Senior Day at the Fair Blasts Off Sept. 21



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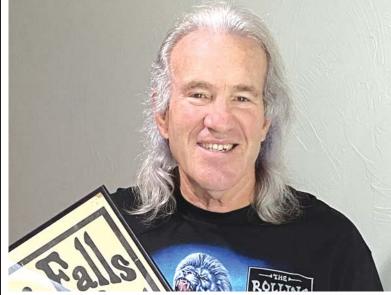
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Vol. 24 Issue 9

Information for Oklahoma Seniors

Locally Owned and Published Each Month



A Thousand Concerts and Counting.

September 2022 Neuropathy Clinic Renewing Quality of Life for Oklahoma Seniors

Nerve Renewal Neuropathy Clinic is located at 3705 NW 63rd Street, Suite 101 in Oklahoma City. Pictured left to right; Tim Bales, Owner; Glenn Cope, Chief Operating Officer; Lea Scoglietti, Nurse Practitioner; Lisa Smith, Personal Service Representative; Kirstein Montoya, Medical Assistant, and Krystal Kerry, Medical Assistant.

Story and photo Van Mitchell, Contributing Writer

An estimated 20 million Americans are living with chronic pain due to neuropathy

At Nerve Renewal Neuropathy Clinic located at 3705 NW 63rd Street, Suite 101 in Oklahoma City, they help Oklahomans renew their quality of life through proven nerve pain treatments that provide safe and effective relief.

Monday through Thursday.

"At Nerve Renewal, we are on a mission to help Oklahomans renew their quality of life through established nerve pain treatments that provide safe and

Clinic hours are 7:30 a.m. to 4:30 p.m. effective relief," said Tim Bales, owner of Nerve Renewal Neuropathy Clinic. "Our prominent clients are seniors. They have some sort of pain, mainly neuropathy, and they are looking for some kind of relief from that pain or more feeling in their extremities."

See NERVE Page 2

NERVE **Continued from Page 1**

Peripheral Neuropathy is a disorder of the peripheral nerves, which connect the spinal cord to the muscles, skin, and internal organs in our bodies.

Neuropathy usually affects the hands and feet, and causes weakness, numbness, tingling and

Patients may also report burning sensations, leg cramps, loss of balance, muscle weakness, and sensitivity to touch.

Neuropathy may come and go, progress over time, or even become severe and debilitating. Left untreated, it can lead to the loss of fingers, toes, and even limbs.

Each year, over 86,000 Americans undergo amputations as a result of uncontrolled neuropathy. However, if diagnosed early, peripheral neuropathy can often be treated.

Bales said while there is no cure for neuropathy, over 80 percent of patients report a significant reduction in pain after treatments. They can also enjoy better sleep due to reduced pain and recover more quickly from knee and hip surgery.

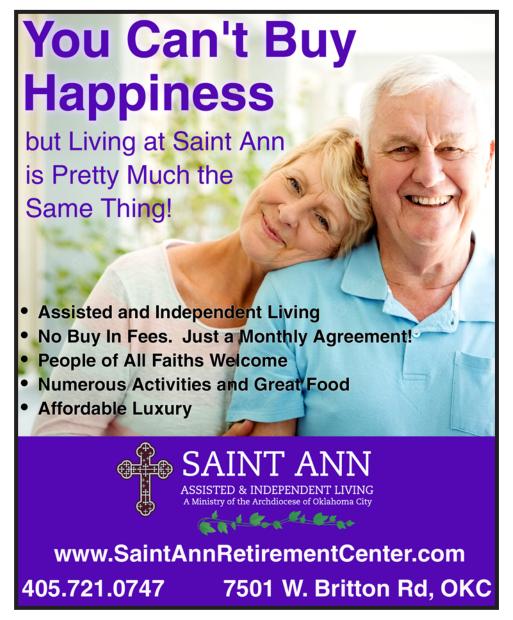
"Rather than masking your

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, drugfree form of therapy that combines injections of pharmaceutical-grade nutrient blend with electroanalgesia to provide relief from your symptoms," he said. "Usually, treatments take between 16 and 24 treatments. Those vitamin injections really help the healing."

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

Other causes of neuropathy include: chemotherapy, alcoholism, drugs/prescription medications; battlefield toxins, industrial toxins, vitamin deficiencies, acute physical trauma, and post-surgical pain.

Traditional neuropathy treatments, such as surgery and strong pain medications, can have a severe impact on patients' longterm health.





Bales Neuropathy Clinic takes a different established approach, using reduce pain without the drawbacks of invasive procedures or addictive medications.

EA 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. There is no opioid drowsiness, addiction concerns, or side effects.

"This non-evasive, drug-free form of technology is one of the oldest and most documented forms of medical science," said Glenn Cope, Chief Operating Officer with Nerve Renewal Neuropathy Clinic. "Patients don't feel trapped by pain. They are able to move and get exercise, leading to healthier outcomes for all other medical treatments."

Cope said controlled research studies have shown that most patients find long-term relief from neuropathy after receiving Nerve Renewal Neuropathy Clinic's specific treatment.

Bales said once the initial treatment is completed, patients

said Nerve Renewal then return every two weeks for follow-up care.

"Once you get to that threshold, Electroanalgesia (EA) treatments to there is maintenance," he said. "You come back every two weeks, and it (helps) keep you where you

> Bales said their customers have requested adding Friday openings to their clinic hours, and he said that is something they are considering.

> Cope said they are opening several other Nerve Renewal Neuropathy Clinics throughout the Oklahoma City metropolitan area.

> "They (patients) aren't crazy about driving a long way so we are building additional locations so it will be easier for them to get to places in town closer to them," Cope said. "We are doing southwest Oklahoma City, just south of Oklahoma City Community College, Midwest City and Norman."

> Bales said the treatments are covered by most insurances.

> "These established treatments are covered by Medicare, Medicaid, VA, and most medical insurance companies, so you can focus on enjoying life again," he said.

> For more information about Nerve Renewal Neuropathy Clinic 495-9270 (405)visit www.nerverenewalnow.com.

strange SO THEY SAY ...

SBT Still collecting a Civil War pension in 2020.

The Civil War ended in 1865, but Irene Triplet was still collecting a pension until her death in 2020 at age 90. Her

father served in the war which entitles Triplet to a survivor's benefit of \$73.13 a month. One can only imagine Triplet has seen a great deal in her life and knows all about the triumphs and tragedies only military families can understand.

The last living wife of a Civil War veteran was Helen Viola Jackson who died on December 16, 2020.

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OPINION



Deciding What to Do in Retirement

Dear Savvy Senior,

I just turned 62 and am financially prepared for retirement, but I'm less certain about how to spend my time after leaving work. Can you recommend some resources or tools that can help me with this? -- Feeling Lost

Dear Lost:

This is a great question! Many people, when asked what they want to do when they retire, will say they want a mix of travel, play and meaningful work. Specifics, however, tend to be few and far between. But planning how to fill your time in retirement is just as important as the financial planning aspect. Here are some resources that can help. Online Tools

A good starting point to figuring out what you want to do in retirement is at *LifeReimagined.aarp.org*. This is an AARP website (you don't have to be a member to use it) that can help you rediscover what truly matters to you and focus on what you really want to do. It offers a variety of free online exercises and programs that will

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hopefully spark some ideas and give you inspiration.

Encore.org is another good resource that helps people who are seeking work that matters in the second half of life. Click on "Resources" on the menu bar and download their free Encore Guide, and consider purchasing a copy of their "Encore Career Handbook" (available at **Amazon.com** or **BN.com** for \$10.50) by Marci Alboher, which is excellent.

Also check out the free E-book called "The Age for Change," which can help answer the question: "What now?" You can download this at *ComingOfAge.org*.

And, if you've never taken a personality test before, this too can be a good tool to help you figure out what type of activities or work you'd like to do. A good option for this is the Myers-Briggs Type Indicator assessment, which you can take online at *MBTIcomplete.com* for \$50.

Personalized Guidance

If you want personalized help, you can also get one-on-one guidance from a retirement or life planning coach. Some resources that can help you here include *LifePlanningForYou.com*, which has a free exercise called EVOKE to help identify a path that might suit you best in later life, and provides a directory to registered life planners to help guide you.

Also see: *RetirementOptions.com*, which will connect you with a retirement coach who will give you an assessment to help reveal your attitudes and opinions about work, family life, relationships, leisure time and more. And the *LifePlanningNetwork.org*, which is a group of professionals and organizations that help people navigate the second half of life. You can also find life and retirement coaching at the International Coach Federation at *CoachFederation.org*.

Coaching sessions typically range from \$75 to \$300 or more, and usually require four to six sessions to get the most out of the process.

Other Resources

If you're primarily interested in volunteering, finding a retirement job or even starting a business when you retire, there are lots of resources that can help here too.

For volunteering, *PointsOfLight.org*, *VolunteerMatch.org* and *SeniorCorps.gov* and help you search for opportunities, or even create one on your own.

To look for job ideas, sites like *RetirementJobs.com*, Workforce50.com and *RetiredBrains.com* list thousands of jobs nationwide from companies that are actively seeking older workers. *FlexJobs.com* can help you find good work-at-home jobs. *CoolWorks.com* and *BackDoorJobs.com* are great for locating seasonal or summer jobs in great places. Or to search for freelance opportunities in a wide variety of areas, there's Elance.com and *Guru.com*.

And if you're interested in starting a new business, the U.S. Small Business Administration offers tips, tools and free online courses to entrepreneurs that are 50 and older at **SBA.gov/content/50-entrepreneurs**, as does the nonprofit association Score at **Score.org**.

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.

SPECIAL NOTICE:

Oklahoma Home and Community Education Presents "Internet Food Safety Myths"

This event is free to the public. The internet is a great resource for many things, but there is a lot of misinformation, especially about food safety. Learn about some common internet food safety myths and what to do instead to keep you and your family safe. The class will be taught by Kelsey Ratcliff, an FCS area Specialist in Health Disparities. Come join us at 9:30 AM, Thursday, September 22, at the Extension Conference Center, 2500 NE 63rd Street, OKC. There is no charge for the class.

SSA Accelerates Decisions for People with Severe Disabilities

Agency Expands Compassionate Allowances List



Kilolo Kijakazi, Acting Commissioner of Social Security, recently announced 12 new Compassionate Allowances conditions: Angioimmunoblastic T-cell Lymphoma, Blastic Plasmacytoid Dendritic Cell Neoplasm, Gerstmann-Straussler-Scheinker Disease, Microvillus Inclusion Disease – Child, Mowat-Wilson Syndrome, Myelodysplastic Syndrome with Excess Blasts, NUT Carcinoma, Pfeiffer Syndrome – Types II and III, Pontocerebellar Hypoplasia, Posterior Cortical Atrophy, Renal Amyloidosis – AL Type, and Sarcomatoid Mesothelioma.

The Compassionate Allowances program quickly identifies claims where the applicant's condition or disease clearly meets Social Security's statutory standard for disability. Due to the severe nature of many of these conditions, these claims are often allowed based on medical confirmation of the diagnosis alone. To date, more than 800,000 people with severe disabilities have been approved through this accelerated, policy-compliant disability process, which has grown to a total of 266 conditions.

"The Social Security Administration is committed to reducing barriers and ensuring people who are eligible for benefits receive them," said Acting Commissioner Kijakazi. "Our Compassionate Allowances program allows us to strengthen that commitment by accelerating the disability application process for people with the most severe disabilities."

When a person applies for disability benefits, Social Security must obtain medical records in order to make an accurate determination. The agency incorporates leading technology to identify potential Compassionate Allowances cases and make quick decisions. Social Security's Health IT brings the speed and efficiency of electronic medical records to the disability determination process. With electronic records transmission, Social Security can quickly obtain a claimant's medical information, review it, and make a fast determination.

For more information about the program, including a list of all Compassionate Allowances conditions, please visit **www.socialsecurity.gov/compassionateallowances**.

To learn more about Social Security's Health IT program, please visit www.socialsecurity.gov/hit.

People may apply online for disability benefits by visiting www.socialsecurity.gov.

To create a my Social Security account, please visit **www.socialsecurity.gov/ mvaccount**.

Oklahoma Healthy Aging Initiative to Host the 2022 Statewide Tai Chi-A-Thon

Oklahoma Health Aging Initiative (OHAI) will host its fourth annual Statewide Tai Chi-A-Thon on Friday, September 26, as part of National Falls Prevention Week.



Tai Chi is a series of gentle physical exercises and stretches.

and levels of health.

Generally safe for all ages and fitness levels, Tai Chi can help older adults reduce their risk of falling, while also increasing balance and flexibility. Health benefits include reduced blood pressure, better sleep, improved muscular strength and enhanced mental well-being. It does not matter how strong, flexible or active you are – Tai Chi is designed for people of all ages

The event will be held from 9 a.m. to noon at four locations across the state -- Catoosa, Durant, Enid and Norman. It is open to participants 18 years and older, at no cost. To register and find the event location near you, visit www.ohai.org. On-site registration will also be available at the event, but those who pre-register by August 19, will have the opportunity to purchase an event t-shirt.

For additional questions or accommodations, contact OHAI at ohai@ouhsc.edu or by phone at (855) 227-5928.

OHAI is a program of the Donald W. Reynolds Section of Geriatric Medicine at the University of Oklahoma Health Sciences Center, and is supported in part by the Donald W. Reynolds Foundation. OHAI is committed to enhancing the health and quality of life of older Oklahomans and their caregivers through community classes, workshops and professional trainings. The University of Oklahoma is an equal opportunity institution. www.ou.edu/eoo

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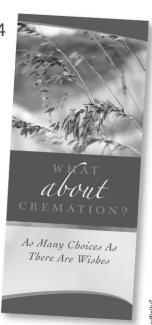
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A Thousand Concerts and Counting

Story and photos by Darl Devault, Contributing Editor

Fifty years ago, John Carpenter, 67, was attending his last year of high school and most major rock'n'roll concerts available in Oklahoma as an immense fan of live performances, going on to attend more than 1,000.

From Midwest City High School, he went on to Oscar Rose Junior College on a wrestling scholarship. He continued attending many major concerts at the zenith of what many consider the most productive era of rock'n'roll music.

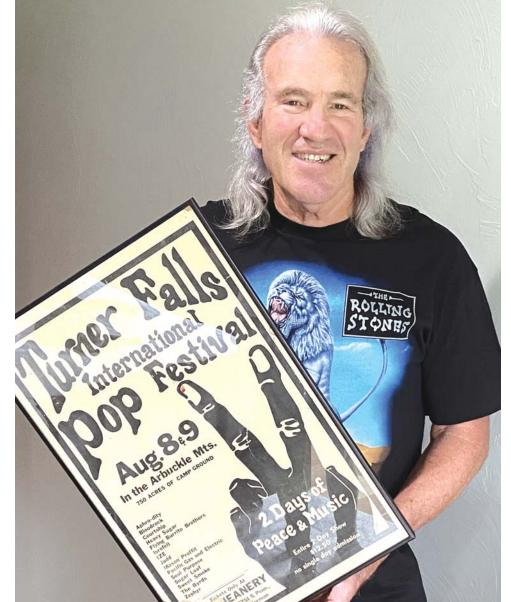
Soon arena shows and music videos changed the way young people were entertained, as live performances were enhanced with showmanship.

For Carpenter, it was about the music. Those five years, 1970-1975, were some of the most iconic in rock'n'roll history, including the release of the

most famous song ever recorded in the rock'n'roll genre, Led Zeppelin's "Stairway to Heaven," selling 37 million copies since 1971.

In 1970 Carpenter bought his first copy of "Rolling Stone Magazine" as a MCHS sophomore. "It had articles about Bob Dylan, the Beatles, and the Rolling Stones that gave me a window to a world that I was missing, and I loved it," Carpenter said. "I sent my money off for a year's subscription, which cost \$8, and I soon learned about all these new artists and groups, including one from California, the Grateful Dead."

Not that he's competitive about it, but local music historians could easily describe Carpenter's status as one of the most dedicated rock'n'roll fans of the last 50 years. He has averaged 20



John Carpenter poses with a poster of one of his favorite music festivals he attended in Oklahoma.

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(yes, 20) concerts a year. Married in 1979, he and his wife Jo often attend shows together.

The list of the concerts he has witnessed is so long it is easier to list the four that got away. He missed seeing Jimi Hendrix in May of 1970 because he was 15 and could not find a ride to Norman that Friday night. He missed the first two Led Zeppelin concerts because of no car and no ride and says he is still puzzled about how he missed seeing Led Zeppelin in 1977.

And then there were Oklahoma State Fairgrounds Arena concerts that came with a bonus, like first seeing the Eagles in 1972 as an opening. "I recognized the song they were performing as a new hit on the radio, "Take It Easy!" The single had been out a little over a month," Carpenter said in a recent interview. "I watched the "new group" in action. I think it was Don Henley who was wearing an OU football jersey. I was just over two weeks out of high school, but I could tell these guys were really good. Their 50-minute set ended way too fast for us before British sensation Jethro Tull took the stage."

Carpenter can relive that special night through the magic of YouTube. "Someone in the crowd taped the

Eagles' portion of the concert that night and recently posted it on YouTube," Carpenter said. "Listening to it 50 years later, it is like I am back at the beginning of all that major concert going."

He made the trip to a Rolling Stones concert on June 24th in Ft. Worth, where he saw his favorite group on their Rolling Stones American Tour 1972, which also included Canada. He says he could get tickets only because that tour was so successful the Stones added a second show.

But in Oklahoma City, later in 1972, he became a diehard fan of his favorite all-time supergroup. "The Grateful Dead were to play at the Civic Center, probably the best acoustics in Oklahoma," Carpenter said. "When a second concert was added for November 15th, we got outstanding tickets near the front of the concert hall."

His third world-class concert of the year swept him away. "The Grateful Dead with Jerry Garcia took the stage without fanfare, and we were off. They played two long sets that night, with the standout for me being the almost half-hour jam on their classic "Playing in the Band," Carpenter said. "During that show, with such great

continued next page

CONCERTS Continued from Page 6

acoustics, I became a Deadhead for

Hundreds of concerts, hundreds of artists later, in 2022, Carpenter still thinks about the Grateful Dead, especially since he saw them play at the Oklahoma City Fairgrounds Arena again almost a year after that eventful night. "As the years went by, I continued to follow the Grateful Dead and watched them become an icon in American popular culture," Carpenter said.

He earned a bachelor's degree in Sociology at Oklahoma State University and became a distinguished Probation and Parole officer. He capped his 24-year career as the Sentencing Guideline Specialist for the Western District of Oklahoma. He has been retirement privileged since 2011 and has become a well-known yoga and spin teacher in the Oklahoma City

Today he will share with you all the complications of modern ticketing where you can think that you're buying a ticket at one price only to find that the price is two or three times higher when it's time to pay. Still, the genuinely dedicated will put up with that because, as Carpenter will tell you, nothing beats hearing the live performance version of talented artists' songs.

When he thinks about what keepsake is his favorite from all those concerts, he thinks about Garcia. Never one to follow the band from city to city as some fans did, he says he is devoted. "Although he died in 1995 of a heart attack, their records and music continue to sell," Carpenter said. "Jerry (Garcia) remains as popular as ever and is even revered by younger generations of music fans who never had the privilege as I did of seeing him in concert. I am grateful to rock'n'roll music to have experienced this phenomenon

Speaking with Carpenter about Oklahoma being the crossroads of America and touring musicians, he not only gives you answers but opens your eyes to more questions, more ideas, more perspectives and more wonder about Oklahoma's place in rock'n'roll history. When you hear Carpenter speak with a high school friend his age, another strong concertgoer, Barbie Garrison, you realize his nearly encyclopedic knowledge of rock'n'roll history.

"My Facebook friends asked me about specific artists I have seen, so I wrote narratives about what was going on in my life when I went to specific concerts and what kind of performance it was," Carpenter said. "This recent writing has sparked my realization of how profoundly concert going has affected my life."





Grateful Dead Skull & Roses album cover, released on September 24, 1971, on Warner Bros. Records, their second live double album.

"Concert going helped me create a fresh diversion each time, many a whole different circle of friends and provided at times a much-needed release from the stress of being a college athlete and on throughout my life working with offenders on parole or probation," Carpenter said. "Being

concerts were so startlingly creative, with high-quality musicians and their voices and their harmonizing and the brilliance of their words and poems set to music. Rock and Roll music will never die."



COMMUNITY

Networking at Villagio of OK City

Story and photos by Darl Devault, Contributing Editor

In their first major onsite and working so much to combat a event since COVID-19, host Villagio of Oklahoma City welcomed 52 Senior Business Solutions Networking colleagues to a luncheon on August 18. This networking session revealed how many people in the industry are new or at new employers, as shifting demographics cause many changes.

Hosts from Villagio of Oklahoma City and Villagio of Bradford Village in Edmond colleagues spoke of some details of their work with seniors.

"This meeting today is the first time we have been able to engage with our larger community in this space since COVID-19," said Caitlin Cairns. She is the director of community life at Villagio of Bradford Village. "We are all thankful for the opportunity to do this as it means a return to normalcy and a better way of life than worrying

pandemic."

Villagio of Oklahoma City offers its clients assisted living, memory care, and respite care, while Villagio of Bradford Village in Edmond features residential and assisted

Villagio and sponsors provided the meal and a large meeting room for the monthly gathering of senior healthcare marketers and seniorfocused company workers. They engaged in the meaningful and relevant experience of building a network of contacts to better serve their patients and clients.

Eight attendees were learning about their community peers for the first time, as half of them mentioned they had only been with their new employers for three weeks. Several new attendees said networking with



From left, Caitlin Cairns, Melisa Patterson, Oliva Battles and Eric Legleiter pose before the event.

others, especially direct caregiver peers, helped them better understand some of the issues they face at their

Some had attended the luncheons for many of the six years since Bill Muir pulled the SBS group together for the networking sessions.

The luncheon continued with each invitee giving a few minutes of background about their employer and, for some, as owners. The networking session is open to all senior care industry members and comprises a variety of guests explaining their backgrounds. They spoke of how they saw their role in helping seniors with their needs in the community.

See NETWORKING Page11

ATTN: Seniors - Healthcare in Retirement Seminar – What you should know about these plans: Your Employer plan, Medicare, Medicaid and Tricare for Life. Sponsored by the Del City Chamber of Commerce. September 21st, 11:30-1, Mid-Del Technology Center, 3921 SE 29th St, Del City, OK 73115.

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COMMUNITY

Senior Day at the Fair Blasts Off

Story and photos by Darl Devault, Contributing Editor

Senior citizens can celebrate nearspace travel with free admission to the fairgrounds on their special day with events from 10 a.m. to 7 p.m., Sept. 21, in the Special Events Area at the south end of the Modern Living Building at the Oklahoma State Fair.

All seniors ages 55 or older are invited by OG&E and other sponsors to enjoy the "Fly Me to the Moon" themed event for activities, entertainment, exhibits, door prizes and health screenings designed especially for the golden ager.

"Senior Day at the Fair fits the 55+ fair goer in many ways. Some can enjoy the total experience of the fairgrounds. Some can come to the Modern Living Building to enjoy the Senior Day, never leaving the building," said Cindy Dimit, longest serving committee member.

"There are exhibitors, screenings, and entertainment. The audience can participate in themed activities on the decorated stage. We bring the fair experience right to your seat, so come fly with us on September 21st."

This year features back-to-back Elvis tribute artists in the late afternoon and evening. Back from his popular performance last year, Mike Black sings Elvis' songs at 5:30 p.m. From Choctaw, after growing up in Midwest City, he has opened concerts for major acts Percy Sledge, Eddie Raven, The Grass Roots, Three Dog Night and Blood, Sweat and Tears.

Shawn Klush kicks off the most significant tribute to Elvis outside at 7:30 on the Chickasaw Country Entertainment Stage. He has starred as 'Elvis' in the award-winning Las



Elvis tribute artist Mike Black will appear at 5:30 p.m. in his second year of entertaining Senior Day at the Fair crowds.

Vegas show "Legends in Concert."

Klush has sung in the "Elvis Birthday Tribute Tour" with Elvis' former musicians, singers, and friends in major venues in multiple cities. He portrayed Elvis in the "The King and I" episode of HBO's historical drama TV series "Vinyl" produced by Martin Scorsese and Mic Jagger.

Activities planned for the day include a robust lineup of free health screenings: Blood Pressure

Screenings • Blood Sugar Screenings • Pain Management Assessment • Vein Testing • Depression and Memory Screenings, and Diabetic Foot Screenings.

Total Wellness will offer Flu, Pneumonia, and B12 shots at a cost. Attendees are asked to present their insurance card if it covers their shots. The day also features 24 senior

Continued next page





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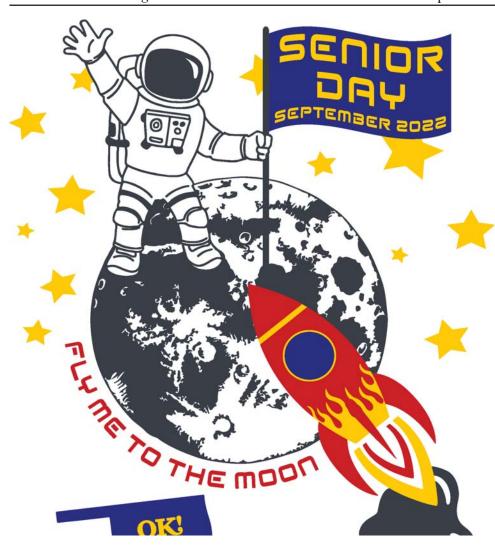


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FAIR Continued from Page 10

health and recreation exhibitors.

Door Prizes are offered (Registration: Session 1: 10 a.m. – 1 p.m., Session 2: 1 p.m. – 3:30 p.m. & Session 3: 3:30 – 6 p.m.) Pick up your ticket at the prize table for a chance to win one of many donated gifts. There will be multiple drawings in the morning, the early afternoon and then again during the late afternoon. Each session's tickets will be discarded after the end of their respective time. Please register again for both afternoon door prize sessions.

The large Oklahoma Senior Games demonstration area is available for the whole run of the Fair. Along with special strength testing for seniors at their Senior Fitness booth, table tennis will be available.

Tests will include arm strength (pushups), leg strength (globet squats), abdominal strength (forearm plank), and balance. A victory stand with mannequins will be available for a photo backdrop.

The largest interactive demonstration court for seniors is one of the fastest-growing recreational sports, Pickleball. It is now widely embraced by seniors for its excellent health outcomes.

Pickleball is a recreational paddle sport for all ages and skill levels. Grandparents who welcome the opportunity to try new fitness outlets can play with their grandkids to stay active. Whether seniors are looking for a way to exercise or want to be challenged at a competitive level,

there is a place in the pickleball community.

Volunteers are needed to help support the large Senior Games area from September 15th to 25th. By volunteering, helpers earn a free, fair ticket, T-shirt and close-in free parking. Schedule shifts at its signup website:

https://www.signupgenius.com/go/9040A4DA4A628AA8-oklahoma2

The organizers are counting on the warm hospitality and strong sense of community spirit our citizens have shown as volunteers to allow the state to thrive.

"Our volunteers are a major part of how and why our state has proven itself as a great place to compete in senior games each year," volunteer coordinator Regina Stewart said. "We have grown to offer more games because of the time and energy Oklahomans who do not compete have invested in offering the Games to those who do."

Seniors can enter gates 1, 2, 6, or 10 to catch one of the free trams that begin running at 10 a.m. Ask trams to stop at Gate 3 or by the fountain on General Pershing Blvd to drop you off, as they are the closest drop-off points to the building. Electric and manual wheelchairs are available for rent inside Gates 2, 6 & 9 while supplies last. Free coffee and snacks will be offered at 10 a.m. until they are gone.

To view the schedule of activities online, visit: https://okstatefair.com/uploads//senior-day-one-page-schedule-2022.pdf

NETWORKING Continued from Page 8

A few announced special events their venues were planning shortly, inviting others to attend.

Other speakers solicited donations of door prizes needed for the Senior Day on September 21 at the Oklahoma State Fair. Emerald Care Center Southwest was recognized for donations of large flat screen TVs for the Senior Day door prizes the last few years. Many attending volunteer and support the 24 booths at the event.

There was a spirited discussion of local Elvis tribute artist Mike Black who will headline the entertainment for the free Senior Day at the Fair at the end of the day, September 21. He performed last year, and several people mentioned he has sung at area senior centers.

Bob Loudermilk detailed the upcoming free Second Half Expo 2022 to be held on October 22 at The National Cowboy & Western Museum for the second year. This year attendees will receive a free ticket to the museum they can use

anytime.

Expo and SBS sponsor Oklahoma Senor Journal owner Robin Gunn supported the Expo in her part of the discussion. She welcomed listeners to hear more details about the Expo on her radio program Rise & Thrive Radio Hour Saturdays at 9:05 a.m. on 96.9FM The Eagle during the run-up to the event.

The meeting continued with more personalized detail from each attendee. The event is an in-person version of a monthly networking newsletter with information, announcements, and networking within the retirement industry.

Some providers reported real-time availability for their care and housing options, along with home care and hospice providers. Speakers covered various topics ranging from personnel issues to renovation offerings and help explaining Medicare to patients and clients.

Conversations before and after the more formal portion allowed attendees to speak with their senior industry peers while sharing information about their employers and caregivers.



TRAVEL / ENTERTAINMENT

Off to Space in Weatherford, Oklahoma

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

As seniors we have grown up and through the space race with its many accomplishments, many made by Oklahoma Astronauts. Once such celebrated Oklahoma astronaut is Lt. General Thomas P. Stafford. The Stafford Air Space Museum is a destination not to be missed if in or near Weatherford, Oklahoma. It is next to Interstate 40, at 3000 Logan Road.

You are greeted even before entering the museum with the Pathway of Honor exhibit. Here you can buy a customized brick around the foundation of the Apollo boilerplate exhibit in front of the museum. A 4 x 8 inch brick with two lines of text is \$70, or the larger 12 x 12 inch brick with the option of a Company Logo with text, for \$225.00. Your named brick will be in the company of astronaut legends of Neil Armstrong, Gene Cernan, and Jim Lovell among others. For further information and to contact the Pathway of Honor and museum call 580-772-5871.

The museum was named a Smithsonian Affiliate in 2011 as it houses over an acre of exhibits representing the evolution of aviation and space flight. They have worked closely with the Smithsonian Institution, NASA and the U.S. Air Force Museum assembling one of the best collection of aerospace artifacts in the central United States.

While there are some artifacts that are samples or replicas, many are the actual item used in space. This includes Stafford's 1969 flown Apollo 10 pressure suit, space shuttle main engine, the mission control console, a disarmed Mark 6 nuclear warhead and an F-86 "Sabre" Fighter.

Besides American artifacts are Soviet examples like the Soviet Mig-21 "fishbed" fighter, one of the most produced jet fighter aircraft in history as the front-line fighter during the Cold War. There is also the actual V-2 Rocket Engine, as the only remaining actual V-2 rocket engine left in existence which was developed by Nazi Germany during World War II

Replicas are also on display including: the Bell X-1 rocket plane that punched through the sound barrier in 1947, Hubble space telescope in 1/15 scale, and the full scale replica of the Gemini Spacecraft flown by Stafford in the Gemini 6 and 9 missions.

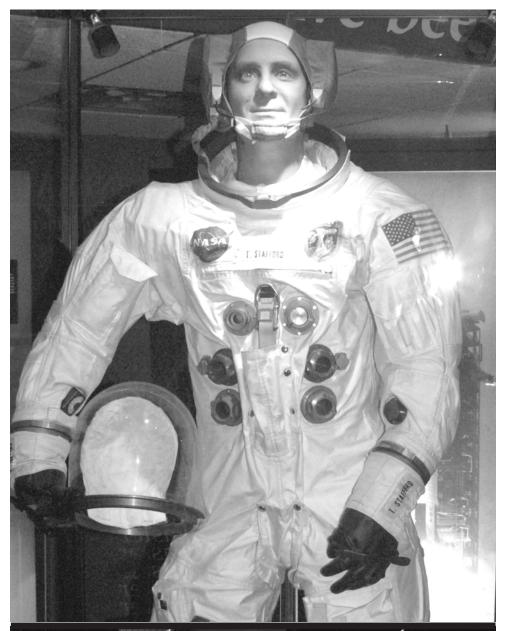
Stafford was born in 1930 and raised in Weatherford, graduating from Weatherford High then on to the U.S. Naval Academy in 1951. In 1962 he was selected in the second group of NASA astronauts and would go on to fly four space missions. In 1979 after retiring from the Air Force, he has flown nearly 130 types of aircraft and helicopters and logged near 508 hours in space. Today Stafford maintains a home in Oklahoma City and one in Florida near the Kennedy Space Center.

When in Weatherford a lunch or dinner at Benchwarmer Brown's Sports Grill, at 108 East Main, is a delicious choice. A sports type bar/restaurant with video screens, offers several menu items, including a juicy Chicken strip entre. Other offerings are fresh burgers, hand breaded onion rings, other sandwiches, and brick oven pizza. At just over a year old, Benchwarmer fills a dining option welcomed in Weatherford.

If your road trip is not rushed an overnight at the clean and comfortable Days Inn might be your economic destination. Complete with a warm do it your self-breakfast area, pool and plenty of parking, it fills the needs of the average traveler. It is an easy off and on from the Interstate and less than a mile to downtown, at 1019 East Main.

And while this far "out of town" you are nearer to Colony Oklahoma and its Galley of the Plains Indian, where I have an exhibition of Indian Photographs, in an historic building adorned outside with colorful Indian murals. The highway South is close to the Weatherford exit off I-40.

Why spend time and money consuming trip to the Washington DC's Space Museum – although it is amazing – when you can conveniently get





an in-depth sample at the Stafford Air and Space Museum in Weatherford, Oklahoma? More information at www.staffordmuseum.org.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association 3110 N.W. 15 Street - Oklahoma City, OK 73107

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"Ol' Man River" is a famous song from Show Boat and as it happens, America knows a thing or two about old rivers. Although its exact age isn't known, the New River, which flows from the Blue Ridge Mountains in North Carolina to Virginia and West Virginia, is thought by most scientists to be the oldest in North America. Many believe the New River is older than the continent of North America itself.

COMMUNITY

Off-Duty INTEGRIS Health Nurse Saves the Life

Sometimes your guardian angel appears in the form of an off-duty nurse. At least that is what Pamela Satchell believes after an INTEGRIS Health Miami Hospital nurse saved her life.

Shyanne Brandon, B.S.N., RN, was recently honored by INTEGRIS Health Miami Hospital Chief Executive Jonas Rabel for the life-saving measures she performed while attending as a guest at an employee appreciation event hosted by the Miami Nation's Prairie Sun and Prairie Moon Casinos.

"Day in and day out, our caregivers report to work knowing that patients and their families are counting on us," said Rabel. "Shyanne's quick response to a medical crisis outside the walls of our hospital is a true example of heroism and her dedication to caring for our community, no matter where she might be."

As food and beverage manager of the casinos, Satchell was assigned the task of checking-in employees and handing out t-shirts. After several hours in the hot July sun, she decided to go for a swim to cool off, and that is when things went awry.

"The only memory I have is going down the slide, landing in the water and then feeling like I was pulled under," Satchell said. "I came up and told the lifeguard I needed help. That is really all that I can remember."

Brandon witnessed the near-drowning and, without hesitation,

Continued next page



Shyanne Brandon, B.S.N., RN, stands with Pamela Satchell - Story and photo by INTEGRIS Health.



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HONORED Continued from Page 14

began administering medical aid, which included checking for a pulse, rolling Satchell to her side, expelling water and continuing life-saving measures until emergency medical services arrived to transport Satchell to the hospital.

"As I helped pull Pam out of the water, I did a quick scene check and realized I was the only one around that could help," said Brandon. "My training with INTEGRIS Health prepared me, and God truly overcame me with a sense of calm and clarity. I could hear all these people around me scared and worried, but I stayed calm. I can only say God truly was with me at that moment."

Satchell spent two days in the hospital but is expected to make a full recovery. Weeks later, she was reunited with Brandon on the day hospital leadership presented her with an award for her off-duty heroism.

"Shyanne will always be my personal angel," she added. "What a blessing to have someone like her at the right place and time."

For more information about INTEGRIS Health visit:

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Oklahoma History Center Installs Universal Adult Changing Tables

The Oklahoma History Center (OHC) agrees with the fact that all individuals, children and adults alike, deserve a safe, dignified and clean restroom experience. Assistance with this need is common for adults who are aging or have disabilities and other conditions. Because of this, the OHC has recently installed a universal adult changing table in its Family Restroom, located on the first floor, to accommodate individuals with a range of disabilities and medical issues such as muscular dystrophy, Parkinson's disease, paraplegia, cerebral palsy or those recovering from a stroke.



Having access to such a table will provide a clean and safe environment, eliminating the unhygienic option of placing a loved one on a bathroom floor.

"We want to provide this amenity to families so they can extend their stays and won't have to go out to their cars, or go home early, when a family member is in need," said Dan Provo, director of the OHC.

In an interview earlier this year, disability advocate Audra Beasley was quoted as saying, "If we're not planning for all, we're not planning. We need to be asking ourselves what we are doing as great citizens of this state to hold the door for those coming in behind us, to build on the work of those before us. We need restroom access for all!"

The Oklahoma History Center is a division of the Oklahoma Historical Society and is an affiliate of the Smithsonian Institution, National Archives and is an accredited member of the American Alliance of Museums. The mission of the Oklahoma Historical Society is to collect, preserve and share the history and culture of the state of Oklahoma and its people. Founded in 1893 by members of the Territorial Press Association, the OHS maintains museums, historic sites and affiliates across the state. Through its research archives, exhibits, educational programs and publications the OHS chronicles the rich history of Oklahoma. For more information about the OHS, please visit www.okhistory.org.



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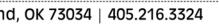
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OMRF discovery unravels complexity of wound healing



When a fresh wound occurs, cells rush to produce collagen, which aids healing. But sometimes this process goes awry, resulting in one of two extremes: insufficient healing or excessive scar tissue.

Thanks to a recent discovery at the Oklahoma Medical Research Foundation, researchers now have a better grasp on the cause.

"It's a delicate balance," said OMRF scientist Lorin Olson, Ph.D., who led the study published this month in the journal Cell Reports. "Everything must work just right for proper wound healing to take place."

Olson's lab focused on a protein signal called platelet-derived growth factor (PDGF) and cells called fibroblasts, which create collagen to form scar tissue. Several days later, these cells morph into a different cell type called myofibroblasts, which pull the wound's edges together, essentially closing it.

Working with researchers from the University of Oklahoma Health Sciences Center, Olson's team discovered that PDGF controls this transition from one cell type into another and that optimal healing requires precise amounts of the protein signal.

"This paper focuses on wounds in the skin, but the same principles apply to injuries in other tissue or organs," Olson said, "because in every injury, cells respond by migrating toward the damage."

Too much PDGF results in wounds full of fibroblasts but no myofibroblasts, causing excessive scar tissue. In contrast, without sufficient PDGF, there aren't enough fibroblasts to create collagen, and wounds fester

Those chronic wounds cause significant medical and financial issues for millions of Americans. One common example is in people with diabetes. Poor circulation and nerve damage caused by the disease can lead to chronic foot ulcers, potentially requiring amputation. A 2018 University of Southern California analysis found that chronic wound treatment accounted for up to \$96.8 billion in annual Medicare costs.

"Wound healing happens so routinely that we tend to take it for granted," said Lijun Xia, M.D., Ph.D., chair of OMRF's Cardiovascular Biology Research Program. "Dr. Olson has dedicated his career to better understanding the inner workings of this complex process. His discovery gets us closer to solutions for cases where a wound refuses to heal properly."

Olson has taken these findings to delve into the cause of keloids – thick, often permanent, raised scars that most frequently form on the earlobes, shoulders, chest and cheeks of people of African and Asian descent. However, he said this discovery has far broader relevance.

"We're studying PDGF signaling in conditions like atherosclerosis, where deadly plaque builds up in arteries, as well as cancer," Olson said. "So if we better understand how it works, we can apply that knowledge to many other health conditions."

Olson's research is supported by National Institutes of Health grants R01-AR070235 and R01-AR073828, the Oklahoma Center for Adult Stem Cell Research, a program of TSET, and the Presbyterian Health Foundation.



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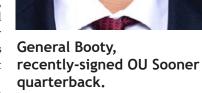
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Quarterback Pledges Donations to OK Children's Hospital

As college athletes across the country begin taking advantage of the Supreme Court's June 2021 ruling allowing Name, Image and Likeness (NIL) deals, a newly-signed OU Sooner quarterback is dedicating a percentage of his earnings to Oklahoma Children's Hospital OU Health.

General Booty, who comes to Norman after playing at Tyler Junior College in Tyler, Texas, recently notified Oklahoma Children's Hospital of his support.

"My family has been a really good example to me my whole life, and we talked about the importance of giving back," Booty said. "I have a special place in my heart for kids, so after my visit there, I knew Oklahoma Children's Hospital would be where my support would go."



Booty, a third-generation football player, is originally from Shreveport, Louisiana. His father, Abram Booty, is a former Louisiana State University wide receiver, his uncle, Josh Booty, is a former LSU and NFL quarterback and his other uncle, John David Booty, was a USC quarterback and Rose Bowl MVP during Pete Carroll's coaching leadership.

"General is a great kid, with a big heart and full of faith," said his father. "He knew Oklahoma Children's Hospital could benefit from the

partnership and made the decision to provide that support on his own."

Booty's family moved quite a bit while he was growing up and he attended four different high schools, including two in California and two in Texas, finishing his



high school career at Allen, which is in the Dallas area. After high school, the quarterback played for Tyler Junior College, where he caught the eye of OU scouts. After a visit to Norman, he knew this was where he wanted to play.

Recently, the 20-year-old quarterback paid a visit to some Oklahoma Children's Hospital patients.

"We have some young football fans going through health issues no one – let alone a child – should have to go through," said Jon Hayes, hospital president. "Seeing the kids faces light up when General stopped by to hang out with them for a while was a great way to take their minds off where they are. We are delighted to not just have General supporting us through his merchandise sales, but just becoming engrained in what we do here. We can't wait to see what he does on the football field."

Booty is unveiling a website where fans can purchase shirts, hats and other memorabilia featuring his name, number and his brand "MTJN," which stands for More Than Just a Name. "I have a unique name, but I'm also a good player," Booty said. "That's the connection Oklahoma Children's Hospital is more than a name. They are the best at what they do.

"I'm looking forward to coming back and hanging out with more of the kids whether that means throwing a football around or doing arts and crafts."

To purchase General Booty merchandise, go to mtjn.org.

For more information about Oklahoma Children's Hospital visit oklahomachildrens.org.

OK CATTLE BARON'S BALL

CELEBRATES 20 YEARS OF SAVING LIVES

Oklahoma City's Cattle Baron's Ball celebrates 20 years of saving lives with a night of food, fun and fundraising - Friday September 23rd at the National Western Heritage Museum. This year's event is being led by dedicated volunteer, Mary Blankenship Pointer, Vice President at Frontier State Bank.

Cattle Baron's Ball is the signature philanthropy gala of the American Cancer Society.

This year's western-themed "party with a purpose" features A-List entertainer and OKC local, Ty England. As well as games, food and beverage, live and silent auctions.

All proceeds benefit the American Cancer Society and the Chad Richison Hope Lodge Oklahoma.

The Chad Richison Hope Lodge is a centrally located home-away-from-home for patients and their families opening this fall. It offers cancer patients and their caregivers free lodging while they travel to receive life-saving care from any of the area's premier medical centers.

The \$16.5 million facility is named in recognition of ACS's capstone donor, Paycom Founder and CEO, Chad Richison. Mr. Richison is also this year's Cattle Baron's Ball honoree and will be recognized the night of the event.

Richison donated \$5 million to fund Oklahoma's first Hope Lodge. "This is a personal cause for many, including myself, and helps ensure anyone traveling for treatment will have one less item to worry about," said Richison.

Cancer is the second-leading cause of death in Oklahoma. Each day, 49 Oklahomans are diagnosed with cancer. The American Cancer Society is working every day to free the worldfrom the pain and suffering of cancer through research, prevention, patient services, and advocacy.

To learn more or donate visit www.cattlebaronsballokc.org. For more information, please contact Rachel Stratton at 281-352-6471. Engage with @ACSOklahoma and follow us on Facebook, Instagram, and Twitter.

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Mercy Named Best Large System in U.S. for Excellent Patient Care

Mercy has earned the 2022 Excellence in Patient Experience Award as the top large health system in the country for patient experience, a distinction made by NRC Health, a leader in building personalized health care solutions and data-driven insights.

NRC Health's 2022 Excellence in Patient Experience Award recognizes health systems and hospitals that have demonstrated their commitment to improving patients' care experiences.

"This award is all about the patient experience and that is central to everything we do," said Dr. John Mohart, president of Mercy communities, who leads operations for all Mercy hospitals. "Our medical team always puts health and safety first, but the patient experience goes far beyond clinical care. Whether it's our food service team, housekeepers or volunteers, it takes every Mercy co-worker to make patients a priority and give them the best experience

Award winners are selected based on the real-time "would recommend" ratings from patients. One winner is honored in each of the following eight categories of facilities: small, medium and large health systems; small, medium and large hospitals; pediatric facilities; and medical groups. Mercy was selected as the top large health system based on patient feedback collected from April 1, 2021, through March 31, 2022, amid the ongoing COVID-19 pandemic.

"It is incredibly gratifying to be able to honor another esteemed group of organizations this year who deliver exceptional patient care day in and day out," said Helen Hrdy, chief growth officer at NRC Health. "Human understanding is at the core of what we do, and to see it come to life is rewarding beyond words. Congratulations to Mercy for this recognition. Their work is inspiring!"

A complete list of winners is available at nrchealth.com/awards/ excellence-in-patient-experience-award/. The NRC award follows the recently



Dr. John Mohart, president of Mercy communities.

announced collaboration between Mercy and Mayo Clinic to transform patient care and find diseases earlier and the recently announced availability of an innovative blood test at Mercy to detect more than 50 types of cancer in early stages.

"This honor from NRC Health means every aspect of a patient's care at Mercy is important, beginning when they schedule an appointment and through the follow-up care long after the clinic, virtual or hospital visit," said Dr. Jeff Ciaramita, Mercy's chief physician executive.

strange

SO THEY SAY ...

SBT The Constitution wasn't original.

If you thought that Ben Franklin and the founding fathers came up with the constitution all by themselves you'd be wrong. They actually modeled it after the constitution of the Iroquois confederacy of Native American tribes. It's just one of many facts about Native Americans you didn't learn in history class.

SBT People used to "prunes" instead of "cheese" when having their pictures

In the 1840s, a big—dare we say, cheesy—grin was seen as childish, so one London photographer told people to say "prunes" to keep their mouths taut. And that look predated today's "fish face" selfie by, oh, about 180 years.

CROSSWORD CORNER

Across

1 Winnipeg NHLer

4 Dwellings

10 Retirement outfit?

13 Tailless primate

14 Low-ranked British

peers

15 "La Bamba" star ___

Diamond Phillips

16 "No, no, more user-

friendly than DOS. __!"

20 Ran

21 Hogwarts letter carriers Down

22 Throws a bomb, in

football

25 "No, no, flatter than

sharks. __!" 29 Some Strads

30 Hosiery hue

32 "The Great" pope between Sixtus III and

Hilarius

34 "Peanuts" character spelled with a hyphen until 9 Govt. ID

1981

35 __ chi

36 At home with

39 Also mention

40 "No, no, bigger than

Humvees. __!" 43 Former Cubs exec

Epstein

45 Hardy heroine

46 Watchdog gp. created

under Nixon 49 Traffic signals?

51 Two cents

52 "No, no, scarier than

iguanas. __!"

57 Bottom line

58 Polite refusal

59 Numbered hwy.

60 Asian honorific

61 Leaves befuddled 62 Org. created in

19 Make the same point as response to 9/11

1 Mocking remark

2 Really cool

3 Georgia ___

4 Disney monkey 5 Mop manager?

6 Promise of dire

consequences

7 IKEA kit pieces

8 City about 250 miles NNW of Dallas, TX

10 Clear of snow

11 Fleshy fold

12 Puzzle (out) 17 Alt-tab function

18 GI ID

23 Yves' eager assent

24 Turkey, for one

25 Brine-cured Greek cheese

26 Uneducated group

27 Travel authorization for citizens of a 27-mem. union

28 Zoomed

29 Winter hrs. in IL

31 Terminate

33 Wasn't present?

34 Education support gps.

37 Stretch (out)

38 RB stoppers

41 With 42-Down, city on the Pearl River Delta

42 See 41-Down

43 Starts to disperse, as a

crowd

44 Round-tripper

47 Looks (for)

48 Befuddled

50 Serious violations 51 Brand with a paw print

on its logo

53 Punctuating word indicating sarcasm

54 Long-legged runner

55 Lake Mead creator 56 Genre for Master P or

Heavy D

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+	62							61				60

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OKLAHOMA HISTORY September 2022 Events

For a full list of events/details visit: www.okhistory.org/calendar/ohs

Working America: A Sam Comen Photography Exhibition opens Cherokee Strip Regional Heritage Center, 507 South 4th Street Enid, OK 73701. Thursday, September 1, 2022. Artist Sam Comen presents a series of portraits of American immigrants and first-generation Americans at work in the small, skilled trades as icons of the American experience.

Drummond Heirlooms exhibit opens (all month) Fred and Addie Drummond Home, 305 North Price Avenue Hominy, OK 74035. September 1st Family heirlooms belonging to the Drummond family will be on display for the entire month at the Victorian-style home they built in 1905.

"Musket Demo Day" living history program September 9-10, 10 a.m.-3 p.m. Fort Gibson Historic Site, 907 North Garrison Avenue Fort Gibson, OK 74434. Fort Gibson Historic Site will host a living history program based on the history of musket firearms and musket demonstrations. This program will run from 10 a.m. to noon and again from 1 to 3 p.m.

Quilting workshop with Martha Ray September 10, 9 a.m.-11 a.m. Sod House Museum, 4628 State Highway 8 Aline, OK 73716. Workshop will take place from 9 to 11 a.m. with instructor Martha Ray, and the cost is \$5 per

Tuesday Tunes at the Mansion featuring Hunter Thomas September 13, 6 p.m.-8 p.m. Henry and Anna Overholser Mansion, 405 NW 15th Street Oklahoma City, OK 73103. Preservation Oklahoma, Inc. will be hosting a series of relaxed free summer concerts featuring local musician

"Traveling by Keelboat" living history program September 16-17, 10 a.m. Fort Gibson Historic Site, 907 North Garrison Avenue Fort Gibson, OK 74434. On Friday, September 16, and Saturday, September 17, join the staff and volunteers at Fort Gibson Historic Site as they demonstrate the operations of a

keelboat during a special riverside living history program. The tours will run at 10 a.m., 1 p.m., and 3 p.m. on both days.

Will's Cowboy Trader Days at the Ranch September 17, 10 a.m.-5 p.m.|Will Rogers Birthplace Ranch, 9501 East 380 Road Oologah, OK 74053 Third Saturday of the month through October, make the trip to the Will Rogers Birthplace Ranch in Oologah to take part in Will's Cowboy Trader Days. See locally handcrafted and homemade items, saddles, cowboy hats, tack, boots, and a variety of work created by local artisans. Admission is FREE.

"A Long Walk in the Sun: Mexican-American War Days" September 17, 10 a.m.-2:30 p.m. Fort Towson Historic Site, HC 63, Box 1580 Fort Towson, OK 74735. FTHS will be host in mid-September. This event will feature an encampment set in the time period of the Mexican-American War, educational presentations, and opportunities to interact with experts.

"History of Masonic Temples in Oklahoma" by T. S. Akers September 17, 1 p.m.-2 p.m. Honey Springs Battlefield, 423159 E 1030 Road Checotah, OK 74426. A presentation by T. S. Akers. Akers, a historian of Freemasonry in Oklahoma, will discuss the establishment and architecture.

"Candles on Post" living history program" On Friday, September 23, and Saturday, September 24, from 10 a.m. to noon, and again from 1-3 p.m., the last September living history program will focus on the use of candles. Watch a candle-making demonstration in the palisade kitchens while learning about the differences between candles made of beeswax and those made of tallow. In candle making, wick preparation is the key to longer burning candles, and the use of herbs and scents was a 19th-century way of keeping pests. educational presentations, and opportunities to interact with experts.

Movie Night featuring Animal Crackers (1930)

September 24, 6 p.m.-9 p.m. Will Rogers Memorial Museum, 1720 West Will Rogers Boulevard Claremore, OK 74017. Animal Crackers (1930) will be featured in the theater. "Horsing Around with Will" will take place from 6 to 7 p.m. Enjoy activities and crafts relating to the movie.

"Americana: A Musical Tour of the USA" featuring Jonas Nordwall September 26, 7 p.m.-8:30 p.m. Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. The fall performance of the Kilgen Organ series will feature organist Jonas Nordwall, presenting musical selections that follow the theme "Americana: A Musical Tour of the USA."

OU Health and UnitedHealthcare Reach an Agreement

As of the end of the day, Friday, August 12, 2022, OU Health and UnitedHealthcare (UHC) have come to a resolution. The two organizations had been negotiating their contract since November of

The agreement between OU Health and UHC for hospital and clinic facilities and services terminated on May 1, 2022, but have now been reinstated. UHC has agreed to retroactively process the out-of-network claims that would now be considered in-network. OU Health Partners, the health system's physician and provider group, was under a separate contract, which was in effect through the end of 2022. Under the new agreement, the provider's contract was extended through July 31, 2024. OU Health and UHC also agreed to re-engage transplant services to the same level as prior to May 1, 2022.

"With so many of our services not available anywhere else in the state, we are so pleased to be able to continue to care for our UHCinsured patients, so they can continue to receive services like cancer treatment or comprehensive children's care," said Richard Lofgren, M.D., OU Health president and CEO.

"Throughout this time, our focus and commitment to patient care and being an institution that champions the health of our state hasn't changed," Lofgren said. "We are extremely pleased to be able to reinstate and continue our partnership with UHC, and together, we will make a difference in the lives of Oklahomans."



Hearing Loss Association is not all serious stuff

By Ron Hendricks, Hearing Loss Association of America Central Oklahoma Chapter

Hearing Loss Association of America Central Oklahoma Chapter (HLAA COC) is not all serious stuff. We have fun too. Our summer bingo party brought out a large crown for Bingo, Prizes and Pizza and August is cold. At least the ice cream at the Annual Ice Cream Social is cold. The social is the traditional kick-off of the new season of monthly Educational Seminars held by HLAA COC. Seminars have speakers of interest to the hearing loss community - subjects like technology, research, training, tips & tricks. All helpful to those with hearing loss and those who love 'em. Speakers/programs for the fall include Shelley Gladden, Oklahoma Able Tech discussing technology, October we host Dr. Sarah Newman delving into research being done by Hearts for Hearing. In November Dr. Kopke with the Hough Ear Institute will talk about their research in hair regrowth that will possibly restore hearing. December, 'ya-all come for the annual Christmas Party. The Ice Cream Social is also the time when we introduce the scholarship winners who are; Boyd Robertson, Josie Burns, Charles Brady IV.

HLAA COC's educational seminars are captioned so you can see the conversation as well as hear it. Now there is also a hearing loop system to be used with the telecoil in your hearing aid AND we zoom the meeting too. Seminars are held monthly on the third Thursday, 11:30-1PM. The public is invited as there is no entry fee.

We have a lot of activities but our main mission here is to "Open the world of communication to people with hearing loss by providing information, education, support, and advocacy." for more information visit our website. www.OklahomaHearingLoss.org.



TINSELTOWN TALKS:

Turning 80, Adam-12's Kent McCord still on duty for fans

By Nick Thomas

Not even a pandemic could slow down Kent McCord's desire to interact with admirers, even if only through virtual fan conventions.

"I've done several of these online over the last two years and always enjoy talking with fans," said McCord, who turns 80 in September, from his Los Angeles home.

Best known as one half of the crime-fighting police duo on "Adam-12," McCord's Hollywood career can be traced to college days in early 1961 when a fellow student invited him to participate in a friendly game of touch football. The two teams were captained by Ricky Nelson and Elvis Presley!

The informal match led to a friendship with Nelson that sparked McCord's five-decade-long film and television career including a recurring role in "The Adventures of Ozzie and Harriet" and most notably co-starring alongside Martin

Not even a pandemic could Milner (1931-2015) in "Adam-12" (see w down Kent McCord's desire to www.kentmccord.com).

"I got a 5-year role playing Rick's fraternity brother in Ozzie and Harriet," noted McCord, who still recalls his only line – "Rick who?" – during a 1962 episode ('Rick, the Host'). It was his first on-screen speaking part.

The popular series was produced by patriarch Ozzie Nelson, who also wrote and directed many episodes. "Ozzie could have picked anyone for the role and I'm sure he chose me because I was Rick's friend," he said. "But those two little words I first spoke changed my life."

Initially, that included uncredited roles in five Elvis Presley movies, followed by more substantial parts in film and television, and eventually meeting "Dragnet" creator Jack Webb who brought McCord in to play Officer Jim Reed in several episodes of the revival series "Dragnet 1967" and subsequently "Adam-12."



Kent McCord and Martin Milner in Adam-12 - NBC publicity photo.



Kent McCord and Martin Milner in Adam-12 - NBC publicity.

"The charm of 'Adam-12' was its simplicity," said McCord. "Just two cops in a black-and-white patrolling the streets of Los Angeles. The moral of the stories was simply – crime doesn't pay."

McCord recalls meeting Milner, some 10 years his senior and already a seasoned actor, in the Universal parking lot as the pair waited for a ride to shoot the pilot on location.

"Marty was yawning and told me how he couldn't sleep the night before beginning a new show," recalled McCord. "I'd had a restless evening too, so hearing that from a veteran actor was very reassuring. From that moment on our relationship was cemented."

While his "Adam-12" role brought recognition from audiences around the world, he and Milner also inspired young viewers as well as police organizations that used episodes as training videos.

"To this day I get police officers telling me they became cops because of 'Adam-12," said McCord. "Others remember how kids approached them differently before and after the show aired. Its positive impact meant a lot to Marty and me."

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

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Sailor with ties to Oklahoma City supports U.S. Navy's "Take Charge and Move Out" mission

By Stephanie Fox, Navy Office of Community Outreach

TINKER AIR FORCE BASE, Okla. - A sailor with ties to Oklahoma City, Oklahoma, is serving in the U.S. Navy as part of the nation's nuclear deterrence mission at Strategic Communications Wing One (STRATCOMMWING ONE). Its TACAMO ("Take Charge and Move Out") mission provides airborne communication links to nuclear missile units of U.S. Strategic Command.

Petty Officer 2nd Class Cody Tiller joined the Navy five years ago.

"I joined the Navy because I wanted to travel," said Tiller.

Today, Tiller serves as a yeoman.

"My favorite thing about being a yeoman is the flexibility," said Tiller. "I get to do a lot of different things and meet a lot of different people."

The Navy's presence aboard an Air Force base in the middle of America may seem like an odd location given its distance from any ocean; however, the central location allows for the deployment of aircraft to both coasts and the Gulf of Mexico on a moment's notice. This quick response is key to the success of the nuclear deterrence mission.

The Navy command consists of a Wing staff, The Center for Naval Aviation Technical Training, and three Fleet Air Reconnaissance Squadrons: The "Ironmen" of VQ 3, the "Shadows" of VQ 4 and the "Roughnecks" of

STRATCOMMWING One employs more than 1,300 active-duty sailors and 100 contractors to provide maintenance, security, operations, administration, training and logistic support for the Boeing E-6 Mercury aircraft fleet, an airborne command post and communications relay based on the Boeing 707.

Their mission stems from the original 1961 Cold War order known as 'Take Charge and Move Out!' Adapted as TACAMO and now the command's nickname, the men and women of TACAMO continue to provide a survivable communication link between national decision makers and the nation's nuclear weapons.

The commander-in-chief issues orders to members of the military who operate nuclear weapons aboard submarines, aircraft or in land-based missile silos. Sailors aboard TACAMO E-6 Mercury aircraft provide the one-of-a-kind and most-survivable communication needed for this critical mission.

With more than 90 percent of all trade traveling by sea, and 95 percent of the world's international phone and internet traffic carried through fiber optic cables lying on the ocean floor, Navy officials continue to emphasize that the prosperity and security of the United States is directly linked to a strong and ready Navy. Serving in the Navy means Tiller is part of a team that is taking on new importance in America's focus on rebuilding military readiness, strengthening alliances and reforming business practices in support of the National Defense Strategy.

"The Navy is important to the National Defense Strategy because of our forward presence," said Tiller. "We are a show of force. We show our allies we are there to help when needed."

Tiller and the sailors they serve with have many opportunities to achieve accomplishments during their military service.

"My proudest Navy accomplishment has been having the chance to visit Vietnam and experience different cultures," said Tiller.

As Tiller and other sailors continue to perform missions, they take pride in serving their country in the United States Navy.

"To me, serving in the Navy means that I am able to provide for my family," added Tiller.



BBT We don't have an official language.

Most people assume English is the official language of the United States but the truth is, although that might be the case in many of the states, the federal government has never declared an official language. Not English or anything else..



Photo by Mass Communication Specialist 1st Class Anna-Liesa Hussey, Navy Office of Community Outreach.



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www.arborhouse4u.com

Page 24 September 2022

October fundraiser to benefit State Capital

Story and photos by Van Mitchell, contributing writer

"A Night for the Museum" fundraiser featuring live and silent auctions and entertainment, will be held Thursday, Oct. 13 from 6 p.m. to 8:30 p.m. at the State Capital Publishing Museum, located at 301 West Harrison in Guthrie.

Proceeds from the event will go towards restoration efforts of the historic building that was built in 1902 and served as home to Oklahoma's first newspaper.

The fundraiser will include Hors d'oeuvres, music by Justin Echols, Auctioneer Barrett Bray, and keynote speakers Dr. Bob Blackburn and Trait Thompson, the former and current Executive Director of the Oklahoma Historical Society (OHS).

Reserve tickets can be purchased by visiting www.publishingmuseum.org

"We are going to have some really cool auction items including a photo safari trip to South Africa," said Lynn Bilodeau, CEO of Guthrie Tomorrow Coalition, Inc., dba/State Capital Publishing Museum, which was created to acquire, restore, renovate, preserve, maintain, and recognize the

historical significance of the building. "My wife Sherri and I took that trip in 2017, and it really is a trip of a lifetime. There will also be a lot of raffle items as well."

Bilodeau hopes to exceed the \$93,000 raised from their 2021 museum fundraiser, and said the fundraiser will be an opportunity to show off some of their restoration efforts.

"We are going to be able to show off four of the windows on the first floor that will be fully restored," he said. "We wanted to show off some progress."

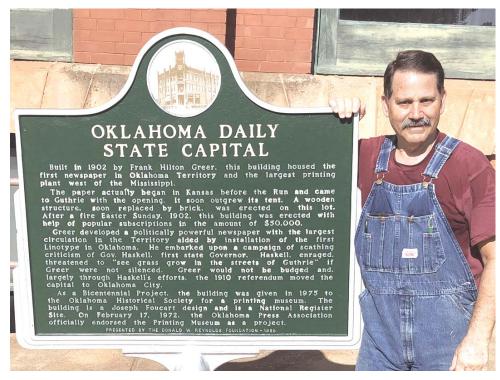
The State Capital Publishing Museum building is on the National Register of Historic Places. It was here on Nov. 16, 1907, that President Theodore Roosevelt sent a teletype message congratulating Oklahoma Indian Territory for becoming the 46th state in the Union.

"Not only is this building the tangible representation of Oklahoma's early history, it also represents a time when our forebears built for beauty and for the ages," Trait Thompson Continued next page

Publishing Museum restoration efforts

The State Capital Publishing Museum in Guthrie will play host to "A Night for the Museum" fundraiser featuring a live and silent auctions and entertainment, will be held Thursday, Oct. 13. Proceeds from the event go towards restoring the historic building that was built in 1902.





Lynn Bilodeau, CEO of Guthrie Tomorrow Coalition stands outside the State Capital Publishing Museum in Guthrie. Bilodeau volunteers his time to help with the restoration efforts for the historic building.

said in a press release. "Nobody builds like this anymore because it is too expensive and time consuming. This building is worth preserving because once it's gone, we will never see anything like it again."

The building was constructed in 1902 from a design by Belgian architect Joseph Foucart, the first professional architect in Oklahoma Territory.

The building "is more than bricks and mortar," Bob Blackburn said in a press release.

"It's an example of important prestatehood architecture, and the site where so much Oklahoma Territory history was documented," he said.

The building was the home of the turn-of-the-20th-century State Capital newspaper and was a museum for years until it fell into disrepair.

In 2012 the building's boiler broke down and was deemed irreparable, and the museum closed.

Bilodeau said after some shifting in state government, the State of Oklahoma almost forced OHS to sell the building to a developer with plans to convert the building into affordable senior housing by using low-income housing tax credits.

Fearing that much of the rich history of the building would be lost forever, concerned citizens from all over the state of Oklahoma began a concerted effort to stop the conversion.

A coalition of private citizens, City Council, the Guthrie Chamber of Commerce and others successfully negotiated a deal which allowed the current owner (/dba The State Capital Publishing Museum) to take title to the property, along with the historical contents, on June 27, 2018 from the OHS.

As part of that deal, The State Capital Publishing Museum has committed to spend (in dollars or fair-market labor) a minimum of \$262,000 towards repairing, preserving and restoring the building by June 27, 2023. This amount was agreed upon based on two assessments of the building's current worth.

Bilodeau said the State Capital Publishing Museum Board outlined a plan of action to assist with execution of restoration and renovation of the building, which is estimated to cost \$10 million.

"We want to do modern HVAC in the building," he said. "We want it to be a four-season facility. We want an external elevator on the first floor on the west side of the building that would access all of the floors, and we would be ADA compliant. It will also serve as a fire escape."

Bilodeau said they hope to renovate some of the building's upper floors into office/meeting space.

"We would also be able to rent it out to offset the maintenance of the building," he said. "We are going to have to find other sources of fundraising besides a fundraiser."

Bilodeau said he wants the museum restored so future generations can learn about its place in Oklahoma history.

"We want to have at least one field trip during the school year," he said. "They can see what their ancestors had to do to get something into print."

Bilodeau and his wife Sherri have become very involved in their Guthrie community, and are both involved with the museum fundraising efforts.

"Sherri and I live next door to that building," he said. "Our house and that building were built at the exact same time. I feel a kinship to the building because of that."

For more information about the State Capital Publishing Museum call (405) 282-4123.



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Dellora Manske Honored by Centenarians of OK

CENTENARIANS OF OKLAHOMA was proud to honor Oklahoma City resident, Dellora Manske, on the occasion of her 100th birthday, and induct her into the Centenarians of Oklahoma Hall of Fame. Dellora is a retired school teacher who continued her vocation by volunteering to help students with their school work. Dellora has these words of wisdom for younger people: "Work diligently, be honest and truthful." "Study hard to learn new things and follow the Golden Rule"!

There are believed to be 400-500 centenarians living in Oklahoma. On average, there are about 300 living centenarians in Oklahoma that we have honored. Additionally, there are about 50 other centenarians that we are attempting to locate, recognize, and honor.

To date almost 3000, centenarians have been honored in the state. All of the historical records of these people are in Tulsa, currently in the offices of Centenarians of Oklahoma. Once a Centenarian passes, their records are filed at the Oklahoma Historical Society in Oklahoma

The work performed through the Centenarians of Oklahoma could not happen without generous supporters like you and the organization operates by volunteers and donations while providing this special honor to our "Golden Okies".



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Oklahoma City resident, Dellora Manske was recently inducted into the Centenarians of Oklahoma Hall of Fame.



Greg Schwem: Is touching still legal in this country?

GREG SCHWEM

Greg Schwem is a corporate stand-up

by Greg Schwem

"Do you mind if I touch you?" I asked my wife one evening after dinner.

"Not at all," she replied with a soft giggle.

"You're sure?"

"Yes, I'm sure." But the giggle had disappeared.

"There will be no negative ramifications or consequences if I place my hand anywhere on your body?" I asked, extending my hand toward her waist.

She slapped it away. "WHAT is going on?"

I recounted the story that comedian and author.

played out on a recent business trip to New Orleans. After saying goodbye to a college friend who happened to be in town, I decided to have a nightcap at one of the dozens of bars dotting Bourbon Street. There was nothing special about the establishment; it featured two levels, the lower containing dozens of patrons in various stages of inebriation. I opted for the top floor.

I found a lone couple sitting at the bar. "Perfect," I thought. "Maybe a chance to engage in some quiet conversation." Chatting up strangers at bars is a pastime I sorely missed during quarantine. For starters, I am a standup comedian by trade and some of my best ideas, which later become comedic bits, germinate during bar conversations. Not all comedians write material this way, but it works for me.

More importantly, people in general fascinate me. I talk for a living, but I'm also an excellent listener. To me, there is nothing worse than seeing a bar full of customers engrossed in their phones, oblivious to their surroundings. Everybody has a story to tell if given a chance.

The bartender seemed to be taking an inordinately long time mixing the woman's drink. I turned to her companion. "What's she having?"

The bartender replied instead, naming some oddly titled New Orleans drink that I have since forgotten. I do know it wasn't a Hurricane.

'Well, it looks amazing," I said to the man. Placing my hand on top of his shoulder, I added, "I think I'll have one too. I've still got an hour before curfew."

Without laughing or even smiling, he turned to me.

"Don't ever touch me again."

I should note, he added an unprintable word between 'ever" and "touch."

Then he took his hand, and not so gently shoved the side of my head. Without bothering to ask me if I liked being touched.

While his companion stared sullenly at her now completed drink, the man got off his stool and began to pace. I didn't know if he had been overserved, for doing so would have required making eye contact. What if he didn't like being stared at either?

The bartender, sensing a situation, intervened. Turning to me, he said, "Sir, why don't you head downstairs?"

I took the hint.

"That sounds horrible," my wife said. "Did he think you were hitting on him?"

"I put my hand on top of his shoulder. I didn't try to kiss him," I said. "Can't you just keep your hands off people?" she inquired. "What if he had a gun?"

How sad, I thought, that a simple gesture of friendship or inquisitiveness could end with gun violence.

"I won't be touching anybody's possessions either," I said.

"Why not?"

Two days after returning from New Orleans, I was sitting in a traffic jam while heading to Chicago for a meeting. The Honda CRV, creeping in front of me, contained a decal to the left of its license tag stating, "Don't Touch My Car."

What frightened me wasn't the command but the two-stick figure



DON'T STAND SO CLOSE TO ME



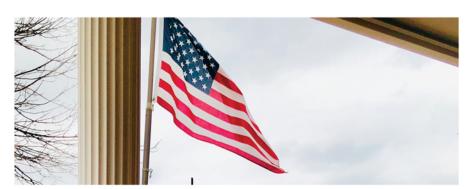
artwork accompanying it. One figure was crouched on its knees, its head being held down by the second figure, whose free hand contained an upraised stick. The message? Touch this particular Honda and get beaten over the head. Maybe it was the owner's way of saying, "No Tailgating." Or maybe the owner just returned from New Orleans. Regardless, I changed lanes.

I pondered the fact that I now fear the consequences of exhibiting a friendly gesture or inadvertently bumping a cheap vehicle. Our nation's anger is manifesting itself in strange ways, in strange locations. Now, two years after quarantine forced everybody inside, I'm still not comfortable venturing outside, for who knows? I too might become angry at the slightest provocation.

I guess I'll just stay indoors and watch TV. Oh, look, another Jan. 6 committee hearing is about to get underway.

(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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Broom Hilda



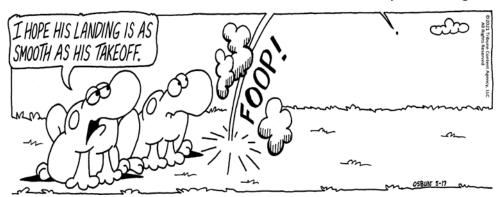
SEE! YOU ALWAYS TRY TO CHANGE THE NARRATIVE TO SUIT YOUR OWN SELFISH OUTLOOK, NO WONDER YOU CAN'T SUSTAIN A RELATIONSHIP!





Animal Crackers

By Fred Wagner



Willy Muffitt

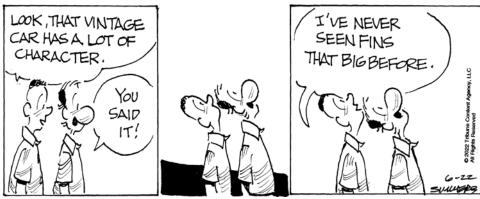
Answer

here:

AUGUST

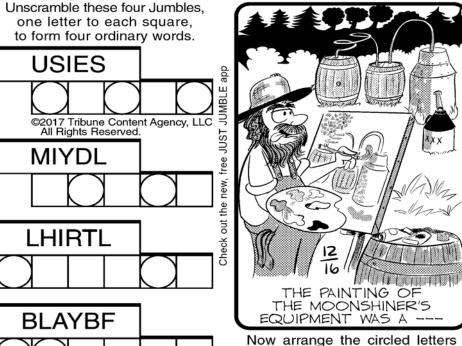
Answers

By Bill Brewer





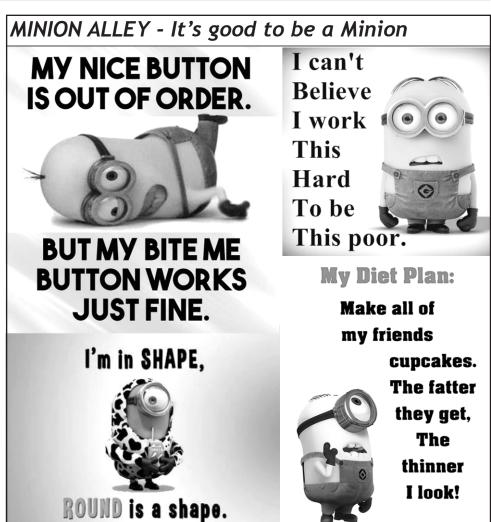
THAT SCRAMBLED WORD GAME by David L. Hoyt and Jeff Knurek



(Answers next month)

Jumbles: SPURN TEASE FALLEN UNEASY
Answer: Track star Usain Bolt dreamed of breaking
records when he was — FAST ASLEEP

to form the surprise answer, as suggested by the above cartoon.



Gasoline Alley

By Jim Scancarelli





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SPECIAL TO SNL

Clark Takes Reins at Saint Ann Retirement Center



"The two most important days in your life are the day you are born and the day you find out why." - Mark Twain. If you ask Joyce Clark about her life's purpose, she lights up with enthusiasm and gratitude for a career well spent. Until recently, Clark was the CEO and owner of Achievis Senior Living Associates. She has been a trailblazer in Oklahoma's senior living sector. Clark developed and opened six assisted and memory care communities in the state. All of them have thrived and made significant profits for their owners. "Most importantly," said Clark, "each of the homes have blessed people with great care, helping hand services, and rewarding jobs." During the past 26 years, Joyce has traveled the nation assisting long-term care providers with strategic planning, feasibility analysis, marketing, budgeting, and other consulting. "If I should die today, I would go knowing my work improved the lives of thousands of people," said Clark.

Last year Joyce left her company behind and took the reins at Saint Ann Retirement Center. She is the Executive Director of the independent and assisted living campus and its attached convent. It is the perfect spot for someone who has spent two decades guiding senior living owners and operators to success. "I have always admired Saint Ann Retirement Center and viewed it as a premiere option for assisted and independent living," said Clark. "It is the most fun and friendly place I have ever been."

Saint Ann Retirement Center is a ministry of the Archdiocese of Oklahoma City. Catholics love Saint Ann for its daily Mass and related amenities but people of all faiths are welcome and happy with the center's many attractions. Amenities include savory meals, 24-hour concierge, paid utilities, free wifi and basic cable television, chauffer rides to appointments and shopping, full-time Chaplin, and more. Life enrichment calendars are packed with things to do ranging from art, choir, parties, interesting speakers, and games to concerts, dancing, and exercise classes. Additional levels of care were just added to the assisted living service menu. Around the clock staff are available there to assist with personal care and medication administration.

"People often tell us they are surprised Saint Ann does not charge an expensive buy-in fee to live here," said Clark. "Residents pay a simple all-inclusive monthly rent." "It's affordable and only a month-to-month commitment."

This year is Saint Ann's 20th anniversary, which has been celebrated with a fair, talent showcase, volleyball tournament and luau, big band dance, reception, and an anniversary Mass with Archbishop Coakley and Archbishop Beltran. On November 12, Saint Ann is planning a craft show and Fall festival for residents and the

Saint Ann's location on Britton Road between Rockwell and Council appeals to people from all regions of the state. A nursing home with the same name is conveniently located next door but is not owned or operated by the Archdiocese of Oklahoma City.

Joyce Clark added: "I have dedicated my professional life to creating facilities that focus on the



Joyce Clark, Executive Director of Saint Ann Retirement Center in Oklahoma City.

well-being of their residents, families, exceptional ministry." and employees." "Saint Ann Retirement Center exemplifies that philosophy and Ann Retirement Center, visit https:// I am so fortunate to be a part of this www.saintannretirementcenter.com/

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