialty and ancillary services, social workers, nutritionists, and more.

Each center's doctors will have significantly fewer patients than the current national average, ensuring they have more time with each patient to solve their individual health challenges. The doctors and their care teams are specifically trained to care for seniors, who have more challenging health conditions than the general population, and a higher rate of chronic conditions. Patients at ArchWell Health will receive care that is well coordinated, as compared to the fragmented care that many seniors experience today.

"Seniors often have complex medical and social needs, and our approach to care addresses each patient individually and holistically," Dr. Lipp said. "The centers will be a safe place for seniors to connect socially and participate in activities such as exercise classes. We know how important social connection and staying active can be to leading a healthy life. We conducted extensive research in markets nationally, and we found a real need for these holistic services in the Oklahoma City area."

ArchWell Health's plan has been developed by a highly skilled management team with deep and broad healthcare experience in both provider and payor services.

Carl Whitmer, Co-Founder and CEO said seniors experience better outcomes through greater continuity of care and a more thorough assessment of acute, chronic, and social determinant health needs.

"The healthcare needs of the senior population are often multi-faceted, so our goal is to establish long-term relationships to monitor and respond to physical and emotional needs for achieving the best quality of life," Whitmer said. "ArchWell Health's primary care doctors caring for our patients will be supported by social, nutritional, and behavioral health services in each center."

ArchWell Health will add hundreds of employees by year end 2021, increasing to more than 1,400 by end of 2023 as additional centers open.

Whitmer noted that with the



Carl Whitmer, Co-Founder and CEO of Archwell Health.

growing senior population Medicare expenditures continue to strain federal spending, and there is a growing need for focused and cost-effective care of aging Americans.

"There are approximately 70 million Medicare beneficiaries today, and about 10,000 Baby Boomers join the ranks of Medicare eligibility every day," Whitmer said. "Medicare beneficiaries account for approximately 20 percent of national healthcare spending today, and this percentage is expected to increase."

He said the Company's strategy of locating in underserved communities will help to deliver care where it is needed most. ArchWell Health intends to engage seniors in the communities where they live. Outreach teams will be active at community events and work with community groups, senior organizations, religious organizations like churches, and other organizations to reach seniors in need. In addition, ArchWell Health advisory boards will work together with local community members, including church leaders, aldermen, business leaders and community groups to identify the challenges common to seniors in a local area. Dr. Lipp closed with, "We are thrilled to be bringing together a team of excellent, caring primary care providers to begin serving our patients in our communities."

To find out more visit archwellhealth.com

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TRAVEL / ENTERTAINMENT

A Road Trip Through Georgia

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

When you think of visiting Georgia you may only think of the big towns like Atlanta or Augusta, but there are other fascinating towns if you can make the time to travel by car which produces your own unique road trip.

Atlanta does have a lot to offer and I have to say I am impressed with my overnight stay at the Westin Peach Tree Plaza Hotel (<http://www.westinpeachtreeplazaatlanta.com/>), with its downtown location, comfy rooms and an impressive observation deck on the 73 floor, capped off with a cocktail lounge and The Sundial Restaurant on adjoining floors. During the cocktail hour I enjoyed their Bar 73 New Georgia Peach Martini (\$14) of Grey Goose, Peach Schnapps and Amaretto, to accompany a small Caesar salad (\$9). The rotating cocktail lounge is a combination of exhilaration and relaxation with incomparable views of Atlanta.

Augusta (<http://www.visitaugusta.com/>) offers the historic yet quirky Partridge Inn which was the center of tourist attention of 1889 to 1930. After a recent renovation following many more previous additions, the Partridge Inn sits on "the hill," as a testament to time and travelers of all seasons. A cocktail or light supper out on the verandah offers a tranquil and southern elegant evening. And while Augusta's funky, The Bees Knees Restaurant is known for its variety of Tapas, I delighted in my first chicken and waffles. Among many attractions, Augusta offers for your education and enjoyment; the Canal National Heritage area, the Museum of History with a special exhibit of home town musician, James Brown, and an historic downtown with its Haunted Pillar. Touching or moving it may result in a death.

Escape to Statesboro (www.visitstatesboroga.com) where you will find a banquet size meal served in family style elegance complete with ghosts stories in the Historic Beaver House Restaurant (<http://www.thebeaverhouserestaurant.com>) at 121 South Main Street.

The home dates back to 1911 and has an antebellum charm but in a real family residence, where room sizes are small but portions are large. The Traditional Boarding House Dinner served on Friday and Saturdays offers exceptional Prime Rib and Fried Fantail Shrimp which is served along with a plethora of homemade sides. And if you need a sweet desert or more, try the Cotton Patch Bakery and Deli for more homemade madness. If you are in a shopping mode on certain days take in the Main Street Farmers market and the nearby comic memorabilia shop, that brings out the kid in us all.

Statesboro is also home of legendary entertainer Emma Kelly. She was called by song writer Johnny Mercer as the lady of ten thousand songs, She is featured in a chapter in the book "Midnight in the Garden of Good and Evil," and I was privilege to have sat in on a couple of her cocktail lounge performances in Savannah in past years. It was a life affirming joy to see that Statesboro renamed a theater in her honor before she past. (<http://www.averittcenterforthearts.org>)

You may think you are in Europe when you stay at the Hotel Indigo in Athens, Georgia. The rooms are equipped with modern amenities, and light switches that may take a little exploration for you to work. This modern design and the hotel's LEED Gold Certified property of sustainability, fits perfectly with Athens being the host to the University of Georgia.

As one might expect of a university town, Athens has upscale dining as I experienced at The Five & Ten Restaurant where I had a pre fix dinner of Smoked Kielbasa with artichokes, radicchio, fermented sunchoke, sorghum gastrique with sunflower seeds, and an entrée of Glazed Lamb Shoulder with pickled blueberries, hakurei turnips, fennel, smoked pecans and onion broth. A red wine of Minervois, Chateau D'Oupia, from Languedoc, France 2012 accompanied the meal before the desert of Panna Cotta with pecan sandie thumbprint and pickled peaches. All was impeccably served and while the Lamb was delicious the Panna Cotta was ecstasy! And the true test of fine dining is a properly prepared Martini, which Five & Ten poured to my satisfaction.



Besides the Georgia Museum of Art, artistic delights should be consumed at a number of other eateries, including The Place, Creature Comforts Brewery and the roof top of the Georgia Theatre at Pickles Pickles serving Fried Chicken Skins and Pimento Cheese made with goat cheese. Yum!

Albany, Georgia (<http://www.albany.ga.us>) has the Ray Charles Plaza complete with a bronze of the entertainer and his piano at Riverfront Park, the Welcome Center in the old bridge house of the Flint River, the Civil Rights Institute and the new Flint River Aquarium. Albany is home to eight golf course and a number of entertainers including, Ray Stevens, Luke Bryan and American Idol Winner, Phillip Phillips.

To round out your road trip a stop in Washington (www.historyofwilkes.org) will be a surprise you will not forget with its quaint town square, row upon row of architectural house gems, and the Washington Historical Museum in a home built in 1835, and today serves as a reminder of the past to understand the future of Wilkes County.

When in Georgia think about taking in one of these under sung locales.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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BBT In Philadelphia, you can't put pretzels in bags based on an Act of 1760.

BBT Alaska law says that you can't look at a moose from an airplane.

BBT In Corpus Christie, Texas, it is illegal to raise alligators in your home.

BBT In Miami, it is forbidden to imitate an animal.

BBT It is against the law to mispronounce the name of the State of Arkansas in that State.

Tricare, VA Care and Medicare: The training that you've needed

By Steven Sibley, MBA-Healthcare Administration, E7 Ret/DAV

This past August, I wrote an article for veterans, who read Senior News & Living, called: Tricare, VA Care and Medicare: The training that you didn't get. It detailed my experience becoming Medicare eligible this year. While thousands turn 65 every day, less than 2% of that group are veterans, like me. Fortunately, for many veterans they already may have great, low cost to no cost healthcare benefits, through the VA and/or Tricare for Life (TFL) if they are retired from the military, which I did. Based on my VA disability rating, I get Priority 1 VA care, but I also have Medicare with TFL, which I use as a great backup plan if I choose not to use the VA.

My message in August was, many veterans really don't understand how their health

benefits work when they become Medicare eligible, simply because it's the training that we didn't get. I know, I was in the military for 36 years, retiring from the Active Reserve at age of 61 in 2017. In my last two years of service, I attended multiple Transition Assistance briefings on leaving Active Duty and transitioning back into civilian life. What I know is, you'll likely leave the service without a real clue about how your healthcare is going to work, especially when you transition into Medicare, if you're even fortunate enough to have VA Care and/or TFL after your leave the service.

My education came after my discharge when I decided on a career as a Medicare agent. Now, I want to share the information I have with every Medicare qualified veteran I can, who has TFL, VA care or both. Many don't realize that at age 65, there Tricare benefits change, and costs go up with the transition to Original Medicare and a wrap-around plan

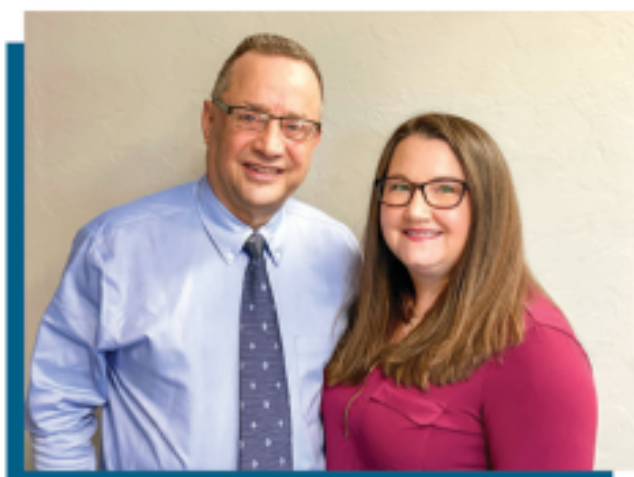
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Steve Sibley is a native Oklahoman and Native American. He is also a retired, disabled veteran of both the Air Force and Army, and holds an MBA in Healthcare Administration.

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MEDICARE

Continued from Page 8

which includes drug coverage, commonly called Tricare for Life. Also, many don't know is there are addition benefits that veterans miss out on because they don't understand how Original Medicare works, or that they can use other Medicare plans that offer additional benefits not offered through Original Medicare Parts A & B, TFL or the VA, that will enhance and complement their benefits and may even save them money.

The point of my message is this, don't miss out on addition benefits because you don't know about them simply because you have not been giving the information, the training, or

the briefing you deserved but didn't get. My mission is to make this, The training that you've needed and now can get. During the month of November, I will be providing information for Medicare qualified veterans on TFL and/or VA healthcare. I will share the knowledge you need to maximize your benefits and potentially reduce your healthcare and wellness costs. I will be at several locations throughout Oklahoma City during the week following Veterans Day as noted in the schedule below. Please plan on joining me at one of the times and locations below and be sure to bring a friend.

For more information, please contact me at: 405-850-1569 or visit: ssibleyinsures@gmail.com answering

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TINSELTOWN TALKS:

Advice from Susan Sullivan

By Nick Thomas

Best known for her extensive television career that includes starring roles in shows such as "Falcon Crest," "Castle," and "Dharma and Greg," Susan Sullivan is always keen to offer advice to others and that includes sharing with seniors her family's experience with health issues.

"Exercise!" she declared from her home in Los Angeles. "I'm 78, and about 5 years ago Connell (her longtime partner) was suffering from back issues and we began a program of high-intensity interval training. A lot of our health issues were relieved. The benefits to strength, memory, balance, and overall well-being from exercise are well-known. Of course, the difficulty is staying with it and I find the mantra 'just show up' helps. I know this sounds

simplistic, but a little self-talk is encouraging. You see, I am also giving rather annoying advice to myself on a daily basis."

Her passion to counsel was highlighted on-screen earlier this year in "What Friends Do (#Expendables)," a story she wrote and acted in with several longtime friends and veteran colleagues for Smartphone Theatre, a livestream digital performance platform presented via Zoom and created during the early pandemic months (free to watch at www.smartphonetheatre.com).

During the 25 min story, the characters (portrayed by Sullivan, plus Kathryn Leigh Scott, Mitchell Ryan, and David Selby) banter back and forth with Sullivan's art-imitating-life character offering advice aplenty.

"I wrote this play about being



Robert Foxworth and Susan Sullivan from the 80s CBS primetime soap Falcon Crest - CBS publicity

a senior and getting back into life," she explained. "Like many people, I wasn't working after the pandemic hit and was faced with two choices. Part of my brain told me to just collapse into myself – stay home, sleep late, and reread my favorite books. But another part urged me to remain engaged with friends and to keep my mind active. Fortunately, I listened to myself. And trust me, I don't always."

Her experience with the Smartphone Theatre production inspired Sullivan to continue writing, delving into a personal issue many will recognize.

"My father was an alcoholic and I'll be doing an upcoming Zoom monologue about our relationship," she said. "He comes back as a dog to give me advice – obviously a family trait!"

Her hope, she says, is to encourage people to explore difficult relationships they have with others, including parents.

"While we should acknowledge our parents for their positive role in our lives, very often we need to forgive a parent for what they didn't give us. Has the relationship enriched you or has it created an obstacle for you? Even people in their 70s and 80s may be still unable to forgive the shortcomings of a parent, a sibling, or even a slight from a former boss. Perhaps my story will encourage others to write their own and release some resentments, the biggest killers of love. Let them go. Oh, there I go again."

With Thanksgiving approaching, I asked Susan if her own holiday memories of growing up were difficult.

"Our family holidays were usually chaotic," she admitted. "So, there aren't a lot of good memories to share. But I will share what gets me up in the morning if you want to hear it." Naturally, I did.

"It's basically three things," she began. "I need to have something to do, something to love, and something to hope for. These, and a good cup of coffee, allow me to show up and get on with the extraordinary business of being alive!"

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



Susan Sullivan

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National Cowboy & Western Heritage Museum and Rodeo Historical Society to Honor 2020 Rodeo Hall of Fame Inductees

The Original Rodeo Hall of Fame at the National Cowboy & Western Heritage Museum continues the 65-year tradition of honoring rodeo's greatest athletes after a year-long delay.

Since 1955, the Rodeo Hall of Fame has been dedicated to honoring and memorializing the legacy of great performers in rodeo and its related professions. Induction into this prestigious hall of fame is one of the highest honors that can be bestowed on an honoree. The RHS Board of Directors reviews each nominee thoroughly and annually selects a slate of nominees.

Inductees will be honored during the annual Rodeo Hall of Fame Weekend, November 12 - 13, 2021, with induction into the renowned Rodeo Hall of Fame. The 2020 Rodeo Hall of Fame inductees as well as the Tad Lucas Memorial Award and Ben Johnson Memorial Award recipients were announced in August 2020, but were delayed in hosting the "Rodeo Weekend" ceremonies.

"After a year of waiting, we're so glad to welcome everyone back in person for Rodeo Weekend," said Natalie Shirley, Museum President and CEO. "These deserving honorees are finally getting the moment they deserve for their formal induction into the storied Rodeo Hall of Fame."

Chosen via popular vote by RHS membership, the Rodeo Hall of Fame Class of 2020 in both the Living and Deceased categories includes:

LIVING

- Ricky Bolin
- Bobby W. "Hooter" Brown
- Richard Neale "Tuff" Hedeman
- Cody Lambert
- Jerome Robinson
- Bobby and Sid Steiner (father and son)

DECEASED

- John (1887 - 1973) and Thomas (1915 - 1981) Rhodes (father and son)
- Jim W. Snively (1911 - 1998)

Each year, the family of trick-riding legend Tad Lucas bestows the Tad Lucas Memorial Award upon a living female whose actions promote the values represented by Tad Lucas; the Ben Johnson Memorial Award winner is chosen by committee each year to honor a living individual who represents the Western lifestyle as exemplified by screen and rodeo

legend Ben Johnson. The Tad Lucas Memorial Award honoree of 2020 is Pat North Ommert, while the Ben Johnson Memorial Award honoree is Carl Nafzger.

The Rodeo Hall of Fame Class of 2020 is stocked with a truly impressive lineup of rodeo greats. Following is biographical information on each inductee:

RICKY BOLIN was born November 24, 1958, in Dallas, Texas, and competed from 1975 - 1989. A high school bull-riding champion at 15, Bolin competed professionally primarily as a bull rider from 1975 - 1989. He qualified for the Texas Circuit in bull riding from 1978 - 1989, becoming the Texas Circuit Bull Riding Champion in 1988. Bolin qualified for the National Finals Rodeo (NFR) in 1978, 1979, 1983 and 1985, and was one of the first rodeo athletes to receive a major sponsorship with Coors Beer Distributing in Temple, Texas. Selected for the Professional Bull Riders (PBR) Ring of Honor in 2017, Bolin lives in Sunnyvale, Texas, with his wife, Melanie.

BOBBY "HOOTER" BROWN was born January 1, 1952, in Amarillo, Texas, and competed in all three roughstock events and steer wrestling from 1970 - 1991. Brown went to the NFR 11 years in the saddle bronc event, becoming Reserve Champion in 1982 and taking third place in 1983. He held the highest-marked saddle bronc ride at Cheyenne for 25 years and won the \$50,000 at Calgary the first year it was given. One of the Budweiser Six Pack Team, the first to be sponsored by a corporation and Texas Circuit Saddle Bronc Champion twice, today Brown is a corporate pilot who volunteers his time to fly surgeons and organs where needed for organ transplants. He lives in Newcastle, Oklahoma.

RICHARD "TUFF" HEDEMAN was born in El Paso, Texas, on March 2, 1963. He began bull riding, team roping and winning All-Around titles while in high school, and was on the Sul Ross University championship team in 1982, competing in team roping, steer wrestling, bull riding and

bronc riding. Hedeman competed professionally from 1983 - 1998 in bull riding and qualified 11 years for the NFR. He was the World Champion Bull Rider in 1986, 1989 and 1991, and won the NFR Average in 1987 and 1989. A PBR co-founder and its president from 1992 - 2004, Hedeman was Bull Riders Only World Champion in 1993, PBR ProDivision Champion and World Champion in 1995 and the first bull riding millionaire. He lives in Morgan Mill, Texas.

CODY LAMBERT was born December 2, 1961, in Artesia, New Mexico. A saddle bronc, bull riding, calf roping and team roping cowboy, he won the Men's All-Around at the 1982 National Collegiate Rodeo Association (NIRA) Finals. Lambert qualified for the NFR in saddle



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bronc competition in 1981, 1990 and 1991 and in bull riding in 1985, 1986, 1988, 1989, 1991, 1992 and 1993. Lambert was a PBR co-founder and went to the PBR Finals in 1994, 1995 and 1996. A Texas Circuit Finals Champion twice in bull riding, twice in saddle bronc and three years as the All-Around, Lambert designed the protective vest for rodeo in 1992. Chosen for the PBR Ring of Honor, today Lambert ranches near Bowie, Texas.

JEROME ROBINSON was born

See COWBOYS Page 18

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COWBOY

Continued from Page 17

October 16, 1947, in Ogallala, Nebraska. A bull riding, steer wrestling, bareback riding and team tying participant, Robinson made the top 10 in bull riding during college, then joined the Rodeo Cowboys Association (RCA, today the PRCA) in 1969 and competed until 1982, qualifying for the NFR a total of 11 times. As an RCA bull-riding director, Robinson developed the PROCOM system, which vastly improved the system for entering rodeos, and was on the committee to build the PRCA's facility and hall of fame at Colorado Springs, Colorado. As production manager for the PRCA Winston Tour, he took rodeos to Finland, Japan, France and Venezuela.

BOBBY AND SID STEINER are the third and fourth generation of legendary rodeo producers Buck and his son Tommy of Steiner Rodeo Company. Bobby was born November 27, 1951, and son, Sid, December 8, 1974, in Austin, Texas. Bobby competed as a bull rider and bareback rider from 1968 - 1973, qualifying for the NFR three years and becoming the 1973 RCA World Champion Bull Rider. Bobby is a PBR Ring of Honor recipient. Sid competed as a steer wrestler from 1995 - 2002, when he became

the PRCA Steer Wrestling World Champion. Sid received the nickname "Sid Rock" during his career due to his rebellious nature and showmanship, qualities he received from his father, Bobby. Both Bobby and Sid presently ranch near Austin, Texas.

JOHN AND THOMAS RHODES were father and son who both excelled in roping events. John was born on October 3, 1887, and died November 25, 1973. Thomas was born July 24, 1915, and died September 15, 1981. Both were born in Arizona and became cattle ranchers there. John competed from 1919 - 1968 and Thomas from 1933 - 1960. John was a 1936 and 1938 World Champion Team Roper, a 1944 Champion Steer Roper and a 1947 Champion Team Tyer. He is known for innovating healing from the right side in team roping, and was instrumental in founding the Tucson, Arizona, rodeo. Thomas was a World Champion Steer Roper in 1943, Champion Team Roper in 1944 and World Champion Team Tyer in 1945 and 1946.

JIM SNIVELY was born September 17, 1911, in Sapulpa, Oklahoma, and was a top calf roper from 1935 until the 1950s when he began excelling in steer roping, too. Winner of the Calgary Stampede calf roping in 1951, he was among the top 10 steer ropers in the RCA from 1952 - 1962. Snively was the

World Steer Roping Champion of the Rodeo Association of America (later changed to the International Rodeo Association) in 1954 and winner of the RCA Steer Roping Championship in 1956. He was the Reserve RCA Steer Roping Champion in 1952 and 1958, and in 1959 he won the Steer Roping Average at the first-ever NFR with 170.4 seconds on six head. Snively died September 18, 1998.

The 2020 recipients of the Tad Lucas Memorial Award and Ben Johnson Memorial Award are also highly regarded members of the Western community:

Tad Lucas Memorial Award 2020 honoree **PAT NORTH OMMERT** was born October 12, 1929, in Bell, California. From 1941 - 1962 Ommert wowed audiences coast to coast with her trick riding, Roman riding and specialty acts while appearing at venues such as the Los Angeles Sheriff's Rodeo, Madison Square Garden, Boston Garden and Bobby Estes' Wild West Show in Mexico City, to name a few. In 1969 Ommert was a Rancho California Horsemen's Association founding leader, with a mission to develop a network of safe equestrian trails for future generations. A National Cowgirl Hall of Fame inductee, Ommert and her veterinarian husband, Will, received a Lifetime Achievement Award from the California Professional Horsemen's Association.

Ben Johnson Memorial Award 2020 honoree **CARL NAFZGER** was born August 29, 1941, in Plainview, Texas. During a 12-year bull-riding career, Nafzger qualified for the NFR three times in three consecutive years. After retiring from bull riding in 1972, Nafzger focused his energies on horse training and soon found success in that arena as well. Nafzger has trained three champion horses - Unbridled, Fanshee Breeze and Street Sense - and has won the Kentucky Derby twice (1990 and 2007). Recipient of the Eclipse Award for Outstanding Trainer in 1990, Nafzger is a member of the National Museum of Racing Hall of Fame, Texas Cowboy Hall of Fame, Texas Horse Racing Hall of Fame, Texas Rodeo Cowboy Hall of Fame and the PBR Ring of Honor.

Rodeo Hall of Fame inductees, along with the Tad Lucas Memorial Award and Ben Johnson Memorial Award honorees, are recognized each fall during Rodeo Hall of Fame Weekend, which includes an Induction Ceremony and Champions' Dinner as well as an Inductee Panel Discussion, the Rope 'N' Ride Cocktail Reception, live and silent auctions to benefit RHS and other festivities.

Visit nationalcowboymuseum.org/rhs for schedules and information regarding Rodeo Hall of Fame Weekend.

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Mercy Protects Communities with a Nearly 100% Vaccinated Workforce

As part of a commitment to the health and wellbeing of anyone who walks through the door of a Mercy facility, Mercy's team is now 100% vaccinated, or have received a religious or medical exemption and will undergo rigorous masking and protective equipment protocols and frequent testing.

"By requiring all co-workers to be vaccinated, we are making sure anyone who walks through any door of any Mercy facility is better protected from COVID-19," said Dr. John Mohart, Mercy's chief clinical officer and senior vice president. "What we all know is that when you visit a doctor's office or hospital, you're often already compromised in some way - whether it's a cold or cancer or diabetes. That makes it even more urgent for us to make sure Mercy does everything possible to protect our patients, visitors and co-workers. It's our responsibility as a health care organization to make our spaces as safe as possible. We take that responsibility very seriously."

As of today, Oct. 28, all current

and future Mercy co-workers are required to be fully vaccinated against COVID-19 or have an approved medical or religious exemption. Mercy announced the vaccination requirement in July, giving co-workers more than three months to meet this standard. On Oct. 1, any co-worker who had not been vaccinated or received an approved exemption was placed on a 28-day unpaid suspension with full benefits and given the opportunity to follow the policy. "We have done everything possible to assist our co-workers in doing the right thing for our communities and for each other," said Dr. Jeff Ciaramita, Mercy's chief physician executive and senior vice president. "Ultimately, it was their decision. Like the flu shot, which is also required, we know this is the only decision for a health care organization."

Five-year-old Lottie Gross of Oklahoma City was born with a congenital heart defect, has had 23 operations and multiple hospitalizations for respiratory illnesses. Pediatrician Dr. Scott Melson

at Mercy Clinic Primary Care - North Portland has been her physician since she was a baby.

"Our family is extremely careful when it comes to limiting exposure to protect our little girl's health," said Rachel Gross, Lottie's mom. "It's been almost two years and we are still isolating and only gathering with vaccinated friends and family. It brings a huge sense of relief to know her health care team is vaccinated and that her doctor's office is a safe place to bring her."

Of more than 40,000 co-workers across Mercy's four state region, less than 2% made the decision to remain unvaccinated. Mercy Hospital Oklahoma City has around 3,000 co-workers and 98% chose to get vaccinated or received an approved exemption. "This was a difficult decision, and we knew we'd lose some co-workers in the process, but we simply believe it's the right thing to do," said Jim Gebhart, president of Mercy Hospital Oklahoma City. "Patients come to us to get better, not to catch an illness. Our communities

trust Mercy to do the right thing and to take care of them. We've seen firsthand what COVID-19 does to people and, as health care workers, we have to be a part of doing everything in our power to prevent the spread in our hospitals and clinics where we live."

In making COVID vaccines a requirement, Mercy joins many other health care organizations and companies across the country who mutually recognize COVID vaccination serves the common good, protects patients and is crucial to safeguarding public health.

"When you come to a Mercy facility, you can feel confident you're safe," Dr. Ciaramita added. "Virtually all of our co-workers have been fully vaccinated for COVID-19, making it highly unlikely that our co-workers would spread the virus. Everyone wants to return to some kind of normalcy after the world has been turned upside down by this pandemic. This is a step in the right direction that we hope others continue to follow."

CROSSWORD CORNER

Across

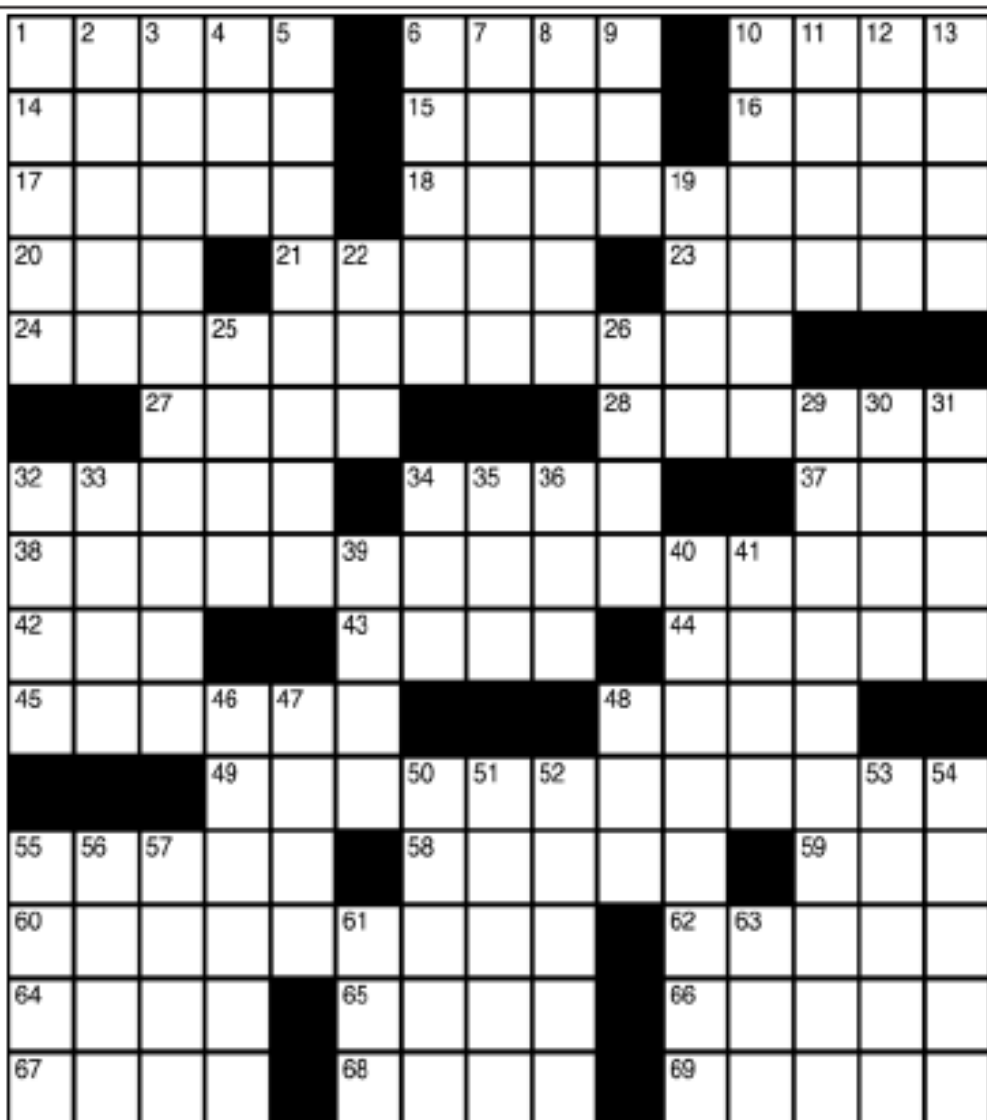
- 1 Hard to rattle
- 6 Easy-to-read sign
- 10 Two-time Cy Young winner Jacob deGrom and teammates
- 14 "The Metamorphosis" author
- 15 Big show
- 16 Miami Heat coach Spoelstra
- 17 Gather
- 18 Difficult golf shot?
- 20 Liftoff approx.
- 21 Approximately
- 23 "___, right?!"
- 24 Breakfast spot for golfers?
- 27 Deck chair wood
- 28 Sports standout
- 32 Ophthalmology concerns
- 34 Dismissive sound
- 37 Tool that only works in water
- 38 Low-quality golf equipment?
- 42 Noemero peque-o
- 43 WNBA broadcaster
- 44 Fretted fiddles
- 45 Easygoing folks
- 48 Desk set
- 49 Golf simulator shot?
- 55 State in two time zones
- 58 Wide variety
- 59 Italian diminutive suffix

Down

- 1 Made tracks?
- 2 Non ___: not so much, in music
- 3 One working a security detail, perhaps
- 4 Mike and ___: candy
- 5 "Fast & Furious" staple
- 6 Indira Gandhi's father
- 7 ___ change
- 8 Harpo Productions CEO
- 9 Go-ahead
- 10 German chancellor since 2005
- 11 "The Night Circus" novelist Morgenstern
- 12 Record for later
- 13 Slant
- 19 Pickle herb
- 22 HP product
- 25 Nerdy type
- 26 Stable supply
- 29 Top choices

Across

- 30 Fidel's successor
- 31 Golf balls, e.g.
- 32 Salacious stuff
- 33 Lilliputian
- 34 Indian VIPs
- 35 Clotheshorse
- 36 First answer in the first-ever published crossword
- 39 Polite assent
- 40 All of us
- 41 POTUS, per Article II, Section 2
- 46 Payment option
- 47 Uncultured one
- 48 Soup veggie
- 50 ___ Express: fast-food chain
- 51 Impulses
- 52 Pick up the tab
- 53 Dazzled
- 54 Formally records, as a golf score
- 55 "Look what ___!"
- 56 Uber CEO Khosrowshahi
- 57 Oodles
- 61 Asset in darts
- 63 Mauna ___

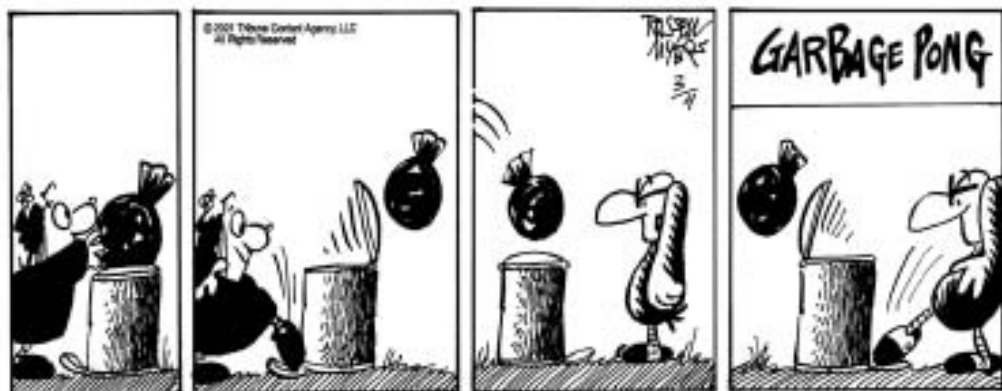


Answers on page 26

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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.

HNOYE

NUYNB

COTKEL

COSLIA

Answer here:

October Answers

Jumbles: DRESS FRONT PUBLIC SONATA
 Answer: The ram refused to smash horns with the other ram — NO IFS, ANDS, OR BUTTS

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek



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

(Answers next month)



Gasoline Alley

By Jim Scancarelli



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

Eastern Star donations to OMRF top \$400,000

The Oklahoma Order of the Eastern Star recently marked 20 consecutive years of giving to the Oklahoma Medical Research Foundation with a donation of \$7,937.92. The gift brings Eastern Star's total contributions to more than \$400,000 since designating OMRF as its charitable beneficiary in 2002.

Eastern Star designated its latest donation for research in neurological conditions, heart disease and cystic fibrosis at the Oklahoma City-based nonprofit. Previous gifts have funded research on cancer, lupus, multiple sclerosis and Alzheimer's.

The group presented its 2021 donation to OMRF Vice President of Development Penny Voss this month during its annual

conference at the Scottish Rite Masonic Temple in Guthrie.

"Eastern Star has been a dedicated and faithful partner to OMRF," Voss said. "Each year, their gifts go directly to medical research. We are thankful for their continued support of our scientists who work every day to help more live longer, healthier lives."

The Order of the Eastern Star, with headquarters in Washington, D.C., is a worldwide fraternal organization with chapters in 46 states and several foreign countries. It is dedicated to furthering charity, education, fraternity and science. It is part of the family of Masonry, similar to Shriners and Scottish Rite.

Eastern Star members support



Leaders of the Oklahoma Order of the Eastern Star present the group's 20th straight annual donation to the Oklahoma Medical Research

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Lance Frye, M.D. resigns as Commissioner of Health

The Oklahoma State Department of Health (OSDH) announces today the resignation of Commissioner Lance Frye, M.D. Frye began his time at the agency in May 2020 at the height of the COVID-19 pandemic response.

"It has been an honor to serve Oklahoma and advance public health for all Oklahomans," Lance Frye, M.D. said. "I admire the dedication, resilience and tenacity of the OSDH team. They have worked tirelessly over the last two years to ensure Oklahomans had access to not only COVID-19 testing, vaccinations and critical information, but to other life-saving services."

"Dr. Frye provided steady leadership during Oklahoma's COVID response from his role in surge planning on the Governor's Solution Task Force to guiding our vaccine rollout that was Top Ten in the nation as Commissioner of Health," said Governor Kevin Stitt. "With cases and hospitalizations down 60% in recent weeks, Dr. Frye has positioned the Oklahoma State Department of Health well to continue managing COVID effectively and I am grateful for his service to our state during an unprecedented time."

"I am grateful to Dr. Frye for stepping up during a very difficult time, to keep Oklahomans safe and develop a path for a future state of health in Oklahoma. It is an honor to be in public service, and the state owes him a debt of gratitude for giving his time. I would also like to thank current Deputy Commissioner Keith Reed for agreeing to serve as Interim Commissioner of Health while a search is underway," Kevin Corbett, Secretary of Health and Mental Health, said.

The critical work of the continued response and hundreds of other programs and services OSDH provides will be carried on under the continued leadership of Interim Commissioner of Health Keith Reed.

"I'm grateful for the service Dr. Lance Frye provided during such a critical time in our state's history," Keith Reed, interim commissioner of health, said. "In my tenure with OSDH, I have always admired the resilience of our staff and their commitment to remaining focused on serving Oklahomans. I look forward to continue working side-by-side with them as we continue to move forward."



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Carlstone offers seniors a choice

by Bobby Anderson, Staff Writer

Meals anytime, pilates, new amenities, and smiling faces.

Norman's newest independent all-inclusive senior community - the Carlstone - stands out in so many different ways.

Talking to Senior Executive Supervisor Judy Ernst and you quickly come to realize that that was always the vision.

"We're not like everybody else," Ernst said. "Everybody is very friendly."

From music and records events to wine and book clubs, Ernst and her staff like to offer events tailored to Carlstone's residents.

The Carlstone is a 55-plus senior independent living community situated in northeast Norman featuring one and two-bedroom apartments at 501 E. Robinson.

Carlstone opened in June 2020 with spacious layouts and amenities to welcome residents home. The location is within walking distance of shopping, dining, and entertainment options as well as healthcare from one of the largest providers in the state, Norman




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Regional Health System.

"It's just all-inclusive here," Ernst said. "They like the newness of it. They like the look. They love the staff, we're very hospitable."

The living spaces at Carlstone are thoughtfully designed with comfort and convenience in mind and stylishly appointed with premium materials and finishes.

Pets are also welcome allowing residents to bring their companions with them wherever they go. A dog park is slated for the spring.

Ernst has worked for the company since 2002, focusing on senior communities since 2007.

She started in property management in 2002 as a leasing agent for multifamily properties. In 2007, she became a property supervisor for the Carlsbad Management Group senior communities.

As senior executive supervisor, she oversees the operations of CMG's senior communities: the Carlstone, their newest senior independent living community in Norman, and their Savannah houses in Norman and Moore.

She's no stranger to advocating

for seniors after serving as her mother's primary caregiver and then becoming an ombudsman to provide a voice to seniors living in Oklahoma care centers.

A sense of community is the focus with Ernst making sure she touches base with every resident regularly and offering meaningful opportunities for residents to bond with one another.

"I told them from the beginning I'm not going to put a bunch of activities up there just to look good," Ernst said. "We gear it to what people want."

Anytime dining is a favorite of many residents offering meals throughout the day with a keen focus on resident special requests.

"It's open dining which is very successful," Ernst said. "They don't have to eat breakfast at 9 a.m. or lunch at 12. They can order breakfast all day, anytime. They can take it to the room or we deliver. We do not charge for that. We're not going to do that."

Valet trash pickup and shuttle
continued next page

CARLSTONE

Continued from Page 20

service are other popular amenities as well as the barber shop and pedicure options.

The Carlstone offers a fitness area complete with Pilates tables and instructors. Research shows doing beginner Pilates at least twice a week is enough to notice a difference in your strength, flexibility, and balance.

Many Pilates activities can be performed non-weight-bearing while lying, reclining, or seated. And it's virtually non-impact, which is especially beneficial for aging joints. The method offers the benefits of other exercise programs without the injury risks.

"A personalized one-on-one is what works," she said. "We have a pilates instructor that takes two at a time but gears each one to what they need because not everyone can do the same thing. The engagement has been really good."

For more information visit: www.thecarlstone.com



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CALENDAR OF EVENTS

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

NOVEMBER

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.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.

NOVEMBER

Chakaia Booker: Shaved Portions

Oklahoma Contemporary Arts Center 11 NW 11th St.
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.

PAMBE Ghana Global Market

2420 N. Robinson, OKC
When: Tuesdays-Saturdays, 12-6 p.m. Continues through Dec. 24
Email: srbraden@gmail.com
Price: Free | pambeghana.org
PAMBE Ghana's seasonal fair trade Global Market returns this year in a new location. Shoppers of all ages will discover unique gifts, from the useful & handy to the creative & fun. All merchandise are fair trade items, from almost every continent, made by artisans who are paid a living wage for their work. Profits from the sales provide crucial funding for PAMBE Ghana's elementary school in rural northern Ghana.
The Global Market will be open Tuesday through Saturday from 12 noon until 6:00 pm. PAMBE Ghana is a 501(c)(3) nonprofit organization with the Guidestar Gold Seal of Transparency.

NOVEMBER 6

Huge Craft Fair

Quail Springs United Methodist 14617 N Penn, OKC Qual Springs
When: Sat., Nov. 6, 9 a.m.-3 p.m.
Phone: 405-755-9477
Email: 879546ab@gmail.com
Price: Free admission
Held in our three renovated buildings with more space, this has been a very popular event with great variety and quality merchandise. This is a fund-raising event with monies going to various missions. With about 60 vendors, a Bake Sale, and Gift Boutique you are sure to find those perfect gifts.

NOVEMBER 6

Pumpkin Harvest Craft Festival Dale Robertson Center

1200 Lakeshore drive, Yukon
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.

NOVEMBER 19-20

The Santa Market

3001 General Pershing Blvd, Nov. 19-20, 9 a.m.-4 p.m.
Phone: 405-314-1033
thesantamarket@gmail.com
Price: FREE
The Santa Market Benefitting The Alzheimer's Association of Oklahoma The Oklahoma State Fairgrounds Pavilion and Centennial Buildings November 19th & 20th 9am to 4pm
FREE Admission, Free Parking and Free Pictures with Santa
Over 180 Vendors

NOVEMBER 26

Stargazing in the Park

300 SW Seventh St. OKC
When: Fri., Nov. 26, 8-10 p.m.
Join the Oklahoma City Astronomy Club on Friday, November 26 from 8pm-10pm for Stargazing in the Park at Scissortail Park! The Oklahoma City Astronomy Club will have telescopes set up on the Love's Travel Stops Stage & Great Lawn for the public to view the night sky (or you can bring your own telescope). This event is FREE and open to the public.

NOVEMBER 27

The Great Pumpkin Smash

3310 N. Olie Ave. Oklahoma City
Sat., Nov. 27, 9 a.m.-12 p.m.
info@commonwealthurbanfarms.com
commonwealthurbanfarms.com/garden-school
This family-friendly event is free. Drop in between 9 am and noon. What to do with all those pumpkins, once Thanksgiving is over and cold weather sets in? Bring them and the kids to Commonwealth, where we'll make a big compost pile and everybody can toss and smash pumpkins to their hearts' delight. Messy fun for the whole family! You can bring your leftover hay bales, too, and we'll add them to the mix.

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 for more information and to be included!

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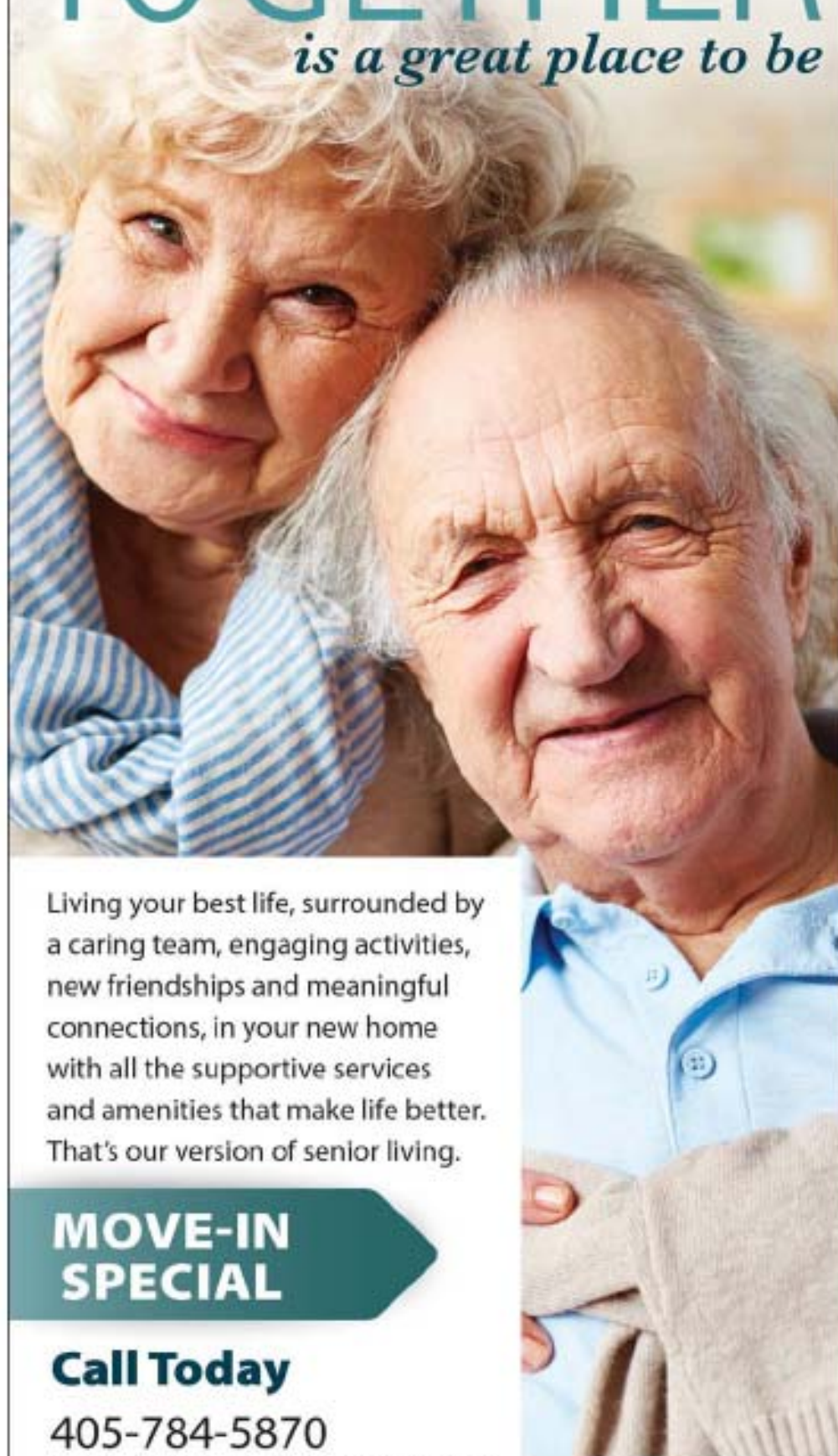
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Cast-Iron Cooking Class at Chisholm Trail Museum

The Chisholm Trail Museum in Kingfisher will hold a Cast-Iron Cooking class on Saturday, November 13, from noon to 4 p.m. In this casual, fun class, participants will learn to care for and cook in cast-iron cookware as they create a Dutch oven delight and enjoy a group meal. The class will explore historical and modern recipes while learning how to cook in the backyard. All materials needed for the class will be provided.

The cost for this workshop is \$25 per person or \$40 per pair. Preregistration is required, and payment must be received to secure registration. Registration is limited to 30 participants. The program is geared toward adults and children ages 10 and older with an adult. Contact the museum at 405-375-5176 to reserve your spot. The Chisholm Trail Museum is located at 605 Zellers Ave. in Kingfisher.

The Chisholm Trail Museum and Horizon Hill 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.



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
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