

# SENIOR NEWS & LIVING

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Commander  
Finch  
7-1998  
Bill Finch is a United States Marine and served in Korea. He is a member of the American Legion and has served as Post Commander, District Commander, Department Commander, and has held various other positions. He remains devoted to his duties and his fellow members.  
Commander of Oklahoma State...  
He has served as a member of the Administrative Staff and remains devoted to the issues.  
He retired from the service after more than 22 years and his wife Shirley have...

## American Legion Post 88 Looking for Continued Success

Read the Commander's story on page 2

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**dynamic**   
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SEE OUR AD ON THE BACK PAGE



# Ernest Martin, Post Commander

## Starting his 13th year as Post Commander.

Story by Marise Boehs, Staff Writer

American Legion Post 88, Norman, OK had a very successful year and is on a positive path to replicate this same pattern in 2024.

Part of the mission in 2023 was to assist all veterans and their surviving spouses with the initiation of their individual claims and follow-up processing. During this same time, Post 88 received two grants that supported their community outreach program and helped rehabilitate the vintage one-hundred year old building. Also during this time, a strong online presence for the veteran community was established on multiple social media platforms.

Starting his 13th year as Post Commander, retired US Army veteran Ernest Martin said, "It is an honor to serve our veteran community with the strength of six Veteran Service Officers and two Post Service Officers (in training) who volunteer

their time at our post have assisted over 600 veterans in getting their VA claim process started."

Of those claims, 250 have been awarded a financial payment which generated \$6,067,329 in 2023. This is an increase from 2022 when VSOs reported \$2,890,129 in awarded claims. Additionally, there have been 37 surviving spouses who have received appropriate counseling and benefits information from our post.

Not every claim is the same, and it is very important to identify the possibilities when speaking to a veteran who has had very little success with other veteran service officer locations.

"Our Service Officers, since March 1st 2020, have brought into Cleveland County and the surrounding areas just shy of \$12.5 million dollars in benefits," said Post Commander Ernest Martin. "That is a huge amount of income into our community. It



Retired US Army veteran Ernest M. Martin is starting his 13th year as Post Commander for American Legion Post 88 in Norman.

helps to keep Veterans in their home and not on the street."

Post 88 staff stand by the importance of identifying the successful results that can be achieved if given an opportunity to help serve each veteran in our community, surrounding area and abroad.

"We pride ourselves on our outstanding volunteer force of Veteran Service Officers who dedicate their service to Post 88," Martin said.

These Veteran Service Officers

family members receive appropriate representation with their VA benefit claim. Mr. Ellison has said, "There is never a fee to file a claim or help guide and consult in filing an initial application for VA benefits and if someone is charging you a fee — it's illegal."

Post 88 was first chartered in 1919. The current building was built by WPA workers in 1935-36. It has survived many serious situations, both natural and synthetic.

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### By The Numbers:

- 250 - Claims awarded financial settlement through Post 88 in 2023
- \$6,067,329 - Awarded through Post 88 staff efforts in 2023
  - \$0000 - Annual staff salary
  - 10,000 - Annual Volunteer hours
  - 320 - Annual dues paying members
  - \$ 3,094 - Annual dues revenue
  - \$ 8,958 - Fundraisers and donations
  - \$19,388 - Annual expense for utilities, insurance, printer/copier and phones
  - \$ 7,336 - Annual deficit that is paid mostly by senior leadership out of pocket



are all volunteers and lead by VA-accredited Mr. Carl Ellison a resident of Purcell, OK who has been serving Post 88 for eight (8) years. Mr. Ellison's responsibility is to ensure that all veterans and their

In November 2022, Post 88 was awarded \$330,000 from the Covid 19 Relief grant program which facilitated much needed building repairs which began in 2023.

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# LEGION

Continued from Page 2

The inside of the facility received a "facelift" to include a new generator, flooring, lighting, cubicle offices with computer monitors and security doors.

Post 88 is open EVERY MONDAY from 9:00 am to 1:00 pm. On the third Monday of the month, they are open for appointments only, please call Carl Ellison at (405) 823-0910. If these hours do not fit your schedule, please call us at the number above to make other arrangements.

Monthly membership meetings are held on the third Monday of each month and all new members and guests are welcome.. Meetings begin at 7pm, but guests are encouraged to arrive early to socialize and meet the Post

Officers.

If you or a friend would like to help with their mission to support local Veterans, please reach out to (405) 366-7575

Post 88 Commander Ernest Martin is preparing a sponsorship campaign calling on the local business community and surrounding area to help ensure this American Legion Post continues to be a resource in times of need.

"It is my responsibility to prepare this Post to thrive for the next one hundred years," he explained. "I hope that you will consider helping us to be here and prepare to meet all veteran needs as well as any future Natural Disasters/Pandemic that comes this way. I what this Post be a beacon in the community, a haven when in time of need, a place where hope is found and procured."

## SNL PUBLISHERS NOTE: Let's have some fun!

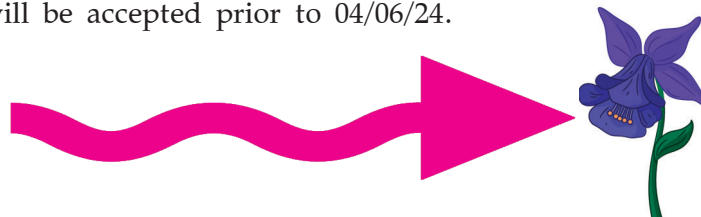
# April Showers Bring May Flowers! Find the FLOWERS Contest!



Readers are paying attention. April is commonly associated with the season of spring in the Northern Hemisphere and considered sacred to the goddess Venus since some of the Roman months were named in honor of divinities. The saying "April showers bring May flowers" originated in the United Kingdom. Your job is to locate the FLOWERS in this issue! You already know the routine. FLOWERS are scattered throughout this issue. Count the FLOWERS and TEXT the total number, with your name and phone number, to 405-631-5100. 1st and 2nd texter with correct number, WINS a free one year subscription to SN&L (\$43.75 value each) PLUS a \$25 gift card! 3rd place wins a \$25 Gift Card! All entries will receive a free copy of our digital Flip Page Edition of SN&L each month (you must provide an email address)! Everyone's a winner! FLOWERS are not hidden, but look in stories, ads and features!

IMPORTANT NOTE: Contest begins APRIL 6th and ends MARCH 30! No entries will be accepted prior to 04/06/24.

## This one counts!



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## SNL PUBLISHERS NOTE: MARCH WINNERS!

### OUR MARCH LEPRECHAUN HUNT WINNER IS...

1st place - PAULA COCKRELL (11 Leprechauns - 9:18 am 03/05/24) and 2nd place - Tameron Scott (1:00 pm - 03/06/24) while Tameka Scott was 3rd (12:51 p.m. - 03/08/24)! **WINNERS - BE SURE TO TEXT YOUR MAILING ADDRESS TO 405-631-5100 FOR YOUR PRIZE(S)!**



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# Flag Poles Honoring Our Veterans



**By Marise Boehs**

They gathered at the OnCue in Yukon Sunday morning - a dozen motorcycles, a few cars and 21 volunteers preparing to surprise a veteran who had asked for a flag pole for his yard.

FPHOV has installed 560 flag poles in the past 4 years. They honor 3-5 Veterans each Sunday from mid March through Christmas unless a holiday falls on Sunday.

The skies were overcast, a little windy and cold but nobody seemed to mind. It was the first install of the 2024 season and a chance to catch up with friends and comrades and do a thing they all love and believe in.

*“The Sunday before Veterans Day every year we do 22 flagpoles in one day in the awareness of the 22 Veterans we lose a day to suicide.”*

Kevin Blake, Founder FPHOV

The fourth Annual Veteran Appreciation cookout will be in October with live music and free food for all veterans who have received a flagpole. In the evening there is a flagpole retirement ceremony.

Flag Poles Honoring Our Veterans is a 501(c)3 organization established in 2020. Their mission is to touch as many veterans as possible throughout the state of Oklahoma. The organization is completely volunteer and runs solely on donations of materials and money from individual and corporate sponsors.

Founder Kevin Blake explained about the ceremony. “We collect tattered flags throughout the year and we have a burn barrel. We retire each flag and call out the name of family or friend Veterans that have passed with each flag. Then I bring the barrel home after it cools and collect the grommets and make key chains out of them. Our flag never dies.”

Any Oklahoma veteran who has been honorably discharged and owns his or her home can ask for a flag pole through an application on their website. (FPHOV.org)

**Bottom photo: FPHOV volunteers arrive at the home of a surprised veteran.**

**Below: Installation begins.**

**At right: Flag pole is successfully installed and the flag raised.**



## In his own words...

In December 2019 we were helping serve dinner at a local church (Yellow Rose in Moore) to families for kids less fortunate and would be given toys to be able to have a Christmas.



**Founder Kevin Blake tells how FPHOV came about.**

A gentleman walked up to me and asked if I was the guy down the street from him that has a flagpole and every holiday (4th of July, Memorial Day) I set flags out down my driveway and along my curbside. We figured out that I was. He said he is a Veteran, he has an Army flag and an American flag and had always wanted a flagpole.

We chatted and then went our way. That night it laid on my heart “why doesn’t that Veteran have a flagpole”. So the next day I went out and purchased a flagpole, a flag, solar light and all the materials to install it. I notified his wife and asked her to have him in their driveway at noon on Sunday 3 days before Christmas.

I posted what I was doing on Facebook and asked folks to be at my house at 11:30 am Sunday. We had 19 motorcycles and 9 cars show up - almost 40 people. I loaded the concrete and tools in my riding lawnmower trailer. His wife had him outside when he heard the bikes start up. He said he thought it was just me and my biker buddies heading out. Everyone followed me on my mower with 2 people carrying the pole and when we rounded the corner his tears started flowing. With everyone videoing, going Facebook live, saying what a great idea and why hasn’t this ever been thought of before. That night my wife said to me “I think every Veteran deserves a flagpole in their yard when they retire”.

I set out and created the name, got our 501c3, nonprofit and copyright to the name and logo. And in March of 2020 (even when Covid was starting up at the same time) we got started. Our first year we Honored 100 Veterans.

The next year we set a goal of 150 Veterans and met that goal. But as volunteers with full time jobs we felt a bit pressured so we did not set an amount goal after that. We just do as many as possible.



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# Nerve Renewal Opens New Edmond Location

Story and photo by Van Mitchell, Staff Writer



Nerve Renewal continues to spread its footprint across Oklahoma with a new location in Edmond, located at 3520 South Boulevard, Suite 100.

Hours of operation are 7:30 a.m. to 5 p.m. Monday through Thursday.

Mark Cope, community relations liaison for Nerve Renewal, said their Edmond location was added to address a growing metro patient base.

"We have five locations now," he said. "We've got one in northwest Oklahoma City, southwest Oklahoma City, Norman and Midwest City, and now Edmond. Shawnee is coming online hopefully by the end of next month, Broken Arrow is soon to follow with plans also in Stillwater, and Bartlesville. People with neuropathy are in pain a lot of the time and they don't want to travel very far. We're really trying to get within 20-30 minutes of everyone we can."

Glenn Cope, co-founder and Vice-President of Nerve Renewal said the Edmond location opened last December, and has seen a steady growth of patients.

"I think they're almost at full capacity already after only being open for four months," he said. "A lot of these people are in pain, a few of them are driving themselves and they just don't have the tolerance for long trips."

Nerve Renewal's mission is to help Oklahomans renew their quality of life through innovative nerve pain treatments that provide safe and effective relief so that their patients reclaim their joy, mobility, and freedom.

An estimated 20 million Americans are living with chronic pain or numbness due to neuropathy and nerve damage.

Nerve Renewal treatments are FDA-cleared and use a drug-free treatment which involves electrical stimulation combined with a vitamin B-12 complex nutrient blend that helps reduce neuropathy-related nerve pain and does not require recovery time after treatment.

80 percent of patients experience a long-term reduction in pain without surgery or medication through the use of proven electrical stimulation treatments.

A ribbon-cutting ceremony was held March 18 at the Edmond location, and was attended by members of the Edmond Chamber of Commerce, Mayor Darrell Davis, and others.

During that ceremony, Jimmy Steele, co-founder and Director of Patient Growth at Nerve Renewal, told attendees the types of patients Nerve Renewal treats.

"Does anybody know anybody that has diabetes? Does anybody know anybody that's undergone chemotherapy treatment," Steele asked attendees. "That's what we typically help. When you are going through those things, you're experiencing nerve pain,



Nerve Renewal opened its Edmond location last December, and held a ribbon cutting March 18. Pictured left to right is, Teri Thompson, COO of Nerve Renewal, Jimmy Steele, co-founder and Director of Patient Growth, Glenn Cope, co-founder and Vice-President, and Edmond Mayor Darrell Davis.

incredible amounts of pain."

Steele said for most people experiencing that pain, they think medications are their only option.

"For most people, the only solution that they know for that is a medication like Gabapentin or Lyrica," he said. "And if you've ever had it, if you know anybody that's been on it that's kind of experiencing life in a fog, it's not exactly the best experience. But if you're in pain, there are very few other options. What makes us different is that we are that other option. There is no medication, there are no surgical implants. It's a treatment and relief from pain. And for patients who are experiencing a lot of numbness as well in their hands and their feet, they get to regain that feeling. That's our big thing. That's who we serve."

Latrica Dorsey, Supervisory Nurse Practitioner, told attendees that Nerve Renewal does more than just improve a patient's quality of life.

"The big thing with our clinics is more just improving the quality of life of people. We have a lot of

patients that come in here just for chronic pain, or a lot of nerve damage, but it can be from anything," she said. "I mean, our goal is to make sure that their quality of life is improving. And, over time when they come to these treatments, we hear stories, oh, I can walk better. Oh, I can stand up longer. These are things that we're looking for in the community. And we're hoping that we can give more people to come in and experience what we're actually giving to the patients that come here so they can understand that. You don't have to be in pain, you don't have to have this medication."

Mayor Darrell Davis said Edmond welcomes Nerve Renewal to town.

"I'm glad you're here," he said. "I'm glad you're bringing this option to our community. I'm glad you're here. You're on one of the busiest streets (in Edmond), so the (Edmond) Chamber's going to do a great job at getting your message out."

For more information about the Edmond location call (405) 754-4005 or visit <https://nerverenewalnow.com/neuropathy-clinics/edmond>.



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# Ranch to Host Seed Swap

The Pawnee Bill Ranch and Museum will host a family-friendly seed swap and other activities on Saturday, April 20, from 10 a.m.-2 p.m. to celebrate Earth Day, which is on April 22. "Something to Grow About" will feature a native plant swap, seed buffet and gardening activities.



Guests can bring labeled seeds and plants for the swap. They will learn about and take home native pollinator plants and seeds. Other activities include building a plant press, discovering natural plant dyes, and learning about soil types and planting techniques. There will be a coloring and craft table for kids. The event will also include contests for bug, bird and bat houses.

Visitors can spend the day on the 500-acre grounds that include Pawnee Bill and his wife May's 14-room mansion, the original ranch blacksmith shop, a 1903 log cabin, a large barn built in 1926, covered picnic tables and a fishing pond for kids. Guests can also drive through the pasture that's home to dozens of bison and longhorns. The ranch is also home to two draft horses, Dexter and Dallas, who arrived in Oklahoma in January.

"Something to Grow About" is free to attend, but guests must pay admission to tour the mansion.

The event is sponsored by the Gardens on Blue Hawk Peak, Pawnee Seed Preservation Society, Pawnee Nation Agriculture and the Pawnee Bill Ranch and Museum.

For more information, please call the ranch at 918-762-2513. The Pawnee Bill Ranch and Museum is located at 1141 Pawnee Bill Rd. in Pawnee. Visit PawneeBillRanch.org for hours of operation and admission prices.

**OKC VA Healthcare System**

## Community Engagement Day

LET'S TALK ABOUT IT...  
PACT ACT info & screens

**FRI/SAT, 21-22 June 2024**  
**9AM-4PM**

**Location:**  
Norman Reserve Center  
4000 Thunderbird Street  
Norman, OK, 73069

**Organizations:**  
Oklahoma City VA Health Care System  
Muskogee Regional Office  
Oklahoma Department of Veterans Affairs

**Contact:**  
Katrina Yocum, Congressional Liaison  
(405) 456-5605

**VA**  
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Oklahoma City VA Health Care System



## New to Medicare? We've got just the place to start.

Please join us for our Medicare Made Simple.

The first important step on your Medicare journey is to apply for benefits by age 65.

You can even apply for Medicare and choose your coverage as early as three months before you turn 65. So it's just as important to get the right information, right from the start.

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**You're invited to Medicare Made Simple hosted by Local Insurance Advisors.**

**Dates:** March 7th, April 4th, May 9th

**Time:** 6:30 pm

**Location:** Edmond Mitch Park YMCA  
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Edmond, OK 73003



# OKC VA brings PACT Act VET-Fest to Norman-area Veterans

**VA**



**U.S. Department of Veterans Affairs**

On Friday, 21 June and Saturday, 22 June, the Oklahoma City Veterans Affairs Health Care System (OKC VA HCS) partners with resources to kick-off the Summer PACT Act VET-Fest. This 2-day event will bring Norman-area Veterans resources and provide eligible Veterans and family members VA healthcare education, toxic exposure screening and an understanding of what the VA healthcare can offer and assisting Veterans with the VA benefits processes.

The full name of the recent legislation passed is called the Sergeant First Class (SFC) Heath Robinson Honoring our Promise to Address Comprehensive Toxics (PACT) Act and was signed into law on August 10, 2022. The PACT Act is one of the largest expansions of Veteran health care programs and benefits. The PACT Act will benefit millions of Veterans spanning generations of service members from World War II, Vietnam, Gulf War and more recent conflicts in Iraq and Afghanistan. If you served between conflicts, don't be afraid to come in and find out if you qualify. While serving, if Veterans were exposed to toxins (such as agent orange, burn pits, burning oil fields, asbestos, etc.), they-and their survivors-should qualify for benefits.

The OKC VA is hosting this 2-day Summer VET Fest to roll out PACT Act resources and provide VA assistance such as eligibility teams, VA ID Cards, medical experts to provide toxic exposure screening (TES), file claims with the Muskogee Benefits Office, or with the Oklahoma Department of Veterans Affairs or other Veteran Service Organizations present.

On Friday, 21 June and Saturday, 22 June, 2024, Norman-area Veterans are encouraged to come to the Norman Reserve Center, located at 4000 Thunderbird Street, Norman, OK, 73069 from 9 a.m. - 4 p.m. If you are unable to attend, please stay connected to the OKC VA Facebook page to stay plugged into the upcoming PACT Act events. If you are a Veteran in the Oklahoma City catchment area and you cannot attend the Norman, OK event, don't worry, the OKC VA has multiple PACT Act Community Engagements throughout the year. If you can't make this event, come out to one of our outreach events near you. The OKC VA wants to help Veterans get started in their VA healthcare journey and the Veterans Benefits Association wants to help you file claims. You don't want to miss out on the PACT Act assistance before it is too late.

# Two OK Sites Added to National Register of Historic Places

The Oklahoma Historical Society and State Historic Preservation Office (SHPO) are pleased to announce the National Register of Historic Places designation for the following properties in Oklahoma. The National Register of Historic Places is our nation's official list of properties significant in our past.

**Jackson County  
Altus Junior  
College Library  
221 N. Park Ln., Altus**



The Altus Junior College Library, designed by architect William Appleby, was completed in 1969. This modern movement building is significant in the area of education for its association with President Johnson's Great Society legislation. As a politician and former educator who came of age during the New Deal Era of the 1930s, Lyndon B. Johnson (LBJ) believed in the combined forces of education and "an activist government." Accordingly, LBJ's Great Society legislation emphasized opportunity through education as "the government's secret weapon in the fight against poverty and unemployment." The library building was constructed in 1968-1969 using a 1967 federal grant under the Higher Education Facilities Act.

The nomination was prepared through a grant from the Oklahoma City Foundation for Architecture titled the "Lynne Rostochil National Register Nomination Grant Program." The grant program was established in memory of Lynne Rostochil, an architectural historian and photographer who, in her lifetime, passionately advocated for and diligently recorded Oklahoma's rich architectural heritage.

**Tulsa County  
Charles and Bertha  
Blevins House  
1838 N. Norfolk  
Ave., Tulsa**



The Charles and Bertha Blevins House is an excellent example of a property associated with Black Heritage and Civil Rights history, as it embodies the efforts to promote voter registration and participation in Oklahoma's elections prior to the passage of the 1964 federal Civil Rights Act. Involvement in local civic and political organizations by the house's owners, Charles and Bertha Blevins, contributed to the economic and social development of the Black community in north Tulsa during the mid-twentieth century. Most notably, the house served as a polling place for nearby residents, making voting more accessible and secure for Black Tulsans.

Listing in the National Register of Historic Places is an honorific designation that provides recognition, limited protection and, in some cases, financial incentives for these important properties. The SHPO identifies, evaluates and nominates properties for this special designation.

The State Historic Preservation Office 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>.

## STRANGE BUT TRUE SO THEY SAY...

**SBT** There are over 58 million dogs in the U.S!

**SBT** Dogs and cats consume over \$11 billion worth of pet food a year!

**SBT** Fingernails grow nearly 4 times faster than toenails!

**SBT** Humans blink over 10,000,000 times a year!

**SBT** In the year 2000, Pope John Paul II was named an "Honorary Harlem Globetrotter."!

**SBT** Fetus develops fingerprints at eighteen weeks!

# OPINION

## S THE SAVVY SENIOR

### What to Do About Medicare and Social Security When You Move

**Dear Savvy Senior,**

*Next month I am moving to a different state so I can be near my daughter and grandkids. Do I need to notify Social Security and Medicare about the move?*

**Relocating Grandma**

**Dear Relocating,**

Yes, if you're a Social Security and Medicare recipient you definitely need to let these Federal agencies know when and where you move so there are no hiccups in your benefits or coverage. Here's what you should know.

**How to Update Your Info.**

If you're receiving Social Security retirement, survivors or disability benefits, it's required that you notify the Social Security Administration when you move to ensure your deposits continue and you avoid disruptions.

You'll need to provide them your new mailing address so they can deliver important documents to you like your annual SSA-1099 tax form. And if you're switching banks or credit unions, you'll need to update your direct deposit information by providing your new financial institution's routing number and account number.

If you're a Medicare beneficiary, they too need your new mailing address so bills, correspondence, your Medicare Summary Notice and other statements can go to the right address.

You can update both your Social Security and Medicare contact information online by simply using the "My Profile" tab in your personal "my Social Security" account at [SSA.gov/myaccount](http://SSA.gov/myaccount). If you don't have an

account, you can create one online for free in just a few minutes.

Or, if you need some help or don't have internet access, you can call Social Security at 800-772-1213, or visit your local Social Security office and they will make the changes for you.

**Medicare Private Plans**

You also need to know that if you're enrolled in original Medicare, you can move anywhere within the United States without losing coverage. But if you have Part D prescription drug coverage or a Medicare Advantage plan from a private health insurance company, and you move out of the plan's service area, you'll have to switch plans or you'll face losing coverage.

Part D service areas typically are statewide or can extend to parts of neighboring states, while Medicare Advantage plans' service areas vary by county.

Moving out of a plan's service area qualifies you for a special enrollment period (SEP) of at least two months to get a new plan. You may also qualify if you move within your plan's service area and it offers options different from what you had. The enrollment timing depends on when you notify the plan.

If you tell your plan before you move, your chance to switch plans begins the month before the month you move and continues for two full months after you move. If you tell your plan after you move, your chance to switch plans begins the month you tell your plan, plus two more full months.

To shop for new Part D and Medicare Advantage plans in your new area, use the Medicare Plan Finder tool at <https://www.medicare.gov/plan-compare>.

You can also switch Part D or Medicare Advantage plans during open enrollment, which runs each year from Oct. 15 to Dec. 7 for coverage starting Jan. 1.

**Medigap Plans**

If you're enrolled in original Medicare and have a Medigap supplemental policy you usually don't have to switch plans if you move, but you do need to notify your provider. Some insurers let you keep the rate based on the state where you originally applied for Medigap. Others may change your premiums to coincide with their coverage in a different zip code.

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

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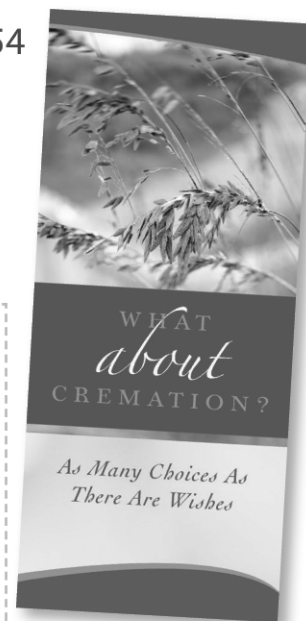
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## SNL TINSELTOWN TALKS

# Diane Baker remembers TCM host Robert Osborne

By Nick Thomas

The 15th Turner Classic Movies Film Festival is scheduled for April 18-21, in Hollywood. Canceled for a couple of years due to the pandemic, no one was more pleased to attend the festival when it resumed in person two years ago than actress Diane Baker, a popular guest at many of the past festivals.

"I love them!" said Baker from Los Angeles, who noted that the 2020 and 2021 events had been held virtually.

The five current TCM hosts (Ben Mankiewicz, Alicia Malone, Dave Karger, Eddie Muller, and Jacqueline Stewart) will be on hand to introduce dozens of movies during the four-day event as the classic film community rallies around this year's "Most Wanted: Crime and Justice in Film." festival theme (see [www.filmfestival.tcm.com](http://www.filmfestival.tcm.com)).

A prolific film and television actor, producer, and college teacher, Baker remembers when the TCM cable channel came into existence 30 years ago this month and its first host.

"I was there the night of the announcement at the Writer's Guild Theater in Los Angeles," she recalled. "Roger Mayer (the late Columbia Pictures, MGM, and Turner former executive) came on stage to announce Turner Classic Movies was going to be launched and with no commercials, and that Robert Osborne (1932-2017) would be the new full-time host."

During his subsequent two decades with the channel, Osborne became the beloved public face of TCM due to his genial on-screen



Former TCM host Robert Osborne and Diane Baker at the 2010 TCM Classic Film Festival - Provided by TCM, Photo by Edward M. Pio Roda

## USS Oklahoma Sailor Raymond Devere Boynton Reinterred

Seaman 2nd Class Raymond Boynton was born May 3, 1922 in Grandville, Michigan and served aboard USS Oklahoma during the Dec. 7 attack on Pearl Harbor, was buried in the National Memorial Cemetery of the Pacific (Punchbowl) in Hawaii on March 20.

In 1941, Seaman Apprentice through Seaman 1st Class encompassed Sailors who were being trained in the basic skills of seamanship. After attaining Seaman First Class, Sailors would be trained in, and assigned to, their unique operational specialties. Duties included knowledge of naval drill duties, knots, steering and signaling, standing watches and gunnery duties.

Promotions included Apprentice Seaman upon enlistment and Seaman 2nd Class: Oct. 12, 1940.

Duty Station were USS Oklahoma (BB-37): 09/13/1940 and Naval Training Station, Great Lakes, IL: 09/10/1940 and Awards and Decorations included the Purple Heart, Combat Action Ribbon, Good Conduct Medal, American Defense Service Medal (with Fleet Clasp), American Campaign Medal, Asiatic Pacific Campaign Medal (with Bronze Star) and the World War II Victory Medal.

Duty Stations were: USS Oklahoma (BB 37): 03/29/1940 and Naval Training Station Norfolk, VA: 12/15/1939.

Promotions include: Apprentice Seaman upon enlistment and Seaman 2nd Class: 04/14/1940



nature, mellow comforting voice, and encyclopedic knowledge of the entertainment industry.

"I'd known Robert since I was 19 years old," said Baker. "He studied journalism at the University of Washington but came to LA to try acting and lived in the neighborhood where I was growing up – Sherman Oaks."

When attempting to secure her first Hollywood contract, Baker even read audition scenes with Osborne.

"I was offered a contract and he was not!" said Baker, who signed with Twentieth Century Fox and soon began filming her first feature, 1959's emotionally charged "The Diary of Anne Frank." Osborne, she says, accompanied her to the premiere.

Filed almost entirely on a cramped stage setting to reproduce the confined attic where the Frank family hid for two years during the Nazi occupation of the Netherlands, Baker still vividly recalls her role as Anne's sister, Margot, seven decades earlier.

"Mr. Stevens (director) wanted us to be there most of the time even if we weren't in the scene because it was claustrophobic and he wanted that feeling of being a family closed off," she recalled. "He was very kind and gentle with us newcomers (and) used to give me little peppermint candies so I would be confident and less nervous before a scene. I'll never forget getting a beautiful box of yellow roses when the filming ended, from Mr. Stevens."

She also recalls the last time she met with Osborne. "We stayed friends until he passed away and I saw him in his apartment just two weeks before. He was in a wheelchair, and we just talked and talked. I've always been involved with TCM and Robert was their rockstar."

Nick Thomas teaches at Auburn University at Montgomery in Alabama and writes features, columns, and interviews for newspapers and magazines around the country. See <https://www.getnickt.org>.

# OKC VA Women Leading Charge in Medical Foster Home Program



The OKC VAHCS relaunched the Medical Foster Home (MFH) program in 2023. The MFH program partners with caregivers in the community who are interested in welcoming Veterans to live with them in their private, residential home. The caregiver provides 24-hour care to the Veteran, who otherwise is no longer able to live independently in their own home.

The first MFH opened in October 2023, appropriately called House of Heroes. This home is now serving all female Veterans and providing these women a safe home with 24-hour care and without it, they may have otherwise been forced to transition into an institutional setting.

“What is beautiful about this House of Heroes home is that women from different life experiences and backgrounds have come together to support one another and because of this, our Veterans are being cared for in the most honorable way,” said Lindsey Altmiller-Hester, OKC VAHCS Medical Foster Home Coordinator. “Seeing our Veterans thrive in a home, enjoying things that are important to them, and having their needs met, that is why I do this.”

The first home consists of an all women team of Caregivers, they support the other Caregivers in the program by providing various health care support services to team members and all are working together to serve our Veterans who served. Often female Veterans can feel overlooked and put into situations and programs in-between male Veterans. This unique all-female home provides a place to feel comfortable, thrive and their healthcare needs are molded to their unique challenges.

The House of Heroes has cared for a Veteran that was once sleeping on the streets and is now thriving in their own bedroom and enjoying being supported by someone who cares about their wellbeing, has compassion and empathy to their situation. These Veterans’ health care needs are supported by the OKC VAHCS Home Based Primary Care (HBPC).

HBPC is a unique program that brings primary care to a Veteran in their home, including the MFH.

“It has been really rewarding to watch her transformation as she is getting the care she needs, the follow-up and continuity of care she needs” said Dr. Calli Landes, APRN. “She has this whole village of people in the MFH and with HBPC caring for her health and mental health. I think it helps her relax and feel safe and cared for.”

Dr. Landes shared that Veteran’s and families are often thankful for the care they receive in HBPC. HBPC is truly carrying out President Lincoln’s promise to care for those who served in our nation’s military and for their families, caregivers, and survivors. MFH and HBPC is a unique partnership to provide care for these Veterans.

“As coordinator of this program, we have an obligation to find the right match. The MFH Coordinator finds a caregiver, either male or female, in the community who is willing to take a Veteran into their private/residential home, provide 24-hour supervision, and as needed, personal assistance with day-to-day tasks.

MFH follows CRC requirements for oversight, recruitment, and inspection of these homes that we are placing our Veterans.” Altmiller-Hester said, “These factors facilitate matching suitable MFHs with the greater complexity of these Veterans, achieving safe and therapeutic care in a small personal home setting. MFH provides an alternative to a nursing home, in a person’s home and a benefit is that it is at less than half the cost of institutional care.”

OKC VA HCS has sites in both OKC and Lawton and seeking caregivers who may be interested in welcoming a Veteran to live with them and provide that Veteran with 24-hour care. With an emphasis on supporting our Veterans in their communities,

OKC VA is moving forward and aggressively seeking homes willing to foster our aging Veterans during this stage in their lives. This program aligns with the VA Secretary McDonough’s support for home care options for aging Veterans and OKC VA has relaunched this project to support this initiative and give qualified Veterans options to traditional nursing homes.

Interested caregivers can call the OKC VA MFH coordinator at 405-456-5484 or 405-208-9498 or email [lindsey.altmiller-hester@va.gov](mailto:lindsey.altmiller-hester@va.gov).

For more information about geriatrics and extended care, please click the link below or visit the VA website <https://www.va.gov/geriatrics/> or visit <https://www.va.gov/>.

## Mercy Welcomes New Chief Nursing Officer in Oklahoma City

Stephanie Clements has joined Mercy as vice president and chief nursing officer at Mercy Hospital Oklahoma City. She will also serve as community chief nursing officer with strategic oversight over nursing at Mercy hospitals across Oklahoma.

Nearly 2,400 nursing co-workers serve in Mercy facilities across Oklahoma, which represents 32% of Mercy’s workforce in the Sooner State.

“We are really excited to welcome Stephanie to this important role because of her clear connection to our mission and Mercy heritage and her strong background in helping organizations excel,” said Betty Jo Rocchio, chief nurse executive at Mercy. “She brings the lens of an evidence-based bedside nurse into every operational and strategic decision she makes.”

Clements comes to Mercy from Baylor Scott & White Surgical Hospital in Fort Worth, Texas where she previously served as CEO and chief nursing officer.

Clements began her career in health care as a registered nurse and worked in a variety of medical specialties including labor and delivery, outpatient infusion, perioperative services, neonatal intensive care unit and medical surgical nursing. She has held every nursing position from floor nurse to charge nurse, and house supervisor to unit manager.

“The future is bright for health care in Oklahoma, and I am grateful to join Mercy at such an exciting time,” said Clements. “I’m so impressed with our Mercy nurses and their dedication to excellence. They are committed to delivering high quality care while also thinking outside of the box to advocate for the patients they serve. Nurses provide the framework around which care is delivered, and I believe our nurses honor that responsibility in all they do.”



Stephanie Clements, vice president and chief nursing officer at Mercy Hospital Oklahoma City.

# Conry Siblings Carry on Parents' Legacy



Story and photo by Van Mitchell, Staff Writer

Don Conry and his sister Kathleen Conry have both been involved in serving others, but had done so from different cities.

Don, 80, had been involved with Mobile Meals in Dallas, and Kathleen, 77, was involved with her church in Manhattan, New York.

For the past three months, the siblings teamed together to serve meals for the Logan County Council on Aging in Guthrie.

Logan County Council on Aging is a non-profit organization that assists the Logan County Aging Service with funds for home-bound meals and bus purchases for its transportation program.

"I was involved in the Meals on Wheels in Dallas, not as much as I am today, but one or two times a week for maybe half a year," Don said. "And when we moved up here to Guthrie, I would always bring my dog over here to Highland Park to walk. One day I saw the (Logan County Council on Aging) building and I came in and I found out they were doing Meals on Wheels. And I said, 'Do you need any help? They said, 'Yes, can you come one day a week?' Now, I do it five days a week because they're really hurting for volunteers."

Kathleen added "I'm a member of a church there, which is where I started doing a lot of volunteer work through our winter clothing closet and other kinds of missions for people in Manhattan. When Don and (wife) Lawana moved here, it was the obvious place to come visit when I got tired of New York. So, that's happened a few times, and I've been here for three months this stint. That's why we teamed up to do the weekly runs to all of our clients here for Logan County Council on Aging, which is great."

Kathleen and Don grew up in Cleveland, Ohio, where their father was a surgeon and an obstetrician, and their mother was a tap dancer. Their parents had five children.

"They met under extraordinary circumstances in Nebraska," Kathleen said. "He was from Iowa; she was from Cleveland. She happened to be there and he happened to be going to medical school. There was this terrible accident. My mother was in

the hospital and he was the attending surgeon in the ER. That's how they met, fell in love, and nature took over."

Don graduated college from Miami of Ohio with a business degree. He was also a member of the Navy ROTC. He is a Vietnam War veteran.

"I got a commission when I graduated and went back to Cleveland after I got out of college," he said. "I got my orders, and they shipped me over to the Philippines, and got aboard my ship off the coast of Vietnam. I was in the Vietnam War (serving) in communications."

After the war, Don returned to Cleveland, and got a job with Polaroid Corporation, where he worked for 15 years. His first posting was in Oklahoma City.

"This was my first job assignment. They sent me to be the Polaroid rep for the whole state of Oklahoma, and the panhandle of Texas, and a little bit of Arkansas," he said. "I was the Polaroid rep here for five years, and married my wife, Lawana, who's from Ardmore. And, then when I was transferred to Dallas. We lived for about 49 years in the same house in Plano, Texas."

Don and his wife moved to Guthrie to be closer to their niece and her family.

"About four years ago, we found a house here that we liked," he said. "We have a niece named Robin who has lived here for about seven or eight years, and she always wanted us to move up. We wanted to have a relative that could be close to us as we get older."

Kathleen graduated from high school in 1966. She said her parents instilled the importance of music/theater in their children.

"I sort of got the mantle," she said. "I went to ballet class when I was five. Tap class, jazz class, piano lessons. Don is a really good pianist. We have a lot of musical background."

Kathleen said the allure of theater moved her to New York City.

"By the time I graduated from high school, I didn't consider myself a good enough student to last through



Don Conry and his sister Kathleen Conry teamed together to serve others with the Logan County Council for Aging.

college, but I knew I had enough experience and had skills, I had a skill set for musical theater to go to Broadway," she said. "I moved to New York in 1966 and I was on Broadway in 1968, did two Broadway shows, and hundreds of other shows. I then became a choreographer and a director. I retired 14 years ago. I still live in New York City. I have stayed in theater my whole life, even in retirement, I stay involved by doing a lot of mentoring."

Kathleen and Don grew up in a Cleveland neighborhood called Clifton Park, that included residents Vernon Stouffer, owner of Stouffer's, and members of the Glidden (Paint) family.

The siblings later moved to an upscale apartment complex called "the Winton Place," where one of their neighbors was George Steinbrenner, owner of the New York Yankees.

"He was always extremely kind and just gracious," Kathleen said.

Don and Kathleen said that they are doing more than just delivering meals. They are helping others, which is a lesson they learned from their parents.

"This is a wonderful ministry," Don said. "So many people need help and they need to engage with somebody every day. Kathy and I do more than just delivering meals. We meet people that have needs, and we try to help them."

Kathleen concurred.

"I think we learned from our parents post-World War II and being raised in an upper middle class neighborhood that you can't just enjoy success. If you have any kind of good health, monetary success or career success, you have to give back. If you don't give back, it's kind of a waste of your energy."





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# AARP Oklahoma Presents the 2024 Champion for Family Caregivers Awards



AARP Oklahoma presented House Majority Leader Tammy West (R—District 84) and Senate Appropriations Chairman Roger Thompson (R—District 8) with the 2024 Champion for Family Caregivers Award at the Capitol on Monday. Leader West and Senator Thompson were recognized for their leadership in improving the lives of older Oklahomans and championing the Caring for Caregivers Act, which created a state tax credit for Oklahoma family caregivers up to \$3,000.

“The Caring for Caregivers Act helps offset costs and helps keep spouses, aging parents, or other loved ones at home instead of in costly taxpayer-funded nursing homes,” said AARP Oklahoma State Director Sean Voskuhl.

According to AARP’s Valuing the Invaluable report, Oklahoma’s 490,000 family caregivers provide a staggering \$6.6 billion in unpaid care.

“While caregiving is decidedly



Left to right: AARP Oklahoma Interim Volunteer State President Joe Ann Vermillion, AARP Oklahoma State Director Sean Voskuhl, House Majority Leader Tammy West, Senate Appropriations Chair Roger Thompson, and AARP Oklahoma Advocacy Director Joy McGill.

a labor of love, it also has a real financial cost,” Voskuhl said. “Leader West and Senator Thompson understand the sacrifices family caregivers

make and fought for the nation’s first comprehensive tax credit for family caregivers.”

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**SNL** From Our Friends at Daily Living Centers**Daily Living Centers Celebrates 50 Years!**

To Our Incredible DLC Community,

2024 marks the celebration of Daily Living Centers' 50th anniversary. For the past 50 years, we have served vulnerable adults with life saving adult day services, and provided crucial respite to their caregivers. As a nonprofit organization, we are able to meet these needs because of the support of our community. Our incredible community partners, caregivers, donors, volunteers, staff, and board have changed the lives of those that we serve.

For our 50th anniversary, we are asking for one-time donations of \$50. You would be surprised at just how much impact will be made by your \$50 gift.

Examples of what your \$50 donation can provide: • **5 Showers** • **10 Individualized Activities** • **2 Cooking Classes** • **6 Door to Door Transportation Trips** • **10 Meals** • **And More!**

Below is a link to donate to Daily Living Centers in celebration of our 50th anniversary. All donations are tax deductible. Checks can be mailed to: PO Box 608 Bethany, OK 73008.

We are so thankful for your support.



**DAILY LIVING**  
CENTERS  
ADULT DAY SERVICES

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

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**SBT** Honolulu is the only place in the United States that has a royal palace!

**SBT** One gallon of used motor oil can ruin approximately one million gallons of fresh water!

**SBT** More money is spent on gardening than on any other hobby!

# Metro Library Selected for National NASA @ My Library Bilingual Eclipse Opportunities



Metropolitan Library System has been selected through a competitive application process to participate in NASA @ My Library, an education initiative created to increase and enhance STEAM (science, technology, engineering, arts and math) learning opportunities for library patrons throughout the nation, including geographic areas with high Latinx populations. Selected libraries receive bilingual (Spanish/English) solar science kits that include a telescope, hands-on activities, and culturally relevant resources; access to NASA subject matter experts for programs; and multiple opportunities for training and support.

Gloria Melchor, a librarian at Capitol Hill Library, applied to this program on behalf of Metropolitan Library System, and the library system was selected as one of 49 national awardees to receive these solar science kits.

As a NASA @ My Library Partner, Metropolitan Library System will receive a kit that contains items such as a 4.5" Dobsonian telescope with solar observing add-on. The Dobsonian telescope provides views of celestial objects like galaxies and nebulae and is a popular choice among astronomers. It also includes two Sunspotters, which use lenses and mirrors to show a projection of the sun's image so you can safely look at the sun. Included as well is a STEM activity kit based on the children's book "Moonbear's Shadow," designed for grades Pre-K-1st Grade, exploring the concept of shadows. Using the kit, children engage in activities inspired by the book's storyline, using flashlights and props to model scenes and understand the interplay between light, shadows, and the sun's movement. The kit includes detailed instructions, materials for six groups, flashlights, felt mats and ponds, bear figures, Kirigami trees, a concept card, and a copy of the book.

These resources, along with support by the NASA @ My Library team, will enable Metro Library to conduct cutting-edge NASA STEAM programming and activities. NASA @ My Library will create compelling learning experiences for Metro Library's community and share the story, science and adventure of NASA's scientific explorations of planet Earth, our solar system and the universe beyond.

Upcoming events will feature these items like the following:

Moonbear Shadow Storytime April 3 from 4:15pm-5:00pm at Capitol Hill Library (327 SW 27th Street, Oklahoma City, OK 73109). This storytime is centered around the story of "Moonbear's Shadow," and will delve into the creation of shadows, explaining how they form when an object obstructs light from reaching a

surface, among other related concepts.

Solar Eclipse Viewing Party April 8th from 1:00pm-8:00pm at Capitol Hill Library (327 SW 27th Street, Oklahoma City, OK 73109). The total solar eclipse will grace Oklahoma on April 8, 2024, commencing at 1:44 pm CDT, with the Moon's shadow finally departing the state at 1:51 pm CDT. In case you don't have Solar Eclipse Glasses, join the Capitol Hill Library during their Eclipse viewing party, where attendees can take turns observing the Solar Eclipse through the Dobsonian telescope and Sunspotters. While awaiting your turn, engage in Eclipse-themed activities with fellow participants. No registration is required, and all ages are welcome.

"The group of libraries participating in this program really embodies the changes we've been seeing over the past two decades in the library field," Project Director Anne Holland said. "Programs for diverse patrons, opportunities for teen engagement, and making cutting-edge science relevant for their patrons are just some of the ways this group stands out."

Other passive activities include a drawing at Capitol Hill Library that offers a chance to win a science and solar-themed book in either English or Spanish. This is just the start of events and programs to develop from the new opportunity.

NASA @ My Library is offered by the National Center for Interactive Learning (NCIL) at the Space Science Institute (SSI) in partnership with the ALA Public Programs Office, Lunar and Planetary Institute (LPI) and Education Development Center (EDC). This material is based upon work supported by the National Aeronautics and Space Administration under cooperative agreement No. NNX16AE30A. This work was also assisted and supported by the Space Science Institute, which was the recipient of the cooperative agreement. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author(s) and do not necessarily reflect the views of NASA or the Space Science Institute.

About Metropolitan Library System: The Metropolitan Library System provides library services for more than 800,000 residents of Oklahoma County. We have 19 physical locations as well as 24/7 access to our digital resources as [metrolibrary.org](http://metrolibrary.org).

Additional Contact : Zoe Travers, Internal Communications Coordinator, (405) 606-3751, [zoe.travers@metrolibrary.org](mailto:zoe.travers@metrolibrary.org).

**NASA @  
My Library**

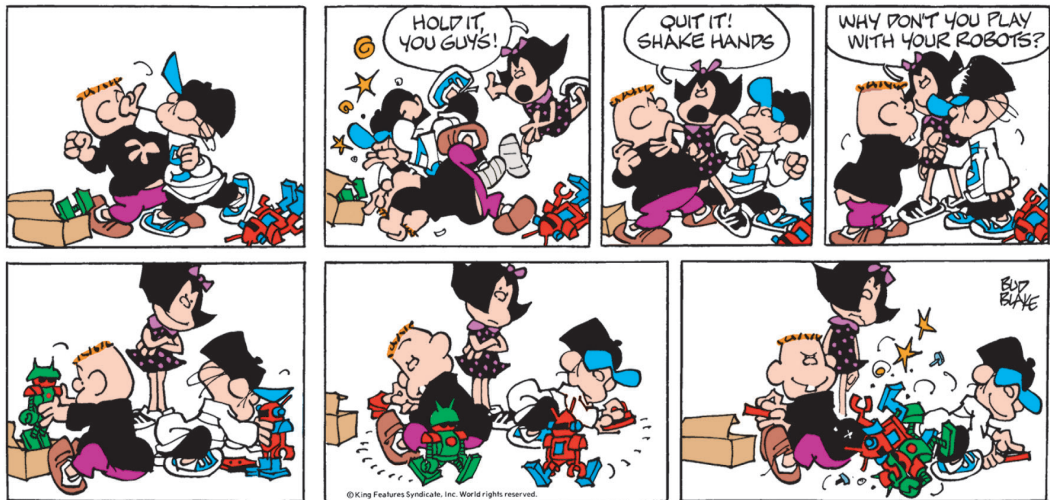
# Amber Waves

by Dave T. Phipps



# TIGER

by BUD BLAKE



# The Spats

by Jeff Pickering



# BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalms 31:16-17

Let your **face shine** on your **servant**; save me in your **unfailing love**. Let me **not** be **put** to shame, **LORD**, for I have **cried out** to you; **but** let the **wicked** be put to **shame** and be **silent** in the **realm** of the **dead**.

NEW INTERNATIONAL VERSION



Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

WWW.SEARCHING-FOR-JESUS.COM

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# HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

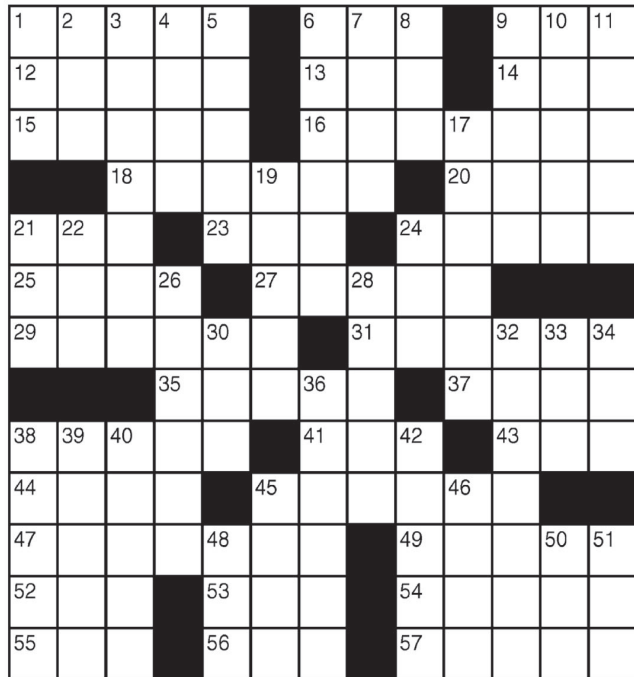


Differences: 1. Fishing line is different. 2. Branch is higher. 3. Hut is different. 4. Mountain is added. 5. Cloud is larger. 6. Cap is different.

# ACROSS

- 1 Gold-loving king
- 6 Soviet space station
- 9 Actress Denning
- 12 "That — I ask"
- 13 Longoria of TV
- 14 Writer LeShan
- 15 "What — mean?"
- 16 Journal
- 18 Singer Timberlake
- 20 Monster
- 21 Med. plan option
- 23 Sweetie
- 24 Different
- 25 Exile isle
- 27 Russian villa
- 29 Deceived
- 31 There
- 35 Rocker Adams
- 37 Harvard rival
- 38 City near Venice
- 41 Prefix with gender
- 43 Shriek bark
- 44 Teensy bit
- 45 Frenzied
- 47 Pampering places

# King Crossword



- 49 Dizzying designs
- 52 Dad on "Black-ish"
- 53 Swiss canton
- 54 Bellini opera
- 55 Feminine side
- 56 Favorite
- 57 Idyllic spots
- 6 Islamic holy city
- 7 Infamous tsar
- 8 Shaft of light
- 9 IRA relative
- 10 Worship
- 11 Greedy sort
- 17 Plant science
- 19 Hot rum drink
- 21 Skirt edge
- 22 Roman 1051
- 24 Discoverer's call
- 26 Photo collections
- 28 Doubter
- 30 Notable time
- 32 Workplace perk, maybe
- 33 Yale
- 34 Gym unit
- 36 Nails the test
- 38 Rice field
- 39 Arcade pioneer
- 40 Senior member
- 42 14 pounds
- 45 Aesopian also-ran
- 46 Apple product
- 48 Young dog
- 50 LBJ's successor
- 51 Prof's aides

# DOWN

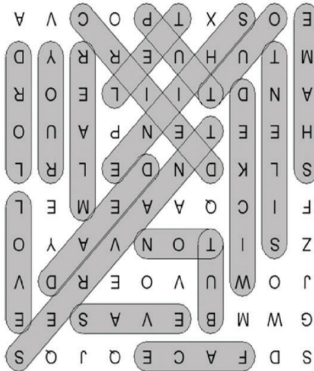
- 1 Central
- 2 Equal (Pref.)
- 3 Nine-to-five gigs
- 4 Matty of baseball
- 5 Melting snow

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# Trivia test

by Fifi Rodriguez

1. LITERATURE: What is the name of the kingdom in "The Princess Bride"?
2. GENERAL KNOWLEDGE: In British royalty, what is King Charles' family name?
3. TELEVISION: Which TV sitcom features Sheldon's catchphrase "Bazinga!"?
4. U.S. STATES: Which U.S. state is home to the Atlatl Ruins, a national historic landmark?
5. HISTORY: According to a WWII government history, what sinks ships?
6. GEOGRAPHY: What is the name of the small principality that lies between Spain and France?
7. ANATOMY: Which part of the brain controls hunger?
8. LANGUAGE: The Latin word "caput" refers to what part of the human anatomy?
9. SCIENCE: Which color has the longest wavelength in the visible spectrum?
10. FOOD & DRINK: What is the primary alcohol used in margaritas?



# BIBLE WORD SEARCH



Solution time: 26 mins

Answers

# King Crossword

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- 1. Florn; 2. Mountbatten-Windsor; 3. "The Big Bang Theory"; 4. Arizona;
- 5. Loose lips; 6. Andorra; 7. Hypothalamus; 8. The head; 9. Red; 10. Tequila.

# Trivia Test Answers



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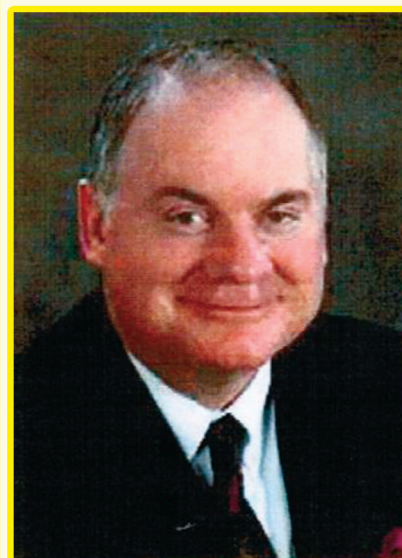


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## Assisted Living

### Harbor Chase

10801 South May Ave Oklahoma City, OK  
73170 [www.harborchase.com](http://www.harborchase.com)

### Legend at Rivendell

13200 S May Ave, Oklahoma City, OK  
73170 [www.legendsseniorkliving.com](http://www.legendsseniorkliving.com)

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Oklahoma City - South  
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405-445-6700  
[chatenay@stretchzone.com](mailto:chatenay@stretchzone.com)

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City, OK 73130 **405-993-4182**

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# APRIL 2024 CLASSIFIED MARKETPLACE

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FREE EVENT

2024

# Veteran Resource Fair

Monday, May 13th  
 9:30 - 1pm  
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Senior News & Living is sponsoring this event along with our advertising partners, along with local Veteran resource providers, with information, and benefits for Veterans, their spouses, and caregivers who live in the surrounding area. Disability claims start at 9:30 am. The Resource Fair starts at 10am.

## Who should attend?

Those seeking information about:

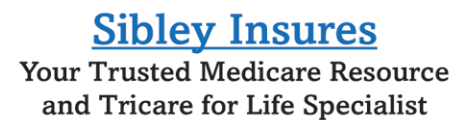
- Healthcare Options and Providers
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- Veterans Education Benefits
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- And more...

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Senior News: Steve Sibley 918-404-08087 or [steven.t.sibley.vet@gmail.com](mailto:steven.t.sibley.vet@gmail.com)  
 Am Legion: Ernest Martin 405-255-4949 or [martinernest111@yahoo.com](mailto:martinernest111@yahoo.com)

### Resources from these provider partners:



## SNL FOCUS ON HEALTH HEROES

# HOME AWAY FROM HOME: IRIS MEMORY CARE

story and photo by James Coburn, Staff Writer

Iris Memory Care is proud to be the premier home-like Assisted Living Community in Oklahoma City to specialize in Alzheimer's and Dementia Care. At Iris Memory Care, they believe that their expertise and specialized knowledge of Alzheimer's and other forms of dementia combined with their heartfelt compassion creates the best quality of life for loved ones. From the moment of walking through their front door, you'll feel like you're in a single-family home complete with familiar sights, soothing sounds, and homey aromas, providing an easier transition for your loved one. For respite care, short-term stays, or long-term stays, Iris Memory Care welcomes you and your loved one with compassion, dignity, and all the comforts of home.

Suzy Masters, LPN takes pride in her work at Iris Memory Care. She wears many hats as she oversees the CMA's and the residents. "I adore my position here. It is my compassion, radiating a warmth that embraces all who enter. I am truly blessed with an exceptional team, each member possessing their own unique strengths," Suzy remarked.

Suzy upholds high standards for her caregivers at Iris Memory Care. "I am impressed by the exceptional qualities each caregiver brings to our community," she notes. "Their respect for our residents combined with their hard work and positive attitude, ensures a nurturing environment where everyone feels valued and at ease." Suzy takes pride in maintaining Iris Memory Care as a comfortable home for residents, knowing the peace of mind it brings to the families. "It's incredibly gratifying to witness the positive impact we have on their lives," she added.

Growing up in Denison, Texas, Suzy began her nursing journey at Schreiner University in Kerrville, Texas. Later, relocating to Oklahoma, Suzy's decision to pursue nursing stemmed from a deeply personal experience.

"When I was just 8 years old, my father was involved in a motorcycle accident that changed our lives," she recalls. "Spending countless hours at the hospital, witnessing the care and the compassion provided by the nurses, they became my heroes. Despite the tragedy of my father's passing at the age of 11, I was inspired by the nurses' dedication to healing and helping others. From that moment I knew I wanted to follow in their footsteps and make a difference in people's lives, even at a young age," Suzy reflected.

Iris Memory Care proudly operates 4 thriving locations in Oklahoma; Edmond, Northwest OKC, Southwest OKC and Nichols Hills. "We currently have forty-two cherished residents calling our community home. Our dedicated caregivers pour their hearts into providing top-notch care tailored to each individual. As we build strong bonds with our residents, we strive to create a family like atmosphere, with deep connections that grow with each passing day. Whether our residents have been with us for years or are new arrivals we ensure their days are filled with engaging activities, and we make every holiday a memorable celebration. Welcoming family and visitors is a cherished part of our daily routine, enhancing the warmth and vibrant of our community."

Suzy expressed deep affection for her job, emphasizing how much she enjoys every moment spent with the residents. "I eagerly anticipate each workday, knowing that I'll have the opportunity to engage with the residents. Listening to their stories, witnessing their smiles and sharing in their joy fills me with a profound sense of fulfillment. It's an exchange of care and compassion that enriches both their lives and mine," Suzy explained.

When asked for advice for those considering a career in the medical field, Suzy emphasized the importance of a genuine desire and compassion for others. "Its crucial to have a true compassion



Suzy Masters, LPN is full of warmth and compassion while attending to the residents at Iris Memory Care of Nichols Hills. The residents feel a sense of comfort, knowing they are in their home away from home.

for making a difference in people's lives," she noted. "Starting at the ground level as a CNA for a few years can provide invaluable insight into whether this path is right for you. Let this guide your decision about pursuing further education in nursing. Entering nursing school can open up a world of opportunities for growth and exploration," Suzy advised, her work reflecting both

wisdom and encouragement for aspiring healthcare professionals.

Outside of work, Suzy enjoys spending quality time with her husband and 3 grown children.

For more information about Iris Memory Care visit <https://www.irisseniorliving.com/>.

# Peripheral Neuropathy Breakthrough!

**"My feet feel like they're on fire."  
"Each step feels like I'm walking through wet paint."  
"I live in constant fear that I'll fall."  
"I can't sleep, my hands and feet tingle all night."**

What do all of these people have in common? They suffer from **peripheral neuropathy**. It's estimated that more than 20 million people in the United States have peripheral neuropathy. Unfortunately this figure may be significantly higher as the disease is often misdiagnosed because of its wide array of symptoms.

Toni Twitty of Be Well Acupuncture in Edmond, OK shares this belief. "I've been treating neuropathy, in all its various forms, for over a decade and so often my patients come to me because of the symptoms not because of a diagnosis. They saw one of my television specials, or read a testimonial of another patient and say to themselves, 'hey, I feel the same thing'."

Betty M. of Oklahoma City testified to this, "I remember my husband driving me to my consultation and I saw a woman running just outside our neighborhood. I was so envious- I kept thinking, 'I would give anything just to walk again'. My primary care doctor told me my troubles with pain and balance were just symptoms of old age and gave me a prescription. I was so depressed."

Fortunately, Betty would eventually see a review of Toni Twitty talking about similar symptoms and how she offers a real solution at Be Well Acupuncture. "I just knew I had to see her. She was my last hope."

**"Almost all of our patients come to us with a story similar to Betty's. They've been everywhere else. They've been told there is no hope. They've been told, 'its just part of getting older,'" shares Brooke, a Patient Care Technician at Be Well Acupuncture. "It just breaks my heart but I know that we can help people like Betty so I'm always so happy when they walk through our door."**

Those diagnosed with peripheral neuropathy often face a grim reality;

Western Medicine declares there is no solution while cost alternative therapies carry huge price tags and offer little to no resolve. Which is why Toni Twitty and the staff at Be Well pride themselves on being, 'the last resort with the best results'.

Peripheral neuropathy is a result of damage to the nerves. This damage is commonly caused by low blood flow in the hands and feet. Low blood flow results in lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they completely expire, leaving those suffering with crippling balance issues. "In this case the absence of pain is not a good thing," shares Dr. Toni. "This usually indicates that your nerves are hanging on by a fragile thread."

So how exactly is Dr. Toni able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years. It helps get the nutrients to the nerves. But the real magic happens when I integrate ATP Resonance BioTherapy™. This is tech that was originally developed by NASA to expedite recovering and healing."

**"I just can't say enough about Be Well," Betty shared joyfully. "My husband and I moved here 3 years ago to be near our grandchildren. I always stayed home because of the pain and discomfort. I couldn't keep up. Yesterday I walked around the park with him! Next week we're taking the grandkids with us! I am truly living life these days."**

According to Betty's test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients," shares Paige. "But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions, Be Well Acupuncture has achieved a 90%

success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed. "This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred," tells the doctor. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of full recovery.

If you or someone you love are suffering with chronic pain that presents as burning, tingling, or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options. There is hope.

**Call 405-697-5121 to schedule an initial consultation or visit [bewellokc.com](http://bewellokc.com) to read more incredible success stories.**



# INJURED OKLAHOMA FIREFIGHTER HEADS HOME FROM VALIR REHAB



by Jake Strickbine

A firefighter injured battling recent wildfires took his next step toward full recovery today as he is discharged from Valir Rehabilitation Hospital in Oklahoma City.

Ronald Vasquez II, 21, was cheered by hospital staff and members of the Oklahoma City Fire Department as he left the hospital this morning.

“We are so proud to have been able to assist Mr. Vasquez on the road to recovery,” said Marni Leahy, Vice President, People and Culture at Valir Health. “He has a lot of work ahead of him, but he is highly motivated, works hard and remains determined to return to firefighting. We are excited to watch his continued progress toward that goal.”

Vasquez was all smiles as he left Valir Rehabilitation hospital and received a handshake from each Oklahoma City firefighter present.

“He got injured fighting the wildfires last month and like I said, for us,

it is a privilege to be here, show him support, show him that we’re there for him and to honor him for the work that he did in serving Oklahoma,” said Capt. John Chenoweth, assistant public information officer for the Oklahoma City Fire Department and among those on hand to wish Vasquez well as he left the rehabilitation hospital.

Vasquez, who suffered a fractured pelvis in the accident several weeks ago, remains in a wheelchair as he is not yet able to put weight on his legs. When he first started therapy at Valir, Vasquez says he was surprised at how much strength he had lost in his muscles.

“I lifted my leg and put it back down and they just started quivering. And that’s something I’ve never had happen. It shocked me at first,” Vasquez said. “But they explained to me what it was and why it’s happening. And that’s just my goal – to try



Oklahoma City firefighter, Ronald Vasquez II undergoing therapy during his stay at the hospital.

and get stronger every day now.”

He has done just that, working hard with the team at Valir Rehabilitation Hospital to build strength, especially in his upper body and core.

“Early on, we did a lot of mobility work bedside and then activities of daily living, like getting dressed again without putting weight through the legs. Lots of strength exercises. He’s going to have to have really strong shoulders to help him move without standing or pivoting just yet,” explained Rebecca Henry, OT, a member of Vasquez’s therapy team at Valir. “He’s been an absolute dream patient. He’s motivated and very focused on his goals. He’s going to push himself and he’s not going to give up.”

Vasquez, a firefighter with the Greenleaf Volunteer Fire Department in rural Oklahoma, was injured when the brush pumper on which he was riding collided with a tanker in hazy, smokey conditions while fighting recent wildfires in Oklahoma. He sustained a broken pelvis and underwent surgery at a local hospital before coming to Valir Rehabilitation Hospital for therapy.

“I knew that I’d have to put in a little bit of work, but not near this much,” Vasquez said. “I’m glad they push me and want me to give them my best. And that’s all I strive to give them.”

The next stop on his road to recovery is home and outpatient therapy. It will still be several more weeks until

Vasquez is able to put weight on his legs.

“It’s a long road, but it’s going to be well worth it,” Vasquez added.

Prior to the accident, Vasquez was working toward a goal of becoming a full-time firefighter with the Alva Fire Department. Alva Fire Chief Brian Miller and Oklahoma City Fire Chief Richard Kelley worked together to ensure the young man had a proper fire department send off today.

Vasquez says the accident, the care he received in the field and from the team of medical professionals and therapists in Oklahoma City, and the support he’s gotten from his firefighting colleagues, friends, family and community have only strengthened his desire to be a full-time firefighter.

“It’s inspired me,” Vasquez said with his trademark smile. “You get a different perspective because you know what’s going to happen. But then being the victim and seeing it all play out. I mean everybody’s running around, but they know what job they have to do and they’re all working to get the same thing done. It’s like a well-oiled machine. I want to be a cog in that machine.”

A fund has been established to help with the young man’s medical expenses. Donations may be sent to: The Ron Vasquez II Love Fund, Alva State Bank, 518 College Avenue, Alva, OK 73717

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**Sudoku Answers**

# SNL CENTENARIANS OF OK



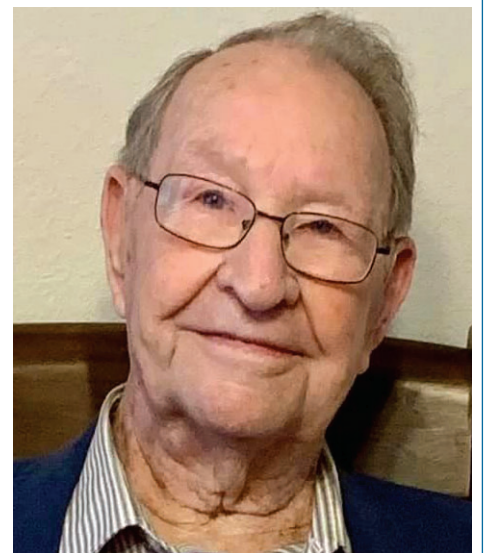
## Forrest Landis

(Right) 100 years old. WWII Veteran Forrest Landis of Tulsa joined the Navy right out of high school. His ship the SS Kendrick, a destroyer, was hit by a torpedo in the Mediterranean Sea & returned to the US for repair. He was awarded several Medals. He worked as a research chemist until his retirement.



## Bill Lavel Stanfield

(Right) 100 years old. Bill Lavel Stanfield of Tulsa was born February 29, 1924. He enlisted in the Army at age 16 & served in WWII, Korea & Vietnam with the Company A-160th Engineer Combat Platoon. During WWII, he served in the Pacific Theatre, Hawaii, European Theatre, France and Germany & England, Normandy.



## Barbee Ann Brown



(Left) 100 years old. Barbee Ann Brown of Tulsa celebrated with lots of family and friends. Barbee and her husband Jack married on her birthday in 1943. She attended Will Rogers High School and the University of Tulsa. Barbee has been a member of Memorial Baptist Church for 68 years and PEO service group for over 50 years!

## Sidney Horn

(Right) 100 years old. Sidney Horn of Sand Springs will be 101 on May 10 so we celebrated today and honored her as a Centenarian! She wore one of her special hats. Sidney told me she once had a collection of about 30 hats and wore one every Sunday to church.



If you know of a Centenarian you would like to honor visit [Centenarians of Oklahoma](https://centenariansok.com/) <https://centenariansok.com/>



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# VillagesOKC Plans Fundraiser at Topgolf



By Marilyn Olson, Executive Director, VillagesOKC

VillagesOKC is inviting adults of all ages to join them in a fundraiser at Topgolf Oklahoma City, a premier entertainment destination in the metro. The event will be on April 18 from 5:30 pm to 8:30 pm at 13313 Pawnee Dr.

“This is more than just your average golf tournament,” said Amy Shirola, VillagesOKC Administration and Finance Director. “It’s a great way to get together with friends and raise money for VillagesOKC.”

We are a 501c3 nonprofit, and 80% of our operating budget is from donations. We want to continue giving stellar educational opportunities with great speakers, consulting with those who are in the middle of a major life transition or crisis, and connecting the 50+ population in the Oklahoma City metro with valuable resources.”

Cost is a \$100 each for a six-person team; single-player registration is \$125. Dinner is included. There will be a raffle going on all evening for great prizes

and a Hole-In-One Contest where players can take a shot at a hole-in-1 for \$10,000.

Shirola said there are sponsor opportunities also. Sponsorships range from \$500 to \$15,000.

“There are six sponsorship levels to choose from with various promotional opportunities,” she said. “Whether you choose to be a Putter Sponsor or Hole-in-One Sponsor, we sincerely appreciate your sponsorship of our Topgolf tournament.”

In 2023, VillagesOKC made 2,507 connections at its events for older adults. The goal is to increase that number significantly in 2024.

“Join us for a night out with friends and a delicious dinner while supporting our mission of empowering adults to age with vitality and purpose,” Shirola said.

Registration and sponsorship details are available at <https://villagesokc.org/top-golf-tournament/> or by calling (405) 990-6637.

Topgolf showcases a dartboard type driving range with golf balls



Amy Shirola, VillagesOKC Administration and Finance Director, is excited about the upcoming fundraiser.

**VILLAGESOKC**

# TOP GOLF TOURNAMENT

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**5:30 - 8:30 PM** (405) 990-6637 Villagesokc.org

that are tracked electronically and a scorecard that is updated automatically. Concentric circles mark the score for the session, and closer to the bulls-eye gets a higher score.

The fundraiser will use Top Contender Game Play rules. Here is how the Topgolf website describes this play:

- Choose 8 or 12 shots per player. Players rotate every 4 shots.

- Hit the glowing targets for double points.
- Aim closer to the center of each target for maximum points.
- Hit the glowing target that is furthest in the distance for maximum points.

“Get a hole-in-1 while you are playing Top Contender, and you can go home with up to \$750 cash,” Shirola said. “The winning team will take home a cash prize.”

**STRANGE BUT TRUE**

SO THEY SAY...

**SBT** In the White House, there are 13,092 knives, forks and spoons!

**SBT** Slugs have 4 noses! food a year!

**SBT** Recycling one glass jar, saves enough energy to watch T.V for 3 hours!

**SBT** Lightning strikes about 6,000 times per minute on this planet!

Mort Walker's  
**beetle bailey**

SARGE GAVE BEETLE A ROUGH TIME TODAY. MAYBE I SHOULD TRY TO CHEER HIM UP

**BLONDIE**  
BY DEAN YOUNG & JOHN MARSHALL

OW!

WANT TO HEAR A FUNNY JOKE?  
OKAY

A PRIEST AND A RABBI WALKED INTO A BAR...  
OR WAS IT A PRIEST AND A RABBIT?

DOGGONE IT! I'VE PLAYED THIS COURSE FOR YEARS, AND I ALWAYS SLICE THE BALL INTO THE ROUGH  
HERE'S THE BALL, BOSS! WHAT ARE YOU PLAYING?

"POWER-BRUT-TRU-FLIGHT"...IT ALSO HAS MY NAME STAMPED ON IT  
THIS ONE HAS YOUR NAME ON IT, BUT IT'S A "GODZILLA SOLAR SMACK"

ANYWAY, THE PRIEST HAD A PET MONKEY...  
OR WAS IT A HIPPO?

MAYBE IT WASN'T A BAR...  
MAYBE IT WAS A DESERT ISLAND?

THAT'S THE BALL I PLAYED ALL LAST SUMMER! I'LL PLAY IT TODAY  
BUT YOU CAN'T PLAY LAST YEAR'S BALL TODAY! YOU HAVE TO PLAY THE BALL YOU HIT TODAY, BOSS!

SON, LET ME EXPLAIN HOW THE GAME OF GOLF IS EXACTLY LIKE THE GAME OF LIFE

I GUESS THEY WENT ON A BOAT...  
BUT HOW DID THEY TAKE A HIPPO ON A BOAT?

WHY ARE YOU LAUGHING? I HAVEN'T TOLD YOU THE JOKE YET  
HA! HA! HA!

TOUGH LUCK IF YOU CAN'T MAKE UP THE RULES TO BENEFIT YOURSELF AS YOU GO ALONG!

WELL, THAT SURE DOESN'T SEEM VERY SPORTSMANLIKE...  
ALSO, IF YOU DON'T STOP MUMBLING WHILE I'M HITTING, I GET TO CARRY THE BALL TO THE NEXT TWO HOLES!

ZITS

Jerry Scott & Jim Borgman

YES!

JEREMY

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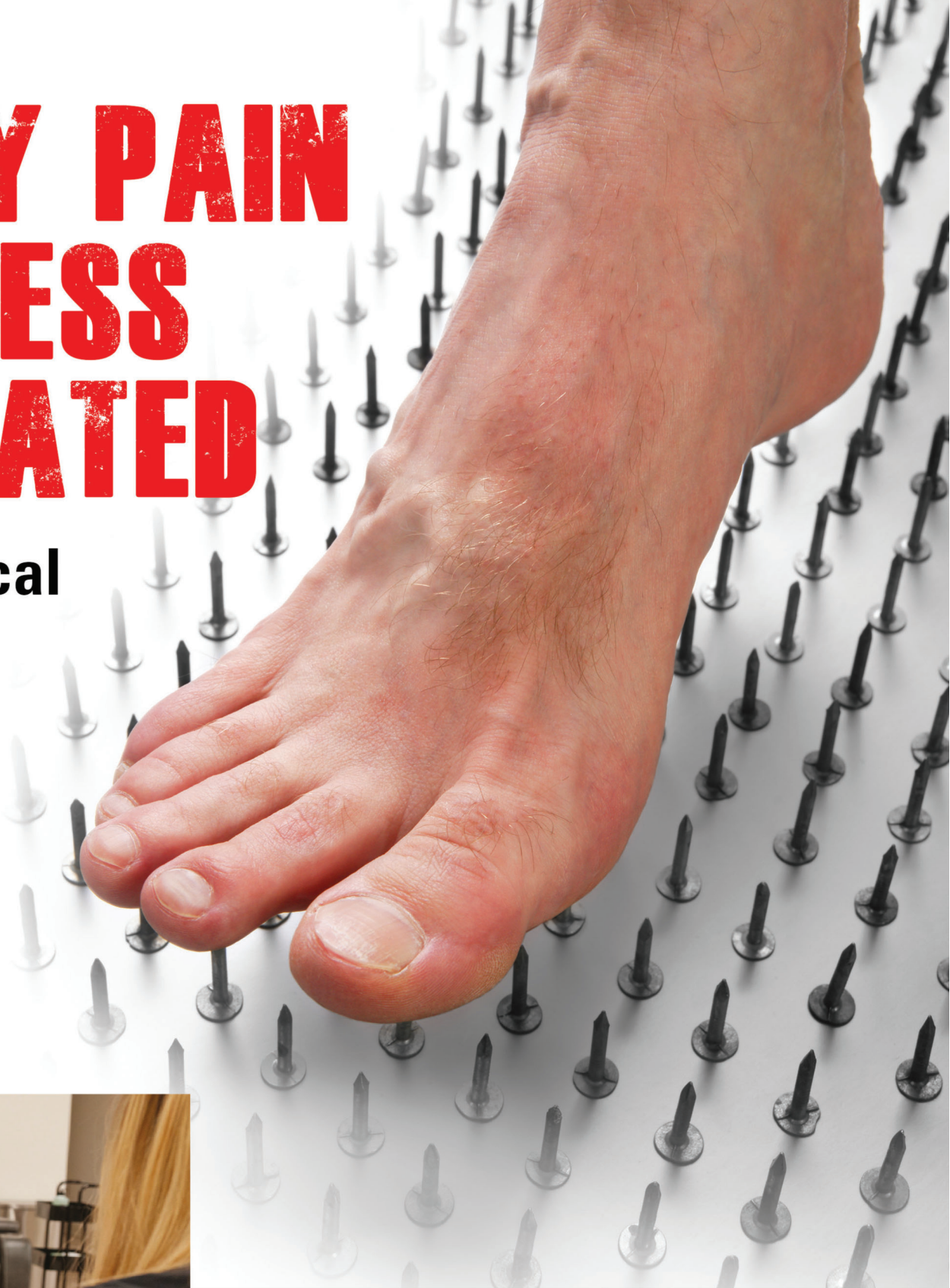
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