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the  
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about aging

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# SENIOR NEWS & LIVING

*www.seniornewsandliving.com* Information for Oklahoma Seniors

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## Nerve Renewal

NEUROPATHY CLINIC



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# Nerve Renewal Neuropathy Clinics Growing



Stacey Wilson, who recently brought her adult-gerontology primary care nurse practitioner certification (AGNP-C) background to the Northwest clinic poses with treatment equipment.

Story by Darl DeVault, contributing editor

Nerve pain is a debilitating condition that affects a significant portion of the population, particularly seniors. The Northwest Nerve Renewal Neuropathy Clinic (NRNC), located in the shared medical building Edgewater Medical Center is rapidly

building more local facilities to address the nerve pain seniors experience.

The NRNC celebrated its first anniversary on March 23 with a community coffee sponsored by the Northwest Oklahoma City Chamber, followed by a ribbon cutting and

open house. This Northwest NRNC was the first opened in the greater Oklahoma City area, followed by clinics in South Oklahoma City and recently Norman.

The clinic's mission is to help Oklahomans renew their quality of life through innovative nerve pain treatments

See NERVE Page 2



## NERVE

Continued from Page 1

that provide safe and effective relief so that patients reclaim their joy, mobility, and freedom. The Nerve Renewal clinic treats all types of neuropathic pain. This includes diabetic, chemotherapy induced, autoimmune, injury sustained, and surgically related to name a few.

The three clinics and the new one to be opened in June in Midwest City are making therapy more accessible to patients who may have difficulty traveling long distances due to persistent nerve pain. Patients do not need a doctor's referral to receive treatment. The clinics offer Electroanalgesia (EA) treatments, which have been approved by Medicare, Medicaid, and the VA and have been shown in studies to provide long-term pain reduction for up to 80 percent of patients without surgery or medication.

NRNC CEO Tim Bales, 60, said the Northwest clinic staff has provided 6,500 treatments in the year it has been open. "The number of Oklahomans our ability to help with their nerve pain has been way above our expectations," Bales said. "Our staff care about their patients and are good at their jobs. We proudly introduce Stacey Wilson today, who

recently brought her adult-gerontology primary care nurse practitioner certification (AGNP-C) background to our Northwest clinic."

EA treatments involve a series of 16 to 24 injections of a pharmaceutical-grade nutrient blend combined with EA to relieve most symptoms. The high-frequency energy used in the therapy blocks the pain signal in the injured part of the body, providing lasting relief with no recovery needed. The treatments mimic nerve signaling and help the circulation in the patient's extremities to further promote nerve healing.

The EA treatments reduce edema, inflammation, and analgesia, facilitating metabolism in the neuropathic extremity. Additionally, it stimulates peripheral nerves to relieve pain while increasing local blood circulation to provide symptomatic relief of chronic pain. EA therapy is covered by major insurance companies, Medicare, Medicaid, and the VA.

"This therapy is one of the oldest medical treatments available," said Stacey Wilson, AGNP-C. "Ben Franklin used an electrical device to treat frozen shoulder symptoms, and it spares your organs in helping the patient become more mobile." A certified adult-gerontology nurse practitioner is an APRN specializing

in treating adults and geriatric populations with more than 500 hours of supervised clinical experience.

"My background is in Medical Oncology so I've caused quite a bit of chemotherapy induced neuropathy through necessary cancer treatments," Wilson said in an interview. "I am very excited to join Nerve Renewal so I can help relieve neuropathic pain and provide needed comfort to increase the quality of life for my patients. Electric currents are the oldest documented form of medical treatment going back to ancient times. The medical term is Electroanalgesia and with advanced computer technology we are able to capitalize on the electrical properties of the body and successfully treat neuropathic pain. It is my pleasure to work with such a dedicated team at Nerve Renewal and I look forward to heading up the new Midwest City clinic soon."

The clinics provide non-invasive treatments for neuropathy and nerve pain, relieving pain or tingling in the feet and hands. The three clinics treat peripheral neuropathy, chemotherapy-induced neuropathy, diabetic neuropathy, phantom limb syndrome, and post-surgical nerve pain conditions.

Peripheral neuropathy is a condition that often results from

damage to nerves located outside of the brain and spinal cord. It can cause pain, numbness, and weakness in the patient's hands and feet, affecting walking or digestion. Peripheral neuropathy is typically caused by diabetes, chemotherapy, or trauma to the nerve endings, with sufferers describing the symptoms as stabbing pain or burning sensations.

The 16 Northwest Oklahoma City Chamber members attending welcomed the Northwest Nerve Renewal Neuropathy Clinic with their traditional ribbon cutting for their newest member after everyone gathered and introduced themselves. Several members emphasized how the Chamber is proactive in helping small businesses in the area with services and growing.

In addition to the northwest location, the clinics are at **9821 S May Ave., Suite B, in OKC** and **4019 N Flood Ave. in Norman**. The newest is being prepared for a June opening in Midwest City at 8121 National Drive in the M.D. Medical Tower, a shared medical building. With the expansion of clinics in the greater Oklahoma City area, more patients can access this innovative treatment and renew their quality of life.

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# OPINION

**S** *THE SAVVY*  
**SENIOR**

*Dear Savvy Senior,*

## How to Choose an Assisted Living Facility

What's the best way to go about choosing an assisted living facility for my 86-year-old father? Since mom died last year, his health has declined to the point that he can't live at home anymore but isn't ready for a nursing home either.

Searching Susan

Dear Susan,

If your dad needs help with things like bathing, dressing, preparing meals, managing his medications or just getting around, an assisted living facility is definitely a good option to consider.

Assisted living facilities are residential communities that offer different levels of health or personal care services for seniors who want or need help with daily living.

There are nearly 29,000 assisted living communities (also called board and care, supportive-care or residential-care facilities) in the U.S. today, some of which are part of a retirement community or nursing home. Most facilities have anywhere between 10 and 100 suites, varying in size from a single room to a full apartment. And some even offer special memory care units for residents with dementia.

To help you choose a good assisted living facility for your dad, here are some steps to follow.

**Make a list:** There are several sources you can turn to for referrals to top assisted living communities in your area including your dad's doctor or nearby hospital discharge planner; friends or neighbors who've had a loved one in assisted living; or you can do an online search at <https://www.caring.com/>.

**Do some research:** To research the communities on your list, put a call

into your long-term care ombudsman. This is a government official who investigates long-term care facility complaints and advocates for residents and their families. This person can help you find the latest health inspection reports on specific assisted living facilities and can tell you which ones have had complaints or other problems in the past. To find your local ombudsman visit [LTCombudsman.org](http://LTCombudsman.org).

**Call the facilities:** Once you've identified a few good assisted living facilities, call them to see if they have any vacancies, what they charge and if they provide the types of services your father needs.

**Tour your top choices:** During your visit, notice the cleanliness and smell of the facility. Is it homey and inviting? Does the staff seem responsive and kind to its residents? Also be sure to taste the food, and talk to the residents and their family members, if available. It's also a good idea to visit several times at different times of the day and different days of the week to get a broader perspective.

On your facility visit, get a copy of the admissions contract and the residence rules that outline the fees (and any extra charges), services and residents' rights, and explanations for when a resident might be asked to leave because their condition has worsened, and they require more care than the facility can provide.

Also, find out their staff turnover rate, COVID infection-control procedures and if and when medical professionals are on site. To help you rate your visit, Caring.com offers a checklist of questions that you can download and print at [Caring.com/static/checklist-AL-tour.pdf](http://Caring.com/static/checklist-AL-tour.pdf).

**How to pay:** Monthly costs for assisted living ranges anywhere from \$2,500 to \$6,000 or more, depending on where you live, the facility you choose, and the services provided. Since Medicare does not cover assisted living, most residents pay out-of-pocket from their own personal funds, and some have long-term care insurance policies.

If your dad has limited financial resources and can't afford this, most states now have Medicaid waiver programs that help pay for assisted living. Or, if he's a veteran, he may be able to get funds through the VA's Aid and Attendance benefit. To find out about these programs, ask the assisted living facility director, or contact his local Medicaid office (see [Medicaid.gov](http://Medicaid.gov)) or the regional VA benefit office (800-827-1000).

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

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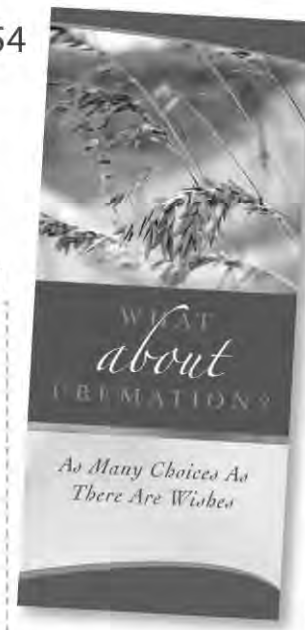
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# Spring Events in April

Story by Darl DeVault, contributing editor

## Paseo Arts District First Friday Gallery Walk April 7

Each first Friday of the month, art lovers are invited to stroll the historic Paseo Arts District, 3024 Paseo in Oklahoma City where 80 artists with more than 25 businesses and galleries participate from 6 to 9 p.m., all within walking distance. Opening receptions showcase the new work of the gallery/studio owners or the creations of guest artists. Restaurants are open for dining and patio seating. Parking is available along Paseo and the surrounding historic Paseo Arts District N.W. 27th & 30th Streets and Walker & Hudson.

PJ Acker creates portraiture and figurative art in oil, acrylic, oil pastel, soft pastel, charcoal, watercolor, soft clay, and oil-based clay for bronze upstairs in the Paseo Arts Creativity Center building.

At the far south end of the street, another resident artist Susan Cromer Yback, 65, teaches youth and adults art and sells her creations at 2927 Paseo Drive. Yback’s classes and art have become a mainstay of Paseo Gallery One. Yback says, “First Friday has become a wonderful tradition for everyone who works along the Paseo, and I love it.”

The area also hosts the Paseo Arts Festival each May. The three-day event Memorial Day Weekend - May 27-29 this year usually adds 100 artist’s booths to what the 80 district resident artists offer.

## MS. OKLAHOMA SENIOR AMERICA PAGEANT

Ms. Senior Oklahoma 2023 will be selected at a 1 p.m. pageant on April 15 at the Mustang Performing Arts Center on the Mustang High School Campus.

Contestants are Barbara Bryant-Waggoner, Jones, Trish Carr, Newcastle, Sharron Clifton, Bethany with Wonna Cornelson, Lynn Jones, Carla Joy, Doreen Miles Williams, Edie Thomas, and Karen Tims, all of Oklahoma City. The other contests are Debbie Hay, Sand Springs, Ellen Henson, Yukon, Pam Holzberger, Nichols Hills, Judy Jackson, Mead, Eileen Milles, Del City and Venessa Saunders, Edmond will compete in Interview, Talent, Evening Gown and Inner Beauty, a presentation of their philosophy of life.

This October, the winner will represent our state at the Ms. Senior America National Pageant in Atlantic City, New Jersey. The MS Senior Oklahoma Foundation has sponsored the local event since 2008.

The Ms. Senior America Pageant is a national, not-for-profit organization giving women at least 60 an opportunity to display their “inner beauty,” talents, elegance and honors senior women’s achievements.

Tickets are available at the door at 200 W. Juniper Dr. in Mustang for \$20, with group discounts available. Contact Carol Kallenberger at (903) 918-1478 for more information and group discounts.

## Oklahoma Arts Advocates Visit Oklahoma Capitol

Organizers say arts advocates need to show the governor and the Oklahoma legislators they want state American Rescue Plan Act funding for state organizations in this legislative session. The group will advocate increasing public funding for the arts by gathering from 8:30 a.m. to 1 p.m. on April 18 at the State Capitol.

Every year, Oklahomans for the Arts hosts Arts & Culture Day, the only state arts advocacy event. The day consists of advocacy training, learning about legislative issues, and connecting with legislators to celebrate the importance of arts and culture to our citizens.

This year OFTA, the only statewide, multidisciplinary arts advocacy organization, supports a proposal to invest state ARPA funding to help rebuild the arts and cultural sector.

OFTA members will inform their legislatures of the need for resources and policies that support the development, advancement, and accessibility of art instruction and culture statewide.

This opportunity allows for networking within arts advocacy groups that share their concerns. They can share information and strategies for effectively communicating with legislators and organizing to make their voices heard.

Please allow for a short wait to get through the Capitol Security checkpoint.

## Festival of The Arts

The free Festival of the Arts April 25-30 in downtown Oklahoma City Bicentennial Park usually enjoys pleasant spring weather with one of its biggest events of the year.

Running Tuesday – Saturday, 11 a.m. – 9 p.m. and finishing Sunday, 11 a.m. – 6 p.m., the Oklahoma City Arts Council’s tradition since 1967 celebrates six days of visual, performing, and culinary arts.

Myriad art forms take over the park as artists from across America converge on the city to showcase their unique offerings, including a one-day Youth Art Sale.

Visual artists and performers take to the outdoor stage to make this massive festival arguably the biggest Spring art event each year. The organizers ask visitors to keep their pets at home.

Children visiting the festival can enjoy interactive the Children’s Art Field, Pottery Place, and face painting. This offering takes over the area surrounding City Hall for family fun and activities. The Youth Art Sale featuring sculptures to paintings is always an impressive example of what art students are learning. This one-day event, also known as “Young at Art Mart,” will be located on the east lawn of City Hall from 11 a.m. – 5 p.m. on Saturday. For more info, go to Festival of the

Arts – Arts Council Oklahoma City (artscouncilokc.com)

## Senior Marathon Saturday, April 29, Downtown

Senior marathoners can enjoy being part of one of the nation’s most significant feel-good events for fitness in the lead-up to the “Run to Remember” event on Sunday, April 30. The day before the marathon, Saturday, at 8 a.m., the Senior Marathoners complete their event between the 7 a.m. start of the 5K run and the Kid’s Marathon of a similar style at 9 a.m.

The Senior Marathoners will run or walk the last 1.2 miles of their marathon distance directly south from the Oklahoma City National Memorial starting line to the finish in Scissortail Park. This allows seniors to feel like “elite” participants because of the on-course support from a massive outpouring of cheering from volunteering OKC residents.

Additionally, these new Senior Marathoners can enjoy the camaraderie of attending, interacting, and visiting the popular Health and Fitness Expo that Saturday at the Oklahoma City Convention Center. The Expo is adjacent to the finish line, presented by the OKC Convention and Visitors Bureau and OU Health. Mercy is the presenting sponsor of the inaugural Senior Marathon and invites everyone to visit the Expo.

Seniors who sign up for the Senior Marathon will pay \$30 and receive an event t-shirt, a finishing medal, and free entry to the museum that day with their bib number. This achievement can energize many people to participate in an activity that provides good health, a key to aging gracefully.

# Get Ready Before Spring Flooding

By Oklahoma Insurance Commissioner Glen Mulready

Here in Oklahoma, we know all too well the damage flooding causes and the danger it presents. In May 2019, Oklahomans saw some of the worst flooding in history after 17 tornadoes struck the state in one day. The storm carried 5 to 6 inches of rainfall, causing the tragic loss of lives and significant financial damage. Flooding devastated thousands of Oklahomans, resulting in more than \$31 million in estimated losses. In addition, more than 6,000 flood claims were reported, yet far too many storm victims did not have flood insurance.

March is Flood Insurance Awareness Month in Oklahoma. I want to remind Oklahomans to get ready before spring flooding and consider getting flood insurance coverage now. Here are three reasons why now is a great time to learn more about the importance and benefits of flood insurance.

You live in Oklahoma. Flooding is the number one natural disaster in the United States. 90% of natural disasters in the U.S. involve flooding. While most standard homeowners policies cover tornadoes, hail, and wildfires, they do NOT cover floods. You are 27 times more likely to experience a flood than a fire during a 30-year mortgage.

30-day waiting period. It typically takes 30 days for a flood policy to go into effect, so the time to buy is well before a disaster. That is why you need to purchase or renew flood insurance well in advance. Waiting until you see the water rushing in is too late. Get flood coverage under the National Flood Insurance Program (NFIP) or through private insurance. Talk to your agent today.

Cost of flooding. Flooding can be an emotionally and financially devastating event. According to the Federal Emergency Management Agency, an inch of water in a home could cause more than \$25,000 in damages. About 33% of all flood claims come from outside of high-risk areas. In 2021, the average flood insurance claim payment through NFIP was \$44,050, while Oklahoma’s average flood insurance premium was \$81 a month.

While we cannot prevent another flood from occurring, we can get our state financially prepared for the damage when it hits. This month let’s make sure Oklahomans understand their flood risk. As I always like to remind folks—If it rains where you live, it can flood where you live.

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



Glen Mulready, Oklahoma Insurance Commissioner.



# COMMUNITY

## Senior Day at the Capitol Highlights

Story by Darl Devault, Contributing Editor

In late February, more than 300 senior citizens gathered at the Oklahoma State Capitol for Senior Day, an annual event where seniors can meet their elected representatives and discuss issues affecting the aging population in the state. This event is a crucial platform for seniors to have their voices heard, and this year's gathering was no exception.

Lt. Gov. Matt Pinnell was among the elected representatives who addressed the seniors gathered in the House Chambers. He emphasized the need for quality opportunities for seniors to socialize and pointed to Oklahoma's many state parks as the ideal place. Pinnell's comments highlight the importance of promoting social connections and community

engagement among seniors, which can significantly benefit their health and well-being.

Additionally, Pinnell spoke about the unique nature of Oklahoma's tourism industry, which he described as more organic than many other states. He cited Oklahoma's rich history and heritage, including its Native American culture and the famous Chisholm Trail and Route 66, as major tourist draws. Pinnell's remarks underscore the importance of promoting and preserving Oklahoma's cultural heritage for tourism and the benefit of the state's residents, including seniors.

The Southern Oklahoma Development Association Ombudsman Supervisor and Systems Advocate Rebekah Williams



From left, Lt. Gov Matt Pinnell, Rebekah Williams-emcee, who said, "Lt. Gov Pennell is a great supporter and friend to Oklahoma Aging Communities and Programs," and Amanda Williams, Oklahoma State Council on Aging and Adult Protective Services Appointee.

served as the emcee for the House Chambers proceedings in her duties with its Area Agency on Aging. Several times in an hour and a half of addressing senior needs, she expressed the importance of getting back to the important agenda since COVID-19 had interrupted the annual event for three years. "What an amazing sight to see beautiful Oklahoma seniors in the House Chambers, Williams said. "It was wonderful for all of us to be together again, a true blessing to my soul."

Another elected representative who addressed the seniors at Senior Day was Speaker of the House Rep. Charles McCall, R-Atoka, who is the longest-serving speaker in state history, now in his fourth term. He spoke about current bills being discussed in the state House and Senate and other issues facing Oklahoma. McCall's comments highlight the significance of the legislative process in addressing the concerns of seniors and other constituents.

Rep. Nicole Miller, R-Edmond, discussed two bills she was working to have enacted into law related to elder care. The first, House Bill 2753, would create the Vulnerable Adult Abuse, Neglect and Exploitation Registry, a searchable database requested by the Oklahoma Silver-Haired Legislature. This registry would include the names and identifiable

information of people convicted of abuse, neglect, or exploitation of a vulnerable adult. Miller noted that the bill was supported by the Oklahoma Alliance on Aging, the Oklahoma State Council on Aging, and the American Association of Retired Persons (AARP) Oklahoma.

Miller also discussed House Bill 2747, which would create the Office of Alzheimer's Disease and Related Dementia Resource Coordination within the State Department of Health. This office would provide statewide coordination, service system development, and information on education, support, and other available services for people with Alzheimer's or loved ones with the disease. Miller worked with the Alzheimer's Association to create the bill, which she said marks the start of implementing the State Plan on Alzheimer's created in 2008.

HB2747 would also establish the Alzheimer's Disease & Related Dementia Research Fund and the Dementia Caregiver Support Group & Education Program Development Fund to distribute grants as approved by awards committees.

"Oklahoma has had a state plan on Alzheimer's for 15 years, and while progress has been made to address the programmatic and policy needs, there's more

See CAPITAL Page 7

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CAPITAL

Continued from Page 6

work to be done,” Miller said. “Government must protect our vulnerable citizens, and sadly that sometimes includes our seniors who are at risk of being taken advantage of or suffer from memory loss.”

Newly appointed in January, Deborah Shropshire, M.D., Oklahoma Department of Human Services’ executive director addressed the department’s State Plan on Aging. As the first woman OKDHS director, she told the seniors of her commitment to ensuring senior citizens can age well in Oklahoma.

Several speakers said senior issues have been a significant focal point during the early stages of the legislative session, and recent bills regarding seniors have been focused on the quality of care in senior centers. The new legislation is trying to ensure that as many seniors as possible are proud of the facilities they live in.

“It was important that seniors visited their legislators in their offices and met their staff to make specific recommendations for improving services at long-



Rep. Nicole Miller, R-Edmond, discusses House Bills 2747 and 2753 she authored to allow the Oklahoma government to further protect its vulnerable senior citizens.

term care facilities,” said Trish Emig, president of the Oklahoma Silver Haired Legislature Alumni Association. “This included nursing homes, assisted living and similar adult care homes and seeking more funding and support for other vital services for Oklahoma seniors.”

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SPECIAL TO SNL

# Genealogist changes Irish History when researching her son's Murder Appeal

Story and photos by John Smith, The Haurun Club

Irish History has now been agreed to be corrected by Armagh Councillors.

On 11 March 1998, Brian and Jason Bolger were convicted of Murder at a local pub in Essex.

The Bolger family relied upon unreliable lawyers, and then, in 2004, Darren Bolger and his mother, Carol decided to investigate the Murder case themselves as amateur detectives.

Darren received the constant infiltration by British Intelligence officers, (females) and female children of military leaders (Admiral of the Fleet) and senior police officers (West Midlands Police) in order to understand what

the Bolger family knew of the case.

Whilst their research uncovered some extreme police corruption and malfeasance, Carol went on to research her own family and history of Northern Ireland (Johnston Family) and the Bolger's of Ireland.

Ms. Johnson (married name - Bolger) discovered that her 3 x Great grandfather was a famous Master Mason from Armagh who had designed and built the Rollo Gillespie Monument at the Square in Comber 1844, and has also researched her three son's heritage, which begins in Co. Wexford and Dublin where, the Bolger's (Boulger's) were landowners



throughout the 1900', then also becoming, media entrepreneurs and historical promoters of what are now, considered and generalised as, the IRA.

Mr. Smith acting for the family, communicated with, Ards and North Down Council, both in conversation and by Freedom of Information Request after covid-19 had stopped communication. He received documents and verbal advice from the council as follows,

In March 2019, a notice of motion was agreed by Alderman Muir and Alderman Menagh that this recommendation be adopted, upon a meeting held whereby, Alderman Girvan and Councillor McAlpine of Ards and North Down Council, also agree to have, Mr Johnston's name, correct date of the build placed on a new plaque at a future ceremony attended by the community, with Ms Johnson and her children, of the Bolger family, giving a speech at the ceremony.

This information might not have been known, had it not been for Ms. See BOLGER Page 9



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## BOLGER

Continued from Page 8

Johnson and her research, during a period in which, she was (along with her son – Darren) unravelling her other two son's conviction for Murder, in Essex (1998), named by Essex Police as – Operation Westminster.

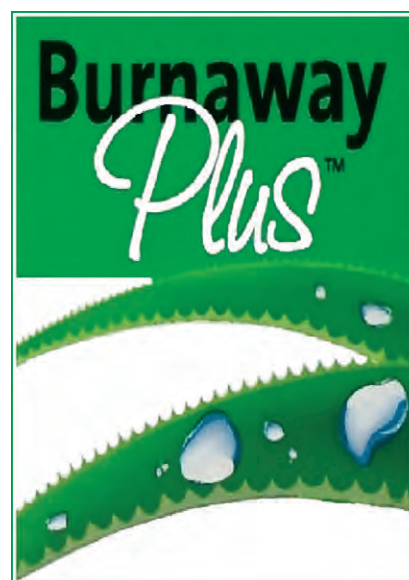
Operation Westminster is a 'true crime' trilogy, planned for feature film and documentary, where there is now an equally interesting 'historical story' of the family, both Paternal and Maternal sides in Ireland, leading to the injustices

they have suffered at the hand of the British Establishment and Justice System.

This may take us to an earlier point of series or film and or documentary interest with a drama, which begins in Ireland, one side from Dublin and the other from Armagh; unknown to each other and only linked, 150 years later, upon research, initiated from a Murder in Essex (1998).

For further information on the Bolger family and how this story ties in with the Monument at the Square in Comber, please visit:

<https://darrenthomasbolger.com/>



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# HEALTH

## McEver retires as OMRF's vice president of research

Physician-scientist Rod McEver, M.D., who returned to the place of his high school internship and became one of the state's preeminent scientists, retired Monday following a 35-year career at the Oklahoma Medical Research Foundation.

McEver, a graduate of Oklahoma City's John Marshall High School, first came to OMRF as a Sir Alexander Fleming Scholar at age 17. He earned his bachelor's degree from Yale University and attended medical school at the University of Chicago before returning to OMRF to open his lab in 1987.

The hematologist and cardiovascular

biologist served the foundation as a principal investigator, program chair and, since 2016, as its vice president of research. He will continue to support OMRF in an emeritus role as a Distinguished Career Scientist.

"I can think of no one who better personifies OMRF's mission than Dr. Rod McEver," said OMRF President Andrew Weyrich, Ph.D. "Not only has his work made a difference for patients worldwide, but he has been an incredible mentor to hundreds of scientists. He is who we all aspire to be."

McEver's pioneering work with blood cells led to his discovery of P-selectin, a molecule that plays



Oklahoma Medical Research Foundation physician-scientist Rod McEver, M.D.

a crucial role in inflammation first FDA-approved treatment for and blood clotting. That discovery ultimately gave birth to the

See RETIRES Page 11

Join Steven on Friday, April 21st at 11:45 am, for information about Veterans healthcare, disability, and retirement benefits. 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 April 19th at 405-376-1200.

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RETIREES

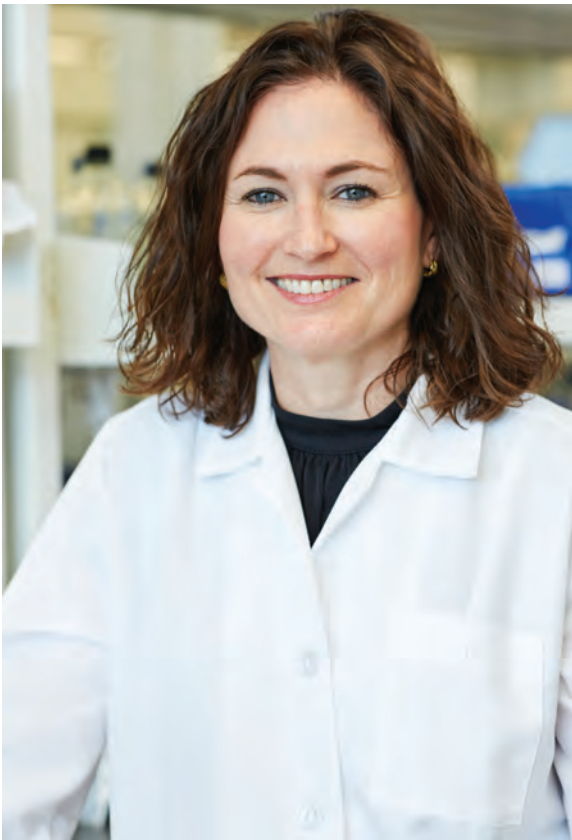
Continued from Page 10

the pain crises in sickle cell disease. The condition affects an estimated 100,000 Americans and 5 million people worldwide.

Succeeding McEver as vice president of research is OMRF scientist Courtney Griffin, Ph.D., who holds the foundation’s Scott Zarrow Chair in Biomedical Research. Her lab studies blood vessel development and its connection to disease and good health. She joined OMRF in 2008.

Griffin served as scientific director for the Oklahoma Center for Adult Stem Cell Research from 2019 to 2023 and is an adjunct professor of cell biology at the University of Oklahoma Health Sciences Center. She earned her doctorate at the University of California, San Francisco, following her bachelor’s degree at Harvard University.

“Dr. McEver’s mentorship over the last 15 years has been critical to my development as a thoughtful researcher and leader,” said Griffin. “He is the ultimate model of a scientific leader, and I am grateful for how he’s prepared me for this new role.”



Oklahoma Medical Research Foundation  
Vice President of Research Courtney Griffin, Ph.D.



Dr. Elise Brantley

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## TRAVEL/ENTERTAINMENT

# D is for Denver: Drinking In

From Terry "Travels with Terry" Zinn [t4z@aol.com](mailto:t4z@aol.com)

With only a short visit to exciting towns, I like to stay in the mix, and within walking distance to its dining and attractions. Not having to rent a car at the airport has its advantages, and takes some of the stress out of vacationing. This is what I did when in Denver Colorado, by making my home base The Residence Inn by Marriot at 1725 Champa Street. As it turned out I was in the middle of the downtown dining action I would take in. It was only a block or two, to catch the 16th street hop on and off trolley, saving you steps and time. At this Residence Inn, with the amenities of breakfast and a friendly wait staff I could leisurely start my day, after a sound sleep the previous night. In a walkable downtown like Denver, and with its trolley service to popular areas, getting around was much easier and more congenial than driving in traffic, hunting for the locale, and then trying to secure parking. Plus walking in the mile high city is a great way to take in the altitude's fresh air and work up a thirst. Of course this precludes snow falls, blizzards and subzero temps, which I was lucky enough to avoid for my November visit.

One venue not to be missed is the historic Brown Palace Hotel. You need not stay the night, but a moment or two in the elegant Atrium Lobby is a treat. Another treat is to avail yourself of the food, service and ambiance of the Palace Arms and Churchill Bar. Here old world style is a natural and only surpassed by the culinary delights served by the experienced staff. European antiques and period artwork decorates the expansive room and includes a set of dueling pistols said to have belonged to Napoleon. An informative self-guided tour booklet is available for your leisure.

And then there is the view from the Peaks Lounge on the 26th floor of the Hyatt Regency, on 14th and California streets, where they offer a variety of cocktails (martinis of course my favorite) along with light appetizers and views of the city and its horizon of mountains. It is quite a popular place and while the seating might not match up to the demand, it's worth a try. I came for a sunset, which in November seemed almost to set earlier than when Peaks was to open at 4 pm, but I made myself the first to be seated and paused for the sunset. The only disappointment was that the end of the room where the sunset over the mountains could have been seen best was blocked off for a later private party. It was a shame for this brief Denver visitor, but the libation concoctions were both delightful and promptly served. I do so dislike ordering an ice berg (frost on the pond) martini to have it set at the bar and warm up.

The hard to get in, Green Russell underground bar in a speak-easy style bar, was a bit of a disappointment to my expectations. It was very much in demand, and my reservation was accepted, but with a bit of aloofness. What is amazing here is that the bartenders take their time and carve a block of ice into a globe for your drink. I was told it is to get the most chill for the drink without diluting it. I think it might also fill the glass so much so, that there is less drink in the drink. They have rules of no cell phones (great) and no standing, so you must reserve a table or place at the bar as I did. The Martini I had was exotically mixed with fresh herbs and press to order juices. So don't be in a hurry. If you don't like crowds in small places, this might not be your bar.

For an atmosphere of the old world try the art deco of The Cruise Room, Denver's original Martini Bar, in the 1891 Oxford Hotel near the Union train station. Venture into their imaginative appetizers while



holding your Martini glass high and paying homage to another age. Under the 1933 art deco panels, inspired by the Queen Mary ship, you may toast your good taste in art and atmosphere with a White Cosmopolitan of Finlandia Raspberry Vodka, Cointreau, Lime and fresh white cranberry juice and follow it with a Bond 007 of Stolli Vodka, Bombay Gin with olive or Lemon twist, as I did. The Cruise Room won the prestigious Miami Art Deco Award in 1983, and might win your praises too.

You'd think you might not be able to see straight from your weekend of libation sampling during your short downtown Denver visit. But after moderation, I suggest you see the Denver Art Museum with a current exhibition to accompany their permanent collection. With a bit of planning you too can take in the best of downtown Denver in a short weekend; be it art, Larimer Square shopping or gourmet dining.

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# Oklahoma Senior Games Event Schedule for 2023 Released

2023

OK SENIOR GAMES

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3 vs 3 Basketball	Sept 2	Santa Fe Family Life Center, OKC
Archery	Sept 9	Trosper Park, OKC
8 Ball Pool	Sept 9	Deep Pockets Bar & Bistro, Tulsa
Water Walking	Sept 9	Westwood Family Aquatic Center, Norman
Swimming	Sept 10	Westwood Family Aquatic Center, Norman
Oklahoma State Fair	Sept 14-24	Oklahoma State Fair, OKC
Racquetball	Sept 15-17	Northside YMCA, OKC
Disc Golf	Sept 16	Eldon Lyon Park, Bethany
5K and 10K Road Races	Sept 16	Perry Chamber of Commerce, Perry
Ballroom Dance	Sept 16	Elks Lodge, Tulsa
Line Dance	Sept 23	Elks Lodge, Tulsa
5K Race Walk and Power Walk	Sept 23	Riverside Parks, Tulsa
Bowling	Sept 23-24	Coffee Creek Lanes, Owasso
Track and Field	Sept 30	Shawnee High School
1500 M Race and Power Walks	Sept 30	Shawnee High School
Triathlon	Oct 1	Lake El Reno, El Reno
Cycling	Oct 7	Fort Sill, Lawton
Badminton	Oct 7	Jackie Cooper Gym, Yukon
Shuffleboard	Oct 7	Reed Park Community Center, Tulsa
Tennis	Oct 11-13	RH 91, Tulsa
Cornhole	Oct 14	Hard Rock Hotel and Casino, Tulsa
Volleyball	Oct 14	Moore Community Center, Moore
Pickleball	Oct 20-22	Life Time Athletic, OKC
Golf	Oct 21	Muskogee Golf Club, Muskogee
Table Tennis	Oct 28	Essential Table Tennis Club, OKC
Weight Lifting	Oct 28	Kaizen Performance Center, Norman
Fitness	Various Dates	Many Locations: see OKSeniorGames.com
Celebration of Athletes	Nov 11	Stoney Creek Hotel, Broken Arrow







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Story by Darl Devault, Contributing Editor

The event schedule for the Oklahoma Senior Games has been released, there are twenty-nine games for anyone fifty years and older. This year the games will be held from September through October, statewide. Games range from 3 on 3 Basketball, Track and Field events, Swimming, Cornhole, Tennis, Pickleball, Ballroom and Line dancing, Golf and Fitness Competition and other events.

The Games will be held at various locations; Oklahoma City, Moore, Yukon, Muskogee, Norman, Shawnee, Bixby, Perry, El Reno, Catoosa, Lawton, and Owasso. Age divisions for all singles competition will be determined by the athlete's age as of December 31, 2023. Age divisions for all doubles and mixed doubles competition will be

determined by the following age categories and will apply to both men and women for all individual, doubles and relay competitions. Brackets are divided by age in five-year increments, 50-54, 55-59 and so on. This makes it good because an athlete 75 is not competing with athlete 50. For complete information visit OKSENIORGAMES.COM.

There will be three new events this year in the OSG lineup they are Ballroom Dance, 8 Ball Pool and Disc Golf. In the past, 8 Ball has been an annual request, OSG has finally found the perfect facility, Deep Pockets Bar and Bistro in Tulsa and will be held September 9th. Ballroom Dance is always a spectator favorite, the event will be held in Tulsa at Elks Lodge 946 on Saturday,

See GAMES 17



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SCAN ME



# SNL CENTENARIANS OF OK



## Anna Jackson

(Right) Anna Jackson of Sand Springs turned 100 today and celebrated with family and friends. Anna has been a member of the Trinity Baptist Church quilt group for 40 years! She loved to eat anything from the garden in her younger days, but now loves anything chocolate! Happy Birthday, Anna!



## Lou Ella Revel

(Right) Lou Revel of Oklahoma City was 100 last July and we recently celebrated her as a Centenarian of Oklahoma! She attended Sooner State Beauty College in Oklahoma City and had a career as a beautician, continuing to fix hair in her home until she was 90 years young. Her words of wisdom to us are: Keep Moving. Love Jesus. Work Hard.



## Evelyn Napier

(Left) Evelyn Napier of Tulsa celebrated her 100th Birthday today with a precision honor guard from Bixby High School. There have been many memorable changes during Evelyn's lifetime – especially seeing flights to the moon. Her words of wisdom to us are: Don't Drink or Smoke. Happy Birthday wishes to Evelyn!

## Hattie Mann

(Right) Hattie Mann of Okmulgee celebrates her 100th birthday! She worked as an accounting clerk in California, then moved to Las Vegas and back to Okmulgee. She is a long-time member of the Okmulgee City-Wide Prayer Band. Hattie loves tacos! Her favorite song is Precious Lord and she shares these words of wisdom with us - Seek the Lord.



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## GAMES

Continued from Page 15

September 16. Disc Golf is also new this year, this competition will be held in Bethany at Eldon Lyon Park and will be held on September 16th.

According to Kathleen Fitzgerald, Executive Director of the Oklahoma Senior Game, "While the games do not begin until September, now is the time to prepare for competition. Practicing to compete in an event is an all year-round endeavor. Events like the Fitness Challenge can be practiced at home every day. You

may have to travel further than your own neighborhood to practice but the rewards of fitness, fun, and friends are all waiting there."

Join the games on the field, court, or course. Registration will open on Monday, March 27th. For a complete list of events, how to register and more information, go to <https://okseniorgames.com/> or call 405-821-1500.

For more information about Oklahoma Senior Games go to the website at: <https://okseniorgames.com/news/> or [www.facebook.com/SeniorGamesinOklahoma](https://www.facebook.com/SeniorGamesinOklahoma)

## STRANGE BUT TRUE

SO THEY SAY...

**BBT** In the Philippines, McDonald's serves spaghetti  
*Some of these weird facts*

*are very unexpected. The pasta comes with a beef tomato sauce and a piece of "McDo" fried chicken.*

**BBT** Before toilet paper was invented, Americans used to use corn cobs

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# Changing the conversation about aging in greater Oklahoma City

By Marilyn Olson

Mature adults are leaders. We have seen a few things, and we have learned a few things. We are hardworking individuals who have learned leadership over a lifetime of refining career skills. Our brains are "time wise."

Most of the 370,000 everyday leaders over 55 living in greater Oklahoma City are grateful for an opportunity to give time, experience, and finances. Mature adults generously offer these resources to the community without which there would be a void. The individuals, businesses, organizations

and faith communities who see the value and incorporate that experience will benefit and will also become wise.

There are many examples of this mature, everyday leadership among the VillagesOKC membership, from pastors and former executives to engineers and journalists. All these individuals bring with them an eagerness to remain active and to give back to their community. VillagesOKC offers the opportunity for older adults to use the skills they've acquired over a lifetime or to learn new ways to grow and

contribute.

The incredible wit and wisdom of people over 50 can reveal secrets and insights for living a meaningful life – simply not possible without experience. Their thoughtful perspectives offer a treasure trove of life lessons about perseverance, the human spirit, and staying positive in the midst of great challenges.

Leaders over 50 became leaders because they have utilized their learning to continue growing. Often this growth has led to a paradigm shift opening more doors of opportunity. This quality gives hope and causes others to say "she is inspiring"; "he is such a delight to be with," or I hope I can be as sharp and interesting a person as he is."

When people are happy and confident, others enjoy their company and follow their leadership in the community or organization. To think that organizations, businesses and faith communities would ignore those over 50 when they could be the beneficiary of experience, talent and generosity.


Fortunately, Oklahoma City is the kind of community which values the irreplaceable talent and wisdom of mature adults in every sector of the community. It simply makes sense to begin changing the conversation



Marilyn Olson is Executive Director of VillagesOKC.

about aging and include these generous and wise adults as an integral part and a key partner.

The community benefits when recognizing leaders are leaders at any age. VillagesOKC is a plan for aging that connects a community leading the way to fill the gaps.



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## Charity Gala Raises Nearly \$500,000 for GI Care

Mercy Health Foundation recently hosted its annual gala event at the Omni Oklahoma City Hotel and kicked off fundraising to expand Mercy's gastroenterology services in the Oklahoma City metro area.

"In one night, 550 people raised \$498,285 to help Oklahomans with digestive diseases that are debilitating, often preventing them from working, participating in normal activities and living a full life," said Dr. Jesse Campbell, president of Mercy Clinic Oklahoma and co-chair of the Mercy Health Foundation Gala. "We have big dreams to one day be able to offer more services for patients in need, and those dreams begin with the support of our community."

The gala, sponsored by Mercy's foundation and Mercy Clinic Gastroenterology, featured a reception and silent auction followed by a dinner. Guests enjoyed a live concert by the 13-piece high-energy group, Emerald City Band. Incoming Mercy Health Foundation president Nicole Dell'Osso and husband Nick Dell'Osso committed \$50,000 toward the goal.

"At Mercy, we believe we are called to serve others and the health needs of our community, but we can't do it alone," said Lori Cummins, vice president of development for Mercy Health Foundation. "We are so grateful for our many sponsors and donors who support our mission and our ministry."

To learn more, visit

<https://mercyhealthfoundation.net/communities/oklahoma-city>  
or call (405) 486-8775.

**STRANGE  
BUT TRUE**  
SO THEY SAY...

**BBT** The sentence "The quick

brown fox jumps over a lazy dog." uses every letter of the alphabet!

**BBT** The only 15 letter word that can be spelled without repeating a letter is "uncopyrightable"!

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### Across

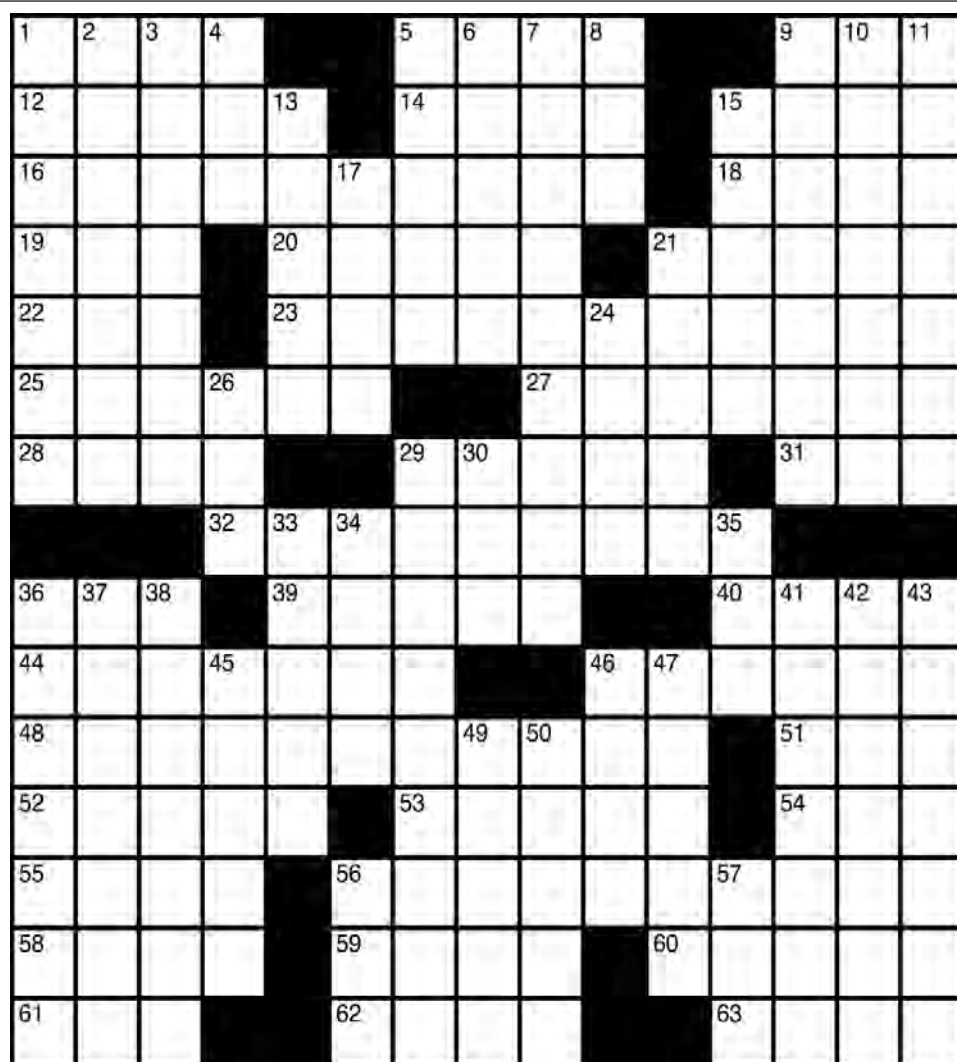
- 1 Annie Lennox, e.g.
- 5 Phishing, say
- 9 Start of many a "Jeopardy!" answer
- 12 College fund-raising targets
- 14 Flag bearer
- 15 Crack from the wind, perhaps
- 16 Cycling route for Broom Hilda?
- 18 Instrument featured in "Waltz of the Flowers"
- 19 Old DJ's array
- 20 Taper off
- 21 One-up
- 22 Bread grain
- 23 Romantic locales for Miss Piggy?
- 25 Maker of a fine cheddar?
- 27 Result of a missed deadline, maybe
- 28 Eye affliction
- 29 Sheer linen fabric
- 31 Pre-1991 map letters
- 32 Place to harvest your deepest secrets?
- 36 Part of a Braille character
- 39 Like many dad jokes
- 40 Italian wine hub
- 44 Logically flawed

### Down

- 46 Hit, as the gas
- 48 Equipment for identifying genuine island wreaths?
- 51 Dungeons & Dragons genre, briefly
- 52 Hungarian mathematician Paul
- 53 Frodo's home, with "the"
- 54 Wine statistic
- 55 Baskerville Hall setting
- 56 Sign of deceit, and a phonetic hint to four puzzle answers
- 58 Beast of burden
- 59 Massage deeply
- 60 Workout output
- 61 Beast of burden
- 62 Needs to settle
- 63 Drops the ball
- 1 Snooze loudly
- 2 Some website images
- 3 Linger longer than, as a welcome
- 4 Film buff's choice
- 5 Jack in a rhyme
- 6 Kinkajou cousin
- 7 Sci-fi subject
- 8 First name of two Spice Girls
- 9 Hypotheticals

### Across

- 10 Monster Angus Thickburger seller
- 11 Adversary
- 13 Protect from light
- 15 Certain jumper's need
- 17 Way up the slope
- 21 KitchenAid competitor
- 24 Apple variety
- 26 Rocker Nugent
- 29 Convention center attraction
- 30 Olive \_\_\_\_
- 33 British \_\_\_\_
- 34 Fighting
- 35 Astronaut Jemison
- 36 Word from the Greek for "two assumptions"
- 37 Oppressive
- 38 Tube tops?
- 41 Device that delivers a coat
- 42 Fifth, often, for a manual transmission
- 43 Downs
- 45 Cherish
- 46 Type
- 47 Part of a full house, maybe
- 49 Easter Island's country



Answers on page 31





# 2023 OKLAHOMA

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



April 8  
7 to 9 p.m.

## Day's Work art exhibit opens

Oklahoma Territorial Museum is located at 406 E. Oklahoma Ave. in Guthrie. On Saturday, April 8, the Oklahoma Territorial Museum in Guthrie will open an art exhibit entitled A. Day's Work. It will feature pieces from Oklahoma-based mixed media artist Andrea Day. An opening celebration will be held from 7 to 9 p.m. on Saturday, April 8. "Oklahoma-based Mixed Media Artist and citizen of Muscogee (Creek) Nation, Andrea Day is traditional "Mvskoke gone MODERN" with a New York City twist. After more than a decade of performing music on the world stage, Andrea returned to Oklahoma where she focuses full time on the development of her medium, acrylic, and beadwork on canvas, and creating new work. The exhibit will run through Wednesday, May 31. All art will be available to purchase.

April 8  
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! Win a patriotic 9-block quilt throw made by workshop participants!

April 8  
0 a.m.-11:30 p.m.

## Annual Easter Egg Hunt

Pawnee Bill Ranch and Museum, 1141 Pawnee Bill Road Pawnee, OK 74058. The Egg Hunt is cosponsored by the local Pawnee Lions Club and the Pawnee Chamber of Commerce. The hunt will begin promptly at 10 a.m., at the ranch's picnic pavilions. The Egg Hunt is spread out over many acres of the historic site. Thousands of eggs will be hidden, including gold and silver prize eggs containing money and vouchers for treats.

April 13  
10 a.m.-4:30 p.m.

## "The Coalition of Historical Trekkers" living history program

Recurring Event - The Coalition of Historical Trekkers (COHT) will be at Fort Gibson Historic Site from April 13-15, from 10 a.m. to 4:30 p.m. each day at the palisade fort. The COHT is a group of living historians dedicated to the preservation and study of the pre-1860 frontier people in America. They consider themselves experimental archaeologists involved in one or more eras of history from 1600 to the year 1860.

April 15  
10 a.m.-2 p.m.

## Carriage House Sit and Sew

Recurring Event - Henry and Anna Overholser Mansion, 405 NW 15th Street Oklahoma City, OK 73103. Sewers of all ages are invited

to join the "Carriage House Sit and Sew" at the Henry and Anna Overholser Mansion in Oklahoma City. This free monthly event is 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. Guests can bring their food and drink.

April 20  
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. The first story time gathering will feature a reading of *The Little Red Hen*, by Florence White Williams (1985). April; *Up in the Garden and Down in the Dirt*, by Kate Messner (2017) in May; and *Dance at Grandpa's*, by Laura Ingalls Wilder (1995) in June.

April 22  
10:30 a.m.

## "Perspectives in History": The 2023 Oklahoma History Symposium

Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. Join the Oklahoma Historical Society on Saturday, April 22, as we present "Perspectives in History," the 2023 Oklahoma History Symposium, at the Oklahoma History Center in Oklahoma City. This one-day event offers scholars, historians, authors, and museum professionals from across the state and country a forum to share their work with history enthusiasts. The symposium is free and open to the public, but we ask that attendees register online. Lunch will be available only for those who purchase in advance during the registration process. Register here: <https://www.eventbrite.com/e/oklahoma-history-symposium-tickets-558076009367>

April 22  
1 p.m.-4 p.m.

## "Glass and a Glass!" glass fusing class

Pioneer Woman Museum and Statue, 701 Monument Road Ponca City, OK 74604. "Glass and a Glass!," with artist Audrey Schmitz. In two sessions that day at 1 p.m. and again at 3 p.m., participants will be making a "meadow flower" themed suncatcher to take home with them. Participants will learn about the process of making fused glass while enjoying a complimentary drink. No prior experience with glass is required to create original art, have fun, and get your sparkle on!

April 29  
10 a.m.-12 p.m.

## Historical and Modern Use of Medicinal Plants

come to the Oklahoma History Center to learn about medicinal plants from Master Gardener, Jeanetta Cooper. She will make a presentation on plants' historic and modern uses, and participants will be planting their own medicinal plants to take home. This class is \$7 for members and \$15 for nonmembers, and is for ages 16 and up.

For a full list of events/details visit: [www.okhistory.org/calendar/ohs/](https://www.okhistory.org/calendar/ohs/)



# Local bank provides GIFT workshop for employees

Story and photo by Eddie Roach, VillagesOKC Member/Volunteer

A metro area bank has partnered with VillagesOKC to offer a special version of VillagesOKC's GIFT (Gathering Information for Transitions) workshop for its employees. First Bethany Bank & Trust provided the workshop as a benefit to employees, and VillagesOKC tailored the normal 6-hour workshop into two 2-hour evening sessions.

The GIFT is an interactive workshop in which participants talk through difficult questions, learn about options and write solutions for the "what if's" in the future. Normally, the workshop consists of 90-minute sessions held once a week for four weeks.

Participants document their own personal, legal, medical, financial, real estate, passwords, personal preferences, emergency contacts and

crisis plan. Everyone is encouraged to hold a family meeting afterwards. A binder is provided for participants to keep all their information.

"We think it's valuable information that every family should consider, but often doesn't go to the great lengths that the workshop does," said Priscilla Cude, First Bethany President & CEO. "That includes our First Bethany family."

"We thought it would be beneficial to them and that they could also share what they've learned with our customers when it's appropriate in conversations. We also thought it would be a good way for our employees to share the VillagesOKC story if they participated in one of their workshops."

Fourteen employees and five spouses signed up for the workshop. Cude said attendees ranged in age



Marilyn Olson moderates the special GIFT workshop for First Bethany Bank & Trust employees.

from 28 to 69 years old.

"Although the material was compressed for time's sake, we still covered all high points," said Dana Bellows, VillagesOKC project manager. "Many of the participants had an 'aha' moment where they realized there were some steps they needed to take – a form they needed to sign, a person they needed to appoint."

Cude said she highly recommends other companies look at providing this benefit to employees. "When employees are in personal crisis, it naturally spills over to the workplace. This is a way to assist our employees when facing those times."



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INTEGRIS Health is looking for both sponsors and teams to play in its inaugural Pickleball Tournament on Saturday, April 15 at Chicken N Pickle in Oklahoma City!

The tournament will bring together true pickleball competitors, those who play for fun and even those trying the sport for the very first time.

But the event is about more than just fun and games. It is an official fundraiser to help support the life-changing services provided at the INTEGRIS Health Arcadia Trails Center for Addiction Recovery.

The facility is Oklahoma's most advanced state-of-the-art addiction, mental health and trauma treatment center in Edmond, offering a full continuum of care to include both inpatient and outpatient services for adults 18 and older.

The event will be held from 9 a.m. to noon on Saturday, April 15 at Chicken N Pickle, located at 8400 N. Oklahoma Ave. in Oklahoma City.

There are several opportunities to sponsor, play or both! However, there are limited spots available to play, so act fast before the bracket is full. The deadline to sponsor and be included in printed materials is Wednesday, March 15. Attached is a sponsorship form, or you can register online at <https://www.integrisgiving.org/pickleball>.



# Navy Week Returning to Oklahoma City

By Lt.j.g. James Caliva

The U.S. Navy is preparing to bring Navy Week back to Oklahoma City June 26-July 2, with Sailors from across the fleet set to take part in the service’s signature outreach program. Oklahoma City Navy Week will give the community an opportunity to learn about the Navy, its Sailors and its importance to national security and prosperity.

Oklahoma City Navy Week will feature in-person demonstrations, performances, and engagements throughout the week that will include:

- Senior Navy Leaders – Flag officer and senior civilian Navy leaders with ties to Oklahoma City and the surrounding area.
- Navy Band Southeast - Performances and masterclasses with Navy Musicians.
- Navy Expeditionary Combat Command – Educational STEM presentations and fitness demonstrations by technicians, medics, and divers.
- U.S. Naval Meteorology and Oceanography Command – Educational presentation on the importance of atmospheric and oceanographic science and the overall value of STEM education to the Navy.
- Naval History and Heritage Command – Educational presentations and lesson plans about the deep ties between Oklahoma City and the Navy.
- Navy Talent Acquisition Group – Educational presentations, community service projects and static displays.

Oklahoma City was selected by the Navy Office of Community Outreach (NAVCO) as one of 15 locations for the 2023 Navy Week program. The Navy is returning to Oklahoma City following its last Navy Week which was held in 2019.

“We are excited to bring the Navy Week program to Oklahoma City,” said NAVCO’s director, Cmdr. Anthony Falvo. “Seapower and America’s Navy are more important now than ever before. The U.S. Navy remains our nation’s most powerful instrument of military influence and Navy Weeks allow us to showcase



how the Navy serves America at sea, in the air, and ashore.”

“We coordinate about 75 outreach events during a Navy Week,” said NAVCO Navy Week program manager Lt. Cmdr. Kevin Chambers. “Outreach events range from corporate, civic, government, education, media, veterans, community service and youth engagements. We’re excited about this year’s schedule as it allows

us to visit new markets as well as return to cities like Oklahoma City.”

Since 2005, the Navy Week program has served as the Navy’s flagship outreach effort to regions without a significant Navy presence, with over 250 Navy Weeks held in more than 80 different U.S. markets. Each year, the program reaches more than 140 million people -- about half the U.S. population.

## President Approves Major Disaster Declaration for the Muscogee (Creek) Nation

FEMA recently announced that federal disaster assistance has been made available to the Muscogee (Creek) Nation and ordered federal aid to supplement the tribe’s efforts in the areas affected by the severe winter storm from Dec. 21-25, 2022.

Federal funding is available to the Tribal Nation on a cost-sharing basis for emergency work and the repair or replacement of facilities damaged by the severe winter storm.

Federal funding is also available on a cost-sharing basis for hazard mitigation measures.

Roland W. Jackson has been named the Federal Coordinating Officer for federal recovery operations in the affected areas. Additional designations may be made if requested and warranted by the results of further assessments.





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Arbor House of Midwest City 9240 E. Reno Ave. MWC, OK 73130 <b>405-455-3900</b>	Arbor House of Mustang 850 N. Clearsprings Rd. Mustang, Ok 73064 <b>405-376-2872</b>

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# HarborChase Hosted Networking and Announcement

Story by Darl DeVault, Contributing Editor

HarborChase of South Oklahoma City executives welcomed the group of 40 Senior Business Solution colleagues who braved a thunderstorm to attend their networking luncheon on March 16. to their assisted living and memory care residence located on south May Ave.

The meeting started with longtime event organizer Bill Muir addressing a significant change in his company. Muir started the SBS luncheons six years ago as an extension of the newly launched Compass Senior Living Solutions he and his wife Karen founded.

“I am proud to announce that Jennifer Buckles, also a certified senior advisor will become a full partner in our mission to help seniors in search of care options as they age,” Muir said. “Jennifer joined Compass in 2021 and has been the sales and marketing manager since early 2022. The first of April, she will be

a full partner serving as chief operating officer.”

Muir said he and wife Karen will be stepping back from day-to-day operations due to recent health challenges. They will remain advisors involved in overseeing the continued growth of the company.

Muir said the four senior advisors working in the Oklahoma City metro area now also include Dee Edwards and Cheryl Beaver, who assist Oklahoma seniors in finding the optimal solutions as they explore their options.

HarborChase Executive Director Willena Ferguson welcomed the visitors to the luxury assisted living and memory care facility, which she proudly explained has some of the most amenities of any Oklahoma senior center. It offers 106 one, and two-bedroom assisted living options, and The Cove—offering



Compass Senior Living Solutions founder Bill Muir CSA, introduced Jennifer Buckles, CSA as a new full partner at the meeting at HarborChase in March.

Alzheimer’s and dementia care and respite care services to families.

A full-service barber and beauty salon augment the resort-level luxury, along with a putting green in the interior courtyard next to the cabana and a creative art studio and a fitness and wellness center on site.

Fine dining is another heralded

feature, with an executive chef overseeing the three meals daily and a variety of on-site restaurants, including a bistro and a steakhouse open to the public that takes reservations for Friday and Saturday. HarborChase is also state licensed as a hotel, so they can provide

Continued next page

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# NETWORKING

Continued from Page 24

residents and the public with a bar and cocktail lounge.

With a thunderstorm outside during the meeting, Ferguson emphasized the visitors' safety by talking about the peace of mind builders put into the building. "This Oklahoma room we are in is a safe room rated to withstand an EF 5 Category tornado, Ferguson said. "This large space provides our residents and staff a great sense of safety in Oklahoma's unpredictable weather and serves as a movie theatre room and chapel."

Ferguson helped bring the facility to life, arriving to help with planning 14 months before it opened in 2020. She talked about how proud she was to be a part of Vero Beach, Fla. - based Harbor Retirement Associates in bringing the many luxury living options they provide to Oklahoma. HRA operates more than 35 communities in eight states and is partnering to construct even more communities in seven additional states.

HRA manages over \$150 million in revenue and approximately \$1 billion in assets while employing 2,000 associates.

The luncheon continued with each invitee giving a few minutes of information about 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.

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.

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

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

After the networking, half a dozen attendees asked to take a tour. HarborChase Director of Sales Staci Seilkopf began the time by explaining the nearly 1,900-square foot Oklahoma Room used for the luncheon is a safe room rated by FEMA to withstand category EF 5 tornado winds. An enclosed generator ensures power, and a full-stocked pantry provides food and water for residents for up to three



HarborChase Executive Director Willena Ferguson holds their emotional support dog while posing with Director of Sales Staci Seilkopf at the March meeting.

days in the case of disaster. Some \$400,000 two and a half tons of concrete rolling steel hurricane shutters. HarborChase South Oklahoma City is located at 10801 S May Ave and can be found online at <https://www.harborchase.com>

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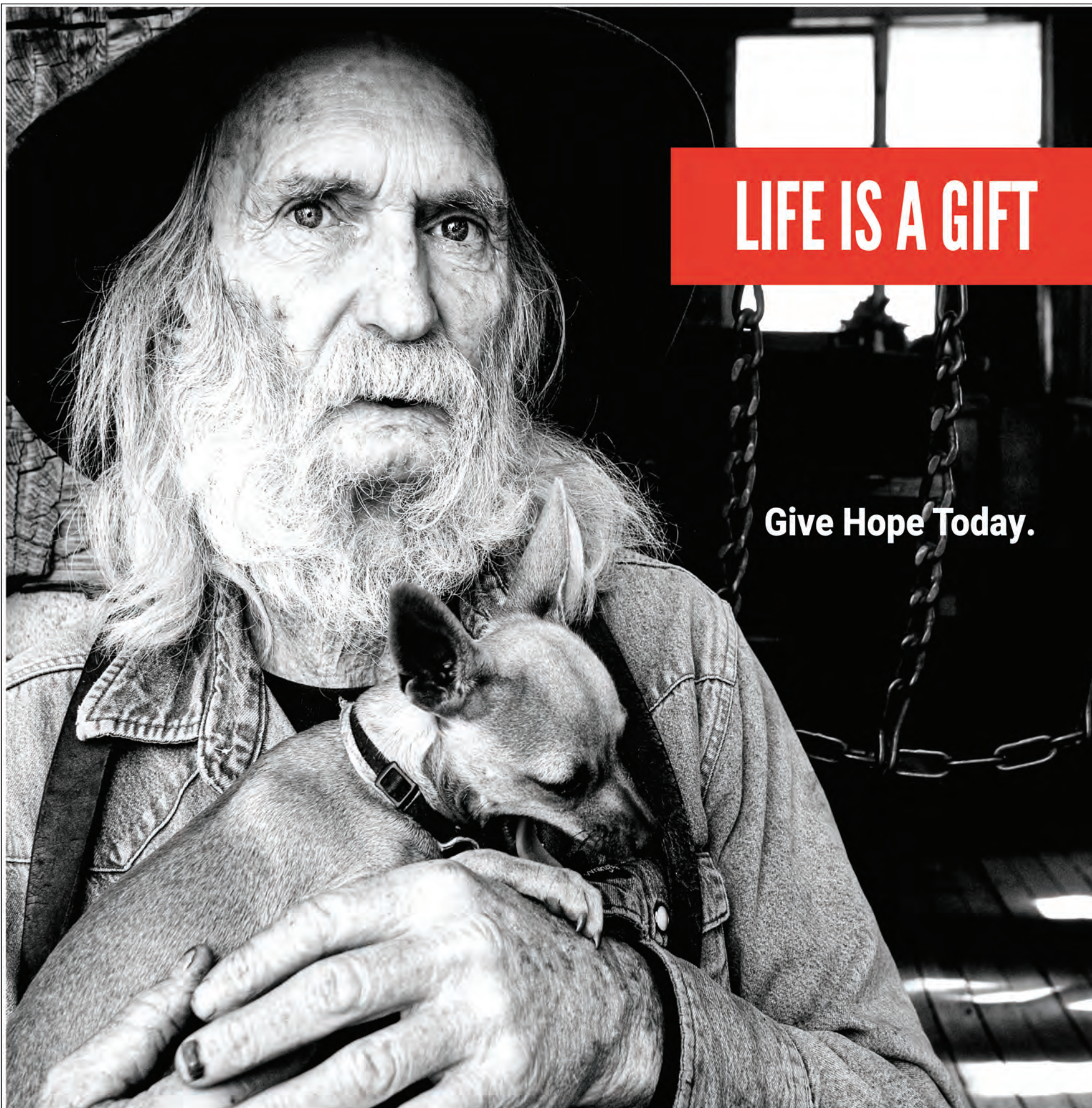
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# Blake Shelton Partners with OKPOP Museum

*OKPOP Foundation Names Blake Shelton as Honorary Chair for Fundraising Campaign*

Country music superstar and beloved television personality Blake Shelton has partnered with the OKPOP Foundation to be an Honorary Campaign Chairperson and the face of the Foundation's fundraising campaign to complete the OKPOP Museum. Through this partnership, Shelton will bring awareness about the project and encourage others to help raise the \$30 million needed to complete the exhibit design, construction, and installation for a late 2024 opening date.

"Music is my livelihood, and Oklahoma is my home—my heart. So, when I heard more about OKPOP's mission to inspire and empower young Oklahoma musicians or artists like me, I knew I had to get involved," said Shelton. "OKPOP is telling the stories of Oklahomans who have impacted and continue to influence pop culture in such a cool, innovative way, folks from all over the county are going to love it."

Executive Director of the OKPOP Museum, Jeff Moore, and Simmons Bank Senior Vice President of



Photo L to R: D. Scott Petty, OKPOP Foundation Chair; Jeff Moore, OKPOP Museum Executive Director; Charlene Ripley, late musician Steve Ripley's wife; Blake Shelton, OKPOP Foundation Honorary Campaign Chair; Abby Kurin, OKPOP Foundation Managing Director; Trait Thompson, Oklahoma Historical Society Executive Director

Business Development, D. Scott Petty, the OKPOP Foundation Chair, are thrilled to have Blake Shelton as the OKPOP Foundation's honorary campaign chair.

"Blake is such a great fit for what this museum represents," said Jeff Moore, executive director of OKPOP Museum. "A kid with talent and passion from Ada, Oklahoma who goes on to make his dreams come true. Those are the stories we are telling, and those are the kids we want to help pursue their own dreams of making music or films or writing the next big novel. We want them to visit the museum and leave knowing the sky's the limit."

Shelton will be lending his name to the project, while also encouraging industry peers and fellow Oklahomans to get involved.

"Blake Shelton's willingness to publicly embrace the OKPOP Foundation mission—to share Oklahoman's stories—highlights the importance and global impact," said Scott Petty, OKPOP Foundation Chair. "His involvement will be the catalyst for everything the foundation has been doing behind the scenes and will ultimately bring this project to fruition."

OKPOP is in the final stages of exhibit design and is aiming for a late-2024 opening date. The

OKPOP Foundation is the OKPOP Museum's fundraising arm, working in conjunction with the Oklahoma Historical Society. The Foundation's role is to identify potential funding sources through state and federal allocations, local and national prospective donors, foundations, corporations, grants, and founding memberships to help the OKPOP Museum realize its mission of collecting, preserving, and sharing Oklahoma's pop culture history.

Along with D. Scott Petty of Simmons Bank, board members for the OKPOP Foundation include Philip Kaiser (Flywheel Events), Tom Evans (Encompass Financial Services), Stuart Hudson (EdibleOKC), Brian Paschal (Lobeck Taylor Family Foundation), Cassie Reese Tipton (CEC), Donna Sharpe (Sharpe House), Tulsa County Commissioner Karen Keith, John Hickey (Hall Estill), Judy Eason McIntyre (retired Senator), Molly Jarvis (Cherokee Nation Businesses), Adrian Bradley (A&D Sports Management), Amanda Lowe (United States District Court, Northern District of Oklahoma), Jane Mudgett (Speaker, Author, and Coach), and Phil McDonald (AWAL/Sony Music). Ex-Officio members include Abby Kurin (OKPOP Foundation), Jeff Moore, Meg Charron, and Mary Barnes (OKPOP/Oklahoma Historical Society).

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Greg Schwem: Remember  
when we talked, no, really  
talked to one another?

*by Greg Schwem*

Mary Louise and Marty showed up faithfully at the park each morning at 7:30. Stopping their SUV in the same space, Mary Louise, 68, emerged with a bowl of water, followed by her husband, 85, and armed with a tennis ball. They opened the car's hatch as if they were pulling back a Broadway curtain to reveal the show's marquee star.



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

Shamus, their 3-year-old border collie, played the role well.

For the next 45 minutes, owners commiserated as our dogs, including Macie, my cockapoo, frolicked in the unfenced park, regardless of weather. Shamus never tired of chasing the ball, no matter how far Marty's plastic contraption launched it. We laughed as our dogs sniffed owners' butts, knowing treats were in nearby pockets. I began using the owners as my "test audience," trying out lines I might use on stage in upcoming standup comedy shows. One day I remarked that I was going on a business trip but was anxious to get home "to be with those I love the most."

"It's hard to leave your dog," I added.

Mary Louise laughed the hardest.

The dogs rolled, wrestled, barked and slurped. Shamus was usually the ringleader.

"He'll run around like this every morning and then he'll sleep all afternoon," Mary Louise said.

Gesturing to Marty, I replied, "And what will Shamus do?"

More laughs. They came fast and freely.

Until one day, they didn't.

Returning from nearly a month-long corporate speaking tour, Macie and I arrived at the park to see Mary Louise exiting her SUV, clutching the water bowl. As she moved toward me, I saw an opportunity for humor.

"We're all losing our memories, Mary Lou, but did you forget Shamus?"

I regretted it the moment I saw the tears.

"We lost him," was all she could say before breaking down.

Shamus, she explained after composing herself, suffered from seizures but neither she nor her husband thought they would cause their beloved companion's death so quickly. Anticipating my next question, she said Marty hadn't been able to return to the park.

"But you're still coming," I said.

"I wouldn't know what to do all day," she replied, walking toward the gazebo where the owners congregated if it was raining, snowing or oppressively hot. Our dogs never complained about the elements because, well, they're dogs.

How I wanted to make Mary Louise laugh at this particular moment. Was there something, anything, I could say to bring out a smile or even a soft chuckle? I firmly believe humor has a place anywhere. I recounted the funerals I've been to where mourners laughed more than they cried. Occasionally I've been asked to speak about the deceased, solely because a relative figured I could lighten the mood with comedy. It's never an easy task, but one I relish.

Yet, here I was, looking at a woman whose morning routine would never be the same, despite her best attempt. Macie was fidgeting, so I told her to hang in there, turned and headed for home with my very healthy four-legged friend.

A week later Macie and I returned, hoping to see the cadre of dogs we'd come to expect. On this particular day, the grass was empty. There was only the SUV in the parking lot.

As we got closer, the door opened and Mary Louise emerged. She'd been



When laughter isn't the best medicine, a hug might do the trick.

waiting for one of us to arrive, just so she could lavish love on an animal, even if it wasn't hers. I knew she'd been crying.

I asked about Marty. He still wasn't making the trip.

Hesitating, I plowed forward with the “elephant in the room” question.

"Do you think you'll get another one?"

"I'd like to, but I'm not sure I can go through this again," she said.

"I know something you need right now," I said, wrapping my arms around her.

Wear a mask if it makes you feel safer or more comfortable, but never be afraid to reach out, literally and physically, to someone in need. Do it today. Because, like laughter, hugs will always have a place in the world.

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

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

# JUMBLE

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

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By David L. Hoyt and Jeff Knurek



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## TINSELTOWN TALKS:

# Playboys still bringing back music of the 60s

By Nick Thomas

Don't expect any vocal surprises if you ever attend a concert featuring Gary Lewis & the Playboys.

"I'm a real stickler for absolute originality," said Lewis from his home in Rochester, New York. "The fans want to hear the songs just like they remember them from the radio, they don't want to hear new arrangements, so we keep it very original when playing live."

Fans can also expect to enjoy most of Lewis's big hits from the 60s including, "This Diamond Ring," "Everybody Loves a Clown," and "Green Grass." In March, Gary and the boys will be performing in several Florida cities (see [www.garylewisandtheplayboys.com](http://www.garylewisandtheplayboys.com) for their 2023 touring schedule).

"We had seven Top 10 songs in a row in the space of two years, so I was very blessed to have such amazing success so quickly," noted Lewis.

"This Diamond Ring," the group's first record, reached the number 1 spot in the U.S. in February 1965 and Lewis remembers excitedly watching it climb the charts over six weeks. But the upbeat version released was very different from the original.

"I first heard it in producer Snuffy Garrett's office at Liberty Records when he played a demo, a very different slow version," recalled Lewis. "At the time, I just wanted to get a song recorded and said I loved it. But then Leon Russell made a new arrangement - the version that was released - and it became this huge hit."

Lewis credits his mother for supporting his early music passion, offering financial help and advice, unbeknownst to his father.

"Before our first hit, we were doing a lot of auditions as Gary & the Playboys because my mom didn't



Gary Lewis, bottom, with the original Playboys in 1965 - Carl Radle, Jim Keltner, Tommy Tripplehorn, John West. Provided by Gary Lewis



Gary Lewis, center, with today's Playboys from left Mike Gladstone, Nick Rather, Willy O'Riley, Bobby Bond. Provided by Gary Lewis

want me getting work just because I had a famous father," said Lewis. "When Diamond Ring began climbing the charts, she said I should put Lewis in the band's name. I did, but still not everyone realized I had a very famous entertainment father and so we were thrilled to get work based solely on our talent."

His dad, of course, was comedian Jerry Lewis who had no idea his son had a hit record until Gary presented him with a gift. "When I got the first gold record for Diamond Ring, I signed it to him and I went down to Paramount Studios where he was filming and I walked in and said 'Dad, this is for you.' He was very surprised and, I think, quite proud."

Much has been written over the years of the strained relationship between Jerry Lewis and his children.

"I was always able to separate my career from what he and I were," said Lewis. "It bothered me that we never got along too well, but that's just the way it was and I'm over it."

When he performs today, Lewis's songs not only have the same arrangements as the originals, but a similar sound despite being performed by all-new Playboys.

"Over the years there have been many sets of Playboys, but today's group has been with me since 2004 and has that same great original sound," he says. "We don't do a huge number of shows a year now, but I still love it and seeing the fans, new and old, who still love our music."

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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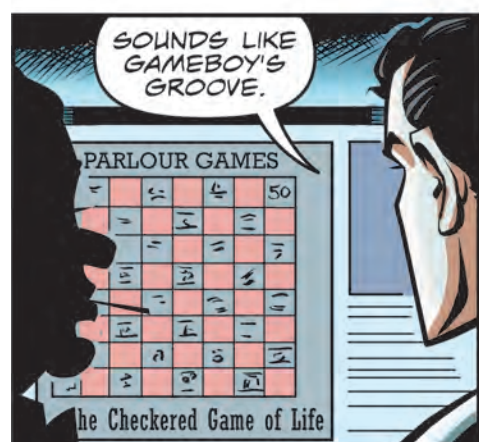
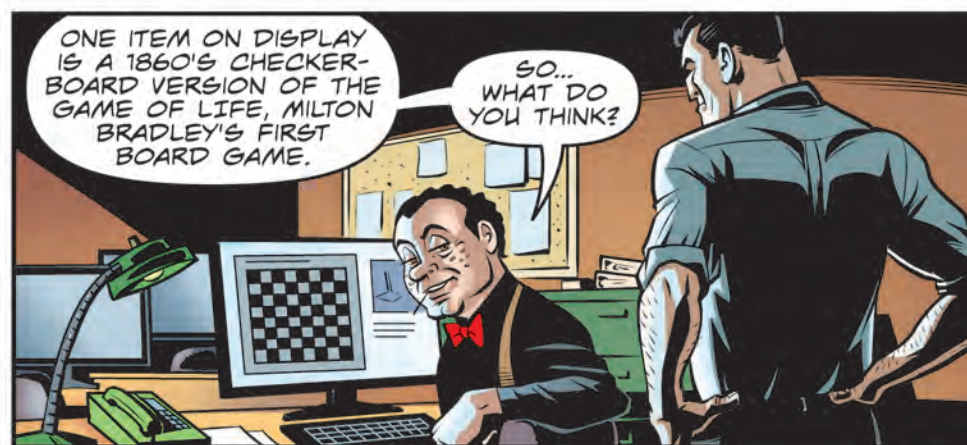
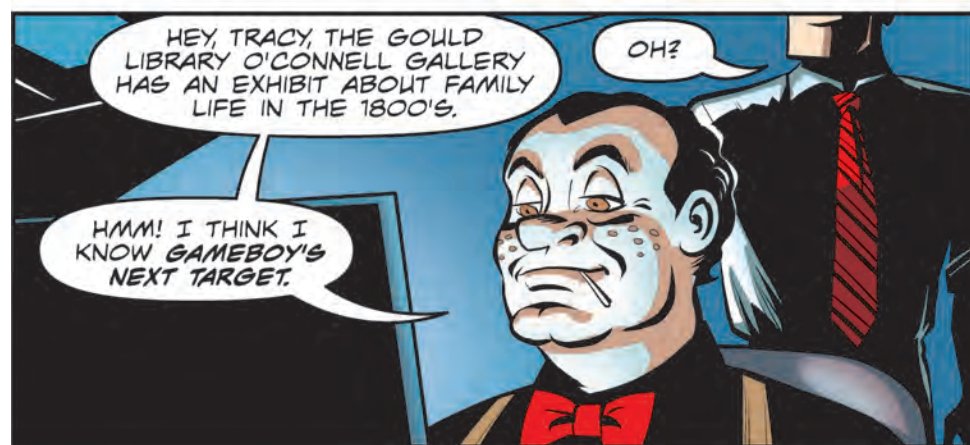
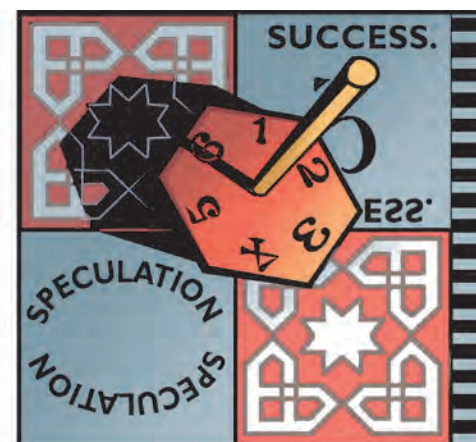
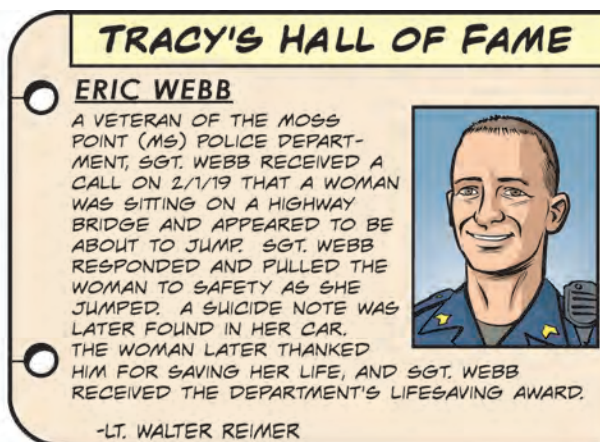
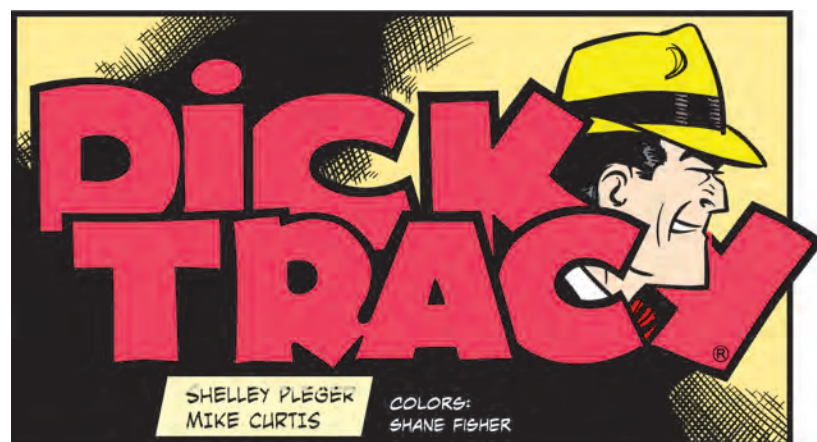
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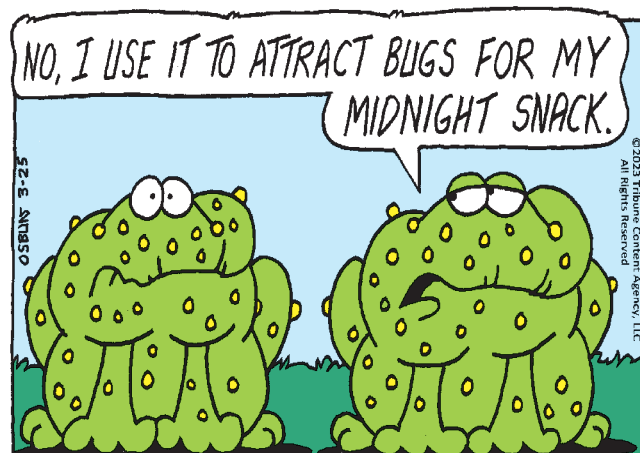
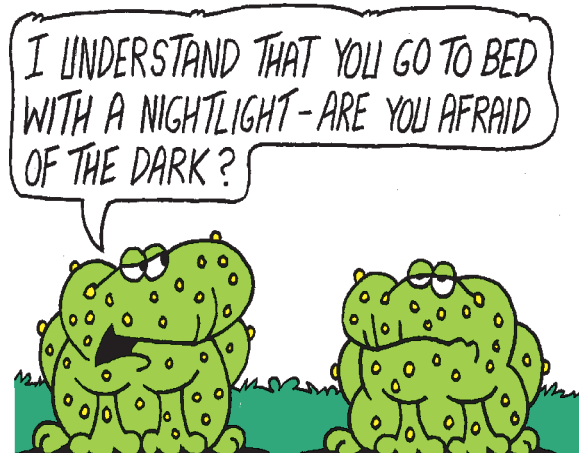
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## *Animal Crackers*

By Fred Wagner



## Broom Hilda

By Russell Myers



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*The senior man gets up, shuffles over to her, leans in, and asks, "So... do I come here often?"*

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