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SENIOR NEWS & LIVING

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A large collection of sports memorabilia on display has expanded through the years at the Territorial Capital Sports Museum, says Richard Hendricks, executive director.

Sports Museum Seeks New Director

Story and photo by James Coburn, staff writer

Richard Hendricks has been an avid sports fan as long as he can remember. You might see him wearing a Brooklyn Dodger hat at the Territorial Capital Sports Museum (TCSM), located in downtown Guthrie.

"In 1950, my dad took me to see the 'Jackie Robinson Story'. I was 9 years old,

and I became a Dodger fan," said Hendricks, executive director of the museum. "I played all three sports in high school — football, basketball, and baseball."

Hendricks was assistant principal at Guthrie Junior High School when he invited two Hall of Fame recipients, Harlem Globe

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Oak Haven at Westbury 55+ Retirement Community *Baby Boomers Deserve Resort-Style Retirement*



Oak Haven at Westbury 55+ retirement community offers an exclusive neighborhood west of South Morgan Road in Yukon.

Story by Darl DeVault, contributing editor

New construction on the south side of the sprawling Oak Haven at Westbury 55+ retirement community serves as a call to action for Baby Boomers seeking to lease one of the largest luxury homes available in the sprawly resort-style neighborhood.

Selection is at its best right now as the experienced home builder, a division of the highly-regarded Ron Walters Homes, LLC, builds out the gated property offering an exclusive neighborhood west of South Morgan Road in

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MUSEUM

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Trotter Hubert "Geese" Ausbie, and baseball's Ferguson Jenkins, who played most of his career for the Chicago Cubs, to a Red Ribbon Week encouraging youth to be drug free. An idea grew from the gathering to create a museum to honor Oklahoma athletes and coaches. The museum

Motors, and BancFirst have been loyal sponsors of the museum.

There is a vast amount of detailed information on file. Four kiosks are placed strategically to give insightful information to visitors as well.

Hendricks' volunteerism is from his love of Oklahoma sports and children. Three buildings are full of Oklahoma sports artifacts and



Richard Hendricks, executive director of the Territorial Capital Sports Museum, shows a saddle rode by rodeo Roy Cooper legend Roy Cooper.

opened in 1993.

"It is time for us to see if we can find somebody else who is a sports fan and familiar with Oklahoma sports, that would like to get involved with the museum and eventually take it over," Hendricks said.

TCSM was designated by the Oklahoma State Legislature as the official sports museum for the state of Oklahoma.

"We're in the process of trying to find a major sponsor. And if that would occur, we could afford to pay that director. But the directorships and help at the museum has been mostly on a volunteer basis," Hendricks explained.

He would help guide the new director to learn about the museum and what it offers visitors.

"I'll be glad to assist them anyway that I can," he said.

John Vance Motors, Eskridge

memorabilia, making it the largest collection of Oklahoma sports in the state.

"All of the items here relate to athletes that were either born in Oklahoma, live in Oklahoma or went to a college or university here and went on to be professional or Olympic athletes," Hendricks said.

Many of the former athletes he coached in Ryan, Fort Cobb, Guthrie, and Stigler have visited Hendricks at TCSM.

In 1963 he began coaching mostly Oklahoma high school basketball, and baseball teams and assisted in football. He and his wife Carolyn attended Oklahoma Baptist University and began teaching.

High school athletes come to the museum and learn that no matter where they come from, if they are determined and have God-given ability, they can be successful, Hendricks said. Visitors will first



Jim Thorpe display at the Territorial Capital Sports Museum in Guthrie.

enter the basketball area of the museum. Sports legend memorabilia from Alvan Adams, Waymon Tisdale and Oklahoma City Thunder players are recognized among others. Just about any Oklahoma sport imaginable is celebrated including, wrestling, golf, and rodeo.

Rodeo cowboy star Roy Cooper's saddle is prominently displayed at the museum.

Women athletes are celebrated including Olympic Gold Medalist Shannon Miller.

Miller is the most decorated gymnast in history.

She has earned 7 Olympic Medals and 9 World Championship Medals. Her tally of five medals (2 Silver, 3 Bronze) at the 1992 Olympics was the most medals won by a US athlete. During her career, Shannon has won an astounding 58 International and 49 National competition medals and over half have been Gold, culminating with two Gold Medals at the 1996 Olympic Games in Atlanta.

There is the largest collection of Phillips 66 uniforms in the state. Phillips 66 was a national basketball champion during the 1920s-40s.

The football gallery has artifacts from high school trophy winners, including a jersey of Heisman Trophy winner Billy Vessels.

"I don't know of anyone, hall of fame or otherwise that has a Billy Vessels jersey from Oklahoma," Hendricks said. "We even have the Native American athletes that are in the American Indian Hall of Fame that were football players — Jim Thorpe, Sam Bradford, Thomas Stidham, Sonny Sixkiller."

Baseballs and bats form a collection of World Series memorabilia from the likes of Ted Williams, Jackie Robinson, Cy Young, and many Oklahomans such as Allie Reynolds, and Mickey Mantle. There is a Yankee display celebrating Bobby Mercer and one for Mickey Mantle.

Of historic significance is a photographic display of the Negro League. Joe Rogan was in the National Baseball Hall of Fame.

"We have one of the largest collections of Minor League artifacts and memorabilia from the Oklahoma City Indians, 89'ers, Red Hawks, Dodgers and Tulsa Drillers," Hendricks added.

For more information about applying for the position of executive director of the Territorial Capital Sports Museum, please email Richard Hendricks at oklasportsmuseum@sncglobal.net or call 405-414-1342.

For more information about the museum, visit
<https://www.territorialcapitalsportsmuseum.org/>

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OPINION

S *THE SAVVY*
SENIOR

**Best Meal
Delivery Services
for Seniors Who
Don't Cook**

Dear Savvy Senior,

Can you recommend some good healthy meal delivery options for seniors who don't cook or get out much? My 80-year-old father, who lives alone, has a terrible diet and I worry about his health.

Concerned Daughter

Dear Concerned, There are actually a wide variety healthy meal delivery options that can help non-cooking seniors who live at home. Here are several top options to check into.

Community-Based Programs - A good place to start, is to find out if there's a senior home delivery meal program in your dad's area. Meals on Wheels is the largest program that most people are familiar with, but many communities offer senior meal delivery programs sponsored by other organizations that go by different names.

To find services available in your dad's area, visit: <https://www.mealsonwheelsamerica.org/>, which offers a comprehensive directory on their website, or call the area aging agency near your dad. Call the Eldercare Locator at 800-677-1116 to get the local number.

Most home delivered meal programs across the U.S. deliver hot meals daily or several times a week, usually around the lunch hour, to seniors over age 60 who have problems preparing meals for themselves, as well as those with disabilities. Weekend meals, usually frozen, may also be available, along with special diets (diabetic, low-sodium, kosher, etc.).

Most of these programs typically charge a small fee (usually between \$2 and \$9 per meal) or request a donation, while some may be free to low-income

seniors who qualify for Medicaid. There are also some Medicare Advantage plans that cover limited meal service benefits.

Meal Delivery Service Companies - Another great option for your dad is to order him some pre-made meals online from a meal delivery service company. These companies provide a wide variety of tasty meal choices and will usually post the nutrition information for their meals right on their website.

Most companies will also cater to a host of dietary and medical needs, such as low-sodium and low-carb meals, diabetic meals, gluten-free, dairy-free, and vegetarian options. Plus, the ordering process is very easy.

Depending on the company you choose, the food arrives either fresh or frozen and most deliver all across the U.S. Prices generally start at around \$8 to \$13 per meal, plus shipping, however many companies provide discounts or free shipping when you order meals in bulk. And most companies work with Medicaid and some Medicare Advantage plans to help reduce costs.

Some of the best meal delivery companies for seniors, as rated by Verywell Health for 2023 include:

Best Variety: Magic Kitchen (<https://www.magickitchen.com/>)

Best Value: Mom's Meals (<https://www.momsmeals.com/>)

Best for Nutrition Consultation: BistroMD (<https://www.bistromd.com/>)

Best Plant-Based Meals: Mosaic (<https://www.mosaicfoods.com/>)

Best Gluten-Free: ModifyHealth (<https://modifyhealth.com/>)

Best Chef-Prepared: CookUnity (<https://www.cookunity.com/>)

Best for Customization: Snap Kitchen (<https://snapkitchen.com/>)

For more information on this list and their testing methodology, visit <https://www.verywellhealth.com/> and search "Best Meal Delivery Services for Seniors."

Grocery Stores and Restaurants - Depending on where your dad lives, he may also be able to get home delivered meals from local grocery stores or restaurants. Some grocery stores offer a selection of pre-cooked meals and foods, including roasted chicken, mashed potatoes, and fresh soups and salads. Contact the grocery stores in your dad's area to inquire about this option. Or check with some of his favorite restaurants to see if they offer home delivery, or he could use a restaurant delivery service like <https://www.ubereats.com/>, <https://www.doordash.com/> or <https://www.grubhub.com/>.

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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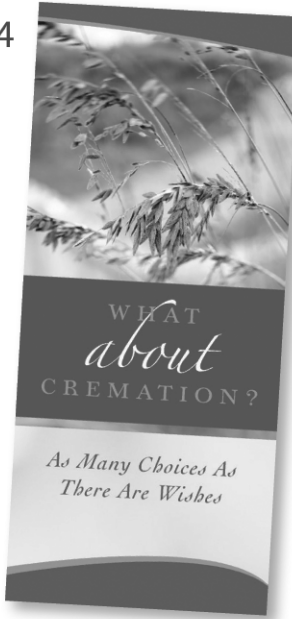
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House Bill 2753 Passes With Strong Support

House Bill 2753 was recently passed by the OK Legislature and on May 11, 2023 it was signed into law by Governor Stitt.

The bill came about due to the efforts an advocacy of Dr. Chalon Edwards Anderson, a gerontologist and member of the Oklahoma Silver Haired Legislature (OSHL). She sought and secured the support of Representative Nicole Miller and Senator Darrell Weaver who supported and carried the bill to the Oklahoma House of Representatives and State Senate.

House Bill 2753 creates a Vulnerable Adult Abuse, Neglect and Exploitation Registry, (a searchable database). Once implemented, the registry will be accessible by the public and will include the names of those convicted in Oklahoma of abuse, neglect or exploitation of vulnerable adults, along with details of their offenses. The law goes into effect on November1, 2023.

The bill received the strong and relentless support of Esther Houser, president of the OSHL, and Trish Emig, of the OK Council on Aging. Both are dedicated long-time state advocates for the aging community. It was also supported by the Oklahoma Alliance on Aging, the Oklahoma State Council on Aging, the Oklahoma affiliate of American Association of Retired Persons (AARP), and the OSHL Alumni.

This will truly be a tool to aid families when selecting individuals to care for their loved ones. It will also help nursing homes and other similar facilities avoid employing unqualified and undesirable individuals to care for their residents or patients.



Dr. Chalon Edwards Anderson, Representative Nicole Miller.

Daily Living Centers Raise \$4,000



From June 5th through June 15th, Daily Living Centers hosted its first ever Art Auction to fundraise for a \$15,000 matching grant, generously pledged by the Carl C. Anderson Sr. and Marie Jo Anderson Charitable Foundation! Our participants spent weeks hand crafting pieces, while practicing skills of patience, dexterity, creativity, and self expression.

With the help of our amazing community partners, sponsors, and even friends and family of DLC participants and staff, the Art Auction brought in resources for our Activities and Programming far beyond what we could have hoped for. We are so thankful for your support as we work to better serve our participants and their caregivers. These funds will be matched to go towards activities and programming that fit the needs and preferences of each individual that we serve.

With your generous support, our grand total is \$4,000! Thank you to all of the donors who made this event such a success! - **Amanda Dirmeyer, President and CEO**

Enter to Win a Sampler Quilt at the Sod House Museum

The Sod House Museum is selling raffle tickets ahead of the drawing for a handmade sampler quilt. The drawing will be held on Saturday, July 8. Tickets for the raffle are \$2 each, or three for \$5, or six for \$10. You can purchase tickets at the museum, which is open Tuesday through Saturday from 9 a.m.-5 p.m.

The drawing will be held during the quilting workshop with instructor Martha Ray from 9-11 a.m. The workshop costs \$5 per person. Ray teaches participants how to create applique designs, traditional block patterns, original designs and more. Members of any skill level are encouraged to attend.

Operated by the Oklahoma Historical Society, the museum is located southeast of Aline on State Highway 8. For more information, contact Director Renee Trindle at 580-463-2441 or email sodhouse@okhistory.org.

The Sod House Museum is a division of the Oklahoma Historical Society. The mission of the Oklahoma Historical Society is to collect, preserve and share the history and culture of the state of Oklahoma and its people. Founded in 1893 by members of the Territorial Press Association, the OHS maintains museums, historic sites and affiliates across the state. Through its research archives, exhibits, educational programs and publications the OHS chronicles the rich history of Oklahoma. For more information about the OHS, please visit <https://www.okhistory.org/>.

Family Affair: Veazey's takes care of Oklahomans

story and photo by Bobby Anderson, Staff Writer

If you've lived in and around the Oklahoma City metro for any amount of time over the last century you'll probably recognize the Veazey name.

And for more than a century that name has been synonymous with quality and customer service and Stephanie Veazey wouldn't have it any other way.

The president of Bill Veazey's Rehab and Home Care Equipment and Supplies says her family still preserves the legacy her grandfather started.

"I think the name is very important," Veazey said. "We still have people who come and remember the old drug stores. I had a man come in the other day and said he had a dear friend who played on the Veazey Drug Store baseball team, which I didn't even know they had.

"People associate that name with

good service and quality equipment. Our motto has always been we can help and every one of us put out that extra effort."

The Veazey's Drug Stores were founded in 1906 by Steve Veazey with the same attitude towards the customer and the community still alive today.

Steve Veazey's policy of "the customer is always right" and "Veazey's will make every effort to serve them sincerely and friendly" are still the foundation at Bill Veazey's Medical.

Bill Veazey's Medical established in 1964 after the sale of the drug company by Bill Sr is still family-owned and operated today.

For over 90 years the Veazey Family has been serving Central Oklahoma with one of the area's largest selections of reimbursement and cash retail products and



For more than a century, the Veazey family has been taking care of Oklahomans. Photos provided.

services.

Bill Veazey's Medical offers you experience, superior customer service, and top-quality, state-of-the-art home medical equipment, and supplies.

Stephanie Veazey says employees take extra care in making sure that they fulfill the needs of each and every customer.

Downtown OKC was the site of the first Veazey drugstore. By

the 1930s, the store had grown to more than a dozen locations. By the 1950s that number had ballooned to 22 locations, giving Veazeys the distinction as the largest drugstore chain in the state.

The elder Veazey - who is also Stephanie's namesake - passed shortly after birth in 1955. The drug company was sold in the early 1960s.

See VEAZEY'S Page 7


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VEAZEY'S

Continued from Page 6

That's when the idea for a medical equipment and party supply store was hatched by Stephanie's father, Bill Sr.

Senior purchased a local Abbey Rents and started another Oklahoma institution.

"They had a few wheelchairs and about one hundred folding party chairs," Stephanie said. "That's what

they started with."

One of five children, Stephanie said the family has always been bound by work.

"We've all grown up and worked in this business," said Stephanie, who grew up racing her brother, Bill Jr., in the company's wheelchairs.

The party line and medical equipment line separated and eventually the party store moved to Wilshire Blvd and the medical supply store rooted itself on Classen Blvd.



"More people know the party store because it's a party story and more people want to do that," Stephanie laughed. "But once their parents or they themselves age when they need our services they remember (the name)."

The party store has come and gone with only the medical equipment store still bearing the Veazey legacy.

Stephanie's brother works for her as does her daughter and son.

"There is a little pressure and things can go sideways sometimes but we all love each other and are out for the same thing," Veazey said. "We're used to it. We grew up in the old Warehouse on 8th and Walker. My daughter and son grew up doing

the same thing over on Classen.

"It's something we're born and is kind of bred into us."

Every now and then nurses will come in and share with Stephanie that they remember when her father would come cold calling to their hospitals.

In an age of contracts with out-of-state suppliers and large healthcare conglomerates, Veazey says it's nice to know there's still a local store alive that caters to the individual.

Seeing the ripple effect that her family has had throughout the last century is rewarding for Stephanie Veazey.

But so is seeing how impactful her family name can still be today.

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RESORT

Continued from Page 1

Yukon. “Oak Haven is the last of five resort communities our builders have provided the retirement privileged in the area while we have learned to add more resort-style amenities along the way,” Ron Walters said. “Oak Haven is the best we have ever built. We like to say this offers a “truly grand resort user experience.”

This 55+ active adult senior retirement community has all the amenities of a fully featured resort to provide residents with a carefree and comfortable living experience. This luxury home ambiance comes with all the extras that complement an active lifestyle in a community atmosphere, complete with a restaurant and plenty of places and ways to entertain grandkids and guests.

Unlike traditional senior facilities, Oak Haven leases new luxury homes, which provide residents with a comfortable living experience. The homes are well-lit with large windows, airy and open with a sense of spaciousness beyond their size.

“We feel Baby Boomers considering moving to a planned community owe



New construction erecting luxury 3-bedroom homes in Oak Haven is on the way to building out the property within the year.

available including: 1-bedroom, including 1.5-bathroom homes spanning 1,067 square feet, 2-bedroom, 2-bathroom homes with a detached carport, offering 1,302 square feet of living space and 3-bedroom, 2-bathroom homes with a two-car garage, ranging from 1,541 square feet to a massive 1,952 square feet.

The community offers many lifestyle activities each month. Weekly schedules are full of various social activities. Mondays kick off with darts,

Tuesdays feature Water Aerobics, while Wednesdays, residents get outside for a social Walk and Talk. Thursdays find residents enjoying Bingo and Writer’s Quill. Fridays offer Pickle Ball, movies in the Theater room, and Happy Hour by the pool, and Saturdays see many residents playing horseshoes.

Those residents who like to cook can share their culinary talents with everyone at the two monthly potluck parties. Those who like to try new culinary adventures meet at a local restaurant once a month for ‘Lunch Out.’

June’s extra activities included a day out to Riverwind Casino and an outdoor concert at one of the gazebos. They also had a Father’s Day party where every dad received a small gift and enjoyed Brats and Beer at the Pool House.

Oak Haven also offers its residents a multifunction community clubhouse that offers many amenities. The Fitness center includes top-of-the-line workout equipment. The clubhouse also provides exercise classes to keep residents active, and the community pool offers a perfect place for relaxation and socialization.

The pool house is an excellent place for residents to unwind, including an opportunity to play shuffleboard or a game of pool. The outdoor entertainment area provides an ideal space for hosting events and trying their hand at a new putting green. Moreover, the private theater room, which shows movies regularly, is an excellent place for residents to enjoy

a cinematic experience providing the residents with movie snacks and freshly popped popcorn.

Oak Haven takes pride in its onsite Italian restaurant, Luigi’s Bistro, which is open to the public and has received rave reviews. Luigi’s Bistro serves authentic Italian cuisine, including from-scratch lasagna, premium pizza, bellinis, and offers a full bar.

The restaurant is fully featured, including outdoor seating, allowing viewing of the community’s interior and providing diners privacy and plenty of fresh air. With its delicious food and inviting atmosphere, it is no wonder that Oak Haven residents often claim it is the best Italian restaurant in Oklahoma.

Headed for a total of 108 homes at Oak Haven, the build-out is in the last phase. It bears repeating that their caring management stresses it is an exceptional senior retirement community that provides residents with a carefree living experience, luxurious homes, and abundant amenities to keep them active and healthy. This is the one place where extra bedrooms mean family can spend a part of their vacation visiting parents or grandparents there and feel like they have checked into a luxury resort.

Those Baby Boomers who want the best selection of homes in the freedom of a community atmosphere, combined with the onsite Italian restaurant, need to quickly see if Oak Haven www.oakhavenretire.com is the perfect place for them to enjoy their golden years.



The private theatre room offers residents the best in movie entertainment. The sports lounge offers a classic pool table. A one-hole putting green awaits just outside.



it to themselves to come to see Oak Haven in person,” Walters said. “If they do that and speak to several of our residents, we are proud to have done as much as we can to help improve their retirement living.”

One of the significant advantages of living in Oak Haven is that residents are relieved of the burden of home and yard maintenance. The community offers a maintenance-free living experience, where property maintenance takes care of everything from fixing the ice maker to changing the light bulbs. This allows the residents to enjoy their retirement without worrying about home upkeep.

The luxury homes at Oak Haven come in single, duplex, triplex, and quad-plex variations, each with top-of-the-line features. The homes boast ceramic tile, natural oak wood floors, granite countertops, and stainless appliances, providing residents with

a comfortable and stylish living experience.

Each home is designed to allow residents to unwind in the lavish master suite, where ample space allows for a cozy seating area and features not one but two closets to accommodate all your belongings. With a two-car garage, residents have plenty of room for storage, whether for a workbench or those cherished Christmas decorations.

The builders are now finishing the last of the three-bedroom homes. These rare gems on the property are highly sought after by those who value comfort and versatility. Residents can indulge in the spaciousness of the 1950 square feet of living space. This unique offering of three-bedroom homes sets them apart from the rest.

Right now, all the floor plans are



A spacious pool with pool house offers a resort experience adjoining the clubhouse for more activities when the heat sets in.

Oak Haven at Westbury 55+ Active Living in Yukon

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Legend Senior Living®, a Top 50 senior living company, is pleased to announce it has earned the certification as a Great Place to Work®. This is the fifth time that Legend has earned the certification, based on a yearly third-party, anonymous survey of employees. Legend Senior Living, a family-owned senior living provider, owns and operates nearly 50 Legend and Windsor residences in six states.

The Great Place to Work® Certification is awarded to organizations that deliver excellent employee experiences and demonstrate best-in-class people practices based on a rigorous assessment process. The assessment is based on the Great Place to Work® model, which evaluates a workplace based on its Trust Index® and Culture Audit® attributes. Based on the Great Place to Work® Institute assessment, Legend scored exceedingly well on creating a positive culture and workplace.

"Being named a Great Place to Work is always a cause for celebration at Legend," said Legend's Executive Vice President Matt Buchanan. "We are humbled to receive the certification for the

fifth time because it affirms our commitment to enabling associates to thrive professionally and personally."

Certification is based on an objective survey of employees' opinions. Because employee feedback and independent analysis determine the scores, Great Place to Work Certification is considered a reliable, objective measurement of employer performance and employee satisfaction. An audit is also taken to evaluate Legend's culture, measuring trust, values, leadership effectiveness, innovation, development, and diversity.

According to Great Place To Work survey results, 82% of employees at Legend Senior Living say it is a great place to work compared to 57% of employees at a typical U.S.-based company. Nine Legend locations specifically achieved a 90% or higher Trust Index. To learn more about Legend's Great Place to Work certification results go to <https://www.greatplacetowork.com/certified-company/7010287>.

"The senior living industry is one that offers job satisfaction unlike any other," said Buchanan. "The opportunities for longevity and growth for associates all while serving people is unmatched. This certification re-affirms those strengths for an industry that will see unprecedented growth in the coming years."

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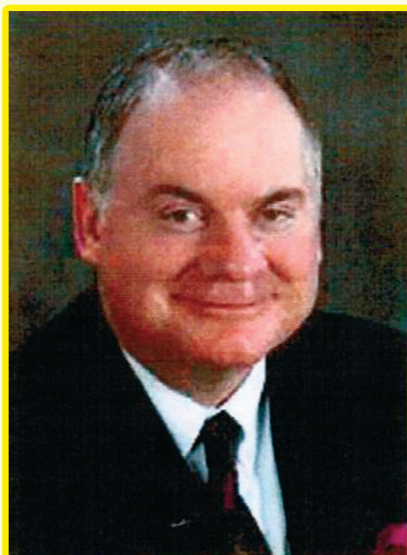
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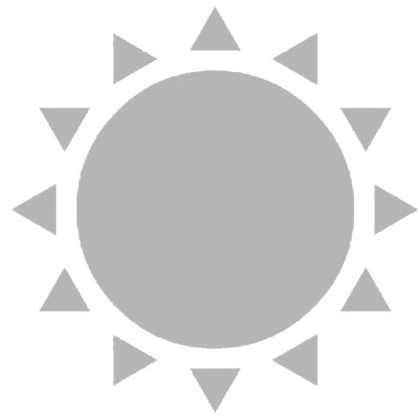
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HEALTH



Tips For Protecting Older Adults During Summer's Heat

by Flora Qualls, Your Cigna Agent in Oklahoma City - Flora.qualls@cignahealthcare.com

Long, sunny days can be pure pleasure. For many older adults, however, danger can lurk in high temperatures. Fortunately, we all can take steps to ensure summer safety.

Older adults tend to be more susceptible to heat-related conditions, often because they have pre-existing medical conditions or take prescription or over-the-counter drugs that limit the body's ability to sweat and control its temperature, said Dr. Joseph B. "J.B." Sobel, chief medical officer for Cigna's Medicare businesses, which serve hundreds of thousands of seniors across the United States.

The Centers for Disease Control and Prevention (CDC) estimate that **more than 650 people in the United States die each year from heat-related illnesses**. The majority are people 65 and older; other risk factors are living alone, being without access to air conditioning, and having underlying health conditions that put them at elevated risk.

However, heat-related illnesses and deaths can often be prevented. With that in mind, Dr. Sobel provides the following tips to help older adults stay safe during the summer.

Check the forecast each day. That way you know exactly what to expect. Pay special attention to heat advisories or warnings and take them seriously.

Stay indoors, in air conditioning, during excessive heat. If your home isn't air-conditioned, spend the heat of the day someplace that is, such as a shopping mall, a movie theater, a library, or a family member's or friend's house. In many communities, senior centers, churches, and social service organizations provide cooling centers when the temperatures rise. If you aren't running your air conditioning because you need help paying your utility bill, resources may be available to you. Go to

<https://cignacommunity.findhelp.com/> and enter your ZIP code to learn about

programs that are available in your community.

Make sure to hydrate. Drink more water than usual. Don't wait until you're thirsty to drink. Avoid drinks containing alcohol.

Dress for the heat. Wear light, loose-fitting clothes in light colors.

Don't overdo it. Limit strenuous activity. Take frequent breaks. Move slowly.

Remember to apply sunscreen. The majority of skin cancer cases are found in people older than 65. Also, sunburned skin makes it more difficult for your body to cool down. To reduce risk, you should use a sunscreen of 30 SPF or higher that the label says "blocks UVA and UVB" or has the words "broad spectrum." Reapply every two hours.

Avoid the hottest part of the day. It's safer to go out in the morning or the evening.

Monitor your medications. Some widely used medicines, including some available without a prescription, may affect your body's ability to control its temperature or to sweat. Talk to your doctor or pharmacist if you have concerns.

If you become overheated, take action right away. Go to a cool place, rest, and drink plenty of water. Symptoms of heat-related illness include muscle cramps, headaches, nausea, and vomiting. If symptoms like these don't go away or get worse, seek medical care.

In closing, Dr. Sobel advises caregivers to stay vigilant during hot weather and check on loved ones regularly. If you don't live close to your loved one, make sure to have the name and number of a neighbor you can contact if needed.

For information about Cigna Healthcare email me at Flora.qualls@cignahealthcare.com or call me at 405-432-6725.

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The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.

STAYING SAFE: Steps to Take for a Person Living with Dementia

A comprehensive safety plan is important for a person living with Alzheimer's.

Taking measures to improve safety can prevent injuries and help a person living with dementia feel at ease and maintain independence longer.

Safety at Home: • Evaluate certain areas that may be more prone to safety hazards such as garages, work rooms or basements. • Take precautions to avoid injuries during daily activities such as ensuring food is not too hot, install walk-in showers, or add texture stickers to slippery surfaces. • Ensure all areas are well lit. • Evaluate potentially dangerous objects to make sure they are not easily accessible, i.e. stoves or power tools. • Keep medication and harmful substances locked away. • Consider removing weapons from the home. • Learn how to help prevent falls at <https://Oklahoma.gov/health/falls>

Wandering and Getting Lost: • Six in 10 people living with dementia will wander and become lost; many do so repeatedly. Signs of wandering behavior: • Forgetting familiar places. • Returning from walks or drives later than usual. • Trying to "go home" when already at home. • Having a hard time locating familiar places. • Experiencing restlessness.

Tips to reduce wandering: • Provide opportunities to engage in structured activities throughout the day. • Encourage exercise. • Place deadbolts high or low on exterior doors to prevent wandering at night. • Consider a GPS device if the person drives. • Reassure the person if he or she feels lost, abandoned or disoriented.

Driving Safety: Driving demands good judgement and quick reaction time. Because of the progressive nature of Alzheimer's, a person living with the disease will eventually become unable to drive. It's helpful to have a conversation early on about how independence can be maintained when the

person can no longer drive. Signs it may be time to stop driving: • Forgetting familiar places. • Making poor driving decisions such as speeding or missing traffic signals. • Becoming angry or confused while driving.

Emergency Preparedness: Disaster situations can significantly impact everyone's safety, but they can be especially upsetting and confusing for individuals living with dementia. Being prepared for an emergency is crucial. Prepare an emergency kit that includes: • Copies of important documents. • Extra clothes and medication. • Incontinence products if needed. • Identification items. • Water and food. • A favorite item of the person.

If an emergency occurs and you need to evacuate, make sure your plans are compatible with the specific needs of the person living with dementia. If an individual lives in a residential facility, learn about its disaster and evacuation plans. Find out who is responsible for evacuating the person in the event of an emergency.

Traveling: A dementia diagnosis does not necessarily mean that it's time to stop traveling; however, doing so does require careful planning. The following may help facilitate a safe and enjoyable trip: • Pack copies of important documents. • Stick to a familiar destination. • If staying in a hotel consider informing staff about your specific needs. • Contact the Alzheimer's Association to find the nearest office that can provide assistance at your travel destination.

Staying safe becomes increasingly important as Alzheimer's disease progresses. Visit alz.org/safety for more information and resources.

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Braum's Donates \$500,000 to Fund Mother's Milk Room

Braum's donated half a million dollars to fund a new space to safely store and prepare breast milk for hospitalized infants in the neonatal intensive care unit (NICU) at Mercy Hospital Oklahoma City.

Moms will be able to deliver milk for their babies directly to the Braum's Milk Room, staffed by certified milk technicians who will prepare the milk for Mercy's NICU patients. The room will be a central place for storage and preparation of both human milk and formula. It will also be a designated location for parents to check-in milk to be labeled and stored for their newborn.

"Providing breast milk for their baby is one of the few tangible thing moms can do when they have a preemie in the NICU," said Brandy Chaney, manager of Mercy's NICU in Oklahoma City. "We just didn't have the space before, so our nursing team prepared milk feedings at the bedside or in a dedicated workroom. The milk room will be such an asset to everyone involved in caring for our tiny babies."

The Braum's Milk Room is part of the larger Love Family Women's Center project that will provide more space, resources and care for women of all ages. More than 40%, or \$45



Mercy's NICU co-workers with Drew Braum at the Braum's plant.

million, of the total cost of the new women's center was funded through philanthropy, with a \$10 million lead donation from the Tom and Judy Love family.

When a donor was needed to fund the milk room, Braum's, an Oklahoma company, seemed like a perfect fit.

"Braum's has been providing milk for Oklahoma families for more than

50 years, and when we approached them about funding a project to create a milk room for our most vulnerable

Continued next page

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BRAUMS

Continued from Page 14

patients, we were so delighted when it was a quick ‘yes,’” said Lori Cummins, vice president of Mercy Health Foundation Communities. “The support from the Braum family and so many others will impact generations to come as we prepare to welcome more Oklahomans into the world at the Love Family Women’s Center.”

The project will create a more streamlined process allowing nurses to focus on patient care while a dedicated team prepares feedings. This type of facility is considered best practice for caring for the nutritional needs of infants needing a higher level of care.

“When the team at Mercy approached Braum’s about helping fund the milk room, I knew it was a fantastic addition to the monumental Love Family Women’s Center project,” said Drew Braum, president and chief executive officer of Braum’s. “For many, Braum’s is synonymous with milk. While we produce high-quality, nutritious A2 dairy milk on our farm, Mercy will use the Braum’s Milk Room to develop the correct formulation of human milk and formula to meet the nutritional needs of all infants, especially those admitted into the NICU. We are honored to partner with Mercy and the Love Family Women’s Center to bring this critical element of care to Oklahoma City.”



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Phillip Quinten Read

(Right) This 100-year-old WWII has lived his entire life in Cole, OK. He was born in the house where he lives, mows the lawn & does upkeep himself. His family ran the grocery store & he has a long history of community service, purchased the first fire truck, was a fire fighter, Fire Chief, first Mayor & Postmaster. He is not shy about sharing history & very proud of his service. His words of wisdom: "Hard work and clean living. Cherish your family!"



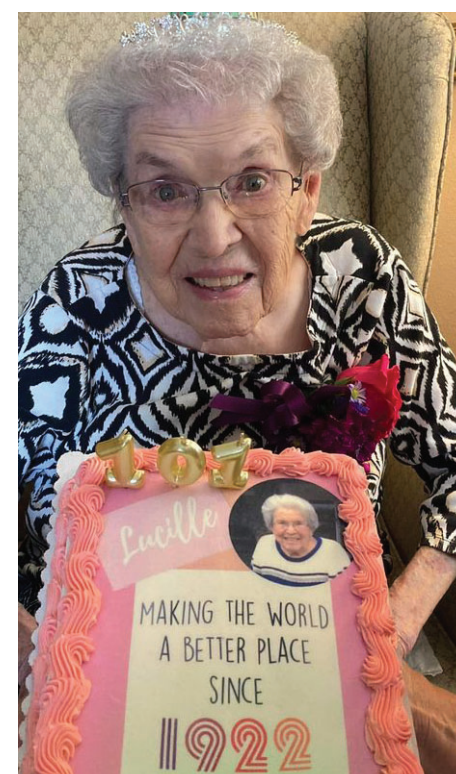
Edgar Eugene "Gene" Bond

(Right) Edgar Eugene "Gene" Bond celebrated his ?? birthday with Irene, his wife of 80 years, & friends in the Tulsa retirement community where they have lived for 15 years. Drumright was home to the Bond family for years & is a place filled with fond memories. He recalls the days when it was an oil boom town.



Lucille Newhouse

(Right) One is our "Golden Okies," Lucille Newhouse, celebrating her 101st birthday in Pryor. She's been making the world a better place since 1922. Happy Birthday



Mary Bates

(Left) Born a Texan but is now a Golden Okie! Mary had a career as a buyer for Streets Ready to Wear for 30 years. This led to her hobby of buying everything. Happy 100th birthday on May 22, 2023.

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Join us for a VA Benefits Seminar at Acclaim Living Independent Retirement Community on July 19th from 1:00 to 3:00 pm, 12525 N Pennsylvania Ave, OKC, OK. Steve will speak about, "Three missteps of military retirees." Staff members from the VA Hospitals Community Engagement Team will also be present to answer your questions..

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Tinker AFB Personnel Praised for Mission

Story and photos by Darl DeVault, contributing editor

Reminded of the importance of Tinker Air Force Base by the recent air show, America's top air ace from the Vietnam War voiced some strong opinions about the significance of Tinker's mission and how it is a linchpin for all the other aerospace concerns in Oklahoma.

Edmond's U.S. Air Force Capt. Charles B. DeBellevue, now 77, became America's first and only six MiG victory credit flying ace in 1972 in the skies of North Vietnam as an Air Force Weapon Systems Officer (WSO).

DeBellevue was an integral part of a two-person aircrew in the McDonnell Douglas F-4 Phantom II, a two-seat, twin-engine, all-weather, long-range supersonic jet interceptor and fighter bomber. His air-to-air missile victories earned him the Air Force Cross and three Silver Stars.

The now-retired colonel attended the recent Tinker AFB Air Show kicking off July with a patriotic glimpse at America's air superiority on display, allowing the Air Force and Navy to command the sky over every battlefield for 70 years. Across its trailblazing 75-year history, the U.S. Air Force's place as the world's most capable and most respected source of airpower is well-established.

As the last ace to serve on active duty in the Air Force DeBellevue is proud that Oklahomans support Tinker's mission. He says brave and hard-working men and women of our United States Air Force have provided 70 years of dominance in the skies above our ground troops worldwide.

A strong military has guaranteed the freedoms we enjoy," DeBellevue said in an interview. "The civilian and military members of the USAF are an integral part of the team that ensures our freedom."

Historians tell us April 15, 1953, was the last time an American ground troop was killed by ordnance delivered from an enemy aircraft.

"It is an honor to see Tinker servicemembers celebrate their role in this air dominance, and Oklahoma citizens flock to the base to salute the men and women who have served and now sacrifice daily to keep our proud country free," DeBellevue said. "When I was in my F-4D Phantom II taking off from Udorn Royal Thai

Air Force Base in Thailand, I was fearless because I knew I had the best support in the world, my fellow servicemen."

Tinker AFB area residents have some understanding of the importance of DeBellevue's role in becoming an ace. In today's Air Force. The WSO duties are provided to the pilots of single-seat fighters by 32 crew members with 14 monitors on the Boeing E-3 Sentry, Airborne Warning and Control System commonly known as AWACS. The Air Force's fleet of these planes providing all-weather surveillance, command, control, and communications are based at Tinker. They provide location and targeting data to today's fighters.

The newest version of that high technology was on display at the air show July 1-2, when the world's most advanced multi-role stealth fighter, the Lockheed Martin F-35A Lightning II competed with the US Navy's Blue Angels for the crowds' attention. A single fighter demonstrating its stealth and next-generation technology built to replace many older and less technologically advanced fighters performed 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.

This latest version of the best America can build incorporates a robust version of the "AWACS" aircraft capability it can communicate to the theatre of operations it patrols. This enables it to aid all other aircraft in tracking and targeting the enemy and in flying the intercept needed to shoot them down. This new system is a radar, bombardier, navigational and weapons systems analyst. The pilot provides another set of eyes on the targets to give tactical input to all American forces, both flying and on the ground.

The US Navy was well represented at the air show, just as they are as a major tenant at Tinker. The Navy's TACAMO unit sailors based at Tinker celebrated Navy Week at the base. TACAMO is the Navy E-6 Mercury aircraft, an airborne command post and communications relay based on the Boeing 707 aircraft, similar to the Air Force's E-3 Sentry (AWACS).



In this September 25, 2022 photo, retired USAF Col. Charles (Chuck) DeBellevue poses in his formal mess dress at a Veterans charity event at Gaillardia Country Club in Oklahoma City.

Besides delighting the crowd for the air show with the precision flying of its Blue Angels demonstration team, Navy Week was present on the base and in Oklahoma City in the week leading up to the event.

The US Navy has had a strong presence at Tinker since 1990, with sailors of the TACAMO wing and their 62nd year of operations. While Tinker employs nearly 30,000 Oklahomans, a contingent of air mission Navy sailors numbering 1,500 are proud to be known as "Red Dirt Sailors." There has been a long-standing Navy presence in the area attached to Strategic Communications Wing One (SCW-1) at Tinker. Other active-duty members are attached to the Navy Operational Support Center (NOSC) in Oklahoma City, the local recruiting district and numerous reserve personnel who live and work in the community.

The theme for the air show was STEM with a large area devoted to the many ways in which Science, Technology, Engineering and Math are used to advance aviation agendas. STEM has been ever-present in the area Air & Space Forces Association's (AFA) chapter activities as it provides

youth opportunities.

"The AFA's mission is to promote a dominant U.S. Air and Space Force and a strong national defense through education, advocacy and support," DeBellevue said. "It is an excellent way for community partners and interested individuals to become involved and learn about the Air Force and Tinker Air Force Base and have a say in patriotic issues."

DeBellevue said the AFA Central Oklahoma Gerrity Chapter supports STEM education in Oklahoma and the Rosie the Riveter project. The group and Oklahoma Career Tech put on the CyberPatriot, StellaXplorer and STARBASE OKLAHOMA programs. These are middle and high-school-level programs to advance experiential STEM education.

Organizers boast about the programs by pointing out the national winner of the 2023 StellaXplorer Program was a team from Edmond North High School Air Force Junior ROTC.

Tinker AFB has long been the linchpin, along with the Mike Monroney Aeronautical Center, in



The F-35 Lightning II Demonstration Team single fighter assigned to the 388th Fighter Wing at Hill Air Force Base, Utah, heads back to home station after refueling from a KC-135 Stratotanker assigned at Tinker Air Force Base. (U.S. Air Force photo by 2nd Lt. Mary Begy)

PRAISE

Continued from Page 18

attracting almost 300 businesses to Oklahoma to support America's air dominance. The Oklahoma Defense Industry Association has partnered with the Air & Space Forces Association Gerrity Chapter 215 and Oklahoma Aeronautics Commission to support all those concerns over the years.

"Oklahomans' exemplary work ethic and its central location make Tinker and Oklahoma an obvious location for supporting this country's defense efforts," DeBellevue said. "We see daily that Oklahomans and their state government here are

very supportive of aviation and the aerospace industry."

Oklahoma's largest employer is the Department of Defense. Oklahoma's aviation and aerospace industry produces \$44 billion in annual economic activity, making it the second-largest economic engine in the state. Three segments account for the total: military aviation, \$19.3 billion; off-airport aviation and aerospace businesses, \$13.9 billion; and commercial and general aviation airports, \$10.6 billion. The industry supports 206,000 jobs totaling an \$11.7 billion payroll. The average salary in the industry is \$73,300, making it one of the highest average salaries in the state.



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Across

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6 Starting squad
11 Lousy
14 Three-time WNBA All-Star Quigley
15 Scrapbook adhesive
16 Deeply regret
17 *Important figure in sports betting
19 Ideological suffix
20 Loafer adornment
21 Isn't honest with
23 Cherry bomb's "stem"
24 *Party pooper
27 Twistable cookies
29 Sailor's realm
30 "Chicago" actor Richard
31 Consequence
33 Adapter letters
36 Journalist Koppel
37 *Record submitted to payroll
40 Yoga surface
43 White part of a citrus rind
44 Marshy ground
48 Guinness who was the first to play Obi-Wan Kenobi
50 "Chicago P.D." extra
52 Region of ancient Mesopotamia
53 *Paper for doodling
57 Pixar film featuring a

guitar-playing boy
58 Force into action
59 Chair for a new parent
61 Sushi-grade tuna
62 Does a daily chore using the elements at the ends of the answers to the starred clues
66 Turn bad
67 Show to be true
68 Mighty mad
69 Sudsy quaff
70 Softens
71 Donkeys

Down

1 Sticky tree stuff
2 Debate-ending procedure in the Senate
3 False names
4 Wash lightly
5 Adjusts, as a clock
6 Fruit for cider
7 Sticky roofing stuff
8 Language suffix
9 In any way
10 "On the __": NPR show about trends in journalism
11 Cut of meat used for corned beef
12 Stark
13 Reduced in rank
18 Use needle and

thread
22 U.K. language
23 Word on a gift tag
25 Spot for steeped beverages
26 Composer J.S. __
28 Lingerie item
32 "OMG! Stop talking!"
34 FDR or JFK, partywise
35 Corporate VIPs
38 Engrave
39 Folks who are in it for the long haul?
40 Lash lengthener
41 Hand sanitizer ingredient
42 Wood-eating insect
45 Single-celled creatures
46 Stash away
47 "No seats" sign
49 Lens cover
51 Analyzes grammatically
54 Phoenix suburb
55 American Red Cross founder Barton
56 Small speck
60 Seed in some healthy smoothies
63 Bout enders, briefly
64 Night before
65 __ Moines, Iowa

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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/>



July 5, 10 a.m. July 6,
9 a.m. - 11 p.m.

Blackberry Festival

McLoud Veterans Memorial Park, 600 E. Park St, McLoud. Features all kinds of blackberry-themed items from fresh blackberries to blackberry cobbler, sodas, and teas as well as live music, a parade, food and fireworks. After the Parade, kids can enjoy a carnival and games including turtle races and a cobbler eating contest. Free to attend. Participation prices vary.

July 7, 6 p.m.
July 8, 9 a.m.

Overnight at the Chuck Wagon

Will Rogers Memorial Museum, 1720 West Will Rogers Boulevard Claremore, OK 74017. Pack your sleeping bag, pajamas, toothbrush, and toothpaste for Overnight at the Chuck Wagon at the Will Rogers Memorial Museum. This overnight event will take place from 6 p.m. on Friday, July 7, to 9 a.m. on Saturday, July 8. This event is for children ages 5–12, accompanied by at least one adult. Participants will bed down in various parts of the museum for a night of 19th-century activities, movies, arts and crafts, games, and storytelling, with a chuck wagon dinner and breakfast.

July 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. 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!

July 8
1 p.m.–3 p.m.

Second Saturday Sewing Circle

Fort Towson Historic Site, 896 N 4375 Road, Fort Towson, OK 74735. The Fort Towson Historic Site holds a free, informal monthly Sewing Circle every second Saturday. Sewing and historic domestic skills—part of the fort's history—will be demonstrated and taught. All skill levels are welcome in the group, allowing more experienced guests to guide beginners and share ideas.

July 13 - 15
Times Vary

Porter Peach Festival

Downtown Porter, Porter, OK. Features live music, a parade, food trucks, arts and craft vendors, a culinary contest, tractor pulls, free peaches and ice cream and more. FREE peach ice cream while supplies last on Saturday. Visit <https://www.porterpeachfestivals.com/> for complete schedule. FREE admission.

June 11
4 p.m. - 6 p.m.

Watch Out for Flying Chairs: Professional Wrestling in Oklahoma exhibit opens

Oklahoma History Center, 800 Nazih Zuhdi Drive Oklahoma City, OK 73105. Oklahoma History Center will hold an opening event for the photography exhibit Watch Out for Flying Chairs: Professional Wrestling in Oklahoma. The exhibit examines professional wrestling in Oklahoma from its emergence in traveling carnivals to today. Oklahoma has been at the forefront of professional wrestling through its continued popularity across communities and the contributions of Oklahomans in and out of the squared circle. Over the last 80 years, traditional wrestling has brought Oklahoma more national and international wrestling medals, trophies, titles, and championships than any other state. Since 1932, 12 Oklahomans have stood on the top step to receive Olympic gold medals. It is open to the public. Please call 405-522-0765 or visit <https://www.okhistory.org/historycenter/> for admission costs and group rates.

July 14
12:00pm - 3:00pm

Veterans - Military Career Fair Veterans and Community Job Club - Chickasha

The first hour (12:00 - 1:00 p.m.) is allotted for veterans and military. The event opens to all job seekers at 1:00 - 3:00 p.m. Participating employers include Amazon, the City of Chickasha, Cherokee Temps Inc., Wal-Mart, Grady Memorial Hospital and Express Employment.

July 14
2:00 pm - 4:00pm

World Snake Day Celebration at Martin Park Nature Center

Martin Park Nature Center 5000 W. Memorial Road, Oklahoma City. Learn about why nature's "Danger Noodles" are not really dangerous. See some cool snakes (from a safe distance) to learn about how snakes keep us and the ecosystem safe and all the ways you can help them out. Preregister at <http://www.okc.gov/parks/signup>. Admission is FREE

July 20
Times Vary

T.A.I.L. Tours at Arabian Horse Association Youth and Mid Summer Nationals

Jim Norick Arena 333 Gordon Cooper Blvd, Oklahoma City. Experience the thrill of the show, explore behind the scenes at friendly barns, and meet some amazing Arabian horses up close. FREE admission. All ages welcome. Tail tour times: Thursday July 20 - 4pm, Friday July 21 - 4 pm, Saturday July 22 - 10 am and Saturday July 22 - 2 pm.

Saturdays, July 01 - July 15
8 p.m.–10 p.m.

FREE Floating Films at Riversport

Riversport Rapids 800 Riversport Dr, Oklahoma City. Movies will be projected on the pump house of RIVERSPORT Rapids. Bring a blanket or lawn chairs and watch fun films from the banks of the lower pond or rent a tube or raft to watch from the water. Limited availability on rafts and tubes. Must be 8 or older to float on the water. For more info visit <https://www.riversportokc.org/events/floating-films/>. All Floating Films are free to enjoy. Tube and raft (min. 6) rentals are \$10 per person.

Oklahoma City Native Continues 123-year Tradition of Service

By Megan Brown, Navy Office of Community Outreach

Submariners make up only 10 percent of the U.S. Navy's personnel, but they play a critical role in carrying out one of the Defense Department's most important missions: strategic deterrence. Senior Chief Petty Officer Steven Dotson, a native of Oklahoma City, Oklahoma, is one of the sailors continuing a 123-year tradition of service under the sea to help ensure Americans' safety.

Dotson joined the Navy 17 years ago and today serves as a missile technician aboard USS Maryland.

"I joined the Navy because I was unsure about college and I knew the military would help prepare me for life," said Dotson.

Growing up in Oklahoma City,

Dotson attended Frederick Douglas High School and graduated in 2005.

Skills and values similar to those found in Oklahoma City are similar to those required to succeed in the military.

"My hometown taught me to have a positive attitude and hard work ethic," said Dotson.

These lessons have helped Dotson while serving in the Navy.

Known as America's "Apex Predators!," the Navy's submarine force operates a large fleet of technically-advanced vessels. These submarines are capable of conducting rapid defensive and offensive operations around the world, in furtherance of U.S. national security.



Senior Chief Petty Officer Steven Dotson. Photo by Mass Communication Specialist 1st Class Josiah Trombley

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There are three basic types of submarines: fast-attack submarines (SSN), ballistic-missile submarines (SSBN) and guided-missile submarines (SSGN).

Fast-attack submarines are designed to hunt down and destroy enemy submarines and surface ships; strike targets ashore with cruise missiles; carry and deliver Navy SEALs; conduct intelligence, surveillance, and reconnaissance missions; and engage in mine warfare. The Virginia-class SSN is the most advanced submarine in the world today. It combines stealth and payload capability to meet Combatant Commanders' demands in this era of strategic competition.

The Navy's ballistic-missile submarines, often referred to as "boomers," serve as a strategic deterrent by providing an

undetectable platform for submarine-launched ballistic missiles. SSBNs are designed specifically for stealth, extended patrols and the precise delivery of missiles. The Columbia-class SSBN will be the largest, most capable and most advanced submarine produced by the U.S. - replacing the current Ohio-class ballistic-missile submarines to ensure continuous sea-based strategic deterrence into the 2080s.

Guided-missile submarines provide the Navy with unprecedented strike and special operation mission capabilities from a stealthy, clandestine platform. Each SSGN is capable of carrying 154 Tomahawk cruise missiles, plus a complement of heavyweight torpedoes to be fired through four torpedo tubes.

continued next page

DOTSON

Continued from Page 22

“Our mission remains timeless - to provide our fellow citizens with nothing less than the very best Navy: fully combat ready at all times, focused on warfighting excellence, and committed to superior leadership at every single level,” said Adm. Mike Gilday,



USS MARYLAND (SSBN-738) pulls into the naval station, assisted by a tug boat.

Chief of Naval Operations. “This is our calling. And I cannot imagine a calling more worthy.”

Strategic deterrence is the Nation’s ultimate insurance program, according to Navy officials. As a member of the submarine force, Dotson is part of a rich history of the U.S. Navy’s most versatile weapons platform, capable of taking the fight to the enemy in the defense of America and its allies.

Serving in the Navy means Dotson is part of a team that is taking on new importance in America’s focus on strengthening alliances, modernizing capabilities, increasing capacities and maintaining military readiness in support of the National Defense

Strategy.

“The Navy provides a blanket of freedom for our citizens, one fabric at a time,” said Dotson.

With 90 percent of global commerce traveling by sea and access to the internet relying on the security of undersea fiber optic cables, Navy officials continue to emphasize that the prosperity of the United States is directly linked

to trained sailors and a strong Navy.

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

“I am proud of making the rank of chief petty officer,” said Dotson. “A lot of individuals poured into me so I could have that achievement.”

As Dotson 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 I can provide for my family and thatI can serve my junior sailors,” added Dotson.

Ohio native Chief Machinist’s Mate to be buried with full military honors

Ralph Alva Derrington was born in Columbus, Ohio Aug. 6, 1899 and served as a Chief Machinist’s Mate on board the USS Oklahoma (BB 37).

Derrington died during the Dec. 7th attack on Pearl Harbor in 1941.

As a Chief Machinist’s Mate, Derrington’s duties were to operate, maintain, and repair main and auxiliary engines, steering engines, anchor machinery, turbines, pumps, and related equipment; adjust, repair, and overhaul engines, drainage systems, distilling plants, evaporators and pumps; supervise and stand watch in engine rooms.

Derrington’s awards and decorations include Purple Heart Medal, Combat Action Ribbon, Good Conduct Medal (4), American Defense Service Medal (with Fleet Clasp), Asiatic-Pacific Campaign Medal (with Bronze Star), World War II Victory Medal and the American Campaign Medal.

Chief Machinist’s Mate Ralph Derrington was buried with full military honors in the National Memorial Cemetery of the Pacific, Honolulu, Hawaii, on June 20.



Chief Machinist’s Mate Ralph Derrington



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Assisted Living Administrator Celebrates 20 Years at Saint Ann

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

LaTrona Fulbright says she ran outside and threw up the first day she worked as a Certified Nurse Aide in a nursing home. That was 28 years ago in 1995. Absorbing the home’s odors and conditions was overwhelming but also life changing. Fulbright says compassion made her turn around and return to work. She knew those she served were totally dependent on the quality of her care. She was determined to do her best to assist and serve them with respect and diligence. That attitude ultimately led to Fulbright becoming a licensed Assisted Living Administrator. Furthermore, this year she celebrated 20 years of working at Saint Ann Retirement Center, now known as Saint Ann Assisted and Independent Living.

Fulbright gives props to the hometown folks in Snyder, Oklahoma



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



LaTrona Fulbright, Assisted Living Administrator at Saint Ann Retirement Center.

where she was born and raised. The small-town atmosphere contributed to her strong interpersonal skills and character. She was also an accomplished track star and had the self-motivation to achieve goals and overcome hurdles. In the Fall of 1999, Fulbright moved to Oklahoma City with her two young children so that she could provide a better future for them. “The big city was a very different lifestyle. It was exciting but also scary,” said Fulbright.

She started working as a Certified Medication Aide at Saint Ann Retirement Center when it opened in 2002. Fulbright says she loved the job and working at Saint Ann. She had her third child and felt blessed at home and professionally. A few years later, Fulbright earned her administrator license and served as the assistant administrator. She fully took the reins in 2010, when she was promoted to the top spot over the assisted living portion of the campus.

When asked why she has stayed and worked at the same place for two decades, Fulbright outlined two basic reasons. First, she promised herself as a young single mother that she would achieve a very good job and keep it until her kids

were grown. Second, she loves her residents and the satisfaction she gets from ensuring their life is improved by living at Saint Ann Assisted Living. In fact, Fulbright said assisting residents at this point in their life is what she loves most about her job. “Being the one who gets to give residents the care they deserve is my biggest pleasure.” “I was put at Saint Ann Assisted Living to make sure great care happens.” “I think about the conditions where I first worked and stay determined that people under my care receive nothing but the best of everything.” “My top responsibility is to ensure their well-being,” said Fulbright.

Over the years Fulbright has honed her skills and list of accomplishments. She earned a Bachelor of Science Degree in Health Administration Management while working her two full-time jobs as a mother and an administrator. Employee retention at Saint Ann is exceptional. Fulbright recently celebrated the retirement of two of her long-time team members and many others have worked with her for years.

Another satisfying aspect of her

continued next page



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FULBRIGHT

Continued from Page 24

job is helping people understand why their mom is behaving in a certain way or experiencing a particular issue. "I help families understand where their loved one is in his/her life journey." "Sometimes my conversations are about what is best for mom and not what is best for others including family members and facility staff," said Fulbright. "I

am a resident advocate." Fulbright also noted that Saint Ann Assisted Living is a great lifestyle for people, many of whom have recently lost a spouse and have been living alone. "We strive to ensure residents continue to enjoy a social life." "Even if a person needs a significant amount of assistance, they are still in need of and capable of human interaction and enjoyment." "That is a primary aspect of our friendly and fun culture," Fulbright said.

For more information about Saint Ann Assisted and Independent Living, call Lisa at (405) 721-0747 Ext #322 or visit the website: <https://www.saintannretirementcenter.com/>.

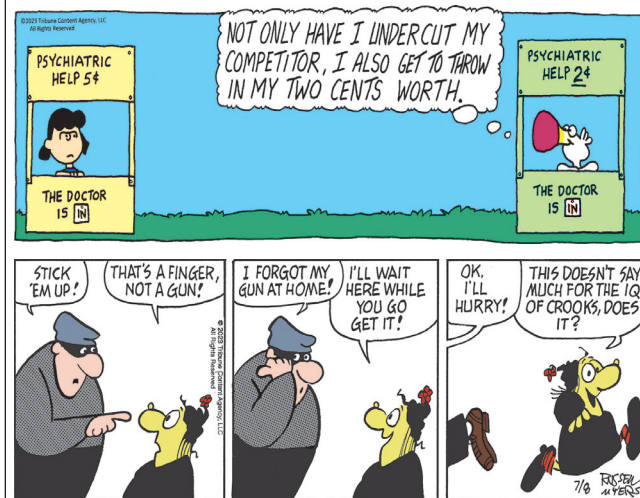
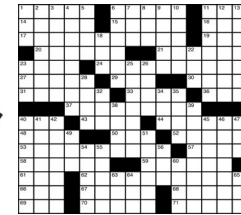
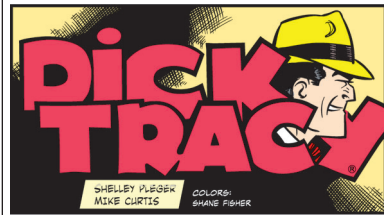


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TINSELTOWN TALKS:

Donny Osmond's summer tour

By Nick Thomas

Fans of Donny Osmond won't have to travel to Las Vegas to experience the singer's long-running popular stage show currently headlining at Harrah's Casino. The 70s teen idol begins his summer tour in July, his first in almost seven years (see www.donny.com for cities and dates).

"I'm taking it across the country for people who can't get to Las Vegas," said Osmond from Las Vegas. "I'm bringing the entire company – singers, dancers, musicians, and a full video production. I'm really looking forward to it because I was born on the road!"

While longtime fans remember Osmond as part of the Osmond family singers, not to mention the "Donny & Marie" variety show from the 70s, the "Donny & Marie" daytime talk show in the late 90s, and a string of musical theater roles on Broadway, Osmond has continued to reinvent himself to keep up with changing times.

He hosted a TV game show ("Pyramid") in the early 2000s, was a runner-up in the first season of Fox's "The Masked Singer" in 2019, and won season 9 of ABC's "Dancing with the Stars" a decade earlier.

"That was probably the hardest thing I've ever done in my life," he said. "And to win the trophy was probably one of my favorite accolades."

For the Utah native, those accolades began at the age of five when he joined four of his brothers in 1963 on "The Andy Williams Show" singing his debut song "Yes Sir, That's My Baby" on Williams's lap. Later in the program, he belted out his first solo performance on television, "You Are

Donnie Osmond, Photo by Lee Cherry

My Sunshine."

"I remember doing the show and have a lot of respect for that man because he gave me my start," recalled Osmond. "In fact, I do a duo with Andy Williams singing 'Moon River' on the big screen behind me in the show. It's become a very emotional part of the evening and people tell me quite a tearjerker. It's included in my rap song that looks back on my career."

Wait, the kid who tore up the pop charts in the early 70s with hit singles such as "Go Away Little Girl," "Puppy Love," and "Too Young," not to mention recording 65 albums over his career, does rap?

"I sure do," said Osmond laughing. "It's become one of the most popular parts of my show where I do a 10-minute rap in front of a big screen video projection outlining my six-decade career."

Like many entertainers, Osmond's career had its low points and these are not excluded from his biographical rap review. "I did

one Broadway show that opened and closed on the same day!"

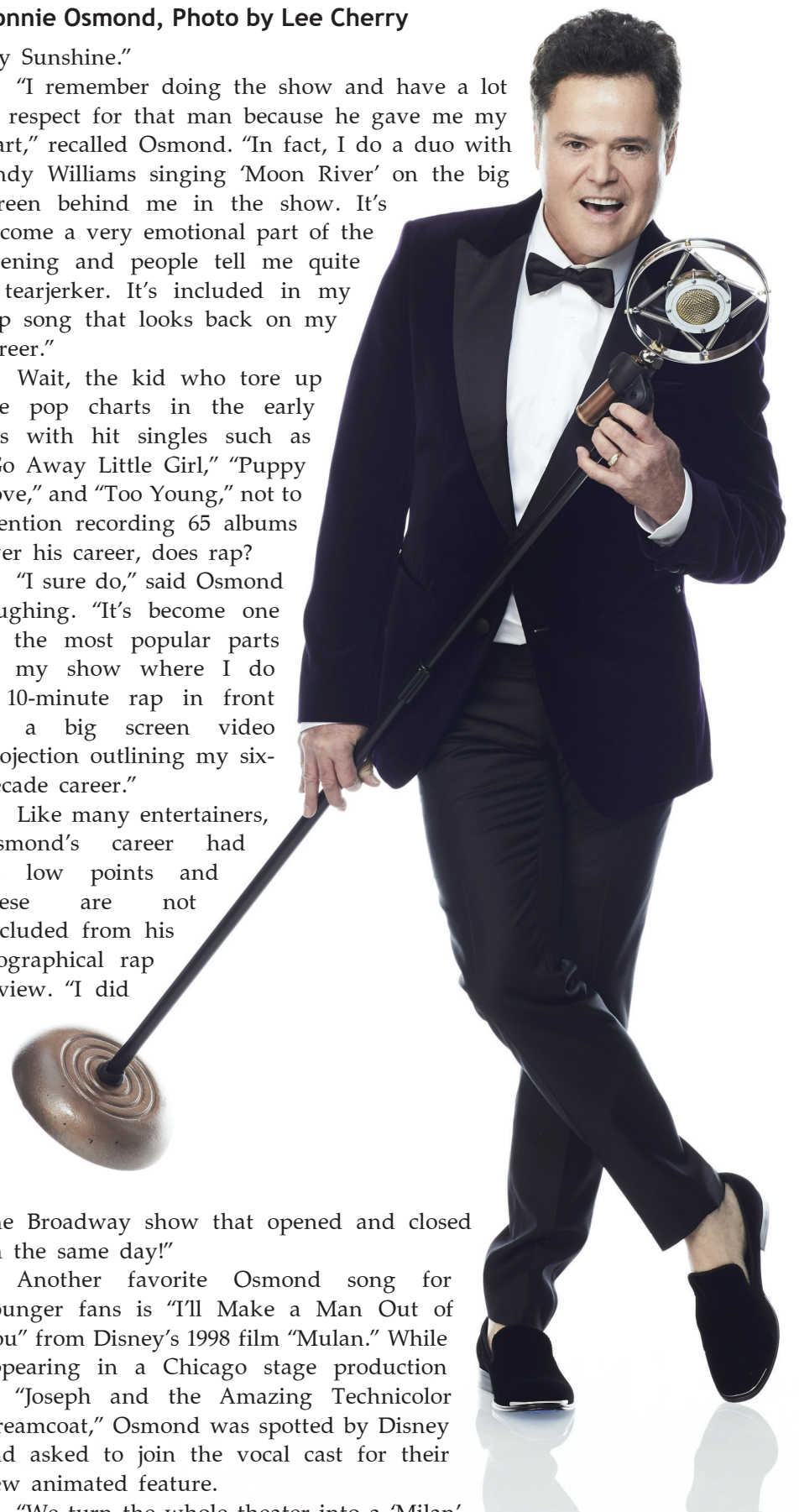
Another favorite Osmond song for younger fans is "I'll Make a Man Out of You" from Disney's 1998 film "Mulan." While appearing in a Chicago stage production of "Joseph and the Amazing Technicolor Dreamcoat," Osmond was spotted by Disney and asked to join the vocal cast for their new animated feature.

"We turn the whole theater into a 'Milan' moment with a 6-minute full production number including a stick fighting dance on stage and my character, Captain Shang, on the big screen behind me," said Osmond. "I had no idea the song would become a Disney classic." Currently, the YouTube video of the song has over 160 million views and may still be a hit with the grandkids.

Of course, not everyone is a Donny Osmond fan and the 65-year-old singer often chuckles when he looks out into the audience during a show.

"Recently, there was a bearded guy in the front row who looked like one of those Grateful Dead Deadheads and by his attitude I could tell his wife had dragged him to the concert!" laughed Osmond. "But at the end of the show, he was the first on his feet to give me a standing ovation. So it's very satisfying to win over people like that. I'm sure audiences on the summer tour will not only enjoy the music but learn about what I've accomplished over my six-decade career."

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



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LEGEND SENIOR LIVING® ANNOUNCES NAME CHANGE OF OKC’S LIONWOOD TO “ACCLAIM INDEPENDENT LIVING”

Legend Senior Living announced today that it is changing the name of Lionwood Independent Living to Acclaim Independent Living. Legend Senior Living, a family-owned senior living provider headquartered in Wichita, KS, manages the residence and owns and operates nearly 50 other Legend and Windsor residences in six states. Acclaim, at 12525 N. Pennsylvania Ave., is one of ten Legend residences in Oklahoma.

“Acclaim’ better captures the feeling of vibrant Independent Living that Legend is known for,” said Paul Hansen, Legend’s Vice President of Marketing, explaining the name change. “The focus at Acclaim is Legend’s trademark independent lifestyle with emphasis on social interaction, wellness, and providing a stress-free, carefree life to allow more time to explore new interests, enjoy family, and live a vibrant life Oklahoma’s seniors are looking for.”

As with other Legend Independent Living residences, Acclaim is a pets-welcome residence featuring beautiful amenities and services for a total neighborhood experience, including chef-prepared meals, freedom from home maintenance, and weekly housekeeping. Residents enjoy on-site common areas and lounges, lush landscaping in courtyards and gardens, game rooms, a beauty salon, and a library.

“Acclaim is near restaurants, shopping, and other attractions important to an active lifestyle,” said Hansen. “Residents ‘acclaim’ the Legend concept of fun, friends, and life at its fullest. The new name is the natural fit.”

Legend Senior Living® is a privately held senior housing and services company based in Wichita, Kansas, and owns and operates nearly 50 independent living, assisted living, memory care, and personal care



Lionwood Independent Living is now Acclaim Independent Living as part of Legend Senior Living.

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Greg Schwem: What to expect in Pat Sajak’s final episode

by Greg Schwem

Try as they may, the folks overseeing Pat Sajak’s final appearance as “Wheel of Fortune” host will have a tall order keeping it under wraps before it actually airs.

Maybe the leaker will be a fed-up camera operator, anxious for payback after years of having to zoom in on Sajak’s changing hair color. Or a researcher, forced to log extra hours after Sajak rejected all of her “Around the House” puzzles. Maybe Vanna White herself has been waiting for revenge after Sajak asked, in a 2022 episode, if she had ever watched opera “in the buff.”

Regardless, one can just feel like Sajak, after deciding to call it quits next year, in what will be his 41st season (no, that’s not a misprint), will snap — perhaps multiple times — before his last bonus round. Fans of the show should be prepared for anything and everything, from the moment Sajak takes the stage.

“Well, here we are everybody. After doing this since the year Reagan got shot, it’s our last episode. Vanna, are you ready?”

“I’m ready Pat. Truthfully, I’m kind of emotional.”

“Me too. Actually, I’ve been crying every night since they canceled my talk show.”

“‘Bosom Buddies’ lasted longer, Pat.”

“It also lasted longer than the time it takes you to reveal two ‘Ds,’ Vanna. Speaking of double Ds, let’s meet our first contestant. Hi, Cheryl.”

“Hi, Pat.”

“Where are you from, Cheryl?”

“The great state of Georgia!”

“Ahh, yes. Say hi to Marjorie Taylor Greene for me. Wow, you take one selfie with her, and you find out how liberal your audience is. OK, Cheryl, the category is ‘Food and Drink,’ both of which are going to taste amazing in about 30 minutes. One of them has been in my back pocket since 2017. Care to guess Vanna?”

“I wouldn’t know, Pat.”

“That’s why you’re over there and I’m here. Cheryl, spin the wheel.”

“Come on \$1,000!”

“Clapping doesn’t help Cheryl. Haven’t you ever watched the show? See? \$250. Pick a letter.

“I’d like an ‘M’ please.

“There’s one ‘M.’”

“I’d like to buy a vowel.”

“That’s a shocker.”

“An ‘A’ please?”

“Four A’s. Vanna is going to have to do some jogging. Hey, Vanna, do you ever jog in the buff? While listening to opera?”

“Here’s two letters I’m going to reveal to you, Pat. HR. As in Human Resources.”

“Wouldn’t be the first time. Cheryl, what do you want to do?”

“I’ll spin, Pat.”

“You do that. Oh wow, bankrupt. Kind of like this show after I leave. Contestant number two, David. It says you’re a high school teacher. What do you teach?”

“I teach English, Pat.”



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

“We could have used you on this show, Dave. Hey, Vanna, remember that college kid who couldn’t pronounce ‘Achilles’? Wonder where that kid is now? Probably teaching English, like Dave here. OK, Dave, spin.”

“Pat, can I buy another vowel?”

“Oh, for the love of Merv Griffin. You’re not even gonna try? Fine, buy a vowel.

“An ‘T’ please.

“Two I’s, as in ‘This puzzle is so easy, Dave should be able to solve it with two eyes closed.’ What do you think, Dave?”

“I’ll spin, Pat.”

“Fine, be greedy. Oh, wow, ‘lose a turn.’ Hope you enjoyed your moment in the spotlight, Dave. Contestant number three, Sarah. You want to say hi to a special someone?”

“Yes, my mother who is 93, retired and living in Florida.”

“Great, Sarah. Thanks for saying ‘hi’ to three quarters of our viewing audience. Please tell me you’re not going to buy a vowel.”

“No, I’ll spin Pat.”

“Seven fifty.”

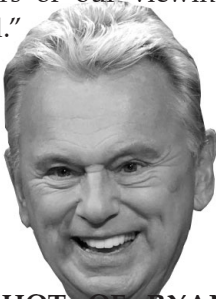
“An ‘R.’”

“Two Rs. Now we’re cooking.”

“Pat, I’d like to solve the puzzle.”

“Go for it. Sarah.”

“Margarita with sand!”



(ABRUPT FADE TO BLACK. CUT TO PENSIVE SHOT OF RYAN SEACREST HAVING SECOND THOUGHTS)

(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/>)

JUMBLE

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

PR SUN

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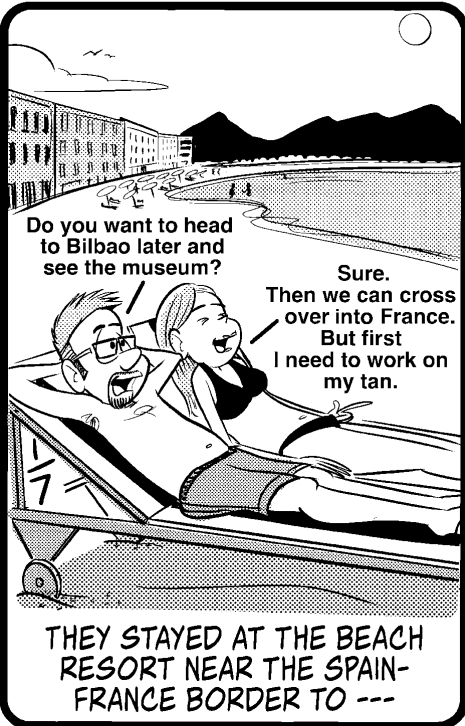
“

June
Answers

Jumbles: SCOUT OBESE BOTTLE FREELY
Answer: After alphabetizing all the books, the librarian was — OUT OF SORTS

THAT SCRAMBLED WORD GAME

By David L. Hoyt and Jeff Knurek



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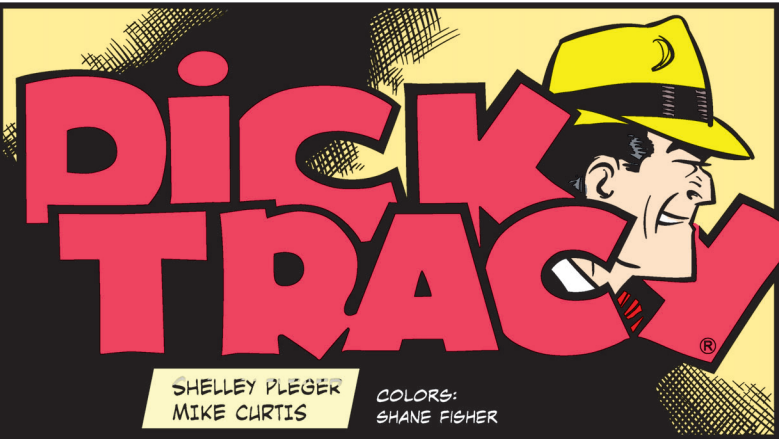
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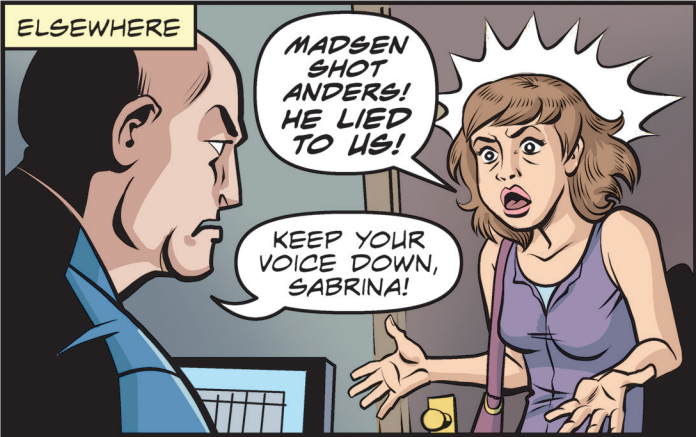
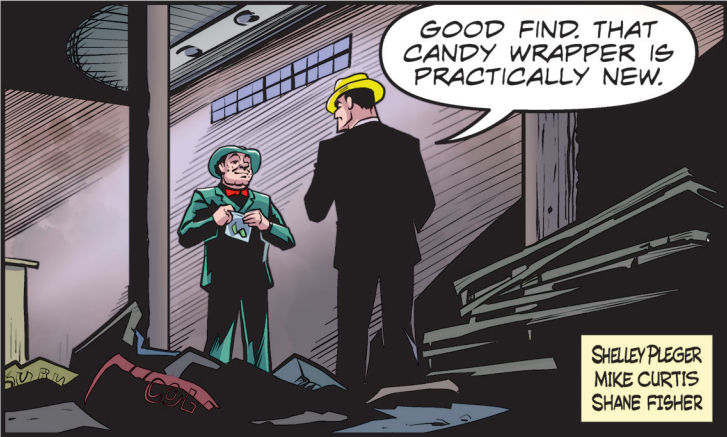
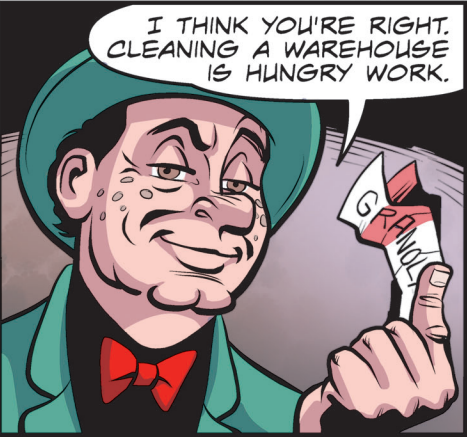
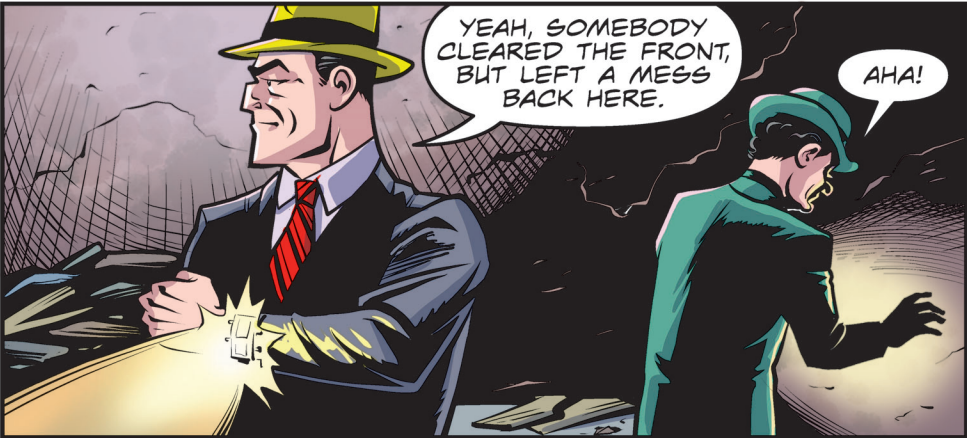
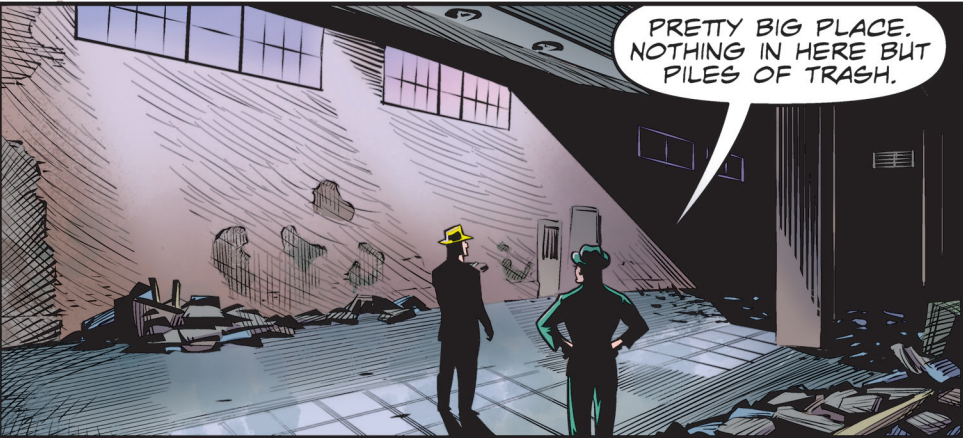
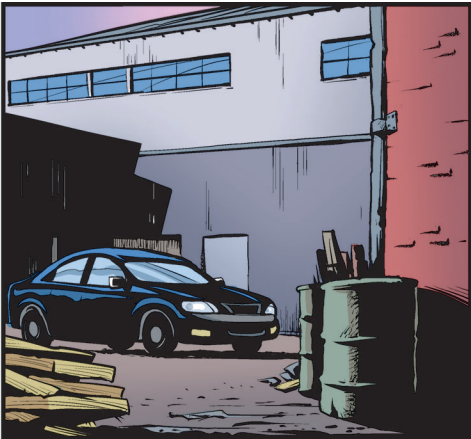
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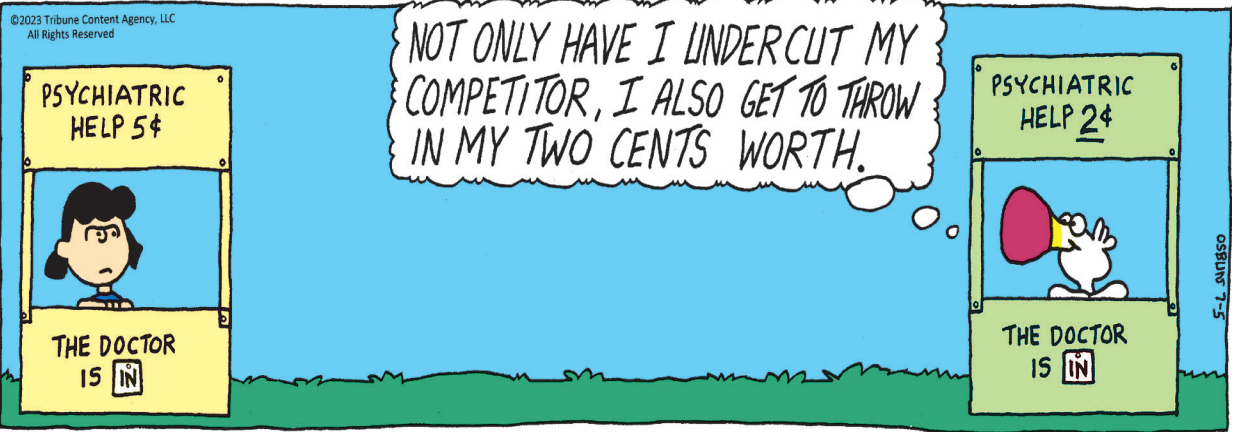
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Animal Crackers

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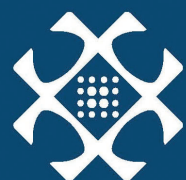
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