

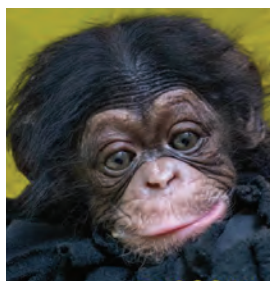
Library
Booksale to
be Held

PAGE 6



OKC Zoo
Announces
Admission
Price

PAGES 10



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Vol. 25 Issue 2


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SEE OUR AD ON THE BACK PAGE

Volunteer Organizing Legend at Rest



Team captain Red Callaway, front right seated next to his wife Dorothy Wilson, poses with the Spanish Cove Retirement Village Dragon Boat Team on the Oklahoma River downtown.

Story by Darl DeVault, contributing editor

Earnest "Red" Callaway, a visionary volunteer organizer in the world of bicycling and successful paddleboat racing team captain while at Spanish Cove Retirement Village in Yukon, died on December 29 at 96. Callaway dedicated himself to promoting the sport of cycling and making it accessible to all, leaving a lasting positive impact on the cycling community in Oklahoma.

Born in Loveland, Colorado, he started flying airplanes when he was 15. He joined the Navy one day after his 18th birthday

in 1944. Flying transport planes, the WWII veteran retired from his 20-year career as a lieutenant commander.

Moving to Oklahoma City in 1963, he worked at the US Federal Aviation Administration Mike Monroney Aeronautical Center, rising through the ranks to be the Chief of Flight Standards there. By the last 15 years of his federal service, he traveled the world from Oklahoma, leading teams coordinating takeoff and landing standards for new large civilian airports.

In 1973, at 46, Callaway founded the Oklahoma Bicycle Society (OBS) to promote bicycle safety and provide a unified voice for those interested in bicycling. He also sought to protect the rights of cyclists and make the sport more accessible to all. Through his leadership, the OBS quickly became the largest cycling organization in the state.

Callaway was a dedicated cyclist known for his ability to ride 8,000 miles a year, which helped him to become a 55-plus age group racing state champion and second nationally in the 60-plus age group.

However, his real claim to fame was as

See RED Page 2

RED

Continued from Page 1

a stellar bike event creator, volunteer recruiter, and negotiator in a 40-year career devoted to cycling, wherein he became known as the father of Oklahoma bicycling. He envisioned and brought to life more cycling events than all others combined across the state, enabling the building of a vibrant cycling culture.

To start the OBS, Callaway published 5,000 copies of "The Pathfinder" bicycle newsletter in 1973 and distributed it to 25 bicycle shops from Norman to Stillwater in his first master recruiter mode in cycling.

The newsletter invited Oklahoma's cyclists to ride in planned events and join the OBS. Callaway financed the printing of the newsletter out of his own pocket for the first couple of years of the club.

Callaway's planning and staging of the Greater Oklahoma City Century Run in 1973 and kicking off the Grand Tour in 1974 sparked a club dominance of central Oklahoma cycling importance that has never waned. He lent his expertise to any event including cycling, even triathlons, as they began in the 1980s.

"I met Red in 1983 riding my bicycle around lake Overholser. He was such an encouraging person," said Johnny Carroll, retired daily cyclist. "We often had excellent chats in

between the hard riding. The most important thing about him was he made me feel like a friend instantly. He had the precious gift of conversation."

He perfected the administrative diplomacy needed to coordinate with Oklahoma City Water Utilities Trust officials for cycling events at Lakes Overholser, Hefner, and Draper over the years. This literally paved the way to having Oklahoma City paved trails at the three largest lakes, some of the safest places to ride.

He did this by organizing events, by showing, not just telling city officials how important bicycling is to its citizens. By staging special events where thousands of people came out to ride their bicycles together, Callaway presented the civic leaders with proof of concept. A good example was in 1990 when 1,600 riders gathered to participate in the Lake Hefner Streak. This fostered an ever-present idea in civic decision-makers' minds to address the need for safe places for these riders to participate in their sport.

Callaway's legacy of determined advocacy for bicycling means so much to today's local bicyclists, who now seldom have to think about where they can ride safely. He sparked the expectation that Oklahoma communities can have safe riding areas available. He added immeasurably to Oklahomans' access to safe cycling to promote good health, their most

valuable asset.

Callaway's talents also extended to creating challenging and prestigious ultramarathon cycling events locally in the late 1980s and early 1990s. Here his expertise in safety, event planning, leadership, communications, and marketing helped spark another form of interest in bicycling. He led the OBS to stage Ironbutt, a 24-hour unpaced event doing 14-mile laps around Draper. This endurance event tested the limits of even the most experienced cyclists as riders needed to ride non-stop, with only short breaks for food if they were going to win. Ridden as a shorter version of the Race Across America (RAAM), Ironbutt became a qualifier for the grueling RAAM televised by ABC's Wide World of Sport in its first five years.

Ironbutt's race against the clock proved popular as a physical and mental test, with riders pushing through fatigue, pain, and sleep deprivation. Its entry list grew so large, drawing ultramarathon cyclists from around the country, Callaway helped the OBS create Tinbutt, a 12-hour event at Draper every other year to qualify for Ironbutt.

He also envisioned OBS's popular Downwind to Wichita ride, a 172-mile journey from Oklahoma City to Wichita once each summer for several years when a strong south wind was available.

In addition to these larger events, the OBS also hosts a variety of shorter recreational rides throughout the year, including weekend and weekday evening rides while staging educational and charity events. These rides are open to all riders, regardless of skill level, allowing cyclists to get out and enjoy the sport while socializing with other riders.

In his last 10 years, Callaway excelled at paddleboat racing with his fellow residents at Spanish Cove. As captain of the Spanish Cove Dragon Boat Paddling Team for five years, he helped inspire teammates to many medals by beating teams 10, 20, 30 and even 40 years younger.

When redesigned team t-shirts were delivered, they featured the team motto, "Paddle Strong, Live Long," in bold letters on the back of the hot-pink shirts. Callaway was not only an excellent leader on the water, but also had a vision for the team's image and message, suggesting the team t-shirt should include the phrase "Paddle Strong, Live Long, and Die Healthy."

"His proposal highlights the importance of physical activity and exercise in maintaining a healthy



WWII Navy veteran Red Callaway was always comfortable on the water as he served as captain for the Spanish Cove Retirement Village Dragon Boat Team.

lifestyle," said Debbie Miller, Spanish Cove wellness coordinator. "He believed the sport of dragon boat paddling provides a fun and exciting way to stay active with health benefits such as improving cardiovascular fitness, strengthening muscles, and reducing stress. He felt the team's philosophy of living a balanced life where physical fitness, mental well-being and healthy habits are all important should be reflected on the team t-shirt."

Callaway is survived by his wife, Dorothy Wilson, who paddled at his side at Spanish Cove, his children Rusty, Jan and Rick, their spouses and his numerous grandchildren and great-grandchildren. He was predeceased by his first wife, Betty, and his son and daughter-in-law, Chris and Leslie Callaway.

He lived an active and healthy life right until the end. His participation in dragon boat paddling symbolizes the importance of community in our lives. It shows even in our later years, we can still be valuable group members, contributing to its goals and enjoying the team's camaraderie. His paddling was a testament to his fitness and vitality, and his team leadership reflected his mental acuity and energy. His paddling reminded people they can stay healthy and seek an active lifestyle in their golden years.

The cycling community in Oklahoma will forever be grateful for his contributions, and his passing is deeply felt at Spanish Cove. Callaway's dedication to promoting fitness in many safe forms has left a lasting positive impact on Oklahoma and will be remembered for years to come.

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OPINION

THE SAVVY SENIOR

Dear Savvy Senior,

How Much Do You Have to Make to File Taxes?

What are the IRS income tax filing requirements for retirees this tax season? My income dropped way down when I retired in 2022, so I'm wondering if I need to even file a tax return this year.

Recently Retired

Dear Recently,

I'm very sorry to hear about your uncle. The death of a loved one can bring about whether or not you are required to file a federal income tax return this year will depend on how much you earned last year, as well as the source of the income, your age and filing status.

Here's a rundown of this tax season's IRS tax filing requirement thresholds.

For most people, this is pretty straightforward. If your 2022 gross income – which includes all taxable income, not counting your Social Security benefits, unless you are married and filing separately – was below the threshold for your filing status and age, you may not have to file. But if it's over, you will.

- **Single:** \$12,950 (\$14,700 if you're 65 or older by Jan. 1, 2022).
- **Married filing jointly:** \$25,900 (\$27,300 if you or your spouse is 65 or older; or \$28,700 if you're both over 65).
- **Married filing separately:** \$5 at any age.
- **Head of household:** \$19,400 (\$21,150 if 65 or older).
- **Qualifying widow(er) with dependent child:** \$25,900 (\$27,300 if 65 or older).

To get a detailed breakdown on federal filing requirements, along with

information on taxable and nontaxable income, call the IRS at 800-829-3676 and ask them to mail you a free copy of the "1040 and 1040-SR Instructions for Tax Year 2022," or you can see it online at [IRS.gov/pub/irs-pdf/i1040gi.pdf](https://www.irs.gov/pub/irs-pdf/i1040gi.pdf).

Check Here Too - Be aware that there are other financial situations that can require you to file a tax return, even if your gross income falls below the IRS filing requirements. For example, if you earned more than \$400 from self-employment in 2022, owe any special taxes like an alternative minimum tax, or get premium tax credits because you, your spouse or a dependent is enrolled in a Health Insurance Marketplace plan, you'll need to file.

You'll also need to file if you're receiving Social Security benefits, and one-half of your benefits plus your other gross income and any tax-exempt interest exceeds \$25,000, or \$32,000 if you're married and filing jointly.

To figure all this out, the IRS offers an online tax tool that asks a series of questions that will help you determine if you're required to file, or if you should file because you're due a refund. It takes less than 15 minutes to complete.

You can access this tool at [IRS.gov/Help/ITA](https://www.irs.gov/Help/ITA) – click on "Do I Need to File a Tax Return?" Or you can get assistance over the phone by calling the IRS helpline at 800-829-1040.

Check Your State - Even if you're not required to file a federal tax return this year, don't assume that you're also excused from filing state income taxes. The rules for your state might be very different. Check with your state tax agency before concluding that you're entirely in the clear. For links to state tax agencies see [Taxadmin.org/state-tax-agencies](https://www.taxadmin.org/state-tax-agencies).

Tax Preparation Help - If you find that you do need to file a tax return this year, you can free file through the IRS at [IRS.gov/FreeFile](https://www.irs.gov/FreeFile) if your 2022 adjusted gross income was below \$73,000.

Or, if you need some help, contact the Tax Counseling for the Elderly (or TCE) program. Sponsored by the IRS, TCE provides free tax preparation and counseling to middle and low-income taxpayers, age 60 and older. Call 800-906-9887 or visit [IRS.treasury.gov/freetaxprep](https://www.irs.treasury.gov/freetaxprep) to locate services near you.

You can also get tax preparation assistance through the AARP Foundation Tax-Aide service. Call 888-227-7669 or visit [AARP.org/findtaxhelp](https://www.aarp.org/findtaxhelp) for more information. You don't have to be an AARP member to use this service.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit [SavvySenior.org](https://www.savvysenior.org). Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

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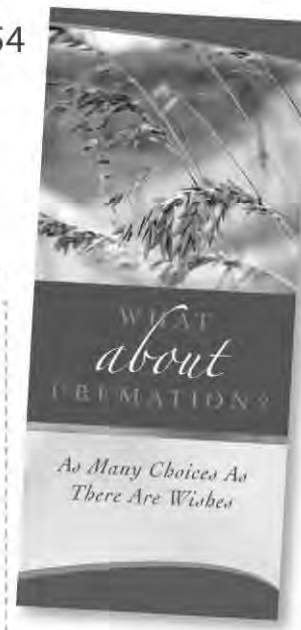
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By Oklahoma Insurance Commissioner Glen Mulready

You've just purchased a beautiful, expensive piece of jewelry that you want to protect if lost, damaged or stolen. So, you ask your insurance agent to add a condition to your home insurance policy. As a small business owner, you make an addition to your insurance policy that would exclude or eliminate coverage for your company's particular type of risk. These examples require changing your current, existing insurance policy; you can do that with an endorsement. An endorsement, also known as a rider, adds, deletes, excludes or changes insurance coverage to increase coverage by way of an endorsement/rider. The endorsement/rider takes precedence over the standard limits of coverage over the original agreement or policy.



Glen Mulready, Oklahoma Insurance Commissioner.

TOP CONSIDERATIONS

How an insurance endorsement/rider works. An insurance endorsement/rider is an amendment to an existing insurance contract that changes the original policy's terms. An endorsement/rider can be issued at the time of purchase, mid-term or at renewal time. An endorsement may affect insurance premiums, and premiums may change as a result.

You can have an endorsement/rider on your homeowners and renter's policy, life insurance, and auto insurance policies. Endorsements/riders may include adding or deleting people and locations to your current insurance policy. Endorsements/riders are important because they address issues or items not included in the original contract or policy.

- Additional Coverage - An endorsement that adds or includes coverage that would otherwise be excluded.
- Exclusions - Some endorsements exclude coverage for certain types of claims.
- Modification of Coverage - An endorsement can expand the scope of existing coverage.

WHAT YOU SHOULD KNOW - Be informed of any insurance policy changes. An endorsement can vary depending on the insurance company and the type of insurance to which the endorsement applies. If you receive a document stating there is an endorsement to your policy, be sure to compare it to your original policy, and talk with your insurance agent or representative about the changes to make sure you understand them.

Educate yourself on how an endorsement can protect your belongings. If you have expensive jewelry, like a diamond engagement ring or vintage necklace, you might want to consider an endorsement/rider. It will take over and protect these items, where a traditional home insurance policy might end. Other things worthy of an endorsement/rider may include antiques, fine art, and priceless stamp or coin collections, to name a few.

For instance, many home insurance policies exclude coverage for mold or sump pump overflow. An endorsement to your insurance policy could give you that added protection. Many home insurance policies exclude coverage for mold or sump pump overflow. An endorsement to your insurance policy could give you that added protection.

An optional endorsement that protects the rebuild cost of your home is an inflation guard endorsement. These endorsements are common and automatically increase the amount of insurance on your home by a certain percentage each year to account for the disparity caused by inflation.

THREE THINGS TO REMEMBER - An endorsement/rider alters the policy and becomes part of your legal insurance contract.

Always keep a copy of the endorsement and the change notice that accompanies the endorsement along with your copy of the original policy since it remains in force until the contract expires.

Endorsements can reduce or increase your policy premium.

For more information, please contact the Oklahoma Insurance Department at 1-800-522-0071 or visit our website at: <https://www.oid.ok.gov/>.

MAKE A DIFFERENCE IN A LONG-TERM CARE FACILITY

The start of a new year often brings thoughts of renewal, new goals, a fresh start. While planning for this year, if you want to make a difference think about volunteering as a Long-Term Care Ombudsman (LTCO). Many people volunteer during the holiday season, but volunteers are needed every day of the year and LTCO volunteers are in high demand. A LTCO volunteer can assist residents in Nursing Facilities, Assisted Living Facilities, Residential Care Facilities, and Intermediate Care Facilities for Individuals with Intellectual Disabilities. Volunteers make weekly visits to field resident complaints and help residents advocate for resolution for those complaints. If you are passionate about giving a voice to members of our most vulnerable population this is the opportunity you've been waiting for.

If a weekly commitment doesn't fit in your schedule, consider contacting a facility near you and ask how you can support residents. Facilities can be located by searching online



Areawide Aging Agency

at <https://www.medicare.gov/>. There are many opportunities to help make a difference in Long-Term Care communities. If you are motivated by helping others, make the call today.

If you have a loved one in a Long-Term Care facility and have any questions regarding care or concerns you may have, you can contact an Ombudsman to assist you.

Areawide Aging Agency's Long-Term Care Ombudsman Program advocates for the needs of residents in LTC facilities serving Canadian, Cleveland, Logan, and Oklahoma Counties. You may contact us at (405)942-8500 and ask to speak with an Ombudsman, visit our website at <https://www.areawideaging.org/> or find us on Facebook.

Clinic Focusing on Primary Care for Older Adults

Mercy family medicine physician Dr. Erica Dearman has shifted the focus of her practice to meet the unique needs of Medicare patients in the Oklahoma City metro area.

Dearman, a Mercy primary care physician since 2019, is passionate about caring for seniors and older adults and helping them navigate the natural life changes that come with aging.

"Many seniors are suddenly facing complex medical diagnoses, decreased physical abilities and fewer social interactions than they used to have," Dr. Dearman said. "The focus of my practice and this new model of care is to work closely with these patients to help them optimize their quality of life in all areas."

Dr. Dearman's Medicare patients will have extended visit times and be seen more frequently to keep chronic conditions like high blood pressure, diabetes and heart disease under control.

"The heart and soul of my practice is to help seniors stay out of the hospital and lead long, healthy lives," Dr. Dearman said.

Patients will also have access to the full suite of services available to all Mercy patients, including Mercy on Call, the after-hours help line staffed by a full Mercy care team, and access to MyMercy, a free app and website that make it easy to manage doctor visits, medications, tests and billing in one convenient place.

Dr. Dearman will see patients at Mercy Clinic Primary Care - Edmond Memorial. Call (405) 341-7009 to schedule an appointment or book online here.



COMMUNITY

Library Booksale Largest West of the Mississippi

Story by Darl Devault, Contributing Editor

Seniors seeking affordable books and audiobooks can shop at the largest used book sale west of the Mississippi—the annual free two-day 43rd Friends of the Metro Library Booksale 2023. Thousands of book lovers will line up early Saturday, February 25 and Sunday, February 26, well before the 9 a.m. opening in the Oklahoma Expo Hall at the Oklahoma City State Fairgrounds. The sale closes at 5:30 p.m. each day.

"This event is such a great opportunity for folks to build a personal library and support the public library," said Heather Zeoli, Metro Library System director of development.

Providing a diverse selection of paperback and hardcover books, CDs, DVDs, magazines and more for every demographic of customers this year, the sale's theme is "Books Bring Us Together." The books

and much more feature a wide range of subjects—including fiction, nonfiction, cookbooks, biographies, medical, westerns, romance, children's, encyclopedias, reference and foreign language books. Thousands of big print books printed are offered with larger point-size fonts to make it easier to read if you have weak eyesight, along with thousands of audiobooks.

In the General Area, hardback books are two dollars, paperbacks are one dollar (children's paperbacks are 50 cents), and magazines are 3 for a dollar. Price lists for items in the general section are available online at supportmls.org/fol/booksale. Collectors go for the Items in the Better Books Room, which vary in price, mostly under \$5.

The sale raises money to support the Metropolitan Library System. In its 42-year run, the Friends have given more than \$5 million in grants to the



Volunteer Ellen DeFehr readies books for the Oklahoma Expo Hall at the State Fairgrounds, hosting the Booksale 2023 February 25-26.

system.

All of this is the product of the tireless efforts of hundreds of volunteers each year. "The volunteer connection lasts through the whole year – we hope everyone will come and join us for new friends and new books," Zeoli said. Volunteering can provide seniors with a sense of purpose and fulfillment, an opportunity to socialize and connect with others, and positively impact their mental and physical health. It is a great opportunity for seniors to stay active and engaged with the community and contribute to positively impacting their peers' lives.

With 800,000 books available, the sale becomes the largest bookstore in Oklahoma. Selective shoppers are advised to volunteer or join the nonprofit to ensure the best possible purchasing opportunity. Volunteers helping this year will be treated to the best possible selection opportunity available by having access to the sale on Thursday for a special volunteers-only session. Volunteer shifts are still open, as the group needs your help, so please visit supportmls.org/volunteer.

All volunteers receive a free T-shirt, service hours, and the chance to purchase items before the members' sale. Volunteers are also welcome to shop on Sunday night and take materials for free. "Love of books and reading inspired my volunteering

with the Friends of the Library," Valerie Hernandez said. "Making sure others have the opportunity to select from all these books is why I help at both the sort site and the sale."

Customers shop for many reasons. Some try to select bestsellers, classics, collectibles and research books needed for school. Others seek to complete personal libraries in certain subjects, while parents strive to enhance their children's reading exposure.

Those who become members for \$15 ahead of time can shop a Presale from 1 - 7 p.m. on Friday, Feb. 24. Held the day before the sale goes public, members are invited to first access. Children 11 and under accompanied by an adult are free. Those wishing to join the Friends may purchase memberships online until noon on February 23 by visiting supportmls.org/fol/membership. No memberships will be sold at the sale.

The sale is well established on the literary sale calendar for customers from all over Oklahoma, surrounding states and the region. The multi-day event attracts more than 10,000 book shoppers. Each year, a quick parking lot survey shows many customers are from out of state, coming to Oklahoma for the vast selection. In some ways, the diverse selection offered represents a snapshot of high-quality current American publishing

See BOOKS Page 7

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BOOKS

Continued from Page 6

with the bonus that everything is available for affordable purchase.

The Friends offer a year-round Amazon store to access their selection at Amazon.com. They also provide ‘Buy the Box’ sales where volunteers package and seal books by genre – buy a box of romance, mystery or children’s books – and enjoy the surprises inside.

The shopping is so robust at the sale volunteers offer a dozen checkout points in each section. And yet, so many customers arrive early a line forms for the first few hours each day.

The shopping is intense, almost competitive, as this is a once-a-year opportunity. Customers quickly buy the best music or audio CDs, gaming systems and video games, eReaders, DVDs and vinyl records. Organizers ask shoppers to refrain from bringing wheeled carts so everyone can quickly move among the sections of tables laden with thousands of

books. Tables include a broad cross-section of interest, including books by Oklahoma authors—to books about Oklahoma.

Some year’s special sections offer brand new books donated when bookstores and Oklahoma publishing houses use their donations to balance their inventory.

Many business and industry concerns are well represented when entities going out of business donate their libraries. Retiring attorneys and doctors donate to provide shoppers the chance to buy current-within-four-years law textbooks or books of law statutes and medical textbooks or medical journals at a steep discount.

On Sunday night from 6 – 8, educators and nonprofits are invited to visit the sale and take home any leftover items for free. For more information and registration, please visit <https://supportmls.org/npt/>.

Again, volunteer shifts are still open, as the group is looking for help. To volunteer for the Booksale, visit <https://supportmls.org/fol/volunteering/>.



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HEALTH

Senior Living Truth Series
adds second monthly seminar

Two venues with two different
topics will include more
education partners

Beginning its eighth year of free educational seminars, the Senior Living Truth Series has announced expansion of its offering with two different workshops each month in two separate locations.

The new locations are in the Atrium at Crossings Community Church, 14600 North Portland Ave, and the Patience S. Latting Northwest Library, 5600 NW 122nd St. Programs at Crossings will be on Thursdays, and programs at the Northwest Library will be on Tuesdays.

“Both new venues offer more education-friendly environments,” said co-moderator Dr. Nikki Buckelew, PhD. “We are hoping to attract a more diverse audience.

“The success of the Senior Living Truth Series is due largely to the support of our education partners.

It is because of them we are able to continue offering the programming at no cost to attendees. In addition to their financial contributions, education partners are selected due to their commitment to providing information and resources to attendees without obligation. That’s

See SEMINAR Page 9



Betty Jackson gives a wave as she arrives early to secure her favorite seat at the monthly Senior Living Truth Series.



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Continued from Page 8

right – no sales and no sales pitch – ever. We want people to make informed decisions with no strings attached.”

Attendance has ranged from 150-200 monthly at the past location, Quail Creek Golf & Country Club, but the Crossings location will accommodate even more in an education-friendly environment. While the Northwest Library location is smaller, Bucklew said she was excited to be able to add this educational opportunity to the library’s calendar.

She will remain the primary moderator for the Crossings seminars, but education partners will rotate responsibility at the Northwest Library location. Topics will be more broad-based, and this venue will include more panelists.

One education partner expressing excitement at the expansion was Marilyn Olson, VillagesOKC executive director.

“Professionals and organizations who provide information without a sales pitch give added meaning to the phrase ‘knowledge is power,’” Olson said. “Mature adults are seeking trusted information – more

than from the internet. This is a free monthly series providing that opportunity. Here attendees learn from a wide variety of professionals and organizations who present, and sessions also allow time for attendees to talk personally with education partners.”

Here are the January series topics:

January 12 in the Atrium at Crossings Community Church

The Truth about Choosing Your ‘Forever’ Home: Staying Put or moving on

Maybe you’ve decided to stay in your current home and “make it work” or is it possible you’ve decided to sell your current home and buy another one in preparation for getting older. Some people call this next home their “Forever Home.” Either way, you’ve made a choice to avoid moving into a retirement community.

January 24 at the Northwest Library

Smart and “Not so Smart” Accessibility Ideas for Your Home

Planning to stay in your current home for the long haul? If so, you’ll want to know the most up to date accessibility features designed to make your life easier. Our panel of experts and education

partners will share gadgets, tools, and strategies for helping you live safely and comfortably.

Seminars are scheduled from 10 a.m. to 11:30 a.m. Seating is limited, and pre-registration is required at 405.563.7501 or:

<https://seniorlivingtruthseries.com/>.

A complete list of monthly topics is located at:


<https://seniorlivingtruthseries.com/>.

Senior Living Truth Series provides candid conversations concerning today’s senior living issues and options with panelists who specialize in the topic areas. SLTS provides education and resources designed to help people live empowered lives and make informed decisions. Its motto is “Educate. Equip. Empower.”



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OKC ZOO ANNOUNCES ADMISSION PRICE

New general admission prices effective Thursday, February 9, 2023. With more than 1,000 animals to see, immersive habitats and memorable experiences, OKC Zoo remains top destination at best-value among state attractions.

On Tuesday, January 17, 2023, Oklahoma City Council members approved price adjustments to general admission prices for the Oklahoma City Zoo and Botanical Garden. Beginning Thursday, February 9, general adult admission will increase from \$12 to \$16, and admission for children ages 3 to 11 and seniors 65+ will increase from \$9 to \$13. Children two and under receive free entry into the Zoo. City Council also approved adjusted admission prices for student field trips which will be decreasing from \$6.15 to \$6 per student 3 to 11 and from \$9.25 to \$9 for students 12+. Educators wishing to make a reservation for a field trip can do so online at:

<https://www.okczoo.org/self-guided-field-trips>.

The Zoo's last admission increase took effect February 2020.

ZOOfriends' memberships will also be increasing effective February 9, 2023. Zoo fans are encouraged to join now and purchase memberships at our current prices. All ZOOfriends memberships are good for one year from date of purchase with the same incredible benefits including unlimited Zoo visits for a year and additional discounts. By purchasing a membership, you are also supporting the OKC Zoo, its growing animal family, conservation efforts and expansion including the awaited opening of Expedition Africa this summer! Purchase ZOOfriends memberships online at:

<https://www.okczoo.org/membership>.

The Oklahoma City Zoo is in its winter hours and open Thursday through Monday from 9 a.m. to 5 p.m. with the last entry at 4 p.m., and closed to the public on Tuesdays and Wednesdays through February 8, 2023. Purchase advance Zoo admission tickets at okczoo.org/tickets and avoid the entry lines. Located at the crossroads of I-44 and I-35, the OKC Zoo is a proud



member of the Association of Zoos and Aquariums, the American Alliance of Museums, Oklahoma City's Adventure District and an Adventure Road partner. Regular daytime admission is \$12 for adults and \$9 for children ages 3-11 and seniors ages 65 and over. Children two and under are admitted free. Stay connected with the Zoo on Facebook, Twitter, Instagram, Linktree and TikTok, and by visiting our blog stories. Zoo fans can support the OKC Zoo by becoming a ZOOfriends member. Starting at \$45, memberships can be purchased at www.okczoo.org/membership and provide access to the OKC Zoo for an entire year plus, additional benefits and discounts. To learn more about Zoo happenings, call (405) 424-3344 or visit <https://www.okczoo.org/>.

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TRAVEL/ENTERTAINMENT

B is for Baltimore, Maryland

From Terry "Travels with Terry" Zinn t4z@aol.com
text and photo provided by the Oklahoma Historical Society

You could say that Baltimore is a city designed for Senior leisure. The hop on and off water taxi around the bay is an ideal way to see a lot of the area's attractions with a minimum of exertion, as it stops at many attractions. The minimal fee is good for the entire day. The small boat captains are eager to answer area questions as to where to eat and museum times. Note, many museums and attractions are closed on Mondays and Tuesdays.

Of course it stops at historic Ft Mc Henry - famous for the inspiration of the Star Spangle Banner composition. (www.nps.gov/fomc) You have to change boats to go the extra distance, but worth the convenience, when you think of the inconvenience of getting a taxi or uber to take you to the far out bay point. The preserved and reconstructed brick fort is informative if you have never visited a fort of this generation. It's humbling to stand in the area that inspired America's Anthem.

Once there it's always good to schedule your visit with a tour by a park ranger for details of the fort. If not, the film is always inspiring, if not a bit nostalgic, when at the end of the movie, a curtain opens to let you view through a large picture window the Fort in the background as the National Anthem plays.

Back in the downtown area is the Flag House where the American garrison size flag was created. Besides the history of the flag you can take a self-guided tour of a small period house, complete with furniture and staging of the time.

For pure entertainment, although you can't help but learn something, is the national aquarium centrally located at the base of the Inner Harbor. (www.aqua.org) All levels of this multilevel aquarium is easily accessible with riding the multiple escalators, or if needed there is an elevator. Hosting over 20,000 aquatic animals with a Backtip Reef and Living Seashore, and a couple of large screen animal related movies, and a live dolphin show, make the aquarium one of the Inner Harbors best attraction. Of course they host a extensive gift shop with snack bar.

When you've got to eat, Baltimore with its vast seafood menus offers many venues. The off the beaten track funky Little Havana Bar and Grill offers many seafood based foods along with an extensive bar and their famous large Mojito.

Phillips Seafood (www.phillipsseafood.com) is a Baltimore tradition. They offer an upscale indoor or outdoor dining experience with reservations recommended. Their 8 ounce Crab Cake Extreme with Mac and Cheese, made with pure Jumbo Lump Crab with no fillers, is served in a skillet, and guaranteed to fill your Crab Cake desires. (\$50.00)

If you plan to visit the Baltimore Museum of Art, be sure you check its times, as it is closed on Monday and Tuesdays. While it was closed the days I was in Baltimore I made sure I dined at Gertrude's, where the Museum of Art displays culinary arts, under the expert guidance of owner, John Shields, is a must. Shields is a veteran TV host, and author and is called the "Culinary Ambassador of the Chesapeake Bay" with the restaurants opening in 1998. Gertrude's is Shield's tribute to his grandmother, Gertie. Shields is a personable entrepreneur and you may want to pickup one of his cookbooks including the 25th anniversary, "Chesapeake Bay Cooking." Many menu options looked appealing but I chose the Irish Salmon, flown in to Gertrude's several times a week. This is an example of the attention paid to the high standards that has made John Shield's reputation.

An evening dining cruise aboard the Spirit of Baltimore, is a relaxing way to see more of the bay's landscape while enjoying a



buffet and beverages served by congenial staff. The cruise departs from the west wall of the harbor and cruises the Inner harbor along the Patapsco river, and includes glimpses of Fort Mc Henry. Come prepared for a casual and enjoyable evening, mixing with other tourist and those celebrating special occasions (www.spiritcruises.com/Baltimore).

While visiting the Fells Point area of the harbor you may want to stop in to the upscale Sagamore Hotel for a respite and beverage, or if your budget allows overnight accommodations. For a budget minded traveler the Days Inn Inner Harbor (www.daysinninnerharbor.com), about 3 blocks away from the harbor, and near the Horseshow Casino Baltimore, Ravens Stadium, and Oriole Park at Camden Yards, can fulfill your travel needs.

As you can guess there is much more to discover in Baltimore than I could cover in just two days, so historic and friendly Baltimore may require repeat visits (<http://baltimore.org/>).

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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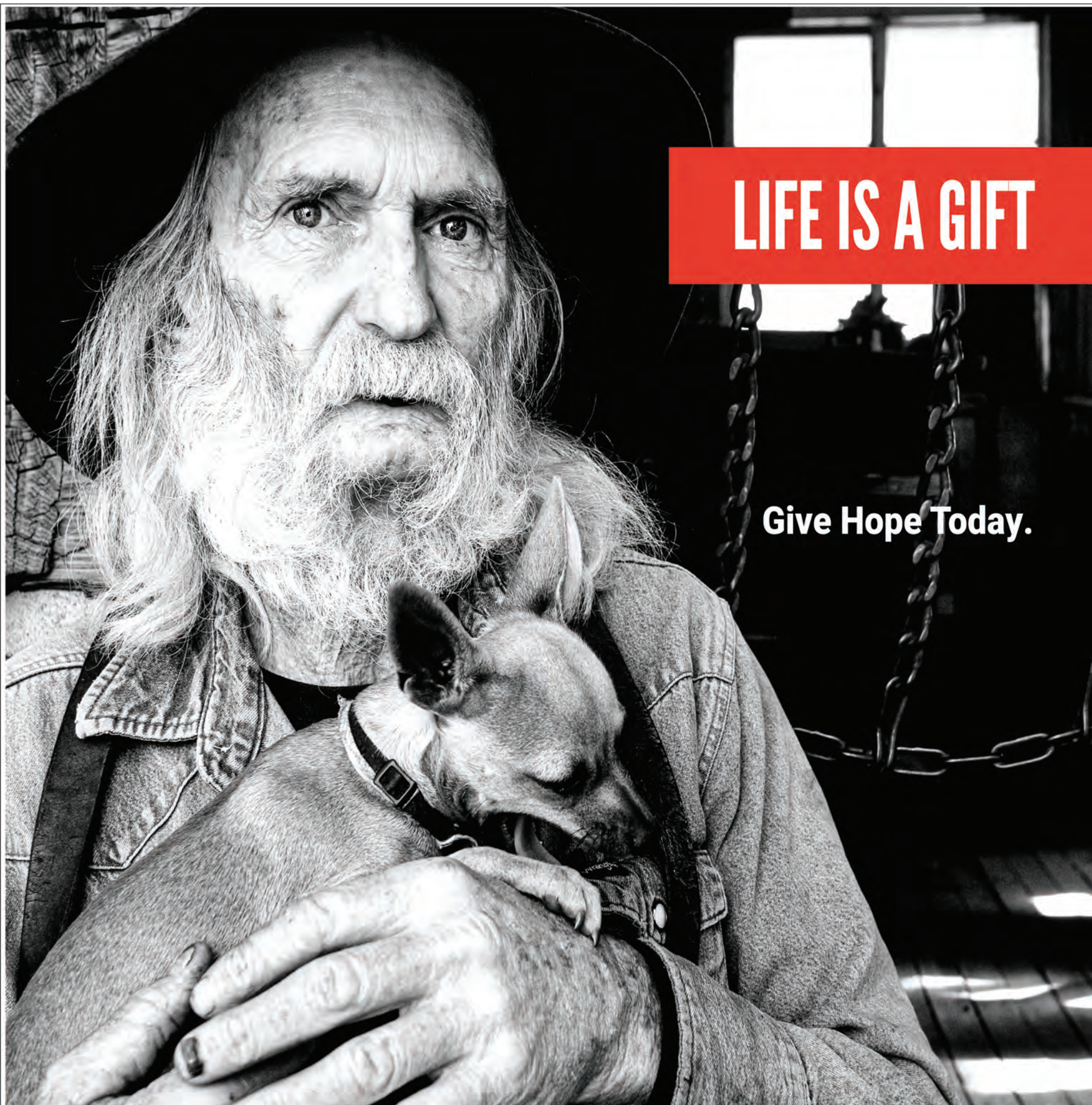
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Hospital systems announce layoffs



Story by Bobby Anderson, RN, Staff Writer

The new year has brought a new round of hospital layoffs as healthcare systems nationwide deal with surging labor costs, shortages, and declining revenues.

Locally, the first two weeks of January saw layoffs from Integris Health as well as OU Health.

Integris announced it was cutting some 200 positions while OU announced an equal number of layoffs.

In a statement, OU health announced the layoffs would coincide with its planned restructuring.

"As part of the redesign, OU Health will move from a holding company to an operating company structure with duplicative services and positions being eliminated," the statement read. "An estimated 200 positions will be reconfigured to the new structure, which integrates the organization into clinical business."

Integris Health announced its reduction would be the result of a combination of cuts.

"Financial challenges are multifold, but some include a dramatic rise in expenses due to labor shortages and supply-chain disruptions, and significantly lower patient volumes compared to pre-pandemic days," the statement read.

Integris laid off 140 positions and cut 60 vacant jobs, according to a spokeswoman.

The healthcare industry has suffered from nursing shortages and the winter's omicron surge,

forcing many organizations to turn to contract workers demanding higher rates.

The loss of Covid subsidies from the federal government also impacted the ability to keep up with rising labor costs.

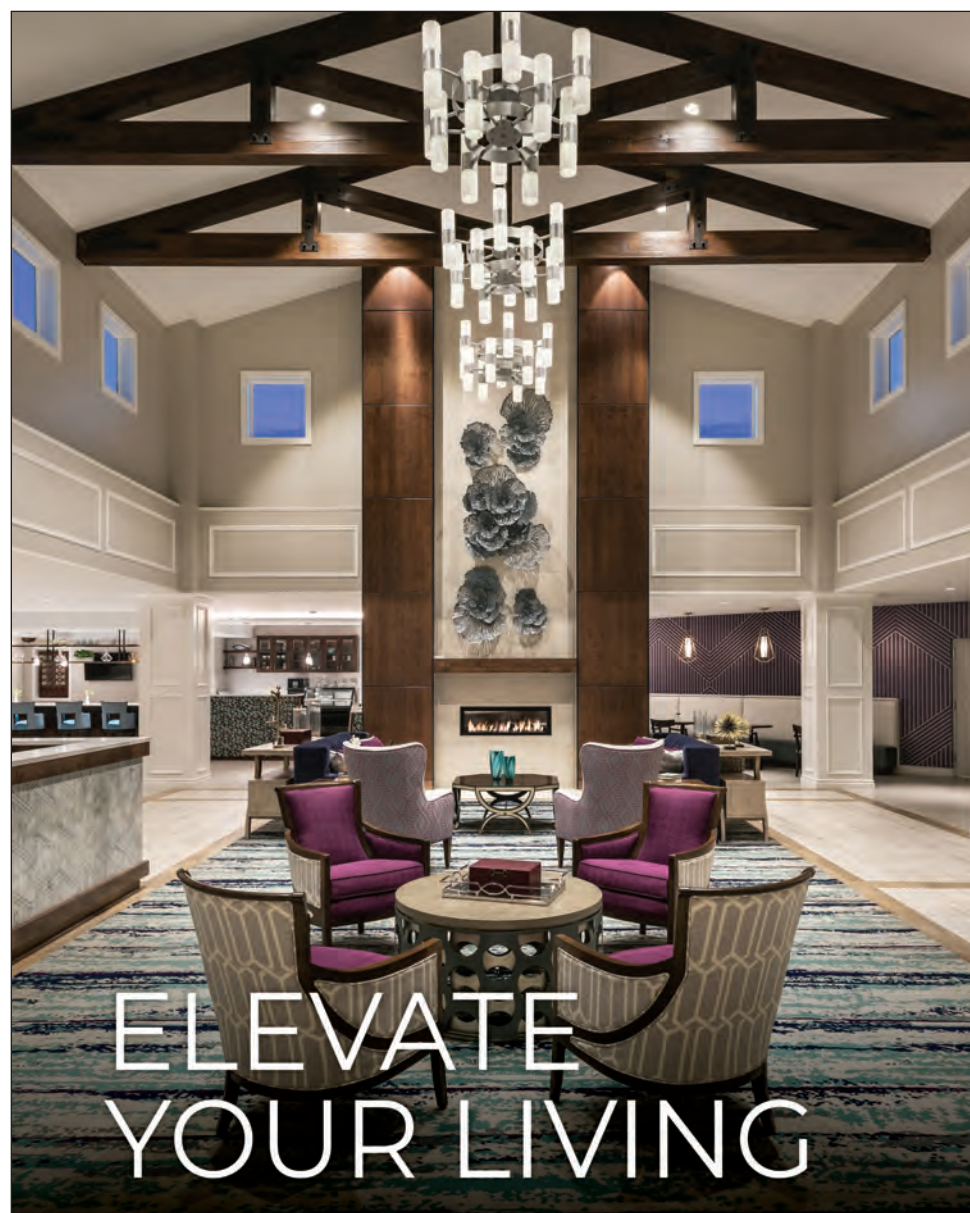
Many systems find themselves in a counter-intuitive role of both cutting positions while trying to recruit and retain nurses.

OU Health announced its organizational redesign to complete the integration from its historic merger on July 1, 2021.

OU Health was created as the flagship comprehensive, integrated academic health system to improve the care and outcomes for all Oklahomans. As the state's academic referral health system, OU Health plays the unique role of providing critical specialty services with access to advanced technology and expertise.

"OU Health needs to support and enhance the capabilities of the state's vital rural and regional hospitals as the flagship academic referral center. All care that can remain in a community should remain local, but if the patient needs a higher level of care, OU Health is here to serve," said OU Health President and CEO Richard Lofgren, M.D., MPH.

The organizational redesign and operational restructure will enable OU Health to improve efficiencies and grow its impact in the state and region as well as create a highly integrated, modern



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See LAYOFFS 17

SNL CENTENARIANS OF OK



Annie Laurie (Ivey) Whited

(RIGHT) Annie Laurie (Ivey) Whited of Noble was manager of the gift & book shop at the OU Continuing Ed Center before retiring in 1984. She attended Crosspointe Church in Norman and was a member of the Army Officers' Wives Club. Annie's words of wisdom: "Love the Lord, exercise, eat well and love others!"



Anna Lee Kurtz



(LEFT) Anna Lee Kurtz of Oklahoma City is now a centenarian. She attended and volunteered at Catholic churches wherever she lived, volunteered with Meals on Wheels and the Homeless Shelter. Anna says "Stay active, be positive and always be willing to help others!"

LaVerne Cox Tucker

(RIGHT) LaVerne Cox Tucker of Sweetwater actively engages in her hobbies of reading, quilting & crocheting. She resides in the house built at the turn of the century that she moved into as a new bride & is involved with the decisions of the farming & ranching with her son & grandson. The Tucker Home Place was declared an Oklahoma Centennial Farm in 2022. Four generations of Tuckers have farmed the 160 acres. LaVerne's life advice: "Be honest and be true!"



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LAYOFFS

Continued from Page 15

clinical platform, one that serves even more Oklahomans.

"In order to grow and adapt to industry changes, we need to perform in terms of the quality of our services, patient experience, and the efficiency and effectiveness of our processes," Lofgren said. "Oklahoma needs the unique specialty and sub-

specialty services we provide. We are positioned with dedicated physicians and staff to fully realize our special mission of clinical care, education, and research. We are committed to our role of continuing to improve the care and outcomes for the region and beyond."

Both health systems are still actively hiring bedside nurses offering both recruitment and retention bonuses.

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OHC Presents February Kilgen Organ Performance Featuring "The Mark of Zorro"

The Oklahoma History Center is pleased to announce a performance in the Kilgen Organ series featuring organist Christian Elliott. He will provide the accompanying music and sound effects to the American western silent film "The Mark of Zorro" (1920) starring Douglas Fairbanks. This performance will take place on Monday, February 27, 2023, from 7 to 8:30 p.m. Tickets are \$10 for Oklahoma Historical Society members and \$20 for non-members, and may be reserved by calling 405-522-0765. Doors will open at 6 p.m., and seating is on a first-come, first-served basis.

Christian Elliott is a prominent concert organist, equally at home performing literature of the church and theater. Elliott's career has included extensive silent film accompaniment at venues including the Academy of Motion Picture Arts and Sciences, the Packard Foundation's Stanford Theatre and the University of California, Los Angeles. Elliott was privileged to be mentored by several world-renowned organists and worked extensively with the "dean" of silent film accompaniment, Gaylord Carter. Elliott was named Organist of the Year by the American Theatre Organ Society in 2009.



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Music by Stephen Flaherty
Lyrics by Lynn Ahrens
Book by Lynn Ahrens and Stephen Flaherty
Co-conceived by Lynn Ahrens, Stephen Flaherty, and Eric Idle
Based on the works of Dr. Seuss

When:
Friday, February 17th and Saturday, February 18th
7:00pm

Where:
Mustang Performing Arts Center
200 W Juniper Dr. Mustang, OK 73064

Scan QR code for more info or visit mytokc.org/events



Seussical is presented through special arrangement with Music Theatre International (MTI). All authorized performance materials are also supplied by MTI. www.mtishows.com



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Hospital administrators elected to Oklahoma Hospital Association Board of Directors

Three Oklahoma hospital administrators were recently elected to the Oklahoma Hospital Association (OHA) board of directors for the 2023-2025 term.

Elected to at-large positions are Richard Lofgren, MD, chief executive officer, OU Health; Tim Pehrson, president and CEO, INTEGRIS Health; and Krista Roberts, chief executive officer, St. Mary's Regional Medical Center, Enid.

Tammy Powell, president, SSM Health St. Anthony Hospital – Oklahoma City, enters her second year as chair of the board. Others serving on the board's executive committee are Denise Webber, chair-elect, president/CEO, Stillwater Medical Center; Jay Johnson, immediate past chair, president/CEO, DRH Health, Duncan; and Daryle Voss, at-large executive committee member and southeast region chair, president and CEO, Mercy Hospital Ardmore.

Continuing their terms as regional chairs on the OHA board are Kandice Allen, northwest region chair, CEO, Share Medical Center, Alva; Jim Gebhart, Oklahoma City region chair, community president,



Krista Roberts, chief executive officer, St. Mary's Regional Medical Center, Enid. Elected to an at-large position.

Mercy; Jonas Rabel, northeast region chair, chief hospital executive, INTEGRIS Miami and Grove hospitals; Michael McBride, Tulsa region chair, regional president and chief operating officer, Ascension St. John Medical Center, Tulsa; and Brent Smith, southwest region chairman, Comanche County Memorial Hospital, Lawton.

Continuing as at-large members are Charles Grim, secretary of health, Chickasaw Nation Department of



Tammy Powell, president, SSM Health St. Anthony Hospital and member of the board.

Health, Ada; Richie Splitt, president and CEO, Norman Regional Health System; and Bennett Geister, CEO, Hillcrest Hospital South, Tulsa.

Corey Lively, CEO, Great Plains Regional Medical Center, serves as the American Hospital Association delegate to the OHA board; and Steven Crawford, MD, chair of the department of family and preventive medicine, OU College of Medicine, serves as the physician member.



Tim Pehrson, president and CEO, INTEGRIS Health. Elected to an at-large position.

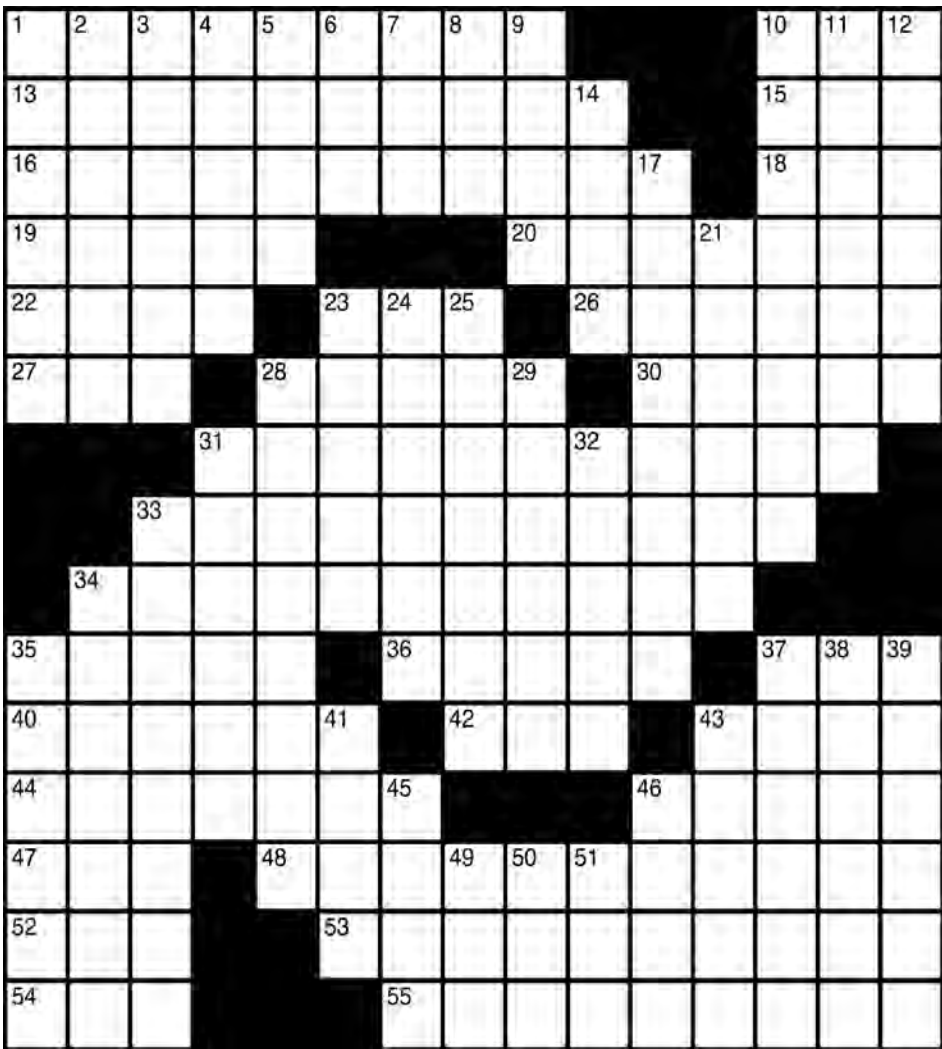


Richard Lofgren, MD, chief executive officer, OU Health. Elected to an at-large position.

SNL CROSSWORD CORNER

- Across**
- 1 Devices that may shed some light on a situation
 - 10 "4X2=8" rapper from Korea
 - 13 Got credit, in a way?
 - 15 Consumed
 - 16 Simple cocktail
 - 18 Agcy. whose logo is an eagle holding a scale
 - 19 Freelancer's info
 - 20 Event that might be called "morp"
 - 22 Two dry gallons
 - 23 "___ Ma-anitas": Mexican birthday song
 - 26 Artisan at Kells
 - 27 De Armas of "No Time to Die"
 - 28 Semisolid dessert
 - 30 Flax fabric
 - 31 Fast tracks?
 - 33 Element of 1990s fashion
 - 34 Sticks in windows
 - 35 Stand in a painting class
 - 36 Tries out
 - 37 Handheld or holding hands, for short
 - 40 Performs brilliantly
 - 42 ___ Moines
 - 43 Did some digging
 - 44 Many a Mugler garment
 - 46 In the stars
- Down**
- 1 Place for some nail trims
 - 2 Camp nurse's item
 - 3 Great Hill People
 - 4 Flair
 - 5 ___ flare
 - 6 Tally
 - 7 Pilates roll
 - 8 Employee's perk: Abbr.
 - 9 Provided backup, in a way
 - 10 Twosomes
 - 11 Flashers in a club
 - 12 Sycophants
 - 14 ___-variance tradeoff
 - 17 Brooklyn MiLB team
 - 21 Stripes, florals, etc.
 - 23 "I got this!"
 - 24 Herb honored with a National Medal of Arts in 2013
 - 25 Sucked hard

- 28 Cancel one's order?
- 29 Go against
- 31 Paired symbols, for short
- 32 Seasons, as pasta water
- 33 Wants for nothing
- 34 Nation in the Lucayan Archipelago
- 35 ___ room
- 37 Latke ingredient
- 38 "Dexter's Laboratory" older sister
- 39 One of three snake species native to Britain
- 41 Assistant who can control HomeKit accessories
- 43 Cruel
- 45 Sturdy tan work boots, slangily
- 46 Album buyers, presumably
- 49 Auerbach of the Black Keys
- 50 Prefix with "pop" or "rock"
- 51 Hard-hitting sound



Answers on page 27



2023 OKLAHOMA

If your organization is having an upcoming event, let us know.
Email the information to news@seniornewsandliving.com



February 4
9 a.m.–11 a.m.

Museum OKademy volunteer training class and lecture

Cherokee Strip Regional Heritage Center, 507 South 4th Street Enid, OK 73701 - The Cherokee Strip Regional Heritage Center (CSRHC) will host a six-session Museum OKademy course in 2023 to train volunteers and provide lectures on history. The classes will be held from 9 to 11 a.m., beginning on Saturday, January 21, and concluding on Saturday, April 1. The six-part lecture/workshop series, Museum OKademy, will be led by CSRHC Director Jake Krumwiede, CSRHC Director of Education Neal Matherne, and other CSRHC staff.

February 4
11 a.m.–1 p.m.

Block-Printed Valentine's Day cards

Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105 - Learn the art of linocut while making your own block-printed Valentine's Day cards at the Oklahoma History Center on Saturday. Linocut is a printmaking technique in which a sheet of linoleum is carved out to make a design and then stamped with ink onto paper. The workshop will be in classrooms A and B on the first floor of the OHC. The cost is \$45 for Oklahoma Historical Society members and \$55 for non-members. It includes all materials. Participants must be 16 years or older. Registration is required. The class is limited to 12 participants. For more information call 405-522-0765.

February 11
11 a.m.–1 p.m.

Quilting workshop with Martha Ray

Sod House Museum, 4628 State Highway 8 near Aline, OK 73716 - The Quilting workshop with Martha Ray meets on the second Saturday of each month from 9 to 11 a.m. at the Sod House Museum at a cost of \$5 per person. Martha Ray teaches how to create appliqué designs, traditional block patterns, original designs, crazy quilts, landscape designs, and paper piecing. New members of any skill level are always encouraged to attend! Share in the happy exchange of shared skills, fun, and camaraderie, door prizes, refreshments, discussions, and quilt patterns.

February 11
11 a.m.–1 p.m.

Hammered Moon and Star Earrings workshop

Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105 - A workshop at the Oklahoma History Center (OHC) on Saturday, February 11, will focus on the technique of making hammered earrings in either a moon or star shape. This workshop is designed for beginners. It will be led by Oklahoma State University's Prairie Arts Center staff. The workshop will take place from 1–5 p.m. in classrooms A and B on the first floor of the OHC. The cost is \$65 for Oklahoma Historical Society members and \$75 for non-members, which includes all materials. Participants must be 16 years or older. Registration is required. The class is limited to 12 participants. For more information call 405-522-0765.

February 24
9 a.m.–11 a.m.

Movie Night featuring Oklahoma! (1955)

Will Rogers Memorial Museum, 1720 West Will Rogers Boulevard Claremore, OK 74017 - Will Rogers Memorial Museum in Claremore will host a Movie Night featuring the classic film Oklahoma! (1955), in its theater on Friday, February 24, at 7 p.m. "Horsing Around with Will" will take place from 6 to 7 p.m., during which families can enjoy activities and crafts relating to the movie's theme. Guests can enjoy free admission, popcorn, and drinks while watching the film. Seating is limited, so early arrival is suggested. This event is FREE to attend, thanks to sponsorship by the Bank of Commerce. Please call 918-341-0719 for more information.

February 25
1 p.m.–3 p.m.

Hands-On Historic Skills

Fort Towson Historic Site, HC 63, Box 1580 Fort Towson, OK 74735 - On the fourth Saturday of each month, the Fort Towson Historic Site welcomes visitors to take part in the Hands-On Historic Skills series of demonstrations. Every month, guests can try their hand at using period artifacts and tools with the guidance of Ft. Towson staff members and historical interpreters. Hands-on demonstrations allow individuals to experience the past by touching, using, and gaining an appreciation for historical objects in the setting of Fort Towson.

February 26
9 a.m. to 5 p.m.

Antique Doll exhibit closes

Fred and Addie Drummond Home, 305 North Price Avenue Hominy, OK 74035 - The Fred and Addie Drummond Home in Hominy will host an exhibit of antique dolls throughout the month of February. Beginning on Wednesday, February 1, and ending on Sunday, February 26, this exhibit is sure to delight doll collectors and doll lovers alike. The exhibit will feature a wide array of German-made dolls, including dolls by Armand Marseille, Kestner, and Koppelsdorf. There also will be a large group of china and porcelain dolls. During your visit, you are encouraged to tour the rest of the beautiful, historic Drummond Home. The antique doll exhibit is included with the regular admission fee.

February 27
7 p.m.–8:30 p.m.

Kilgen Organ performance and silent film The Mark of Zorro (1920) featuring

Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105 - The Oklahoma History Center is pleased to announce a performance in the Kilgen Organ series featuring organist Christian Elliott. He will provide the accompanying music and sound effects to the American western silent film The Mark of Zorro (1920) starring Douglas Fairbanks. Tickets may be reserved by calling 405-522-0765. Doors will open at 6 p.m., and seating is on a first-come, first-served basis. Christian Elliott is a prominent concert organist, equally at home performing literature of the church and theatre. Elliott has had a major career accompanying silent film.

First Senior Day at the Capitol after COVID Interruption

Story by Darl Devault, Contributing Editor

Our legislators need to “Hear Our Voices” about issues concerning seniors in Oklahoma, especially since COVID-19 restricted the ability to interact with them in person for the last three years. Organizers ask seniors to recruit a friend and attend the Senior Day at the Oklahoma State Capitol on the morning of February 27, 2023.

Seniors can inform their legislators about important issues seniors face while aging in Oklahoma. They can explain their views on securing funding for home and community-based services, senior nutrition programs, transportation, healthcare accessibility, and caregiver support services.

Attendees are invited into the House Chambers in a once-a-year opportunity to fill the members’ seats and House gallery

as they hear from their senators and representatives about their legislative agendas this session. This activity can help prompt them to take positive actions on bills addressing the full spectrum of aging that are in the best interest of seniors.

Participants are also encouraged to visit the legislators in their offices and meet their staff for contacts they can follow up on later. Everyone can take a guided tour of the renovated capitol. Seniors will also visit nonprofit and government agencies’ exhibitor booths on the second-floor rotunda providing a wide range of information about senior needs and issues and their services.

Visitors can join hundreds of other seniors that day for a moderated discussion on the top issues facing the aging

population throughout Oklahoma and programs designed to help seniors live their lives with dignity and independence.

Registration runs 8-9:45 a.m. with exhibitor booths available: 8:30 a.m. – 1 p.m. Seniors attend an official welcoming presentation in the House of Representative Chambers at 10 a.m. and can visit with their legislative members from noon – 1 p.m. Please allow a short period before your first event to get through the Capitol Security checkpoint.

The annual event is a chance for Oklahoma’s seniors and their advocates to discuss the needs of the more than 875,877 adults age 60 and older in Oklahoma and approximately 140,000 adults age 80 or older. By 2030, the population of older Oklahomans is projected to increase by 21.3 percent, and for the first time, seniors are expected to outnumber children.

The beginning of a legislative session is the best time for seniors to interact with their elected representatives. This is when new laws are being proposed and discussed and when legislators are more likely to be open to hearing from their constituents.

Organizers say the group of seniors gathered that day should be large enough to show legislators the significant number of seniors affected by the lack of services and resources. “The emphasis on Senior Day is many seniors being present at the Capitol to show Legislators their determination to be heard,” said Trish Emig, president of the Oklahoma Silver Haired Legislature Alumni Association. “We must make sure our voices are heard about treating all Oklahomans well from birth to 60, 80, 90 and beyond.”

Seniors can also provide legislators with specific examples of how the lack of services impacts their community. For example, they can talk about the lack of affordable housing options for seniors, the shortage of home healthcare providers, or the limited access to public transportation in rural areas.

This opportunity to gather at the Capitol also allows seniors to network with other seniors and advocacy groups that share their concerns. They can share information and strategies for effectively communicating with legislators and organizing to make their voices heard.

Seniors can prepare before attending the special event. They can research the current laws and policies that affect seniors and be ready to discuss them with legislators. They can then make specific recommendations for improving services at long-term care facilities, including nursing homes, assisted living and similar adult care homes and seek more funding and support for other vital services for Oklahoma seniors.

Please pre-register at: <https://forms.office.com/g/5CYnvwvF1F> and open the hyperlink. For more info, contact Alliance on Aging- at 405-943-1895 or <https://okallianceonaging.org/>.



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OMRF Receives \$3.4 Million to Study Muscle Loss in Aging

The National Institutes of Health has awarded the Oklahoma Medical Research Foundation \$3.4 million to study age-related muscle atrophy and weakness.

The five-year grant follows a discovery by OMRF scientists Holly Van Remmen, Ph.D., and Jacob Brown, Ph.D., connecting age-related muscle loss called sarcopenia to a missing nerve signal.

Most people begin to experience progressive loss of muscle mass and strength in their 30s or 40s. The condition becomes more pronounced after age 65, leaving older people susceptible to falls and difficulty performing daily tasks.

"It's just a natural process of aging, and some people lose more muscle mass and strength than others," said Brown, a scientist in Van Remmen's lab.

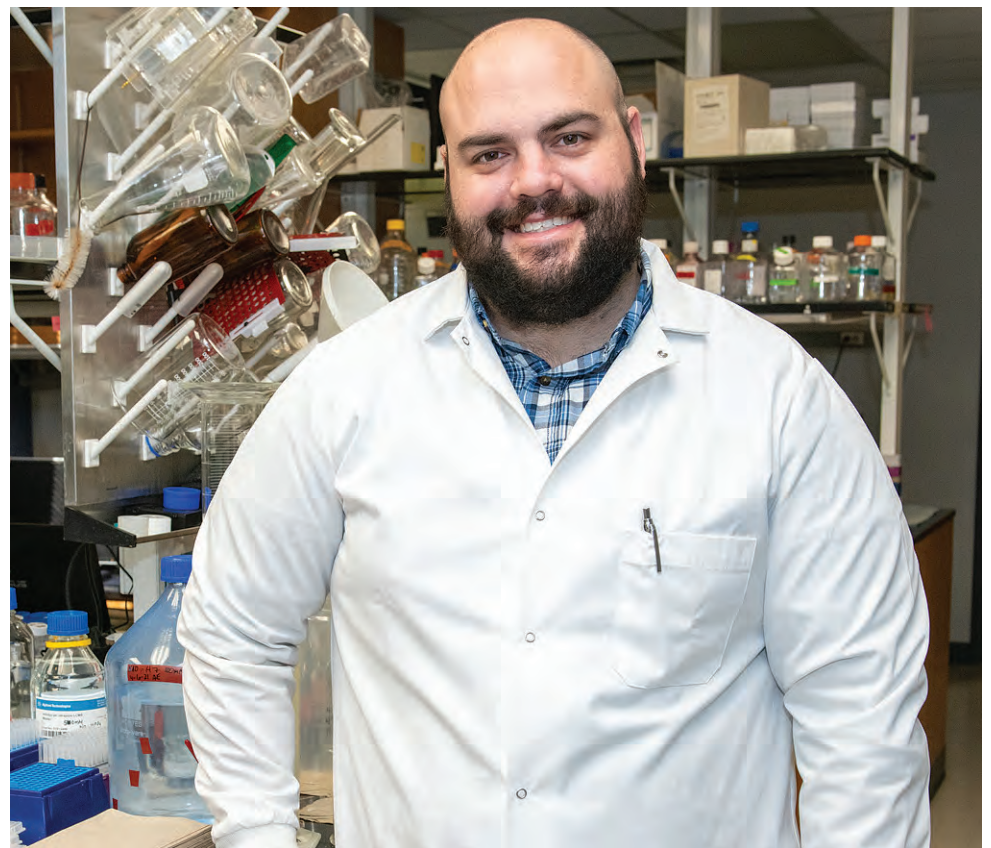
While inactivity is the most

common contributor to sarcopenia, Van Remmen's team has shown another cause: denervation, which is an interruption in communication with the nerves that connect muscles to the spinal cord.

In recent work published in the journal *Redox Biology*, Van Remmen and Brown found that muscle makes a metabolite during denervation that leads to muscle atrophy. Metabolites are the products of chemical changes within a cell.

With the new grant, the researchers will study whether blocking the production of this metabolite protects against age-related muscle atrophy in research models.

"This is a novel area of research that we hope will lead to new possibilities to design much-needed pharmaceutical interventions," said Van Remmen, who holds the G.T. Blankenship Chair in Aging Research.



Oklahoma Medical Research Foundation scientist Jacob Brown, Ph.D.

"Ultimately, we hope this path of research will extend the time that older adults can remain healthy and active."

Without current drug options to treat sarcopenia, Van Remmen added that it's important for older adults to ward off its progression by staying

physically active and maintaining a healthy diet.

"Simple strength and resistance training paired with a diet that includes adequate amounts of healthy proteins can make a world of difference in maintaining muscle mass," she said.



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Ms. Oklahoma Senior America Contestants Wanted

Are you 60 years of age or better? The Ms. Senior America Pageant is the world's first and foremost pageant to give honor to the women who have reached the "age of elegance" and Ms. Oklahoma Senior America is now seeking contestants to appear Saturday, April 15, 2023, at the Mustang Performing Arts Center, 200 W. Juniper, Mustang, OK 73064, at 1:00 p.m.

The contestant must be able to display a hobby or talent within 2 minutes and 45 seconds, model a long evening gown, give her philosophy of life within 35 seconds, and sit for a 5 minute interview. An information session about the Ms. Oklahoma Senior America Pageant will be held at the Album Quail Springs, 14201 N. Kentucky Ave., Oklahoma City, OK 73134, on Wednesday, February 1, 2023, from 1-3 p.m.

The winner will be sponsored by the Ms. Senior Oklahoma Foundation to compete in the National Ms. Senior America Pageant in Atlantic City, New Jersey, in October 2023. Her airfare, room and registration fee will be paid by the Foundation. Applications can be filled out on the Ms. Oklahoma Senior America Pageant Facebook page. For more information, contact Carol Kallenberger, Administrator, at msoksramerica@gmail.com.



Debora Wedel, Ms. Oklahoma Senior America 2019.

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Husband and Wife Duo Provide Multigenerational Care in Oklahoma City

For physicians Mitch and Kristin Earley, every day is take your spouse to work day. In clinic, they often go by Dr. Mitch and Dr. Kristin to avoid any confusion among patients. He is enthusiastic about men’s health, and she loves women’s health. Together, they provide the whole range of expertise to their patients after recently joining Mercy Clinic Primary Care – Northwest Family in Oklahoma City.

The Earleys met in medical school at Des Moines University’s College of Osteopathic Medicine when Dr. Mitch was going into his third year and Dr. Kristin was entering her first year.

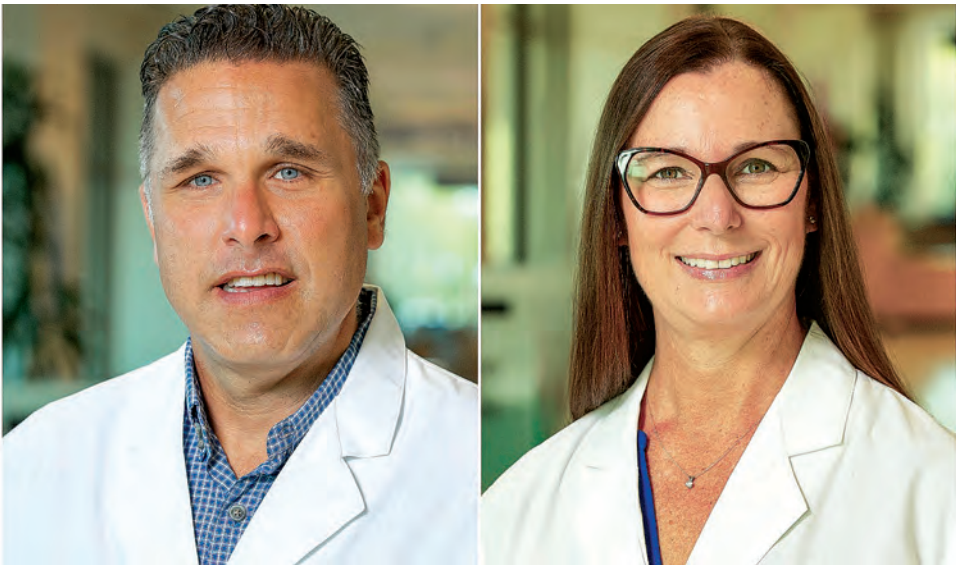
“Our family has taken care of a lot of other families over the years, which has been very rewarding,” said Dr. Mitch.

Combined, Dr. Mitch and Dr. Kristin have over 42 years of experience in medicine. Sometimes patients overlap, which provides a unique experience for those receiving care and their families. As patients grow, Dr. Mitch tends to treat more of the men and Dr. Kristin sees more of the women and children.

“Family medicine is a great field because we have the privilege of caring for multiple generations of families,” said Dr. Kristin. “When you treat the whole family, you have a better understanding of your patients’ health, living and family situation. It completes the picture and allows us to provide personalized and informed support.”

Treating multiple generations of families has also led to some memorable moments. Dr. Mitch said, “I remember one of my patients gave me a hand-drawn picture, and as I tried to figure out what it was, I learned it was multiple generations of family members that either I or my wife had helped take care of in this little girl’s family, which was a fun thing to see.”

Both physicians appreciate providing general family medicine to any patient, regardless of age or gender. Preventive care is also an essential part of



Physicians Mitch and Kristin Earley met in medical school at Des Moines University’s College of Osteopathic Medicine.

their treatment philosophies.

“I’ve wanted to be a physician for as long as I can remember. I was fascinated by how the body worked as a child, and as I pursued my education and career, it developed into an interest about how the whole person works,” said Dr. Kristin. “I want to create a partnership with my patients so we can better their quality of life together.”

In addition to general and men’s health, Dr. Mitch also provides sports medicine expertise to his patients.

“One aspect of family medicine that challenges me is figuring out a

diagnosis and then determining the best course of action for a patient,” said Dr. Mitch. “I also really enjoy the diversity of patients that family practice provides. I can practice a variety of skills that helps improve a patient’s life.”

When they are not caring for patients, the Earleys enjoy sports, travel, music, cooking and trying new foods.

Schedule online with Dr. Mitch at <https://www.mercy.net/doctor/mitchell-l-earley-do/> and with Dr. Kristin at <https://www.mercy.net/doctor/kristin-frady-earley-do/>.

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Greg Schwem: I'm going full 'Clint Eastwood' on you, pickleball youngsters

by Greg Schwem

"Get off my pickleball court!"

I know, I know. That phrase may never reach pop culture status like, "Get off my lawn," which curmudgeonly Clint Eastwood famously uttered in "Gran Torino" and, ultimately, became an ode to petulance and turf wars.

But, come on, when did these "kids" start playing the sport that was supposed to be reserved for old farts like me? Former "athletes" with knees

that now creak, feet that swell and elbows that throb after completing simple tasks? Like getting out of bed. We took up pickleball because it's the only sport left that, at our age, produces sweat but not a potential 911 call. If we're too infirm for pickleball, all that's left is bowling.

For a while, we were happy. We knew the one or two pickleball courts in our subdivisions would be empty when we rolled up with our posse of fellow retirees and snowbirds. Meanwhile, the Gen Z crowd jogged by, not even trying to hide their snickers and guffaws as they watched four guys flailing at a wiffleball, occasionally yelling, "KITCHEN" or "THREE TWO ON THE ONE" before launching a serve — an UNDERHAND serve. We didn't care; we'd found our happy place, and, even better, knew it was created exclusively for us. Sort of like early bird dinner at Denny's.

Or so we thought.

Now we fight for court space with those same Gen Zers, the ones who eventually stopped jogging, picked up paddles and decided to give America's fastest growing sport a try. Oh, and they did more than try. While our medicated ointment was drying on our aching muscles, they were silently taking over.

On a recent Friday evening at a suburban Chicago tennis club, it was hard to find any actual tennis players. Instead, more than 80 people, me included, converged for open play on tennis courts that had hastily been converted into pickleball courts via brightly colored tape that doubled as boundary lines.

As I waited for a court to open, I scanned the area and estimated at least half the players were younger than 35. The figure was probably higher; my deteriorating eyesight made it difficult to make out shapes on the outer courts.

What's worse is that, in between drop spins and stacks (OK, I'll stop with the terminology), they were discussing post-pickleball plans. Some talked of going out for drinks. Or dinner. At 9 p.m.!

After pickleball, the only thing I go out for is Advil.

Thankfully, in pickleball, younger does not necessarily mean better when it comes to skill. I have found the Gen Z set lacking in patience during an extended rally of cross-court dinks, preferring a smash when the ball is nowhere near at "smash level." Gen Zers, if that sentence befuddles but also intrigues you, grab a paddle and join the fun.

But consider this your warning. "Fun" to grizzled pickleball veterans means you will most likely be on the receiving end of a pickleball hit with full force and aimed directly at your midsection.

It's not that we hate you personally; rather, we are angry that our sport, almost overnight, doubled in popularity because a younger demographic wanted to be part of our playdates. And what are we supposed to do to exact revenge? Crash your MMOGs? (Massively Multiplayer Online Games). We don't own Xboxes; we buy them for our



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

It looks like pickleball is becoming popular with younger generations.



grandchildren.

So, we'll take out our frustrations on the pickleball court, specifically against you, bro with the backward baseball cap, baggy shorts and "Lollapalooza '22" T-shirt, who took up pickleball because the courts were walking distance to his favorite karaoke bar. We'll apologize when the point's over.

Or maybe we won't. Maybe we'll do the snickering. Or maybe we'll high-five our partners as we return to the baseline and get ready for the next point.

On second thought, it's probably not a good idea if we high-five.

We might sprain something.

(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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INTEGRIS Health is celebrating 35 years of kidney transplantation. Surgeons with the INTEGRIS Health Nazih Zuhdi Transplant Institute have performed more than 2200 kidney transplants since the program began.



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E.N. Scott Samara, M.D., is the surgical director of kidney transplant at INTEGRIS Health Baptist Medical Center. He conducted the first kidney transplant at the facility and still practices today. He is proud of what the program has accomplished through the years.

"I have been grateful to see over 2000 patients be able to avoid or stop dialysis and live normal productive lives," says Samara. "In the last 15 years, I have even been able to work with my son, Dr. Shea Samara, and Dr. Jose El-Amm, who is the medical director of kidney transplant and like a son to me, which has been both professionally and personally fulfilling."

Every ten minutes another person is added to the national transplant waiting list. Of those, 82% are in need of a kidney. There are more than 90,000 people in the United States waiting for a kidney donation. The average wait time for a kidney is three to five years from a deceased donor. With living donation, a patient may be able to receive a transplant much faster. To learn more or schedule an assessment, call 405-949-3816.

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TINSELTOWN TALKS:

Adrienne Barbeau – from musicals to monsters

By Nick Thomas

Before “Grease,” the hit 1978 movie, there was “Grease” the musical theater production first performed in Chicago in 1971 before moving to Broadway a year later for over 3,000 performances.

Adrienne Barbeau, who played Rizzo during the first five months of the show’s run, helped commemorate the 50th anniversary of the production as a co-editor of the 2022 book: “Grease, Tell Me More, Tell Me More – Stories from the Broadway Phenomenon That Started It All.” It features personal anecdotes from the Broadway cast and crew.

“It stemmed from a Zoom meeting that the original cast had when the pandemic first shut everything down,” recalled Barbeau from her home in Los Angeles. “The stories everybody told were just so delightful and touching and funny and most of them all new to me because I left the show early on.”

Barbeau and two others involved

in the production began assembling the stories.

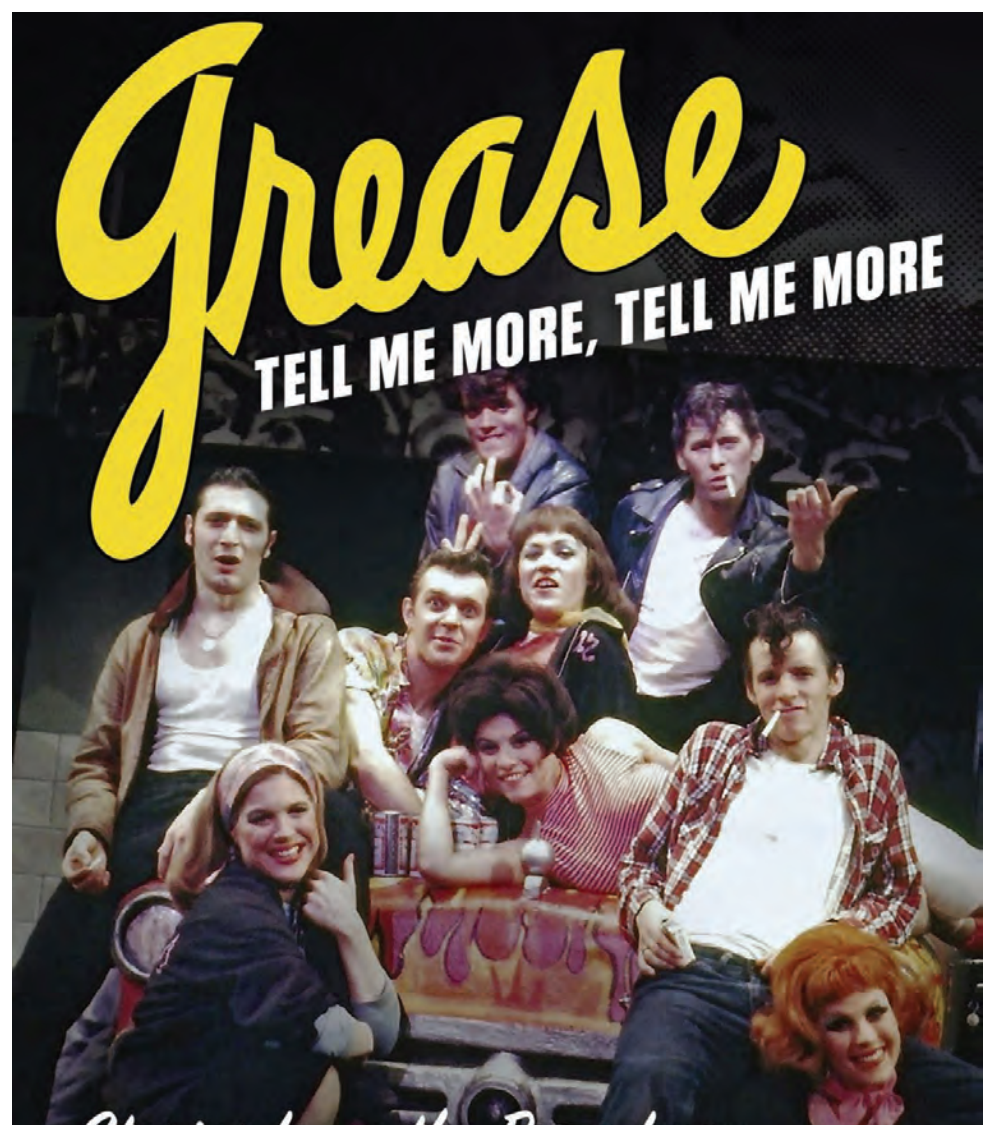
“We sent out a questionnaire to over 100 actors, musicians, and crew members who had been involved in the show asking them to write down their stories of working on the production,” said Barbeau. “We put it all together in a terrific tribute to the show.”

Despite her strong connection to “Grease” which opened on Valentine’s Day, 1972, to this day Barbeau still has not watched the popular 1978 movie version which has many differences, including some of the music, from the original play.

“I happened to hear one of the songs from the movie a long time back, which was one of my songs,” she recalled. “It was lovely what they had done with it, but it just was not what we had done. So, I decided never to watch the film so I could keep the memory of our show and not cloud it with another version.”



Adrienne Barbeau and the creature in Swamp Thing - Embassy Pictures



Cover of Grease, Tell Me More, Tell Me More, Stories from the Broadway Phenomenon That Started It All - provided by book publisher

Though her career began in musical theater, Barbeau left “Grease” to co-star in the TV comedy “Maude” throughout the 70s. But in the early 80s, the actress starred in several horror/sci-fi films (“Swamp Thing,” “The Fog,” “Escape from New York,” “Creepshow”) forever cementing her movie status as a horror sex symbol (see www.abarbeau.com).

“I started out in musical theater and comedy, and the transition to more dramatic roles was never by design,” Barbeau explained. “It’s just that somebody offered me something I wanted to do or needed to do to pay bills. I ended up playing strong women who were not victims and they were often interesting and challenging roles.”

“People always say, oh you were a sex symbol,” she adds. “But I like to remind them my first love scene in film was with a swamp monster!”

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

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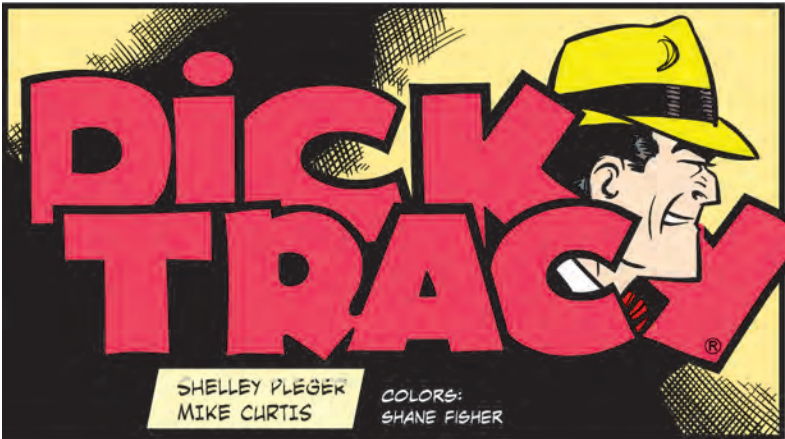
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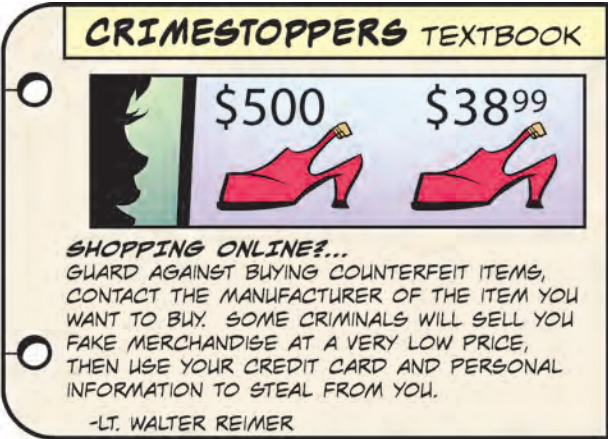
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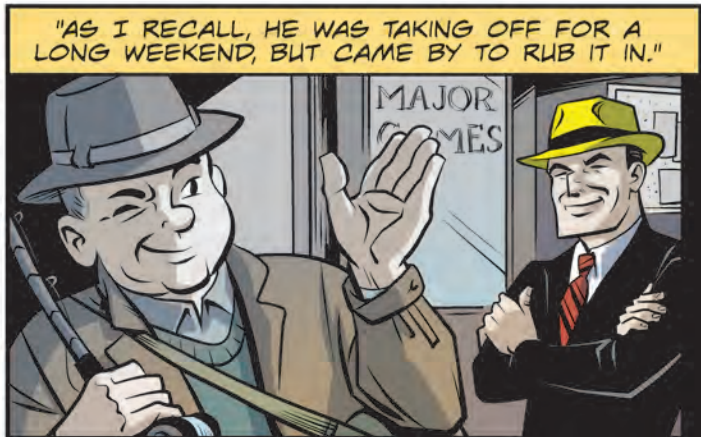
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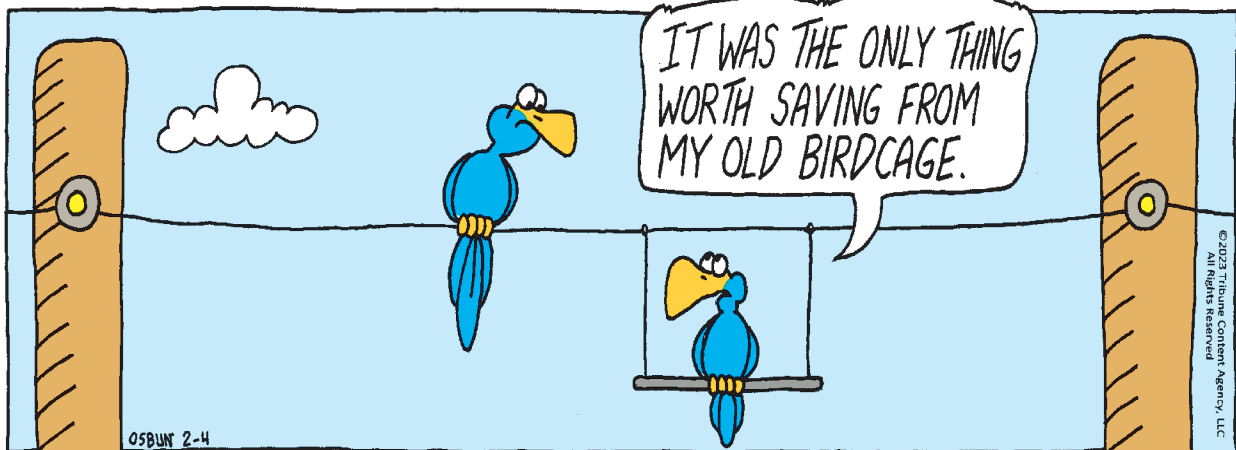
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MAJOR GAMES

Nero Wolfe and Archie Goodwin used by permission of the heirs of Rex Stout

Animal Crackers

By Fred Wagner



IT WAS THE ONLY THING WORTH SAVING FROM MY OLD BIRDCAGE.

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Broom Hilda

By Russell Myers



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