

*Proud of  
Progress  
With Cry  
for Help*

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**LPN  
Learns  
from  
Experience**

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# SENIOR NEWS & LIVING

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

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Renfrow, running as a Republican candidate for Oklahoma House District 66.

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## Broadcaster Celebrates

### "Race to Remember"



From left, four consecutive Boston Marathon winner Bill Rodgers, Mark Bravo and Joan Benoit Samuelson, gold medalist at the inaugural women's Olympic marathon in 1984, pose during April's two-day Health and Fitness Expo, part of the Oklahoma City Memorial Marathon weekend.

Story and photo by Darl DeVault, Contributing Editor

Since its inception in 2001, Mark Bravo, 64, has added color commentary to the Oklahoma City Memorial Marathon's live television broadcast on KFOR-Channel 4 locally while actively supporting the race throughout the year and on marathon weekend. From hosting the event's two-day Health and Fitness Expo to helping with invited legends of the sport coming to the

race to inspire runners both at the Expo and all weekend, Bravo has devoted hundreds of hours to the event over the years.

He takes great pride in making sure its national reputation as the "Run to Remember" leaves participants with two distinct emotions. The first is to bring together runners and spectators from around the world to honor those who were killed, those who survived

and those who were changed forever in the 1995 Oklahoma City bombing of the Alfred P. Murrah Federal Building. Another source of pride the race has fostered is to treat runners and walkers to many extras not available at most marathons. This makes each person feel like an "elite" participant because of the on-course support from a massive outpouring of cheering and volunteering OKC residents.

The marathon weekend's amenities in April, and the race

See RACE Page 2



## RACE

Continued from Page 1

itself, punctuates what has become known as the "Oklahoma Standard." Oklahoma City offers an outpouring of volunteerism and an Expo that assists runners and walkers in getting fired up for their big day, no matter what event they seek to accomplish.

A highly anticipated aspect of the Expo is interaction with Hall of Famers from the sport who speak about their experiences in and out of the sport and training expertise to help ease runners' minds before their race. Some years Bravo's duties included recruiting marathon luminaries for the weekend, some of whom were literally at the forefront of the "running boom" in America in the '70s and '80s. The Expo's "Legends Booth" hosts some of the best American runners ever.

This year saw National Track and Field Hall of Famers like four-time Boston and New York Marathon winner Bill Rodgers and Hall of Famer and Olympic Marathon Champion Joan Benoit Samuelson attend. Famed marathoner Dick Beardsley spoke at the Expo. Also speaking was world record-holder and double amputee marathoner Marco Cheseto. Oklahoman Dan Little, 78, spoke

about trying to run seven marathons, in seven days, on seven continents later this year, a feat he succeeded in doing just two years ago.

With Bravo's broadcast journalism training from the University of Oklahoma, he joins KFOR's Kevin Ogle and Linda Cavanaugh in anchoring live television coverage of the Sunday marathon on-air and online beginning at 6 a.m. each year. As an experienced marathoner himself, he describes the events from the runners' point of view and offers background on the many elite and "ordinary" runners.

"I'm humbled to be a part of this race, and to offer color commentary on race day gives me a chance to provide insight into road racing. I describe the mindset of all levels of athletes who participate and the importance of this race to Oklahoma, not only in April but all year long," Bravo said in an interview. "I'm fortunate to have a lot of engagement with athletes of all abilities throughout the year. The connection to the community has made it one of my great pleasures to help document every OKC Memorial Marathon."

Bravo is a freelance writer, broadcaster and nationally-noted road race announcer who has finished almost 50 marathons in his 40-plus

years in the sport. He speaks at countless sports-focused venues on building momentum in one's life. Bravo has coached runners for the last two decades, and his view of mental and physical wellness is detailed in his well-received book: "Momentum: 77 Observations Toward a Life Well Lived."

Bravo's definition of an "athlete" has less to do with physical prowess but more about a few principles: "It's viewing the world and yourself

runners and walkers visit it during their time in Oklahoma City for the event.

The staging of an event of this magnitude requires the cooperation of many partners. There is a massive outpouring of help from the City of Oklahoma City, its Police and Fire Departments and the medical community. Community resources and safety are also provided by Nichols Hills and other parts of the courses, such as the Capitol Complex.

The volunteer race medical staff has a stellar reputation nationwide in road racing circles, especially for the fully equipped medical facility and the quality of care provided at the finish line. University of Oklahoma College of Medicine volunteers have set that standard. Volunteer communications personnel are positioned at intervals along the course to keep the fully-equipped medical team of professionals aware of events all over the course.

"Nationally and on social media, the running community has a lot to say about what is considered a great event," Bravo said. "Many runners will come to our event for the first time due to the premise. With so many marathons available, they won't return if the efficiency isn't in there. I hear runner's accounts to other runners every year when I visit other cities' marathon expos: 'You have to run this race (OKC Memorial Marathon). It's the best race I've ever done! They treat you like you're the most special runner there.' We take great pride in that endorsement."

In its continuing tradition of making the event memorable, a new feature was added this year. Any runner setting a personal record during the event could celebrate by ringing the new Personal Record Bell near the finish line in Scissortail Park. The bell was on the Oklahoma City Fire Department's Truck 55, which provided aid after the 1995 bombing. An original stone from the Murrah Federal Building is set beneath the bell's commemorative plaque.

After working the race for more than two decades, Bravo continues to exude class. After his broadcast work was over, Mark was still there this year. He announced athletes to their finishes and high-fived many, including the last official finisher, a 78-year-old male from Virginia, as he crossed the finish line almost seven hours after the start at 6:40:44. Bravo says he counts those experiences as much as the elite performances as the "real stories" of the race.



through a 'kinder, gentler' lens, an always existent 'stick-to-it-iveness,' strong view that the glass is 'three-quarters full, not half-empty,' and an ever-present emphasis on gratitude. Through these principles and how we share them, each of us raises the calibration of the entire world!"

He stays intricately involved with the running community locally in his position at OK RUNNER OKC in downtown Oklahoma City. Bravo and his wife, Leslie, live in Edmond, Okla.

The event that some years hosts more than 25,000 runners and walkers from every state and several foreign countries starts at the Oklahoma City National Memorial & Museum. The course goes through Bricktown, by the Capitol Complex, Nichols Hills, and several of Oklahoma City's historic neighborhoods. Along with thousands of eager volunteers helping on the routes, the participants see 168 banners bearing the names of the 1995 bombing victims.

Participants are offered a marathon, half marathon, marathon relay (5 member teams), 5K, Kids marathon and a wheelchair division. Runners can secure a place in the Boston Marathon at this qualifying event.

The event is the Museum's largest fundraiser as the sole beneficiary of the proceeds to support its year-round operation. It honors the victims, survivors, rescuers, and all affected by the Oklahoma City bombing on April 19, 1995. Many



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# OPINION



## How to Choose a Medicare Supplemental (Medigap) Policy

**Dear Savvy Senior,**

I'm planning to enroll in original Medicare in a few months and have been told I probably need to get a Medicare supplemental policy too. Can you offer any tips on selecting one? Almost 65

Dear Almost,

If you're enrolling in original Medicare, getting a supplemental policy (also known as Medigap insurance) too is a smart idea because it will help pay for things that aren't covered by Medicare like copayments, coinsurance and the Part A deductible. Here are some tips to help you choose an appropriate plan.

### Medigap Plans

In all but three states (Massachusetts, Minnesota, and Wisconsin), Medigap plans, which are sold by private health insurers, are available to new enrollees in eight different standardized plans. These plans are

labeled with the letters A, B, D, G, K, L, M and N, with two more, C and F, that are only available to those eligible for Medicare before 2020.

Plan G is the most popular policy among new enrollees because it covers the most comprehensive range of benefits. Monthly premiums for Plan G typically range between \$100 and \$300, depending on your age and the state you reside in. If that's more than you're willing to pay, there are also high-deductible plans that have lower premiums but impose higher out-of-pocket costs.

For more information on the different types of plans and coverage details, including Medigap options in Massachusetts, Minnesota, and Wisconsin, go to [Medicare.gov/publications](https://www.medicare.gov/publications) and type in "choosing a medigap policy" in the Keyword box, and download their 2022 guide. Or call 1-800-MEDICARE and ask them to mail you a copy.

### How to Choose

To pick a Medigap policy that works best for you, consider your health, family medical history and your budget. The differences among plans can be small and rather confusing.

To help you choose, visit [Medicare.gov/medigap-supplemental-insurance-plans](https://www.medicare.gov/medigap-supplemental-insurance-plans) and type in your ZIP code. This will give you a list of the plans available in your area, their price ranges and the names, and contact information of companies that sell them. But to get specific pricing information, you'll need to contact the carriers directly or call your State Health Insurance Assistance Program. See ShipHelp.org or call 877-839-2675 for contact information.

Since all Medigap policies with the same letter must cover the exact same benefits (it's required by law), you should shop for the cheapest policy.

You'll get the best price if you sign up within six months after enrolling in Medicare Part B. During this open-enrollment period, an insurer cannot refuse to sell you a policy or charge you more because of your health.

You also need to be aware of the pricing methods, which will affect your costs. Medigap policies are usually sold as either: "community-rated" where everyone in an area is charged the same premium regardless of age; "issue-age-rated" that is based on your age when you buy the policy, but will only increase due to inflation, not age; and "attained-age-rated," that starts premiums low but increases as you age. Community-rate and issue-age-rated policies are the best options because they will save you money in the long run.

You can buy the plan directly from an insurance company, or you can work with a reputable insurance broker.

### Drug Coverage

You also need to know that Medigap policies do not cover prescription drugs, so if you don't have drug coverage, you'll need to buy a separate Medicare Part D drug plan too. See [Medicare.gov/plan-compare](https://www.medicare.gov/plan-compare) to compare plans. Also note that Medigap plans do not cover vision, dental care, hearing aids or long-term care.

### Alternative Option

Instead of getting original Medicare, plus a Medigap policy and a separate Part D drug plan, you could sign up for a Medicare Advantage plan (see [medicare.gov/plan-compare](https://www.medicare.gov/plan-compare)) that provides all-in-one coverage. These plans, which are sold by insurance companies, are generally available through HMOs and PPOs that require you to get your care within a network of doctors.

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## Bradford Building Among New Oklahoma National Register Listings



The Oklahoma Historical Society, State Historic Preservation Office (SHPO) is pleased to announce the National Register of Historic Places designation for the following properties in Oklahoma. The National Register of Historic Places is our nation’s official list of properties significant in our past.

**Oklahoma County**  
**William L. Bradford Building**  
**27 E. Sheridan Ave., Oklahoma City**

The William L. Bradford Building near downtown Oklahoma City, Oklahoma County, is locally significant for its association with Commerce and Industry. Constructed in 1909, the four-story, red brick building was developed as an investment property in Oklahoma City’s burgeoning warehouse district, known today as Bricktown. A simple corbeled brick cornice adorns the top of the building in reference to the Classical Revival architectural style that was commonly seen at the turn of the 20th century. Various manufacturers and wholesalers occupied the building during its period of significance from 1909 to 1941, including the Southwestern Fountain Company, the Can’t Spill Oil Can Company and Kansas City Paper House.

**Kay County**  
**Ponca City Coca-Cola Bottling Company**  
**511 S. First St., Ponca City**

The Ponca City Coca-Cola Bottling Company is locally significant for its association with Industry. The modest, one- and two-story, painted brick building was completed in a series of phases between 1923 and 1956 as the bottling plant expanded to meet the growing demands of the local community. The historic period glass block windows, drive-through service entries and signage panels reflect the building’s unique industrial uses and share common vernacular design elements with other nearby industrial complexes. Part of an integrated chain of local and regional bottling operations, the Ponca City Coca-Cola facility reflects the significant, early-20th-century industrial growth of the community and was the longest continually operated bottling works in Ponca City.

**WBBZ Radio Station**  
**1601 E. Oklahoma Ave., Ponca City**

WBBZ Radio Station is locally significant for its association with Communications and Architecture. The station property is comprised of a two-story, buff brick, Modernist radio station building and an adjacent 165-foot metal transmitter tower, all completed in 1951–52. The modest, flat-roofed station building with its distinctive corner window and glass block glazing represents an exceptionally well-preserved local example of mid-century International style design. Ponca City does not have a large concentration of mid-20th century International style buildings. Thus, the intact and somewhat unusual nature of the WBBZ Station building marks it an exemplary local example of International style design. The WBBZ Radio Station provided an important outlet for local and regional communications regarding news, current events and general entertainment in an era before the widespread use of television and the Internet for social communications. The station also had a significant role in the establishment of local weather warning systems and civil defense programs in the immediate post–World War II era, a particularly important aspect given Oklahoma’s notorious reputation for severe and rapidly changing weather conditions.

Listing in the National Register of Historic Places is an honorific designation that provides recognition, limited protection and, in some cases, financial incentives for these important properties. The SHPO identifies, evaluates and nominates properties for this special designation. For more information about the OHS, please visit [www.okhistory.org](http://www.okhistory.org).

## Grellner Selected to Serve on State Board of Health

Dr. Randy Grellner, a candidate for the U.S. Senate representing Oklahoma, has been approved to serve on the State Board of Health by the Oklahoma Senate.

“It is truly an honor to be nominated and confirmed to serve in such an important position that affects the lives of every Oklahoman,” Grellner said. “As a doctor, I care deeply about the health of every person. Being a part of this board gives me the opportunity to ensure Oklahomans get the best health advice and care we can offer on disease and injury prevention and in keeping the people of our state healthy and strong.”

The mission of the board is to protect and promote health, to prevent disease and injury, and to cultivate conditions by which Oklahomans can be healthy. The nine-member Board is appointed by the Governor with Senate confirmation. Board members are selected based on a strict criterion which includes leadership, integrity, service, a commitment to public health, and accountability based on sound evidence and responsible research.

In all, very few physicians get chosen to serve in such a high-level and responsible capacity, and those selected are considered the top doctors and health professionals in the state. Those selected to serve are more than proven professionals in their fields but are those who are shown to have the highest moral and ethical standards and who show a true compassion for the health of the people of Oklahoma.

“I am always happy and prepared to serve the people and the communities of this great state,” Grellner said. “I will serve to protect us in the realms of health and will serve to protect us and our values in Washington against the establishment and the corrupt professional politicians as a member of the U.S. Senate.” For more information visit: [www.drgrellnerussenate.com](http://www.drgrellnerussenate.com)



Dr. Randy Grellner.

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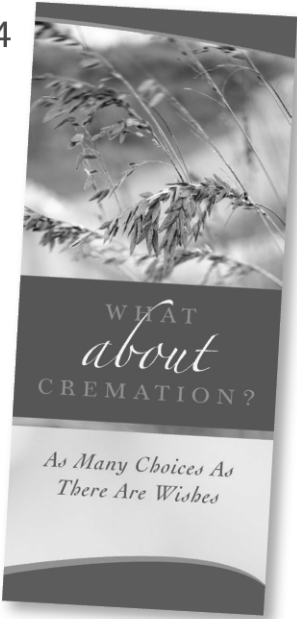
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## COMMUNITY

# Proud of Progress with a Cry for Help

Story by Darl DeVault, Contributing Editor

Bonnie Wells, 66, has made it her mission to help Edmond area adults with developmental disabilities become more independent as executive director of Edmond's EARC Inc. (Employment and Residential Centers) for the last 18 years. One of the highlights of her working in the field since 1978 has been applying energy to innovation. She has done this during the nonprofit's more than 50-year local mission, helping shift clients from State institutions to home settings.

Wells deflected inquiries about

her role in building up EARC to serve 56 clients over the years. She wanted to discuss a burgeoning problem she and others in leadership face in providing clients a better quality of life through vocational and residential services.

"The most important story in our nonprofit sector serving developmentally disabled and the senior services world is how the COVID 19 pandemic has caused severe labor shortages," Wells said. "All of our managers have been filling multiple roles and working ridiculous hours due to



Bonnie Wells has guided EARC Inc. in Edmond for 18 years in providing employment and residential services encouraging independent lifestyles in their adult developmentally disabled clients.

this problem."

She explained how worn out and depressed many of her fellow service providers have been since absorbing the pandemic's additional stresses. "Even though we are all career caregivers, who love what we do and who we serve, we wonder how long we can continue to endure," Wells said.

Because she and many other nonprofit leaders have served people with disabilities for the past 40 years, Wells makes what she sees as an appropriate statement: "The government needs to look forward and work on massive educational incentives to get good people to go into healthcare. This is especially important at the direct nursing care level and administrative positions. Otherwise, at the current rate of burnout in caregiving, not enough staff with the right skills will be there ready to help seniors in their own

homes or other settings."

This effort to provide the best support by supplying appropriate help and housing reflects a tradition begun in 1982 when EARC opened the first of two six-bed group homes in north Edmond. After they opened the second similar home in 1985 on the south side of Edmond designed to provide training in areas of independent living skills, they expanded their mission.

In 1989, they built The Nova Centre in Edmond, a 16-bed, long-term care facility for residents with more severe disabilities with specialized nursing provided. Clients furnish and decorate their space to suit their own style to make them feel more at home. These clients share living areas for social interaction and family-style dining.

EARC Inc.'s non-profit mission is to provide clients with affordable  
continued next page

### Over 55, Unemployed & Looking for Work?



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

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

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## EARC

Continued from Page 6

quality housing in the Edmond Community. This instills a sense of pride in the individuals with intellectual disabilities and certain persons with related conditions who moved from closed Oklahoma public institutions to private settings.

The EARC purchased four private three-bedroom residences between 2012 and 2019. The agency operates another to serve 15 resident clients in a Daily Living Support program.

"A good example of this is when we bought and furnished a home for three men moving from the closing Northern Oklahoma Resource Center in Enid in 2013," Wells said in an interview. When the Southern Resource Center in Pauls Valley closed in 2014, 219 residents needed to transition from the two State-operated facilities.

Wells said this was a significant change and move for anyone who has lived in the same setting for more than 30 years, where their only experience in the community was during visits to their parents' or siblings' homes.

EARC wanted to expand the number of its DLS homes, but

quality affordable housing in Edmond to rent for its clients was challenging to find.

Organizers select these homes because of their spacious three bedrooms and open living areas, although sometimes they need to be architecturally modified to make them handicapped accessible. The Oklahoma State Developmental Disabilities Services Division provides those materials and skills for the architectural modifications.

The rest of the 52 adults receiving residential service occupy their own apartments or family members' homes with EARC training and paid staff, who are sometimes family members. They all receive needed care, from usually 20 hours per week up to 24-hours of care per day.

Wells says the agency is grateful to Edmond citizens for their generosity as donations from the community to EARC thrift stores create job opportunities for their clients. They employ 22 clients working for the three thrift stores as cashiers, truck driver assistants, janitorial workers, or those processing and hanging clothes.

"We have created many income-



producing jobs in our thrift stores with the processing operations we undertake to prepare the donated items for resale," Wells said recently. "Through these opportunities, many of our clients earn wages significant enough to be taxpayers and reduce their dependence on taxpayer funding."

These clients are employed alongside workers without disabilities after receiving on-the-job training from an EARC job coach.

Wells said EARC is proud of a core group of about a dozen dedicated community volunteers who help sort, clean and price the thrift stores' donations. The stores are at 100 E. 3rd and Litter in Edmond, a larger Edmond store at 92 E. 15th St and in Guthrie, at 1408 E Oklahoma Ave.

To volunteer or donate to help area adults with developmental disabilities in this United Way community partner nonprofit, visit the EARC website at [www.earcinc.org](http://www.earcinc.org).

## STRANGE BUT TRUE

SO THEY SAY...

### STRANGE LAWS

**SBT** In North Carolina, it is against the law for dogs and cats to fight.

**SBT** In Cleveland, Ohio, it is unlawful to leave chewing gum in public places.

**SBT** In Virginia, chickens cannot lay eggs before 8:00 a.m., and must be done before 4:00 p.m.

**SBT** In New York, it is against the law for children to pick up or collect cigarette and cigar butts.

**SBT** In Massachusetts, it is against the law to put tomatoes in clam chowder.

**SBT** In Washington State, you can't carry a concealed weapon that is over 6 feet in length.

**SBT** In San Francisco, there is an ordinance, which bans the picking up and throwing of used confetti.

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# RN Renfrow Running For Office

by Van Mitchell, SNL writer

Gabe Renfrow isn't afraid of taking on life challenges, and says his approach running for public office is no different.

Renfrow, who works as a Registered Nurse at the Oklahoma Heart Institute in Tulsa, is running as a Republican candidate for Oklahoma House District 66, which encompasses Tulsa and Osage counties.

A Sand Springs resident, Renfrow will face Mike Burdge, Wayne Hill, and Clay Staires in the June 28 Republican primary vying to replace Rep. Jadine Nollan, who is term-limited. A run-off, if necessary, will be held Aug. 23, with the winner taking on Democrat James David Rankin in the Nov. 8 general election.

"I like challenges," Renfrow said. "I am not one to back down from any life challenge whether it is a job or kids."

A 15-year veteran of a cardiovascular catheterization lab, Renfrow previously worked as

an emergency medical technician. He is a graduate of Northeastern State University and Bacone College.

Renfrow's campaign platform includes; fighting for election integrity, defeat illegal immigration, support a parent's right to choose, and rejecting government mandates.

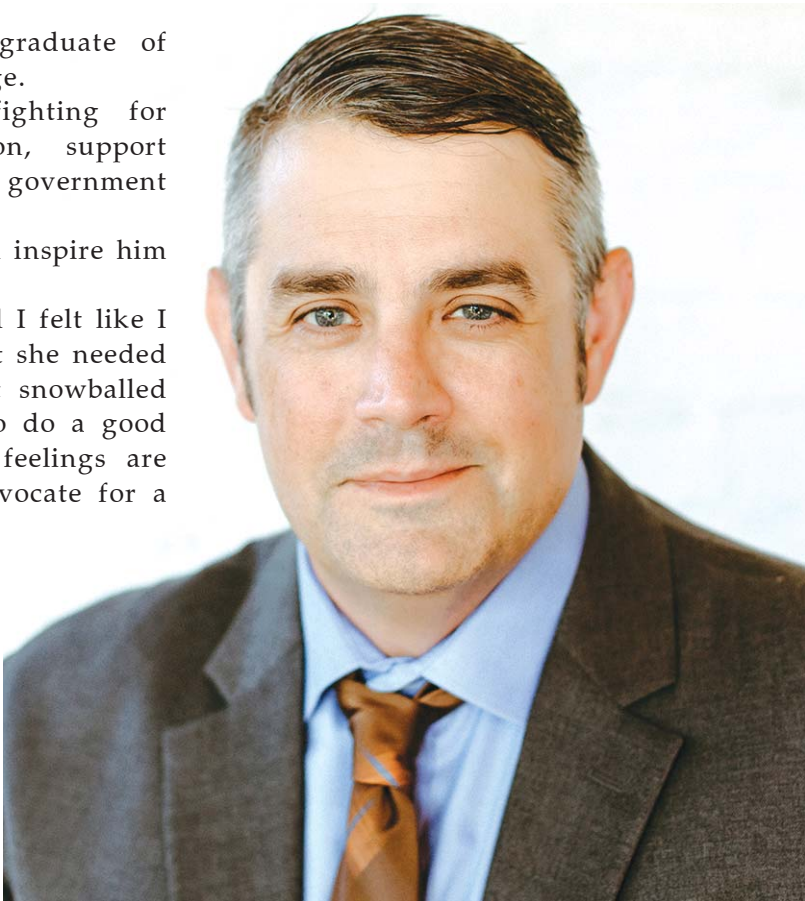
Renfrow said the birth of his children helped inspire him to serve a greater good as a lawmaker.

"My daughter was born seven years ago, and I felt like I needed to be a voice to make sure she had what she needed to be successful in this state," he said. "It just snowballed from there. People are looking for somebody to do a good job, and make sure that their thoughts and feelings are heard at the state level. It is like being an advocate for a patient. You are an advocate for the people of your district, and for the state of Oklahoma."

Renfrow has been campaigning since last fall.

"It (campaign) has been really positive," he said. "I have been campaigning since last September. I have probably knocked on close to 6,000 doors. It has been a real eye-opening thing for me. I learned a lot about myself doing it."

Renfrow said if elected, will work part-time at the hospital. The Oklahoma Legislature meets in session every February through May in Oklahoma City.



Gabe Renfrow is a Registered Nurse working for the Oklahoma Heart Institute in Tulsa, and is running for House District 66. He is married to his wife Gini, who is a nurse practitioner. Photo provided

See RENFROW Page 9

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## RENFROW

Continued from Page 8

"When the (legislative) session is out, I will be at the hospital," he said.

Renfrow said nursing has long been a calling for him to do.

"It (nursing) is something that

part of what I do. When you get to be a part of that, it is why you do the job."

Renfrow is married to his wife Gini, who is a nurse practitioner. The couple has two children, Sadie, 7, and Monroe, 4.

Renfrow said having a spouse who also works in the medical



Gabe Renfrow and wife Gini, a nurse practitioner.

I always wanted to do," he said. "I was in medical sales in Missouri, and I had this feeling that I wanted to be closer to the patient instead of in sales. I worked for a company doing orthopedic sales. I felt there was something more that I could do, so I decided to go to nursing school."

Renfrow's career direction was also influenced by an experience while doing clinicals in Tahlequah.

"I was in clinicals in Tahlequah, and they have a small Cath lab there," he said. "They had an emergency patient come in, and he was basically dying. I was standing against the wall watching everything happen, and the guy went from grey to blue. They opened up the vessel, and he instantly changed colors and his breathing was better. That was something (to see). It was a very exciting moment. I thought this is what I want to do with my career. Saving someone's life is the best

field, is beneficial for both of them.

"She is absolutely amazing," he said. "I tell people she is a much smarter person than I am. We bounce things off of each other all the time."

As a teenager, Renfrow cleaned churches at 4 a.m. before school to afford food and clothes. That experience helped instill in him a strong work ethic.

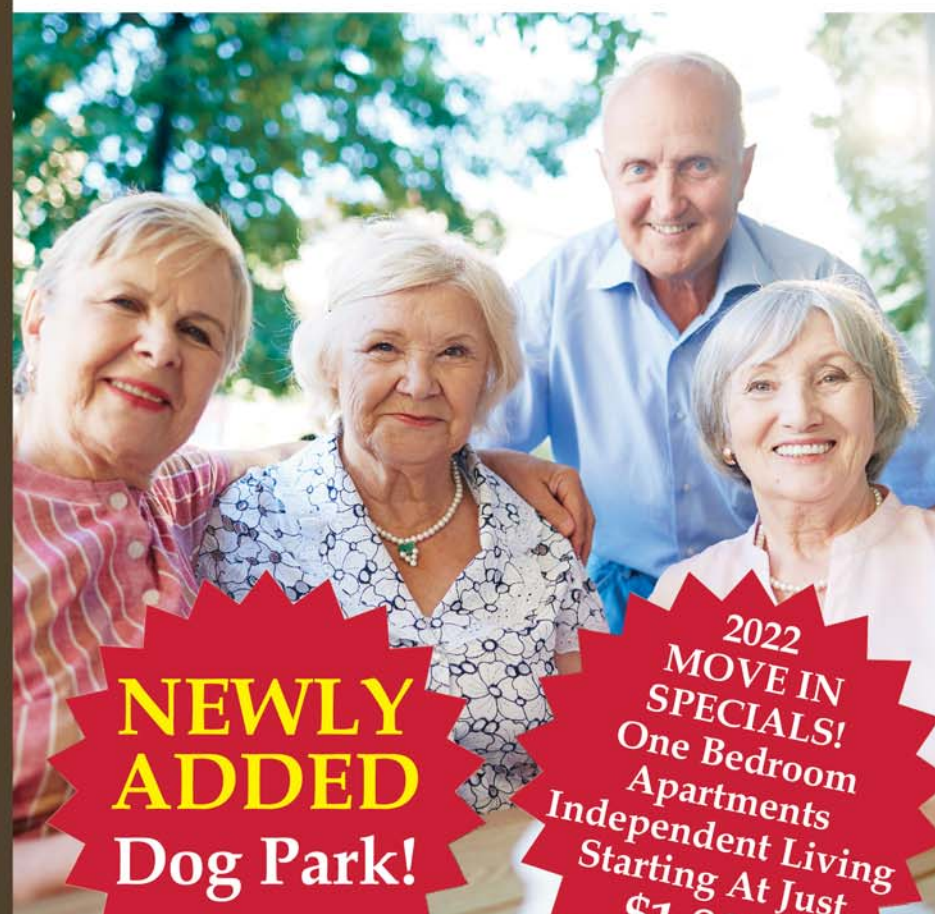
Renfrow said he still enjoys coming to work each day at the hospital.

"I have been doing it for 15 years, and I don't think I have had a burnout day yet," he said. "There are days when I sit and think and pray about what I have dealt with that day. Most of the time, I can wash it off my back and come home and enjoy my wife and children, and know that I did the best that I could for the patients that I had that day."

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## COMMUNITY

# A CALLING IN LIFE: LPN LEARNS FROM PERSONAL EXPERIENCE

by James Coburn – staff writer

Sherice Randle, LPN, needed to understand more about Alzheimer's Disease after her aunt was diagnosed with the most prevalent form of dementia.

"So, I got my CNA and CMA and worked in nursing homes for a while," Randle said.

"People with Alzheimer's have their good days and their bad days. So as a family member you must take that in stride," she said. "You have to know that they're in there somewhere. They know who you are, but sometimes they may not know who you are," said Randle, who serves as a case manager over long-term care and skilled nursing care at The Wilshire Skilled Nursing and Therapy, located in Oklahoma

City. "You just have to take it how it is day-to-day. My aunt wasn't the only one. Alzheimer's runs in my family. You take your good days. Sometimes you might have more bad days than good days."

She found patience to be a valuable component of living with somebody with Alzheimer's disease.

"You remember the good and how they were, and don't remember them like that," she continued. She learned how residents living with Alzheimer's respond well to music from decades ago.

"I used to have this one. He could forget anything there was except how to play dominoes," she

See LEARNING Page 11



Sherice Randle, LPN, engages with people where they are in life while keeping in mind their stories of long ago.

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## LEARNING

Continued from Page 10

said. "If you set some dominoes in front of him, that was it. He'd beat you in dominoes all day long."

Nursing has always been a learning opportunity for Randle. Her career pathway included being a home health aide while putting herself through nursing school. After graduating from nursing school, she worked in long-term acute care unit of a hospital.

"I did a lot of vents and learned a lot in an LTAC, but it wasn't my calling," she said. "A nursing home is where I feel more comfortable."

She joined The Wilshire in early March. Randle earned her LPN license after graduating from Chisholm Trail Technology Center, located in Omega, 16 miles west of Kingfisher.

"It's smaller and I like their leadership and their structure," she said. "The staff works hard together, and I like that."

Everybody is willing to pitch in during times when they would otherwise have a staffing shortage, Randle said. There have been experiences that have moved her to persevere. When Randle was a CNA, she cared for an older lady who was part of a group of people who lived to be over 100. Randle would read to the group each day she was at work.

"She liked the comics, so I had to read her the comics. Another liked the classifieds. I would ask him, 'Why do you make me go over all of the classified stuff with you?' I started to read certain things out of the classifieds, and he was like, 'No, you have to read it all.' I really like them, and when I left there, I really missed them a lot."

Another woman would tell her stories about her life in Europe. Randle enjoyed listening to older residents telling her stories about their lives. Each one of the residents at The Wilshire Skilled Nursing

and Therapy come from different walks of life. One man ran a farm and one of the women worked in government.

Anyone working in long-term care and skilled nursing needs to have a lot of patience and organizational skills, Randle said. As the MDS coordinator, she documents all the information Medicare requires for reimbursement and audits. Medications are documented as well as if the resident requires more than one person for assistance. Vision and dental and whether the residents require total care is reported to the federal government.

"You put all that information in their care plan," she continued.

The Easter Bunny passed out Easter eggs as a recent guest at The Wilshire Skilled Nursing and Therapy. It was part of the many activities that keep residents engaged in their community. Staff and volunteer organizations help with the activities that include putting together puzzles and involvement in holidays, among other events.

"It keeps them motivated and it keeps them busy," she said. "For some people it keeps them up-to-date."

The nursing staff spends a lot of time speaking to each resident in order to relate to their daily likes and dislikes. "It's hard work, but on the skilled side of it, I like seeing people accomplish their goals and send them back home," Randle said.

"We get them to their prior level of care so they can go back home. Some decline home health services because they don't need it. That's a goal that I set for myself — to try to get them back home. I like working with elderly people. I don't know how to explain it, I just like working with them."

Randle has her challenges as a nurse but said she would rather continue her work as a nurse than do something less enriching in life.

For more information visit: <https://www.wilshireokc.com/>

## STRANGE BUT TRUE SO THEY SAY...

### STRANGE LAWS

**BBT** In Michigan, it is against the law for a lady to lift her skirt more than 6 inches while walking through a mud puddle.

**BBT** In North Carolina, it is

against the law for a rabbit to race down the street.

**BBT** In Georgia, it's against the law to spread a false rumor.

**BBT** In West Virginia, one can't cook sauerkraut or cabbage due to the odors and the offence is subject to imprisonment.

**BBT** In Missouri, a man must have a permit to shave.

## Stacey Sanders to Perform at Cherokee Strip Regional Heritage Center for "Museum After Dark: Village Sounds"



On Friday, June 10, from 7 to 9 p.m. the Cherokee Strip Regional Heritage Center (CSRHC) in Enid will present "Museum After Dark: Village Sounds" featuring singer/songwriter Stacey Sanders. The Village Church on the grounds of the Humphrey Heritage Village will be transformed for the evening into an intimate listening room for the musician to share songs and stories. The CSRHC will remain open for the duration, so visitors can also explore our shared history at their leisure.

Museums are honest, authentic interpreters of the past, using pieces of historic evidence as a guide. Musicians are also storytellers, also telling honest, authentic stories about the world around us. "Museum After Dark: Village Sounds" at the Cherokee Strip Regional Heritage Center is a chance to explore our story in Oklahoma from the perspective of different songwriters from our state.

As Sanders's song "Government Issue" suggests, "I was a Desert Strike baby conceived in 1964." He indeed was born in 1965 in Blackwell. His family relocated frequently to other states and Germany due to his father's military service until they settled in Enid in 1976. Sanders then started playing acoustic guitar and penning songs during his teens. He cut his teeth on the sounds of James Taylor, Dan Fogelberg, Neil Young and other acoustic musicians he would aspire to become. Sanders unapologetically shies away from love songs and prefers telling gritty, earthy stories. Many of his songs are based on true-life experiences while others are whimsical, wild tales. He resides in Enid with his wife, Kay, and their dog, Jane.

The concert is free with admission to the CSRHC. Members of the CSRHC or the Oklahoma Historical Society always visit the center for free. This event is made possible through the financial support of our community partner, Park Avenue Thrift. The Cherokee Strip Regional Heritage Center is located at 507 S. Fourth Street in Enid. For more information, please call 580-237-1907 or visit [www.csrhc.org](http://www.csrhc.org).

The Cherokee Strip Regional Heritage Center is a division of the Oklahoma Historical Society. The mission of the Oklahoma Historical Society is to collect, preserve and share the history and culture of the state of Oklahoma and its people. Founded in 1893 by members of the Territorial Press Association, the OHS maintains museums, historic sites and affiliates across the state. Through its research archives, exhibits, educational programs and publications the OHS chronicles the rich history of Oklahoma. For more information about the OHS, please visit [www.okhistory.org](http://www.okhistory.org).





## TRAVEL / ENTERTAINMENT

# Washington D. C.: An Installment City

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

When you think of Washington DC in the spring, you might think of the Jefferson Memorial in Cherry Blossom splendor, but D.C. has so much more to offer, and that's the problem.

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

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

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

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

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

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

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

I longed to see the National Cathedral and took a taxi there and back. Getting back was the challenge. I saw the edifice and took a Gargoyle tour, which I can not recommend.

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

As these days much is changing and challenging, and while this was my experience, it is always best to explore and investigate your Installment on your own before a trip.

One of the best compliments of any travel adventure or meal is answering "Yes" to the question, "Would you have it again?" And "Yes," Washington D.C.



is already on my list for future city installments.

When you go or before check out:

Zola Dining: [www.spymuseum.org/dining](http://www.spymuseum.org/dining)

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

The Spy Museum : [www.spymuseum.org/](http://www.spymuseum.org/)

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

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### Mr. Terry Zinn - Travel Editor

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

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# INTEGRIS Health Encourages Oklahoma Lawmakers to Extend Acute Hospital Care at Home Waivers

INTEGRIS Health is encouraging Oklahoma lawmakers to support the Hospital Inpatient Services Modernization Act, so that hospital at home programs can continue to exist.

The Acute Hospital Care at Home (AHCAH) waiver program was implemented by the Centers for Medicare & Medicaid Services (CMS) to allow Medicare beneficiaries to receive acute-level health care services in their home environment during the COVID-19 public health emergency (PHE). The waiver program has allowed hospitals and health systems across the country to meet increased capacity demands during the pandemic, while providing safe, high-quality care in patients' homes where they can be supported by their friends and family. To date, more than 200 hospitals and health systems in 34 states have received the waiver – including INTEGRIS Health.

The INTEGRIS Health @ Home program officially launched Jan. 31, and recently celebrated the discharge of its 100th patient. Forty-six-year-old Rachael Martin had been in and out of the hospital multiple times due to congestive heart failure and respiratory issues. She was thrilled to learn there was an alternative option to the traditional brick and mortar hospital. "The hospital at home program is so much more convenient and comfortable," says Martin. "There's no place like home and that's truly where every patient would prefer to be if given the choice."

INTEGRIS Health @ Home provides hospital-level care to patients in the comfort and convenience of their own homes. Patients receive a remote patient monitoring kit and other clinical equipment as needed for their particular diagnoses. Standard equipment includes a blood pressure monitor, pulse oximeter, cellular-enabled digital tablet and a digital scale. Other devices can be added based on the patient's needs. All the devices connect to a tablet through Bluetooth and transmit vital signs to a remote monitoring command center. The command

center, staffed by INTEGRIS Health physicians and nurses, monitors patients 24/7 and responds immediately to a patient's medical needs via video or telephone. Daily in-home visits by community paramedics, nurses, nurse practitioners and other health care professionals are also part of the treatment plan. IV therapies, oxygen treatments, lab tests, mobile imaging like x-rays and ultrasound are all performed in the home. Other services provided include skilled nursing, medications, infusions, behavioral health, and rehabilitation.

At this time, access to this care model is limited to patients with Medicare, Medicaid and Medicare Advantage health plans who accept the CMS waiver. Martin was only able to qualify for this option since SoonerCare agreed to accept the CMS waiver. "I immediately started feeling better as soon as I got home," Martin declares. "I wish this program was available to everyone. I think countless Oklahomans could benefit from it."

The problem facing current and future hospital at home patients is that the waiver flexibilities that enable this model of care are tied to the duration of the COVID-19 public health emergency (PHE), which is slated to run through mid-July 2022. While it may be extended further, the PHE can only be extended in 90-day increments. "Patients and their health care providers need greater certainty for this important care delivery option," says INTEGRIS Health Hospital @ Home System Director Lisa Rother. "The waiver program has demonstrated positive outcomes, experiences and potential cost savings, reinforcing the need for broader adoption."

The Hospital Inpatient Services Modernization Act (S.3792/H.R. 7053) would ensure that patients and providers have access to these services for two years beyond the duration of the PHE. This bipartisan bill would also require that within one year of enactment, CMS issue regulations establishing health and safety requirements for AHCAH



Programs.

"By extending the waiver program, Congress will sustain the existing momentum and investment in the program," says Tom Cassidy, the director of government affairs at INTEGRIS Health. "It will also allow for additional experience and data collection that can inform the potential of a longer-term payment model for these services in the Medicare and Medicaid program. Without such an extension, programs like INTEGRIS Health Hospital @ Home will no longer be available for patients with Medicare and Medicaid health plans." Click here to see a video explanation from Tom Cassidy.

## STRANGE BUT TRUE SO THEY SAY... STRANGE LAWS

**SBT** In Singapore, it is illegal to chew gum.

**SBT** In Kentucky, it is illegal for a merchant to force a person into his place of business for the purpose of making a sale.

**SBT** It is against the law in Connecticut for a man to write love letters to a girl whose mother or father has forbidden the relationship.

**SBT** In Michigan, married couples must live together or be imprisoned.

**SBT** In Phoenix, Arizona, you can't walk through a hotel lobby with spurs on.

**SBT** In California, a law created in 1925 makes it illegal to wiggle while dancing.

**SBT** In Utah, daylight must be visible between dancing couples.

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# Local Researcher Publishes Study Highlighting Deficiencies in COVID-19 Vaccine Compensation Program

Although extremely rare, adverse events have occurred after COVID-19 vaccinations, and people affected have exercised their rights to seek compensation. However, the U.S. government program that considers COVID-19 vaccine injury claims lacks accountability, transparency and cost-effectiveness, according to a recently published study led by a researcher in the Hudson College of Public Health at the University of Oklahoma Health Sciences Center.

The study, published in the current issue of the *Journal of Law and the Biosciences*, was led by Junying Zhao, Ph.D., Ph.D., an assistant professor of health administration and policy at the Hudson College of Public Health. The study provides the first-ever economic examination of the government's Countermeasures Injury Compensation Program (CICP), whose design is rife with unintended consequences, Zhao said.

The CICP has its roots in the Public Readiness and Emergency Preparedness (PREP) Act, which was enacted by Congress in 2005. The PREP Act authorizes the U.S. Department of Health and Human Services (HHS)

to issue a declaration in response to a public health emergency like COVID-19. As part of the declaration, companies that manufacture and distribute vaccines, as well as medical professionals and others who administer them, are granted immunity from tort liability claims — essentially, they cannot be sued in state or federal courts for any injury or death.

The PREP Act rightfully eliminates liability concerns for the large number of people quickly responding to a public health crisis like COVID-19, Zhao said. But the U.S. government still must provide a mechanism to compensate individuals and families when the evidence shows a person was harmed or died as a result of receiving the vaccine. The CICP was created to address injury claims related to public health emergencies.

"My expertise is applying economics to the intersection of medicine and law," Zhao said. "A particular branch of law relevant to healthcare is tort law. When COVID-19 vaccinations became available, I became interested in how someone would seek justice if they were injured, or how their families would be compensated if a

family member died. Although it has been very rare — only three adverse events reported per one million people in our study — we still need a fair program for people to seek compensation."

Zhao's discovery of the inadequacies within the CICP came after comparing it to the government's decades-old program that responds to vaccine injury claims concerning traditional vaccines against the measles, seasonal flu and others that are administered routinely, not in response to an emergency like COVID-19. Called the Vaccine Injury Compensation Program (VICP), it is located within the judicial branch of the federal government and operates in a typical court fashion in which attorneys for both the plaintiff (the person seeking compensation) and defendant (HHS) present evidence to a judge who specializes in vaccine injury cases.

In contrast, the CICP is located within the administrative branch, specifically HHS. Medical experts working for HHS make decisions for vaccine injury claims rather than each side making its case before a judge.

"In the CICP program, HHS serves

as both the defendant and the judge," Zhao said. "There is no third party to make sure both sides are heard. The design of the program incentivizes HHS to reject claims in order to reduce budget expenses."

That assertion is reflected in the compensation amounts awarded by CICP as compared to the non-emergency VICP. In her study, Zhao found that the average compensation per adjudicated claim from the VICP is \$243,129, while the average compensation from the CICP is \$45,697. That translates to about one-fifth the amount of compensation for a COVID-19-related vaccine injury compared to the amount awarded for injuries caused by non-emergency vaccines.

"If someone has a mild adverse event, \$45,000 may be sufficient," Zhao said, "but what if a family's primary breadwinner is temporarily or permanently disabled, or dies? In that case, \$45,000 is not nearly enough to support a family in a lifetime, nor is it the worth of life."

Zhao also found discrepancies in the administrative costs between the

Continued next page



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## MOUSE

Continued from Page 14

CICP and VICP. Administrative costs in the VICP are \$24,000 per claim, money that pays judges, attorneys and medical experts. In contrast, the administrative cost per claim in the CICP is \$40,000, which only pays medical experts within HHS.

The study highlighted another potential barrier for people seeking compensation for a COVID-19 vaccine injury. If a person's claim is denied by the VICP, he or she can file an appeal and the case is presented again before a judge. However, in the CICP, a person can ask for the claim to be reconsidered, but it is reviewed by a similar group of medical professionals with no transparency about their identity or credentials.

To conduct the study, Zhao took a deep dive into information from the White House budget and the Department of Treasury. Her findings are especially relevant given that the CICP and VICP fulfill the same role, yet have such different structures and spending outcomes. Since the CICP began with the PREP Act in 2005, it has experienced only occasional public health emergencies, such as the H1N1 influenza outbreak in 2009 and the ongoing COVID-19 pandemic. The VICP, in contrast, has been operating continuously since 1986 with lower administrative costs and higher compensation payouts.

In the publication, Zhao makes several policy recommendations that would improve the compensation process for future public health emergencies. They include merging the CICP and VICP and locating the single program in the federal claims court, which is the VICP's current home. Alternatively, the publication recommends that Congress consider incremental changes, such as judicial review of the CICP, increased transparency, financial and performance audits, and more cost-effective use of taxpayer money.

The publication produced by the study was rigorously peer-reviewed, Zhao said, and fills a gap of knowledge about the compensation process during



**Junying Zhao, Ph.D., Ph.D.**  
assistant professor of health  
administration and policy

public health emergencies. The PREP Act is essential for a rapid response to crises like COVID-19, Zhao said, and vaccine adverse events continue to be exceedingly low in proportion to the number of vaccines administered. But Americans deserve a fair and transparent opportunity to seek compensation when they feel they have been harmed, she said.

"Vaccines are incredibly important for public health, but the design of the federal CICP represents a conflict of interest and lacks checks and balances," she said. "From a public health and public policy perspective, the program needs to be improved so that it more effectively reduces vaccine hesitancy by serving as a warranty for vaccine safety."

The publication can be found at <https://academic.oup.com/jlb/article/9/1/lsac008/6555422>. Zhao's team included several faculty researchers from the Department of Economics at the University of Oklahoma's Norman campus: Firat Demir, Ph.D., Pallab K. Ghosh, Ph.D., and Myongjin Kim, Ph.D.; and Austin Earley, graduate student researcher in the Hudson College of Public Health at the OU Health Sciences Center.

## STRANGE BUT TRUE SO THEY SAY...

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

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

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

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

**SBT** More money is spent on gardening than on any other hobby!

**SBT** In 32 years, there are about 1 billion seconds!



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## TINSELTOWN TALKS:

# 60s Pop singer Donna Loren traded fame for family

By Nick Thomas

When a top female British singer declined to appear on the premiere episode of the new American musical variety show "Shindig!" on September 16, 1964, the producer knew who to call - Donna Loren.

"Dusty Springfield couldn't make the first show, so I was invited to sing her hit Wishin' and Hopin' and became a regular cast member for the rest of the series," said Loren, who turned 75 in March, from her home in Bisbee, Arizona.

Loren had already impressed American television audiences six years earlier with stunning performances guest-starring as a child singing prodigy on "The Mickey Mouse Club."

By 1963, she was also gaining nationwide recognition as the model and spokesperson for the Dr Pepper Company, performing at promotional events across the country since the age of 16. In films, she appeared in two 1964 musical comedies, "Muscle Beach

Party" and "Bikini Beach," with a third, "Pajama Party," released shortly after her first "Shindig!" appearance. All three films starred beloved former lead Mouseketeer, Annette Funicello.

With film, television, advertising, and song contracts before her, the dark-haired beauty with a killer voice seemed poised to take the 60s entertainment world by storm, even acting on popular shows such as "Batman," "The Monkees," and "Gomer Pyle: USMC." An additional beach film, "Beach Blanket Bingo," was released in 1965 featuring Loren's signature song, "It Only Hurts When I Cry."

But by 1969, Donna had largely vanished from the entertainment scene.

"Privately, my life growing up had been difficult," she admitted. "My mother had me out of wedlock and was mired in shame back in the 1940s. She didn't want me and didn't even like me which I've had to try to



Donna Loren on the cover of the 1965 Beach Blanket Bingo album - provided by Donna Loren



Adam West and Donna Loren, as Susie, who appeared in a pair of 1966 episodes of Batman - ABC

balance all my life."

Loren married in 1968, at the age of 21, as her 5-year contract with Dr Pepper was coming to an end. But then, tragedy struck her new family.

"Two months after the wedding my mother-in-law passed away suddenly," she explained. "I'd had the contract with Dr Pepper since I was 16 and on my 21st birthday they wanted me to fly to the company headquarters in Dallas to perform for the executives."

Around this time, with all her earnings going straight to her parents, she also became pregnant.

"I knew the Dr Pepper CEO, Fouts Clements, so I called him to say I was getting out of the business," she said. "I did not want to be used anymore and I needed my child to know who I was. I have absolutely no regrets about the decision."

Loren went on to raise several children and remarried. After 40 years of private life and with her family grown, she began recording and performing again in the late 2000s.

With numerous singles and CDs released in the past decade, she even relearned 100 songs she had performed in the 60s, posting many online for fans. If Loren had any doubts about recording after a prolonged absence, the words of Mickey Mouse Club teen idol Funicello confirmed her self-confidence.

"I still remember my appearance on the show and Annette later sending me a Christmas card in which she wrote 'I wish I could sing like you!'" recalled Loren, whose still-powerful vocal performances are cataloged on her website ([www.donnaloren.com](http://www.donnaloren.com)).

Loren has been recounting her life and career recently on a series of weekly podcasts titled "Love is a Secret Weapon" co-hosted by Dr. Adam Gerace (see [www.anchor.fm/lovesasecretweaponpodcast](http://www.anchor.fm/lovesasecretweaponpodcast)).

"I love communicating with people," she says. "Give me a minute and I'll give you my all."

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

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**SBT** In England, in the 1880's,  
“Pants” was considered a dirty  
word!

**SBT** Most dust particles in  
your house are made from dead  
skin!

**SBT** The blesbok, a South  
African antelope, is almost the

same color as grapejuice!

**SBT** The average person laughs  
13 times a day!

**SBT** Dogs can hear sounds that  
you cant!

**SBT** Men are 6 times more  
likely to be struck by lightning  
than women!

**SBT** A toothpick is the object  
most often choked on by  
Americans!



# Mom genes make up fabric of health

Mom jeans may be back in style this season, but mom genes never go out of fashion, say experts at the Oklahoma Medical Research Foundation.

In addition to the half-and-half mix of each parent’s DNA in the nucleus of our cells, genetic material is found in mitochondria, the part of the cell responsible for producing energy.

“These mitochondria are passed to the child from the egg, so they are always inherited from the mother,” said OMRF genetics researcher Courtney Montgomery, Ph.D.

Mitochondrial DNA is small but mighty. It contains about 16,500 base pairs, compared to the roughly three billion in the nucleus, according to the National Human Genome Research Institute.

“This inheritance from our mothers plays a big role in our bodies running smoothly,” Montgomery said. “It controls the mitochondria and helps regulate the metabolism.”

Plus, these mom genes are totally vintage – because they never merge with DNA from another parent, they can be a reliable source of information on population genetics and migration going back thousands of years, Montgomery said.

The small portion of DNA in the mitochondria is “like a satellite facility” of genetic material in the cell, said OMRF scientist Bill Freeman, Ph.D., who studies the impact of the genome on aging.

Mitochondrial DNA makes up for its size through numbers. While each cell has only one copy of the primary genome in the nucleus, Freeman said, the same cell may contain hundreds of mitochondria with thousands of copies of its genome.

These many copies help maintain function when risk factors like age and diet cause damage, said Montgomery. Mom genes can get



Oklahoma Medical Research Foundation scientist Courtney Montgomery, Ph.D.

tattered over time, and they need proper care.

As the “powerhouse of the cell,” the mitochondria are responsible for many cell functions. Its DNA taking damage can be a “critical factor in the development of diseases it is associated with,” Montgomery said.

“Proper mitochondrial function plays a part in everything from aging to neurodegenerative disease and diabetes to cancer,” Freeman said.

This Mother’s Day, appreciate mom by protecting her hand-me-downs, said Montgomery. “Get plenty of sleep, exercise, eat well, and avoid smoking — your mom genes will continue looking their best.”

## CROSSWORD CORNER

- Across
- 1 Nannies and billies

6 Skylit courtyards

11 Toyota Prius, e.g.

14 Tin Pan \_\_

15 Transactions with interest

16 Pub pour

17 \*Data transmission science

19 Khaki-colored

20 Pedal pusher

21 Full moon, e.g.

22 Cartoon maker of iron bird seed

23 Salinger teen who says, “I prefer stories about squalor”

24 \*Elementary school fundraiser

26 Whistle blower

28 Piece for three instruments

29 They’re often pop-ups

32 Major artery

36 Irritate

39 Quick swim

40 Fell behind

42 Golf ball holder

43 Stockpile

45 Dig deeply (into)

46 Pigs out (on), briefly

47 Blacken in a pan

49 Dictator Amin

51 \*Rank for TV’s Columbo
- 56 “Shoo!”

60 The “I” in MIT: Abbr.

61 Ceremonial conical structure

62 Tra-\_\_: refrain syllables

63 “\_\_, humbug!”

64 Track meet infractions ... or short words hiding at the beginning of the answers to starred clues

66 Musician Brian

67 Had the flu, say

68 Cove, e.g.

69 Tennis do-over

70 Sanctify

71 Love to pieces
- Down
- 1 Faux pas

2 Mixed bags

3 “Tuesdays With Morrie” author Mitch

4 Wobble

5 Leb. neighbor

6 A, as in Athens

7 Invoice word

8 Employee’s reward

9 Motivate

10 Biblical beast of burden

11 Not be fooled by

12 San Antonio mission

13 Continue to subscribe

18 Decide on

22 Z \_\_ zebra

25 Swapped
- 27 Patronizes, as a restaurant

29 Oral health org.

30 Not bright, as a light

31 Many a NASA mission

33 “Far out, dude!”

34 White-\_\_: formal

35 Every one

37 Ref. work that added “YOLO” in 2016

38 Proposer’s preferred response

41 Paperless party announcements

44 “\_\_ up!”: “Quiet!”

48 Sell directly to the consumer

50 Manhattan or Staten

51 Defame in print

52 Foolish

53 Woman’s name backward or forward

54 Vaulted alcoves

55 Requirements

57 Monte \_\_

58 Raise a hemline on, say

59 Sample, as food

64 Tide alternative

65 Spanish aunt

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Answers on page 26



## Medicare Fraud Prevention Week: *Join the Oklahoma Insurance Department for the Summer Senior Fraud Live Events This Summer*

In conjunction with the first national Medicare Fraud Prevention Week, the Oklahoma Insurance Department's (OID) Medicare Assistance Program (MAP) is inviting Medicare beneficiaries to the Summer Senior Fraud Live Events on June 23 and July 14. OID has partnered with MAP, the Oklahoma Social Security Administration, the Oklahoma Department of Securities, the Oklahoma Attorney General's Office, AARP Oklahoma and the National Insurance Crime Bureau to educate and empower Oklahomans in the fight against fraud targeting senior citizens.

"We're excited to bring back these in-person events and continue to work with our partners to help Oklahomans protect themselves from fraud," Director of the MAP division Ray Walker said. "Educational events like this will help individuals stay safe and protect the Medicare program for generations to come."

The Summer Senior Fraud Live Events, funded in part by the SMP grant through the Administration for Community Living, will be held at the OID's Oklahoma City office. These in-person events will consist of two one-day sessions led by speakers with diverse areas of expertise such as state agency directors, Medicare professionals and fraud prevention professionals. The topics include Medicare and healthcare fraud, contractor fraud, cyber scams, investment fraud and securities fraud. These events are free for senior adults and include breakfast. Registration is required because of limited capacity. To register, visit [oid.ok.gov/summerseniorfraud/](http://oid.ok.gov/summerseniorfraud/).

The Medicare Fraud Prevention Week, held June 5-11, kicks off on June 5, or "6-5," because most people become eligible for Medicare when they turn 65 years old. Learn more about Medicare Fraud Prevention Week at [www.smpresource.org](http://www.smpresource.org)

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](http://www.oid.ok.gov).



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# OKLAHOMA CITY ADVENTURE DISTRICT ANNOUNCES NEW EXECUTIVE DIRECTOR



The Oklahoma City Adventure District (OKCAD) is excited to announce the hiring of Brittani Hunter as Executive Director. Hunter will be responsible for leading and managing the OKCAD including bolstering fundraising activities, marketing its members as well as promoting the area's momentum and opportunities for economic development.

A Tulsa native, Hunter earned dual Bachelors of Science degrees in Sport Management and Marketing from Oklahoma State University and a Master of Business Administration with a focus of management from Southern Nazarene University.

Her experience with the Oklahoma City Thunder created a passion for community engagement and as owner of Spiked. A Coffee Concept, located on NE 23rd Street, Hunter has further strengthened her business skills and local community ties. Using her entrepreneurial background, Hunter plans to work closely with the OKCAD Board to build relationships in the District and across the City to foster sustainable change in northeast Oklahoma City.

"We are excited to welcome Brittani in her new role," said Dwight Lawson, OKC Zoo's executive director and OKCAD Board Chair. "Brittani brings incredible experience and enthusiasm to this position. Through her leadership, we are confident she will continue to propel the District forward while building on our mission and

connections with our members, visitors and the community."

Hunter is eager to show her support as an advocate for OKCAD and is ready to promote the diverse entertainment and development opportunities in the District to visitors from Oklahoma City and the region.

Located in Northeast Oklahoma City, OKCAD is home to some of the Oklahoma's most outstanding attractions including National Cowboy and Western Heritage Museum, Remington Park, Science Museum Oklahoma, the Oklahoma City Zoo and USA Softball Hall of Fame Complex and Museum and more—all within a 2-mile radius. In 2000, the attractions, in cooperation with Frontier Country Marketing Association, began combining their resources to create a marketing effort promoting the area as an entertainment destination for tourists and local residents. OKCAD was recognized by the City Council of Oklahoma City as



OKC Adventure District announces new exec director.

an official entertainment district in 2003. Today, more than 3.3 million people visit the District annually to experience its world-class attractions and more. To learn more about OKCAD visit [www.okcadventure.com](http://www.okcadventure.com).

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A Norman native, Jerod Tate generously offered his music to be performed at no charge during the pandemic. Co-artistic director Amy I-Lin Cheng says, “We have been wanting to program something by Jerod for a long time.

Many of the festival’s composers drew on their ethnic heritage for inspiration, from Polish Jewish composer Mieczyslaw (Moishe) Weinberg to Alb ric Magnard of France, who died defending his house from German soldiers in World War I.

**Concert 1 – Friday, June 10 7:30 pm** - Amy Beach, Summer Dreams Op. 47 for Piano Four Hands - Kevin Puts, Air for Cello and Piano - David Baker, Sonata for Clarinet and Piano - Anton n Dvor k, Quintet for Piano and Strings in A Major, Op. 81

**Concert 2 – Sunday, June 12 2:30 pm**  
The Mae Ruth Swanson Memorial Concert - Edvard Grieg, Sonata No. 3 in C Minor for Violin and Piano, Op. 45 - Mieczyslaw Weinberg, Sonata for Clarinet and Piano, Op. 28 - Wolfgang Amadeus Mozart, Quartet for Piano and Strings in E-flat Major, K. 493

**Concert 3 – Monday, June 13 7:30 pm** - Jerod Tate (Chickasaw), Pisachi (Reveal) for String Quartet - Aram Khachaturian, Trio for Clarinet, Violin and Piano - Franz Schubert, Piano Trio in B-flat Major, D. 898

**Concert 4 – Tuesday, June 14 7:30 pm**  
- Jacques Ibert, Trois pi ces br ves for Wind Quintet  
- Wolfgang Amadeus Mozart, Quintet for Piano and Winds in E-flat Major, K. 452  
- Alb ric Magnard, Quintet for Piano and Winds in D Minor, Op. 8

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# June CALENDAR OF EVENTS

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## JUNE

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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](http://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](http://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!

## JUNE

**Teacher Free Day Oklahoma City National Memorial Museum**  
620 N. Harvey Ave.  
When: Tue., June 7, 8-9:30 a.m.,  
Tue., July 5, 8-9:30 a.m. and  
Tue., Aug. 2, 8-9:30 a.m.  
Phone: 405-235-3313  
Price: Free

Teachers and a guest tour the Oklahoma City National Memorial for FREE. While at the Memorial Museum, discover the state of the art Uncover-Discover Lab, a way to engage students in the rescue, recovery, and investigation of the OKC bombing and the creation of the Memorial and Museum. Also receive information on resources to use in the classroom and programs available for your next field trip. Reserve your tickets at [MemorialMuseum.com/events](http://MemorialMuseum.com/events). Free parking in the Memorial Parking Garage, on Harvey north of NW 6 Street.

**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.

**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

## JUNE 11

**Chandler Ice Cream Festival**  
920 Park Road, Chandler  
When: Sat., June 11, Noon-5:00 P.M.  
Phone: 405-258-0673  
[chandlerchamber@gmail.com](mailto:chandlerchamber@gmail.com)  
Free to the public. The annual Ice Cream Festival will feature endless scoops of free Hiland ice cream, free inflatable carnival rides, live music and local vendors. This is a family friendly event with entertainment for all ages. There will also be a homemade ice cream competition at noon.

**Second Saturday: Field Day**  
11 NW 11th St.  
When: Sat., June 11, 1-4 p.m.  
Phone: 405-951-0000  
Email: [info@okcontemp.org](mailto:info@okcontemp.org)  
All Second Saturday activities are FREE and open to the public. [okcontemp.org/SecondSaturday](http://okcontemp.org/SecondSaturday)  
June's Second Saturday will be full of nature-inspired ways to play and create together. Have big fun outdoors in an afternoon of mega-sized memory-making with us! Build a city out of massive foam blocks, create a seed-art flower mosaic with Lillian Timber Farms, play oversized games, enjoy music from a local DJ and join an interactive tour of John Newsom: Nature's Course.

## JUNE 12

**HISTORY OF THE BLACK CHURCH TRADITION THROUGH SONG A JUNETEENTH CELEBRATION!**  
300 Park Ave. Phone: 405-231-8650  
Sun., June 12, 2-3 p.m.  
[askalibrarian@metrolibrary.org](mailto:askalibrarian@metrolibrary.org)  
Price: FREE  
[metrolibrary.org/event/history-black-church-tradition-through-song](http://metrolibrary.org/event/history-black-church-tradition-through-song)  
For centuries, music has been a fundamental part of black church tradition. Per Henry Louis Gates Jr., noted Harvard historian, "The Black Church was the cultural cauldron that Black people created to combat a system designed in every way to crush their spirit and the [musical] culture..." Rev. Larry T. Crudup, PhD, is the key presenter with specially curated songs featuring the Barnett Family Singers. A Q & A will take place at the end of the performance. Arrive early as seating is limited to the first one hundred participants. For a livestream watch Metro Library's Facebook page: [facebook.com/metrolibrary](https://facebook.com/metrolibrary)

## JUNE 18, JULY 16, AUG 13

**Make Ready Market**  
220 NW 13th St. 405-399-0097  
June 18, July 16 & Sat., Aug. 13  
[carly@fieldstudyclothing.com](mailto:carly@fieldstudyclothing.com)  
Price: FREE  
[fb.me/e/1idHQHt9v](https://fb.me/e/1idHQHt9v)  
The Make Ready Market is an all-makers market held every 4th Saturday of the month in Midtown OKC. Artists and makers offer a range of handmade goods including clothing, jewelry, body care, soap, original art, plants, and vintage. Plus, food and live music. Follow us on Instagram @makereadymarket or find us on Facebook for more details.

## JUNE 19

**Oklahoma Summer Arts Institute Chorus and Orchestra Concert**  
300 SW Seventh St. 405-605-7500  
When: Sun., June 19, 7-9 p.m.  
Email: [oai@oaiquartz.org](mailto:oai@oaiquartz.org)  
Price: Free  
Join us for a very special concert by the Oklahoma Summer Arts Institute Chorus and Orchestra! Join us at the Love's Travel Stops Stage at Scissortail Park to hear talented high school musicians from all over Oklahoma perform a varied repertoire of vocal and orchestral music. Conductor and 2021 GRAMMY Music Educator of the Year Jeffrey Allen Murdock will lead the Institute Chorus in their vocal music program, followed by a performance from the full Institute Orchestra under the direction of Conductor Liza Grossman. From traditional classical music to rock & roll, there will be something for everyone to enjoy!

## JUNE 21

**Make Music Day Sulphur, OK**  
Downtown Sulphur Plaza  
300 W Muskogee Avenue  
When: Tue., June 21, 3-10 p.m.  
Phone: 580-618-4934  
[sulphur@makemusicday.org](mailto:sulphur@makemusicday.org)  
[makemusicday.org/sulphur](http://makemusicday.org/sulphur)  
Make Music Sulphur is a day of celebration of all things musical. From live bands to open mic, there's something for all ages. This free event is open to the public.



# 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](http://www.legalaidok.org/employment)  
Legal Aid is an Equal Opportunity/Affirmative Action Employer

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

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## SERVICE

**McClure's Specialty Senior Care.** All Personal Care Laundry and Cooking "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.

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This & Pass Along to a Friend!  
Be one of the first to view **SENIOR NEWS & LIVING** monthly newspaper by calling **SNL** at...  
**(405) 631-5100**  
and register your email address for the **Electronic Edition!**  
You get the full print version of **SENIOR NEWS & LIVING** online by email  
**FREE OF CHARGE**

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TODAY'S DATE:

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☐ 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.



**Broom Hilda**

By Russell Myers

**Animal Crackers**

By Fred Wagner

**Willy Muffitt**

By Bill Brewer

**JUMBLE**

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

LHYYS

OTBUD

ALENDH

GLEHIS

AS

Check out the new, free JUST JUMBLE app

THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek

THE SCOTTISH HIGHLANDS' LAND FORMATIONS ARE AS ---

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

(Answers Next Month)

May Answer: Jumbles: THICK WOUND WARMLY BEHAVE Answer: When the farmer's baler malfunctioned, things — WENT HAYWIRE

**MINION ALLEY - It's good to be a Minion**

My boss told me to Have a good day... so I went home

**Gasoline Alley**

By Jim Scancarelli

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



# Greg Schwem: No, I don't want to see all 743 of your vacation photos

by Greg Schwem

I have a request, no, a plea, to cellphone manufacturers and software developers obsessed with phone memory.

Please stop.

You are the primary cause of an annoying disease I refer to as "scrolliosis."

Those who suffer from it, and, in turn, cause those around them to suffer even more, are serial scrollers. In layman's terms, they are obsessed with showing everyone the photo contents of their phones, beginning every sentence with, "Check this out!"

A scrolliosis victim could be your best friend, your relative or even your spouse; although, if my wife was constantly thrusting her phone in my face, I would put an immediate stop to it. But if it's anyone else, I am forced to politely wait while their finger frantically moves vertically as they search for that photo or video clip that, according to them, I "just gotta see."

What I really want to see their finger doing is repeatedly pushing the delete key until the only image left on their phones is the one on their home screen, covered in icons so I won't have to look at that either.

I am not saying my phone is empty of memories; quite the contrary. My library shows I currently have 2,520 photos and (gulp) 1,362 videos vying for space with apps I actually use on a daily basis. About once a month, I attempt a phone cleanse, although it usually results in me deleting about one percent of my phone's contents. Hey, you never know when somebody might want to see a selfie of me outside a Ketchikan, Alaska, salmon store. It could happen, right?

No, it couldn't.

Think about it: Suppose I'm having a conversation with somebody about Alaska. That person expresses interest in visiting. Do I whip out my phone and say, "Check this out. Here's ME in Alaska"? Followed by, "And here's 40 more pictures of me in Alaska. And, wait a minute while I find it; wait, wait, hang on, it's here somewhere yes, here's a video of a bear in Alaska!"

Somehow, I doubt the response would be, "Well, that's all the evidence I need. I'm calling the airline today!"

When my daughters were of high school age, my wife and I frequently attended "pre dance" parties. Prior to homecoming or senior prom, a willing parent opened their home to about 30 couples, purely for the chance to take photos.

These get-togethers often lasted longer than the dances themselves; the event did not end until every ball gown and tuxedo-clad individual had taken pictures with every other attendee, in every conceivable combination. Yes, Chloe and Haley took a picture together but they didn't take one with Samantha. Or Madeline. And did Madeline get one with Haley and Chloe, but not Samantha? And look who just showed up? Gabby!

This photo extravaganza continued until all the couples were satisfied they had, indeed, taken the appropriate amount of photos. Then, a late-arriving couple entered the home and the process started all over again. I could only imagine the scene on the Monday following the dance when Chloe met Madeline, Haley and Gabby in the school cafeteria and said, "You HAVE to see this video I took of us. Wait, wait...I know you have to get to class here it is! No, wait, that's me with Lizzie. Hold on "

Twice a year, my town offers a shredding event, where residents are invited to, free of charge, destroy documents they no longer need. I



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



suggest a similar event for phone contents. Keep five of the 367 photos you took of your Disney World vacation, transfer the rest to a thumb drive, and toss it into a machine full of sharp blades. You still have evidence on your phone that, yes, you visited Disney World and, yes, it was magical. But nobody will be forced to feign interest while you locate that amazing photo.

You are now cured of scrolliosis. That didn't hurt a bit, did it?

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

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



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# Do You Suffer With Neuropathy?

## Welcome To A New Medical Therapy Covered By Medicare

Do you have any of these Neuropathy effects?

- Burning pain
- Leg cramps and spasms
- Pain with walking
- Muscle weakness
- Sensitivity to touch
- Loss of balance or coordination
- Numbness, prickling, or tingling
- Sleep loss from leg pain
- Post surgical pain
- Chronic intractable pain

Call to learn even more

Neuropathy has many different causes. The most common metabolic cause are patients with diabetes. Nearly 60% of all patients with diabetes develop neuropathy. This can commonly present as pain, numbness, swelling, burning, tingling, sleepless nights, balance issues.

Other causes of Neuropathy include:

- Chemotherapy
- Alcoholism
- Drugs/prescription medications
- Battlefield toxins, industrial toxins
- Vitamin deficiencies
- Acute physical Trauma
- Post-surgical pain

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