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SENIOR NEWS & LIVING



Esports Program Aims to Reduce Veteran Suicides

Read Esport's story on page 2

Clifton Haley
PHOTOGRAPHY

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American Legion Lebron Post 58

Esports program, which is designed to reduce veteran suicide by providing an environment of a connection.

Story by Van Mitchell, Staff Writer

Suicide has no single cause and no one approach can end it-but prevention is possible, especially when Veterans find support before a crisis happens.

That's the mission of the American Legion Lebron Post 58 in Guthrie with its Bunker 58 Esports program, which is designed to reduce veteran suicide by providing an environment of a connection, teamwork, and camaraderie for local veterans.

"Bunker 58 started as an idea between three Legionnaires a couple of years ago," said Army veteran and Lebron Post 58 Chaplain George Shafer. "We were sitting around drinking

coffee, and one of our members read an article in the National American Legion Magazine about a partnership with a gaming organization. And in that article, it explained to us that eSports provides a level of camaraderie, accountability, and competition that veterans crave. We began the process of looking into what it would look like to get that program at our post here in Guthrie. And we began looking at the cost and looking into the internet, and considering where we could potentially run the program."

Shafer said the process began of reaching out to Regiment Gaming, which is the nation's



Lebron Post 58 Chaplain George Shafer stands next to one of the gaming platforms that is part of the Bunker 58 Esports program at Lebron Post 58 in Guthrie.

largest veteran-only gaming community in the country.

"I was able to make contact with Chris Earl, who's the CEO of Regiment, and that began a working relationship with both Regiment and Paradox Customs to get the computers," Shafer said. "Our committee worked tirelessly from February until July, getting the room designated, getting the room prepared. We coordinated with the community. We coordinated with many entities to help make this happen. And finally, on July 10th, we had our grand opening."

Shafer said the grand opening was a success.

"It exceeded our expectations dramatically," he said. "We were hoping on a Wednesday afternoon to hopefully get 10 or 20

people to come out and look at what we were doing. We ended up having over 100 people show up. We were able to speak with veterans and attendants who had never stepped foot into an American Legion before. We were able to procure new memberships coming from a younger demographic. And the response that we got from our immediate community was overwhelmingly special."

Shafer said Bunker 58 is a passion project for Lebron Post 58 members.

"Many of our committee members are enthusiastic about this project because we know somebody who has succumbed to being part of the 22 a day," Shafer

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LEGION

Continued from Page 2

said, in reference to the number of veteran suicides per day. "Our goal is to have this program up and running so that it is a safe place to land for any veteran who finds themselves struggling during the holidays, starting with Thanksgiving. Thanksgiving through the week after New Year's, is our target goal to get good at facilitating, mentoring, and assisting veterans through this new venue."

Shafer said each Esports committee member is being trained how to operate the gaming equipment by Brent Lemmons, vice-chair of the Esports committee and former Esports coach at Guthrie High School.

"We're training our committee members on how to operate the equipment," Shafer said. "We will train up the entire committee on how to start up, run, diagnose, fix, assist, get people onto gaming platforms, working with the different areas of hardware like the mouse, the keyboard, the

headset, the controller, the towers."

Shafer said when the training is finished, the goal is to host game nights and tournaments.

"We'd like to have beginner nights where people just step in and they learn about what Esports is, and how they can take advantage of it," he said.

Shafer, like other veterans, has had his share of struggles since leaving the military.

He said his faith and a support network has helped him.

"I am a veteran that has struggled," he said. "I've been out of the military for 10 years. I have struggled with the aimlessness, and the lack of passion, feeling worthless, feeling empty, feeling void."

Shafer said his struggles help him better help other veterans.

"When I see that in somebody else, I'm able to recognize it," he said. "Not because I've experienced exactly what that person has experienced, but it rekindles my desire to ensure that nobody ever feels that way again. To ensure that they understand

that they're made in the image of God, in the image of their creator, and that they have worth, and that they have value. Even if they no longer wear the uniform or serve the country, they still have value and they still have worth, and they still have things that they were put on this planet to do. And if I can help them get through this short, temporal period of feeling empty, it's my honor to do that."

According to a 2023 Military Times article, video games have gone hand in hand with military service since the 1990s when service members would take their Nintendo or Sega Genesis consoles on deployment with them. While much has changed in the quality and quantity of gaming services and platforms, one thing has remained constant: Military members love video games.

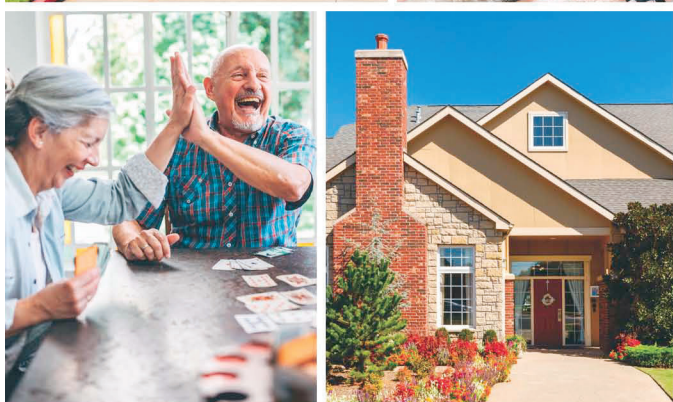
They love them so much that the Navy, Army, Marine Corps, Air Force/Space Force, and Coast Guard have established esports teams. The services founded these teams to modernize outreach and recruitment efforts and show a different side to

military service.

Shafer said the long-term goal of Bunker 58 is to give veterans an outlet to turn to instead of suicide.

"The long-term goal is to end veteran suicide. So, do I believe video games are the answer for veteran suicide? No, I do not. I believe that Esports are a methodology to reaching potential veterans that could be struggling," he said. "And that is our responsibility. Do we want veterans to come out and play video games? Of course. Absolutely. We want to provide that environment. We want the environment to be safe, we want it to be warm, we want it to be engaging. But when people pull me aside in my role as a chaplain to discuss matters of faith, suicidal tendencies, financial hardships, joblessness, I believe that is the core of the program that will eventually begin to save lives."

For more information about Bunker 58 call the Lebron Post 58 post at (405) 282-2589.



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HEALTHY LIVING NORMAN

Open House

Story and photos by Marise Boehs

Celebrating 8 Months

The mission of Healthy Living Norman is to promote the health and well-being of adults aged 50 and older by providing opportunities for physical activity, social engagement, and lifelong learning at the Adult Wellness and Education Center.

Healthy Living Norman uses a six-dimensional model of wellness that includes emotional, spiritual, intellectual, social, physical, and occupational factors. The goal of the wellness center is to embody and provide programs under one roof to improve the quality of life for adults 50 and above in the Norman community. The 32,000-square-foot facility serves as a hub of wellness activities.

To better educate the community and showcase this new facility, they held an open house on Saturday, July 13th.

“We have been open 8 months today,” said Katherine Leidy, Healthy Living Norman Branch Manager. “We have done some fun things and have more activities planned - more dances which have been a huge attraction. We have pickleball and billiards. The pool always has fun things happening.”

“Membership is \$35 a month. But we do have a sliding scale for those with lower incomes. We also accept Silver Sneakers and Renew Active, which cover the monthly membership fee,” Leidy explained.

Membership includes access to the gym and pool as well as all activities and classes. While some classes may have a fee for materials, entry is included.

A 1st Annual Wellness Expo will be held on Saturday, August 17th. It is free and open to the public. This event is meant to encourage healthy lifestyles for people 50+ with demos, samples, and information about healthy lifestyles from various vendors.

They are planning a group trip to England, Scotland, and Wales in October. For more information check out their website at www.healthylivingnorman.com.

The website also has all Programs and Class Schedules available at the Center.

This is an awesome new center geared to 50+ persons to encourage health, wellness and camaraderie. If you want to just check it out they have a day pass for \$10.



Top left: A jigsaw puzzle invites members and attendees to sit and work on it.

Center left: Ginna Dowling, Art Coordinator, talks with attendees about art classes.

Bottom left: Several billiards tables are available off the lobby.

Right: An indoor walking track is a feature of the gym.



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90-Year-Old Resident Receives Heartwarming Surprise

by Vickie Jenkins, Staff Writer

At the age of 90, Al Postelwait is well known and a beloved resident of Tealridge Retirement Community in Edmond, Oklahoma, where he has been a resident for three and half years. Known for his gentle demeanor and dedication to helping others, Al has touched the hearts of many in the community. His upcoming 90th birthday was a highly anticipated event and the entire center was excited to celebrate such a remarkable milestone. The staff planned a grand celebration in honor of Al. The day would include a birthday party and a 'surprise geese release.'

As I introduced myself to Al, he told me a little about himself. "I was born in the small town of Radelt, Texas, a small farm town. It was a place where hard work was respected and family bonds were strong. After high school, I had a long career working for Olin and Mobil Chemical with the fertilizer division. I attended Oklahoma State University, where I earned my masters in Agriculture."

"In February 1957, I was stationed in Brunswick, Maine as a Navy commissioned officer, serving as a navigator of seaplanes, patrol planes and search and rescue planes. I was the navigator and I never got lost and that was definitely a good thing," Al said, laughing. "These were the old World War II-era planes, propeller planes, not jets. During my military service, I was assigned to various locations. I was assigned to Malta, Spain, Iceland, Guantanamo Bay and Bermuda, spending a lot of time away from home. I also served as a navigator during the Cuban Missile Crisis which was a significant part of my career."

Al enjoys living at Tealridge, finding it to be the perfect place for his needs and desires. His room overlooks a beautiful pond with ducks and geese, which he watches everyday through his large picture window. There are a few benches by the pond, where it's common to see residents feeding the ducks and geese.

About three months ago, Al and his friends were sitting on a bench close to the pond when a gaggle of Canadian geese walked by. Al noticed one goose had a bad leg and was hopping to keep up with the others. He began calling the goose Hop-a-long. The injured goose struggled to cover even half the distance of the others. Al reported the injured goose to the staff, who contacted Wildcare Oklahoma, an organization dedicated



ABOVE: Al Postelwait and his family wait for the geese release at Tealridge Retirement Community. The injured goose, that Al named Hop-a-long, is back home after three months of care at Wildcare Oklahoma.



ABOVE: The four geese are released and are ready to waddle to the pond at Tealridge Retirement Community.

to rescuing native wildlife and providing medical care and rehabilitation. They came out, caught the goose and assured everyone that it would be well taken care of.

Signs about Al's birthday were posted throughout Tealridge and the residents began walking down the hallways, ready for the birthday party. As they entered the room, they were greeted by Al's three daughters. Al was the center of attention, receiving congratulations, hugs and handshakes. The room was decorated with balloons and streamers as family and friends gathered to wish him a happy birthday. Cake, ice cream and cookies were served as one of his friends played 'Happy Birthday' on the piano. Little did Al know, the staff had another surprise waiting for him. With the help of Wildcare Oklahoma, today was going to be special. Hop-a-long was ready to be released on this special day.

As the birthday party was winding down, an announcement was made:

"Al, we have a special surprise for you. Do you remember about three months ago, you told us about the goose that had a hurt leg? Wildcare Oklahoma restored him back to health and now, Hop-a-long is ready to be released!"

"I was excited as my friends and I made our way towards the pond. There was a cage with a cloth over it, and as I got closer, I could see four geese inside. The cage was opened and out waddled Hop-a-long, with three new friends. It was quite a surprise to see the injured goose home again."

"Today, I still take great pleasure in watching the ducks and geese land on the pond, flapping their wings back and forth. Each descent reminds me of a seaplane gliding smoothly onto the water. While I can't always distinguish one goose from another, I like to imagine Hop-a-long is among them, adding a bit of joy to the onlookers. The water and the soothing motions of the birds bring a sense of peace and contentment to my day. I'm not sure which goose is which, but I have a feeling, Hop-a-long must be there somewhere. I like to think so."

Al Postelwait is a devoted father and grandfather who shared a wonderful 60-year marriage with his beautiful wife, Carole. A proud U.S. Navy veteran, he served as a commissioned officer and navigator, always maintaining an active and healthy lifestyle. He walks daily, attends exercise classes with 5-10 pound weights, and enjoys his weekly Bible study sessions. Additionally, he finds joy in working puzzles and watching the ducks and geese at Tealridge Retirement Community.

Happy Birthday Dad,

Dad taught us three girls to be independent and able to take care of ourselves during a time when most dads weren't doing that. He was a 'girl dad' before being a girl dad was hip. He was steady, reliable, loving and caring. When our mom started suffering from dementia, he cared for her so well over the years that we didn't even realize the extent of her illness. He was exemplified loving someone in a patient and unselfish way. Love, Lisa, Lora and Cara



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Going on Vacation? Before You Leave, Let's Talk About Insurance

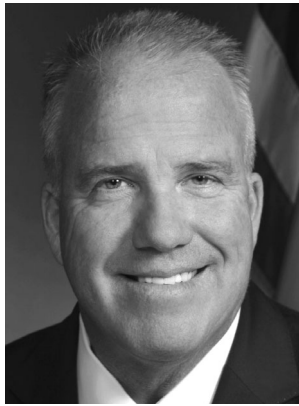
By Oklahoma Insurance Commissioner Glen Mulready

Many Oklahomans are still planning to hit the road for a vacation before summer ends. Nothing can ruin your fun like having to cancel a trip, getting hurt while away from home or returning to a costly incident at your house. Fortunately, different types of insurance can help in the situations I just described. Whether planning an expedition overseas or just a quick weekend trip to the lake, let's talk about insurance before you take off.

Travel Insurance

Travel insurance encompasses several categories of policies like trip cancellation, travel medical, emergency medical evacuation, accidental death and dismemberment, baggage loss and cancel for any reason (CFAR) policies. These coverages can help reimburse the cost of a trip you cancel, pay for medical emergencies while traveling and cover the cost of lost baggage and personal items. A good way to determine your travel insurance needs is to consider the cost of your trip, the duration of your journey, how far away you will be traveling, if you're going abroad and which kinds of activities you will be doing. For example, you probably won't need travel insurance for a trip to grandma's house two hours away. You will, however, want to consider it if you're going on a hiking trip in the Himalayas.

Health Insurance



Oklahoma Insurance Commissioner Glen Mulready.

If you're traveling domestically, your health insurance policy might cover emergency care in other states while you're away. Some plans may permit you to see out-of-state healthcare providers for any reason if they are in your carrier's network. Check with your insurance company and your specific coverages to see what is allowed.

Homeowners Insurance

While you're away, you'll want to ensure your homeowners or renters policy is in force in case of property damage, loss or theft. Read your declarations page attached to your policy to see the type of coverage, like actual cash value or replacement cost, and your endorsements like earthquake or additional jewelry coverage. On some policies, protections like personal liability will follow the homeowner, which is helpful if you stay with a friend or family member.

Auto Insurance

Similarly, you'll want to make sure you have adequate coverage on your vehicle. If you're leaving it at home in your garage, parking at the airport or driving across the country, be prepared in case of damage or theft. Additionally, if you plan on renting a car, your auto insurance policy may cover you. You can find out by contacting your agent or carrier directly. Some credit card programs include rental car coverage as a benefit and can help pay for a claim on the rental after your insurance or purchased rental car insurance kicks in.

Summer is the time to have fun and travel, but the last thing you want to deal with is not having enough insurance coverage to meet your needs. If you have any questions about insurance, contact the Oklahoma Insurance Department (OID) at 800-522-0071 or visit <https://www.oid.ok.gov>. Happy and safe travels!

SNL Metro Libraries August Events

Senior Citizens' Events at the Metropolitan Library System

Tai Chi for Better Balance Learn Tai Chi to help reduce the risk of falling, increase balance, and improve flexibility. This six-week class offers a series of slow, continuous movements. • Aug. 1, 6, 8, 13, 15, 10 a.m. at Warr Acres Library

Tai Chi for Better Movement Bethany Library offers an eight-week Tai Chi class for seniors, promoting balance, flexibility, and overall well-being through gentle, continuous movements suitable for all fitness levels. • Aug. 3, 10, 17, and 31, 9:30 a.m. at Bethany Library

Total Wellness Total Wellness is a free program by the Oklahoma City-County Health Department designed to help adults prevent diabetes and heart disease through weight loss and increased activity. • Aug. 6 and 13, 5:15 p.m. at Midwest City Library • Aug. 7 and 14, 5:15 p.m. at Bethany Library

Stay Active & Independent for Life (SAIL) Designed to increase muscle strength, range of movement, and improve daily living activities. Includes chair exercises. • Aug. 19, 21, 26, and 28, 10 a.m. at the Village Library • Aug. 21 and 28, 10 a.m. at Choctaw Library

Alzheimer's Support Group The Alzheimer's Association Caregiver Support Group offers a supportive community for those caring for individuals with Alzheimer's or dementia, providing comfort, practical advice, and a safe space to share experiences. • Aug. 27, 6 p.m. at Bethany Library

August Adventures: State Fair Fun and Back-to-School Excitement at Your Library

As the new school year approaches, the Metropolitan Library System invites guests of all ages to enjoy various events across its 19 locations. Explore the highlights below and visit:

<https://www.metrolibrary.org/events/upcoming> for more details.

Back to School Preparation Prepare for the school year with the Metropolitan Library System's digital resources, including Creativebug for arts and crafts, Fiero Code for coding lessons, and HelpNow for live tutoring. Explore LearningExpress Library for practice tests, LinkedIn Learning for business and tech courses, and Tumblebooks for interactive children's reading. Visit [metrolibrary.org](https://www.metrolibrary.org) for more details on these resources and upcoming events! • **Back to School Kit:** Available throughout August at Choctaw Library, includes essential school supplies. • **Educators Reception:** August 5, 2:30 PM at Almonte Library,

offering tours of the new library and Makerspace. • **Back to School Slime Time:** August 15, 4 PM at Bethany Library, a hands-on slime-making activity. • **Web Developer Bootcamp:** Learn CSS, JavaScript, HTML, and more at Choctaw Library every Thursday in August at 7 PM.

Metro Grows: Gardening for All Ages

Our Metro Grows Program returns with expanded tool lending at 12 locations and discovery backpacks for children. Join us for these upcoming gardening events: • **Organic Pest Management:** August 6, 3 PM at Bethany Library. • **Fall Beginner Gardening:** August 6, 6 PM at Del City Library and August 26, 6PM at Choctaw Library. • **Tea Making:** August 6, 6:30 PM at Jones Library; August 17, 11 AM at Northwest Library; August 20, 6 PM at Bethany Library. • **Natural Dyes for Kids:** August 7, 3PM at Jones Library; August 9, 10 AM at Choctaw Library; August 10, 11 AM at Village Library; August 14, 4 PM at Ralph Ellison Library; August 24, 2 PM at Southern Oaks Library; August 26, 1 PM at Almonte Library. • **Fall Budget Gardening for Kids:** August 10, 10:30 AM at Luther Library; August 19, 4:30 PM at Midwest City Library; August 20, 4 PM at Northwest Library; August 24, 10 AM at Warr Acres Library. • **Planning Your Fall Garden:** August 13, 6:30 PM at Luther Library; August 28, 6 PM at Midwest City Library.

LitFest Returns Join us for the 7th Annual LitFest at the Downtown OKC Library on August 17 from 10 AM to 4 PM featuring sessions on AI and writing, publishing, romance, dialogue writing, children's books, Oklahoma folklore, comics, and more, including a critique partner speed workshop.

State Fair Fun at Your Library

Join us for "Go Again! With the State Fair of Oklahoma" with themed programming at all locations starting August 26. Activities include crafting state fair-themed souvenirs inspired by historical photographs and programs from the library's archives. Each library will feature different activities, and guests can enter a raffle for a chance to win a four-pack of State Fair tickets. Raffle entries close on September 6. • **Featured Take-Home Kits in August:** • **State Fair Pennant Kit:** Begins August 26 at Del City Library. Teens and adults can create personalized pennants with materials inspired by historical State Fair souvenirs from the 1930s. This kit includes a felt pennant, ties, logo and year, and puff paint. All recipients will be entered into a raffle for State Fair tickets. • **Miniature State Fair Food Kit:** Available starting August 27 at Wright Library. Enjoy crafting miniature versions of your favorite State Fair foods.

OPINION

THE SAVVY SENIOR

Paying for Nursing Home Care with Medicaid

Dear Savvy Senior,
If my mother needs to move into a nursing home, what are the eligibility requirements to get Medicaid coverage? **Caretaking Son**

Dear Caretaking,

The rules and requirements for Medicaid eligibility for nursing home care are complicated and will vary according to the state your mother lives in. With that said, here's a general, simplified rundown of what it takes to qualify.

Medicaid Eligibility

Medicaid, the joint federal and state program that covers health care for the poor, is also the largest single payer of America's nursing home bills for seniors who don't have the resources to pay for their own care. (Note that some states have different names for their Medicaid program.)

Most people who enter nursing homes don't qualify for Medicaid at first but pay for care either through long-term care insurance or out-of-pocket until they deplete their savings and become eligible for Medicaid.

To qualify for Medicaid, your mother's income and assets will need to be under a certain level that's determined by your state. Most states (except California) require that a single person have no more than about \$2,000 in countable assets (\$3,000 for a married couple) that includes cash, savings, investments or other financial resources that can be turned into cash.

Assets that aren't counted for eligibility include your mother's home if it's valued under \$713,000 (this limit is higher - up to \$1,071,000 - in some states), her

personal possessions and household goods, one vehicle, prepaid funeral plans and a small amount of life insurance.

But be aware that while her home is not considered a countable asset to determine eligibility, if she can't return home, Medicaid can go after the proceeds of her house to help reimburse her nursing home costs, unless a spouse or other dependent relative lives there. (There are some other exceptions to this rule.)

After qualifying, all sources of your mother's income such as Social Security and pension checks must be turned over to Medicaid to pay for her care, except for a small personal needs allowance - usually between \$30 and \$160.

You also need to be aware that your mother can't give away her assets to qualify for Medicaid faster. Medicaid officials will look at their financial records going back five years (except in California which has a 30-month look-back rule) to root out suspicious asset transfers. If they find one, her Medicaid coverage will be delayed a certain length of time, according to a formula that divides the transfer amount by the average monthly cost of nursing home care in their state.

So, for example, if your mom lives in a state where the average monthly nursing home cost is \$8,000 and she gave away cash or other assets worth \$160,000, she would be ineligible for benefits for 20 months (\$160,000 divided by \$8,000 = 20).

Spousal Protection

Medicaid also has special rules (known as the community spouse resource allowance) for married couples when one spouse enters a nursing home, and the other spouse remains at home. In these cases, the healthy spouse can keep one half of the couple's assets up to \$154,140 (this amount varies by state), the family home, all the furniture and household goods and one automobile. The healthy spouse is also entitled to keep a portion of the couple's monthly income - between \$2,465 and \$3,854. Any income above that goes toward the cost of the nursing home recipient's care.

What about Medicare?

Medicare, the federal health insurance program for seniors 65 and older, and some younger people with disabilities, does not pay for long-term care. It only helps pay up to 100 days of rehabilitative nursing home care, which must occur after a three-day hospital stay.

For more information, contact your state Medicaid office. You can also get help from your State Health Insurance Assistance Program (see ShipHelp.org), which provides free counseling on Medicare and Medicaid issues.

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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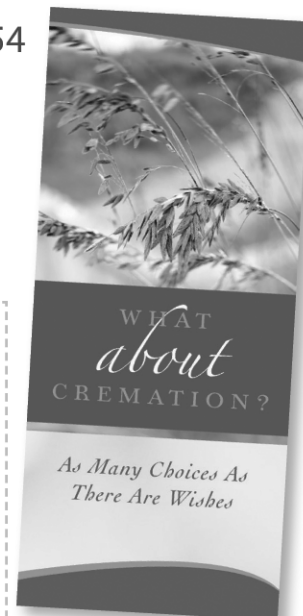
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See Sudoku Answers on Page: 31

SNL TINSELTOWN TALKS

Evelyn Rudie's Hollywood Memories

By Nick Thomas

Her film and television career only lasted a decade, but Evelyn Rudie's memories from the 1950s and 60s as a child actor remain vivid beginning with a small role in the Fred Astaire and Leslie Caron 1955 musical, "Daddy Long Legs." After meeting director Henry Koster through a family connection when she was just 3 years old, young Evelyn was offered an audition at Twentieth Century Fox.

"They thought I looked exactly like Leslie Caron would have looked like as a child," recalled Rudie, who ended up playing one of the orphan children in a scene with the French actress.

Throughout the 50s she appeared in several movies but received special acclaim for roles in live television plays on shows such as "Playhouse 90" and "General Electric Theater." For her performance as Eloise in the 1956 CBS "Playhouse 90" episode of the same name, Rudie became the first child nominated for an Emmy.

The TV play was based on the Eloise children's book series from the 50s written by actress Kay Thompson and illustrated by Hilary Knight. The books portray the fictitious antics of young Eloise who lives in the New York City Plaza Hotel. With plenty of dialogue, Rudie's character was central to the story and her performance on live TV was flawless (the 90-minute show can be seen on YouTube), but the original plan was for Thompson to overdub Rudie's voice.

"They wanted to know if I could say my lines if I was coached all day



Top, Evelyn Rudie and husband Chris DeCarlo, artistic directors at the Santa Monica Playhouse.



Right, Actress and author Kay Thompson, who appeared in the TV production, with young Evelyn Rudie as Eloise - CBS publicity photo

before the broadcast," explained Rudie. "Well, I'd heard those lines every day for three weeks during rehearsals, so it really wasn't any big deal for me."

Rudie's role in the 1959 "General Electric Theater" episode Nobody's Child was also memorable, mainly due to her co-star.

"I worked with Ronald Reagan who was one of the nicest people I've ever met," she said. "He had a way of looking at you that made you feel like you were the most important person in his life. He did that with the director, the gaffer, the lady in the commissary - everyone. Whether or not it was genuine who knows, but it probably served him well when he went into politics."

And speaking of presidents, when bantering with Groucho Marx in 1959 on "You Bet Your Life," she informed the comedian if she didn't remain in acting, she wanted to become president of the United States stating, "a woman has just as much right to be president as a man does." Not surprisingly for the time, the line drew only modest applause from the audience mixed with a sprinkling of what sounded like disapproving 'oohs' as well.

"At school, in first grade, we talked about career choices, so I only wanted to be president if my acting career didn't work out.

Fortunately, it did," she said.

Rudie's true acting passion turned out to be theater where she still works today. Along with husband Chris DeCarlo, the couple have been artistic directors since 1973 at the Santa Monica Playhouse where they also act in productions (see www.santamonicaplayhouse.com).

This coming fall, the Playhouse will be premiering "My Father's Trunk," the story of her father's years as an underground anti-Nazi cabaret creator. After he died in 1996, Rudie discovered an old trunk in the basement containing costumes, set designs, show programs, and most of the songs and sketches he wrote for the Secret Cabaret at the Tuschinski Theatre in Amsterdam.

"I've been translating the songs ever since and finally we're ready to start putting the show together," she says. "In a way, I'm grateful I didn't do more films or a TV series because a lot of kids who did became messed up. I got to be a normal kid and enjoy an acting career at the same time."

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

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Rose Rock Veterinary Hospital and Pet Resort Adds Two Doctors to Their Staff

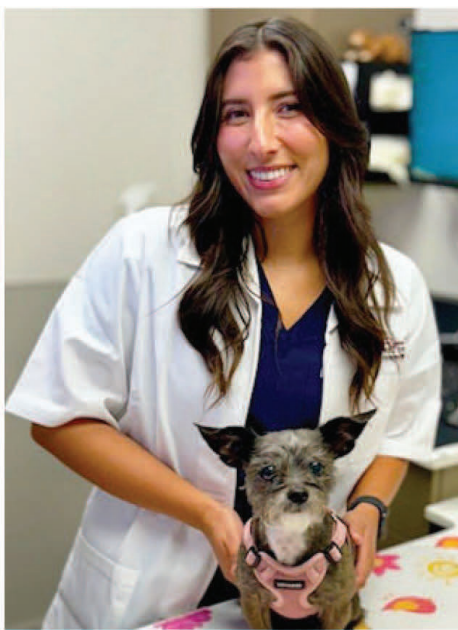
By Marise Boehs

Rose Rock Veterinary Hospital and Pet Resort, a staple of Norman's pet care since 1970, has added two more skilled professionals to their growing staff and clinic practice.

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Dr. Beverly Fritzler (who has owned the practice since 1990) and her family and staff are constantly looking for the next medical treatment breakthrough. And the practice has invested accordingly. They offer the latest technology and equipment and their staff stays up-to-date with continuing education.

A complete list of their services is available on their website (www.rosrockvethospital.com)



Natalia Burgos, DVM

Dr. Natalia Burgos joined the medical team of Rose Rock Veterinary Hospital as an Associate Veterinarian in June 2024. Growing up in Cayey, Puerto Rico, Dr. Burgos always knew that she wanted to become a veterinarian. Even when she experienced doubts throughout undergrad and vet school, she persisted because she remembered that this is what she's meant to do.

Before becoming a veterinarian, she did research with sheep and goats during her undergrad. She also worked at 2 small animal practices in Puerto Rico. She received her undergraduate degree in Animal Science from the University of Puerto Rico in Mayaguez in 2020 before attending Ross University to receive her veterinary degree in 2024. She is a member of the Oklahoma Veterinary Medical Association and the American Veterinary Medical Association. Her professional interests include surgery, preventative medicine, and internal medicine.

At home, Dr. Burgos has two dogs; Lola, a small breed mix that she's had since 2016, and Mocha, a Boxer-Heeler mix that she just recently adopted. In her free time, she enjoys running in the mornings, and staying active at the gym. She enjoys outdoor activities and staying busy, as well as going to new restaurants to try different foods.

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Victoria Mitchell, DVM

Dr. Victoria Mitchell joined Rose Rock Veterinary Hospital in July 2024 as an Associate Veterinarian. She was born in Oklahoma City and spent a majority of her time between OKC and Northwest Missouri. Growing up around animals, Dr. Mitchell knew she wanted to care for them because they brought her so much joy. As she got older, she realized the role that animals play in human health, which influenced her to become a veterinarian.

Before becoming a veterinarian, Dr. Mitchell worked at Awesome Care Veterinary Hospital. She attended Rose State College for her Associate degree before receiving two degrees from Oklahoma State University; a Bachelor of Science in Biological Science and a Bachelor of Science in Animal Science in 2017, receiving the President's Honor Roll and the Dean's Honor Roll. She went on to attend Oklahoma State University College of Veterinary Medicine for her DVM and graduated in 2024. Dr. Mitchell was a member of Phi Zeta Nu, the Honor Society of Veterinary Medicine. Her professional interests include surgery, ophthalmology, and exotics.

"I love the ability to advocate for animals and educate clients so they can make informed decisions regarding the care of their pets," Dr. Mitchell shares.

At home, Dr. Mitchell has two Great Danes named Cleopatra and Gypsy, one German Shepard named Gracie, a bunny named Jerry Thanos, two cats named Snowball and Ash, and a Ball Python named Pickle. She enjoys reading, swimming, going to the movies and watching her kids, Anthony, Elijah and Gabriel, and playing sports with her husband, Brett.



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FOR MORE INFORMATION Contact:

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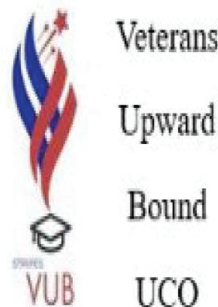
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Brightstar Gives Navy Vet Opportunity to Stay Active

Story by Van Mitchell, Staff Writer

Navy veteran Tom Richey has faced several challenges in his life including being in a wheelchair for the last 50 years due to an auto accident.

But those challenges haven't stopped him from living his life, and his desire to stay active at age 77.

"Trap shooting is my one and only thing that I still do," he said. "Like I say, I'm too old to run marathons and play wheelchair sports and stuff like that, but I can compete against anybody. Just hold the gun up and bang. I'm on an equal footing with you. You want to come out and compete against me. We go head-to-head."

Richey comes from a military family and decides to follow suit.

"My father was in the United States Navy, and so we traveled a lot, and I graduated in 1964 from Mar Vista High School, Imperial Beach, California," he said. "It's the most south westerly city in the continental United States. In 1964 Vietnam became a war, and I joined the Navy. They offered me a pretty good program way back in the sixties, nuclear power."

After boot camp, Richey attended Nuclear Power Basic School in Idaho before finishing up in nuclear power submarine school.

Richey spent his entire 9-year Naval service working as an electrician on submarines, working 18-hour-days while at sea.

"I started on my first submarine, the Flasher, then my next ship, the 640 class Benjamin Franklin," he said. "I got transferred to 623 and 624, which are Hale and Wilson. And then my last submarine was a new construction of the 684, which was the last submarine named for a fish. All those after that were named for city, different class submarines. I've been around the world three times, been in every major body of water, except I've never been

in the Mediterranean."

After nine years, Richey said he was ready to leave the long-working days on submarines and rejoin his wife and children back in Oklahoma.

Richey said the ride home to the Sooner state from Connecticut took longer than expected due to gas rationing across the country in December 1973.

"I started out driving from Connecticut, driving towards Oklahoma, and I had no idea that we had something called gas rationing," he said. "It took me a week to get from Connecticut to Oklahoma."

Richey landed a job in Oklahoma working as an engineer in the oil industry before the car accident that changed the trajectory of his life.

"On Feb. 3, 1974 I went to work Monday morning. I got injured going home," he said. "The steering gear separated on the truck. The steering wheel didn't control the front wheels. The road had been graded. There was a triangle of dirt running down one side. They hadn't smoothed all the way out. The left front tire caught that soft dirt. I was thinking about jumping, because coming up was a one lane, wooden ridge, no guard rails. Without control, it looked like that truck was not going to make it across the bridge. Just as I was thinking about jumping, the truck slid. I'm injured. I've been in a wheelchair for over 50 years."

While recovering in the hospital, he was asked whether he was a member of the Paralyzed Veterans of America (PVA), which he was not, but was given a one-year free membership while he was rehabbing.

The Paralyzed Veterans of America (PVA) is a congressionally chartered veterans service organization specializing in assisting and promoting a full lifestyle for veterans affected by spinal cord injury or neurological disease.

The PVA was formed in 1946. The key objective of PVA is to take action necessary to

restore spinal cord injured or diseased veterans' bodies and life potentials as closely to those not suffering spinal cord dysfunction. This is accomplished by the coordinated efforts of the PVA organization through programs that do the following:

- Advocate for and monitor the delivery of high quality and appropriate health care benefits and services.
- Assist in identifying and securing veterans' benefits and other benefits for spinal cord injured and diseased veterans and others as appropriate.
- Promote medical research to cure spinal cord dysfunction and other related issues.
- Educate society on the attitudinal, physical and legal barriers confronting persons with disabilities and to influence the removal of those barriers.
- Provide information and opportunities for the promotion



Tom Richey, a 9-year Navy veteran, utilizes a home health aide from Brightstar Care for help with his daily routines.

of health, employment, sports and recreation, social services, and camaraderie for spinal cord injured and diseased veterans and others as appropriate.

- Provide cooperation and seek the support of other groups and individuals who share PVA's objectives.

- Acquaint the public with the current and ongoing needs of America's veterans and

continued next page

ACTIVE

Continued from Page 20

- To acquaint the public with simple and effective means for reducing the risk of preventing spinal cord injury.

- To promote involvement of the public in national and local activities that support PVA's mission.

Richey later became a certified nationally registered benefits officer for the PVA.

"I did that for several years and offered aid and assistance to really disabled veterans," he said. "I did a lot of visitations in the VA hospitals doing the same thing that the guys did for me when I was injured. I started doing it for them, the next generation."

Richey helped start the PVA chapter in Oklahoma.

"I was the vice president for a year and was then elected as a national director," he said. "And I did that for 20 years."

During his time with the Oklahoma PVA, he helped with finding ways for PVA chapters to make money to help disabled veterans.

The result was the creation of Stor-Mor Mini Storage located at 7600 N. Rockwell Avenue in Oklahoma City.

"We were looking for a way of funding money for the chapters so they could make money," Richey said. "The national office partnered with the state PVA office and we got a loan for

construction, purchased the land and did all of this. We designed this part of the living quarters, wanted it set up so that one of our members could run it. Beverly and I took it over the first day of May (from previous managers)."

Richey said he is now at the point in life where he needs assistance with his daily routines. He receives help from Brightstar Care of Edmond/Oklahoma City located at 3000 United Founders Blvd. No. 103G in Oklahoma City.

"Getting older, I've really slowed down," he said. "Brightstar gives me the opportunity to live almost independently. The VA has classified me as housebound and pretty much I am. Brightstar is the company that the VA connected me with to give me a home health aide."

Cynthia with Brightstar is Richey's home health aide.

"Cynthia has been with us for a long time now," he said. "She wakes me up, helps me get up out of bed, go through my morning routines, and then cooks breakfast, makes the beds, lays out my clothes. I don't have to go live in a nursing home. Brightstar has allowed me to live here on my own. Without them, I'm not exactly sure where I would be."

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Homewatch Caregivers Transitioning to New Total Care Solutions Business Focus

by Van Mitchell, Staff Writer

Homewatch CareGivers®

Homewatch CareGivers of Edmond located at 3501 French Park Drive, Suite G, serves Edmond and surrounding areas, providing home health care services with compassion.

It is now transitioning to a new business focus called Total Care Solutions, which services include active care, wellness care, personal care, transitional care, care on demand, specialized care, and private-duty nursing, said owner Tobi Overgaard.

"We provide all kinds of care, for all ages and we specialize Dementia, Alzheimer's, Long-term, spinal injuries, and wound-care," she said. "We also do day service for clients who are having surgery, and we cover a large area of the State of Oklahoma. We employ Caregivers to (NP's) Nurse Practitioners."

Part of the Total Care Solutions service includes placing a camera in a client's home.

"I believe we're the first in-home care company in Oklahoma to do this," she said. It's part of our service to have a way for the whole family to communicate with their loved one. The client will be able to have medication and appointment reminders and talk with Dr's through the TV. They can view up to 10 people at a time on the screen. It's HIPAA-compliant and it's a game changer." It allows the family to be able to check in with mom and dad if they're far away, and just to keep an eye on them. We have people who have Anxiety, ADHD, PTSD who will benefit from having it in the home.

She continued, "If we have clients that are sitting at home, have clients that have Alzheimer's, or that have dementia, they might not remember to take their medications. They might not remember to eat," she said. "We can have a reminder pop up (on TV) and say, 'Hey, don't forget to have your lunch. We put it in the icebox, and we cooked it for you. It's in the icebox.'" It allows them to do care over television. So, if they can't get to the doctor, the doctor can just tele-visit with them in-home."

Overgaard said the camera placements also help parents who have children who have ADHD.

"We have a lot of ADHD kids, and when they put the cameras in their house, it's life altering," she said. "If they're having an issue, and the mom isn't able to get their child to the doctor's appointment, they can do a home health call right there. They don't have to leave the house."

Overgaard said they also can put motion sensors in a client's home.

"We have motion sensors we can put in the house, so that the family can track and see, 'Hey, mom was up at 4 this morning, walking around. What's going on? Is she okay? Did she fall?'" she said.

Homewatch Caregivers provides in-home care for seniors on a weekly, daily, or 24-hour basis, but their teams can also assist with individuals of any age, ability or condition.

Overgaard said Oklahoma's highly regulated in-home health, so hiring the right people is extremely important.

"We want to make sure all our people are fingerprinted. They're insured. They're FBI checked. Everything. We run through the gamut on our people to make sure we're sending really good people to your homes," she said. We make sure we train them that way so that they know exactly what they're supposed to do and how you want it done."

Overgaard said each client gets a home assessment for their needs.



Homewatch CareGivers has transitioned to a new business focus called Total Care Solutions, which services include active care, wellness care, personal care, transitional care, care on demand, specialized care, and private-duty nursing

"When we go in and do the assessment, we make sure things are done the way that you want it done," she said. "I don't want my caregivers just going in and putting in a TV dinner in the microwave and saying, 'Okay, I've made you dinner.' I want them to cook the dinner. If they want a bowl of soup, don't just stick it in the bowl and put it in the microwave. Cook it on the stove. If we can't help you the way you need the help, then you don't need us. So, we try to connect with the client and make sure they are taken care of. We go just a little bit further into better care. We're like a family member, versus being just some lady that's sent to your house to watch you. We interact with the client, and we care."

Overgaard works closely with the Oklahoma City's VA Community Care Provider Program helping veterans with their healthcare needs.

Community providers are a vital part of VA's high-performing health care network, ensuring eligible Veterans and their beneficiaries get the timely, high-quality health care they need.

"I'm a community care provider," she said. "The VA, when they have veterans come in, and they've been awarded hours to get home health, basically, either they pick us, or

we find the veterans and we tell them, 'Hey, if you need help, we can help you with this. If they haven't received their VA benefits before, we will go to them with the paperwork, fill it out, send it in, and get them started on getting help, getting home health. We'll walk them through the whole process.'"

Overgaard is the only Homewatch Caregivers franchise in Oklahoma which allows her to offer veterans help across the state including rural areas.

"I bought the two largest areas already under my franchise license, but since there isn't anybody else, the whole state is my playground," she said. "The VA uses us a lot because we will go to those places. If there's a veteran that's out far away, and he can't get home health, I'll try to hire a caregiver in that area. They don't even know that they can get this help. I come across that almost every single day."

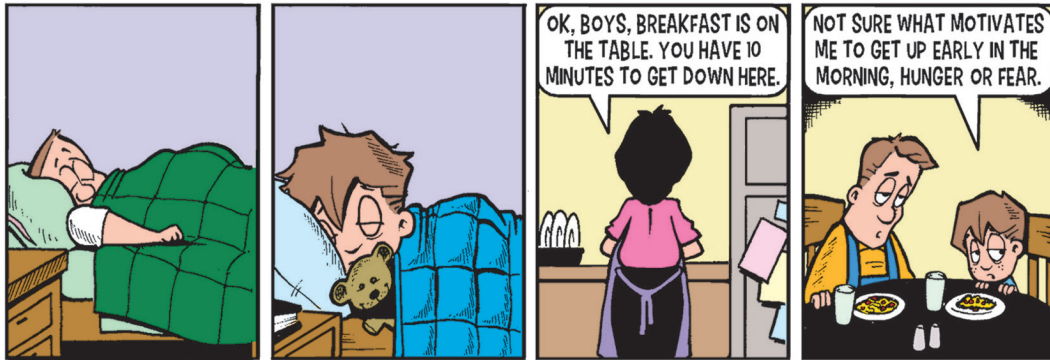
A two-time cancer survivor, Overgaard knows the importance of providing great care for others.

"You need the help that you need," she said. "If we're not helping you that way, then we're no good to anybody."

For more information about Homewatch Caregivers call (405) 444-3002 or visit www.homewatchcaregivers.com

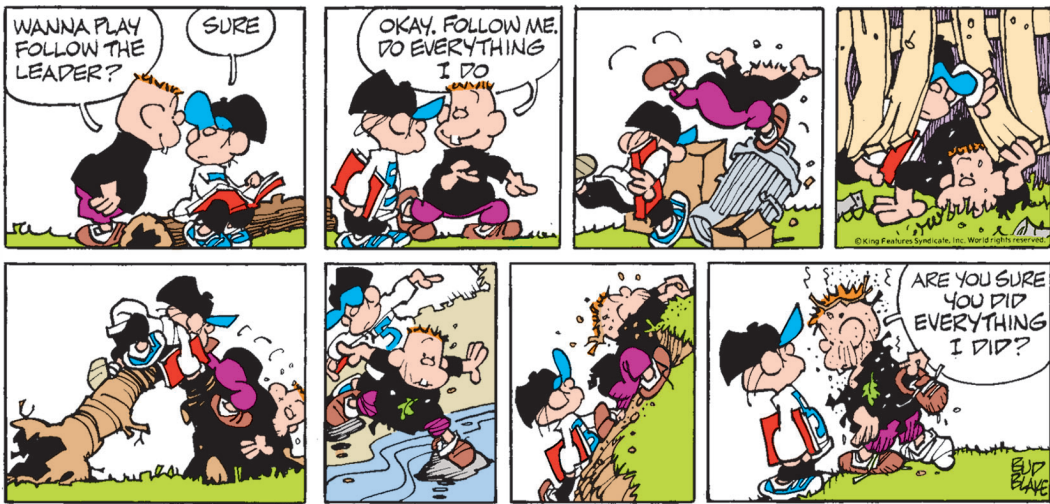
Amber Waves

by Dave T. Phipps



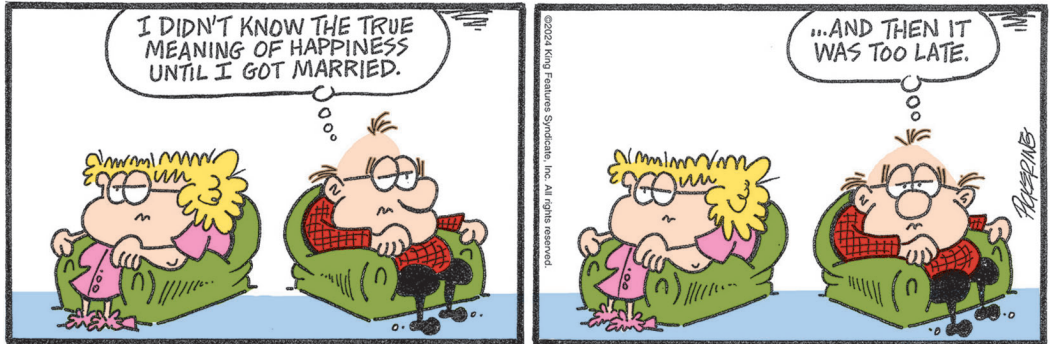
TIGER

by BUD BLAKE



The Spats

by Jeff Pickering



BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalm 33:13-15

From heaven the LORD looks down and sees all mankind; from his dwelling place he watches all who live on earth—he who forms the hearts of all, who considers everything they do.

NEW INTERNATIONAL VERSION



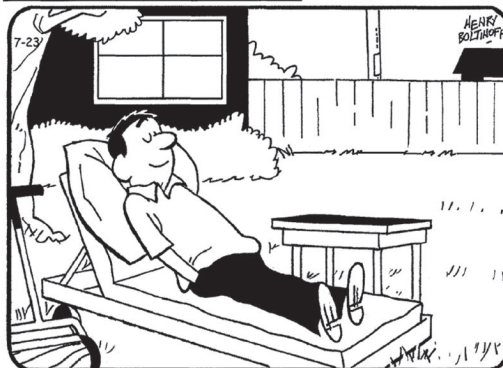
Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

WWW.SEARCHING-FOR-JESUS.COM

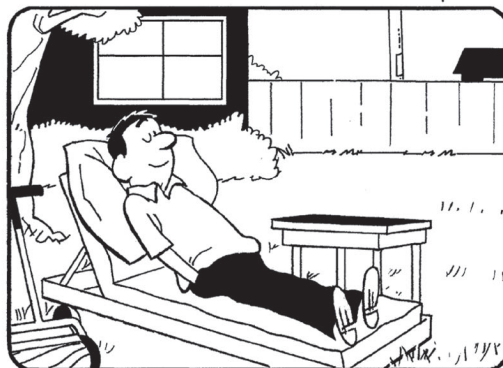
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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

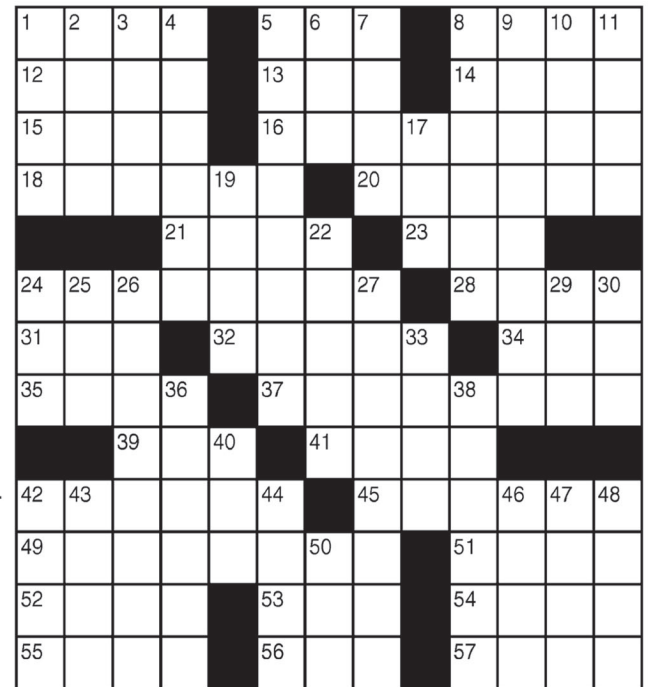


Differences: 1. Table leg is moved. 2. Pillow is larger. 3. Telephone pole is moved. 4. Bush is smaller. 5. Fence boards are wider. 6. Man's legs are longer.

King Crossword

ACROSS

- 1 Pequod captain
- 5 "Big Blue"
- 8 Driver with a handle
- 12 Sci-fi prefix
- 13 Rep.'s rival
- 14 Sea predator
- 15 Be overly sweet
- 16 The Stars and Stripes
- 18 A cause of pay inequity
- 20 Political meeting
- 21 — butter
- 23 SUV maker
- 24 Veterans
- 28 Snack
- 31 Museum-funding org.
- 32 TV, radio, etc.
- 34 Fib
- 35 Lummoxes
- 37 Celtic language
- 39 Bear hair
- 41 Architect Saarinen
- 42 "Alfie" singer Warwick
- 45 Painter Georges
- 49 It may be hard to break
- 51 Sushi fish
- 52 India's continent



- 7 Roman 2600
- 8 Newspaper piece
- 9 Veggie with florets
- 10 Beige
- 11 Sunbeams
- 17 Joke
- 19 Counterfeit
- 22 Confuse
- 24 Plastic — Band
- 25 Grazing land
- 26 Yellow flower
- 27 Avoid
- 29 Bro's sib
- 30 Sly chuckle
- 33 Suffix for billion
- 36 Baby's beachwear
- 38 Courses
- 40 Genetic letters
- 42 "— I say!"
- 43 "Casablanca" role
- 44 Online auction site
- 46 Carpets
- 47 Body sci.
- 48 Tiny amounts
- 50 Here, to Henri

DOWN

- 1 Curved lines
- 2 Bagel feature
- 3 "Life is like — of chocolates"
- 4 Like Peter Pan
- 5 Mozart opera
- 6 — canto

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1. TELEVISION: What is the longest-running talk show on television?
2. GENERAL KNOWLEDGE: In terms of letter count, what is the longest month of the year?
3. MOVIES: Which famous action movie is set on Amity Island?
4. SCIENCE: What is heliocentrism?
5. ANIMAL KINGDOM: What kind of horses are featured in Budweiser beer ads?
6. U.S. STATES: Which state's nickname is "The Land of 10,000 Lakes"?
7. FOOD & DRINK: How many goodies are in a baker's dozen?
8. INVENTIONS: Who invented the battery?
9. LANGUAGE: What does an ampersand symbol signify?
10. GEOGRAPHY: In which desert is Las Vegas, Nevada, located?

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Answers

BIBLE WORD SEARCH



Solution time: 22 mins.

Answers

King Crossword

1. "The Tonight Show" debuted in 1954; 2. September; 3. "Jaws"; 4. It is the idea that the Earth and other planets orbit the Sun; 5. Clydesdale; 6. Minnesota; 7. 13; 8. Alessandro Volta; 9. The conjunction "and"; 10. Mojave Desert.

Trivia Test Answers



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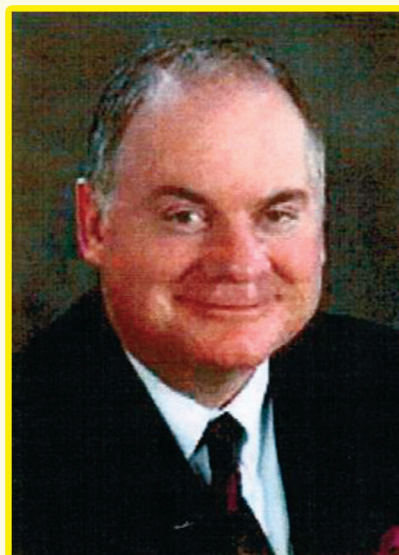
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OKLAHOMA SENIORS' CABARET

by Joan Collee

Director, Joan Collee, founded the Oklahoma Seniors Cabaret in 2008. Collee spent 20 Years in Hollywood/ Los Angeles in her Brentwood Vocal Studio teaching many of the new and upcoming entertainers, and well-established movie actors, the art of singing. She honed her own singing, dancing and acting skills with well-known actors Jeff Corey, Marian Bell and Broadway choreographer, Danny Daniels. She appeared in many

musicals with leading roles and appeared on the national television show America's Got Talent at the age of 83 singing opera and tap dancing. She holds a Bachelor Degree in Music and a Master's degree in Performing from Oklahoma City University.

When she returned to Oklahoma City, she discovered a need for seniors to have something to motivate them to stay mobile and healthy. Her experience with The Follies in Palm Springs gave her the idea of founding the Cabaret. Holding auditions in 2008 and attracting seniors to her idea, the Oklahoma Seniors Cabaret was born.

The group takes great pride that the Cabaret is a non-profit charitable organization (501c) with all profits donated

to the John W. Keys Hearing Center at the University of Oklahoma. Those profits go to help seniors obtain hearing aids. We are proud to be endorsed by Governor Stitt and Mayor Holt.

None of the members of the Cabaret are paid for their time and talent. Members are 55 and older who sing, dance, act and/or play instruments. Classes are available for seniors who want to learn to tap, sing and act.

It's a wonderful group of people who love performing, learning and staying healthy through helping others.

We are looking for seniors with a need to move, groove and help other seniors. Joining us gives you the opportunity to participate in the performing arts.



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Joan Collee, Founder and Director of Oklahoma Senior Cabaret.

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Wednesday, September 18, 2024

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Session 2.....	12 - 2 p.m.
Session 3.....	2 - 4 p.m.
Out & About: World Tour.....	10 a.m. - 2 p.m.
Rhythms: Seniors Unite Viewing & Voting.....	10 a.m. - 5 p.m.
Ms. Oklahoma Senior America.....	10:05 a.m.
Full Monte Entertainment.....	10:25 a.m.
Global Grooves.....	10:55 a.m.
Washington Autograph Session.....	11 a.m.
(OK Senior Games Booth - Hands-On Spot)	
Okie Stompers.....	11:20 a.m.
World of Colors.....	11:50 a.m.
YMCA COMMunity Team.....	12:15 p.m.
King & Queen of the World Couples Challenge.....	1:05 p.m.
Vocal Sounds of Oklahoma.....	1:45 p.m.
Karaoke Contest.....	2:15 p.m.
Minute to Win It Game Show.....	3:15 p.m.
Oklahoma City Swing Dancing Club.....	4:25 p.m.
Global Hoopla.....	5:05 p.m.
Elvis.....	5:35 p.m.
Shawn Klush - Tribute to Elvis with Horns.....	7:30 p.m.
(Chickasaw Country Entertainment Stage)	

For more information, visit the Senior Day page on the Oklahoma State Fair website.



Faith Plays Role in 104-Year-Old Veteran's Life

by Van Mitchell, Staff Writer

Family, duty, and giving back are some of the hallmark virtues that Army veteran Clyde Houston has lived by.

Family and friends gathered on July 13 at the Montellano Event Center in Oklahoma City to celebrate his 104th birthday and paid homage to a man who made a positive impact on so many lives.

Houston was one of the Greatest Generation born in Porter, Oklahoma on July 17th, 1920.

Houston faced many challenges and according to his family, he never wavered on his duties as a soldier and a father. He served in the U.S. Army from 1941-1945 as a Quartermaster military occupational specialty and provided troops with supplies and logistical services.

Houston grew up during the Golden Age of American Sports and emphasized the value in good physical fitness and sporting activities. Throughout his lifetime, he continued to teach the importance of maintaining good health and physical fitness with his own athletic children and shared this love of sports with all the neighborhood kids.

To help teach kids the value of sporting activities and get kids involved with different athletics, he built a neighborhood basketball court to give his children and local kids an outlet to play sports, build teamwork skills and prepare these young men and women for life lessons that you can only learn from playing sports.

"My dad was kind of the caregiver for us and the neighborhood kids too," said Deborah Lynn Furman, Houston's daughter. "When my dad would cook, he would make sure the kids in the neighborhood, he provided them if they wanted to eat, they were welcome to it. He played basketball with the kids. That is how most of us learned how to play sports because my dad taught us. My dad was a hands-on dad. My dad got out there, played with the kids in the neighborhood, played with his kids. That's the kind of man he is."

Houston grew up in humble surroundings in Haskell, but later became a well-known high school athlete.

"My dad was a basketball star with his school, Haskell High School and played football and baseball," Furman

said. "He loved baseball and even played against (Negro League and Major League Hall of Famer) pitcher Satchel Paige (as adults). Back then my dad said they used to go to these little towns (across the country) and play and they would run them out of town because they did not allow Blacks."

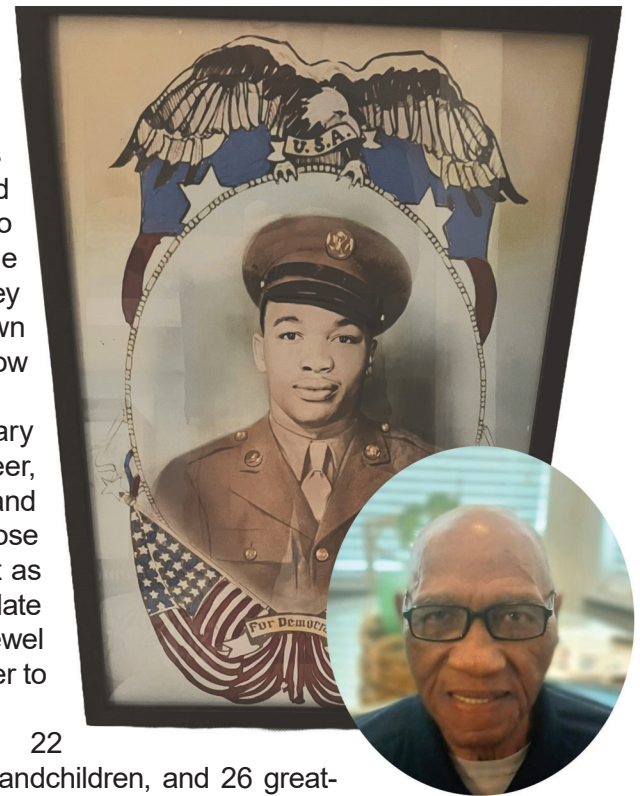
Throughout his military service and civilian career, Houston held several jobs and positions but none of those careers were as important as his role as husband to his late wife of 70 years Dolly Jewel Durham Houston and father to his eight children.

Houston has 22 grandchildren, 57 great-grandchildren, and 26 great-great grandchildren.

"My dad was the kind of man that we all would sit down at the dinner table and eat together. My parents did that daily," Furman said. "He taught us how to honor the elderly. He taught us how to be respectful and mindful of people's feelings and to be kind and giving."

Furman said giving back was important to her father and his faith.

"My dad was a real giving person," she said. "If it were something See HOUSTON Page 33



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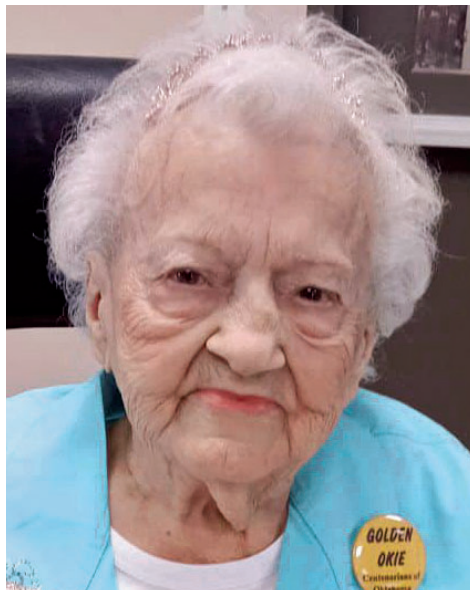
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Letha DeMoss

(Right) **100 years old.** Letha (Salsbery) DeMoss of Edmond was born July 20, 1924, in Indiana. She has 2 daughters, 4 grandchildren & 5 great grandchildren. After graduating from HS, she worked as a beautician. She is a member of the Chrisian Church where she tutored children & Jesus Loves Me is her favorite hymn.



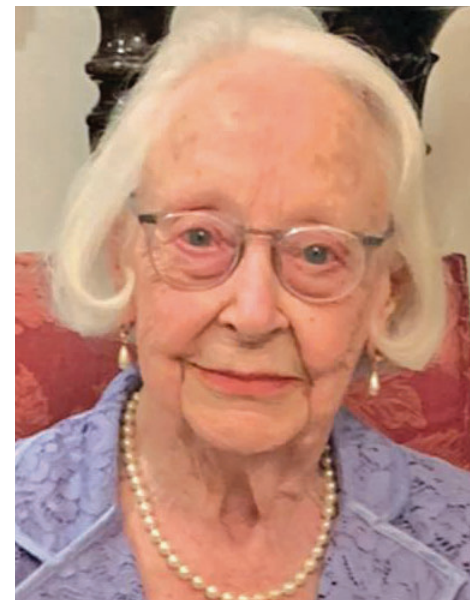
Mary Clark

(Right) **100 years old.** Rosie the Riveter, Mary Etta Clark, celebrated her 100th birthday with family and friends today. She worked at Douglas Aerospace during World War II as an engine rigger. Mary Etta once owned the very successful five-star restaurant, Pepies Italian Restaurant. Her words of wisdom for us today are: Get an Education, a Job which you enjoy, and go to church.



Willie Hallonquist

(Right) **101 years old.** Willie B. "Brenda" Hallonquist of Edmond was born in Texas. She worked in the medical field & as a real estate agent, attended First Baptist churches, where she volunteered her time & received honors for her work. On her 100th birthday, she took her first limousine ride to Vast Restaurant in downtown OKC for a large family celebration. Brenda's words of wisdom: "Be quick to listen. Be slow to speak. Be slow to anger. Love God with all your heart!"



Jewell Hall

(Left) **100 years old.** All smiles, Jewell Hall happily partied with her friends and family to celebrate her 100th birthday. She was the belle of the ball and a beautiful and worthy center of attention! Jewell met the love of her life, Bud, dancing at the famed Cain's Ballroom in 1944. Notably, both Jewell and the Cain's Ballroom are celebrating 100 years.



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HOUSTON

Continued from Page 30

that a church member was lacking, like not having food in their house, my dad would take a sack of groceries to those people. My dad instilled in us that you had to have a good work ethic. You had to be honest, and you could not take anything that did not belong to you. You had to work for what you wanted because he did that. And my dad took care of us. We never wanted for anything, and with eight kids, that is a task in itself."

Furman said her father was proud of his military service but added that his experience was shadowed with the way Black soldiers were treated.

"I will put it this way, my dad said they weren't fair about certain things. It was certain jobs that the Black soldiers were assigned to," Furman said. "And my dad was a Quartermaster. He took the supplies around to the different platoons."

Furman said her father taught his children to not be prejudiced and treat people how you would want to be treated.

"My dad didn't curse," she said. "My parents didn't use profanity. We weren't subjected to that. We had loving parents. My dad is easy going.

My dad was the kind of person, like at Christmastime, my dad, if you give him a pair of socks, he is happy. You give him anything. He didn't want us to grow up being like that (angry) because he felt like eventually things would get better and eventually it did."

After separating from the military, Houston worked for Spartan Aeronautics before moving from Haskell to Oklahoma City.

"My mother wanted to move to Oklahoma City where her mother was, so my dad got on at the post office downtown," Furman said. "He later worked construction and hurt his back and retired."

Furman said faith has been her father's bedrock in life.

"My dad wakes up every morning praying to God, every morning," she said. "Faith is very important to him. My dad was a member of Church of God in Christ, my mother was Methodist, so it was different from what my mother was accustomed to. But once my mother married my dad, she joined the Church of God in Christ and that is all I know. I know that faith, love, and being decent and honest is the main objective that my parents taught us. And to believe in God and always trust in Him because that is your source."

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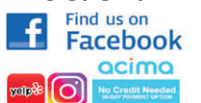
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Six Years - Thousands of Connections With Trusted Neighbors

By Marilyn Olson, VillagesOKC Executive Director

Many of the 370,000 people 50+ in the Oklahoma City metro know that having a good neighbor is the solution for borrowing sugar or the answer for a little help trimming a crepe myrtle or on a ladder replacing light bulbs. For others, it is getting a little assistance with an iPhone or Android device from someone who knows. Finding a trustworthy plumber, dog sitter, attorney or someone to go to the movies with is all a part of the connections available through VillagesOKC.

For the past six years, VillagesOKC has been serving the metro by developing programs and connection opportunities to empower local adults to age with vitality and purpose. With a variety of impactful initiatives, from educational workshops to veteran recognition events to caregiver support, VillagesOKC seeks to enhance the lives of older adults and their families.

Successful aging involves individuals taking personal responsibility to plan combined with community engagement. The GIFT, Gathering Information for Transitions, is another VillagesOKC program helping members learn about options, make decisions and write in a notebook for rapid access in a crisis. VillagesOKC is the one connection that unites both individual and community forces. This is important since the number of adults in Oklahoma will soon outnumber children under 18 for the first time.



Marilyn Olson reviews a GIFT binder with some of the partner logos visible on the wall of the VillagesOKC conference room.

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The VillagesOKC mission of empowerment is founded on the transformative idea that the narrative around aging must be fundamentally redefined. Rather than viewing all seniors as dependents requiring constant support, VillagesOKC recognizes them as valuable leaders within the community. People 50 and older possess significant experience, wisdom and capabilities. This offers ongoing opportunities to lead, contribute and flourish. This shift in perspective not only enriches their lives but also strengthens the social fabric of our community.

Strategic partnerships with local organizations and businesses mean less duplication and more cooperation. VillagesOKC partnerships include Senior Living Truth Series, OKC Mature Moves, Buckelew Realty, NewView Oklahoma, Oklahoma Warriors Honor Flight, Force50 Foundation, YMCAs of Greater Oklahoma City and YMCA Healthy Living Center, Directors Life Assurance, Providence Home Care, Nerve Renewal Neuropathy Clinics, CompleteOK (Homecare, Palliative Care and Hospice), Pinnacle Behavioral Healthcare, Senior Care Referral Services, Concordia Life Plan Community, Mercer Adams Funeral Service, Navigating Medicare as well as DHS Community Adult Living and Adult Protective Services, and the State Council on Aging. For more information about VillagesOKC call 405-990-6637 or visit <https://villagesokc.org>.

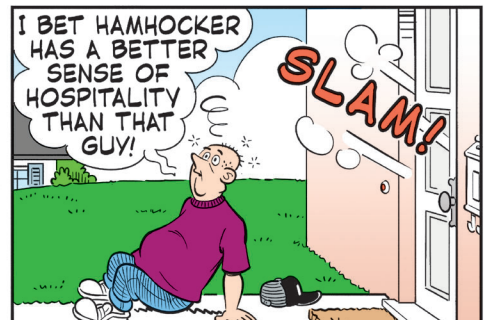
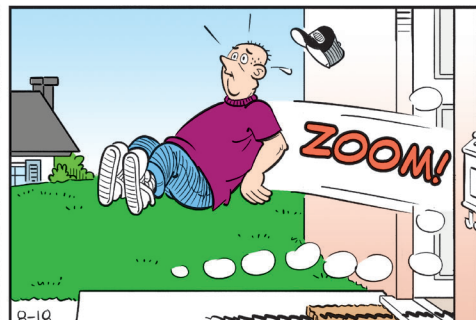
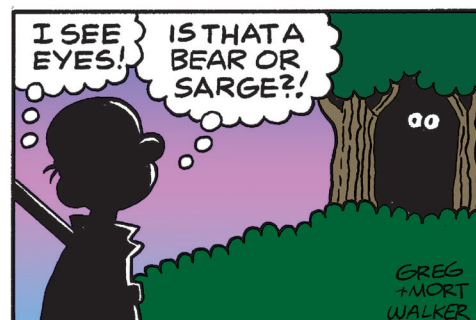
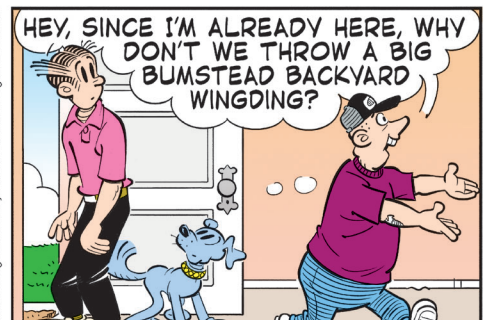
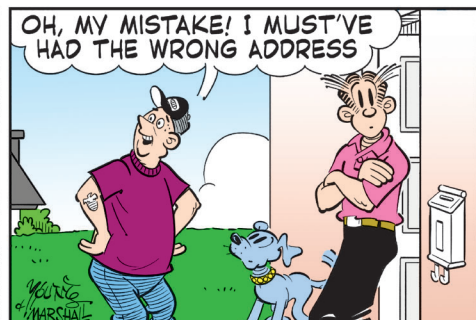
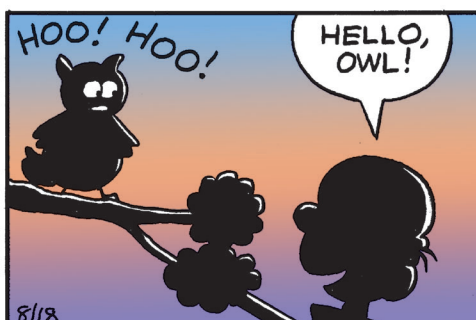
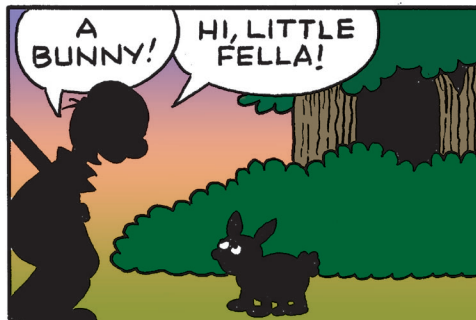
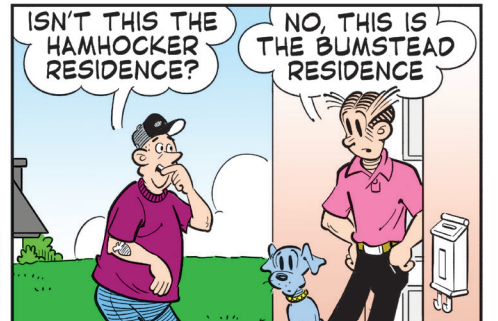
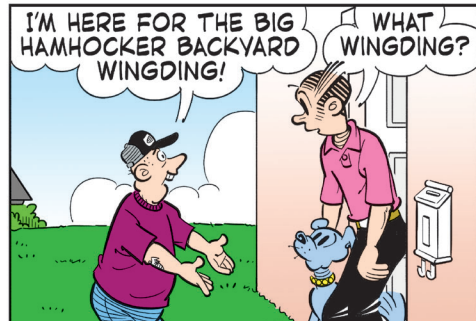
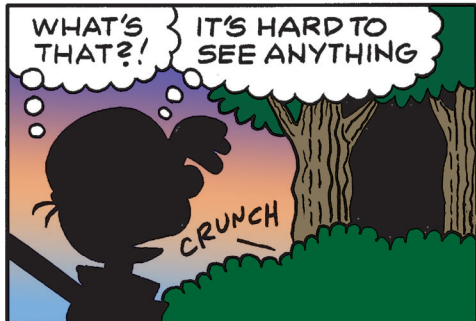
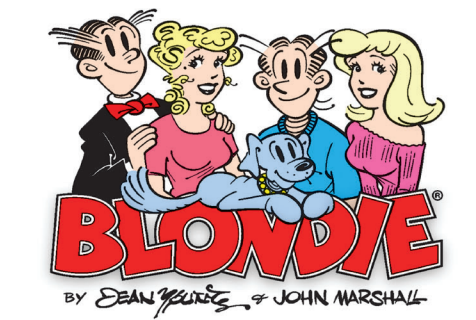
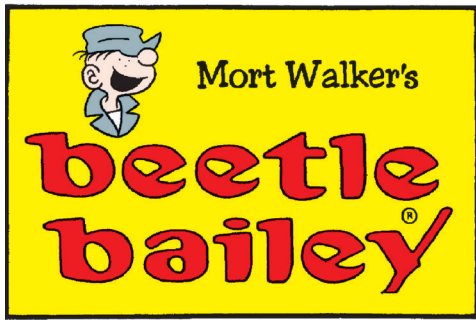
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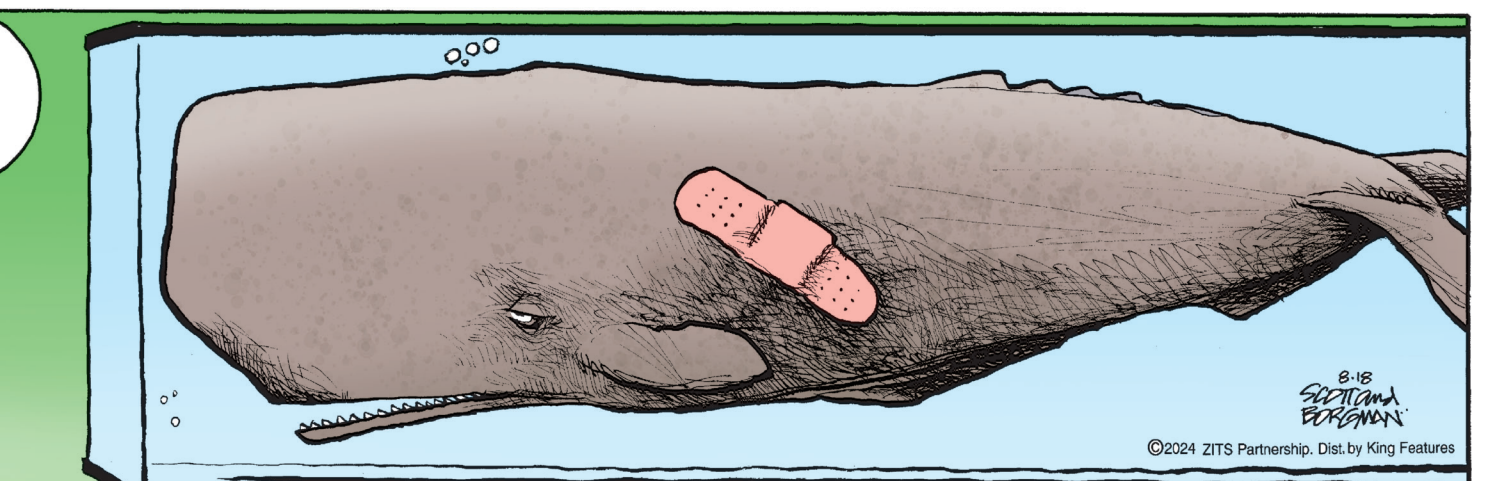
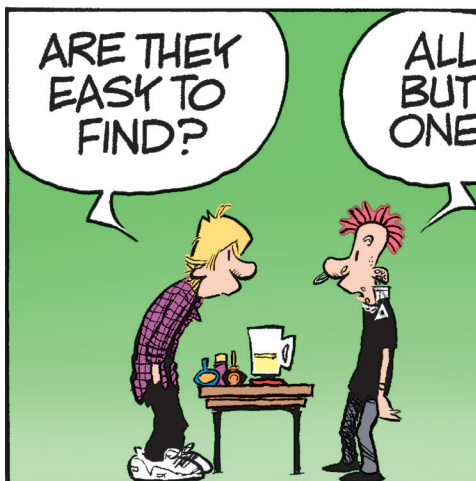
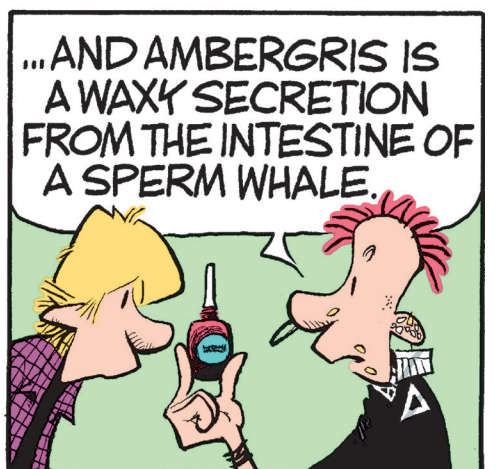
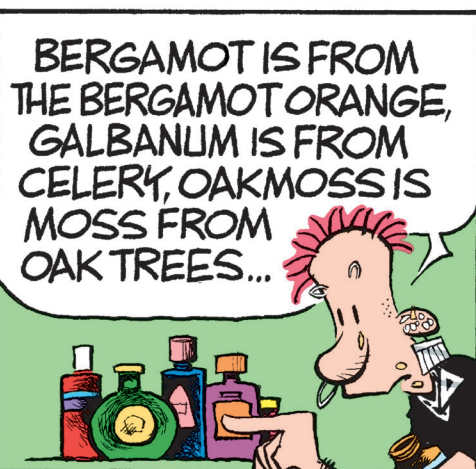
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