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Read Linda Traw's story on page 2

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Linda Traw

Crowned Ms. Oklahoma Senior America 2024 at The 16th Annual Pageant.

Story by Van Mitchell, Staff Writer

Linda Traw of Tulsa was crowned April 6 as Ms. Oklahoma Senior America 2024 at the 16th annual pageant at the Mustang Performing Arts Center.

The winner will be sponsored by the Ms. Senior Oklahoma Foundation to compete in the National Ms. Senior America Pageant at the Tropicana Hotel in Atlantic City, New Jersey, Sept. 29-Oct. 4.

"I had no expectations going into the pageant and was really shocked when they called my name," Traw said. "I'm completely honored to represent the state of Oklahoma for a year, and of course, to compete nationally."

The pageant is billed as an exciting combination of talent and inner beauty along with the individual fulfillment and elegance.

By giving women 60 years and older an opportunity to display their "inner beauty", talents, and elegance, the Pageant honors the achievements of senior women and motivates and encourages them to utilize their full

potential to share a positive outlook on life with others. Participants represent a cross-section of America.

The Ms Senior America LLC Pageant is judged in two phases: the Preliminary Round and the Finals. In the Preliminary Round, each contestant receives a score, from 1 to 10, in each of the four categories - Interview - Inner Beauty (Philosophy of Life) - Evening Gown and Talent.

Finalists enter the stage of the Final Round with their scores from their Interviews and are judged a second time on their Evening Gown, Philosophy of Life and Talent Presentations.

Traw, a pre-kindergarten teacher in Jenks, said her co-workers and students were excited to see her return to school with her crown and sash.

"I brought my crown and my sash and I took pictures of everybody (students) wearing the crown," she said. "They thought it was pretty



Ms. Oklahoma Senior America 2023, Karen Brown Tims (left) along side the new Ms. Oklahoma Senior America, Linda Traw of Tulsa.

cool to wear a crown. My co-workers are thrilled. They think it's really amazing."

Traw became interested in applying for the pageant after watching a friend compete in it last year.

"I went to see my friend, Debbie Hay. She was in it last year, and I was very impressed," she said. "I thought, 'I want to do that. That would be fun.' And that's what just drew me in."

As part of her pageant performance, Traw sang "Somewhere Over the Rainbow" from the movie "Wizard of Oz."

"I'm a goal setter and since I didn't start singing until my 40s this was new territory to me," she said. "When I find something I really want to do, I usually grab a hold onto it and go for it."

Traw said her life prior to her 40s was like riding a roller coaster having overcome childhood trauma and losing her mother to cancer at a young age.

"I've been through dreams and tragedies," she said. "In high school I did nothing. I always thought I could sing. I was too inverted and too afraid of the world to pursue it. I lived kind of trapped. I mean, I worked and got married and we had a son, but I lived in this world of denial that I had baggage."

Traw said that baggage finally

caught up with her in her 40s.

"It just caught up with me and somewhere in my 40s," she said. "I returned to teaching after getting my certification in Oklahoma."

Traw is a native Kansan and taught special education in the Sunflower state.

"I went back to teaching and taught special education, I realized it had changed a lot and it was too much, it became overwhelming. I realized I needed help," she said.

Traw said she received counseling.

"I received counseling for probably about maybe close to a year, and learned that I wasn't a victim, but I had a story that could be shared to help others," she said.

Traw then decided to pursue her love of singing and performing.

"I took voice lessons and that gave me the start to go and pursue productions," she said. "I've been in a total of four community productions around the Tulsa area, Sapulpa, Sand Springs, Broken Arrow, and I was at the PAC when I did 'A Christmas Carol' in Tulsa. I used to sing with the Tulsa Praise Orchestra, which is a big band, and I've traveled to New York City for the Statue of Liberty's anniversary and to Kentucky for the American Legion."

See PAGEANT Page 4

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PAGEANT

Continued from Page 2

Traw later created a singing business which included singing in retirement homes, but had to scuttle those plans due to COVID-19 restrictions.

"When COVID hit, I lost that business, and I went back to teaching, and now I'm a full-time pre-kindergarten teacher at Jenks Public Schools," she said.

Traw said performing at the pageant pushed her out of her comfort zone.

"It's definitely been a challenge," she said. "It's taught me a new skill that I didn't have before. You can't just get up on the pageant stage and just be there. You have to prepare. There are nerves that go into it. I think everybody was nervous, and there was excitement, of course."

Traw said faith plays an important role in her life.

"My faith is huge in my life. I couldn't be who I was, I can't be who I am, I can't do what I do without Jesus. It's impossible. I totally give Him the praise because He's the one who set me free," she said.

Traw said this summer she will be more active in promoting the Ms. Oklahoma Senior America pageant.

"My goal is to make more women aware of it that are mature like me, so there'll be more interest in the program and maybe more new people to participate in the spring," she said.

"I really want to give light to such a worthy organization. I would love to sing at retirement homes again. I thoroughly missed it, so that would be something I'll probably be pursuing. My goal is to first serve my community, and then if I'm able to find some places where I can sing and entertain."

SNL PUBLISHERS NOTE: APRIL WINNERS!

OUR APRIL'S FLOWER HUNT WINNER IS...

1st place - SUSAN ALEXANDER (13 flowers - 3:41 pm 04/08/24) and 2nd place - Elizabeth Hubl (5:35 pm - 04/08/24) while Ann Cullwell was 3rd (2:58 p.m. - 04/11/24)! **WINNERS - BE SURE TO TEXT YOUR MAILING ADDRESS TO 405-631-5100 FOR YOUR PRIZE(S)!**

SNL PUBLISHERS NOTE: Let's have some fun!

Happy Mother's Day! Find the Mother's Day Tributes!



Readers are paying attention. May is often associated with Mother's Day in honour of mothers that is celebrated in countries throughout the world. In its modern form the holiday originated in the United States, where it is observed on the second Sunday in May. Many other countries also celebrate the holiday on this date, while some mark the observance at other times of the year. Your job is to locate the Tributes in this issue! You already know the routine. Tributes are scattered throughout this issue. Count the Tributes 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! Mother's Day Tributes are not hidden, but look in stories, ads and features!

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Thanks to the modern sedentary lifestyle, starting our 30s we begin losing flexibility at an average rate of 1% a year. Strains and micro-stresses on muscles compounded over time can glue them together. This "glue," or scar tissue, tightens the surrounding tissue and restrains how we are able to move. Over time, the snowballing loss of flexibility ages us. Stretch Zone's isolation of individual muscles within a muscle group breaks up the glue, unwrapping the stranglehold on our posture and valuable energy. Proper stretching slows down the aging process. We can feel younger by improving posture, circulation, and increasing range of motion.

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By Marise Boehs

"While traditional stretching methods attempt to make you more "flexible," we work to adjust the stretch reflex, gradually increasing your active range of motion," explained Christian Hanly, General Manager of the Stretch Zone, Chatenay Square location.

Stretch Zone's isolation of individual muscles breaks up tissue glue, unwrapping the stranglehold on posture and valuable energy. Proper stretching slows down the aging process. Improved posture, circulation, and range of motion can be achieved at the stretch studio.

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Mathew Trindle, General Manager, Stretch Zone Edmond opening in May.

Pro-athletes and Stretch Zone

Stretch Zone has enjoyed helping many pro-athletes reach their athletic best – in the NFL, NBA, MLB, & ATP. This includes sports celebrities from the U.S. Open Champion, the NFL's Most Valuable Player, and even the IBF Light Heavyweight Champion of the world.

Athletes can improve spatial awareness, increase reaction time, and improve range of motion. Stretch Zone works with the nervous system to achieve lasting flexibility gains and has helped a variety of people from all backgrounds and ages, including pro athletes and celebrities, reach their athletic best. Practitioner-assisted stretching shouldn't only be applied as a warmup or cool down exercise.

Athletes who are introduced to practitioner-assisted stretching learn their body's limitations and increase spatial awareness. Increased spatial awareness allows you to better assess the state of your muscles and injuries, and also provides a sense of control and confidence, ultimately determining peak performance.

"Having embraced stretching as a vital part of my fitness regimen, Stretch Zone's method proved to be the missing piece in my journey. It took my understanding of the benefits to a whole new level," said Brees. "Stretch Zone showcased the transformative potential of their patented system. What truly captivated me was its universal applicability, tailored to meet the diverse needs of a variety of individual."

Drew Brees, Former NFL Quarterback
as published in Franchising Magazine USA

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Faith Plays Major Role Life of 105-Year-Old

Story and photo by Van Mitchell, Staff Writer

Faith has played a major role in Charlie McGregor's life including several life-changing events that impacted him and his family.

Born on May 3, 1919, McGregor grew up in the small town of South Haven, Kansas, located 50 miles south of Wichita.

After graduating high school, he and his late wife Millie married before McGregor was drafted into the United States Army in World War II.

"My wife and I were going together, and we discussed whether we should get married now or wait until after the war? We decided to get married before the war in 1941," he said.

McGregor served four years, four months, and four days in the war and was stationed in Marseilles, France.

He said that was an eye-opening experience.

"It was an education, that was for sure. I didn't know anything. I was just a high school student," he said. "I got promoted several times. I used to be a company clerk, then they made me a platoon corporal, and then they made me a platoon sergeant, then they made me a staff sergeant in charge of the supply room."

McGregor traveled to Europe with about 18,000 other troops on the Queen Elizabeth ship.

"When they were going to invade France, they sent the Queen Elizabeth to pick up a bunch of us in New York. Picked up 18,000 of us," he said. "We crossed the ocean in five days. My first child was born while I was overseas. The Red Cross let me know that I had a daughter named Judy. I wouldn't get to see her for another year-and-a-half."

After the war, McGregor and his wife returned to her family farm south of Honeywell, Kansas whose property extended across the Oklahoma state line.

McGregor took over his father-in-law's farming operation after he passed away.

"He died of a heart attack, and I took over his land that he was farming, and I just stayed farming until I moved here (to Villagio of Bradford Village in Edmond)."

McGregor said he operated a versatile farming program. He had cows and sheep, and grew wheat and hay and barley.

"You have to be pretty smart to farm," he said. "You have to know animals, you have to know grains, you have to know seeds, plants, and everything. I was free to make my own choices. I was my own boss."

McGregor never farmed on Sundays.

"We always shut it down on Sunday. I had a very good relationship with God, and He showed me many things that I couldn't believe, I couldn't imagine," McGregor said. "He taught me and blessed me."

McGregor said prayer is a powerful tool. He cited the example of his daughter Diane who was born with heart valve problems, and wasn't expected to live to be 7-years-old.

"We went to my mother's place. She lived in Kansas City, and she had become a Pentecostal," he said. "We went to church with her, and she came back, took Diane up to the front, to the pastor, to the people. Everybody in that church just rose up and



Charlie McGregor was born on May 3, 1919 and turns 105-years-old in early this month. McGregor is a veteran and served more than four years stationed in Marseilles, France.

went up there to pray for her. They all believed in healing."

McGregor said the family asked for a family doctor friend to examine Diane a few days later.

"He was going over her with his stethoscope, and finally he said, "There's nothing wrong with this girl. She's 77 now and lives in Dallas," McGregor said.

McGregor also recited a story about how prayer saved his wheat crop, while several around him had their crops destroyed from a storm.

McGregor and his wife raised four daughters, and has 11 grandchildren, 30+ great-grandchildren and one great-great grandson.

"My children and grandchildren treat me very well. Better than I deserve," he said.

McGregor has lived through two pandemics, the Spanish flu pandemic that lasted from 1918 to 1919, and the COVID-19 pandemic of 2020.

McGregor said growing up in South Haven, his family was excited to be owners of new vehicles

during an era when many people there didn't own a car.

"Dad, my grandpa and three uncles all bought a new Ford in South Haven for \$800 each," he said. "It was a curtain top. You have to run the wipers a certain way. You had to crank the car to start it."

McGregor spends each day reading his Bible, and says he always learns something new.

He also recites the same prayer each night.

"God, I'll see you in the morning, your house or mine," McGregor said.

McGregor said he has lived a great life, and he is not afraid of death. He said he looks forward to the day when he enters the Kingdom of Heaven.

"From what I read in the Bible, my mouth may fall open and I may not be able to close it for two or three days," he said.



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Oklahoma City Woman Receives \$2000 for Turning in Man who Savaged and Killed Puppy

Animal Wellness Action and the Center for a Humane Economy are proud to announce rewarding an Oklahoma woman \$2,000 for definitive information that led to the identification of the individual seen in a video published by media repeatedly stomping and killing a puppy in late March outside a business in southeast Oklahoma City.

Sarah Looney of Oklahoma City is receiving the reward for turning in her ex-boyfriend, Larry Don McMillan, 57, who was arrested last week for cruelty to animals and possession of a firearm by a convicted felon.

Looney talked to Animal Wellness Action by phone from Oklahoma City.

"I love animals and I didn't know [Larry] was like that. He was never mean to my big dog. But then he started getting that way (abusive) to me and then my puppy," said Looney, who is a domestic abuse survivor. "People like that need to get help or not be let out of prison. I am glad he is locked up for what he did to animals, and for what he had done to me."

Animal Wellness Action and Center for a Humane Economy will often offer rewards for critical tips to prosecute perpetrators of animal abuse that may be sent directly to OKcrueltytips@animalwellnessaction.org.

"We are grateful to Sarah for stepping up because as you can see, anyone who would do this is a danger to animals and people alike," said Kevin Chambers, Oklahoma State Director for Animal Wellness Action. "Animal Wellness Action wants to help the Oklahoma City Police identify perpetrators of this type of heinous animal cruelty and bring them to justice."

"Cruelty to animals is despicable in its own right, but we also know that people who do awful things to animals often turn their violent instincts against spouses, girlfriends, children, or other members of the community," said Wayne Pacelle, President of Animal Wellness Action and the Center for a Humane Economy. "Sarah Looney exhibited great courage in providing a service to the community."

In this case, animal welfare officials and local officers said the man now identified had carried the puppy down the street by its back legs, dragging its nose on the pavement.

Following the beating, the video showed the man picking the puppy up and throwing it on the ground before he leaves. The city's animal welfare superintendent broke down the video for local news stations after it was shared Tuesday by OKCPD.

Animal Wellness Action and the Center for a Humane Economy also provide rewards, up to \$2,500, for animal cruelty tips, including for dogfighting and cockfighting. Tips go to animalcrueltytips@animalwellnessaction.org



LARRY MCMILLIAN

Your Guide to Car Insurance Savings

By Oklahoma Insurance Commissioner Glen Mulready

Like with homeowners insurance, the cost of car insurance has steadily increased over the past few years. We at the Oklahoma Insurance Department (OID) understand the frustration Oklahomans experience when they see higher coverage costs. Remember some factors that determine premiums, such as your age and location, cannot be changed. However, there are still things you can do to lower the amount on your insurance bill. This month, I want to share some tips and information on how you can save money on car insurance.

Shop around.

This is the biggest advice I can give anyone unhappy with their current coverage or looking for coverage. It can be time-consuming, but it can save you hundreds of dollars annually. Get multiple quotes from different insurance companies to see who can offer the coverage you need at the right price. Also, keep in mind that you do not have to do this by yourself. Talk to an independent agent who can get you multiple estimates and review coverage options with you. It's important always to research companies and see what quality of service they provide and to see if they have an extensive history of complaints because cheaper coverage might come with higher costs in other areas.

Adjust your coverage to meet your needs.

I want to preface this by saying your coverage should meet your needs. In Oklahoma, you must by law carry bodily injury liability and property damage liability coverage, but that doesn't mean you don't need additional coverage. It's better to have more coverage than to be underinsured. Go



Oklahoma Insurance Commissioner Glen Mulready

through your policy with your agent to see what you need and what you can reduce or change. If you have no claims and don't drive much, increasing your deductible can save you hundreds a year. If your vehicle is older and your premium is a considerable portion of its value, check to see if you still need to maintain collision and comprehensive coverages, and consider moving to liability-only coverage.

Check out discounts.

Contact your insurance company to see which discounts are available to you. Small discounts can add up and make a difference with your premium. The discounts vary from company to company, but you might be eligible for discounts for safe driving, low mileage, paperless billing, or having anti-theft devices, to name a few. Some companies offer good student discounts, which are helpful if you have a teen driver on your policy, and military discounts for active duty or retired service members. Bundling your auto policy with your homeowners or renters policy can also help you save.

Maintain a good driving record.

Accidents and tickets for careless or reckless driving will cause your insurance premiums to increase, but having a clear driving history can go a long way in helping to reduce costs. In Oklahoma, insurance companies can look at the past three years of your driving record to help determine premiums. Some companies offer discounts for taking defensive driving courses. Similarly, if you're a cautious driver, many insurance companies have telematics programs where they track your driving via a small device in your car, which can result in lower costs.

Determine if minor damage is worth filing a claim.

If you are involved in an accident with another driver, you must submit a collision report and begin the process of filing a claim. However, if you have minor damage that doesn't involve another vehicle or driver, like scrapes or dings, it may be in your best interest not to file a claim if you can weather it from a financial standpoint. Still, we recommend getting an estimate before deciding to file a claim for minor damage because, in some cases, what might seem minor could be more extensive or expensive, especially as automakers outfit vehicles with the latest technology.

Car insurance costs have increased over the past several years, but that doesn't mean you can't save money. Being an informed shopper and taking an active role in your insurance needs can help reduce your costs by hundreds of dollars. Don't forget that OID is here to help. If you have any questions about car insurance, contact us at 800-522-0071 or online at oid.ok.gov. Additionally, I recommend checking out our Insurance Basics and Auto Insurance Common Myths pages for helpful information.

OPINION

THE SAVVY SENIOR

How to Find a Good Doctor



Dear Savvy Senior,

Can you recommend some good resources to help me locate some quality doctors in my area? I'm looking for an orthopedic doctor for my 77-year-old mother and a new internist for me, since my doctor retired last year.

Dear Susan,

Finding and researching doctors is a lot easier than it used to be. Today, there are variety of websites you can turn to that provide databases of U.S. doctors, their professional medical histories, and ratings and reviews from past patients on a number of criteria. Here are some good sites to help you get started, along with a few additional tips that can help you find the right doctors.

Searching Tips

To help you locate some good doctors in your area, a good first step is to get referrals from trusted friends, along with any doctors, nurses or other healthcare professionals you know.

You also need to check your insurance provider. Call your insurer for a list of approved doctors or ask whether the doctor you're considering is in-network.

If your mother is enrolled in original Medicare, you can use the care compare tool at <https://www.medicare.gov/care-compare> - click on "Doctors & Clinicians." This will let you find doctors by name, medical specialty or by geographic location that accept original Medicare. If she's

enrolled in a Medicare Advantage plan, call or visit the plan website to get a list of approved candidates.

Once you find a few doctors, you need to call their office to verify that they still accept your insurance, and if they are accepting new patients.

You should also consider hospital affiliation. Your choice of doctor can determine which hospital you go to, if needed, so find out where the doctor has admitting privileges. Then use some hospital ratings services like <https://www.medicare.gov/care-compare> (click on "Hospitals") to see how it compares with other hospitals in the area.

Researching Doctors

After you find a few doctors you're interested in, there are various websites you can consult, to help you evaluate them. For example, the Federation of State Medical Boards offers a tool at DocInfo.org that will let you find out doctor's board certifications, education, states with active licenses, and whether or not a physician has been disciplined by a state medical board.

The Centers for Medicare & Medicaid Services (CMS Data) is also a good source for researching doctors. For example, it will help you find out how many times a doctor did a particular procedure and what they charge for it - go to <https://data.cms.gov/tools> and click on "Medicare Physician & Other Practitioner Look-up Tool." And to learn about the financial relationship that doctors have with drug and medical device companies, visit <https://openpaymentsdata.cms.gov>.

Some other good sites for finding and researching healthcare professionals include Healthgrades (<https://www.healthgrades.com>) and Vitals (<https://www.vitals.com/>).

Both sites provide substantial doctor's information on education and training, hospital affiliations, board certification, awards and recognitions, professional misconduct, disciplinary action, office locations and accepted insurance plans.

They also offer 5-star ratings scales from past patients on issues such as communication and listening skills, wait time, time spent with the patient, office friendliness and more. But be aware that while physician rating websites can be helpful, they can also be misleading and unreliable.

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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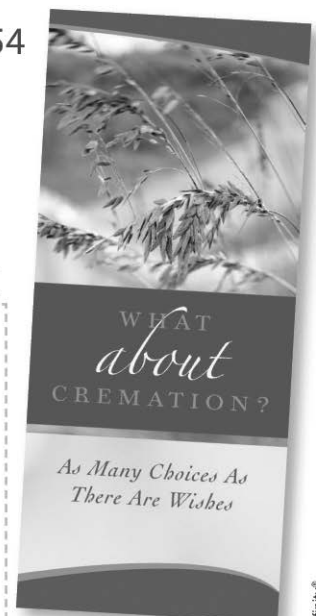
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SNL TINSELTOWN TALKS

David Selby's Mom Was a Big Fan



By Nick Thomas

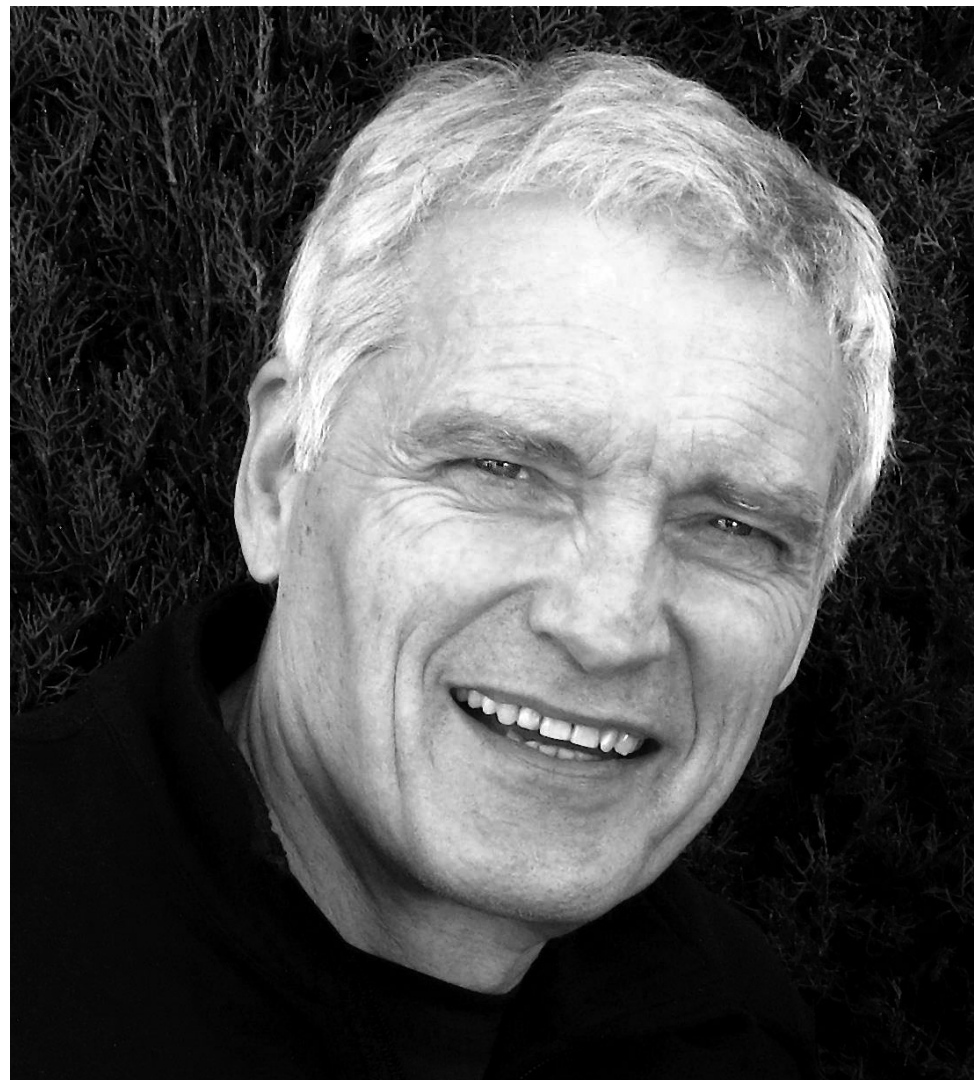
Born and raised in West Virginia, David Selby's extensive film, television, and stage career included prominent roles in two very different TV shows in different generations: ABC's gothic soap opera "Dark Shadows" in the 60s and the prime-time soap "Falcon Crest" on CBS in the 80s.

"My mother (Sarah) loved that I was an actor," said Selby from Los Angeles, but she had no background in the entertainment world. Her upbringing in a coal mining town was a tough one, being responsible for raising her brothers and sisters.

"She managed to graduate from high school and met my father who was raised on a farm," recalled Selby. "Mom continued to work hard at various jobs including the local Montgomery Wards, in a bakeshop, and her last job was as a bookkeeper in an office supply place. But she never liked to talk about herself – at all. Her focus was always on the family. She was also a meticulous housekeeper and did not like messes."

Tidying, says Selby, is a trait he inherited and for which his family has always ribbed him for his constant dusting, washing, and sweeping. "Sarah is among us!" he says his wife, Chip, will lovingly announce.

To honor his late mother and her influence on his life, Selby wrote "They Don't Call Me Sarah for Nothing," a short but compelling monologue he composed for Smartphone Theatre, a live stream digital performance platform presented via Zoom and created during the early pandemic months to showcase original productions. Selby's reading streamed live in March



David Selby has played numerous roles throughout the years, including Dark Shadows and Falcon Crest. Photos courtesy of David Selby - Facebook.

SNL From Our Friends At The Library

Building Tomorrow's Libraries: Community Input Needed for New Locations in Oklahoma County

The Metropolitan Library System is thrilled to announce the launch of its Strategic Plan Survey, inviting community members to shape the future of libraries across Oklahoma County.



"By participating in this survey, individuals have the opportunity to directly influence the evolution of their local libraries, ensuring they remain vibrant and responsive to the diverse communities they serve," said Larry White, CEO of the Metropolitan Library System.

The Strategic Plan Survey aims to gather valuable insights from guests to better understand their preferences and needs regarding programs, services, materials, technology and future library locations.

"We hope to build four new libraries in the next decade, and we need to know where to put them," said White. "We believe that involving our community in the planning process is crucial to building libraries that truly meet their needs."

The survey, available in English, Spanish and Vietnamese, is available at metrolibrary.org/survey. Participants who complete the survey are eligible for a prize drawing, with ten Amazon Fire tablets and ten insulated tumblers up for grabs. **The survey is open until May 10.**

The grand opening for the new Almonte Library, located at 2727 SW 59th, is scheduled for May 15 at 10 a.m.

2022 and can be viewed on YouTube (https://youtu.be/cm7mFA_VF6c).

"I would act like my mother unconsciously," he said. "The kids would say 'grandma says that' or my wife would say 'you sound like your mother.' So, I wrote 'They Don't Call Me Sarah for Nothing' because it was cathartic for me to talk about her and realize, my God, how much she meant to me."

Despite their loving relationship, young David found her constant working difficult to understand. Nevertheless, he recalled, "she always somehow managed to look like a million dollars! Even taking out the trash or going to the grocery store in our little community, she was always cautious about looking her best."

As he grew older and with no initial interest in acting, Selby planned to enroll in West Virginia University but needed tuition funds. "So, I went to Atlantic City in the summer and worked at a restaurant, then returned with a pocket full of money to pay for my first half-year's tuition. I lived at home so I could walk to class as a freshman, but didn't really know what I was going to do."

That's when an adviser for

students whose names started with an 'S' spotted Selby standing in the enrollment line for classes. "He said, 'you look like you could be in theater' and it turned out he was a theater instructor," Selby remembered. "He talked me into it and, lo and behold, I began doing plays at the university right away."

After completing his degree, Selby moved to Illinois where he completed a Ph.D. in the arts, but not before moving to the East Coast and accepting his first TV role.

"I didn't finish my Ph.D. until after I was in New York doing 'Dark Shadows' – in fact, I copied my dissertation at the office where we shot the show," he recalled. His wife even took a job as an editor and then as a college English teacher so David could pursue his acting career (see <http://www.davidselby.com>).

But what did his mom really think about his acting career?

"She watched every show I did, from the plays at university and summer stock to 'Dark Shadows,' 'Falcon Crest' and everything else," he says. "Aside from my wife, my mother was my biggest fan. I loved her dearly."

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



Love Family Women's Center Revolutionizes Health Care for Women in OKC



The Love Family Women's Center opened to patients April 7th.

For the first time in 50 years, Mercy will welcome new life and care for women in a new women's center on the campus of Mercy Hospital Oklahoma City. The Love Family Women's Center will open April 7, offering a host of new services for families and women of all ages.

Nearly half, or \$43 million, of the \$98 million project was funded by philanthropy, including a \$10 million donation from the Tom and Judy Love family, making Mercy's decade-long dream a reality.

The hospital's labor and delivery and postpartum services have been at capacity for years, limiting Mercy's ability to serve more patients. The Love Family Women's Center has 15 large labor and delivery rooms, seven antepartum rooms, 47 postpartum rooms and three cesarean section rooms with pre- and post-operative recovery rooms. The additional space allows Mercy to increase from 4,000 to 6,000 births annually.

An obstetrics emergency department staffed by obstetricians who can address urgent pregnancy-related concerns will be open 24/7. This ER is the first of its kind in Oklahoma City.

"Pregnancy is such a vulnerable time for women. We know those sudden onset symptoms can be scary, and patients want to be seen quickly to be sure mom and baby are okay," said Dr. Tori O'Daniel, obstetrician hospitalist and chair of obstetrics and gynecology Mercy Hospital Oklahoma City. "Our obstetrics ER will be there to provide immediate access for patients who are at least 20 weeks pregnant or up to six weeks postpartum. Patients are seen by obstetrician hospitalists who are physician experts in pregnancy, giving them peace of mind."

The state's first hospital-based low intervention birth unit is also located on the first floor of the Love Family Women's Center. This unique space has four large labor and delivery suites, each with a queen-size bed and labor tub. Care for mom and baby will be led by a Mercy certified nurse midwife in a space designed to give families a natural, home-like experience just steps away from a higher level of care in the event of an emergency.

The center connects to the hospital via a sky bridge. This allows moms of babies needing a higher level of care to have quick, direct elevator access to Mercy's neonatal intensive care unit on the fifth floor.

"The work we do is truly sacred, and the Love Family Women's Center is such a special place to serve families," said Laura Beck, Mercy's executive director of nursing for women and infant services. "Our physicians and nurses helped design this building based on what is best for patients. Our teams have been working to develop programs and processes to best serve families and provide a safe, warm, welcoming and comfortable experience they'll feel when they walk in the door."

The center also houses outpatient services for women including

appointments with lactation experts and a midwifery clinic where Mercy's certified nurse midwives will provide care from pre-conception to early pregnancy, prenatal health, delivery and beyond.

An outpatient pelvic floor therapy department staffed by highly trained female physical therapists is also located on the first floor. The clinic has a therapy gym and four private consultation rooms to serve women of all ages and stages experiencing pelvic pain, urinary incontinence, pelvic organ prolapse, chronic constipation and more.

The center, the result of the largest fundraising campaign in Mercy's history, has been made possible by a long list of generous donors who

funded nearly half of the project. In addition to the lead donation from the Love family, campaign co-chairs Judy Love and Cathy Keating led the way in raising more than \$33 million additional dollars for a donation total of \$43.5 million.

"This campaign was led by women, for generations of women to come and there could be no better campaign co-chairs than Judy Love and Cathy Keating," said Lori Cummins, vice president of Mercy Health Foundation communities. "They took this project head on just three months before a worldwide pandemic brought economic uncertainty, but it didn't stop the enormous outpouring of support from our community and beyond. We could not be more grateful."

LEGEND SENIOR LIVING RESIDENCES AWARDS "BEST OF" RATING

U.S. News & World Report has named 24 residences of Legend Senior Living among its "Best of" for 2024 in their respective categories.



Legend, a senior living provider based in Wichita (KS), regularly places among the nation's top companies in the annual U.S. News ratings. The family-owned company owns and operates 54 senior living residences in six states, offering independent living, assisted living (personal care), memory care, and rehabilitation.

"We're very proud of Legend's showing in the 2024 ratings, increasing by nine over last year," said Matt Buchanan, President of Legend Senior Living. "It's especially gratifying that these ratings are based directly on the surveys of the residents of our communities and their families."

It's one important indicator that our compassionate Legend professionals are working hard to fulfill our mission to serve seniors. This places us at the top among the country's largest, most prestigious providers."

Best Senior Living ratings are based on U.S. News's in-depth analysis of consumer-satisfaction data derived from extensive resident and family surveys. U.S. News analyzed more than 200,000 resident and family surveys at nearly 4,000 senior living communities to produce their Best Senior Living ratings. U.S. News separately evaluated each location in independent living, assisted living, and memory care. Fewer than half of the communities that participated in the evaluation process earned even a single award.

Legend's "Best Of" performance comes on the heels of a growth period for the company, which has added 13 residences under the Legend banner in the past three years. Legend residences have been certified as Great Places to Work® and are also recognized among the Top 25 Senior Living residences by Fortune Magazine.

Oklahoma residents awarded are: Edmond's Legend at Jefferson's Garden, Arbor House of Mustang, Arbor House of Norman, Rivermont Independent Living of Norman, Acclaim Living in OKC and Green Tree in Sand Springs.

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TAKE A WALK. FEEL BETTER. LIVE LONGER.

By Marise Boehs

Doctors and researchers across the board agree that walking is the single most beneficial thing we can do to thwart high blood pressure, diabetes, heart disease, Alzheimer's, arthritis and a host of other ailments as we age.

Thirty minutes a day, 5 times a week is recommended. Good news - it doesn't have to be all at once. Two 15 minute walks or three 10s are just as good.

Metro Area City Parks with Walking Trails

Fortunately for those of use living in central Oklahoma, the weather is mostly nice (more than it is terrible) allowing us to go outdoors. And we have a plethora of beautiful and safe places to walk.

This month I want to highlight several city parks in the metro area. These are neighborhood parks with paved walking trails designed for fitness and relaxation. And they all have a story to tell!

Ruby Grant Park

Norman • 3110 W Franklin Road • www.normanok.gov
Multi-use trails (trail map online)

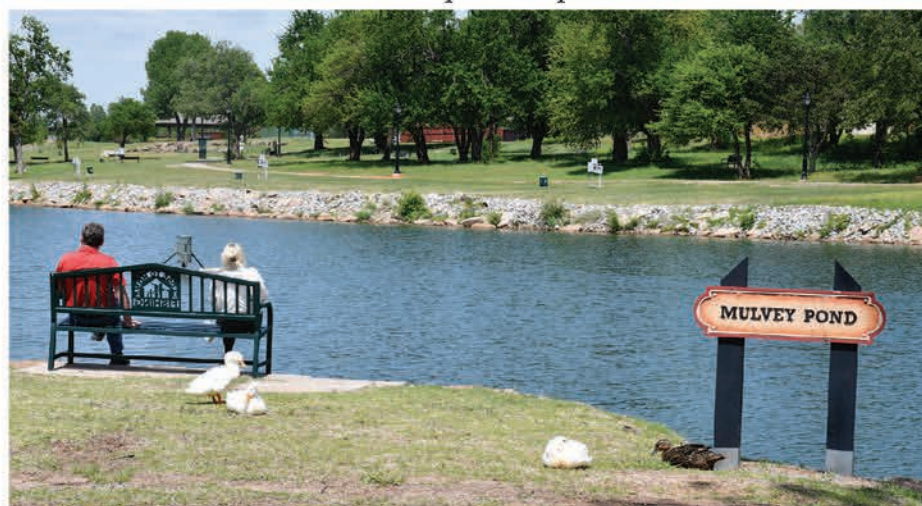


To fully appreciate the ambiance of this 148 acre park, one should know a little about Ruby Grant. She was a spinster school teacher who grew up and lived her whole life on the family farm. In 1980, oil was discovered on the farm, providing Ruby with a small fortune. When she died, her estate (including the family farm) went to OU with the stipulation that the farm be turned into a park.

So as one walks these paved trails among the gnarly old black oak and cedar trees, it is not hard to travel back in time. The highlight of my walk in this park is an ancient and huge cedar tree. See it and other sights on my blog.

City Park

Yukon • 2200 S Holly Ave • www.yukonok.gov
Featuring a pond and several walking trails, City Park is one of Yukon's prettiest parks.



I'm tellin' ya'll this is a NICE park!

I spent an hour and a half, walked about 2 miles and didn't come close to seeing it all. Tree covered at times and then open sunny paths with people walking their dogs. There are bridges across the lake, several pieces of public art, fountains and interesting, informative plaques talking about the history of Yukon.

Benches for resting and meditating are abundant in all areas of the park. Pavilions and picnic tables for family outings are close around the pond. Check availability and get more information at yukonok.gov. See my blog for more photos from my park walk.



Tinker Bicentennial Park

Midwest City
7200 SE 29th Street • www.midwestcity.org
This is a small neighborhood park located across the road from Tinker Air Force Base. It's not a big park - I walked it entirely in 20 minutes - but it has much to see and an even bigger story to tell.

Old and new public art is on display. And there are ducks on the waterway! Check it out on my blog.

If you have a favorite park you would like to see highlighted let me know. For more photos and details of the parks in this article, check out my blog at www.mariseboehs.com/blog.



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Oklahoma Senior Follies contestants from left to right are Billie Rodely, Jackie Short, Barbara DeMaio, Pam Holzberger, Dot Liles, Fran Kozakowski, Victoria Young, and Barbara McMullin.

The 2024 Oklahoma Senior Follies is being reimagined this year! There will be lots of glitz and glamor as well as some new faces on stage. We will be opening with OKC Chorus (Sweet Adelines). Our variety show will also include Tarpley Tappers, Barbara DeMaio (opera star), our gorgeous beauties, and Mark and Patti Mellow as our Dynamic Duo! This year the beauties will not only be announced but will also participate by singing and dancing in the background in some of the numbers.

Gina Bramlett and Michael Pone are our Co-directors this year. Dr.

Matthew Jones is our talented music director. They will be working their magic to make this a show to remember for the entire family!

The show will be at UCO Mitchell Hall on Saturday, June 8th at 7:00 p.m. and Sunday, June 9th at 3:00 p.m. Ticket prices are \$30.00 each or \$25.00 each for a group of ten or more. Tickets are available on our website at www.oklahomaseniorfollies.com by clicking on purchase tickets, or by calling the box office at 405-974-3375.



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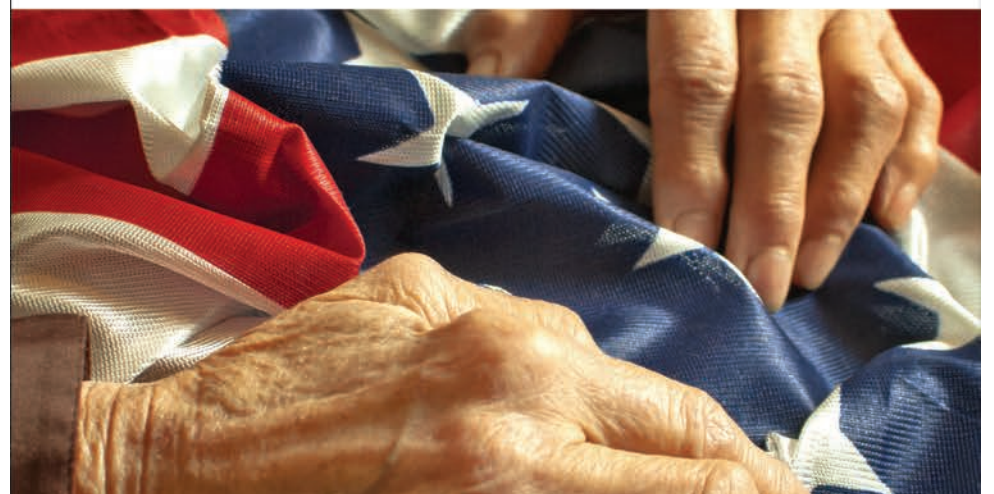
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Consumer Alert: Unlicensed Home Warranty Company Ordered to Cease-and-Desist Operations in Oklahoma

The Oklahoma Insurance Department (OID) recently issued a Cease-and-Desist Order against First Premier Home Warranty Corp. for unauthorized sale of home warranty contracts in Oklahoma. Effective immediately, the company is required to halt all sales activities in the state. The OID emphasizes that any entity offering home warranty contracts to Oklahoma consumers must hold proper authorization from the Oklahoma Insurance Department.

Insurance Commissioner Glen Mulready highlighted the importance of consumer protections stating, "Oklahoma consumers rely on home warranty companies to provide essential coverage. Our licensing protocols are designed to safeguard consumers and uphold ethical standards. When companies fail to adhere to these standards, we take swift action to protect consumers."

The OID initiated an investigation following complaints from consumers regarding the sale of unlicensed home warranty plans in Oklahoma. Consumers are urged to verify the licensing status of any company before purchasing a policy. Suspected instances of fraud should be reported to the OID at 800-522-0071.

OKC Native Named President of Mercy Hospital OKC Communities

Mercy has named Bennett Geister president of Mercy Hospital Oklahoma City Communities. Geister will lead operations and strategy for Mercy's hospitals and clinics across the Oklahoma City metropolitan area beginning June 3.

Geister, who was born at Mercy Hospital Oklahoma City, spent his early career working in health care in the Oklahoma City area. Since 2018, he has served as chief executive officer of Hillcrest Hospital South in Tulsa.

"I truly consider it a gift to have the opportunity to lead an already wonderful team at Mercy, and to do it at the hospital where I was born is a full circle moment for me personally," said Geister, who grew up in a family of health care providers, which influenced his career path. "Professionally, I've always considered Mercy a really strong organization across the state with so much potential to grow and serve more people who need care. I'm excited to be a part of that growth and honored to be a part of Mercy's legacy."

Geister is passionate about providing safe, high-quality patient care and building a strong workplace culture. He also considers himself an advocate for co-worker engagement and community involvement.

He is a graduate of Heritage Hall, completed his bachelor's in business administration at University of Oklahoma in Norman, and earned a master's in health care administration at Trinity University in San Antonio, Texas.

Biden Mandate Will Lead to Closures, Displaced Seniors, Without Help from Lawmakers

Care Providers Oklahoma recently sounded the alarm on an impending crisis created by the Biden Administration's approval of a new staffing mandate. The new mandate requires nursing homes to significantly increase the number of nurse aides and registered nurses at each facility, without addressing 1) the financial impact of that new requirement or 2) the reality of an ongoing workforce shortage that has already led multiple facilities in Oklahoma to close.

"For months, the White House has been signaling their plan is to mandate that nursing homes hire staffers that do not exist with money they do not have," said Care Providers Oklahoma President and CEO Steven Buck. "This is an impossible proposition that has gone from a bad idea to a federal rule with the force of law. We are sounding the alarm that this policy will absolutely lead to closures, displaced residents, and the loss of quality care for elderly and vulnerable populations."

Care Providers Oklahoma estimates the new rule requires the average facility to hire two to three new registered nurses at a cost approaching \$17 per Medicaid resident per day. Total costs associated with new hires for Oklahoma's nursing homes will be as much as \$76 million annually.

Currently, the Oklahoma Health Care Authority already estimates that nursing homes are funded at \$44 per Medicaid resident per day under the projected cost-of-care. The Biden staffing mandate expands that funding gap to upwards of \$61 per Medicaid resident per day.

"Oklahoma homes have already been closing at a rapid clip because we are not funded at the cost-of-care," said Buck. "That is going to increase at an even faster rate, especially in rural areas, unless we can get some help."

See the Oklahoma State Department of Health's list of recent closures [here](#).

Buck said that Care Providers Oklahoma was taking the following steps to protect its residents:

1. Asking the Oklahoma Legislature to increase funding to a level equal to the OHCA's projected cost-of-care;
2. Supporting the federal "Protecting Rural Seniors' Access to Care Act," a bill that would block implementation of the new mandate;



3. Educating the public on the devastating impact that the Biden mandate would have on Oklahoma's vulnerable seniors.

Oklahoma Governor Kevin Stitt has already signed a letter, along with 14 other governors opposing the mandate.

Senator Lankford has also spoken out against the mandate and its impact on rural facilities.

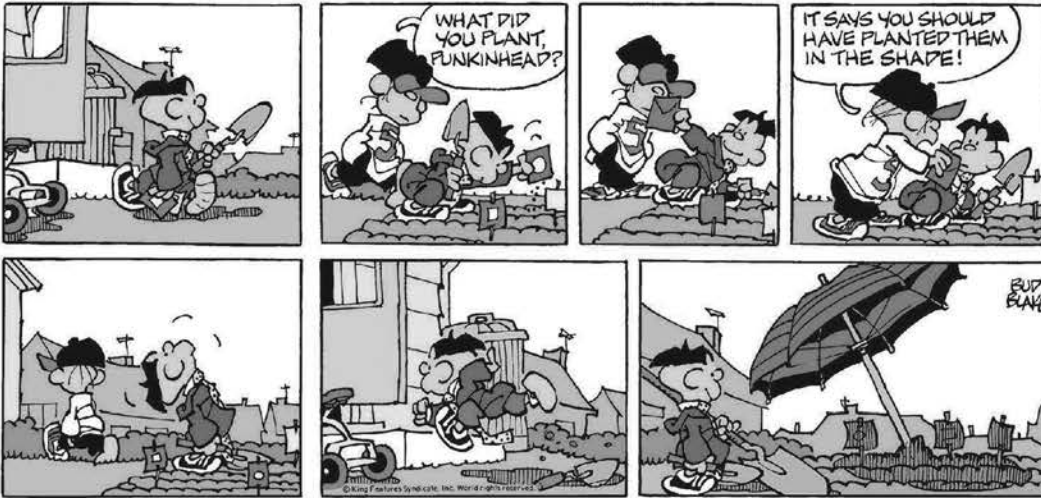
Amber Waves

by Dave T. Phipps



TIGER

by Bud Blake



The Spats

by Jeff Pickering



BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalm 32:3-4

When I kept silent, my bones wasted away through my groaning all day long. For day and night your hand was heavy on me; my strength was sapped as in the heat of summer.

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

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

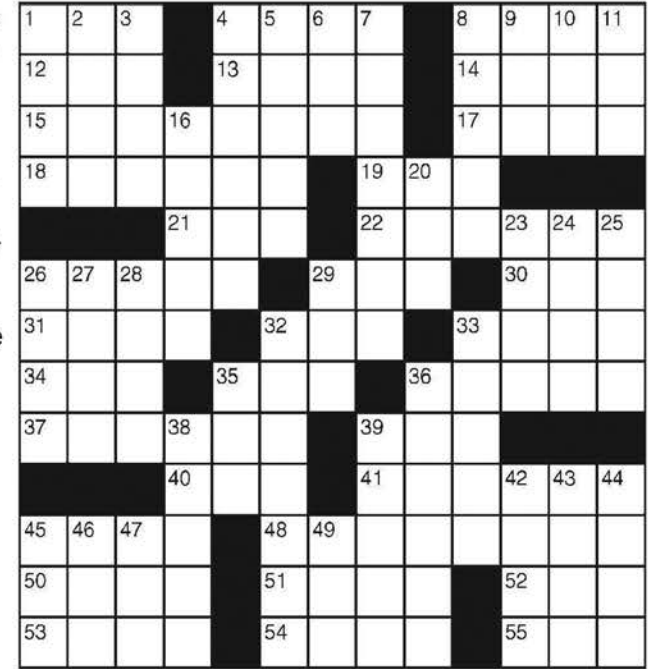


Differences: 1. Can is larger. 2. Brush has no paint on it. 3. Rail is lower. 4. Window is different. 5. Sleeve is different. 6. Ear is larger.

King Crossword

ACROSS

- 1 Scene stealer
- 4 Pilgrimage to Mecca
- 8 Auction
- 12 Carte lead-in
- 13 Pakistani language
- 14 Currier's partner
- 15 Florida city
- 17 Clothing store section
- 18 Intimidates, with "out"
- 19 Apprehend
- 21 Shade
- 22 Pictures
- 26 Throat affliction
- 29 Sault — Marie
- 30 Fib
- 31 Cobra feature
- 32 IRS employee
- 33 Exceptional
- 34 Mornings, briefly
- 35 "Oy —!"
- 36 Duck down
- 37 "Pop Goes the —"
- 39 Evening hrs.
- 40 Chopping tool
- 41 Portugal's place
- 45 Apple computers
- 48 Hit song by Shawn



- 7 "Walk on the Wild Side"
- 8 "The Lion King" lion
- 9 "Hail!"
- 10 Actor Cariou
- 11 Curved letter
- 16 Yearned
- 20 Soul, to Camus
- 23 Pleased
- 24 Green land
- 25 Crystal gazer
- 26 "Candida" playwright
- 27 Hefty book
- 28 Activist Parks
- 29 Covert agent
- 32 Piano's cousin
- 33 Stair part
- 35 Puzzle
- 36 Represent
- 38 Malia's sister
- 39 Wine grape
- 42 TV host Kelly
- 43 Slanted type (Abbr.)
- 44 Org. for seniors
- 45 Coffee holder
- 46 "Caught ya!"
- 47 Gear tooth
- 49 Goof up

DOWN

- 1 Door fastener
- 2 Regrettably
- 3 Creche figure
- 4 "Quiet!"
- 5 Stood
- 6 Banned pesticide

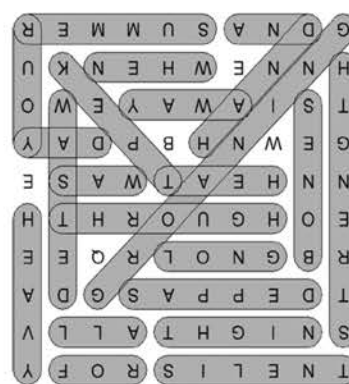
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Trivia test

by Fifi Rodriguez

1. GEOGRAPHY: Which of the Great Lakes is smallest in surface area?
2. TELEVISION: Which sitcom has the theme song, "Where Everybody Knows Your Name"?
3. ANATOMY: Which part of the human body is involved with ACL surgery?
4. GAMES: What is the victim's name in the U.S. version of the board game "Clue"?
5. ANIMAL KINGDOM: What is the world's largest species of frog?
6. SCIENCE: What do isobars indicate?
7. LITERATURE: In the novel "Don Quixote," who is the human companion to the title character?
8. MOVIES: In which movie did actor Bill Murray live the same day over and over?
9. THEATER: Who is believed to be the first actor in a Greek drama?
10. MUSIC: What is the name of Beyonce's 2024 country album?

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Answers

BIBLE WORD SEARCH



Answers

King Crossword

Solution time: 26 mins.

- Trivia Test Answers:
 1. Lake Ontario.; 2. 'Cheers'; 3. The knee.; 4. Mr. Boddly.; 5. Goliath frog.; 6. Atmospheric pressure.; 7. Sancho Panza.; 8. 'Groundhog Day'; 9. Thespis.; 10. 'Cowboy Carter'.



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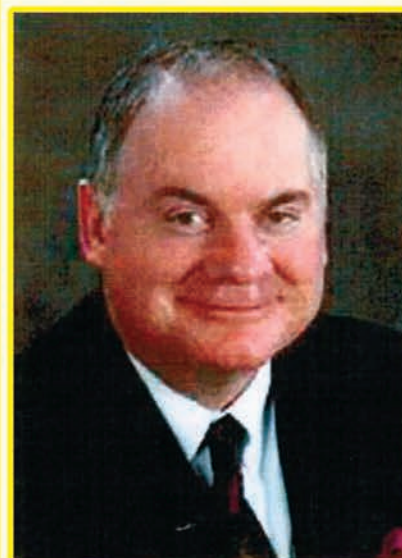


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Who should attend?

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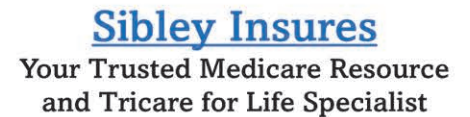
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Edmond Mobile Meals' founder, Carolyn Vance.

EDMOND MOBILE MEALS CELEBRATES 50TH ANNIVERSARY



EDMOND MOBILE MEALS



Edmond Mobile Meals staff, board of directors, City of Edmond leaders, GH2 Architects & Midtown Construction team break ground on EMM building renovation (Feb 2024)

Edmond Mayor, Darrell Davis and Maggie Murdock-Nichols picking up meals for delivery 2023.

Edmond Mobile Meals is proud to announce its 50th anniversary of serving the Edmond community this month.

Established in 1974, Edmond Mobile Meals delivered its first six meals on April 22. Seven local churches donated \$25 each and provided volunteer support to help the program get started. Since that first day, the nonprofit organization has delivered over 1.2 million meals to the homebound elderly and disabled residents in Edmond. Today, Edmond Mobile Meals delivers an average of 275 meals each weekday, 120 weekend meals, and an average of 50 meals for the Edmond Senior Center's congregate lunch. Over 400 dedicated volunteers assist in preparing and packaging meals each weekday and delivering meals across 100 square miles of Edmond. A program record of over 73,000 meals were delivered last year.

Edmond Mobile Meals is the only organization that provides daily nourishing meals and wellness checks to the homebound residents of the community. The organization provides these services regardless of an individual's ability to pay for the service. Clients are accepted into the program based only on need.

"Our primary mission is to make sure that no senior in Edmond ever goes hungry or feels forgotten," said Executive Director, Cristi Twenter. To prepare for the anticipated increase in need for home-delivered meals for seniors, the organization in partnership with the City of Edmond is in the midst of an infrastructure expansion that will result in triple the capacity of meals that can be prepared each day. Twenter continues, "The aging population is surging and will double in the next decade. We are determined to make sure Edmond Mobile Meals is ready to meet the needs of Edmond's seniors now

and in the future."

"We provide more than just a meal," Twenter says. "The friendly volunteers who deliver our meals may be the only human contact some clients have each day. We know that social isolation and loneliness are extremely detrimental for homebound individuals. Real friendships are developed between our volunteers and clients. These relationships have a dramatically positive impact on our clients' health and allows them to remain living independently in their own homes for as long as possible."

In honor of this milestone anniversary, Edmond Mobile Meals asks for support of their endowment fund held at the Oklahoma City Community Foundation. Any gift made to this campaign will receive permanent recognition on a Legacy Wall that will be featured in the organization's renovated building. Twenter says, "When you donate to our endowment fund, you are giving a gift to our future. Your contribution today will give back to Edmond's most vulnerable residents forever. It is a wonderful opportunity to honor loved ones, current or former clients, or volunteers." To donate in celebration Edmond Mobile Meals 50th Anniversary, visit <https://edmondmobilemeals.org/donate>, or mail a check payable to the Oklahoma City Community Foundation with "fbo Edmond Mobile Meals" on the memo line. The address is 1000 N. Broadway Ave, Oklahoma City, OK 73102.

Planned gifts can also be made to the Edmond Mobile Meals endowment fund. Commonly, these are donated through a will or trust. For more information about planned giving to Edmond Mobile Meals, please contact Cristi Twenter at cristi@edmondmobilemeals.org.

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Integrus Heart Hospital Nearing Completion

by Bobby Anderson, RN - staff writer



A new hospital is emerging on the Oklahoma City skyline.

The six-story Integrus Health Heart Hospital is moving towards its June completion date and hiring is continuing.

The 209,000-square-foot building will include 64 ICU beds, multiple cardiac catheterization labs, cardiovascular operating rooms, hybrid operating rooms, electrophysiology heart labs, and convenient cardiac diagnostic testing areas. It sits on the campus of Integrus Baptist.

An onsite coffee shop that features a full menu of breakfast, lunch and, craft coffee in partnership with locally owned Ends of the Earth (EOTE) Coffee Company will also be included.

“We have long been known as the only hospital in Oklahoma to offer a full spectrum of advanced cardiac care from diagnosis to heart transplantation, and the new heart hospital will allow us to continue to

offer the best heart care available anywhere in the world,” says Jeffrey Sparling, M.D., an interventional cardiologist and president of Integrus Health Cardiovascular Physicians. “This tower is proof of our commitment to improve the heart health of Oklahomans now and for many generations to come.”

Integrus Health is actively recruiting for a variety of positions.

Kelsey Behm, BSN, RN, CCRN, MBA is the director of nursing for the Integrus Heart Hospital.

She came to Integrus in 2012 and worked as a nurse tech before starting her nursing career in the transplant ICU. ECMO and cardiothoracic ICU roles followed.

“This has been a long time coming. We are so excited,” she said. “We are very quickly approaching the opening date but this heart hospital and critical care tower will be part of Baptist Medical Center. What we are able to do is expand cardiac care and services that we offer.

“What’s really awesome is we



The new six-story Integrus Health Heart Hospital is expected to be completed in June. Photo provided.



will be moving all of our cardiac diagnostics, procedural and, surgery areas into this new state-of-the-art building as well as our cardiothoracic intensive care unit and have additional critical care beds and an abdominal transplant ICU.”

If it sounds like a lot of moving parts, there are.

Behm said more than a year of planning has gone into the move.

“So many different teams of people, departments, different disciplines,” Behm said. “It really is bringing a lot together. We have a team of people that on a weekly basis track progress and make sure the project is running on plan.”

Even though construction is ongoing, frontline caregivers were able to tour the facility in early February.

“They’ve been excited but to actually see it, feel it and walk

through it they were all really proud and excited for the new building,” Behm said.

“What we have now, the infrastructure has its challenges. Walking into this new (building) with big rooms and windows ... they were just really excited. They have a lot of pride in it. It was really a great day.”

A larger facility means more staff positions. Behm said positions are available up and down the service line.

“We are actively recruiting to grow our team. Anything from pre-op, surgical admitting, PACU that’s all going to be dedicated to cardiac, we are building those teams from the ground up.”

Cath lab, CVOR, cardiothoracic ICU, abdominal transplant and, critical care teams are also being built.

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1	2	8	7	4	5	3	6	9
3	7	4	1	6	9	8	5	2
5	9	6	3	2	8	1	4	7
6	5	7	2	1	4	9	3	8
8	4	1	5	9	3	7	2	6
2	3	9	8	7	6	4	1	5
9	8	3	4	5	2	6	7	1
7	6	2	9	3	1	5	8	4
4	1	5	6	8	7	2	9	3

See Sudoku Answers on Page:

SNL CENTENARIANS OF OK



Iru Daugherty

(Right) 100 years old. Tulsa - Moved to Tulsa in 1987 to work at Victory Church, her son Pastor Billy Joe asked her to "love on people." She has had an interesting life with wonderful people & is so grateful for good friends. Her words of wisdom to younger people: "Follow the Lord. Trust in the Lord. Listen to Him. Believe in Him!"



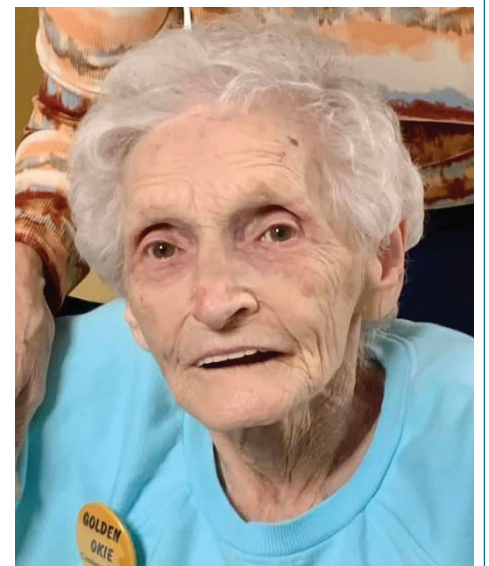
Dewey Muirhead

(Right) 100 years old. Wewoka - Served in the Army Air Corps as Military Police (MP) and loved his motorcycle. He cooks himself a big breakfast everyday, enjoys old Western swing music and likes antique car shows. His life advice to others: "Work hard; have fun; love your family and make memories!"



Velma Oliver

(Right) 100 years old. Claremore - Her husband was military so they traveled all over the country & lived in Jurupa Valley, CA for several years. She was a farmer, homemaker, mother & housekeeper, so she never really retired. She enjoys Mexican food & gardening & volunteered at the Salvation Army.



You Are the Best Mildred Cox

(Left) 100 years old. Broken Arrow - Mildred was born in Kentucky but is now a Golden Okie. Mildred was the cashier at Ted & Debbie's Flower & Garden before retiring in 2017. She loves God and her Family.



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Chisholm Trail Museum in Kingfisher Launches \$6 Million Fundraising Campaign



The Chisholm Trail Museum in Kingfisher celebrated its 60th anniversary on April 22. To celebrate this milestone, a new campaign dedicated to expanding and renovating the museum launched on May 1.

This project will allow the museum to rebrand as The Chisholm and refocus its mission to provide a more sustainable future while ensuring that Oklahoma's farming and ranching history, from its early roots to contemporary issues, are shared. Farming and ranching have long played a role in shaping the lives of Oklahomans and our state. This campaign will allow the museum to combine the old with the new.

"At The Chisholm, we will strive to engage, educate, and enrich our community and those who explore it by making the unique stories of Oklahoma's past relevant to today's visitors," reported Jason Harris, executive director of the museum. "We

sit at the crossroads of Oklahoma's wheat belt and along the Chisholm Trail. Our location makes us an ideal place to share exhibits on indigenous agriculture and herd management, the cattle drive era, agriculture mechanization and modernization, conservation efforts, ranch rodeo, agriculture and the environment, and more."

The museum's new exhibits will focus on the individuals, families, and industries that have shaped Oklahoma agribusiness through the decades.

More than \$1.5 million has been allocated for The Chisholm out of \$46 million in Legacy Capital Financing funds given to the Oklahoma Historical Society by the legislature to make improvements across the state to more than 20 sites. The museum plans to raise additional private funds through 2026, with work beginning at the complex this summer. This campaign will enable the museum

to completely renovate the museum building and its mechanical systems, preserve historic structures in the heritage village, complete extensive preservation work on the territorial governor's mansion, and allow for better visitor experiences and care of its collections. The design includes creating new educational and community meeting spaces, modernizing collections storage for artifact care, providing improved ADA accessibility, installing new exhibits throughout the museum complex, and more.

"It is about more than just our buildings," Harris said. "It is about transforming the museum to appeal to many of our state's citizens and visitors while helping the OHS meet its institutional goals. Our objective

is to provide our community with an invaluable resource while stimulating tourism in the region."

With more than three-quarters of the state as farmland, agribusiness is big business in Oklahoma. Today, Oklahoma is home to more than 77,000 farms and ranches, ranks second in the U.S. in cattle production, fourth in the number of farms, and shapes agribusiness across the nation through education training.

The Chisholm Trail Museum is located at 605 Zellers Ave. in Kingfisher. Call 405-375-5176 for more information or visit thechisholm.org.

The Chisholm is an affiliate of the Oklahoma Historical Society. For more information about the OHS, please visit <https://www.okhistory.org/>.

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Caregiving can make you laugh - Really!

By Marilyn Olson, Executive Director, VillagesOKC

During the 3,691 days that my mother lived with us, there were hundreds of really good days, a few bummers, two or three frightening days and a lot of just ordinary days. Sandwiched in between were some that stood out because they made us laugh until we cried. Today, we laugh all the more when the story is retold. It was one of those that made us say, "You can't make this stuff up; you gotta laugh."

It was near the year-end holidays. My friend had given me an "Alexa" for Christmas. (You know, that's the electronic voice-activated gadget everyone was buying in 2009.) After opening, she was eager to tell me all of its amazing features. She wanted me to know all about how it helps her keep a grocery list, tells the weather for the day, and even orders on Amazon. She was so eager to set it up and show me that she asked my Amazon password and placed a "pretend" order, before submitting - or so I thought.

That next week a small Amazon

Prime package arrived; it was a slender bottle of lotion. Although I do not use Avon, I decided to put it away because Mother always is looking for hand cream and it would make a good gift for Mother's Day. And besides, I hate returning things.

Five months after my friend had made the erroneous Avon order, I presented Mother with the gift of hand cream. Since she already had bottles of lotion open, she put it aside waiting until fall to begin to use it in preparation for a doctor's visit. It had a delightful fragrance. "I can always use another bottle of lotion," she said.

The monthly appointment with the doctor was uneventful, and afterwards, we went to Braum's as usual to celebrate having a good checkup. The doctor applauded that she was walking regularly outdoors even though the days were getting cooler. "Great for Vitamin D," the doctor said.

We were very busy preparing for Thanksgiving when all the family would be there. Mother said, "I'm really concerned about what is happening to my hands, neck and face. I wonder if you'd call Dr. Craven and see if the nurse can work me in for an appointment."

When I investigated, Mother was worried about her skin's yellowish tinge on both hands. Looking more closely, the faint yellowish pallor was even more apparent in the daylight. Mother was a worrier and thought she was jaundiced. And even though I didn't let her know, I had concerns too. (She stayed very aware of her healthcare lab reports and watched her kidney numbers meticulously.) But it didn't make sense because there were NO other symptoms.

Caregiver Coaches NETWORK TRAIN EQUIP

After two more days of "apparent jaundice" but no other symptoms, I began to seriously investigate yet trying not to worry her.

"Mother, what bottle of lotion have you been using?"


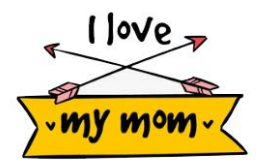
"That one," she said as she pointed to the bottle on the nightstand.

I picked it up to read the fragrance. It was the Avon bottle I had presented on Mother's Day. For the first time I read the label aloud, and we both burst out laughing.

"Oh, my goodness! Mother, this is tanning lotion, Avon's Golden Tanning Lotion. You aren't jaundiced, you just have a golden tan. Guess I'll cancel that doctor's appointment and buy a swimsuit fit for a 98-year-old instead."

We couldn't wait to tell the family. And we all laughed until the tears came.

Editor's Note: One in five adults who are caregivers will tell you that caregiving isn't always joyful. Sometimes caregivers need a little guidance or a listening ear. That is why VillagesOKC developed Caregiver Coaches, a network of laymen from faith communities who have been caregivers and who understand the physical, mental, and emotional toll on the caregiver. The "coaches" are laymen who feel a strong desire to be there for someone who is in the throes of caregiving and to help them navigate the issues of caring for an older person. Caregiver Coaches meet to learn of the many organizations and businesses in this city that can be of help. Caregiver Coaches meet monthly. Learn more at <https://villagesokc.org/>.

THE VILLAGESOKC UMBRELLA

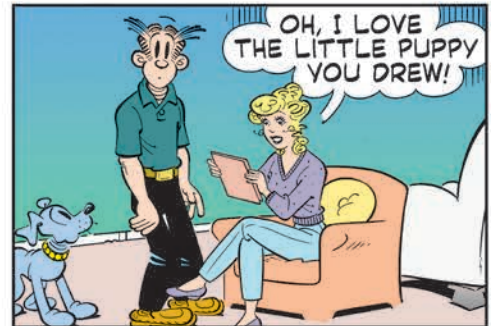
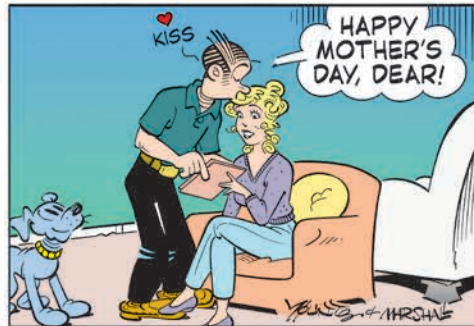
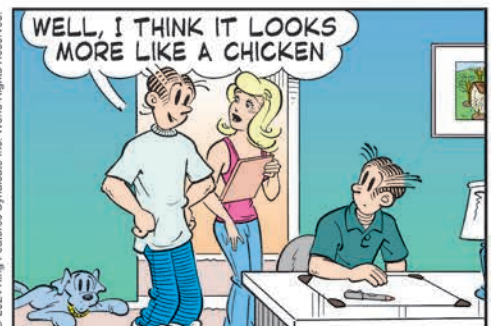
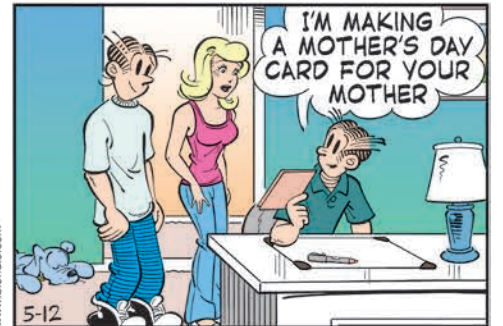
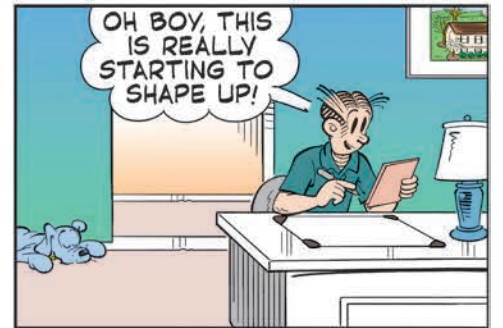
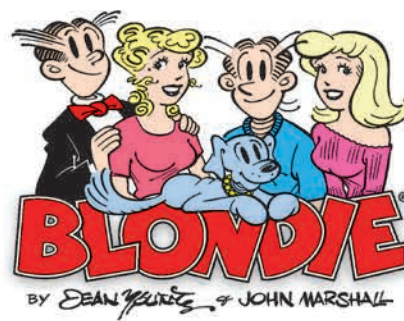
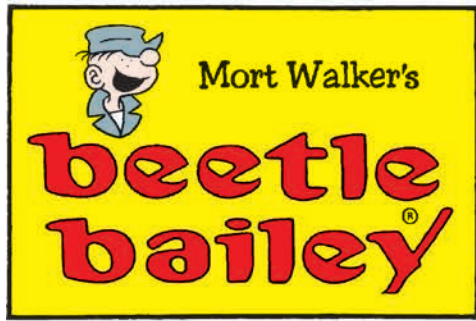


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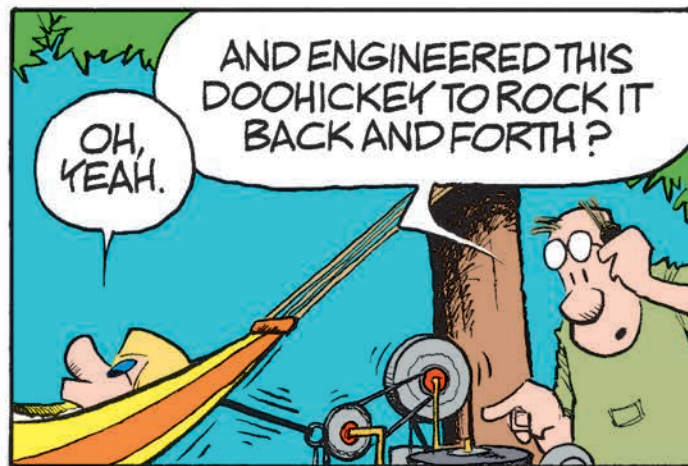
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