

Nerve
Renewal to
Celebrate with
Open House

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Romance
After 60

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SENIOR NEWS & LIVING

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

March 2023 Vol. 25 Issue 3

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The Mansion at Waterford Host Networking

From left, The Mansion at Waterford executives Jamie Spicer, Opie Owen and Sarah Ochoa pose after the event.

Story by Darl DeVault, contributing editor

The Mansion at Waterford Assisted Living Director of Sales and Marketing Sarah Ochoa welcomed the group of 56 Senior Business Solution colleagues to their networking luncheon on February 16. Emphasizing how their company recently purchased Glade Avenue Assisted Living and Glade Avenue South

in Bethany, Ochoa spoke of the new, more affordable offerings for their metro area services there.

The Mansion at Waterford, undergoing renovations, shared its premium meeting space, their richly appointed dining room,

See MANSION Page 2

Early Opening Day March 31 for OKC Dodgers



OKC Dodgers President/General Manager Michael Byrnes explains how the ball club will celebrate the facility's 25th Anniversary at a news conference in February.

Story by Darl DeVault, contributing editor

Following Major League Baseball's early opening day by one day, the Chickasaw Bricktown Ballpark begins hosting 75 Oklahoma City Dodgers home games featuring more precision in calling balls and strikes, including the batter's ability to challenge the call.

Opening Night in what is the 25th Anniversary of play at the ballpark is Friday, March 31, against the Tacoma Rainiers. The game features the first of 14 fireworks nights this season, including after each Friday game. The Anniversary will be celebrated the rest of the season during Tuesday through Sunday home stands, as the schedule is designed for Mondays off.

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MANSION

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for the monthly gathering of senior healthcare marketers and senior-focused company workers.

"It is wonderful to see those who dedicate their lives to senior living congregating and building bonds," said Jamie Spicer, regional director of sales and marketing.

The Mansion treated the networking group to one of the host's amenities, a well-received lunch of loaded potatoes and a salad bar.

Many attendees were learning about the facility for the first time, as it was the first time the event had been there in the six years the SBS group has been getting together. During the hour-and-a-half meal and networking session many community peers met for the first time. For others, it was apparent they had been attending the networking luncheons for many years.

The meeting was a more personalized version of a monthly networking newsletter with information, announcements, and networking within the senior health and retirement industry.

The luncheon continued with each invitee giving a few minutes

of background on their employer and how they saw their role in helping seniors with their needs in the community. A few people outlined special events their venues were planning soon, inviting others to attend. Some providers reported real-time availability for their care, housing options, and home care and hospice providers. Speakers covered various topics ranging from personnel issues to renovation offerings and help explaining Medicare to patients and clients.

The discussion often centered on getting calls from care managers or discharge planners from hospitals and rehabs. Some explained they were available to help them find a community with openings, who is full, who can offer space, and who can provide temp nurse slots.

Heath Pruitt, with Mobility City, explained that owner Guy Colbert was busy that day putting his engineering background to work assisting veterans, seniors, the injured and disabled with their needs for wheelchairs and scooters.

Darl DeVault said the group could lobby their elected representatives for better senior services in the state at the Monday, February 27, Senior Day at the

Capitol. He said they could find an extensive description of the event in his article in February's Senior News and Living issue.

Several speakers shared information about upcoming professional events. The guests were reminded of the Oklahoma Assisted Living Association's role in Oklahoma and the many events OKALA stages each year.

Jessica Hogner invited everyone to the Alzheimer's Association's Committee Kickoff Party 6-7:30 p.m. March 7 at their offices. She emphasized that they will gladly conduct special events at their facilities to support the agenda and spark interest in the Walk to End Alzheimer's, with the main ones in Tulsa and OKC.

Some providers reported real-time availability for their care, housing options, and home care and hospice providers.

A radio station representative who primarily markets information emphasized the station strives to be a dependable senior community resource.

Representatives of an Informed Senior Seminar to be held Friday, 8:30 a.m. to noon, April 14, spoke of how all the local law enforcement and state agencies will come together that day to

offer seniors an overview of their many services.

Bill Muir, CSA and owner of Compass Senior Living Solutions could not attend because of family commitments. Knowing how important it is for executives addressing area aging agendas to network, he founded the monthly get-togethers six years ago. Networking is essential to his company, as it provides a free placement service giving personalized tours to some 55 senior communities in the area at every level of need.

Joe Forrest with Re/Max FIRST alerted those gathered to the financial conditions in the real estate market for those seniors seeking to sell their homes to move to senior centers. He has been helping seniors in Oklahoma for 25 years via ownership, operations and management of senior healthcare organizations. Forrest has worked in home healthcare services, independent and assisted living, and rehabilitation. He has been a realtor for the past 20 years.

Conversations before and after the more formal portion allowed attendees to stay connected with their senior industry peers while building possible referral networks.

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OPINION



Dear Savvy Senior,

Donating Your Body to Science

I am interested in possibly donating my body to science when I pass away. What can you tell me about this, and what would I need to do to set it up?

Getting Old

Dear Getting,

If you're looking to help advance medical research, and in the process, eliminate your funeral and burial costs, donating your body to science is a great option to consider. Here's what you should know.

Body Donations

Each year, it's estimated that approximately 20,000 people donate their whole body, after death, to medical facilities throughout the country to be used in medical research projects, anatomy lessons and surgical practice.

After using your body, these facilities will then provide free cremation and will either bury or scatter your ashes in a local cemetery or return them to your family, usually within a year.

And, just in case you're wondering, your family cannot not be paid for the use of your body. Federal and state laws prohibit it.

Here are a few other things you need to know and check into, to help you determine whether whole-body donation is right for you: • **Donation denial:** Most body donation programs will not accept bodies that are extremely obese, or those that have infectious diseases like hepatitis, tuberculosis, H.I.V. or MRSA. Bodies that suffered extensive trauma won't be accepted either. • **Organ donation:** Most medical school programs require that you donate your whole body in its entirety. So, if you want to be an organ donor (with the

exception of your eyes), you probably won't qualify to be a whole-body donor too. • **Religious considerations:** Most major religions permit individuals to donate both their full body and organs, and many even encourage it. If you are unsure, you should consult with your pastor or spiritual adviser. • **Special requests:** Most programs will not allow you to donate your body for a specific purpose. You give them the body and they decide how to use it. • **Memorial options:** Most programs require almost immediate transport of the body after death, so there's no funeral. If your family wants a memorial service, they can have one without the body. Or, some programs offer memorial services at their facility at a later date without the remains. • **Body transporting:** Most programs will cover transporting your body to their facility within a certain distance. However, some may charge a fee.

How to Proceed

If you think you want to donate your body, it's best to make arrangements in advance with a body donation program in your area. Most programs are offered through university-affiliated medical schools. To find one near you, the University of Florida maintains a list of U.S. programs and their contact information at Anatbd.acb.med.ufl.edu/usprograms. If you don't have Internet access, you can get help by calling the whole-body donation referral service during business hours at 800-727-0700.

In addition to the medical schools, there are also private organizations like Science Care (ScienceCare.com) and Anatomy Gifts Registry (AnatomyGifts.org) that accept whole body donations too. Some of these organizations will even allow organ donation because they deal in body parts as well as whole cadavers.

Once you locate a program in your area, call and ask them to mail you an information/registration packet that will explain exactly how their program works.

To sign up, you'll need to fill out a couple of forms and return them. But you can always change your mind by contacting the program and removing your name from their registration list. Some programs may ask that you make your withdrawal in writing.

After you've made arrangements, you'll need to tell your family members so they will know what to do and who to call after your death. It's also a good idea to tell your doctors, so they know your final wishes too.

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.



Locally Owned and Published Monthly

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Commissioner Mulready Sets the Record Straight

By Oklahoma Insurance Commissioner Glen Mulready

The Oklahoma Insurance Department (OID) has become aware of inaccurate and misleading communications affecting Oklahoma consumers. Several large employers have sent letters to their employees with erroneous information regarding changes to their CVS/Caremark prescription program.

One of the most troubling inaccuracies is the claim that the law in Oklahoma no longer allows for 90-day prescriptions. The law (HB2632, creating the Patient's Right to Pharmacy Choice Act) in Oklahoma does allow for the filling of 90-day supply prescriptions. However, it is against the law to incentivize patients to fill prescriptions through mail order rather than their pharmacy of choice. Furthermore, some letters claimed that the Oklahoma Insurance Commissioner would begin enforcing HB2632 on February 23, 2023. The Oklahoma Insurance Department has been enforcing this law since September 2020.

Oklahoma Insurance Commissioner Glen Mulready stated, "It is concerning that these misrepresentations are being spread to employees in Oklahoma. The facts are that as part of a legal settlement with CVS/Caremark, letters were supposed to be sent out to consumers explaining their options for prescriptions and instead of clarifying, the letters that were sent have only spread more misinformation to the citizens of this great state."

The Oklahoma Insurance Department has issued \$3.5 million in fines to pharmacy benefit managers and overseen \$700,000 in reimbursements to local pharmacies since enforcement of this law began on September 1, 2020.

OID is committed to ensuring the people of Oklahoma have access to accurate information regarding their healthcare needs. We urge Oklahoma employers to verify the accuracy of their communications before sending them to their employees.



Glen Mulready, Oklahoma Insurance Commissioner.

DODGERS

Continued from Page 1

"This season commemorates another milestone for Chickasaw Bricktown Ballpark," said OKC Dodgers President/General Manager Michael Byrnes. "We plan to celebrate the facility's 25th anniversary in various ways, including honoring the great players who have called it home and what it has meant to the story of Oklahoma City and Bricktown."

Seniors with an appreciation for the game and Minor League Baseball can invest in hearing the crack of the bat and roar of the crowd to start the season by securing season and single-game tickets before they are gone. The Oklahoma City Dodgers are the Triple-A affiliate of the Los Angeles Dodgers.

The team is currently working through a plan to provide live-streaming video and audio of all home games for free using a mobile app.

Otherwise, it is Internet/radio where award-winning Dodgers' sportscaster Alex Freedman delivers the play-by-play on AM 1340 "The Game" or through the iHeartRadio mobile app.

In his third season last year, Manager Travis Barbary led the OKC Dodgers to an 84-62 record, finishing one game shy of first place in the Pacific Coast League's East Division. His team held a share of first place for 111 days during 2022. The team's 84 wins were the second-most during the Bricktown era (since 1998). The team has finished second in its division the last two seasons.

The OKC Dodgers start their third season in the Triple-A West. Most of the games will be against teams in the East Division, including Albuquerque (Colorado Rockies), El Paso (San Diego Padres), Round Rock (Texas Rangers) and Sugar Land (Houston Astros). In addition to Salt Lake (Los Angeles Angels), the Dodgers will also host four

other members of the West Division: Las Vegas (Oakland A's), Reno (Arizona Diamondbacks), Sacramento (San Francisco Giants) and Tacoma (Seattle Mariners).

One example of the 25th Anniversary ballpark celebration is an OKC Dodgers hat giveaway to the first 1,000 fans Saturday, April 29.

Fan-friendly surroundings at the ballpark are a complete recipe for family fun. The venue offers amenities designed to entertain children of all ages. There is plenty of room for kids to play on playground structures and the grassy hillside, and kids can run the bases after each Sunday home game.

A new communal area is being constructed near the grass berm in right-center field, providing an additional spot for fans to socialize and watch the game.

The ballpark features an outdoor picnic area on the large concourse surrounding the outfield. The concourse runs around the entire facility allowing fans to walk around the park to see every angle of play from all the venue's dimensions. Parents can attend to their restless little ones and still watch the game by showing them the pitchers warming up in both bullpens from the outfield concourse.

Many fans enjoy looking at Oklahoma's baseball history portrayed on many murals around the concourse. The ballpark boasts bronze busts of Oklahoma stars and three larger-than-life bronze statues of Oklahoma's National Baseball Hall of Famers Mickey Mantle, Johnny Bench and Warren Spahn.

Single-game tickets for the Dodgers' 39 home games through June 25 are now available online at okcdodgers.com/tickets. Ticket prices range from \$12-37. Group and season ticket packages are currently available for the entire 2023 season. Single-game tickets for July, August and September home games will go on sale in June. Call (405) 218-1000 for more information.

USS Oklahoma sailor recently buried in Arlington National Cemetery

Herman Schmidt was born in Alexander, Kansas on Oct. 22, 1913. After growing up in Sheridan, Wyoming Schmidt was enlisted in Salt Lake City, Utah on June 15, 1937 attaining the rank of Gun (GM3c) with duties including the assembly, maintenance and repair of guns, gun mounts, and gun ports and took charge of guns and gun crews. Schmidt also handled and stowed ammunition and handled mines and depth charges before the authorization of the mineman rating.

Promotions included Apprentice Seaman upon enlistment, Seaman 2nd Class: Oct. 15, 1937, Seaman 1st Class: Oct. 16, 1939 and Gunner's Mate 3rd Class: June 12, 1941.

Herman Schmidt was lost Dec. 7, 1941. His duty station was the USS Oklahoma (BB 37) Sept. 25, 1937 and Naval Training Station San Diego, CA June 17, 1937.

Awards and Decorations* include the Purple Heart Medal, Combat Action Ribbon, Good Conduct Medal, American Defense Service Medal (with Fleet Clasp), Asiatic-Pacific Campaign Medal (with Bronze Star), American Campaign Medal and the World War II Victory Medal.

Herman Schmidt was buried in Arlington National Cemetery on Feb. 23.



Gunner's Mate 3rd Class, Herman Schmidt

STRANGE
BUT TRUE
SO THEY SAY...

BBT Sarcasm boosts creativity

You've probably been told to tone your sarcasm down at least once. But according to this bit of random trivia, sarcastic people get the last laugh—studies have shown that

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BBT The chance of a coin landing heads-up is not 50-50

When you flip a coin, physics, not probability, determines how it will land. A Mathematician found that a coin is slightly more likely to land on the face that was up when you flipped it. The heads side weighs slightly more.

COMMUNITY

Largest Crowd Ever Visited Library Booksale

Story by Darl Devault, Contributing Editor

The annual Friends of the Metro Library Booksale in February is growing as senior volunteers step up to face the challenge of a crowd so large that organizers needed to limit the number of shoppers allowed in the largest building at the same time.

The used book selection was the most extensive ever seen at the book sale, as was the number of shoppers. Fortunately, the "Better Books" section in the smaller building had no entry restrictions during the day. Thousands of book lovers lined up early on Saturday, February 25, well before the 9 a.m. opening in the Oklahoma Expo Hall at the Oklahoma City State Fairgrounds.

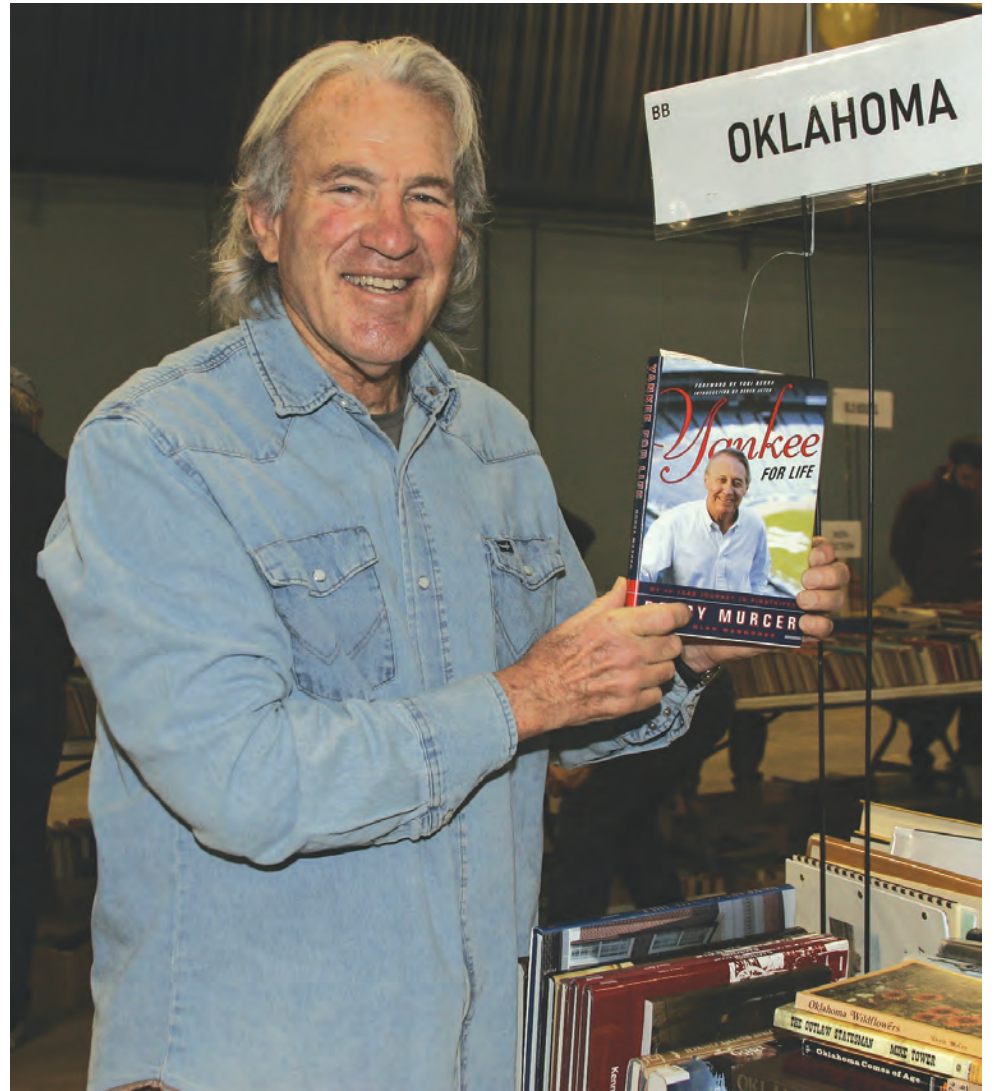
Heather Zeoli, Metro Library System director of development said, "This event is growing every year, and we are proud of our volunteers, including Ellen DeFehr, who is working at the back of this building

today."

It was undoubtedly a record crowd for Saturday, but estimating the number of shoppers at an event when the crowd never ends is difficult.

Many customers from out of state see the book sale as a do-not-miss event every year. In the crowd shopping the better books area, one senior customer said he had never missed a book sale. At the table for books by Oklahoma authors and books about Oklahoma, he was so excited that he was willing to brag about his good fortune this year.

John Carpenter, 68, was proud of what he found on offer this year. "I am buying a book written and autographed by Bobby Murcer (May 2008 autobiography, "Yankee for Life: My 40-Year Journey in Pinstripes" published by HarperCollins)," Carpenter said in an interview. "Murcer was a Southeast High School baseball



At the sale, Choctaw resident John Carpenter proudly displays his newly purchased autographed copy of Oklahoma baseball star Bobby Murcer's autobiography on Saturday.

player who replaced another superstar Oklahoman, Mickey Mantle, in the New York Yankees outfield. It is amazing to buy this donated book in such great condition with his autograph. It is as amazing as finding his autographed 1966 rookie card, except this is from the end of his career in the limelight since he died only two months after it was published."

Carpenter, a Choctaw resident and retired Oklahoma probation and parole officer, has become a well-known local yoga and spin teacher since retiring in 2011.

The sale's popularity has led to a competitive atmosphere among shoppers, who know this is a once-a-year opportunity to find great deals on books and other media. Despite the frenzied atmosphere, the sale remains a favorite among book lovers and bargain hunters alike, offering a unique opportunity to discover new authors and titles while stocking up on beloved favorites.

Customers come to shop for various 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. The children's section was swamped all day.

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 was "Books Bring Us Together." The books featured many subjects—fiction, nonfiction, cookbooks, biographies, medical, westerns, romance, children's, encyclopedias, reference and foreign language books. Several thousand big print books were offered with the larger point-size fonts needed to make reading easier for those with weak eyesight.

Despite the vast number of books on offer, the sale is organized by many senior volunteers in a way that allows customers to navigate through the different sections of tables easily. The literary sale has become a special event in Oklahoma and beyond, offering book lovers a chance to discover new titles, expand their collections, and connect with like-minded individuals. The sale's success is a testament to the enduring appeal of the written word. Its continued popularity was a testament to the passion and dedication of its volunteer organizers and supporters.

Volunteers worked tirelessly to ensure that everything ran smoothly. They went to great lengths to ensure that the thousands of books

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The children’s section drew the attention of hundreds of parents throughout the two days of the sale, February 25-26.

BOOKS

Continued from Page 6

were well organized by subject and shoppers could easily find what they wanted. With so much on offer, getting lost in the sea of books could

be easy, but the volunteers were always ready to help. The sale raised money to support the Metropolitan Library System. In its 43-year run, the Friends had given more than \$5 million in grants to the system.



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HEALTH

Nerve Renewal to celebrate anniversary with Open House

Story and photos by Eddie Roach, Contributing Writer

Nerve Renewal Neuropathy Clinic will mark its one year anniversary with a Community Coffee sponsored by the Northwest Oklahoma City Chamber followed by a ribbon cutting and Open House. The event is scheduled for March 23 at the clinic in the Edgewater Medical Center, 3705 NW 63rd St., Suite 101. Community Coffee will be from 8-9 a.m.

“This is a special opportunity to show the community what’s been accomplished in our first year serving patients,” said Tim Bales, CEO and Director of Business Development. “We appreciate the recognition from the Chamber and look forward to showcasing our first clinic – one of three now serving the metro.”

Nerve Renewal is a full-year into it’s plan to open multiple neuropathy clinics in the greater Oklahoma City area. Why so many? Bales said it’s important to have convenient locations and flexible hours because it’s difficult for many patients to travel far because of the persistent pain.

Nerve Renewal provides non-invasive treatments for neuropathy and nerve pain, providing relief from pain or tingling in the feet and hands. Conditions treated include peripheral neuropathy, chemotherapy induced neuropathy, diabetic neuropathy, phantom limb syndrome and post-surgical nerve pain.



The mission is to help Oklahomans renew their quality of life through innovative nerve pain treatments that provide safe and effective relief so that patients reclaim their joy, mobility, and freedom. Patients do not need a doctor’s referral, and treatments are covered by major insurance companies, Medicare, Medicaid and the VA.

“Seniors want a larger role in their health care, and Nerve Renewal offers just that,” said Marilyn Olson, executive director of VillagesOKC, a nonprofit which promotes empowered independence and is a mentor to Nerve Renewal.

She said many older adults with

See OPEN HOUSE Page 9



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NEUROPATHY CLINIC

OPEN HOUSE

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neuropathy of the feet are prone to stumble and fall – and falls are the leading cause of injury among adults 65 and older.

“Many with neuropathy of the feet are prone to stumble and fall,” Olson said. “Every year, falls result in hospitalization of approximately 7,000 older adults and the death of more than 450 older adults in Oklahoma.”

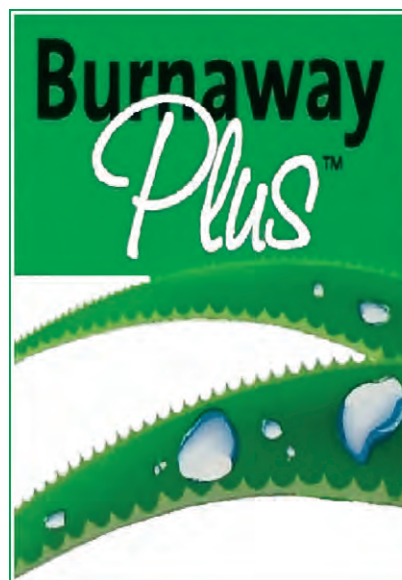
Peripheral neuropathy is a condition that results from damage to nerves located outside of the brain and spinal cord. Those who have peripheral neuropathy often experience pain, numbness, and weakness in their hands and feet. This can affect other things too, like walking or digestion. The cause of peripheral neuropathy can vary depending on the person, but it is most commonly caused by diabetes,

chemotherapy, or trauma to the nerve endings. Some people with this condition describe the pain as stabbing or burning sensations.

Studies show that 80% of patients experience a long-term reduction in pain without surgery or medication through the use of proven Electroanalgesia (EA) treatments provided by Nerve Renewal. The high-frequency energy blocks the pain signal in the injured part of the body, providing lasting relief with no recovery needed.

The treatment regimen is typically from 16 to 24 treatments. Therapy combines injections of pharmaceutical-grade nutrient blend with electroanalgesia to provide relief from symptoms.

In addition to the northwest location, Nerve Renewal Neuropathy Clinics are located at 9821 S May Ave., Suite B, and 4019 N Flood Ave. in Norman. More locations are planned for the near future.



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STRANGE BUT TRUE

SO THEY SAY...

BBT If you're ever attacked by a crocodile, stick your thumb in its eye.

Easier said than done, of course, but wildlife experts agree that this is the best way to save yourself in the event of a crocodile attack. The eyes are the most sensitive part of its body, and jabbing at them

should, ideally, cause them to loosen their jaws.

BBT The shortest sentence in English is "Go."

Yes, "Go," all of two letters is a grammatically correct English sentence. It's only a sentence, though, if it's a command, because then "you" is the understood subject.

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HEALTH

Certain veggies may prevent eye disorder, OMRF scientist finds

Remember being told as a kid that eating your carrots would improve your eyesight? While a diet containing carrots promotes good vision, your eyes may benefit even more by eating broccoli, kale or Brussels sprouts.

That's the assessment of Oklahoma Medical Research Foundation scientist Scott Plafker, Ph.D., who recently found that a compound in cruciferous vegetables shows the potential to prevent age-related macular degeneration.

In research models, the compound sulforaphane preserved the function of light-sensitive cells in the retina. These cells, called cones, are responsible for color vision by sending signals to the brain, which

then translates the signals into color.

Macular degeneration occurs when these cells die, causing blind spots and blurry or distorted central vision. It can worsen over time, affecting a person's ability to read, drive and recognize faces.

The most common treatment for the eye disorder is "handfuls of vitamins and antioxidant supplements," Plafker said. Sulforaphane is a natural antioxidant, he said, but it typically is not part of the suggested cocktail for macular degeneration.

"This compound has previously shown the ability to help our cells defend themselves from oxidative stress," Plafker said. "In these



Oklahoma Medical Research Foundation scientist Scott Plafker, Ph.D.

experiments, sulforaphane provided that defense to the retina."

Sulforaphane is found in cauliflower, radishes, broccoli and other members of the cabbage family. It also is available as a supplement, but Plafker said research has shown it offers more value in its natural form, whether fresh, frozen or canned.

Scientists have conducted numerous clinical trials testing sulforaphane's benefits on medical issues ranging from autism and schizophrenia to enlarged ovaries and prostate cancer. Plafker's lab was the first to demonstrate its potential to recover cone function.

See VEGGIES Page 11

Join Christina on Friday, March 17th at 11:45 am, for up-to-date information about Medicare and Medicare Savings Programs. This lunch and learn will be hosted by Willowood Senior Living, 1017 W. State Hwy, Mustang, OK. They'll provide your meal, so you must RSVP by March 15th at 405-376-1200.

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VEGGIES

Continued from Page 10

Macular degeneration is the leading cause of irreversible vision loss in older adults, affecting more than 10 million people in the U.S., according to the American Macular Degeneration Foundation. The risk increases with age. For those 75 or older, the risk of developing macular degeneration is 1 in 3.

“Dr. Plafker’s findings raise the intriguing possibility that a well-known compound present in many vegetables may protect against vision loss as people age,” said OMRF Vice President of Research Rod McEver, M.D. “Considering there are no treatments for most people with macular degeneration, this is an especially compelling discovery.”

More research is needed to better

understand how and why cells in the eye benefit from sulforaphane, Plafker said, and whether that benefit extends universally or only to a subset of potential macular degeneration patients.

But for now, Plafker said, lean into green. “A diet rich in vegetables like broccoli, kale and cabbage has health benefits as far as the eye can see.”

The findings were published in the journal Molecular Vision. The research was supported by grant 1 R01EY024944-01A1 from the National Eye Institute, part of the National Institutes of Health, and grants from the Oklahoma Center for the Advancement of Science and Technology and the Presbyterian Health Foundation. Scientists at the University of Alabama, Birmingham, contributed to the research.





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TRAVEL/ENTERTAINMENT

C is for Chicago

From Terry "Travels with Terry" Zinn t4z@aol.com

Chicago is a fascinating city with a history documented in its architecture. Known as the second city, it is second to none. The best way for a visitor to extract the most information and enjoyment, in the least amount of time is by taking one of the many tours offered by the Chicago Architecture Foundation. The plethora of tours are listed on their web site and should be consulted before your visit, and if possible reserved before your arrival. <http://caf.architecture.org/tours>

One of their many walking tours is a personal and up close tour of the city, and one of the best ways for interaction with the locals and getting an inside glimpse of buildings, you'd normally pass by. The CAF supplies amplified personal speakers with ear attachments, so that you can usually hear the qualified and experience laden docent clearly. If a 2 hour walking tour is not in your comfort zone there are a couple of bus tours that can give you an over view of the city, and specific architecture styles. Also the boat tour through the north and south sections of the Chicago River is a treat, as you glide beneath the architectural treasures, and hear historic narratives personified in terracotta, brick, iron, steel and glass. The boat tours are offered several times a day, and on fair weather days may sell out.

Every visitor should take a leisure walk through and around the recent Millennium

Park, where not too long ago was an unpleasant railway yard. Located between the downtown skyscrapers and Grant park with its Buckingham fountain, the new park is home to the appealing "bean" stainless steel concave/convex sculpture along with a wading pool fountain book ended by LED encrusted monoliths, and other traveling sculpture exhibits, along with a modern outdoor amphitheater.

The newly opened Elysian Hotel, by architect Lucien Lagrange, offers elegance in a combination of old world ambiance and luxury with Chicago helpfulness. The white minimalist marble lobby atmosphere continues through the 28 stories of hotel rooms and most likely to the upper levels of residences, in this high rise accommodation. The complimentary Lexus courtesy car is a boon to guests needing a ride to their appointment, although taxis are readily available not only at Elysian's circle drive, but throughout Chicago. I never had a problem hailing a taxi for my hotel return, especially on Michigan Avenue.

The Elysian 2 star Michelin RIA restaurant, along with their Balsan Grill, and the most congenial Barnard's bar, should be enjoyed and savored, as well as their extensive SPA, complete with a men's atelier. <http://elysianhotels.com/>

For other dining delights, try the views of Signature 95, on the 95th floor of the Hancock Tower, and the Cite on the 70th floor of Lake Point Towers, and the Deca restaurant in the open lobby of the Ritz Carleton.

In the Ritz Carlton complex of Water Tower Place the Broadway Playhouse theatre is housed, making your dining and

evening entertainment an easy match. Chicago is rich in visual stimulation which can inspire the soul and if not careful tire the souls of your feet. Chicago is best experienced in small doses, encouraging you to return again and again.

For more Chicago trip planning visit: <http://www.choosechicago.com/>.



Hights can be invigorating. Gourmet food and drink is definitely invigorating. Put them together at Chicago's gourmet restaurant, Signature 95, atop the John Hancock Building, and you have a combination worthy of photographic heaven.

Easy to make reservations to this popular upscale venue with the online reservation program of Open Table. I've used it several times as the only option offered at some elite establishments and have never been disappointed in its accuracy. My Chicago visit was in the spring when Michigan Avenue was awash in sunshine and tulips. This sunshine came in handy for this Martini Portrait.

It is almost impossible to photograph through double pane E glass, which is often found in modern buildings, if you are after a clean and not reflecting image. So when I saw the sunlight streaming in one side of the restaurant I knew I had to screw up my camera courage and "go for it." As with my camera in hand and on a personal mission, I feel I am privileged with "camera courage."

The sunlight was perfect at the start of the buffet line but this was near noon time. The stack of plates made a perfect pedestal and shadow surface for this image of a special blue Chicago Martini. As this was at the start of the buffet, I needed to photograph and quickly so as not to be asked to step aside, which would have been hard to do, as I had to be on my knees to be at my preferred angle for this ideal composition. Cheers!

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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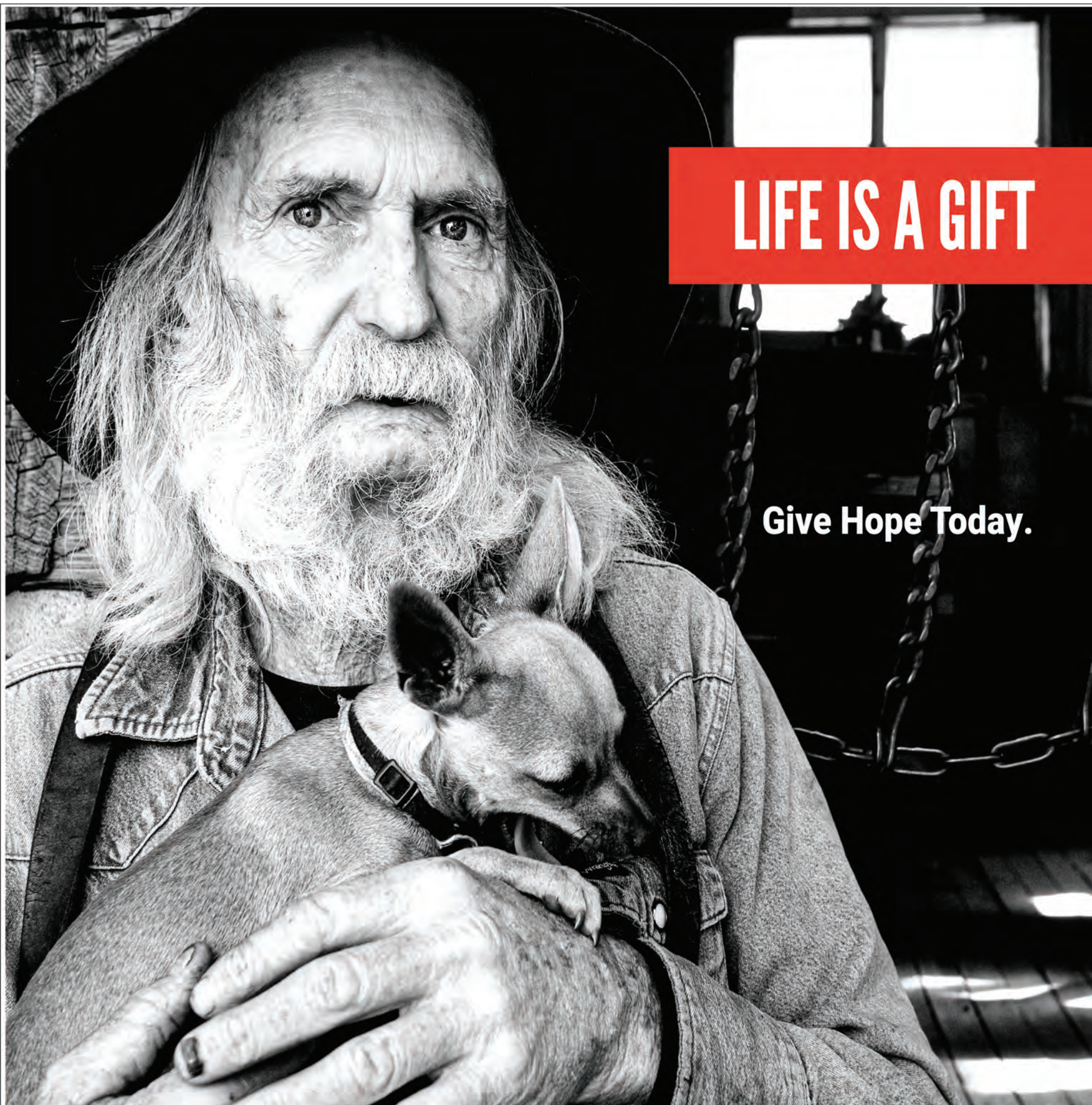
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Helping a Senior Loved One With Financial Management



Story and photo by Lisa Gonzalez, Contributing Writer

As we age, managing financial matters can become more challenging. But staying on top of our finances is essential for avoiding financial fraud, minimizing debt, and making the most of our retirement savings. If you think your senior loved one is struggling with money management, it might be time to step in and offer to help with their financial matters. Today, Senior News and Living explores some common signs that your senior loved one may be struggling with their finances as well as some steps you can take to help out.

Look for Signs of Financial Management Issues

Financial management issues aren't always obvious, even to close loved ones. Keep an eye out for some common signs that your senior loved one may be having a hard time tending to their financial responsibilities:

Unopened mail lying around the house.

Purchases that are out of character.

Unexpected changes in their investment portfolio.

Large bank withdrawals or transfers between accounts.

Taking longer than usual to pay bills and complete other everyday financial tasks.

Paying the same bill more than once.

Repeatedly calling the bank for passwords and pin numbers.

Some of these signs might also indicate that your senior has become a victim of financial fraud or financial

exploitation. If you suspect this is the case, AgingCare.com recommends gathering as many details as possible and reporting your suspicions to local law enforcement.

Help Your Loved One Sell Their Business

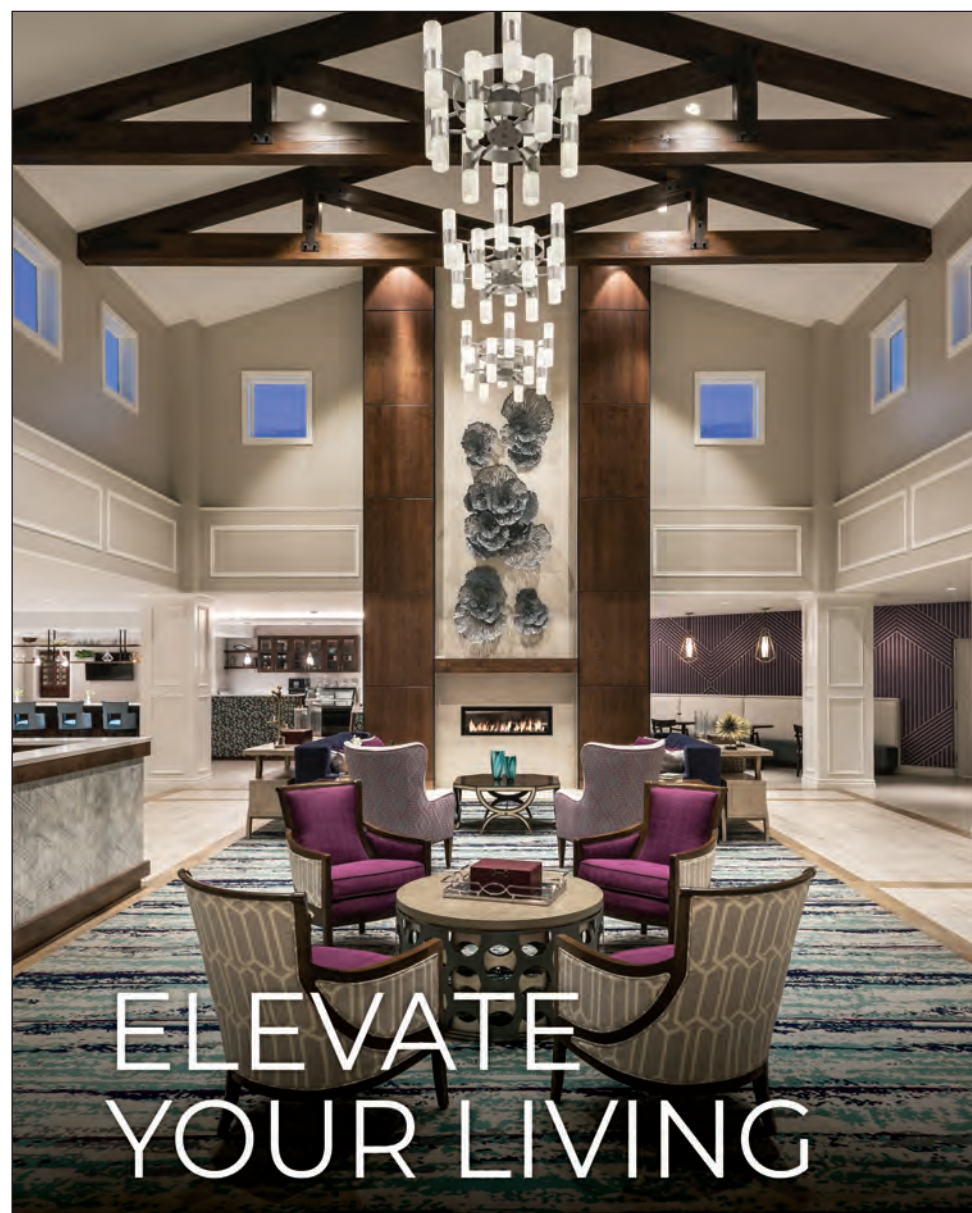
If your senior loved one runs a business and they're struggling to keep up with their business finances, this could be a good time to sell. Help your loved one prepare their business for sale by getting a professional business valuation. A business valuation will provide an objective perspective on the company's value, void of any sentimental value your loved one may assign to it. A valuation is also important for arriving at a realistic asking price that buyers think is fair.

Obtain Power of Attorney

Getting a general power of attorney will enable you to act on the behalf of your senior loved one both financially and legally. You'll be able to sign documents on their behalf, open or close bank accounts, withdraw funds, pay bills, cash checks, and even enter into contracts for utilities and services.

Be sure to approach your loved one with power of attorney discussions while they're still able to make their own decisions. Since this can be a difficult conversation, work to build trust before broaching the topic. Offer to help with financial matters and decisions to show that you care about what's going on in their life. Most importantly, avoid pressuring them, placing blame, or shaming them for

See HELPING 17



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Helen (Reese) Head

(RIGHT) Helen (Reese) Head celebrated her 100th birthday with sons Dale & Danny in Ponca City. She was the English teacher & head librarian of Shidler High School for 37 years. Congratulations to the venerable, legendary Mrs. Helen Head, retired educator, who mentored young struggling readers & was honored as a "Friend of Education" by Ponca City Schools.



Ina Belle (Barker) Marshall

Ina Belle (Barker) Marshall of Ponca City enjoyed her family from all over the U.S. help her celebrate her 100th birthday! She is a lifelong Methodist, volunteered at the Thrift Shop in Grove & at hospitals in

Grove & Ponca. She has traveled extensively, loves happy family gatherings, ice cream, pie and skillet fried chicken. Her words of wisdom: "Have a happy attitude! It will make all the difference in your life!"



Fred Holden



(LEFT) WWII Veteran Fred Holden of Bixby was born & raised in Bluejacket. This Purple Heart recipient owned Holden Trailers in Broken Arrow, loves RV travel, family reunions, steak and cherry pie. Since work was his hobby, he advises "Don't be lazy!"

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HELPING

Continued from Page 15

their financial struggles.

Consider Relocating

Handling all of this long distance can be pretty daunting – if not impossible – and frequent car rides or plane trips can be exhausting, as well. If you feel like you might need to be closer to your loved one for a while to see that everything gets done right, you might want to look into buying a house in the area. Do some online research to see properties with your preferred amenities as well as price, and don't be afraid to ask tough questions when you go to look at the house.

Take Over Regular Financial Tasks

Whether or not you have power of attorney, you can help your senior loved one with a number of regular financial tasks like paying bills or monthly budgeting. This is easier to do with a joint bank account. GetCareful.com recommends

considering the pros and cons of a joint account before moving forward. While a joint account will allow you to monitor transactions and help your senior loved one with their finances, it can also create complications with taxes, estate planning, and social security benefits. Consider talking to a financial advisor about this decision to ensure it's the right move for your family.

Many seniors need help with financial management at some point. If you have a parent, sibling, or spouse who is struggling with their finances, offer to lend a hand! Discuss their options, be respectful, and let them make decisions on their own. Whether you end up helping them sell their business or paying their monthly bills, your assistance will go a long way toward improving their financial well-being!

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USS Oklahoma Shipfitter 3rd Class John Donald Buried Feb. 9

Shipfitter 3rd Class John Donald of Marietta, Georgia was born in Ball Ground, Georgia in July 15, 1913 and enlisted in Nashville, Tennessee on July, 6 1940. Donald's duties were Using hand and machine tools of the metal shop for metal construction; to lay out metal sheets/sections for repairs to ship's structure. Duties also included bending, repairing, and fitting pipes, tubing, and structural sections. Donald also maintained tanks and watertight fixtures along with performing tasks associated with forging, welding and soldering. His promotions included Apprentice Seaman upon enlistment, Seaman 2nd Class: Nov. 6, 1940, Seaman 1st Class: May 1, 1941 and Shipfitter 3rd Class: Sept. 1, 1941. He was lost Dec. 7, 1941 on The USS Oklahoma at Naval Base Pearl Harbor Hawaii. Awards and Decorations included Purple Heart Medal, Combat Action Ribbon, Good Conduct Medal, American Defense Service Medal (with Fleet Clasp), Asiatic-Pacific Campaign Medal (with Bronze Star), American Campaign Medal and the World War II Victory Medal. John Donald was re-interred in Arlington National Cemetery in Washington, D.C., on February 9th.



Shipfitter 3rd Class John Donald.

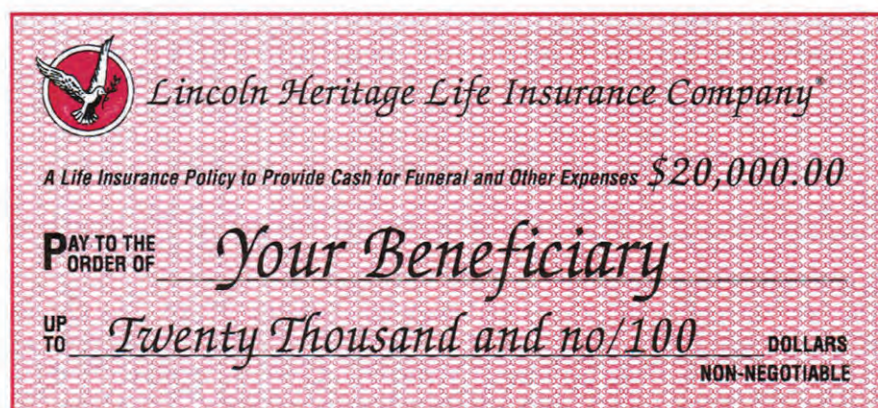
Over the Counter (OTC) Hearing Aids Arrive

Story and photos by Ron Hendricks, Contributing Writer

They are here now! The Over the Counter (OTC) hearing aids. They are being advertised everywhere - the newspaper, TV, even on the radio. Hearing Loss Association of America Central Oklahoma Chapter (HLAA COC) does not endorse the OTC hearing aid but we don't condemn them either. HLAA COC endorses education. Be a smart buyer.

Yes, less expensive hearing aids are now available by mail order. You can get a pair without visiting a doctor, audiologist, or even some hearing aid retailer. Think about it, you can now get a set of hearing aids at home in your underwear! But, will they work? Well, you should take a hearing test, but where? There are on line hearing tests available and even some may be taken over your smart phone. They are not in depth nor will they identify other potential health problems but they can tell if you have MILD or MODERATE hearing loss. • The OTC hearing aid may be for you but here are some points that you need to be certain you understand. There is no "free trial period." • There is no one-size-fits-all. You may need to try several before you find one that works for you, • Understand the return policy of your seller. It is required to be printed on the box. There may be undisclosed fees so ask first. • This is not your grandma's hearing aid. OTC aids may have various features but they are still not fully functioning ears. Be an educated buyer. • If your OTC aid does not function as advertised you can complain to the FDA at their website.

In short, if you have moderate hearing loss, you may be able to get a hearing aid that will helpful at a moderate cost but you must be an educated buyer. But, if your hearing loss is greater than mild, you should consult a professional. You are invited to attend the free HLAACOC educational seminar, on February 16, to hear a professional discuss the pros and cons of the OTC hearing aid. HLAACOC seminars are held every third Thursday, 11:30-1PM at the Will Rogers Garden Center, 3400 NW 36. Come and learn about hearing loss and how to live successfully in the hearing world.



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Canterbury revisits historic concert with The Brubeck Brothers Quartet

Canterbury Voices will reprise jazz legend Dave Brubeck's To Hope! A Celebration for the first time in 15 years, with guest artists The Brubeck Brothers Quartet, culminating in a celebration of Artistic Director Dr. Randi Von Ellefson's final performance at the Civic Center Music Hall on Thursday, March 9 at 7:30 PM. To Hope! artfully combines elements of pure jazz with a setting of the Roman Catholic Mass, a sacred expression of joy and hope and possibility.

"I am excited about coming to Oklahoma City with The Brubeck Brothers Quartet to perform To Hope!, one of my father's greatest achievements as a serious, classical composer," says Chris Brubeck. "It is an uplifting, powerful musical and spiritual experience for the audience and performers. This piece is alive and ever-changing, along with its beautifully composed choral passages and gorgeous melodies."

"This is one of Brubeck's most beloved pieces for large chorus, soloists, and orchestra. I am so excited to bring the Brubeck Quartet back to OKC," says Dr. Randi Von Ellefson. "It is filled with Brubeck's joy of life, of music, and his fervent faith." The concert event will also include three vocal soloists and members from the Oklahoma City Philharmonic.

Canterbury Voices Executive Director Pam Mowry says, "I can't believe this is Randi Von Ellefson's last Civic Center concert! He is leaving such a lasting legacy - what a remarkable journey in Oklahoma City. His positive energy and expert musicianship has brought joy to this organization and our musicians over the past 19 years. You simply won't want to miss it!" Canterbury will host a champagne reception for Dr. Ellefson in the Civic Center lobby immediately following the performance.

Tickets are now on sale and group discounts are available. Call the Box Office at (405) 232- SING or visit <https://canterburyokc.com/> for ticket information.

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FIGHTING FOR INDEPENDENCE - SENIORS IN AMERICA

Story by Jake Strickbine

The freedom to come and go as she chooses is just one of the many things Alva Lee Holmes loves about living on her own.

At 97, Holmes knows having her own apartment is somewhat of a luxury. Part of an independent senior living community, it's a life she doesn't take for granted.

"I was 97 last month and to me I'm in good health and I didn't used to be. When I was younger, I wasn't," Holmes said.

A few years ago, she was struggling with her health, worried she wouldn't be able to live on her own much longer.

"I had a tumor in my thyroid, and I lost weight something terrible and my doctor never asked me why I was losing," she said.

That's when she learned about Valir PACE, a local program that is revolutionizing care for seniors who would otherwise require nursing home care.

Holmes saw a friend was

benefiting from the program, so she quickly signed up, too.

"PACE is a holistic vision of taking care and a wellness program being proactive and not just chasing the injury, chasing whatever is wrong with an individual, but treating the whole of the individual," said Jake Brownlow, President of Oklahoma City based Valir PACE.

It is a personalized and comprehensive approach that includes doctor visits, physical and occupational therapy, meals, medication, and transportation — an approach that allows seniors like Holmes to remain independent.

"I'm a lot healthier now than I was before I came," she said.

Illness, falls and other injuries can quickly result in seniors losing their independence.

In fact, more than 17,000 Oklahoma seniors currently live in nursing homes. Yet, 48% of those homes rank below the national average for care, according to Medicare.gov. So finding a better



Alva Lee Holmes enjoys needlework at her south Oklahoma City home.

option is a priority for many seniors.

February is National Senior Independence Month, a time when senior independence advocates stress that with the right care seniors can live independently longer.

"That's the benefit of this program, it lengthens that time that they're able to spend with their family and their care circles, with their church, with their friends and their neighbors," Brownlow said.

In some cases, the Valir PACE team is even able to help seniors make necessary improvements to their homes, such as adding safety bars in bathtubs and showers, and ramps to help them get in and out of their homes.

PACE delivers medications to

participants each week, helping ensure they don't miss a dose due to cost or other factors.

It's given Holmes the freedom to live life the way she wants, while still getting the care she needs.

"I don't think I would be in this good of health if I didn't come here to Valir PACE. I really don't know that I would be here," she said.

The program is currently working to help more seniors across Oklahoma get the care they need to remain independent longer. They recently opened a new Alternative Care site in Choctaw. And, they have plans to open additional sites across the state.

To learn more about the program, visit <http://www.valirpace.org/> or call 405-609-3688.

SNL CROSSWORD CORNER

Across

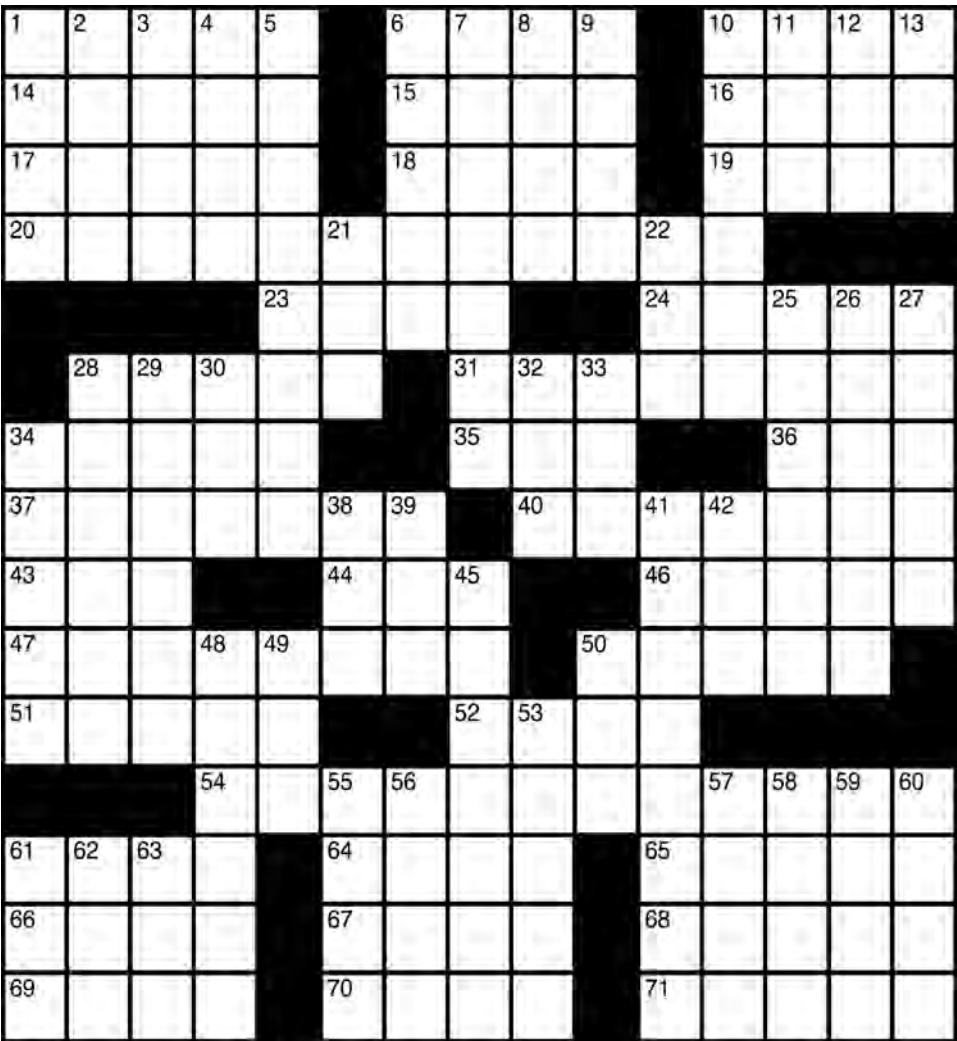
- 1 Monastery figure
6 Move quickly, as clouds
10 Speak up?
14 Jazz singer Vaughan known as "The Divine One"
15 Despise
16 Lingerie trim
17 Speak from a lectern
18 "C'est la vie"
19 Bronze, Iron, et al.
20 *Fried fare traditionally wrapped in newspaper
23 "Allow me"
24 Pal
28 Rx
31 *Missing nothing
34 Colorful South Asian garments
35 Veer off course, as a rocket
36 ___ Dhabi
37 *With 40-Across, defenders of the Holy Grail
40 See 37-Across
43 Golf hole meas.
44 "Bingo!"
46 Straight up
47 *Monkeys, e.g.
50 Pfizer rival
51 Lightens up
52 Grocery cart unit
54 "Do it now!," and what

- can be said about the answers to the starred clues
61 ___ carotene
64 Travel aimlessly
65 Clamor
66 Depleted Asian lake
67 Journey
68 Familiar "Who's there?" reply
69 Jokes
70 ___ cracker
71 Like dry mud on cleats

Down

- 1 Starting from
2 Italian port on the Adriatic
3 Garments with hooks
4 Part of a swearing-in ceremony
5 Community with barn raisings
6 Suitable for hosta
7 Turn to stone
8 Four Corners state
9 Javier's "Being the Ricardos" role
10 Flat panel TV type
11 Ride (on)
12 Card worth four points in evaluating a bridge hand
13 "Bingo!"

- 21 Snooze
22 Cooking spray
25 Slanted, as some writing
26 "Retreat!!"
27 Sky blue
28 Oh of "Killing Eve"
29 Urgent event
30 Fix badly?
32 Tell (on)
33 Be in debt
34 Zoom alternative
38 Tit for ___
39 ___ shed
41 "Super heroes must eat oats" for the Great Lakes, e.g.
42 ___ favor
45 "Let me repeat ... "
48 Bronze, iron, et al.
49 Fire pit residue
50 Chaps
53 Super Bowl LV city
55 The "A" in many degrees
56 Fatty tuna, at a sushi bar
57 Personnel list
58 Spine component
59 "Twilight" vampire Cullen
60 Wetlands plant



Answers on page 27



2023 OKLAHOMA

If your organization is having an upcoming event, let us know. Email the information to news@seniornewsandliving.com For a complete calendar of OK History events visit: <https://www.okhistory.org/calendar/ohs/>



March 2
9 a.m.–3 p.m.

Living History Education Day

On Thursday, March 2, the Fort Towson Historical Site will bring history to life through a FREE educational event to teach what life was like at Fort Towson over 180 years ago. This is a great opportunity to watch demonstrations of living historians who will be presenting historic skills, and educating guests while dressed in period clothing. Education Day presents multiple learning experiences about life at the military outpost during the 1840s when it was a vital re-supply point for soldiers headed south to engage in the Mexican-American War. Group registration is required. For more information call 580-873-2634 or email fttowson@history.ok.gov. Fort Towson Historic Site is located one mile east of the town of Fort Towson and three-quarters of a mile north on Highway 70E.

March 3
10 a.m.–2 p.m.

1840s Encampment

On Friday, March 3, Saturday, March 4, and Sunday, March 5, the Fort Towson Historic Site will host an 1840s Encampment on its grounds. This three-day living history event will give observers and participants a sense of stepping back in time. The historic site will be open and free to the public each day of the encampment, holding historic skills demonstrations throughout the day. Fort Towson Historic Site, HC 63, Box 1580 Fort Towson, OK 74735. Tents will dot the grounds, and the fort will be brought back to life with reenactors wearing historical clothing using and demonstrating the uses of historical tools, organizing period games, and taking part in the ongoing encampment activities.

March 4
10 a.m.–2 p.m.

Blacksmithing Demonstrations with the Saltfork Craftsmen

Cherokee Strip Museum and Rose Hill School, 2617 West Fir Street Perry, OK 73077. Visit the Cherokee Strip Museum in Perry to watch the Saltfork Craftsmen give a Blacksmithing Demonstration in the blacksmith shop. The demonstration will take place from 10 a.m. to 2 p.m. Guests can enjoy watching the craftsmen work and will have an opportunity for safe hands-on experiences. This event is for those who enjoy watching craftsmen at work, and for young and old alike to try their hand at the craft. The forge will be lit at 10:00 a.m.

March 6
1 p.m.–5 p.m.

Bob Wills Day at the Capitol

On Monday, March 6, experience the music and memories of an Oklahoma legend—Bob Wills! From 1 to 5 p.m., enjoy an afternoon of live performances under the dome on the second-floor rotunda of the Oklahoma Capitol building. At 6 p.m., catch a special live recording of A Very OK Podcast at Ponyboy in Oklahoma City. Open to all, the event commemorates Wills, the Country Music Hall of Fame artist, Oklahoma Music Hall of Fame inductee, and true innovator whose imprint on popular music can still be heard today.

March 11
9 a.m.–11 a.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!

March 11
1 p.m.–3 p.m.

Second Saturday Sewing Circle

Fort Towson Historic Site, HC 63, Box 1580 Fort Towson, OK 74735. Every Second Saturday, beginning in February, the Fort Towson Historic Site will hold a free, informal monthly Sewing Circle. Sewing and historic domestic skills—part of the fort's history—will be demonstrated and taught. All skill levels are welcome in the group which will allow more experienced guests to provide guidance for beginners. Participants are encouraged to bring their own modern or historic projects, or purchase kits from the site's gift shop.

March 16
10:30 a.m.

Story Time at Hunter's Home

Hunter's Home, 19479 East Murrell Home Road Park Hill, OK 74451. Every month, from March to June, Hunter's Home will have a monthly story time for children of all ages. Beginning on Thursday, March 16, at 10:30 a.m. the first story time gathering will feature a reading of *The Little Red Hen* by Florence White Williams. Parents and children are invited to see the animals living at the Hunter's Home working farm, including new baby chicks. Each story time will also have an activity and a snack to enjoy.

March 18
10 a.m.–2 p.m.

Carriage House Sit and Sew

Henry and Anna Overholser Mansion, 405 NW 15th Street Oklahoma City, OK 73103. National Quilting Day is March 18! Sewers of all ages are invited to join to celebrate sewing and quilting traditions. The "Carriage House Sit and Sew" is a free monthly event for makers and crafters of all kinds and all skill levels. Participants are encouraged to bring their supplies and projects to sew and create in a different setting. Register for each session at <https://www.preservationok.org/shop> Registration is limited to 20 people.

March 25
10 a.m.–3 p.m.

Chuck Wagon Gathering

Chisholm Trail Museum and Horizon Hill, 605 Zellers Avenue Kingfisher, OK 73750. Visit the Chisholm Trail Museum on Saturday, March 25, from 10 a.m. to 3 p.m. for a day filled with cowboy fun! Drop in and see a variety of working chuck wagons from across the region as the cooks prepare some of their favorite dishes.

FINDING ROMANCE AFTER AGE 60

Story by Joyce Clark, Executive Director - Saint Ann Retirement Center

As a single woman in her 60's who is also the director of a senior living campus, I often hear friends and residents comment on the challenges of finding love after reaching an age of experience. The fact is there are many more single women than men age 65 and better. The guys hold an advantage and simply have more to choose from to meet their romance needs. That means a woman interested in finding love might benefit from a strategic approach to broadening her circle of potential candidates.

The benefits of finding love later in life are numerous. Companionship and emotional support can improve overall well-being and reduce the risk of health issues such as depression and heart disease. A partner can also provide financial and practical support, making it easier to pay bills and navigate life.

Finding love at any age can be challenging, but it is possible to find a new partner even after age 60. Below are a few suggestions to help single folks succeed in their search for a mate. I may try out a few of these recommendations later this year and get back with you readers on my

experiences. Call me at (405) 721-0747 Ext #301 and let me know if you have any fun or interesting stories or tips to share!

BUILD A STRONG FOUNDATION: Focus on developing self-love, clear communication skills, flexibility, and appeal. These are essential to attract someone and to maintain a healthy relationship.

JOIN SENIOR DATING WEBSITES OR APPS: Online dating can be a great way for older adults to connect with others. Look for reputable dating apps or websites and be sure to protect your personal information. Be honest about yourself and about what you are looking for in a match. This will help increase the chances of finding a compatible partner.

PRACTICE SELF-CARE: Taking care of yourself physically and emotionally will make you a more attractive and confident partner.

BE ACTIVE IN YOUR COMMUNITY: Get involved in your local community through volunteering and helping out at events. This can help you meet new people and find potential partners.

BE CONFIDENT: Believe in yourself and your ability to find love and to

be loved. Confidence is attractive and can help you make a connection with someone.

DON'T RUSH: Take your time in getting to know someone and building a relationship. Love takes time to develop, and it's important to be patient and allow things to blossom naturally.

HAVE FUN: Remember that finding love should be fun and enjoyable. Don't put too much pressure on yourself and enjoy the journey.

GET OUT AND SOCIALIZE: Join clubs, groups, or organizations that align with your interests. Look for local events and activities that are geared towards seniors, such as dances, book clubs, church classes, and fitness groups. This will give you the opportunity to meet new people who share your passions. It's important to be active and engage with others in the social activities you join. Be open to conversations and make an effort to get to know people. Don't be afraid to ask someone out for coffee or a meal to get to know them better. Saint Ann Assisted & Independent Living has numerous entertainers and fun things to do. You are welcome to come join the fun. Life enrichment calendars are typically on the website:

<https://www.saintannretirementcenter.com/> or you can call Lisa at (405) 721-0747 Ext #322 to have calendars emailed to you.



Joyce Clark is the Executive Director at Saint Ann Retirement Center in Oklahoma City.



BE OPEN-MINDED: Don't limit yourself to a certain age range or type of person. You never know who you might connect with.

DON'T GIVE UP: Finding love takes time and patience. Keep an open mind and continue to put yourself out there.

TAKE UP A NEW HOBBY: Expanding your horizons can be interesting and fun. Joining a club or group that focuses on a hobby you enjoy is a great way to meet new people.

SEEK OUT PROFESSIONAL HELP: If you are struggling to find love, consider seeking out the help of a professional matchmaker or dating coach who can help you navigate the dating scene.

TAKE A CLASS: Sign up for a class that interests you, such as a cooking class, photography class, or dance class. This can be a great way to meet new people and find someone who shares your interests.

ATTEND EVENTS: This can include community festivals, fairs, concerts, or art shows. These events can provide a relaxed and fun atmosphere to meet new people and make connections.

CELEBRATE YOUR AGE: Embrace your age and all that it represents. You have a lifetime of experiences and wisdom that makes you unique and valuable.

BE KIND TO YOURSELF: Treat yourself with kindness and compassion.

INVOLVE FRIENDS & FAMILY: Ask others to connect you with someone they think may be a great match.

BE HONEST WITH YOURSELF AND OTHERS: Be open and truthful with yourself and others about what you are looking for in a relationship. This will help you find someone who truly matches your needs and wants.

LOOK FOR OTHER WAYS: For example, recently a woman placed a personal advertisement in *Senior News & Living* classifieds seeking a compatible man. She reports she has had tremendous results. Taking initiative and action to find love might open more doors and expedite success.

Joyce Clark is the Executive Director of Saint Ann Assisted & Independent Living in Oklahoma City. Saint Ann is an affordable and fun community that has new levels of care, including short-term respite stay. The beautiful home is a ministry of The Archdiocese of Oklahoma City and people of all faiths love living at Saint Ann. Call Lisa at (405) 721-0747 Ext #322 or visit the website <https://www.saintannretirementcenter.com/> for more information about assisted or independent living.



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Three's a Plenty! Violinist YooJin Jang Joins Brightmusic for Ravel, Brahms Trios March 28

The Brightmusic Chamber Ensemble welcomes guest violinist YooJin Jang as it presents the fourth concert of its 20th anniversary season on March 28 at First Baptist Church, 1201 N. Robinson, Oklahoma City. The ensemble will perform a pair of demanding trios for violin, cello and piano and a jazz-inspired Sonata for Violin and Piano.

YooJin Jang is Assistant Professor of Violin at the Eastman School of Music. Winner multiple competitions, she has been praised as “a performer without fear or technical limitation” with “fiery virtuosity.” She is has appeared with numerous prestigious orchestras and is also a passionate chamber musician. YooJin is a graduate of the New England Conservatory of Music.

“Masterworks Revisited” Program:
• Franz Joseph Haydn, Trio for Violin, Cello and Piano in C major, Hob. XV:27

- Maurice Ravel, Sonata for Violin and Piano, No. 2 in G major
- Johannes Brahms, Trio No. 2 for Violin, Cello and Piano in C major

Musicians: YooJin Jang (violin), Jonathan Ruck (cello) and Amy I-Lin Cheng, piano

Haydn’s Trio for Violin, Cello and Piano, published in 1797, is one of his most demanding pieces for keyboard. The main theme of the final movement, wrote music critic James Keller, “hops from register to register all over the piano’s keyboard [leaving] the performer practically breathless and the listeners grinning.”

Ravel wrote his jazz-inspired Sonata for Violin and Piano between 1923 and 1927, at a time when W. C. Handy’s band was introducing jazz and blues to adoring crowds in Paris. The following year the Frenchman traveled to New York and met a young George Gershwin, with whom he spent several evenings in Harlem



YooJin Jang (courtesy YooJin Jang)

soaking up the American sound.
Brahms completed his Piano Trio No. 2 violin, cello and piano in 1882 and showed it to his friend Clara Schumann, who particularly praised its phrasing and fluid thematic development. The confident composer told his publisher that they had “not yet had such a beautiful trio from me and very likely have not published its equal in the last ten years.”
The ensemble will perform at First Baptist Church, 1201 N Robinson in Oklahoma City. Free parking is available north and southwest of the building. Handicap access is available through the door under the awning on the south side of the building.
The Brightmusic Chamber Ensemble is Oklahoma City’s foremost presenter of classical chamber music. For more information, visit us at <https://www.brightmusic.org/>.

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SENIOR NEWS & LIVING
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Luxe Life Senior Living Opens in Norman



A new luxury senior living brand has acquired Wickshire Senior Living to bring its unique model of resort-style accommodations to Norman. Unlike traditional senior living facilities, Luxe Life offers an amenity-rich environment with spacious suites, a salon and spa, a wellness center, concierge services, personalized activities and restaurant-style dining with menus created by an on-site executive chef. There is also professional medical care, including memory and respite care, available for people who need it, as well as 24/7 access to nursing staff. Luxe Life is the latest venture

from Chicago-based Ignite Medical Resorts, which combines uncompromising luxury and rapid rehabilitation in a high-end setting. Ignite operates three locations in Oklahoma, one of which is adjacent to Luxe Life in Norman. “Luxe Life is a natural extension of the Ignite brand,” said Tim Fields, the companies’ CEO and co-founder. “Whether someone is coming from one of our medical resorts or simply making an exciting lifestyle change, they’ll receive top-tier hospitality and expert service. It’s just like home — only better.” The company recognizes the



importance of a nutritious and delicious dining program, even inviting residents to join the culinary committee to suggest recipes. Happy hours will include delicious chef-driven cuisine and cocktails indoors

or on the patio at Fireside Grille. “Our Luxe Chef will whip up indulgences from around the world and can accommodate all allergies and specific dietary needs,” Continued next page

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LUX
Continued from Page 24

Fields said. “We’ll also offer chef demonstrations, culinary events, wine and cheese gatherings and catering for special occasions. By focusing on quality, fresh ingredients, residents will feel like they’re eating at a five-star restaurant every day.”

The company is currently renovating the facility to provide resort-style living, with a Luxe Café proudly brewing Starbucks coffee to open this summer. Renovations won’t disrupt resident life.

The facility is boutique-sized and intimate offering a limited number

of suites. Suites are still available but filling up fast. To request a tour and secure your space, visit <https://www.luxelifeseniorliving.com/>.

Luxe Life Senior Living allows residents to live life to the fullest and join a community with purpose. People can live at Luxe Life independently or with assistance, and memory care services and respite care are also available. The facility offers a full-service, amenity-rich environment with spacious suites, restaurant-style dining, concierge services, 24/7 access to nursing staff, a wellness center, a salon and spa and more. For additional information, visit <https://www.luxelifeseniorliving.com/>.

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



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Mercy Opens Outpatient Infusion Center for Patients with Inflammatory Bowel Diseases

New service for patients with Crohn's Disease and Ulcerative Colitis

A new outpatient infusion treatment center for people with inflammatory bowel diseases (IBD) has opened at Mercy Hospital Oklahoma City. The center is part of Mercy's efforts to expand gastroenterology services in the metro area.

Dr. Hussein Bitar, a gastroenterologist who specializes in the treatment of inflammatory bowel diseases, joined Mercy last year with the opening of the Mercy Gastroenterology and IBD Center, the only dedicated IBD center in the state.

"There's a lot of excitement in this field with new treatments regularly coming on the market, and many are delivered intravenously," said Dr. Bitar. "Having a dedicated infusion center for patients just down the hall from where they get lab work, imaging and visit our team in the clinic is a unique care model that makes the experience for patients much easier and streamlined. We're proud to be the only center in the state with this service."

Patients with moderate to severe Crohn's disease and Ulcerative Colitis struggle with painful symptoms like abdominal pain, bloating, diarrhea, anemia, weight loss and fatigue. Many of these symptoms cause patients



to experience severe dehydration. In addition to having access to the latest biologic infusion treatments, they'll be able to get IV fluids and iron infusions as needed in the new center.

"We see a lot of really complex patients in various stages of their disease process, and many come to us for second or third opinions," said Dr. Bitar. "Our long-term goal is to create a medical home where they can receive all their care in one location, and this infusion center is another step in that direction."

Click here for more information about Dr. Bitar and Mercy's IBD Center in Oklahoma City, or call (405) 752-3900.

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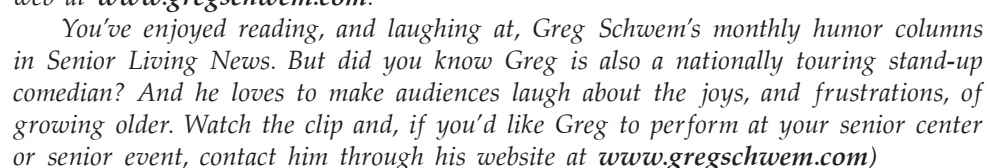
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www.arborhouse4u.com

My favorite writer, David Sedaris, once wrote that teenage boys would



JUMBLE

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


KEISR

HOYAO

SOLONE

PRETIM

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



HE THOUGHT HE COULD PICK UP THE HEAVY BOX BY HIMSELF BUT WAS ---

12/18

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

(Answers Monday)

Yesterday's

Jumbles: ICING WAIVE PIGLET NOTION
Answer: The twins usually knew what each other was thinking because they were — "IN-TWO-ITIVE"

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e022924

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e053023

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e0229

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e0230

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e0330

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FOR SALE** - Two plots
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e1130

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e0430

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The newspaper

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e033023

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TINSELTOWN TALKS:

Big news from Rich Little

By Nick Thomas

For those of us who lived through the 70s and 80s, the comedic impressionist Rich Little was everywhere on television. While he guest-starred in many classic TV shows, Little will always be remembered for his hilarious appearances on the Dean Martin Celebrity Roast TV series in the 1970s and early 80s.

"I look back on those Dean Martin Roasts – and I did 24 (about half) of them – with much affection," said Little from Las Vegas where he has been a long-time resident. "Aside from Ruth Buzzi, I'm the only regular from the show who is still alive. I'm blessed to still be working."

Turning 85 later this year, Little has been delighting audiences with his visual and vocal celebrity impressions for the past 7 years

during his residency at the Laugh Factory comedy club on the third-floor showroom of the Las Vegas Tropicana hotel. He recently extended his autobiographical one-man show into the new year and will continue performing "Rich Little Live" four evenings a week.

"Originally, I planned to be there only a couple of weeks, but it just took off," he said. "I'm doing shows at 6:30 pm Sundays through Wednesdays now."

Little also recently updated his 2016 semi-autobiographical book, "Little by Little: People I've Known and Been" (see www.therichlittle.com).

"I added new chapters, including one on Don Rickles who passed away a few years ago, made some corrections, and gave it a new cover," he explained. "I also mention a lot



Comedian Rich Little - photo from Little's publicist.

of other people I didn't talk about the first time around. It's not really a biography, but rather a collection of the funny things that have happened with me and the celebrities I've known through the years."

Originally from Canada, Little credits Mel Tormé for helping him crack the U.S. entertainment scene when the singer secured him a spot on "The Judy Garland Show" in early 1964. Garland's spontaneous joy at Little's impressions of Jimmy Stewart, James Mason, and others was contagious and the rookie comedian was soon crowned the premier Hollywood impressionist. This year, he will also receive a special honor from his native home.

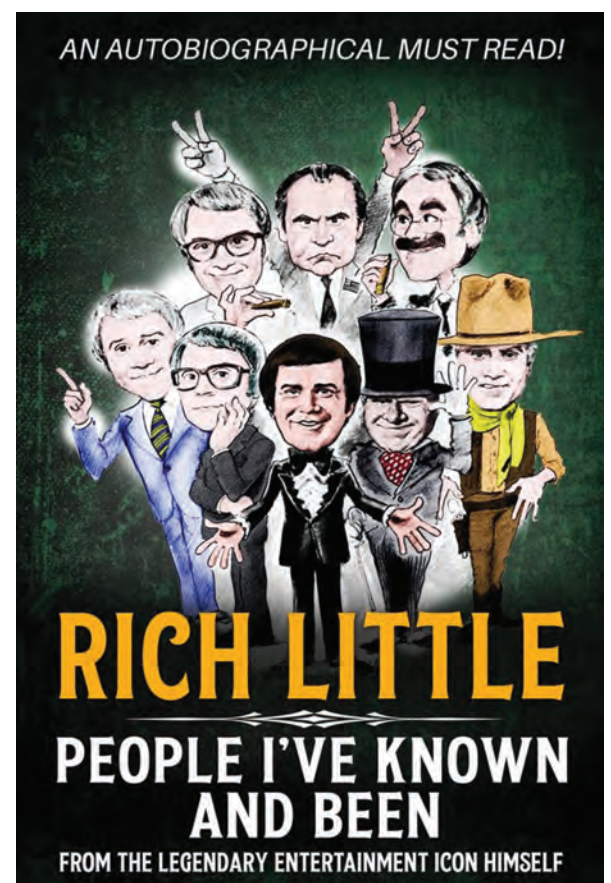
"I will be receiving the Order of Canada that recognizes Canadians who have made significant contributions to our nation throughout their lives," said Little proudly. "I guess they found out I was still living and decided to give it to me! I have dual citizenship with Canada and America and became a U.S. citizen about 10 years ago."

In addition to his entertainment impressions, Little is known for poking fun at presidents, particularly Reagan and Nixon. He added Biden to his current routine, but doesn't do Trump or Obama. While his impressions have never been mean-spirited, he's aware that contemporary political humor can be divisive.

"People are more sensitive now and everything has to be politically correct, so it's a little tougher to imitate politicians these days compared to 30 or 40 years ago," he says.

Nevertheless, as he heads into a new year with his updated book, recognition from his home country, and headlining at a major Las Vegas hotel, the demand for his live shows confirms that Rich Little continues to impress.

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/>.




New cover of Little's updated book - photos from Little's publicist.

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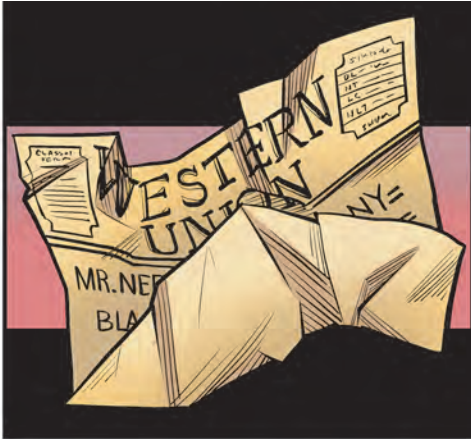
TRACY'S HALL OF FAME

TONY TAGLE

WHILE OFF DUTY ON NOVEMBER 19, 2018, CPL. TAGLE SAW FELLOW OFFICERS OF THE DELAND (FL) POLICE DEPARTMENT PURSUING A SUBJECT WANTED FOR ATTEMPTED MURDER. CPL. TAGLE JOINED THE PURSUIT AFTER THE SUBJECT STOPPED HIS CAR AND BEGAN SHOOTING AT OFFICERS. CPL. TAGLE USED HIS ISSUED FIREARM TO SHOOT THE SUBJECT AND APPREHEND HIM.

-LT. WALTER REIMER







WESTERN UNION
MR. NERO
BLA...

YOU'RE SAYING NERO WOLFE RECEIVED A TELEGRAM AND THEN LEFT HOME WITHOUT SAYING ANYTHING TO YOU OR FRITZ?

THAT'S RIGHT, DETECTIVE TRACY.

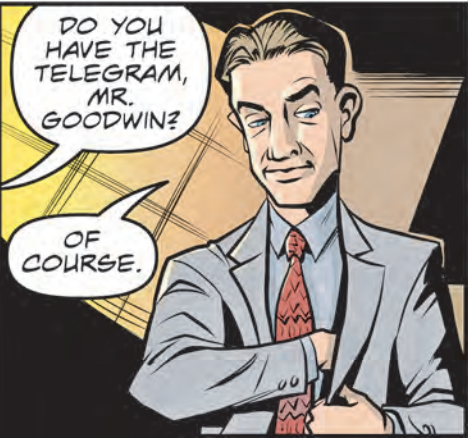


"I WAS CLEANING HIS OFFICE A COUPLE OF DAYS AGO AND NOTICED A WADDLED UP PIECE OF PAPER UNDER HIS DESK. IT WAS THE TELEGRAM. IT MUST HAVE FALLEN OUT OF HIS POCKET."



DO YOU HAVE THE TELEGRAM, MR. GOODWIN?

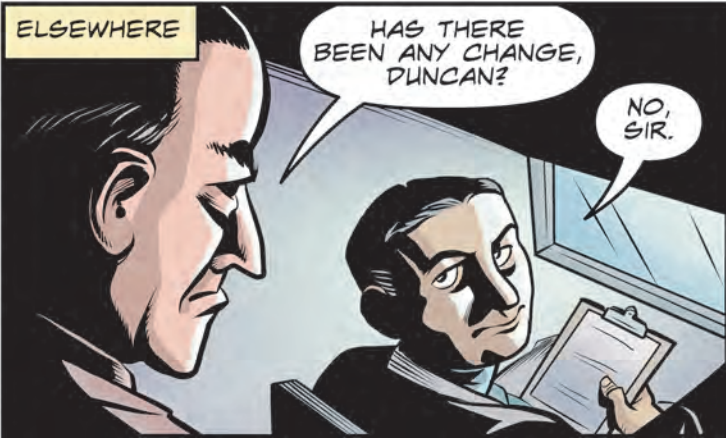
OF COURSE.




ELSEWHERE

HAS THERE BEEN ANY CHANGE, DUNCAN?

NO, SIR.



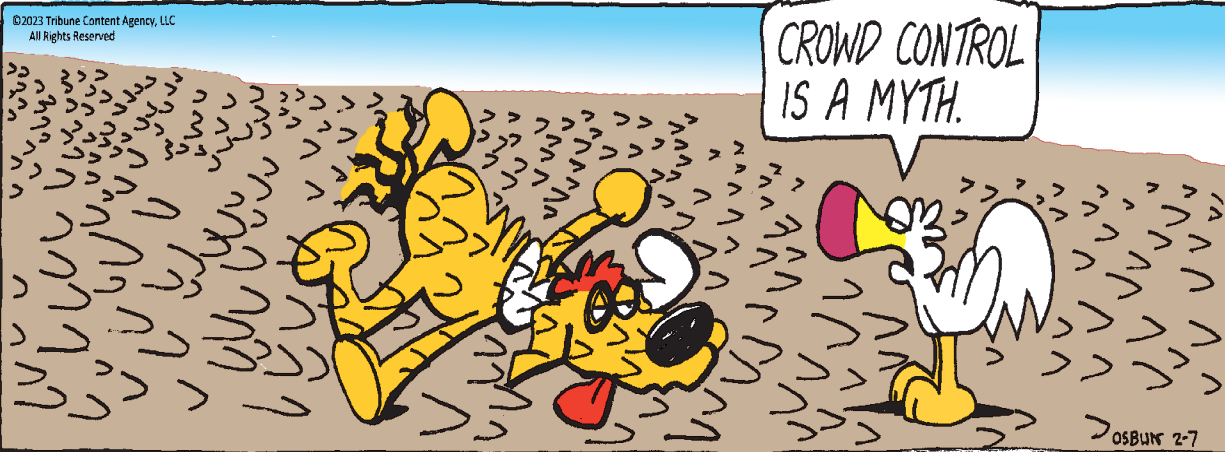
HE JUST SITS THERE AND READS.



Animal Crackers

By Fred Wagner

CROWD CONTROL IS A MYTH.



Broom Hilda

By Russell Myers

SOMEONE DOZED OFF AND FLEW TOO CLOSE TO THE SUN!



SNL JANUARY CHUKLES

When you're 20 and you drop something, you pick it up.
When you're 80 and you drop something, you decide you don't need it anymore.

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

Medical News:

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Nerve Renewal
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