

Senior Follies' 2023 Announced

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From left Jenny Cherry McMonigle, Bill Rodgers, four-time winner of the Boston and New York Marathons in the 1970s, and Mary Cherry Burleson pose on Friday during packet-pickup day.

Story and photos by Darl DeVault, contributing editor

In a heartwarming display of resilience, 1,000 senior citizens aged 65 or older came together on Saturday, April 29th, to walk or run in the inaugural Senior Marathon, a new addition to the 23rd annual Oklahoma City Memorial Marathon. Their participation allowed seniors to support the nonprofit Oklahoma City National Memorial & Museum.

This institution has served the community for 22 years in honor of the victims, survivors, rescuers, and all those affected by the devastating April 19, 1995 bombing.

The participants of the Senior Marathon undertook a unique training regimen, walking

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Air Show to Display America's Best Above Tinker AFB



U.S. Navy Blue Angels' six pilots perform in their single-seat, supersonic F/A-18E Super Hornet fighters in a tight formation.

Story by Darl DeVault, contributing editor

The free admission Tinker AFB Air Show returns July 1-2, featuring the U.S. Navy Blue Angels' highly anticipated aerial exhibition finale each day. The Blue Angels aerobatic flight demonstration team of six fighters will treat spectators to their precision flying skills and professionalism. In the team's rich history, they have performed for an estimated 500 million spectators, sharing their flyovers and shows worldwide since 1946.

The Blue Angels Navy pilots will feature their famous delta formation as they perform in their single-seat, supersonic F/A-18E Super Hornet fighters.

"We are excited to open our gates to host a safe, family-friendly event with an awesome lineup of aerial performers and interactive ground displays," said Lt. Col. Kyle Moats, commander of the 72nd Operations Support Squadron. "The Air Show is our way of giving back to our community and saying 'thank you' for all the continued support of Tinker Air Force Base and our warfighters."

The world's most advanced multi-role stealth fighter, the Lockheed Martin F-35A Lightning II, will compete with the Blue Angels for the crowds' attention by flying above Tinker for the first time. A single fighter demonstrating its stealth

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MARATHON

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or running 25 miles before the race weekend and recording their progress by completing 1.5 miles each week starting in January. On their race day, they completed their 26.2-mile marathon.

The Senior Marathoners embarked on their journey a day before the main marathon, setting off at 8 a.m., between the 7 a.m. start of the 5,000 meters (5K) run and the Kid's Marathon that started at 9 a.m. Their route took them from the Oklahoma City National Memorial & Museum starting line on the final 1.2 miles of their marathon distance, directly south to the finish line in Scissortail Park.

Many seniors chose to continue running in their favorite 5K run. Saturday morning began with the more competitive 5K, in which a diverse group of participants, including wheelchair athletes, eagerly participated.

Norman resident Mary Cherry Burleson, 81, and her Edmond sister Jenny Cherry McMonigle, 79, participated in the "Run to Remember" 5K, making it a decade of running it for each.

Despite Mary's admission of never being much of an athlete, her determination to be fit led her to participate. Notably, both sisters have consistently placed in the top ten of their age and gender categories in each run, earning two medals each for being in the top three.

For Mary, participating in the Memorial Marathon weekend holds a profound significance. She said, "One of our good friend's brothers was killed in the bombing, so I run to remember him. I love being a part of all that the Memorial Marathon represents—our community coming together to honor their memory, and the opening 168 seconds of silence at each race are designed to do that."

On the other hand, Jenny has always been naturally inclined towards running. From running to her grandparents' house a block away to watch TV at night during her childhood to participating in races with her classmates during grade school recess, Jenny's love for running has been ingrained in her since a young age.

She even ran in the AAU Junior Olympics one summer. However, it wasn't until 2013 that Jenny felt inspired to participate in the Memorial Marathon after reading the book "Run for God," which explores the parallels between enduring a sport like running and having faith, based on the Bible verse Hebrews 12:1.

Jenny's training for the 5K race demanded commitment, practice, perseverance, and suitable equipment, while also providing an enjoyable, satisfying, and rewarding experience.



Kevin Lynes, center left in a gray long-sleeve Oklahoma City Running Club Landrunners jersey, is set to begin the final leg of his Senior Marathon.

Upon completing the book, Jenny felt prepared for her first 5K as part of Memorial Marathon weekend, an event encompassing all the elements she had embraced. Jenny's passion for running was ignited, and she has since participated in the event every year.

For Mary and Jenny, running in the 5K yearly goes beyond staying active and maintaining good health. It serves as a way to honor and remember those affected by the tragic Oklahoma City bombing. Their unwavering commitment to the event and dedication to running inspire others, demonstrating that with perseverance and the right mindset, anyone can achieve their goals and positively impact their community.

Readers who notice their custom tee shirts with their names and ages as 70 Plus in the accompanying photo will soon see a new race day version. Next year they will both be in their 80s, so their new tee shirts will list their ages as 80 Plus.

Kevin Lynes was among the inaugural Senior Marathon participants, a 66-year-old runner who discovered his love for running at age 48, once his children had grown up. Over eighteen years, Lynes has completed an impressive 24 full marathons and 10 ultra-marathons of 50 kilometers or more.

Hailing from Oklahoma City, he has participated in the Memorial Marathon full marathon 10 times and the half marathon six times. Additionally, he has completed approximately 75 half-marathons throughout his extensive running career.

Lynes learned about the Senior Marathon a few weeks before the event, prompting him to embark on a focused training schedule. "I quickly ran the required distance and kept track of earning the privilege to run in it right up to race day," Lynes said. "I decided to sign up for the event because generating that mileage quickly would be a fun challenge."

While Lynes ran the final leg of the Senior Marathon alone that Saturday, many of his training runs over the years have been with Oklahoma City Running Club athletes.

This year he began supporting Ainsley's Angels of America. This national organization promotes inclusion and accessibility for individuals with disabilities in endurance events. Lynes said he had the honor of pushing a young girl Jordyn's wheelchair while running this year's half marathon on Sunday, switching off in rotation with her mother and Sarah Mehan. The experience profoundly impacted him, inspiring Lynes to want to help push Jordyn in the full marathon next year.

Lynes' running journey inspires anyone who may feel there is still time to start a new hobby or physically challenge themselves. His story highlights that, with the right mindset and dedication, there is always time to begin running or walking and make a positive change in one's life, as he can attest.

The Senior Marathon was designed to be an untimed event, allowing the participants to savor

the experience without any pressure or competition. In addition to the race, the Senior Marathoners had the opportunity to partake in the Health and Fitness Expo, held at the Oklahoma City Convention Center that day. The Expo, presented by the OKC Convention and Visitors Bureau and OU Health, was located adjacent to the finish line. It offered a platform for Senior Marathoners to interact, show their support, and gain insights into health and fitness.

The Oklahoma City Memorial Marathon is the largest fundraiser for the privately owned and operated National Park Service-affiliated Oklahoma City National Memorial & Museum. Over two days, the event welcomed more than 20,000 runners and walkers from across the United States and several foreign countries. In addition to the Senior Marathon, the event featured a marathon, half marathon, marathon relay (comprising five-member teams), 5K, Kid's marathon, and a wheelchair division.

The Senior Marathon inaugural event was presented by Mercy, a nonprofit Catholic health system serving Arkansas, Kansas, Missouri, and Oklahoma.

This new event is an outstanding testament to the indomitable spirit of the senior citizen community. By lacing up their running shoes and embarking on their walks or runs, they honored the memory of the Oklahoma City bombing by showing their dedication to supporting their community while seeking a healthy and active lifestyle.

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OPINION



Can I Collect Social Security from My Ex-Spouse?

Dear Savvy Senior,

Is it possible to collect Social Security benefits from my ex-spouse? We were married for 12 years but have been divorced for almost 20 years now. Never Remarried

Dear Never,

Yes, depending on your specific circumstances, you may very well be eligible for divorced spouses Social Security benefits. Here's what you should know.

Who's Eligible? A divorced spouse can collect a Social Security retirement benefit on the earnings record of their ex-husband (or ex-wife) if you are at least age 62, were married for at least 10 years, are unmarried, and are not eligible for a higher benefit based on your own earnings record.

In order to collect, your former spouse must also be at least 62 and eligible for Social Security benefits. But he doesn't have to be receiving them in order for you to collect divorced spouse's benefits, as long as you've been divorced for at least two years.

Even if your ex is remarried, it won't affect your right to divorcee benefits, nor will it affect your ex's retirement benefits or his current spouse's benefits.

Benefit Amount. A divorced spouse can receive up to 50 percent of their ex's full Social Security benefit, or less if they take benefits before their full retirement age, which is 66 for people born in 1945-1954 but is gradually increased to age 67 for people born in 1960 or later. To find out your full retirement age and see how much your benefits will be reduced by taking

them early see SSA.gov/benefits/retirement/planner/agereduction.html. Keep in mind though, that if you qualify for benefits based on your own work history, you'll receive the larger of the two benefits. You cannot receive benefits on both your record, and your ex's work record too.

To find out how much your retirement benefits will be, see your Social Security statement at SSA.gov/myaccount. And to get an estimate of your ex's benefits, call Social Security at 800-772-1213. You'll need to show your marriage certificate and divorce decree to prove your marriage lasted at least 10 years along with his Social Security number to get it.

Other Factors to Know. You also need to be aware that working can affect your divorced spouse's benefits. If you start taking benefits while working, and are under full retirement age, your benefits will be reduced \$1 for every \$2 you earn above the annual limit, which is \$21,240 in 2023. In the year you reach full retirement age, however, the annual limit increases to \$56,520 and the reduction lowers to \$1 for every \$3 above that limit. See SSA.gov/pubs/EN-05-10069.pdf for more details.

Another factor that can reduce your divorced spouse's benefits is receiving a pension from an employer that did not withhold Social Security taxes (like a government). This is a rule know as Government Pension Offset (see SSA.gov/benefits/retirement/planner/gpo-calc.html) which can reduce your benefits by two-thirds of the amount of your pension.

Divorced Survivor's Benefits. You also need to know that when your ex-spouse dies (and if you were married for 10 or more years), you become eligible for divorced survivor benefits, which is worth up to 100 percent of what your ex-spouse was due.

Survivor benefits are available to divorced spouses as early as age 60 (50 if you're disabled). But if you remarry before 60, you become ineligible unless the marriage ends. Remarrying after age 60 will not affect your eligibility.

Also note that if you are receiving divorced spouses benefits when your ex-spouse dies, you will automatically be switched over to the higher paying survivor benefit.

For more information visit: <https://www.ssa.gov/benefits/retirement/planner/applying7.html> and click on "Benefits for Your Divorced Spouse."

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.



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SHOW

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and next-generation technology built to replace many older and less technologically advanced fighters will perform each day. The supersonic F-35A's helmet-mounted display system is the most advanced system of its kind. All the intelligence and targeting information an F-35 pilot needs to complete a mission are displayed on the pilot's helmet visor.

As Oklahoma's largest single-site employer, Tinker AFB personnel are part of the enduring 75-year advantage as the world's most capable and respected air power source. This open house will demonstrate why the last time an American combatant was killed on the ground by an adversary air force was April 15, 1953.

Because admission, parking and shuttles are free, organizers encourage everyone to arrive early. Seniors will want to arrive early enough to park at Building 9001, formerly the old General Motors Plant, off SE 74th Street because those buses drop them off at the gate area requiring the least walking. The event has been popular, and the gates will close when capacity is reached. Gates open at 8 a.m. daily, and aerial demonstrations begin at 11 a.m. All acts are expected to perform each day, but the order of performers may change.

As you approach Tinker Air Force Base from Interstate 40 or I-240, look for signs directing you to the entrance. From I-40 or SE 29th Street, you may enter through the Hruskocy Gate. From Douglas the Lancer Gate. And from the I-240 exit at Air Depot or Douglas, come in on 74th Street to access the old GM plant. The Liberator Gate off Douglas will only be a drop-off point for any LYFT, UBER and other Ride Share vehicles. It is important to note that driving from the west side of the base to the east side will be restricted.

Guests with wheelchairs, strollers or wagons are highly encouraged to enter through the Hruskocy or Lancer Gates to mitigate excessive time spent loading/unloading buses.

Small diaper bags and purses are permitted. Bringing sunscreen, hats, and umbrellas for shade is strongly recommended, as shade availability may be limited. Visitors are also advised to bring blankets, lawn chairs, and strollers, as seating will not be provided. ATMs will be available on-site.

Drivers should have their licenses available for the gate guards as they approach the gates. Park vehicles in

designated areas and proceed to the gated entryway or shuttle bus stop. Base security forces will send you in the right direction. All visitors will proceed through a security checkpoint before boarding the shuttle buses or entering the event area.

The show will feature dozens of military and civilian aerial performers and a wide variety of ground display aircraft, such as Tinker's own E-3 Sentry AWACS, the U.S. Navy E-6B Mercury, and the KC-135 Stratotanker.

The theme for this year's air show is "STEM Takes Flight," highlighting science, technology, engineering and mathematics that make human flight possible. STEM City will fill a large hangar so children and adults can witness the "outside-of-the-box" thinking needed to solve the daily problems Tinker's engineers and mechanics face to deliver air power for America.

Youth can explore various hands-on activities with drone tech, robotics, LEGOs, snap circuits and more for kids ages 5 through high school. The emphasis is on how they can get involved in the field of aerospace, whether in the private or public sector. They will be shown the many jobs available that require a STEM-related education."

Other educational opportunities include a mobile movie theater showing films about the Tuskegee Airmen, the first Black military aviators in the U.S. Army Air Corps, and the Women Airforce Service Pilots (WASP), who served in World War II.

Visitors can also walk inside an E-3 Sentry AWACS, explore a full-scale E-7 exhibit of the Air Force's new global defense plane, and get an up-close look at the Blue Angels' C-130J Super Hercules and other static displays.

Stand-out air acts include a World War II reenactment by Tora, Tora, Tora, including the famous "Wall of Fire," the USAF Wings of Blue Parachute Team, Jelly Belly Comedy Air Act, Matt Younkin and his Twin Beech aerobatic air act, T-33 demo flight, Tuskegee Airman WWII Red Tail P-51, Adam Baker and his Extra 300 aerobatic air act and more.

Most attractions are free except a VIP area, the Flightline Chalet, and the Kidz Zone. Flightline Chalet VIP tickets are available for \$149, offering shade tents, preferential seating, cold beverages, and a boxed lunch. There is also shade seating on the northern end of the flightline starting at \$39. Wristbands for the Tinker Air Show's Kidz Zone cost \$20 and are good all

day. STEM City is free to attend.

Security measures will be in place, and visitors must pass through a security checkpoint before boarding the shuttle buses or entering the event area. Smoking or vaping is strictly prohibited, and coolers are not allowed. Food concessions will be available for refreshments, with beverages for sale and complimentary water provided, so bring an empty water bottle to fill at the water stations.

As the air show draws closer, Team Tinker continues to add performers, ground displays, and exhibits to enhance the overall experience. Visitors are advised to regularly check the public website <https://www.tinkerairshow.org/> and

or they may log onto the Tinker Air Force Base's website: <https://www.tinker.af.mil/> and their social media platforms, including Facebook (@TinkerAirForceBase), Twitter (@Team_Tinker), and Instagram (@Tinkerairforcebase), for the most up-to-date information. For those unable to attend in person, the air show will be live-streamed on Tinker's Facebook page. To ensure a smooth and enjoyable experience, visitors are encouraged to download the air show app AF Connect, which provides important information, including parking and event maps. The official 2023 Tinker Air Show app, 'AF Connect,' can be downloaded from popular app stores for free.

Legislature to Replace Lost COVID Funds for Nursing Homes

Large Revenue Gap Remains

Care Providers Oklahoma President and CEO Steven Buck today thanked the Legislature for including in their budget agreement a \$47.8 million increase in funding for Oklahoma's skilled nursing facilities and for Intermediate Care Facilities for Individuals with Intellectual Disabilities (ICF/IIDs). The funding replaces a roughly equal amount of federal dollars made available through the COVID-19 Public Health Emergency that will no longer be available starting July 1, 2023, and avoids a steep funding cliff for skilled nursing in Oklahoma.

However, Buck also warned that nursing homes and ICFs still provide a large amount of uncompensated care that threaten the financial viability of many homes and may lead to closures. According to OHCA projections, the cost of treating a typical Medicaid resident in a skilled nursing facility is \$246 per day. With the \$47.7 million in additional state funding, nursing facilities will now be compensated approximately \$225 per day per Medicaid resident, a \$21 per day deficit.

"The Legislature has averted an outright catastrophe by replacing federal dollars that have been revoked due to the end of the



COVID-19 emergency declaration," said Buck. "That action will likely be enough to avoid widespread closures within the industry and provide some sense of stability for most residents and staff. We are grateful to our lawmakers for taking action on that front."

"However," continued Buck, "the majority of skilled nursing residents pay for their care using Medicaid. Each of those residents costs their facilities \$21 a day in uncompensated care. In the long run, we cannot continue to expect reliable, high-quality services unless we can at least match the cost of care for our residents. Furthermore, facilities will not be able to hire and retain qualified workers at the \$13 to \$15 an hour rate that our current funding levels support."

"The work our lawmakers did in 2023 prevented a disaster," finished Buck. "But they can expect that we will be asking them to do more in 2024 so that we can adequately care for our residents, staff our facilities with qualified workers, and avoid more closures which disrupt the lives of vulnerable Oklahomans."



Story and photos by Dot Liles

The Oklahoma Senior Follies' 2023 show will be on June 10th and 11th at 3:00 p.m. at Hudson Performance Hall located at 2820 N. May Avenue, Oklahoma City. The show this year is "Tune In." With Covid cases declining, it is

time for everyone to get out and enjoy events. Seniors are busy in the community in many ways. Their roles have changed substantially over time, and we want to celebrate the new image of seniors. The show will include music from some of your favorite TV shows and

movies. It will be a trip down memory lane. This year we even have a talking horse!

This year's special guest star will be Edgar Cruz! As you know, he is an Oklahoma favorite as well as an award-winning, nationally acclaimed artist. He will be playing

guitar medleys. Come watch how fast his fingers move over the strings! This year's King is none other than newscaster Kevin Ogle. Kevin is being honored for his superb news coverage and his community efforts. "Your

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FOLLIES

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Highness” truly stands tall at 6’8”. When researching Kevin, we were surprised to find out about his many talents. Some of those include playing drums and bass as well as many other instruments. He even played in the station band.

We will have eight Beauties this year. For the first time, their number will be choreographed. They plan to dazzle you with their elegant gowns and personalities. We will have many new faces in

the cast as well as some of your old favorites.

This year’s production staff includes Scott Guthrie, Stage/Artistic Director; Dr. Matthew Jones, Music Director; Ashlea Stewart, Stage Manager; and Kaylene Snarsky, Choreographer. The band has been expanded this year to include woodwind instruments for a well-rounded sound.

We have all been working hard and hope you will come join the fun.

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Hero Off-Duty Nurse and the Woman She Saved Recognized at Home Run for Life



Pamela Satchell (right), nurse at INTEGRIS Health Miami Hospital, with Shyanne Brandon.

This month hospitals across the country celebrated National Nurses Month, designed to honor the contributions and sacrifices nurses make and to highlight the critical role they play in our community. This week, we recognize the heroic actions of one off-duty nurse.

Shyanne Brandon, who is a nurse at INTEGRIS Health Miami Hospital, and Pamela Satchell were at the same company picnic at the pool when a life-or-death situation intertwined their lives forever.

They were honored during the second INTEGRIS Health “Home Run For Life” of the 2023 OKC Dodgers baseball season Saturday, May 20 at Chickasaw Bricktown Ballpark.

“Home Run For Life” recognizes individuals in the community who have overcome a significant medical event with the help of their families, physicians and health care professionals. To symbolize the end of their battle against adversity, honorees take a home run “lap” around the bases during a pregame ceremony.

Right Place, Right Time

Brandon was attending a company picnic that Satchell was working, handing out shirts to the attendees. After a hot day in the sun, Satchell decided to go down the slide into the pool. When Satchell got to the bottom of the slide, she realized something wasn’t right. “When I hit the water, it felt like somebody pulled me under the water,” she said. Satchell tried not to panic as she struggled to stay above the water and asked

the lifeguard on duty for help. “That’s the last thing I remember,” she said.

At the time, Brandon was walking back from one of the food trucks when her grandmother directed her toward the commotion in the pool. She dropped her food and ran towards Satchell.

Brandon and her mother-in-law, Holly, pulled Satchell out of the

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HERO

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pool and Brandon immediately got to work. "I first checked for a pulse," Brandon said. "It was very faint." She began performing CPR on Satchell. Some may have felt stressed in a similar situation, but Brandon kept her cool. "I felt this peace that I was in the right place and knew what I was doing," Brandon said.

After three minutes, emergency services arrived to take over and bring Satchell to the hospital. When Satchell woke up, one of the first responders on the scene shared with her the reason she survived. "He informed me if it wasn't for Shyanne and what she did, I wouldn't be here," Satchell said. "She's my angel."

Real Life Guardian Angel

Brandon came to visit her the day after the incident and brought Satchell a small figurine of an

angel. "I just wanted her to have something there with her to bring her through this," Brandon said. After the incident, doctors discovered arteriovenous malformation in the brain, or a brain AMV, which is an abnormal connection between arteries and veins. Satchell brings the angel figurine to every doctor's appointment and treatment. "I just want Shyanne with me," Satchell said.

The experience has made Satchell and Brandon inseparable and has given them both new perspectives on life. "This life can be over in a split second, but it also can be given right back to you in a split second," Brandon said.

INTEGRIS Health and the OKC Dodgers applaud all nurses, not just during National Nurses Month (MAY), but every day of every year for their compassionate service both on and off duty.



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RSVP Volunteer Says Volunteering Gives Her Physical and Emotional Health

Retired and Senior Volunteer Program (RSVP) of Central Oklahoma volunteer Gwen Wallace said her volunteering began in 2008 after watching television and seeing Hurricane Gustav evacuees from Louisiana get off a bus in Oklahoma City where they would live in a Red Cross shelter.

"I had just retired from the school system and had a year of doing nothing," the Oklahoma City resident explained. "I saw these people getting off the bus with nothing in their hands. My friend and I jumped in with the Red Cross doing volunteer work."

Once their volunteer work ended with Red Cross, they asked, "What can we do now?"

That started a long relationship with the Mobile Meals program at her church in Spencer, St. Luke's Baptist, an RSVP partner, as well as with other Mobile Meals programs in the Spencer area.

"This volunteer program helps

me deal with serious life disruptions," Gwen said. "I lost my sister and then eight days later, my granddaughter died suddenly. Being able to help others took that sense of loss and gives me a sense of pride."

Gwen, who is 78, said that volunteering also gives her physical and emotional health.

"When you don't move those joints, they start getting rusty," she said. "I get up, volunteer at least three days a week, help with the prepping, and I really love developing relationships with my clients and other Mobile Meals workers. It gives me a sense of contentment in my life and helps me release the stresses, anxieties, and depressions that sometimes comes with older age."

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Gwen Wallace says that volunteering gives her physical and emotional health.

volunteer opportunities. RSVP is a partner of AmeriCorps Seniors and the United Way of Central Oklahoma. To learn more about becoming a volunteer, call Laura

McRaniels at 405.605.3110 or visit <https://rsvpokc.org/>. You can also follow RSVP on Facebook at: <https://www.facebook.com/RSVPokc>.

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TRAVEL/ENTERTAINMENT

G is for Georgia: A Road Trip Through Georgia

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

When you think of visiting Georgia you may only think of the big towns like Atlanta or Augusta, but there are other fascinating towns if you can make the time to travel by car which produces your own unique road trip.

Atlanta does have a lot to offer and I have to say I am impressed with my overnight stay at the Westin Peach Tree Plaza Hotel

(<http://www.westinpeachtreeplazaatlanta.com/>), with its downtown location, comfy rooms and an impressive observation deck on the 73 floor, capped off with a cocktail lounge and The Sundial Restaurant on adjoining floors. During the cocktail hour I enjoyed their Bar 73 New Georgia Peach Martini (\$14) of Grey Goose, Peach Schnapps and Amaretto, to accompany a small Caesar salad (\$9). The rotating cocktail lounge is a combination of exhilaration and relaxation with incomparable views of Atlanta.

Augusta (<http://www.visitaugusta.com/>) offers the historic yet quirky Partridge Inn which was the center of tourist attention of 1889 to 1930. After a recent renovation following many more previous additions, the Partridge Inn sits on "the hill," as a testament to time and travelers of all seasons. A cocktail or light supper out on the verandah offers a tranquil and southern elegant evening. And while Augusta's funky, The Bees Knees Restaurant is known for its variety of Tapas, I delighted in my first chicken and waffles. Among many attractions, Augusta offers for your education and enjoyment; the Canal National Heritage area, the Museum of History with a special exhibit of home town musician, James Brown, and an historic downtown with its Haunted Pillar. Touching or moving it may result in a death.

Escape to Statesboro (www.visitstatesboroga.com) where you will find a banquet size meal served in family style elegance complete with ghosts stories in the Historic Beaver House Restaurant

(<http://www.thebeaverhouserestaurant.com>) at 121 South Main Street.

The home dates back to 1911 and has an antebellum charm but in a real family residence, where room sizes are small but portions are large. The Traditional Boarding House Dinner served on Friday and Saturdays offers exceptional Prime Rib and Fried Fantail Shrimp which is served along with a plethora of homemade sides. And if you need a sweet desert or more, try the Cotton Patch Bakery and Deli for more homemade madness. If you are in a shopping mode on certain days take in the Main Street Farmers market and the nearby comic memorabilia shop, that brings out the kid in us all.

Statesboro is also home of legendary entertainer Emma Kelly. She was called by song writer Johnny Mercer as the lady of ten thousand songs, She is featured in a chapter in the book "Midnight in the Garden of Good and Evil," and I was privilege to have sat in on a couple of her cocktail lounge performances in Savannah in past years. It was a life affirming joy to see that Statesboro renamed a theater in her honor before she past.

(<http://www.averittcenterforthearts.org>)

You may think you are in Europe when you stay at the Hotel Indigo in Athens, Georgia. The rooms are equipped with modern amenities, and light switches that may take a little exploration for you to work. This modern design and the hotel's LEED Gold Certified property of sustainability, fits perfectly with Athens being the host to the University of Georgia.

As one might expect of a university town, Athens has upscale dining as I experienced at The Five & Ten Restaurant where I had a pre fix dinner of Smoked Kielbasa with artichokes, radicchio, fermented sunchoke, sorghum gastrique with sunflower seeds, and an entrée of Glazed Lamb Shoulder with pickled blueberries, hakurei turnips, fennel, smoked pecans and onion broth. A red wine of Minerviois, Chateau D'Oupia, from Languedoc, France 2012 accompanied the meal before the desert of Panna Cotta with pecan sandie thumbprint and pickled peaches. All was impeccably served and while the Lamb was delicious the Panna Cotta was ecstasy! And the true test of fine dining is a properly prepared Martini, which Five & Ten poured to my satisfaction.

Besides the Georgia Museum of Art, artistic delights should be consumed at a number of other eateries, including The Place, Creature Comforts Brewery



and the roof top of the Georgia Theatre at Pickles Pickles serving Fried Chicken Skins and Pimento Cheese made with goat cheese. Yum!

Albany, Georgia (<http://www.albany.ga.us>) has the Ray Charles Plaza complete with a bronze of the entertainer and his piano at Riverfront Park, the Welcome Center in the old bridge house of the Flint River, the Civil Rights Institute and the new Flint River Aquarium. Albany is home to eight golf course and a number of entertainers including, Ray Stevens, Luke Bryan and American Idol Winner, Phillip Phillips. To round out your road trip a stop in Washington (www.historyofwilkes.org) will be a surprise you will not forget with its quaint town square, row upon row of architectural house gems, and the Washington Historical Museum in a home built in 1835, and today serves as a reminder of the past to understand the future of Wilkes County.

When in Georgia think about taking in one of these under sung locales.

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

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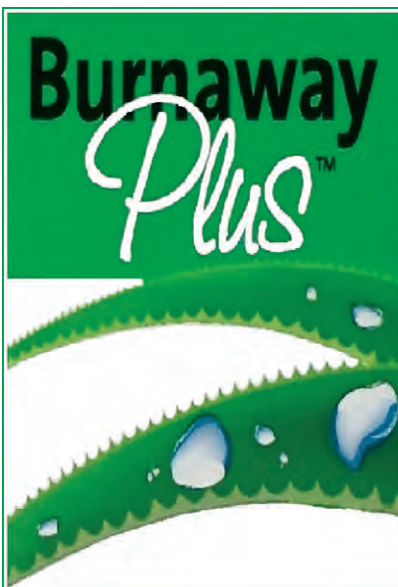
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Edna Randolph

(Right) Edna Randolph of Oklahoma City celebrated her 100th birthday this week. Our volunteer Ann Attig was there to present her with a certificate. Edna had a career as a pharmacy assistant. Her favorite holiday was Christmas because of the decorations and holiday cooking. Happy Birthday Edna!!



Wanda Moore

(Right) Wanda Moore of Tulsa will be 100 tomorrow, May 14th! She was born and raised in Arkansas but is now a Golden Okie! Her words of wisdom for us are: Get a Good Education, Go To Church and Honor Your Elders. Happiest of birthday wishes to Wanda!



Georgia Camp

(Left) Georgia of Altus celebrated her 100th birthday in March. Christmas is Georgia's favorite holiday because of the time she gets to spend with family. She loves to eat fried chicken. Her favorite song is Farewell Party. Georgia has lived in the US with seventeen Presidents from Coolidge to Biden. Her words of wisdom to us are: Smile, Be Happy and Stay Out of Trouble.

Mary Krutsch

(Right) Tulsan Mary Krutsch celebrates her 100th Birthday today! She received her high school diploma from Central High School, Class of 1941. Mary was a hairdresser and licensed pilot. Congratulations, Mary on your 100th Birthday!!!



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Gebhart Named President of Mercy Oklahoma

Jim Gebhart was selected to lead Mercy's operations in Oklahoma, including its clinics, nine acute care and two rehabilitation hospitals across the Sooner state. Gebhart currently serves as community president of Mercy Hospital Oklahoma City and will continue in this role.

As community president of operations for Oklahoma, Gebhart will focus on developing and implementing strategies to create the best experience for consumers and patients across the state who seek care at Mercy regardless of where they live.

"We want to focus on all of our Mercy Oklahoma hospitals and clinics working together to make a consistent experience for patients whether they live in Tishomingo, Watonga, Ada, Admore or Oklahoma City," said Gebhart. "We learned a lot over the last three years working more closely than ever during the pandemic. During that time, we realized there are so many challenges to overcome in health care - and many continue today. It's better for our patients and our co-workers when we work together as a region to share resources, expertise and innovations."

A native of Burns Flat, Oklahoma, Gebhart has led Mercy Hospital Oklahoma City since 2009, overseeing the building and expansion of Mercy's campus off I-35 in Edmond, the Coletta Building in Oklahoma City that houses oncology services and the addition of Mercy's hospital in south Oklahoma City in 2020. He is currently overseeing the building of the Love Family Women's Center and leads Mercy's relationship with Oklahoma Heart Hospital, which provides cardiology services for patients on both Mercy hospital campuses in Oklahoma City.

Gebhart is a graduate of Oklahoma Baptist University, where he earned a bachelor's in business administration. He also holds a master's from the University of Dallas Graduate School of Management in health care administration.

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Program Making Retirees Eager to Volunteer

Story by Debra McTaggart, Give 5 coordinator

After Phil Hyde, age 77, worked in private practice as a clinical psychologist for 43 years, he retired and was invited to move to Spain to be near his son's family. "I want to take care of you in your old age," his son said, "and it would be easier if you were in Spain." So, Phil went to Spain. In just six weeks he figured out, "This is not for me. I don't speak Spanish, and I miss my friends in Oklahoma City." He realized he hadn't prepared himself for retirement. He wondered what's next that would give purpose and meaning to his life.

When he received an email announcing the Give 5 program hosted in Oklahoma City by Healthy Living OKC, a wellness center for people 50+ where he's a member, it seemed perfect for him. "It is so miraculous and so touching to be able to go behind the scenes of nonprofit organizations to see what they do and how I can help. It is a dream come true – a godsend."

Give 5 is an innovative program that launched this year in Oklahoma City that lets retirees (or near-retirees) see firsthand where the community needs are, and then helps them volunteer there. Give 5 holds classes with about 20 "students" who meet once a week for five weeks at Healthy Living OKC. They get on a bus at each meeting and visit with more than a dozen nonprofits to get a close look at organizations that serve people to "move the needle" in some way related to one of the biggest challenges in Oklahoma and Oklahoma City – mental health. The nonprofits explain their mission and pitch the opportunities they offer volunteers. In other words, Give 5 shows them the "why" and the "how" of volunteering, not just the "what" and "where."

How Give 5 Gets Retirees to Volunteer

And the students, like Phil, often get hooked. In other cities where the program has been in place, hundreds have gone through the program and graduates end up volunteering 18 hours a month, on average.

Graduating from the program on April 18, Phil plans to volunteer with

not just one, but five organizations who need his experience and expertise from all those years in private practice: Big Brothers Big Sisters, which matches volunteer mentors (Bigs) with children (Littles) who need help with self-esteem, decision-making, and other areas of life; Wings Special Needs Community, which works to enhance the lives of adults with developmental disabilities; Positive Tomorrows, a school and social services agency specifically for children and families experiencing homelessness to give kids stability and a quality education while giving their parents the support they need to create a better life; Family Builders, which works to stop the cycle of abuse and family violence by targeting the source of the abuse, the abuser, and providing him or her with tools for building healthy relationships, and TEEM (The Education and Employment Ministry) which is dedicated to breaking cycles of incarceration and poverty through education, personal development, and work readiness training.

Phil says, "I believe there is a place to use my listening and encouraging skills to help other people. For example, as a Big Brother I hope to interact with a young male in a way that I can help prevent him from getting derailed as he continues to grow up."

Give 5 started in 2017 as the brainchild of Greg Burris, a former city manager of Springfield, Missouri and Cora Scott, director of public information and civic engagement for Springfield. The name Give 5 comes from conversations Burris had with retirees. When he'd asked if they'd like to volunteer, many said, "No," thinking he wanted them to give 40-hours a week. Burris would respond: "How about five hours a month?" They'd always say: "Yes."

Now Burris and Scott have expanded the Give 5 model to other communities. In Oklahoma City, Give 5 is hosted by Healthy Living OKC, a wellness center for age 50+ whose mission is to promote the health and wellbeing of adults



The Give 5 program in Oklahoma City takes prospective volunteers to tour local nonprofits.

age 50 and older by providing opportunities for physical activity, social engagement, and lifelong learning.

"We started the program in Oklahoma City in November 2021 by inviting more than 50 nonprofit organizations to an informational meeting," said Debra McTaggart, the program's coordinator for Healthy Living OKC, "and then early this year we began recruiting the volunteer participants. Our inaugural class began March 14 and graduation was April 18."

Give 5's McTaggart admits she failed at retirement; she retired two years ago and after cleaning out every closet at home—twice, she came into Healthy Living OKC to join and register for some activities like painting that she'd never had time to do in her past work life. A few days later when Healthy Living OKC learned of her professional background, they recruited her for their executive assistant position and then asked her to implement the Give 5 program.

"The program is awesome. I've followed the implementation process according to Burris and Scott, and it has worked like a charm. We found that the Give 5 program has been welcomed in Oklahoma City by our participating nonprofits. We recruit the talent for them, and they have a massive need for volunteers," said McTaggart.

Key to the Give 5 program's success is the volunteers matching their particular skills with the volunteer needs of nonprofits. Retirees who've gone through Give 5 don't want to simply greet people at an event or send out

mailings. They want to harness their experience and abilities for the greater good.

Put somewhat differently, volunteering is like dating — a search for the right match. Give 5 allows both parties to find the right fit.

As a result of learning about nonprofits in OKC during Give 5 program implementation, McTaggart, formerly a training developer and facilitator in her past career, has become a volunteer for the National Alliance on Mental Illness (NAMI) herself. She has been trained to deliver one of NAMI's many education programs that helps ensure everyone affected by mental illness can build better lives.

3 Reasons Behind Give 5

The Executive Director for the host organization of the Oklahoma City Give 5, Claire Dowers-Nichols provided an explanation for the three social and economic forces behind the need for a program like Give 5:

America's population is aging, with some 10,000 boomers turning 65 every day. Many of them are skilled and knowledgeable, but clueless about local volunteer opportunities. Nonprofits increasingly need to tap into their talents to accomplish their mission. "We find [older] people aren't really sure what they could be doing," Dowers-Nichols says. "Learning about nonprofits and volunteering can help restore that sense of purpose and identity that gives meaning to life."

Meaningful volunteering keeps

PROGRAM

Continued from Page 18

retirees connected to the community — critical for staving off the health threats of social isolation and loneliness that so many retired people face. “When you retire, your community involvement frequently decreases. It’s easy to become isolated,” says Dowers-Nichols. “Over the last few years we have learned more about the dangers of social isolation and loneliness among older adults and the benefits of engagement and purpose.”

The Benefits for Local Nonprofits

Getting skilled volunteers also helps the nonprofits expand their efforts. That’s been the experience at TEEM. “The Give 5 program participants have been a huge help to TEEM, and it all started during the program itself,” says Matt Staples, TEEM Outreach and Volunteer Coordinator. “Having the class tour our building and sit down with our participants greatly impacted the people we serve because it showed someone cared



about them. Then days later, the graduates that chose TEEM helped us reach our goal of providing over 1,300 cards and cookies to incarcerated women on Mother’s Day. They have served us multiple times, helping organize our clothing closet and much more! We are thankful to the civic matchmaking program that is Give 5 for introducing us to those wonderful volunteers!”

The Next Class

Another class will be conducted this year and four classes are planned for 2024. Class 2 begins for the Give 5 program on September 13. Those wanting to volunteer as well as nonprofits who’d like to participate can apply at:

<https://healthylivingokc.com/programs/the-give-5-program/>
(coming soon www.Give5OKC.com).



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SENIOR NEWS & LIVING

OK

SNL CROSSWORD CORNER

Across

1 Unisex dos

6 It beats rock, in a game

11 "Quiet, please!"

14 Bat mitzvah reading

15 Photographer's concern

16 Concert souvenir

17 Routinely approve

19 Chicken-king connection

20 Recently

21 On the trail of

23 "Now, where ___ we?"

24 Betty White's "The Golden Girls" role

27 Crystal ball gazer

29 Isn't elected

30 Nick of "Warrior" (2011)

33 Hold a session

34 Shade of blue

37 Dude

38 Assures, as an interest rate

42 Coffee server

43 2017 Best Animated Feature Oscar winner

45 Timid

46 Raw meat concern

48 Came up

50 Augur

52 .eps or .txt, e.g.

55 Turkish coin

59 ___ God: tornado, e.g.

60 Respected

62 T'ai ___

63 Butchers' stock literally

found in this puzzle's circles

66 Woolen cap

67 Wipe out

68 Buy and sell stock

69 Canonized Mlle.

70 Worldview view

71 Have a sneaking suspicion

Down

1 Scarecrow stuff

2 Word with party or guest

3 Leafy recess

4 Gossipy gathering

5 "A Boy Named Sue" writer Silverstein

6 Right one for the rite job?

7 Chips in a pot

8 Golf tour letters

9 National Mall tree

10 Makes good on

11 The way things are

12 Mirren of "Trumbo" (2015)

13 Caught wind (of)

18 Like valuable coins

22 ___ market

25 Fans of college sports' Bulldogs

26 "Moi?"

28 Slim fish often smoked

30 "This Is Us" network

31 Ol'mpicos goal

32 Announcement before landing

33 Feature of many seascapes

35 Surfer's link

36 Singer DiFranco

39 ___ buco: veal dish

40 "Mermaids" co-star

41 Mustachioed guy on "The Simpsons"

44 Longtime Hydrox rival

47 Cause ___: megastar

49 Counteract

50 Short-legged hound

51 Director Preminger

52 They're hard to argue with

53 Former Apple messaging app

54 Reagan attorney general Ed

56 "That is ... "

57 Wetlands growths

58 Website revenue

61 Young newts

64 Outrage

65 Sports radio host Patrick

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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/>



June 1 - June 30
11:30 a.m.–2 p.m.

Remembering the era of dainty vintage snack sets

Fred and Addie Drummond Home is located at 305 N. Price Ave. in Hominy. The Fred and Addie Drummond Home in Hominy will feature an exhibit of Vintage Snack Sets from Thursday, June 1 to Friday, June 30. When women in the mid-20th century hosted teas, coffees, or church socials, they would wear their "Sunday best" and bring out pretty snack sets that included a plate with a round indentation to hold the matching cup.

June 2
Fri, 9:00 – 10:30 AM

Senior Coffee & Craft Hour

El Reno Carnegie Library, 215 E Wade St, El Reno, OK. Enjoy coffee and camaraderie while you craft! Bring your own current project or start a new one! We'll have some supplies to get you started. Every other Friday this summer! General Admission is Free. Get tickets here: <https://allevents.in>

June 3, 10, and 24
1 p.m.–2 p.m.

USSP National Indoor Championship - a USSP Circuit Event

Honey Springs Battlefield, 423159 E 1030 Road Checotah, OK 74426. Honey Springs Battlefield is pleased to announce a series of guided tours at the site. Students from the University of Science and Arts of Oklahoma (USAO) will serve as tour guides on the six trails that cross the 1,100-acre battlefield on three Saturdays in June: June 3, 10, and 24. The students will point out the exact locations of military actions, highlight key and discuss its historical importance.

June 7
1:00 p.m. to 2:00 p.m.

AARP Senior Planet Internet of Things and Healthcare

J The Healthy Living OKC, 11501 North Rockwell Avenue, Oklahoma City, OK 73162. Join us for this in-person presentation. Interested in telehealth or telemedicine? Come learn how the medical industry is embracing the Internet of Things (IoT) technology to treat patients remotely. We'll explore cutting edge devices from smart hearing aids to ingestible sensors, as well as popular telehealth apps. Senior Planet from AARP helps seniors use technology to learn new skills, save money, get in shape, and make new friends. For more information visit www.aarp.org/ok For directions or questions call The Healthy Living OKC at 405-773-6910.

June 7
6:30 p.m.

Young Adult Cancer Support Group

OU Health Stephenson Cancer Center, 800 NE 10th St, Oklahoma City, OK 73104. Join us for in-person support groups where we discuss treatment, the social and emotional impacts of a cancer diagnosis, and how to navigate life with other cancer survivors. For questions, please contact Katie Keyser at (405) 421-5654. Caregivers are welcome! Participants are allowed one caregiver to attend with them. No person under the age of 16 is allowed.

June 10
9 AM – 3 PM

Renewing, Restoring & Reconnecting | In-person Day

Will Rogers Senior Center 3501 Pat Murphy Dr, Oklahoma City, OK, Join Lotus Institute founders and senior teachers, Peggy Rowe Ward and Larry Ward, for this in-person Day of Mindfulness in Oklahoma City, hosted by The Silence Foundation

June 13
9:30 – 10:30 AM

OWLS Coffee and Conversation — New Covenant

New Covenant Church, 2700 S Blvd, Edmond, OK. Join other seniors on Tuesday, June 13, for good coffee and a great morning where we'll hear from Ray Hibbard from Edmond Life and Leisure Magazine about things that are happening in our city.

June 13 to 16
10 a.m.–2 p.m.

Oklahoma Senior Amateur Championship

The Trails Golf Club The Trails Golf Club, 3200 S Berry Rd. Norman, OK, 73072. Open to senior amateurs who are 50 years of age, residents of Oklahoma and members of the OGA. For more information visit here: <https://www.amateurgolf.com/amateur-golf-tournaments/3251/Oklahoma-Senior-Amateur-Championship>

June 15
8:00 AM 3:00 PM

Senior Adult Road Trip!

Redeemer Church, 5415 East 101st Street Tulsa, OK, 74137. Let's go to Crystal Bridges Museum of American Art in Bentonville, AR on Thursday, June 15 for just \$30! We will start loading the Village Tours Bus at 8:30am, pull away at 9am, and return at 6:00pm. Transportation, breakfast bars, picnic lunch, and snacks for the ride home are included. 56 seats available. REGISTER NOW! To see all that beautiful Crystal Bridges offers, or to pre-purchase special exhibit tickets go to <https://crystalbridges.org/>.

June 16
9 a.m.–11 a.m.

Senior Coffee & Craft Hour - Summer Reading 2023

El Reno Carnegie Library, 215 E Wade St., El Reno, OK. Enjoy coffee and camaraderie while you craft! About this Event Enjoy coffee and camaraderie while you craft! Bring your own current project or start a new one! We'll have some supplies to get you started. Every 1st and 3rd Friday this summer! General Admission is Free. Get tickets here: <https://allevents.in>

June 24
11 a.m.– 1 p.m.

Field Day w/ Alpacas! - Summer Reading 2023

Denny-Crump Rodeo Arena 215 North Country Club Road El Reno, OK 73036. Join us at the El Reno Rodeo Arena for this fun family event! We'll have alpacas, a pet adoption. games, ice cream, and more! We can't wait to see you there!

Moore native serves with U.S. Navy in Japan

By Mass Communication Specialist 2nd Class Xiaoming Zheng, Navy Office of Community Outreach

Petty Officer 3rd Class Dylan Harris, a native of Moore, Oklahoma, serves the U.S. Navy in Japan.

Photo by Lt. Cmdr. Jake Joy, Navy Office of Community Outreach

Harris attended Moore High School and graduated in 2018.

Harris joined the Navy four years ago.

"I joined the Navy because my dad was in the Air Force and inspired me to join," said Harris. "I wanted to see the world and travel."

Today, Harris serves as a construction mechanic with Naval Beach Unit Seven.

Skills and values learned in the Navy are similar to those found in Moore.

"I learned the importance of a strong work ethic and discipline," said Harris. "Growing up my dad was big on discipline."

According to Navy officials, Naval Beach Unit Seven empowers forward-deployed U.S. and Allied Forces while providing superior support to military members and their families.

Harris serves in Japan as part of the Forward Deployed Naval Forces. These naval forces operate with allies and partners to preserve a free and open Indo-Pacific region. Service members in this region are part of the U.S. Pacific Fleet, which has the largest area of responsibility in the world.

"As the largest force in our nation's front line against



Petty Officer 3rd Class Dylan Harris serves in Japan as part of the Forward Deployed Naval Forces.

revisionist actors, U.S. Pacific Fleet meets this great responsibility with strength, resolve and confidence," said Adm. Samuel Paparo, U.S. Pacific Fleet Commander. "Together with our joint and combined partner operations, we are positioned to defend - across all domains - any attempts to threaten our nation, our allies and partner's security, freedom and well-being."

As a member of the Navy, Harris is part of a world-class organization focused on maintaining maritime dominance, strengthening partnerships, increasing competitive warfighting capabilities and sustaining combat-ready forces in support of the National Defense Strategy.

"The Navy is important to our national defense because we keep

maritime security and freedom of trade," said Harris.

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

"Serving in the Navy means doing something bigger than myself," said Harris. "I never thought I would go to all these places I have been to so far in my career."

Harris is grateful to others for helping make a Navy career possible.

"I would like to thank my dad," added Harris. "I also want to thank my grandfather because he told me all the military skills you can transfer to the civilian world."

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Being a senior caregiver is a noble and rewarding profession, but it can also be financially challenging. Many caregivers may find that they could use some extra income to supplement their earnings, especially as the cost of living continues to rise. That's where a side gig comes in handy. A side gig offers the opportunity to earn some extra money while still keeping your full-time caregiving job.

One of the best things about starting a side gig is that you have the flexibility to choose something you're passionate about. You can choose a side gig that complements your caregiving job or something entirely different, depending on your interests. It's also an excellent way to expand your skillset and network with new people. Are you ready to get started? Let this guide show you how, presented by Seniors News & Living OK.

How to Choose the Right Side Gig

Choosing the right side gig can be overwhelming, especially when you're already juggling a full-time caregiving job. Before you decide, it's essential to think about what you enjoy doing and what kind of skills or talents you have. Some popular side gigs for caregivers include pet-sitting, tutoring, and freelance writing. However, there are countless options out there, so take some time to research what would work best for you.

It's also important to consider the time commitment and whether it will conflict with your caregiving job. You'll want to make sure that your

side gig is flexible enough to accommodate any unexpected changes in your caregiving schedule.

Develop a Business Plan

Once you've decided on your side gig, it's time to develop a business plan. Even if your side gig is a small venture, it's still essential to create a plan to ensure its success. Start by identifying your target audience and researching the competition to see how you can differentiate yourself.

Your business plan should also address operational details, such as how you will deliver your service, what equipment you will need, and how you will manage your schedule. It's also crucial to figure out how much you will charge for your services and determine your target income.

How to Manage Your Side Gig's Finances

Managing your side gig's finances can be a little daunting, but it's essential to keep track of your income and expenses. You'll need to decide if you'll set up a separate bank account or use another payment system such as PayPal. Choose a method that works best for you.

It's also essential to keep detailed records of your income and expenses. Use a spreadsheet or accounting software such as Quickbooks to track your income and expenses. Identify your tax obligations and set aside a percentage of your income for taxes. It's also essential to keep track of any relevant receipts, invoices, or contracts.

Budget-Friendly Ways to Market Your Side Gig

Marketing your side gig can be expensive, but there are budget-friendly ways to get the word out. One of the most effective ways to market your side gig is by creating your business flyers. You can get started creating your business flyers using free online software. Be sure to include your name, phone number, email, and a brief description of your services. Distribute your flyers at local senior centers or community events to reach potential clients.

Another way to market your business is by leveraging social media. Create social media accounts on platforms like Instagram and Facebook to share pictures of your work and reach a broader audience. You can also run social media ads targeted at your ideal customer demographics at relatively low costs.

How to Make a Side Gig a Success

Finally, to make your side gig a success, it's important to focus on delivering quality services and build-

ing long-term relationships with your clients. Always be professional, reliable, and transparent in your communication.

It's also crucial to keep learning and refining your skills. Take advantage of online courses or tutorials to improve your craft and stay on top of industry trends. This will help you continue to grow your side gig over time.

In conclusion, as a senior caregiver, starting a side gig is a great way to earn some extra income and explore your passions outside of your caregiving job. When selecting a side gig, choose something that complements your interests and schedule. Develop a business plan and manage your finances appropriately. Use budget-friendly marketing techniques such as creating your flyers and leveraging social media to get the word out. Finally, focus on delivering quality services and building long-term relationships with your customers to make your side gig a success.

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HEALTH

OMRF experts say hope is on the horizon for RSV

Controlling a sometimes-deadly respiratory virus is a step closer to reality following U.S. Food and Drug Administration approval of the first preventive vaccine for older adults, Oklahoma Medical Research Foundation scientists say.

The FDA this month approved a vaccine to prevent respiratory syncytial virus, better known as RSV, in people aged 60 and older. The vaccine is made by the British pharmaceutical company GlaxoSmithKline (GSK).

The Centers for Disease Control and Prevention is expected to follow the FDA's approval, clearing the way for RSV vaccines for older adults to be available in the U.S. this fall. Drugmakers Pfizer and Moderna are

also in the late stages of developing RSV vaccines, including one for pregnant women.

"This is a major step, and even more progress against this virus appears to be on the horizon," said OMRF physician-scientist Hal Scofield, M.D. "RSV annually kills thousands of seniors in the U.S. and has recently played a big part in stressing global health care systems, so this first vaccine approval is welcome news."

RSV typically produces a cold-like illness, but it can cause lower respiratory infections like bronchiolitis and pneumonia. At greatest risk of RSV complications are older adults with chronic lung or heart disease, those with weakened



Oklahoma Medical Research Foundation scientist Susan Kovats, Ph.D.

immune systems, and young children. Scofield said the virus is "woefully underdiagnosed" in adults.

The CDC estimates that RSV leads to more than 60,000 hospitalizations and over 6,000 deaths among adults 65 years and older annually. According to GSK, in a clinical trial of 25,000 adults, its vaccine was more than 94% effective in preventing severe RSV.

GSK's shot involves technology dating to the 1980s. Called a recombinant subunit vaccine, it is used in numerous immunizations, including those for hepatitis B and whooping cough.

OMRF scientist Susan Kovats, Ph.D., studies RSV. She is working to understand why the virus impacts children more frequently, with more than 2 million outpatient visits for

children under age 5 annually, but generally hits older adults harder. The work is setting the stage for better treatments and will aid in vaccine design.

"There seems to be a correlation between virus load and age," she said. "The preliminary data in our models of older adults shows that the older you are, the harder it is to eliminate the virus."

Scofield and Kovats said the approval of the first vaccine for RSV is good news, as long as those eligible take advantage.

"Time will tell how widespread uptake of the vaccine will be," said Scofield, "But for older adults most at risk of a bad outcome from RSV, I hope that getting vaccinated when it becomes will be an easy decision."



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Scammers are always finding new ways to steal your money and personal information by exploiting your fears. The most effective way to defeat scammers is to know how to identify scams and to ignore suspicious calls and emails.

One common tactic scammers use is posing as federal agents or other law enforcement. They may claim your Social Security number (SSN) is linked to a crime. They may even threaten to arrest you if you do not comply with their instructions. Here are three things you should do:

- Hang up right away or do not reply to the email.
- Never give personal information or payment of any kind.
- Report the scam at <https://oig.ssa.gov/> to immediately notify the law enforcement team in our Office of the Inspector General.

You should continue to remain vigilant if you receive a phone call from someone who claims there's a problem with your SSN or your benefits. If you owe money to us, we will mail you a letter explaining your rights, payment options, and information about appealing.

There are a few ways you can identify a scam call or email. Remember that we will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.
- Demand secrecy from you in handling a Social Security-related problem.
- Send official letters or reports containing personally identifiable information via email.

If you do not have ongoing business with our agency, it is unlikely we will contact you. Again, if you get a suspicious call claiming to be from us or law enforcement about Social Security, you should hang up and report it right away to our Office of the Inspector General at <https://oig.ssa.gov/>.

Institute Awarded \$10,000 Local Grant

The Oklahoma Mobility Institute (OMI), a connected organization to the Oklahoma Transit Association (OkTA), has been awarded a \$10,000 local coalition grant from the American Public Transportation Association (APTA).

"OMI is a relatively new organization, and we are honored to receive this funding from APTA to further our mission of helping to facilitate an unparalleled transportation ecosystem with advanced mobility connectivity through shared resources and interorganizational partnerships," said OkTA Executive Director Andrea Ball.

The grant funding will be used along with seed money from OKTA to support a Mobility Summit Listening Session for the State of Oklahoma to learn what services and support are required by transit providers. It will help OMI to develop tactics to achieve its goals over the next three to five years to advance transportation equity, inclusion, and mobility access for all Oklahomans.

"OMI's goals include reducing no-show rates for appointments to medical and social services, ensuring weekly food access options for each community, providing grant support and application assistance to public transportation providers, and promoting mobility coordination and coordinated use of federal transportation funding," Ball said.

The funding will also fund an OMI website that will provide online access to mobility resources in Oklahoma.

"The future website address is www.okmobility.org, and we expect it to be completed this summer," Ball added.

APTA provides grants to help the fight for public transportation. Generally, grants awarded to coalitions range from \$5,000 to \$10,000.



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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.



TINSELTOWN TALKS:

Still Dreaming of Jeannie

By Nick Thomas

No doubt many a teenage lad, and even a few adults, developed a major crush on Barbara Eden during her 5-season run in the 60s sitcom "I Dream of Jeannie." Now 91, fans are delighted to see the actress looking so youthful and healthy.

"I have exercised all my life and now do a mild spin (stationary) bicycle and walking," Eden said from her home in Los Angeles. "I've always been careful about what I eat but I'm not fanatic about it - I'm a carnivore! I try to stay away from sugar, but unfortunately I like it too much."

As for her skincare, she does adhere to a ritual. "I use sunscreen every day and Estee Lauder line repair that I put underneath the sunscreen and underneath moisturizer before I go to bed."

But Eden and her husband of over 30 years, Jon Eichholtz, did experience a health scare after contracting COVID.

"We caught it early and Jon was very ill," she recalled. "Our doctor had us infused with the antibodies right away and luckily I wasn't sick. We did catch the variant later, but it was just like a cold."

Growing up in San Francisco, young Barbara dreamt of becoming a singer, spending two years at the local Conservatory of Music and taking singing engagements with bands around the Bay Area. But after moving to LA in the early 1950s, her stunning beauty, charm, and talent inevitably led to Hollywood.

Best known for her role as the magical genie in the popular NBC series,



Top: Barbara Eden - photo credit Harry Langdon Jr.

Right: Jeannie Out of the Bottle Barbara Eden Jacket - NBC-Photofest

Eden has delighted fans for decades with appearances at TV conventions and Hollywood autograph shows. She continues to travel, speaking to audiences and showing clips of her film and TV career, and taking questions. This year, she's already visited Georgia, Florida, and North Carolina (see www.barbaraeden.com).

And while some actors who became closely associated with one standout role may distance themselves from that character, Eden never resented her connection to "Jeannie."

"Why would I want to step away from it?" she asked. "I'm lucky to have very polite fans and have loved meeting them over the years in so many cities."

Beyond her "Jeannie" role, Eden's entertainment career has been extensive with over 25 film roles, appearances in numerous TV movies and series, and a vast stage career that includes touring major U.S. cities in the beloved play, "Love Letters," first performing it with "Jeannie" co-star Larry Hagman.

Hagman dealt with alcohol problems while working on "Jeannie" and could be difficult on the set.

"Larry was his own worst enemy but was always wonderful to me," she said. "He acted out with the crew and would be difficult with male guest stars came on the show. But we had a good rapport and worked together very well. I toured with him in 'Love Letters' and he was just wonderful."

Eden is also an author, releasing her best-selling autobiography "Jeannie out of the Bottle" in 2012. Two years ago, she also published her first children's book, "Barbara and the Djinn," which perhaps not surprisingly features a young girl named Barbara and yes, a genie.

"The little girl magically travels to different places and meets different people learning what is most important in life which is kindness and understanding," she explained. "I've loved to read ever since I was 3 or 4 when my mother and aunt would read to me. I thought how sad that children today just look at their phones and computers, so I wanted to give them a book to hold that can take them on an adventure using their imagination. It's a great book to give to the grandchildren."

While she has no plans for more books, Eden may appear on stage again for those still dreaming of seeing "Jeannie" in person.

"I don't have any dates, but I'd love to do 'Love Letters' again," she says. "It's gratifying that people still want to see me perform and hear me talk about my career."

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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Oklahoma City Native Serves Aboard U.S. Navy Amphibious Warship in Japan

By Mass Communication Specialist 1st Class Jerry Jimenez, Navy Office of Community Outreach

Petty Officer 3rd Class Stephen Hunt a native of Oklahoma City, Oklahoma, serves in Japan aboard a U.S. Navy warship.

Photo by Lt. Cmdr. Jake Joy,
Navy Office of Community Outreach

Hunt attended Moore High School and graduated in 2016.

Hunt joined the Navy four years ago.

"I joined the Navy so I could see the world," said Hunt.

Today, Hunt serves as an electronics technician aboard USS Chief.

Skills and values learned in the Navy are similar to those found in Oklahoma City.

"I come from a city with a small-town feel, which helped me get a sense of the Navy community," said Hunt.

USS Chief is an amphibious warship. These types of ships embark, transport and land U.S.

Marines for a variety of warfare missions. Because of their inherent capabilities, these ships have been and will continue to be called upon to support humanitarian and other contingency missions on short notice, according to Navy officials.

As a member of the Navy, Hunt is part of a world-class organization focused on maintaining maritime dominance, strengthening partnerships, increasing competitive warfighting capabilities and sustaining combat-ready forces in support of the National Defense Strategy.

"The Navy is important to national defense because at the end of the day it's really the Navy that will prevent our enemies from getting to the United States," said Hunt.

Hunt serves in Japan as part of the Forward Deployed Naval Forces. These naval forces operate with allies and partners to preserve a



Petty Officer 3rd Class Stephen Hunt serves aboard the USS Chief.

free and open Indo-Pacific region. Service members in this region are part of the U.S. Pacific Fleet, which has the largest area of responsibility in the world.

"As the largest force in our nation's front line against revisionist actors, U.S. Pacific Fleet meets this great responsibility with strength, resolve and confidence," said Adm. Samuel Paparo, U.S. Pacific Fleet Commander. "Together with our joint and combined partner operations, we are positioned to defend - across all domains - any attempts to threaten our nation, our allies and partner's security, freedom and well-being."

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

"I am most proud of being able to have the technical knowledge to solve equipment malfunctions on

the ship while underway at sea," said Hunt.

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

"Serving in the Navy means showing our allies that we're here for them," said Hunt. "Recently we went to Okinawa and the people of Okinawa really showed their appreciation."

Hunt is grateful to others for helping make a Navy career possible.

"I would like to thank my parents," added Hunt. "They were really supportive of me. Also, my recruiter, Toni Knight, was very helpful in navigating my way and helping me understand the process."

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Greg Schwem: Let's play 'What's in Your Storage Unit?'

by Greg Schwem

Purely for my own entertainment, and perhaps out of boredom while standing in grocery checkout lines, I find myself peering into fellow shoppers' carts and trying to imagine their life stories.

For example: the guy last week whose cart contained a jumbo pack of diapers and a 12-pack of beer. Was he a stay-at-home dad eager, I mean, REALLY eager, to reward himself when his wife returned from a business trip? Was he the lifelong single uncle who thought, "How difficult can this baby-sitting thing be?" Or something in between?

Earlier this month there was an attractive woman, mid-30s, purchasing a laxative and a large bouquet of flowers. What was her deal? Did she seek something pleasant to look at while the laxative did its due diligence? Did she feel the need to fill her house with fragrance for obvious reasons? Was her digestive system keeping her from her love of gardening? The possibilities were endless.

If grocery cart analysis is your idea of fun, then you really must rent a storage unit. Or simply hang out at a storage facility.

I recently moved from a four-bedroom house into a one-bedroom apartment, a process that required more preplanning and coordination than invading a hostile country. Upon realizing I would not be able to secure my new building's loading dock on the same day my movers emptied my home, I was forced to secure, for a month, one of those sterile, garage-like structures that people rent for one of three reasons:

1. Like me, they are in transition between residences
2. They are having difficulty downsizing or, worse, have a serious hoarding addiction
3. They are looking to dispose of evidence from the crime they just committed

Whatever their intentions, I found myself making multiple trips to my unit, not only to drop off or retrieve items, but just to observe others doing the same thing so I could imagine what prompted them to pay monthly fees for what started as empty space.

On my first visit, after unloading 15 boxes from a rickety cart into my unit, and realizing months of physical therapy was in my near future, I exited the elevator to find a gentleman with two items on his cart: a truck tire and an electronic piano keyboard.

My mind did not even know where to begin.

Was he part of a musical group called "Spare Automotive Parts"? It was plausible. Or was there a disabled tour bus stranded somewhere, and this guy was elected to find a replacement tire while ditching the one that had just run over a sharp object? That seemed far-fetched; why take the keyboard on this mission? Also, that task seemed more suited for the bass player.

I longed to ask his intentions, but I chose to remain silent. Nobody in a storage facility wants to chat, because nobody in a storage facility is in a pleasant mood. Moving is an arduous task unless you just won the lottery, have elected to take your winnings in hundred-dollar bills and have a distrust of banks.

On my next trip, this time to OPEN all the boxes until I found some documents I had inadvertently packed, I shared an elevator with a couple whose cart contained two paintings and an industrial sized bag of dog food. I'm no art aficionado, so I couldn't critique the paintings' subject matter or artistic styles. I chose to focus on the dog food.

Were these two planning to paint a ravenous canine? Or did they just need something to keep their own pet occupied while they plied their craft? Judging from the size of the bag, the latter scenario meant the pair were notoriously slow painters.



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



Gender neutral bathrooms are a hot topic among many.

Perhaps they weren't artists at all but merely art collectors. I imagined the couple, their dog between them, gazing at their latest purchase in the foyer of their expensive home. They would celebrate with a succulent dinner of red wine, two steaks cooked medium well and grain free kibble, The only thing lacking would be music.

I know of a keyboard player who could fit the bill. Although he may need transportation.

(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 <https://www.amazon.com/>. Visit Greg on the web at <https://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 <https://www.gregschwem.com/>)

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May Answers | Jumbles: USHER DROOP BANTER EXCITE
Answer: They wanted to put George Foreman's name on a grill, so they thought — OUTSIDE THE BOX

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By David L. Hoyt and Jeff Knurek

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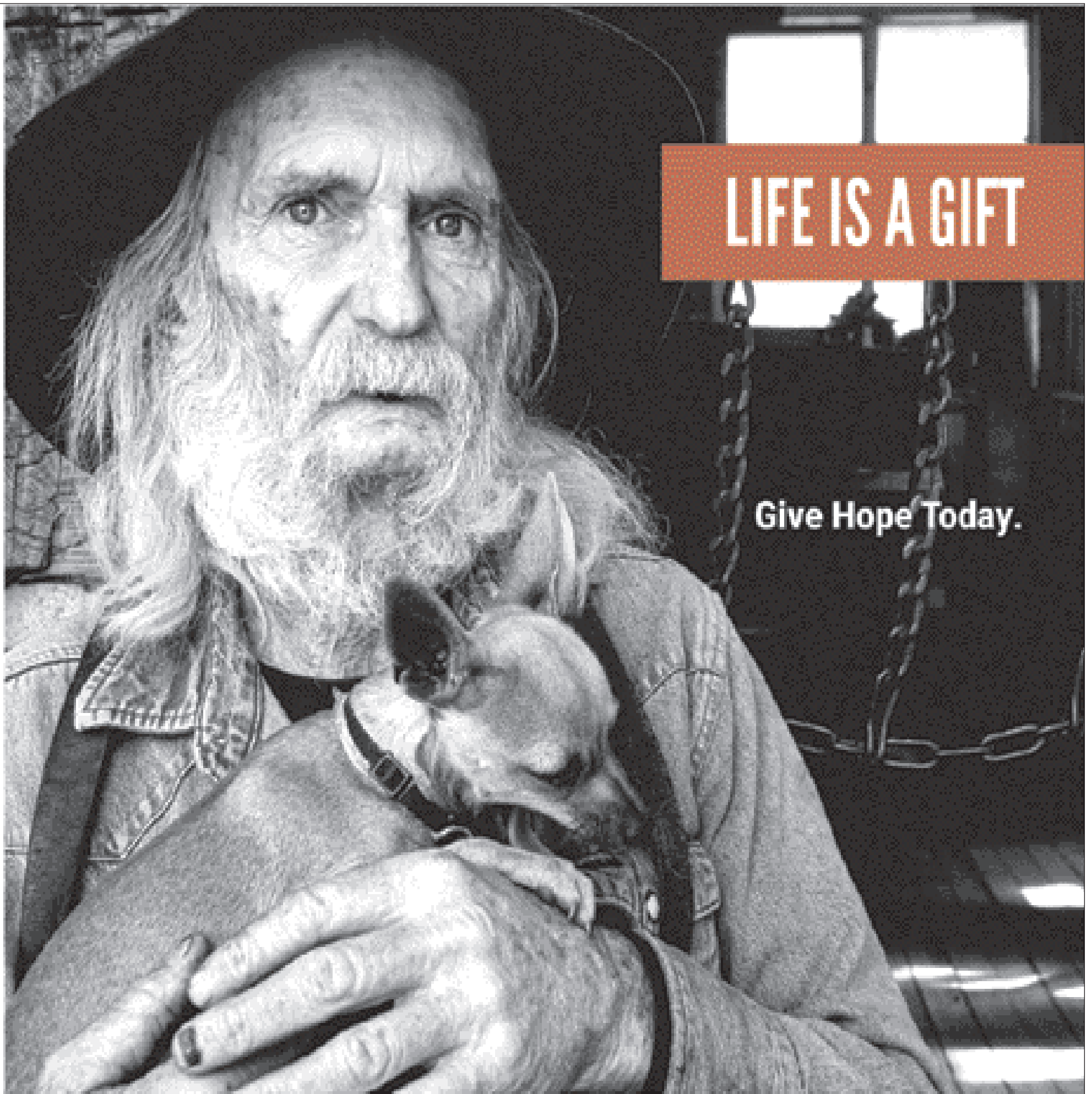
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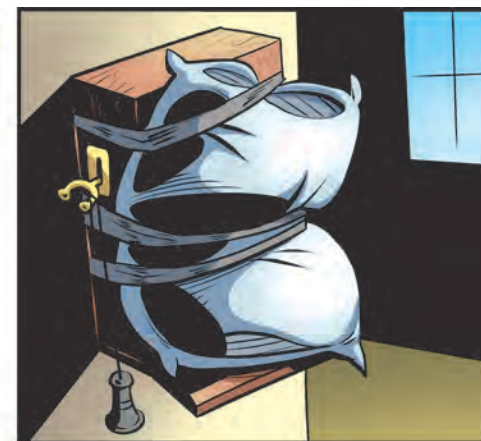
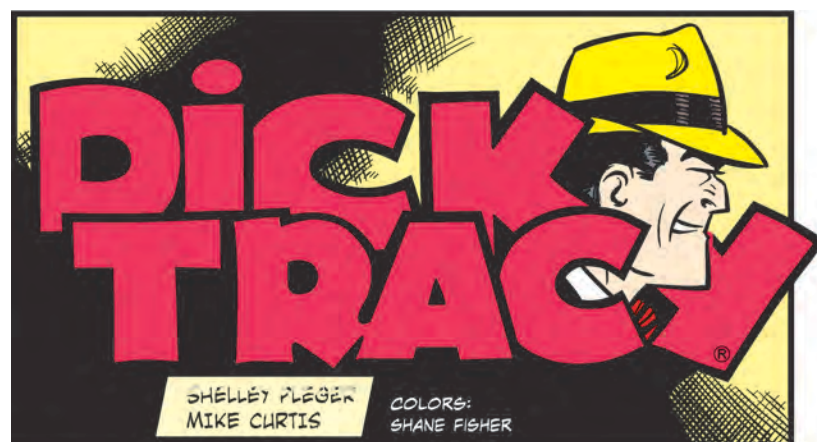
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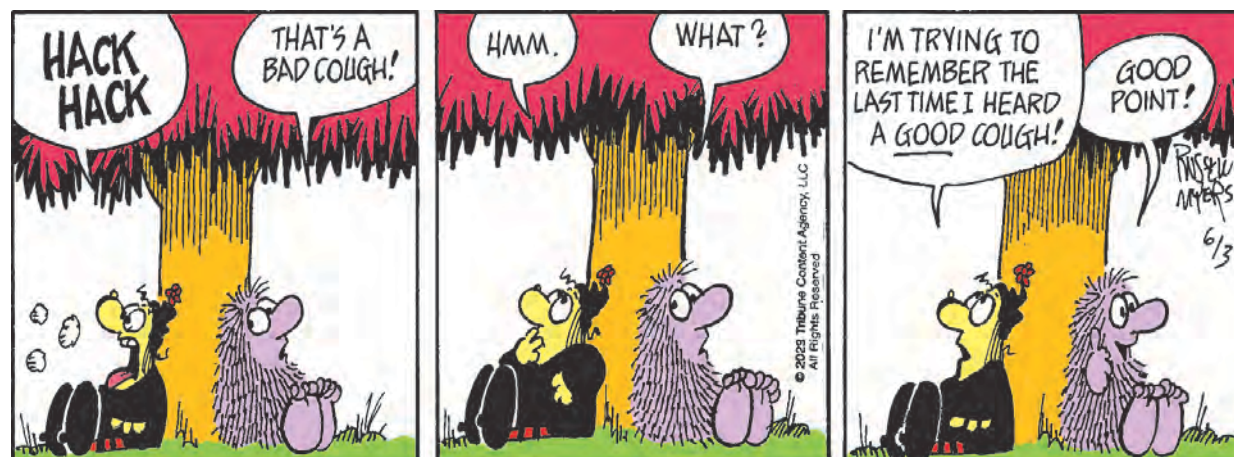
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