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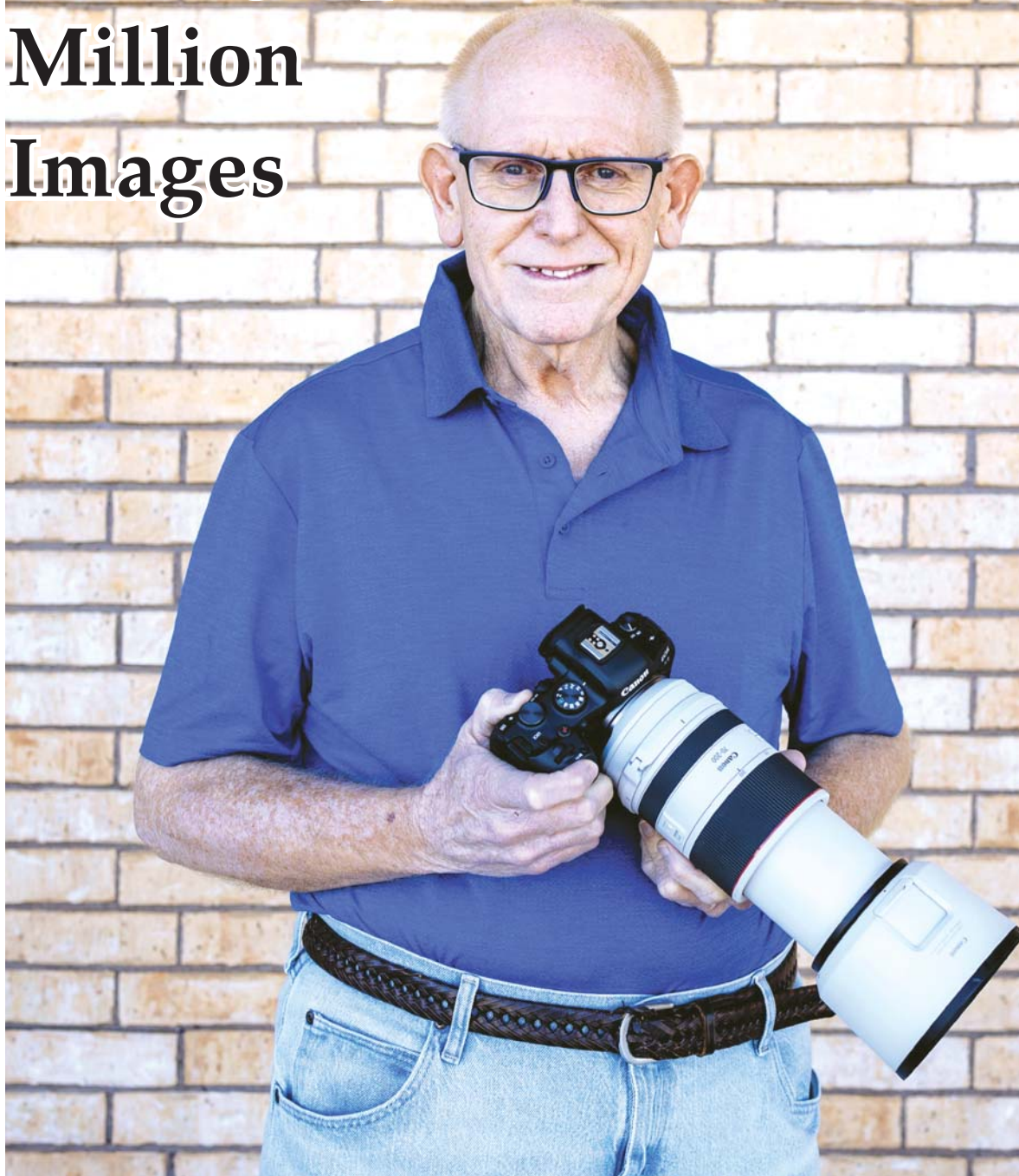
Information for Oklahoma Seniors

April 2022

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Photographer Nears Two Million Images



As a freelance photographer for 40 years, Richard T. Clifton's work has primarily told an Oklahoma story of every level of fame and iconic coverage of its events and people.

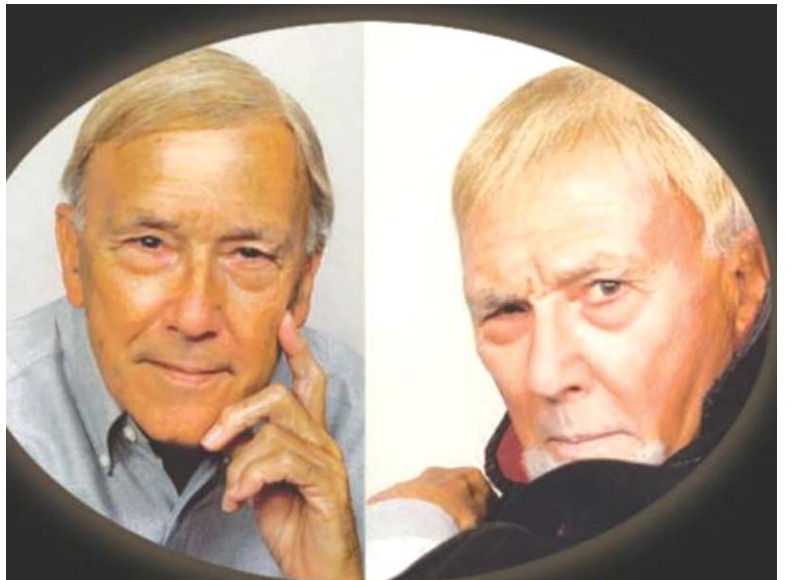
Story and photos by Darl Devault, Feature Writer

Sports photographer Richard T. Clifton, 65, has become a generational legend for his prolific body of work in Oklahoma City since first chronicling future Olympic

gold medalist Shannon Miller's gymnastic performance at the 1989 Olympic Festival. His latest website, created in 2010, features

See CLIFTON Page 2

COUNT GREGORE BEING HONORED AS KING IN 2022 OKLAHOMA SENIOR FOLLIES



by Dot Liles, Contributor

John Ferguson turned 94 in February and is still counting. Yes, Oklahoma has counted on him many times. He has lent his talent, not only professionally, but to a host of charitable and fundraising events. This year the Oklahoma Senior Follies are counting on him to be our "King" and "Count." He will be helping us raise money for the Alzheimer's Association.

John will be surrounded by a bevy of beauties with

See HONORED Page 5

Spring fling mixer set *Legends at Rivendell* *invites professionals*



by James Coburn, Staff Writer

Healthcare professionals are invited to celebrate the arrival of spring at Legend Senior Living at Rivendell.

Gather among friends at the event hosted by Sarah MacAllister and Kristen Thomas at Legend Senior Living at Rivendell in Oklahoma City from 4:30-6:30 p.m. Tuesday, April 19, located at 13170 S. May Ave., Oklahoma City.

Legend at Rivenell is a center for assisted living and memory care.

See MIXER Page 5

CLIFTON

Continued from Page 1

1.9 million photos from his efforts.

These photos emphasize high school sports and other events around the state, and the nearly two million photos is not a misprint. You can find the photo count and these images at his online site: <https://rtcdigitalimages.zenfolio.com>

If it has been of public interest in the Oklahoma City area from 1980 onward, chances are Clifton photographed it. In 1980 he started shooting for the Chickasha Daily Express newspaper covering high school sports and the University of Oklahoma. He was the only photographer covering women's basketball, volleyball, and men's and women's gymnastics for OU for many years.

In thousands of pictures, he captured the moment of almost anything that was an annual event in Oklahoma City, including a surprising array of one-time events in the evenings and weekends. He compiled his prodigious record all the while teaching physical education for 29 years at Lincoln Elementary School in Chickasha. He retired from teaching in 2008.

To become a legend like

Clifton, photographers must start at a higher level than most and persistently expand their market and expertise. He has excelled as a photographer with varying images: sports events, retirements, dating, portraiture, commercial applications, media use, weddings, graduations, family events, fashion, parties, engagements, religious ceremonies, teams, and office settings.

A devout Christian, he now takes photos of the children of some of his photography subjects of three decades ago. Looking back through decades of experience, he fondly remembers his early years gaining acceptance as a photographer.

"As a volunteer photographer for the 1989 Olympic Festival here in Oklahoma City, we were assigned certain events to cover and told not to deviate from that schedule," Clifton said in a recent interview. "After turning in my first rolls of film, the organizers could determine the quality of my work. Suddenly they gave me many rolls of film, upgraded my credential to all-access, and told me I could photograph any event I wanted to shoot."

Encouraged by his early

successes, he took on photographic challenges at a higher level. He was soon the chief photographer for the two Olympic coaches, Steve Nunno and Peggy Liddick, who trained Shannon Miller at Dynamo Gymnastics.

Because area news outlets have published his work as a photojournalist over the years, his images have been interwoven into the fabric of the state. He has shot the professional sports of baseball, bowling, basketball, football, tennis and golf in Oklahoma. He has donated a sizable part of his time to help local nonprofits document special events at several points in his career, often creating their most prized images.

His striving to get the best photograph has had immediate and long-lasting benefits for several nonprofits over the decades. These groups include the Oklahoma Sports Museum, Sooner State Games (now State Games of Oklahoma), and the now-defunct Oklahoma City All Sports Association from 2003 to 2018.

He has worked for national sports governing bodies such as the Big 12 conference while covering Division I softball, baseball and basketball, including the Women's College World Series and NAIA Women's National Golf Tournament. He has shot for the Oklahoma Soccer Coaches Association and served as the OSSAA podium photographer for state wrestling tournaments.

Clifton is one of the most easily recognized photographers in the metro area, where he and his sports action shots are well known. He has achieved an unparalleled level of consistency, adept at taking action shots during high school and college games over three decades.

Clifton's photos in high-pressure situations during the Women's College World Series have been featured in their programs and website and in the only definitive book written about the event. "Clifton's photos are highlights in my narrative of this great event," said Larry Floyd, co-author of "A Series of Their Own." "His capturing some of the great moments in women's collegiate softball has been duplicated for other sports over decades. Only his love for and dedication to his craft could produce such a body of quality work."

His photos can be found on

the pages of many other books. He says he is proudest of his image of former world No. 1 tennis star Monica Seles for her book.

Clifton has developed a following of other photographers who look to his expertise in finding where the most compelling action shots can be taken at sports venues. Local photographers also learn of the essential tools of their trade by observing Clifton's expensive cameras and special lenses.

His early black and white prints, color slides, and negatives since 1989 showcase late 20th century Oklahoma City life. His eight years shooting Dynamo Gymnastics' 1992 and 1996 Olympians and Olympic coaches Steve Nunno and Peggy Liddick provide an invaluable record of that historical period. He documented the Warren Spahn Award for decades while donating his time to the Oklahoma Sports Museum in Guthrie.

Outside the sports world, Clifton created iconic photos of many local, national and international celebrities, such as Dr. Nazih Zuhdi's retirement in 1989. His pictures tell an easily understood story in various settings, making him one of the best portrait photographers available.

Clifton has shot weddings in almost every area venue. He ensures the wedding party, decor, dress, flowers, and cake are treated in skillful shooting, with professional studio lighting and thoughtful composition.

Learning his trade with film in the 1980s, Clifton's photography equipment evolved into digital as he learned image-enhancing software such as Adobe's Photoshop to enhance his work. This may explain why his website is approaching two million photos while he works independently as one of the market's most respected freelancers.

Clifton has built his reputation with a blend of artistry, computer enhancement skills, and business professionalism. "My interest in photography was sparked during the photography portion of journalism class my senior year at Lawton Eisenhower high school in 1974," Clifton said. "Just two years ago, I reconnected with my high school journalism teacher, Betty Tumlinson, and was able to tell her of the impact she had on my life."

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OPINION



How to Get Help as an Elder Orphan

Dear Savvy Senior,

I need to find someone honest and reliable to look after my estate, health and long-term care when I’m no longer able to do it myself. I’m a 67-year-old recent widow with no children and one sibling I rarely talk to. Any suggestions? Solo Ager

Dear Solo,

This is big concern for millions of older Americans who don’t have a spouse, children or other family they can depend on to watch out for their well-being. While there’s no one solution to this issue, here are some tips and resources that can help you plan ahead.

Essential Documents

If you haven’t already done so, your first step, before choosing a reliable decision maker, is to prepare a basic estate plan of at least four essential legal documents. This will protect yourself and make sure you’re wishes are carried out if you become seriously ill or when you die.

These essential documents include: a “durable power of attorney” that allows you to designate someone to handle your financial matters if you become incapacitated; an “advanced health care directive” that includes a “living will” that tells your doctor what kind of care you want to receive if you become incapacitated, and a “health care power of attorney,” which names a person you authorize to make medical decisions on your behalf if you’re unable to; and a “will” that spells out how you’d like your property and assets distributed after you die. It also requires you to designate an “executor” to ensure your wishes are carried out.

To prepare these documents your best option is to hire an attorney, which can cost anywhere between \$500 and \$2,000. Or, if you are interested in a do-it-yourself plan, Quicken WillMaker & Trust 2022 (\$129, Nolo.com) and LegalZoom.com (\$179) are some top options.

Choosing Decision Makers and Helpers

Most people think first of naming a family member as their power of attorney for finances and health care, or executor of their will. If, however, you don’t have someone to fill those roles, you may want to ask a trusted friend or associate but be sure to choose someone that’s organized and younger than you who will likely be around after you’re gone.

Also be aware that if your choice of power of attorney or executor lives in another state, you’ll need to check your state’s law to see if it imposes any special requirements.

If, however, you don’t have a friend or relative you feel comfortable with, you’ll need to hire someone who has experience with such matters.

To find a qualified power of attorney or executor for your will, contact your bank, a local trust company or an estate planning attorney. If you need help locating a pro, the National Academy of Elder Law Attorneys (NAELA.org) is a great resource that provides online directory to help you find someone in your area.

Another resource that can help you manage and oversee your health and long-term care needs as they arise, and even act as your health care power of attorney, is an aging life care manager. These are trained professionals in the area of geriatric care who often have backgrounds in nursing or social work. To search for an expert near you, visit AgingLifeCare.org.

Or, if you need help with bill paying and other financial/insurance/tax chores there are professional daily money managers (see AADMM.com) that can help.

Aging life care managers typically charge between \$75 and \$200 per hour, while hourly rates for daily money managers range between \$75 and \$150.

It’s also important to note that if you don’t complete the aforementioned legal documents and you become incapacitated, a court judge may appoint a guardian to make decisions on your behalf. That means the care you receive may be totally different from what you would have chosen for yourself.

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.



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STRANGE BUT TRUE SO THEY SAY...

STRANGE LAWS

SBT In Texas, it’s against the law for anyone to have a pair of pliers in his or her possession.

SBT In Philadelphia, you

can’t put pretzels in bags based on an Act of 1760.

SBT Alaska law says that you can’t look at a moose from an airplane.

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

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

MIXER

Continued from Page 1

Festive activities for the spring fling professional mixer will include appetizers and prize raffles.

"I feel like we are so caught up sometimes in the day-to-day. So, we just wanted the opportunity for professionals to just kind of relax. You can talk about work; you can talk about raffles. We're just going to have raffles, nothing too scripted just so they can relax and put their feet up," MacAllister said.

Legend at Rivendell has done similar events in the past prior to the pandemic. Healthcare is one of the most challenging industries to be part of with experiencing COVID-19, MacAllister continued. Their job of caring for millions of seniors across the US continues every day.

"We still need those connections and people outside our building to do their job. And we're relying on everyone else, and they are relying on us to do our job," MacAllister said.

While spring is a time of new beginnings, healthcare professionals continue their noble calling of carrying on their shifts with compassionate care and best practices in protecting lives and quality of life itself. Each day is a time of learning something new and to celebrate the human spirit.

The professional mixer is a time to gather with long-time colleagues and to make new personal

connections. It is a time to leave your office space and social media to meet in person. Professionals will be able to enjoy the comfortable and relaxed environment.

"We'll be offering tours if people want to see our community," she said.

The campus offers assisted living and began offering memory care a few years ago as the need presented itself.

"I can hold 66 in assisted living and then in the memory care they can hold 75 residents," she said.

The memory care offers three separate neighborhoods, depending on the level of cognitive function of the residents, depending on what the family likes and what the nurses would prefer. They are safe in a home where they can best thrive and be with other residents of a similar mindset and physical level.

Legend Senior Living at Rivendell love community involvement. They are members of both the Newcastle and Oklahoma Chamber of Commerce.

"We believe in paying it forward and having everyone help out. The residents all have cardiologists and primary care doctors and all those things that are in the professional healthcare world," she said.

Please RSVP by calling or emailing.

For more information, contact Sarah MacAllister, at 405-703-2300 or sarah.macallister@legendseniorliving.com. Visit www.legendseniorliving.com.

HONORED

Continued from Page 1

elaborate show costumes and hats. Also, joining him on stage will be Jackie Short as "Elvira." He has just one thing to laughingly say about this to all Oklahoma's senior men, "Eat your heart out!" You will see him on stage as "John Ferguson," the King, and as his most-remembered character, "Count Gregore."

Also featured at this year's show will be Vince Gill via video performance and Emmy and Grammy-nominated David Hooten on trumpet. There will be many new performers as well as a host of your favorites from past years! The OKLAHOMA SENIOR FOLLIES will be at Hudson Performance Hall, 2820 N. May, Oklahoma City, this year. The show dates are May 20 at 7:30 p.m., and May 21 and May 22 at 3:00 p.m. Tickets can be purchased by visiting the website at

www.oklahomaseniorfollies.com or www.TicketStorm.com or by calling Ticket Storm at 866-966-1777. This year we have added a seating chart with \$25 seats, \$30 seats, and \$40 seats. You can also purchase blocks of ten and get a \$5.00 discount.

We promise you-it will not be a draining experience! This year will be an overflowing, fun, and exciting show to remember. Count Gregore and the cast of the Senior Follies cannot wait to see you there!



Oklahoma State Capitol Museum Reopens

On March 22, 2022, at 10 a.m. the Oklahoma Historical Society (OHS) opened the Oklahoma State Capitol Museum, a state-of-the-art gallery space in the Oklahoma State Capitol. Created as part of the Oklahoma Capitol Restoration Project and located on the ground floor near the new primary public entrance on the south side of the Capitol, the Oklahoma State Capitol Museum contains 4,400 square feet of exhibit space and 13 exhibit cases, featuring more than 125 artifacts relating to the history of the Oklahoma State Capitol and the work of Oklahoma's state government.

"The Oklahoma State Capitol Museum is a necessary addition to our Capitol Building," said Lt. Gov. Pinnell. "No state can match our heritage and history, and these exhibits will provide Oklahomans and out-of-state visitors with a hands-on way to experience that history. I appreciate the hard work Trait Thompson and the rest of the Oklahoma Historical Society have put in to make this dream a reality."

"The new Oklahoma State Capitol Museum provides a key educational component to our beautiful Capitol for visitors from around the world," said Thompson. "The Oklahoma Historical Society has worked very hard to install exhibits that showcase the unique story of our Capitol and help people of all ages understand the important work that takes place within its walls. This museum is an integral part in making the Capitol a must-see destination when people come to Oklahoma City."

Admission to the Oklahoma State Capitol Museum is free to all visitors. The museum will be open from Monday through Friday from 7 a.m. to 7 p.m., and Saturday and Sunday from 9 a.m. to 4 p.m.



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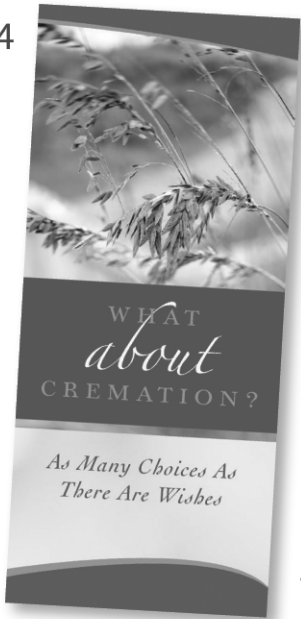
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Partnership serves Tealridge residents at home



An innovative partnership with Orthopaedic and Neurological Rehabilitation is serving Tealridge residents in the comfort of their own homes.

Rising gas prices, the ongoing fear of contracting the latest illness, and just parking and traffic in general.

Tealridge Retirement Community residents don't have to worry about any of it when it comes to receiving therapy services - all from the comfort of their own retirement community.

Tealridge Executive Director Melissa Mahaffey's, MHA, goal was to bring convenience and accessibility to the residents of Tealridge - something that currently is being done in other metro communities. However, her aim was to find something that was very unique and different. She found what she was looking for when she found Orthopaedic and Neurological Rehabilitation (ONR).

"I think overall everyone's aim is quality of life so people be independent as long as possible," Mahaffey said. "We're working together. The residents are top of mind of anything we do here and we want to make sure we have

resources in place to make it easy and possible for each and every resident to access the care that they need."

The ONR TOUCH program works with continuing care retirement, assisted living, and senior living communities to establish and maintain innovative, onsite therapy and wellness programs.

Support is matched to each resident's ability to age gracefully by offering proactive, comprehensive therapy services across the continuum of care.

What that means for Tealridge residents is they are able to receive physician-ordered rehabilitative, physical, occupational, and even speech therapies without leaving their residence.

In addition to therapies, ONR also provides fitness, wellness, and educational programming from a full-time, onsite licensed physical therapist in Kate Glasgow, PT.

Glasgow previously worked in a

continued next page

TEALRIDGE

Continued from Page 6

home health setting. She likes the partnership with Tealridge, which gets her back into the residents' daily lives and into the halls at Tealridge.

"It's very beneficial," Glasgow said of being onsite. "Building rapport and relationships with residents here and getting to know them on different levels helps them improve in their environment as opposed to offsite where the skills we work on might not transfer as well to their environment.

"It really is a convenience factor being on-site full-time. We're here Monday through Friday."

Kaitlin Petrie, OTR/L, is ONR's director of business development.

She said Tealridge is the first ONR community partnership in the OKC metro area and one that's sure to be a hit with residents and their families.

She expects the model to be quickly adopted by others.

"It lends itself especially to independent living residents because they are out and about and they want to be out and about," Petrie said. "Our fitness classes allow us to connect with residents and build

rapport and have more of an impact with fall reduction."

"We're so thankful and so blessed," she said. "We've experienced exponential growth and I think it's because our model is so unique. We've got the resource of a full-time director on campus Monday through Friday."

The partnership allows ONR to fulfill outpatient speech, physical and occupational therapy orders from providers in the comfort of a patient's own apartment or in the dedicated ONR therapy gym inside Tealridge.

Services are billed under Medicare part B outpatient services and covered under most insurance plans.

The ONR TOUCH program offers staff stability with the same dedicated director and therapists in the community daily.

Residents seeking enhanced mobility, greater independence and increased success with activities of daily living will enjoy the luxury of these onsite therapy services. With more than 30 years of experience providing personalized and specialized therapeutic care, ONR's core tenet is that life should be lived to the fullest at every stage.



TEALRIDGE
RETIREMENT
COMMUNITY

Pain, weakness, or limited mobility should not prevent you from doing the things you love.

Petrie said ONR's program utilizes several evidence-based, research-based clinical programs that dictate plans of care and treatment programs.

"There are really very few ailments that exist that we don't have a matching clinical program," Petrie said. "It's always evolving with the research and that's where ONR dedicates its resources."

For Mahaffey, the partnership just made sense for Tealridge and its residents.

"It's convenience and accessibility," Mahaffey said. "They're going to be able to easily access these services. It keeps them independent for as long

as possible and with a good quality of life and that's all we want to aim for. In addition to ONR, Tealridge has several partnerships with home health agencies, physician mobile services as well as ComForCare Home Care.

"We want to have everything, hopefully, under one roof. For the most part, residents don't have to leave the community to get medical issues taken care of unless it's a specialist provider appointment."

Tealridge Retirement Community is a full-service retirement community located at 2100 NE 140th Edmond, OK 73013. Should you have any further questions, please call 405-546-2385.

For more information on Tealridge Retirement Community visit: <https://www.tealridge.com/>

STRANGE BUT TRUE SO THEY SAY...

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

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COMMUNITY

The Awesome Brain

Christina Sibley, EMT/RMA
Bachelor of Science Health Studies-Gerontology emphasis

We’ve all heard it, “you can’t teach an old dog new tricks”. The assumption being that learning or improving our brains is somehow behind us, past a certain age. The truth is, that’s a bunch of malarky. Our brains continue to grow new connections, reorganize connections, and prune unused ones, through our entire lives. This is called brain plasticity.

In short, the nerve cells in our brains look a little like trees. There’s nerve endings where roots would be, these receive signals. There’s a sort of trunk, that contains an axon and a cell body, signals travel through/over this, and finally there’s an area that looks like spread out branches, these are dendrites and they send the signal to the next cell.

These amazing cells are lined up end to end (axons to dendrites). There are tiny gaps (synapses) in between and chemicals (called

neurotransmitters) move between the two ends, to send and receive signals. These individual cells line up, bunch together, and make up our brain, spinal cord and all our nerves.

The cells and connections between cells can be damaged by many things, but our brains are designed to attempt self-repair, to make new branches/connections or to make a new connection with a different neuron, and clean out damaging proteins/debris. This repair and reorganization, according to Dr. Sanjay Gupta in his new book *Keep Sharp: Build a Better Brain at Any Age*, happens best, it turns out, when we sleep.

We form new connections and memories all the time, especially in the areas of the brain we use often. The more we visit the information or skill, the more the area builds and becomes permanent. It has to go from short term memory, which we lose quickly, to long term memory.

This new cell growth is helped by good overall nutrition and moderate exercise. Get the blood flowing with plenty of nutrients and oxygen, and good things happen to our bodies. We’ve been told this for years. Easier said than done, but it’s worth



See AWESOME Page 9 Christina Sibley, Medicare Specialist, Sibley Insures.



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AWESOME

Continued from Page 8

a revisit and it holds true for all our cells.

Many of us have kids and/or grandkids that we have watched grow. As children they have to build massive amounts of brain cells/neurons that go all over their bodies. They are also building muscle cells and dexterity. How do they do it? They play of course.

They're active physically. They are unafraid and learn new things and skills all the time, from us or in school. They're mentally active. They laugh, dance, dream, and create for their own benefit, simply because it feels good.

So the next time you think "I can't learn that" know that

you absolutely CAN. If you feel intimidated or awkward, take a lesson from your kids/grandkids and play to learn. Within reason, of course, no rollerblading, and consult your physician. Be unafraid to learn. Don't worry about how long it takes or that it's a work in progress. The act of learning new things and skills is what helps keep our brains, and bodies, healthy and functioning properly. Your awesome brain will thank you!

Christina Sibley, with Sibley Insures, is a licensed health insurance agent who specializes in Medicare plans, all types, and Medicare education. Call (405) 655-6098 or visit sibleyinsures.com. See our ad in the Resource Directory on page 17.

STRANGE BUT TRUE

SO THEY SAY...

SBT The placement of a donkey's eyes in its head enables it to see all four feet at all times!

SBT Human teeth are almost as hard as rocks!

SBT A mole can dig a tunnel 300 feet long in just one night!

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SBT A hippo can open its mouth wide enough to fit a 4 foot tall child inside!

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FROM DARL DEVAULT

Gratitude for Writing For Senior News and Living

Story by Darl DeVault, Contributing Editor

Grateful for being able to write for Senior News and Living for almost three years, I am now sharing how my writing began.

I met John Ferguson, 91 at the time, at the June 2019 OKC 50+ Better Living Expo at the Oklahoma State Fair Park, where he was dressed as his "Count Gregore" character from decades of WKY-TV fame.

I first saw him standing in his character's makeup and black cape, talking to a lady well away from any of the booths.

Playing Count Gregore, he was a favorite local on-air television personality for me while growing up. He is most famous for hosting live the 11:30 p.m. Saturday Nightmare Theater, Sleepwalkers Matinee, Creature Features and

Horror Theater. He entertained his sizable TV audience as the host of eight movie series from 1958 to 2002 while on KFOR-TV, KOCO-TV, KOKH-TV, KAUT-TV and KOCB-TV.

I introduced myself, telling Ferguson how much everyone appreciated his talented entertainment in this market. He thanked me for remembering him. We talked about other things he had done in the OKC market.

He told me he made a living in other creative agendas. He wrote, produced and appeared in countless radio and television commercials in sales, sales management. He mentioned other places he lived while employed in different facets of

See GRATITUDE Page 11

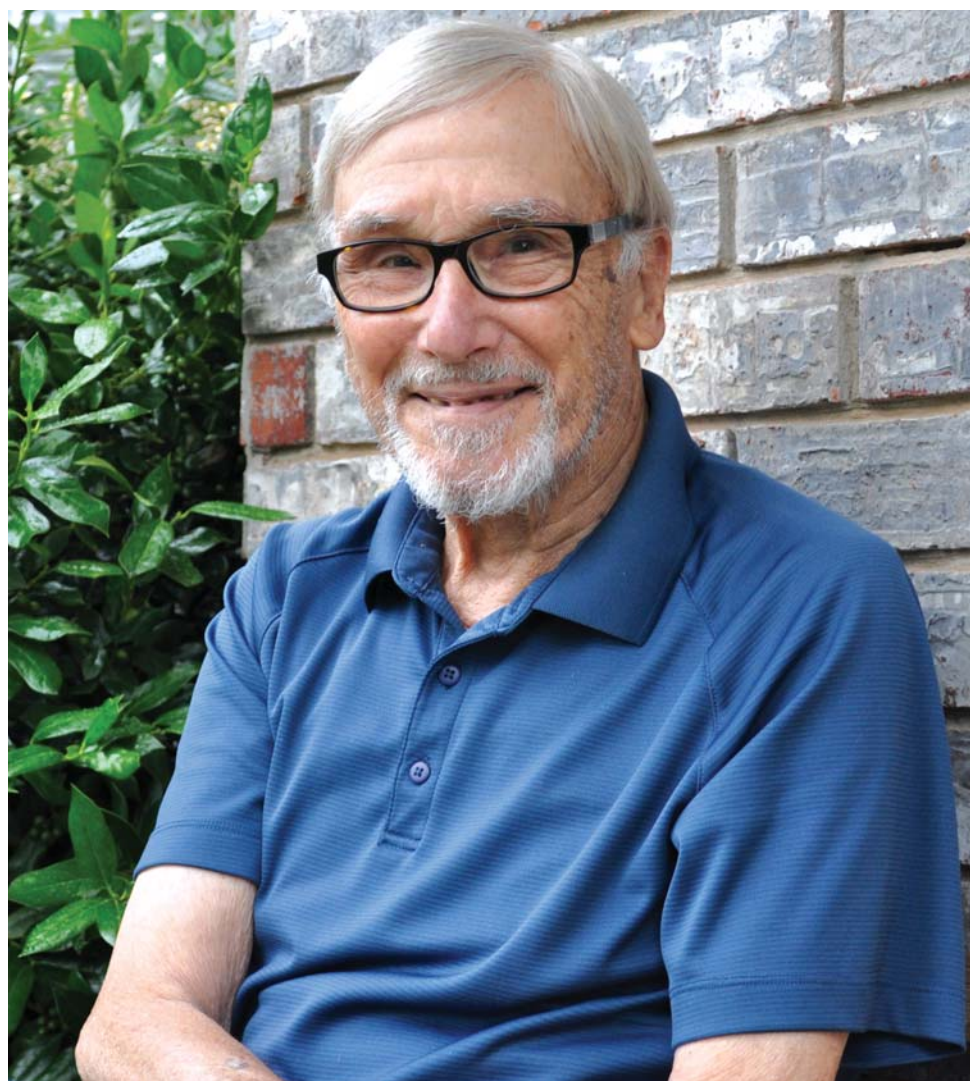


Photo by Bobby Anderson, Staff Writer from a feature story appearing in our June 2019 issue. "At 91, John Ferguson still entertains generations young and old."

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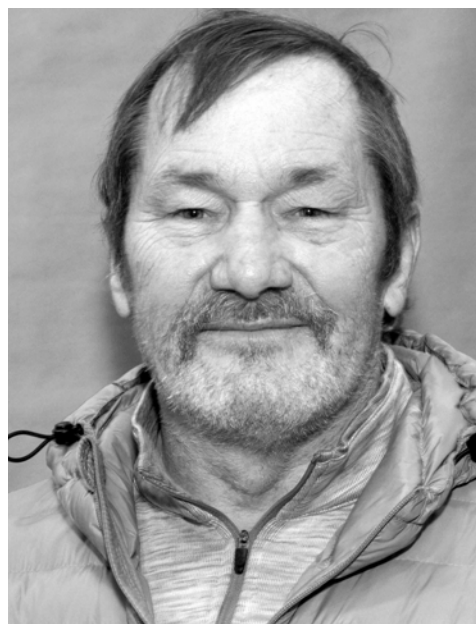
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GRATITUDE

Continued from Page 10



Senior News and Living
Contributing Editor Darl DeVault.

the entertainment industry. He spoke fondly about making commercials from behind the camera.

Our conversation turned to how difficult it was to make a living in a small market like Oklahoma City. I told him I was J-school trained at the University of Oklahoma, writing for The Oklahoma Daily, the student newspaper. We agreed OKC is a small market for creative endeavors.

His characters made him a household name for his many fans playing with local legend Danny Williams during those years. He talked about how he enjoyed starring as “Bazark, The Robot” and “Evil Duke of Mukedeen” opposite his hero character Dan D. Dynamo (Williams), on WKY-TV.

He was amazed I could retire as a writer at 55 in 2010. My explanation was the Oklahoma taxpayers spent a lot of money on us at OU. They funded the school’s printing press and an excellent Journalism Department as a significant investment in my learning to write well. Our conversation soon broke up, as I did not want to take up all his time.

Later, while leaving the Expo, I walked down the last row of booths. There was Ferguson again. He was still in makeup, sitting without his black cape behind a booth all by himself, watching people go by. I thanked him again for his time speaking with me and wished him well.

While speaking to him, a guy came rushing up to the booth. He hurriedly told Ferguson he needed

him to get his cape on because he wanted to introduce him to people in another booth.

Ferguson started to look for his cape while pointing at me and saying to the guy seeking his help, “he’s a writer.” He found his cape and stood up to put it on. Again, to the person hurrying him to get ready, he said while pointing at me, “he’s a writer.”

The two of them were about to walk away from the booth. Ferguson pointed at me for the third time and said to the guy, “he’s a writer.” By this time, curious about why he kept saying that, I asked Ferguson, “Why do you keep saying that?”

Ferguson then introduced the guy saying, “this is Steven Eldridge, the publisher of Senior News and Living, who is looking for a writer.” At first focused on Ferguson, I finally looked down to notice what booth he had been sitting behind. It was the Senior News and Living booth, a major Expo sponsor.

Ferguson’s effort to point me out as a potential employee caused Eldridge to ask me where I learned to write. I said, “I was J-school trained at OU in the mid-70s.” Eldridge then asked me what I was writing now, and I replied I was retired.

Eldridge told me I could be a good match for his reader’s demographics at Senior News and Living with my writing background and being retired. He asked if I would write a story for him to evaluate for the publication. He said if he liked my work, he would offer me a job writing feature stories. Eldridge told me my articles could start on the front page. He said he would also pay me for photographs.

He asked me if I had any ideas for an upcoming article he could evaluate. I said I did not have any story ideas in mind. He gave me his business card and the last two Senior News and Living issues.

I saw Bobby Anderson wrote for Eldridge when I looked through the magazines. Anderson was also OU J-school trained, having written for the Norman Bureau of The Daily Oklahoman. In looking over the June issue, Anderson, an excellent journalist, had written a front-page feature article about Ferguson, which explained why he was at the event.

I remembered I had taken photographs of Osage master artist Clancy Gray at the Red Earth Arts Festival earlier that month. Gray

was The Honored One for that year at the event in downtown OKC.

Knowing how to contact Gray through the Red Earth organizers, I started to craft an excellent front-page feature story about him with good photos. I had taken a compelling photo of the Oklahoma City Mayor David Holt, an Osage, and his family with Gray because they bought a painting from him at the event.

A few days later, I finished the article after interviewing Gray. I emailed the article to Eldridge along with the photographs. True to his word, he ran it on the front page. I have now written every month since.

I am grateful to Ferguson for providing me with a meaningful

life experience by prompting my interaction with Eldridge. That gratitude also extends to Eldridge for allowing me to write for him during these last two years of COVID-19. The timing could not have been any better for my mental health during the isolation of being careful about the pandemic.

For Count Gregore fans like me, there is a 2008 YouTube video worth watching wherein the Count introduces his top 10 horror movies worth watching at **Count Gregore’s top ten (2008-10-23) - YouTube**.

Ferguson explains how Danny Williams motivated him to create so many characters in a 24-minute Vimeo video narrative in 2011 of his WKY-TV career at <https://vimeo.com/458860008>.

Mulready Says Get Ready Part I: Before the Storm

By Oklahoma Insurance Commissioner Glen Mulready

In Oklahoma, natural disasters are a tragic reality. Every year, disasters disrupt different parts of our state, leaving behind lasting effects on Oklahomans and property. After a disaster, many in our community need help and first responders may not be able to assist right away. That is why it’s important to Get Ready now. You and your family can take simple steps to Get Ready for emergencies and mitigate your risks. Here are some very easy but essential things you can do to Get Ready.

Document Your Property

One of the most important things you can do before a storm hits is to make a home inventory. Keep a detailed record of your valuable belongings to help you recover and file a claim more quickly. Take photos or videos to record your belongings and write down descriptions. Take photos or videos of the inside and outside of your home, including spaces like closets and cabinet interiors. Keep your inventory somewhere away from your home (i.e. safe deposit box, virtual cloud), where it can be accessed after a disaster.

Review Your Insurance

Disasters are a matter of when not if. Understand the risks you may face and talk to your agent to ensure that you have the insurance coverage you need for your property. For example, a standard homeowners policy does not cover floods, and you may need a separate wind and hail policy if you live in tornado-prone areas. It’s also important to prepare your property before the storm hits. Sometimes it is not the storm that directly causes the damage to your home but your possessions that are not secured in your yard. Cut down or trim trees that may be in danger of falling on your home. Secure outdoor objects that could blow away or cause damage.

Make a Plan

Lastly, having a plan in place and knowing how you will respond to the storm can make a significant impact. Be sure to have flashlights, food, water and a weather radio ready at all times. Know how you’ll contact one another and reconnect if separated. Establish a family meeting place that’s familiar and easy to find and practice that plan regularly. Sign up for your community’s alert and warning systems and make sure you understand what these alerts and warnings mean.

To help Oklahomans prepare for this storm season, we’re releasing the three-part column series—Mulready Says Get Ready: Before, During and After the Storm. This comprehensive series will provide you with detailed information on how best to prepare for disasters. In this series, I’ll explain general disaster preparedness tips for before, during and after disasters. Please follow #GetReadyOK and visit www.oid.ok.gov/getready for more information on how to Get Ready.

If you have questions about other insurance issues, please contact the Oklahoma Insurance Department at 1-800-522-0071 or visit our website at www.oid.ok.gov.

TRAVEL / ENTERTAINMENT

Paradise Coast: Naples, Florida

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

There's an old joke where a preacher is asking his congregation to raise their hands if they want to go to heaven. Many do raise their hands, but one man does not. The preacher asks the man why he didn't raise his hand. "Don't you want to go to heaven?" asked the preacher. And the man replied, "I thought you were asking, who wanted to go right now!"

Many of us are not ready to go to heaven right away, but I'd go to Paradise, No April Fools, that is, Florida's Paradise Coast anytime. It is the area inclusive of the West Coast Florida Cities of Mediterranean style Naples, and the tropical Marco Island

Naples offers upscale and funky shopping at their Fifth Avenue South: Florida's own version of Rodeo Drive. Shopping in the historic Third Street South area, one might find the perfect piece of art in one of kind shops. I was surprised at the Tommy Bahama store where a restaurant and bar separated the men's from the women's clothing sections. That's the way to shop! T.B. is famous for their drink of the day, often in martini format, with names like, Frost Bite, Kiwi-Tini, Cayman Cooler and Watermelon Splash. I was tempted to sample one, but dining at the award winning Sea Salt was waiting.

Sea Salt is an upscale restaurant known for fine beverages and a sophisticated culinary experience. After tasting a selection from the extensive menu it's easy to see why Sea Salt received Wine Spectator Award of Excellence for 2009 and 2010, and named one of the Top 20 Best New Restaurants of 2009 by Esquire.

I could have spent the evening at Sea Salt, but then I would have missed a charming musical production by the Naples Players of "I Do, I Do" at the Sugden Community Theatre in the Fifth Avenue South district. (That show is long gone but check out their upcoming shows.) Another diversion is a pleasurable stroll through the Naples Zoo, with their Black Bear Hammock, Tiger, Lion and Giraffe exhibits, along with their Alligator Bay.

For a real break from reality an airboat ride on Lake Trafford gets you up close and vegetation slapping personal, with the folks at Airboats and Alligators. The extended drive north east to Lake Trafford is worth the effort for the natural vegetation and creature viewing on this west coast head water of the Florida Everglades, known as Corkscrew Swamp.

For your headquarters in paradise, The Naples Beach Hotel and Golf Club offers a family owned yet expansive hotel complex right on the beach; a Naples novelty. Owned and operated by the Watkins family since 1946, the comfy rooms have an historic old Florida feel about them. With plantation shuttered windows overlooking several pools and ocean views, you feel relaxed and right at home. And as the name describes a fine golf course is adjacent. Also unique to Naples, is the hotels HB's, which is the only beach front dining restaurant in the City of Naples, and has



been awarded a Wine Spectator Award of Excellence 2005-2010.

Once ensconced at a resort I usually like to leave the car parked and do nothing on a schedule, and know that my needs are met at the hotel; whether it is finding snacks and forgotten sundries from the gift shop, dining options, or the comfort of viewing a lazy sunset, or a favorite movie on the flat screen.

A Florida Paradise Coast getaway is a little bit of heaven, with shopping, attractions, fine dining, resort accommodations and relaxing seaside, letting any stress evaporate into the gentle ocean breeze. I can see why AARP named Naples-Marco Island the 10th best place in the country to retire and live.

For more information before you go check out: www.paradisecoast.com
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OU Art Museum Examines Native American Self-Expression in New Exhibit

The final installment in a series of exhibitions featuring works by Native American artists and sponsored by the Andrew W. Mellon Foundation opens this week at the Fred Jones Jr. Museum of Art. *Ascendant: Expressions of Self-Determination*, on display through Aug. 14, includes works by artists while enrolled at the University of Oklahoma from 1946 to 1954.

Following in the footsteps of the "Kiowa Six," Chief Terry Saul (Chickasaw, Choctaw), Walter "Dick" West (Cheyenne) and Oscar Howe (Yanktonai Dakota), the exhibition explores the context in which this remarkable group of students came to OU, presents their development as artists, and demonstrates their legacy.

Ascendant is the result of a collaboration between the Art History program of the School of Visual Arts and the Fred Jones Jr. Museum of Art. The exhibition and accompanying catalog are funded by a generous grant from the Andrew W. Mellon Foundation in New York City. The show was organized by five student curators – Meagan Anderson, Danielle Fixico (Chickasaw, Mvsko), Chris Tall Bear (Cheyenne), Olivia von Gries and Nathan Young (Delaware Tribe of Indians, Pawnee, Kiowa, and Cherokee Nation) -- who were enrolled in the fall 2021 seminar on Native American Art and Museum Studies led by Alicia Harris (Assiniboine) Assistant Professor of Native American Art History.

"The artists in this exhibition are the first Native Americans to receive M.F.A.s in

the United States," says Harris. "The exhibition revolves around topics of Native American spirituality (when the full expression of which was illegal in the United States at the time), political and legal paradigms, and their legacy as artists, teachers and leaders. We worked to expand the label "Modernism," which has been applied to their abstract compositions and assert that these artists also fit securely into the art histories and ancestral paradigms of their unique, sophisticated communities."

The exhibition features work from FJMA's permanent collection and special loans from the Philbrook Museum of Art in Tulsa and the Western History Collection at the University of Oklahoma.

An exhibition catalog published in conjunction with the show is also available at the museum free

of charge. Included in the catalog are essays and biographies of the artists written by the curators with an introduction by Alicia Harris. An exhibition webinar with the student curators is scheduled for 7 p.m. Thursday, March 24. The exhibition and related programming are free and open to the public.

More information about this exhibition and related programming is available on the museum's website at www.ou.edu/fjma.

The Fred Jones Jr. Museum of Art is located in the OU Arts District on the corner of Elm Avenue and Boyd Street, at 555 Elm Ave., on the OU Norman campus. Admission to the museum is complimentary to all visitors. Further information regarding this exhibition and accommodations are available by calling (405) 325-4938 or visiting www.ou.edu/fjma.

The decades following World War II were rife with change on a global scale, no less so for Native American artists at the University of Oklahoma. Ascendant: Expressions of Self-Determination considers the Native art students enrolled at OU from 1946-1954 as the "second generation" of Native artists in the legacy of the university, following in the footsteps of the Kiowa Six. Chief Terry Saul (Chickasaw, Choctaw), Walter "Dick" West (Cheyenne) and Oscar Howe (Yanktonai Dakota) came to OU at a time of political, social and personal transformation. Artists turned to ancestral philosophies of artmaking to represent their identity, celebrate heritage and assert individual artistic agency.

During this period, Native art was becoming increasingly accepted as "fine art." This generation of artists is notable as teachers and leaders whose resounding influence on the vast field of Native American art is felt to this day. Curators for the exhibition include instructor Alicia Harris and student curators Meagan Anderson, Danielle Fixico, Chris Tallbear, Olivia von Gries and Nathan Young. This exhibition was made possible with generous support from the Mellon Foundation.

Oscar Howe (Mazuha Hokshina) U.S., Yanktonai Dakota) 1915-1983 Waci (He is Dancing), 1973 Watercolor on paper Fred Jones Jr. Museum of Art, The University of Oklahoma, Norman; The James T. Bialac Native American Art Collection, 2010

Tommy Wayne "T.C." Cannon (U.S., Kiowa/Caddo, 1946-1978)

On Drinkin' Beer in Vietnam in 1967, 1971 Lithograph Fred Jones Jr. Museum of Art, The University of Oklahoma, Norman; The James T. Bialac Native American Art Collection, 2010



Wild West Show Cannon to Return to the Pawnee Bill Ranch

Since 1951 the cannon used by William "Buffalo Bill" Cody and Gordon W. "Pawnee Bill" Lillie in their Wild West Show has been on display at the Oklahoma Historical Society (OHS) headquarters in Oklahoma City. It was first displayed outside the original OHS building at 2100 N. Lincoln Blvd., and then at the new Oklahoma History Center at 800 Nazih Zuhdi Drive. After more than 70 years in Oklahoma City, the cannon will return to the Pawnee Bill Ranch and Museum in Pawnee.

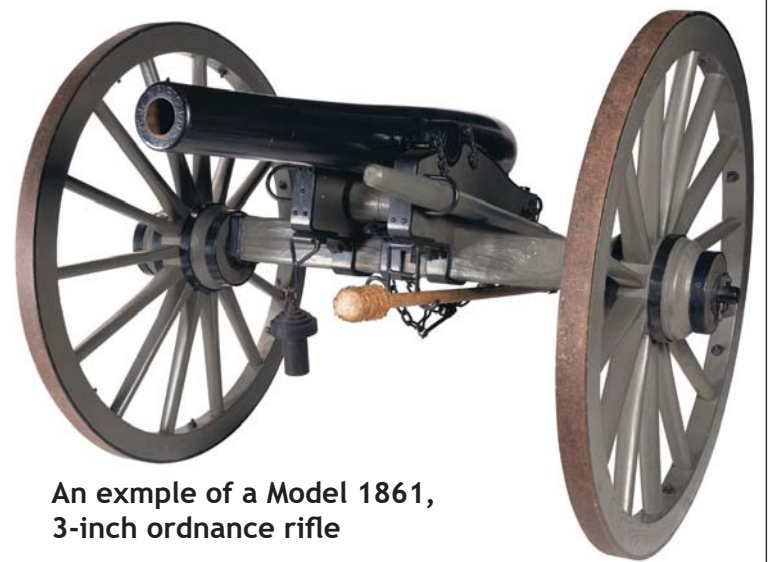
According to Ronny Brown, the Pawnee Bill Ranch and Museum director, the Model 1861, 3-inch ordnance rifle was cast in 1863 at the Phoenix Iron Company in Phoenixville, Penn. The gun reportedly saw service in several Civil War battles, including Missionary Ridge, before Pawnee Bill acquired it for use in the Wild West Show. After the Wild West Show, the gun found a home on the front lawn of Pawnee Bill and May Lillie's mansion. Shortly before Pawnee Bill

died in 1942, he gifted the gun to his longtime friend and publicist Frank Stuart. The carriage was in bad shape and continued to deteriorate as the gun sat in Stuart's backyard in Oklahoma City for many years. Stuart died in 1950, and under his will the cannon was gifted to the OHS in 1951. The OHS had a new carriage built for the cannon, and has displayed it in Oklahoma City ever since. Now the gun is set to return home to the front lawn at the Pawnee mansion.

The OHS is providing \$15,000 in matching funds toward the \$30,000 needed to restore the carriage, build a suitable exhibit space, and move the cannon to Pawnee. "This has been a dream of the local community for many years, and we are so excited to be working on plans to make it happen," said Mona Denney, president of the Pawnee Bill Ranch Association. "We are launching a fundraising drive to raise the \$15,000 needed to complete the project. This will be a big attraction for the ranch, and we can't wait to see it back home on the mansion lawn."

"We are very pleased to be working with the community of Pawnee to bring the cannon back to the ranch," said Trait Thompson, executive director of the OHS. "The project includes placing a flagpole near the cannon and lighting the front of the mansion and the cannon display. The cannon will be placed on a concrete pad with exhibit panels to tell the cannon's story. Also included in the project is a new sidewalk to ensure the display is accessible to everyone," continued Thompson.

"Come by for a visit and make a donation to the project to be a part of this opportunity," said Denney. "If you can't make it for a visit, give the



An example of a Model 1861, 3-inch ordnance rifle

ranch a call to make a donation at 918-762-2513."

For more information about the Pawnee Bill Ranch and Museum or directions to the site, please visit www.okhistory.org/pawneebill or call the ranch at 918-762-2513. The Pawnee Bill Ranch and Museum is located at 1141 Pawnee Bill Road in Pawnee.

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Festival of the Arts Makes Triumphant Return April 19-24

Oklahoma City’s beloved rite of spring is returning, with all the bells and whistles, to its traditional time of year! The 56th Annual Festival of the Arts will take place April 19 - 24 at downtown OKC’s Bicentennial Park. After a pandemic-related cancellation and a one-time move to June, the Festival is back.

Volunteer co-chairs Kristen Torkelson and John Semtner and their team of over 4,000 volunteers are working nonstop to ensure that Festival of the Arts will run smoothly.

“Festival of the Arts would not be possible without the hard work and dedication of our volunteers,” said Torkelson. “They will devote countless hours of time and effort in the coming weeks to ensure Festival is a fun-filled event for the over 750,000 people who will attend.”

“Festival has long been a rite of spring and we are thrilled to once again return to April,” said Semtner. “Festival of the Arts is a staple in downtown Oklahoma City, and we are excited to continue the long history of volunteers giving back to the arts.”

“We’ve heard from so many people who did everything they could to support us through the pandemic, but who truly missed enjoying the spring season at Festival of the Arts,” said Executive Director Peter Dolese.

Along with over 250 visual and performing artists, the 2022 Festival of the Arts will feature the return of the traditional food tents. Additionally, an expanded family area on the east side of City Hall will offer entertainment, art projects and more for younger visitors just starting their lifelong love of Festival of the Arts.

“Festival of the Arts has always been about tradition, but it’s also about seeking new and better ways to do things every year,” said Festival Director Seth Lewis. “We’re confident this Festival will be one you don’t want to miss!”





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TINSELTOWN TALKS:

Western script enticed Don Murray back to the big screen

By Nick Thomas

Joe Cornet never initially considered now 92-year-old Don Murray for a role in his 2021 western film "Promise."

"I wanted an iconic actor for one of the roles and approached two other veteran western stars, but for one reason or another neither worked out," said Cornet, from Los Angeles, who wrote, directed, and co-produced the almost 2-hour-long western drama.

Already acquainted with Murray's son, Cornet explained his dilemma to the younger Murray who proposed a simple solution: "Why don't you get dad?"

"So, I sent Don the script but wasn't really expecting to hear from him - I just didn't think he would do it," explained Cornet. "However, he called the following day to say he loved the story, calling it a

classic, and asked when the shooting started!"

Murray's previous big-screen appearances had been a pair of 2001 films two decades earlier, but he required little convincing to dude-up in cowboy gear for Cornet's film which depicts a desperate search for lost gold and lost love, both linked to the Civil War.

"It has elements of the classic western but it's also not cliché-bound," said Murray from his home in Santa Barbara. "It was just a great concept, very imaginative with good writing."

Murray, on set for a week to shoot his scenes at a Southern Californian ranch, "was a gem" according to Cornet. "He has three large, important scenes, two with me. He added a lot of quirks and nuances to create an interesting



Marilyn Monroe and Don Murray diner scene in *Bus Stop* - Twentieth Century Fox



Joe Cornet, left, and Don Murray on the set of *Promise* - photo provided by Joe Cornet.

character." Currently available on Amazon Prime, "Promise" was entered in Tucson's Wild Bunch Film Festival last October, receiving 11 awards including Best Picture.

Don Murray is no stranger to award ceremonies, having been nominated for a Best Supporting Actor Oscar for his first film role in 1956's "Bus Stop," co-starring Marilyn Monroe.

"It was a total surprise, I couldn't believe it," said Murray of his reaction when learning that the film's director, Josh Logan, insisted the producers cast him as a rambunctious cowboy alongside the notoriously difficult Monroe.

"I was aware of her reputation, but didn't let that bother me," recalled Murray. "I didn't pay any attention to what people thought of her. I was just involved with the work and working with her which was a great experience. She was very supportive of me and we got along well, no problems ever."

Murray also remembers Logan going to great lengths to put Monroe at ease. "He was always very supportive and made her feel comfortable," he said. "He was very positive and didn't criticize what she was doing."

After "Bus Stop," Murray went on to work in numerous TV shows and appeared in some 40 films, often tackling challenging roles that portrayed compelling characters. He appeared in several westerns and believes the genre, though far less common today, can still attract audiences.

"There's always the classic theme of the western but there's also room for creative changes in the screenplay, giving a better sense of western reality," he says. "(Joe) actually took advantage of that and created a classic piece all its own and I was very proud to be part of it."

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

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STRANGE LAWS

BBT In Tennessee, a law exists which prohibits the sale of bologna (sandwich meat) on Sunday.

BBT In Virginia, the Code of 1930 has a statute which prohibits corrupt practices or bribery by

any person other than political candidates.

BBT In Providence, Rhode Island, it is against the law to jump off a bridge.

BBT In the State of Kansas, you’re not allowed to drive a buffalo through a street.

BBT In Florida, it is against the law to put livestock on a school bus.

COMMUNITY

Danny Cavett
Retires as Director
of Pastoral Care at
OU Health

For 45 years, Danny Cavett has been a compassionate and supportive presence for hospital patients and their families, helping them navigate difficult circumstances and create meaning from situations that seemed to have none. This month, Cavett officially retires as Director of Pastoral Care for OU Health, where his work as a chaplain has touched an untold number of people.

"I'm going to miss being there every day, but I will stay connected," Cavett said. "It's been my life and has helped me feel fulfilled. I love having relationships

with families."

Cavett is retiring from a program that he has significantly strengthened. The pastoral care department now has a staff of eight chaplains and two administrative assistants, along with several other chaplains who fill in as needed. They cover OU Health University of Oklahoma Medical Center, Oklahoma Children's Hospital OU Health, and OU Health Edmond Medical Center. Cavett also directed OU Health's nationally certified Clinical Pastoral Education Program, which has four full-time chaplain residents in training.

Their work is often demanding. Last year, there were 6,500 trauma cases at OU Health's Level 1 Trauma Center; someone from Cavett's team was present for each one, keeping families updated and comforted. They also respond to all heart attacks and strokes that occur within the hospital, as well as every death. They help families find funeral homes, facilitate autopsies with pathologists, obtain signatures for death certificates, and more. In addition, they aim to visit every new patient within 24 hours of admission.

"We do that to the tune of about 95%. I'm proud of that," Cavett said. "We know that if a person receives a visit from pastoral care, even if it's to say, 'We're here if you need us,' then studies show that patient satisfaction goes up quite a bit."

Although patients may receive visits from their own clergy, the work of a chaplain is a bit different, Cavett said. Chaplains talk about the patient's medical problems, ask what kind of help they may need, and work with the patient to move toward goals or find meaning in what they're experiencing. They do so by honoring the patient's own ideas about spirituality. "Our

calling is to work with the patient's own background instead of me placing my spirituality on them," Cavett said. "We want to take their story and help them grow with it."

Cavett and his fellow chaplains have faced additional challenges during the time of COVID-19. When the surge of cases has been at its highest, no family members could come into the hospital; instead, Cavett and his team would go find the patient's family in their car to deliver news. If a patient was near death, one or two family members could go to the bedside.

"Danny's dedication to our health system and the patients we serve has been invaluable," said Jon Hayes, President of Oklahoma Children's Hospital OU Health. "He has been a kind and comforting presence for our patients as well as our healthcare providers and staff. As we have faced tremendous challenges during the COVID-19 pandemic, Danny's wisdom and compassion have never been more important. It is hard to imagine OU Health without Danny, but he has made us all better at what we do because of the example he has

Continued next page

CROSSWORD CORNER

- Across

1 Adopted gradually, with "in"

7 Sandpiper family birds

13 One of two sound recommendations for a light sleeper?

15 Shunned one

16 African Queen, for one

17 "Don't doubt my abilities!"

18 January temps, often

19 Do lunch?

21 London's ___ Gardens

22 Longtime senator Thurmond

23 Battery parts

25 History

26 Short on manners

27 Fraternal order

31 Coil in a garden

32 Prepares for takeoff

34 Extravagant

38 Lot

39 Buttonhole

40 Function

41 Campus figure

42 Storytelling singer Guthrie

43 Declared

47 Like some ornate doorways

50 Fixes tears

51 Firepit residue

54 Speak publicly
- Down

1 Pre-euro coin

2 Critics who can't be pleased

3 Childish denial

4 Jerk, e.g.

5 West ___: upscale store

6 Sufficient grounds for action, in law

7 Used bugs, perhaps

8 Shell material

9 Rollover acronym

10 ___ lady: gin and grenadine cocktail

11 Fluency

12 Make an appearance

14 Starbucks size

18 Baking powder amt.

20 Sock part

24 Hot message

26 Beat decisively

28 Lucy of "Kill Bill"

29 Tennis great Rosewall
- 30 Orlando-to-Miami dir.

31 Main bases: Abbr.

32 Deere rival

33 Ararat craft

34 Shoddy

35 Top player

36 TV pioneer

37 Actress Chaplin

38 Utter nonsense

40 Deplorable sort

42 "Eureka!"

43 Some decafs

44 Lanvin scent since 1927

45 Accustomed (to)

46 Summer hrs.

48 Blush wines

49 Minos' kingdom

50 Formal decrees

51 When Lear disowns Cordelia

52 Young passenger on the 33-Down

53 Rattletrap

57 Spanish "that"

59 Enzyme suffix

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PASTOR

Continued from Page 18

set.”

Since he began his career, Cavett has experienced substantial change in the medical profession and the evolution of hospital facilities. He began working as a chaplain in 1977 at Oklahoma Children’s Memorial Hospital, which was then located in Bielstein Center near the intersection of 13th Street and Stonewall Avenue. Soon, the hospital expanded with the construction of Garrison Tower, which now connects to the original Bielstein building.

When he started, the hospital had room for about 50 children who were in wards instead of private rooms. Cavett saw each patient or family three times a day, and quickly became known at the hospital. Unfortunately, he also conducted many funerals for children who could not be cured by medical treatments available at the time. As medicine advanced, life expectancy lengthened, and Cavett noticed a related phenomenon among young patients.

“It was wonderful that children began living longer, but we were still treating kids like they were

going to die,” he said. “Everything was centered around them, and that gave some kids a victim mentality. I decided that we needed to start a camp to teach kids how to cope with their illnesses — to be a thriver and embrace their story.”

That was the genesis of Cavett Kids, a calling that has run in parallel to Cavett’s career as a chaplain. The first camp he organized was for children with kidney disease; it’s still going strong 44 years later. In 1997, Cavett Kids Foundation became a nonprofit organization, and today it offers seven camps and numerous other programs free of charge for children with chronic and life-threatening illness.

“I remember that first year, we connected all the kids because they didn’t know each other,” he said. “I still do all the teaching at the camps about not being a victim. Our motto is that the illness does not define the child. They get to have fun with other kids who have the same medical condition, and they learn what it means to be a thriver.”

Cavett’s career also has been shaped by communal tragedies. In 1995, when a bomb exploded at the Alfred P. Murrah Building

in downtown Oklahoma City, he had just walked into Children’s Hospital. He never went to the bombing site because the need was so great at the hospital.

“We set up a place for the parents who were waiting to hear about their kids (who were in a daycare in the building), and we went into the ER and tried to match kids with their parents,” Cavett said. “By noon that day, it was pretty clear that there would not be many more children who survived. The parents kept coming back to me asking if there was any news. And there wasn’t. That still really haunts me. It’s a memory I have to deal with.”

In the aftermath of the bombing, Cavett helped start a support group for families who lost children. He also helped colleagues in psychiatry conduct research on the prevalence of post-traumatic stress disorder among survivors. Because of his experience with that tragedy, he was called upon to help after planes hit the World Trade Center towers on Sept. 11, 2001. He was assigned to the New York City Fire Department’s medical clinic, where he talked with each firefighter who came in, listened to their experiences, and recommended



Danny Cavett Retires as Director of Pastoral Care at OU Health.

mental health services if needed. He also traveled to individual fire departments to further visit with firefighters who were working at the site.

Throughout his career, Cavett has given his expertise to two other important entities in the healthcare profession: the Medical Ethics Committee at OU Health

See PASTOR Page 23



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New INTEGRIS Health Chief
Operating Officer Named

After a national search, INTEGRIS Health is excited to share the selection of Brent Hubbard as the health care system's new chief operating officer.

Hubbard comes to INTEGRIS Health most recently from Mercy Health System, Mercy Hospital Springfield Communities, where he serves as president and COO. Since 2016, his responsibilities were to lead the strategic direction of seven hospitals with administrative and operational oversight of 7,500 coworkers.

Prior to Hubbard's current position, he served as the chief operating officer at Mercy Health System, Mercy Hospital Fort Smith Communities, and the chief operating officer at HCA, Medical Center of McKinney. Other roles he has held include associate administrator at HCA - Centennial Medical Center and executive director and director of marketing at Woodward Regional Hospital.

Hubbard received his Bachelor of Science in business administration from Oklahoma State University and his Master of Business Administration from Southwestern Oklahoma State University. He is an accomplished health care executive and brings to INTEGRIS Health a strong focus on performance metrics. He is a believer in continuous process improvement. Hubbard has extensive experience in improving physician and coworker engagement, quality measures and patient outcomes, and achieving operational excellence to include service line growth and expanding patient access to health care.

He and his wife, Hilary, were both raised in Oklahoma, Mooreland and Woodward respectively. They are excited to be moving, along with their three children, back to the great state of Oklahoma and joining the INTEGRIS Health team. Hubbard's first day at INTEGRIS Health will be May 2.



Brent Hubbard

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OKC ZOO'S ANNUAL SIP AND STROLL EVENTS PROVIDE UNIQUE EXPERIENCES FOR REVELERS 21+

Connect with wildlife and friends during these one-of-a-kind events occurring every third Thursday, April through September. Sip and Stroll tickets on sale now.

Plan your Thursday nights around spectacular sunsets, cool cocktails and wondrous wildlife with the Oklahoma City Zoo and Botanical Garden's third annual, adult-only evening event series, Sip and Stroll. Presented by COOP Ale Works, Sip and Stroll occurs every third Thursday beginning April 21 and continuing through September 15, from 6-10 p.m. Revelers 21 and older are invited to explore the majority of the Zoo to discover amazing animals and exclusive experiences while savoring delicious drinks inspired by exotic wildlife and wild places throughout the night.

Sip and Stroll features six watering holes with three brand-new locations that highlight the OKC Zoo's conservation projects both locally and globally. Guests will discover custom cocktails such as The Long Neck and Spotted In Namibia at these wildly themed drink locations that focus on destinations including Madagascar, Tanzania and Namibia. While visiting

each watering hole, guests will have an opportunity to learn more about what the Zoo is doing to protect and preserve the natural world through global conservation partnerships with the Wildlife Trafficking Alliance, Cheetah Conservation Fund and others.

"Sip and Stroll continues to grow in popularity and is becoming an event favorite among our adult patrons," said Jenna Dodson, OKC Zoo's events manager.

There are more things to see and do while sipping and strolling through the Zoo! Sip and Stroll admission provides attendees with access to a variety of exclusive Zoo attractions including a sea lion presentation, Stingray Bay, the Endangered Species Carousel, an elephant presentation, karaoke, lawn games and more. With each Sip and Stroll event, guests can also get up-close to the Zoo's gentle giants and partake in the giraffe feeding experience for an additional

\$5/person. Capacity is limited for these attractions so guests are encouraged to plan accordingly.

The Zoo also has specially scheduled entertainment for select Sip and Stroll evenings with dueling pianos on April 21 and August 18; a drag show for PRIDE Night on June 16; a DJ on May 19 and July 21, and a special live entertainment set on September 15.

2022 Sip and Stroll dates: Thursday, April 21, Thursday, May 19, Thursday, June 16 (PRIDE night with special drag show), Thursday, July 21, Thursday, August 18 and Thursday, September 15.

Event admission to Sip and Stroll is \$32/person for non-members or \$27/person for ZOOfriends members and online reservations are required. Tickets are available now at www.okczoo.org/sipandstroll. Sip and Stroll Drink Passports will be available for purchase for an additional \$27 per person, allowing pass holders to enjoy a 5 oz. sample of all 6



specialty drinks. Drinks will also be available a la carte. Additional beverages and food will be available for purchase during Sip and Stroll from Zoo restaurants and local food trucks. Sip and Stroll tickets are non-refundable and non-transferable. This event will occur rain or shine. To purchase tickets or learn more visit www.okczoo.org/sipandstroll.

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Researcher Earns Grant for Age-Related Cognitive Impairment

In the process of aging, many older adults bear the heavy burden of dementia and vascular cognitive impairment, conditions that can rob them of quality of life and put them at risk for falls and injuries. To explore a promising premise in aging research — that changes to the brain's tiniest blood vessels may play an outsized role in cognitive decline — an OU College of Medicine researcher recently received a \$1.7 million grant from the National Institutes of Health.

Shannon Conley, Ph.D., an assistant professor in the college's Department of Cell Biology and a research member of the Oklahoma Center for Geroscience and Healthy Brain Aging, earned the five-year grant, which will allow her to further explore how damaged microvessels in the brain may contribute to cognitive decline.

"It has become increasingly evident over the past 10 to 15 years that the smallest blood vessels are important in terms of contributing to disease pathology," Conley said. "In the brain, this is especially important with aging. Because the brain can't store any extra oxygen, the loss or damage of even a few tiny blood vessels means there's not enough oxygen being supplied. In this project, we want to understand what is causing the damage or loss of blood vessels in the brain of an older adult."

Specifically, Conley is focusing on the relationship between IGF-1, a common growth hormone that promotes blood vessel health, and smooth muscle cells, which surround the outside of blood vessels and help regulate blood flow by contracting and dilating. Researchers know that a person's IGF-1 levels decline with age and that a deficit of the hormone can lead to defects in blood vessels. However, much less is known about the role of smooth muscle cells in that process.

"The research community has not really looked at the role of IGF-1 deficiency on the smooth muscle cells, specifically in the brain and in the context of aging and age-related cognitive impairment," Conley said.

For this project, Conley has created an animal model that does not have a receptor for IGF-1 in the smooth muscle cells, resulting in a research model that mimics



Shannon Conley, Ph.D., an assistant professor in the college's Department of Cell Biology.

accelerated aging. Her first aim is to chronicle what happens when the smooth muscle cells can't respond to IGF-1. Potential effects include damage or loss of blood vessels and impairment of the blood-brain barrier. She will also monitor to see whether the smooth muscle cells become impaired in their ability to contract as they normally do.

"One of the things that is important about smooth muscle cells in the brain is that they contract to protect the small blood vessels from the effects of systemic hypertension," she said. "If you have systemic high blood pressure, you don't want the tiny blood vessels in the brain to experience that. They're very fragile and could have small bleeds or hemorrhages. So we'll be watching to see if the smooth muscle cells lose their ability to protect the small blood vessels."

Conley's study will also seek to determine what is happening on a molecular level when smooth muscle cells cannot respond to IGF-1. "For example, do we see changes in the genes that are associated with cell contraction? Do we see early death of smooth muscle cells?" she said.

Ultimately, one of her goals is to identify targets that might be suitable for a therapeutic intervention. Treating



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GRANT

Continued from Page 22

an IGF-1 deficiency isn't as simple of giving someone a supplement of IGF-1; because it is a growth factor, it could promote abnormal growth in other tissues and cells. However, some of the changes that occur because of IGF-1 deficiency could be a target for future treatments, she said.

Conley's research is a component of the growing discipline of geroscience research, the study of the biology of aging. Aging itself is one of the biggest risk factors for disease, and many of the cellular mechanisms of aging are common across a wide range of pathologies.

"The things that go wrong in the blood vessel cells in the brain that can lead to dementia are some of the same things that can go wrong in the retina and lead to age-related macular degeneration. And some of those same cellular mechanisms can contribute to the development of Alzheimer's disease pathologies or Parkinson's disease pathologies. Among geroscience researchers, there is a lot of interest in what we call the basic cellular mechanisms of aging. We're not looking specifically at the disease, but how the cells change as we age, and how that increases our risk for a variety of pathologies."

As people live longer, research



like Conley's is especially important. Medical advancements may be able to keep people alive longer, but many will be diagnosed with conditions that significantly decrease their quality of life.

"As we have longer life spans, it's really important to identify ways to simultaneously promote increased health spans," she said. "It's very challenging when you have loved ones who have severe illness or cognitive impairment, yet they are not dying; they are physically able to keep living. We want to help people stay healthier longer."

Research reported in this news release is supported by the National Institute on Aging, a component of the National Institutes of Health, under the award number 1R01AG070915-01A1. Federal funds were secured with the help of seed grants from the Presbyterian Health Foundation, the OU College of Medicine Alumni Association, and the Oklahoma Center for the Advancement of Science and Technology.

PASTOR

Continued from Page 19

and the Institutional Review Board (IRB) of the OU Health Sciences Center. Medical Ethics Committee members are on call to provide consultations anytime a healthcare provider, patient or family member has a concern about a treatment regimen. They thoroughly look at each case and make recommendations to physicians overseeing care. As an IRB member, Cavett is part of the group that reviews and monitors research involving human participants. He plans to continue serving on the oncology IRB in his retirement.

Although he is ready to step back from many of his duties, Cavett said he will stay connected to OU Health through committee work and filling in as a chaplain when needed. His decades of

experience will no doubt continue influencing others as well.

"I try to teach people about how to handle the stories we see and hear because compassion fatigue, burnout and moral distress are very real," he said. "Some stories are very dear, so I keep them in my emotional bag around my shoulders. But if I keep every story in that bag, it becomes too heavy to carry. Some stories I have learned to put on a shelf where I can retrieve them if I need to."

"During my career, I've seen a progression of myself becoming less stoic and more willing to show my feelings. I still remember a young girl at one of my early camps who loved to play golf. She got to play golf during the camp, and the next week she died. That's very dear to my heart. The tears come a lot quicker now. I used to hide them, but now I don't."

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APRIL

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.

Chakaia Booker: Shaved Portions
Oklahoma Contemporary Arts Center
11 NW 11th St.
oklahomacontemporary.org/exhibitions/upcoming/chakaia-booker-shaved-portions
Email: info@okcontemp.org
Price: Free
When: Through Aug. 31, 2022
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.

Paseo Arts District's First Friday Gallery Walk
3024 Paseo St. 405-525-2688
www.thepaseo.org. Peruse art from over 80 artists with 25 participating businesses for a night of special themed exhibits, refreshments and a variety of entertainment opportunities, 6-9 p.m. first Friday of every month.

Coffee & Cars Chisholm Creek
13230 Pawnee Dr.
405-728-2780 www.chisholmcreek.com
First Saturday of every month, 8 p.m.
Coffee and Cars OKC is the largest monthly gathering of car enthusiasts across the state of Oklahoma! Head to Chisholm Creek on the first Saturday morning of each month to share your passion for automobiles. The event will be held at the property just north of Pawnee Drive and Cabela Road. FREE and Everyone is welcome!

APRIL

Zumba Gold: Move to the music and have fun dancing.
Every Tuesdays and Thursdays from 10am-11am. \$3/class. Will Rogers Senior Center, 3501 Pat Murphy Drive. www.okc.gov/parksignup. Keyword 40863. Senior Events (age 50+) EMBARK offers no cost, round trip rides to these senior centers for 60+. Schedule at 405-297-2583

LIVE! on the Plaza
1618 N. Gatewood Ave.
405-426-7812 www.plazadistrict.org
When: Second Friday of every month, 6-10 p.m. Join the Plaza District every second Friday for an art walk featuring artists, live music, shopping and more.

SENIOR CHAIR DRUMMING (AGES 50+)
Class combines rhythm, stretching and exercise. No experience necessary. Wednesdays and Fridays from 1pm-1:45pm - FREE
Woodson Senior Center, 3401 S. May Avenue.
okc.gov/parksignup. Keyword 37358

Senior Chair Drumming: Beginner class combining rhythm, stretching and exercise in a group setting. Every Wednesday and Friday from 1:15pm -2pm. FREE. Woodson Senior Center, 3401 South May Avenue. www.okc.gov/parksignup. Keyword 40768
Senior Events (age 50+)
EMBARK offers no cost, round trip rides to these senior centers for 60+. Schedule at 405-297-2583

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.

APRIL

NEED A RIDE? Let's go to Mustang Town Center!
· ADA Accessible
· \$2 a day
· Rides Monday-Thursday
· Wide variety of activities to do while you are here including lunch, fitness class, games, etc.
9am-9:45am pick up
Noon-12:30pm drop off
Service Area:
County Line Road to Frisco Road
SW 89th to SW 15th
For more information or to register call: (405) 376-1297
1201 North Mustang Road
Mustang, OK 73064

Maren Hassinger: Nature, Sweet Nature
OK. 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/maren-hassinger-nature-sweet-nature
Traveling from Aspen Art Museum, the exhibition Nature, Sweet Nature, by renowned artist Maren Hassinger, has been reconfigured to respond to the grounds of Oklahoma Contemporary. Nature, Sweet Nature is comprised of two installations constructed with galvanized wire rope. Garden and Paradise Regained will each stand in rows at relative human scale; one near the entrance to the art center and the other within the Sculpture Garden.

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

APRIL 16

Wanderlust Pop Up Shops
1701 S. Western Ave.
When: Sat., April 16, 10a.m.-5p.m.
tobi@revolveproductions.com
Price: FREE
Wanderlust Pop Up Shops returns for OUR 6TH YEAR to the Wheeler Ferris Wheel for Spring of 2022. Lots of great local and handmade vendors, food trucks and ferris wheel rides! #madeinoklahoma

APRIL 25

The Society of Urban Poets, Inc., in conjunction with the Ralph Ellison Library, will be celebrating National Poetry Month Monday, April 25th 7:00pm to 8:30pm at the Library. Our guest speaker will be Anthony Crawford. Mr. Crawford, aka ProVerb, is a native of Los Angeles, California. He graduated from Langston University with a degree in education in May 2012. Mr. Crawford is an English teacher, a public speaker, a spoken word artist, the author of the new adult fiction, Black Pain't. A poet who cohosts Dope Poetry Night at the Ice Event Center, he is also a screen writer, a film director, an editor, an executive director, and a ghost writer. Refreshments will be provided at this free event and the public is invited to attend. Those wishing to participate by presenting poetry should call 405-339-4844 to register.

APRIL 30

STEAMROLLER PRINT FEST 2022
1 NE Third St.
Sat., April 30, 9a.m.-6p.m.
Phone: 405-815-9995
Email: pr@1ne3.org
Price: FREE
The Annual Steamroller Festival showcases the printing process of large-scale woodblocks carved and designed by collegiate artists, local professional artists, and the students within our Mentorship Program. The festival will consist of various immersive activities including live music, food trucks, pop-up shops, family-friendly activities, a children's tent, artist demonstrations, and more!

OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

CEMETERY PROPERTY FOR SALE

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

Memorial Park Cemetery 13313 North Kelly. OKC 73131
Cenotaph/Mausoleum Building D Tier 21 Crypt 1 For Sale: \$6,500 OBO, Memorial Park Cemetery Price: \$7,900
Call Or Text 405-657-0184

CHAPEL HILL CEMETERY

2 Lots = \$3,495.00 each
1 Vault = \$1,895.00
1 Certificate = \$300.00
Value = \$9,185.00
Sell all for \$4,000.00
Call Linda at 405-833-9564

CEMETERY PROPERTY FOR SALE

Two Spaces At Resthaven. Current Selling Price At \$4,995.00 Each. Asking Price is \$2,700.00 Each. Call (405) 615-6847

HALF PRICE FOUR SPACES IN ROSE HILL BURIAL PARK

Rose Lawn Section. Regular price \$4,995.00 Each = \$19,980.00. Now Only \$9,990.00 OBO. If You Don't Need Them Now, We All Will Someday. Call Gene at 316-312-1482

Two cemetery spaces in Rose Hill Burial Park.

Lawn Crypt# 254 in Garden of Shepherd. \$4,000.00. Call 405-659-0118

HELP WANTED

RETIRED ATTORNEY AND LOOKING FOR A CHANGE?

LEGAL AID SERVICES OF OKLAHOMA, INC. is the answer!

Legal Aid Services of Oklahoma (LASO) is a nonprofit law firm dedicated to the civil legal needs of low-income persons. If you desire to advocate for the rights of the underserved, LASO is the place for you, offering opportunities to make a difference and to be part of a dedicated team. LASO has 18 law offices across Oklahoma. The successful candidate should have experience in the practice of Law, with a true commitment to help the underserved.

LASO believes it can be the stage for Act 2 in a Retired Attorney's career. Due to growth, LASO has openings for both full-time and part-time senior Attorneys across Oklahoma.

LASO offers a competitive salary and a very generous benefits package, including premier health, dental, life, pension, liberal paid time off, and loan repayment assistance. Additionally, LASO offers a great work environment and educational/career opportunities.

The online application can be found at: www.legalaidok.org/employment
Legal Aid is an Equal Opportunity/Affirmative Action Employer

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3 Months.....\$66.00
6 Months.....\$130.00
9 Months.....\$175.00

ADD A PHOTO, ONLY \$8.00/MO MORE!

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

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"Excellent Cook"
Housekeeping - Companionship
References Available Upon Request. Call Tammy at 405-625-0353

REGISTERED NURSE

interested in caring for your loved one. Let me know what I can do to ensure the quality care you want. Call Sandra at 405-487-0948

SERVICE

Haircuts \$10.00 at Mustang Senior Citizens Center.

Wednesday mornings from 8:30AM-11AM. Call 405-376-1297 or 405-245-6200 for other days at homeshop.

SENIOR NEWS & LIVING

AD FORM

Category (Exp: For Sale, Help Wanted):

TODAY'S DATE:

CLASSIFIED LINER ADS (25 WORDS OR LESS)

- ☐ 3 Months.....\$66.00
☐ 6 Months.....\$130.00
☐ 9 Month.....\$175.00
☐ ADD A PHOTO, ONLY \$8.00/month MORE!

FIRST NAME LAST NAME

STREET ADDRESS APT. CITY

STATE ZIP CODE E-MAIL/PHONE

PAYMENT INFO. Check # and Amount Enclosed

☐ VISA ☐ Master Card

☐ American Express

CARD NUMBER

EXP. DATE CVV # ZIP CODE

TO PLACE A CLASSIFIED MARKETPLACE LISTING, COMPLETE THIS MAIL-IN FORM WITH CHECK MUST BE POSTMARKED BY THE 15TH, RECEIVED AND PAID BY THE 20TH OF EACH MONTH PRIOR TO APPEAR IN UPCOMING PUBLICATION DATE. CLASSIFIED LINER ADS ARE PREPAID ONLY AND NON-REFUNDABLE. MAIL TO: SENIOR NEWS AND LIVING P.O. BOX 239. MUSTANG, OK 73064.

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FREE OF CHARGE

Broom Hilda

By Russell Myers



Animal Crackers

By Fred Wagner



Willy Muffitt

By Bill Brewer



JUMBLE

THAT SCRAMBLED WORD GAME
by David L. Hoyt and Jeff Knurek

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

CANTE

URSIV

WLEFLO

VARCOT



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

“ [] - [] - [] ”

(Answers Next Month)

March Answers

Jumbles: MILKY REBEL ACCRUE CENSUS

Answer: The rookie's dessert was so badly burned, the head chef called it a — “CRIME” BRULEE

MINION ALLEY - It's good to be a Minion

Dear haters, I couldn't help but notice that 'Awesome' ends with 'ME' and 'Ugly' starts with 'U'

I have met my quota for stupid people this year. I am no longer taking applications. Thank You!

I Wish My Wallet Came With Free Refills

In bed, it's 6am you close your eyes for 5minutes, it's 7:45

At work, it's 1:30. Close your eyes for 5minutes, it's 1:31.

DEAR MATH, PLEASE GROW UP AND SOLVE YOUR OWN PROBLEMS, I'M TIRED OF SOLVING THEM FOR YOU.

DEAR SLEEP, I'm sorry i hated you when i was a young kid. Right now i love you very much and i cherish every moment with you.

SLEEPING IS MY DRUG... MY BED IS MY DEALER... AND MY ALARM CLOCK IS THE POLICE!

Exercise? I thought you said "Extra Fries"

1y gummie-bear died. 1y unicorn ran away. 1y imaginary friend got kidnapped. The voices in my head won't talk to me. DHHHHH NOOOO ...I'm going sane!

Gasoline Alley

By Jim Scancarelli



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

Greg Schwem: I have no more passwords left to give

by Greg Schwem

"Hello! Thank you for downloading our app, which is guaranteed to take up valuable memory on your phone and ensure that, if you ever have a problem with our company, you now have the tools to solve it yourself. Which is why, on our website, you will not find any kind of contact information; only the sentence, 'Most issues can be solved by downloading our app.'"

"First, we need a user name. Sorry, that name is not available. Nor is that one. Or that one. 'Bootyliciousgranddad'? As weird as it sounds, even that one has been taken. 'Greg79450854' is available. Congratulations."

"Now, please enter a password. It must contain one capital letter, one number, one special character you never knew existed on your keyboard, and another special character you create simply by pressing, simultaneously, 'control/option/shift/return/command/function/tab/CAPS LOCK/>/<.'"

"That password is weak. Please try something stronger. May we suggest, 'Pwb8*)@?!sV'?"

"Now, please re-enter the password. Sorry, the passwords didn't match. Please check the spelling and be reminded that certain characters do look alike, particularly the ones we suggested for you."

"Success! If you have not yet thrown your phone against a wall in anger, you are ready to use our app. Almost. First, we need to verify that you are you and not some robot that is capable of completing the user name and password steps. Please retype the following characters: 0oOlliImnmnmnnOo0."

"Please click here to request another series of characters that look like they came from an eye chart at your optometrist's office. You have four more attempts."

"Whew. You did it on your last try. Way to go! Now you just need to click on every square containing the color white."

"Try this one. Click on every square where you see a road."

"Close enough. You have successfully installed our app. Now, please download the latest version, 15.0.7.3.2, which we released while you were trying to find the roads. Please close all other apps on your phone while the installation takes place. The new version will be installed in approximately 13 minutes. Or three hours. Or two days if your internet connection sucks."

"Your app is now up to date. You may sign in."

"First, we need your credit card information and a scanned government issued ID. This could be a passport, driver's license, Social Security card or anything else that could make your life a living hell if hackers stumble across it. But that isn't going to happen. Rest assured; we NEVER share your personal information with outside sources. And we're serious. That's why we capitalized 'NEVER.'"

"Now it's time to link your credit card information to your digital wallet. Click here to establish a digital wallet. You might want to walk away from your phone for a few minutes, because establishing a digital wallet means creating another user name, password and avatar. Spend this time away from your phone by going to another device and Googling, 'What is an avatar?' Or just beat your head against a wall."

"Make sure you store your digital wallet login information separately from where you keep your other password information. If you cannot access your digital wallet, you will NEVER be able to retrieve the funds you placed there during a night of drinking with your friends because Steve told you it was time to start investing in cryptocurrency. By the way, Steve did not offer to pick up the check. What does that tell you about crypto?"



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



"Please check your inbox for a verification email. Simply click the link and you will be able to use our app. If the email does not appear between 30 seconds and 24 hours, please check your spam folder. If you do find the email in your spam folder, please add our address to your 'contacts' folder so we can send you periodic updates about changes to the app. If you have questions, our chat bot is here to help."

"Please be advised that our chat bot only knows how to say, 'Refer to your app.'"

(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)

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Nerve Renewal
NEUROPATHY CLINIC

Do You Suffer With Neuropathy?

Welcome To A New Medical Therapy Covered By Medicare

Rather than masking your pain with medication, that can cause very undesirable side effects, as well as creating a long term dependence on them, our staff of medical professionals will address the symptoms of neuropathy at the source with a non-invasive, drug-free form of therapy that combines injections of a pharmaceutical-grade nutrient blend with electroanalgesia to provide relief from your symptoms.

The results of combined Electroanalgesia and nutrient injections are cumulative after each treatment. Controlled research studies have shown that most patients find long-term relief from neuropathy after receiving our specific treatment. This non-invasive, drug-free form of technology is one the oldest and most documented forms of medical science.

Electroanalgesia works by delivering exact dosages of electrical stimulation to peripheral nerves. These high frequencies can decrease the ability of the affected nerves to transmit pain, which brings relief and healing.

One of the largest advantages is a decreased cost of care with no subsequent medication or other treatments. Our protocol improves your ability to perform activities of daily living. It also provides a non-invasive, non-surgical option for those who have exhausted other methods. Nerve Renewal Neuropathy Clinic incorporates the "state of the art" neuropathy treatment in the state.

Electroanalgesia Benefits



Over 80% of patients report a significant reduction in pain.

Treatments are covered by most insurance plans, including Medicare and VA programs.

No opioid drowsiness, addiction concerns, or side effects.

Enjoy better sleep due to reduced pain and recover more quickly from knee and hip surgery.

Patients reduce chemotherapy side effects and are better able to complete the entire treatment cycle.

Patients don't feel trapped by pain. They are able to move and get exercise, leading to healthier outcomes for all other medical treatments.



405-422-9518 nerverenewalnow.com