

Serving Oklahoma Seniors and Caregivers

WWW.SENIORNEWSANDLIVING.COM JANUARY 2025 VOL. 27 ISSUE 01

Oklahoma Owned and Published Monthly by Metro Publishing L.L.C. Celebrating 27 Years!

SENIOR NEWS & LIVING

Oklahoma

Granny Basketball: Scoring Big in Faith, Fun, and Community Leadership

Read Lori's story on page 2

OAK HAVEN 55+
ACTIVE ADULT

**Designed With
Your Needs
in Mind!**

**Call Today
405-628-9436**



Nerve Renewal
NEUROPATHY CLINIC

405.422.9518
www.nerverenewalnow.com

SEE OUR AD ON THE BACK PAGE

Granny Basketball Leadership in Oklahoma City

From Courtside to Community: Lori Rupert's Legacy of Leadership in Granny Basketball

story and photo by Darl DeVault, contributing editor

Lori Juntila Rupert is a leader on and off the court, playing for the Oklahoma All-Stars in the Granny Basketball® League. Billed as a gentle game for women of a certain age, the league empowers lady players 50 and over to reignite their passion for basketball and team camaraderie.

Rupert is leading in scoring and modeling character-driven leadership for the Oklahoma All-Stars.

Rupert and her husband Tim, the All-Stars coach, live in Del City and devote countless hours to organizing and recruiting for the league. They recently recruited players by working a booth at the 2024 Second Half Expo at the Oklahoma City National Cowboy & Western Heritage Museum.

Rupert started playing Granny Basketball® in 2018 for long-time Midwest City and Del City girl's basketball Coach Kay Talley. Talley founded the Oklahoma Twisters, the first Granny team in Oklahoma City.

Later, the Ruperts branched off to form the All-Stars in 2022.

With practices and organizing charity events surrounding their league games, the couple is heavily involved in the local team's success.

Recruiting is serious business for the couple and all league members trying to involve other players, team leaders, coaches, referees, scorekeepers, coordinators, announcers, volunteers, and sponsors.

This type of senior basketball is played without the phrase 'ball hog' since half the court is devoted to scoring.

This is further emphasized when a regular court is taped off with new lines using blue painter's tape. They create three courts, a mid-court that

players must stay in while passing the ball from the defensive end to the offensive players. Players can only dribble twice with each possession before shooting or passing.

"There is no running and jumping-that is a turnover," Rupert said. "If someone falls, it is called 'Granny Down,' and that player has to leave the game temporarily. The average age of our team is about 60, and our oldest player is 80."

As team captain and playing guard, Rupert takes a pass, sets her shot without jumping, and usually adds to the score and team morale. Smooth and well-practiced, she is an excellent model for the rest of the ladies.

In basketball terminology, she is a shooting guard, one of the two reliable scorers because she takes high-percentage close-in and mid-range shots when she sees the opportunity.

A certain amount of nostalgia fuels the fun. Some ladies are preserving their memories from days gone by. It affords a chance to relive simpler times when they could escape into a game they loved. It brings back the good times they had in their youth.

The players are serious about supporting their communities, as recent benefit games with two local firefighter teams raised money for Christmas gifts for children in their communities. The events featured silent auctions for baked goods and gift baskets.

Unlike some women who play Granny Basketball, because they didn't have a good chance to play in their youth when women's sports became widely accepted in schools, Rupert was afforded ample opportunity.

Rupert puts her faith in God first. When asked to list her priorities in life, she quickly cited God as the first choice.

Speaking with Rupert, it goes without saying that her firm belief in God motivated her to use her



Lori Juntila Rupert first steps on the court before her Oklahoma All-Stars played a charity basketball game with Deer Creek firefighters in November.

skillset from playing on Northern Michigan University's women's basketball team from 1977 to 1981. She was inducted into the Sports Hall of Fame in 2008.

She was selected to try out for the U.S. Olympic team, only to be ill during tryouts.

Now at age 65, she will soon retire as Director of Academic Programs for Southeastern Oklahoma State University at Tinker Air Force Base and Rose State College Outreach Campuses. There, she teaches classes, develops, plans, supervises and directs master's degree and undergraduate course offerings. Her long and prestigious academic career spans earning three master's degrees and two master's certificates.

Her college sports experience shows as she helps build a wider emphasis on the Granny Basketball® League to be healthy and support her community.

She helps fellow Oklahomans at their practices, aiding in their early exposure to understanding the rules and catching on. This can take longer when women come out for the team who have never played basketball. With

everyone welcomed, the players also lend a hand at coaching to quickly bring newbies up to speed.

The League began a competitive exercise program for women 50 and over in 2005 as an exhibition game in Iowa. There, Barb McPherson Trammell helped her father, a longtime Iowa high school girl's basketball coach, with his memoir.

She was struck by his memory of the first girls' game he saw in 1920. The players wore costumes, divided the court into thirds and played by restricted movement rules. Trammell formed a team to provide competitive exercise appropriate to the largest number of women, not just ladies who played high school or college basketball.

Now, more than 600 players on 46 teams in 10 states in the USA and a team in Toronto, Canada, play in the league. There are 14 teams in Iowa, 9 in Kansas, 8 in Texas, 4 in Oklahoma and 3 in Missouri, two in Minnesota, Wisconsin, and California, and one in Louisiana and Arizona. New

NOW RENTING PHASE THREE!

Convenient Metro location between Mustang and Yukon.
Located at SW 17th and Czech Hall Road, Yukon, Okla.



www.belmontcove.com

bc BELMONT COVE

50+ Luxurious Retirement Living



1,100 Sq Ft. (APX) of Luxurious Living Space
Living, Kitchen, Dining, Utility, 2 Bed, 1 Bath, 1 Car Garage

- Living room has hardwood flooring with 10' ceilings featuring crown molding
- Kitchen has hardwood flooring, granite countertops, stainless steel oven, microwave hood, dishwasher and double sink
- Utility area equipped for washer and dryer with storage space
- Bedrooms are carpeted with spacious closets and large window
- Bath is oversized with Granite vanity and ceramic tile floor
- One car garage with garage door opener
- Small backyard with privacy fence which leads to walking path
- Inside and outside maintenance included in monthly lease
- Within minutes of Yukon Hospital, dining and shopping districts. Only minutes to I-40
- Pet Friendly

★★★ **\$1,400 - \$1,690 PER MONTH!** ★★★

Call Today For Your No Pressure Tour with Carolyn at 405-602-9191 or Gary at 405-417-7294!

RUPERT

Continued from Page 2

teams continue to form every year.

Oklahoma last hosted the National Granny Basketball Tournament in Norman in 2018. Norman also hosted in 2014 and 2017.

Many of those 600 players are seasoned veterans. The league insists that the teams play safely according to the 1920s rules. The safety part has been evident since this year; 46 ladies have received 15-year pins for their continuous league play, while 117 have played safely for 10 years.

As a throwback to a less strenuous game, all the teams wear modest uniforms: simple white shirts and middie collars with numbers stitched on the back without team names. The uniform is completed with black bloomers that go just below the knee-the only flair of team affiliation is the choice of colorful knee socks.

Individual flairs of talent enlarge the competitive side when athletes hurry to pass or

make a shot within the rules. This is all under the eyes of dedicated referees, who, on average, whistle a play stopped about every four minutes of a 32-minute game.

The games inspire ladies of all ages to stay active with the skills and competitive spirit to change perceptions of the capabilities of older adults and what it means to grow old. This illustrates the century-long striving for women's equality in sports and the competitive and ambitious nature of female athletes of all ages.

Their playing basketball highlights the support and encouragement the women get from being part of a team. Women with varying personalities have become friends during their many years playing together. This friendship strengthens and motivates them in this example of community. They encourage other women to find fellowship in athletic teams with a shared passion. This support is helpful to a person's well-being and mental health.

Anyone interested in seeing



Michele Clark, Granny Basketball® League executive director from Berryton, Kansas, works the scoreboard during a recent Oklahoma All-Stars charity game in Tuttle.

what Granny Basketball is all about and attending a practice after the first of the year may contact Lori at ljrupert@yahoo.com. See more information at Wanna Play - Granny Basketball League. Granny Basketball League, Inc., is a 501(c)3 non-profit corporation.



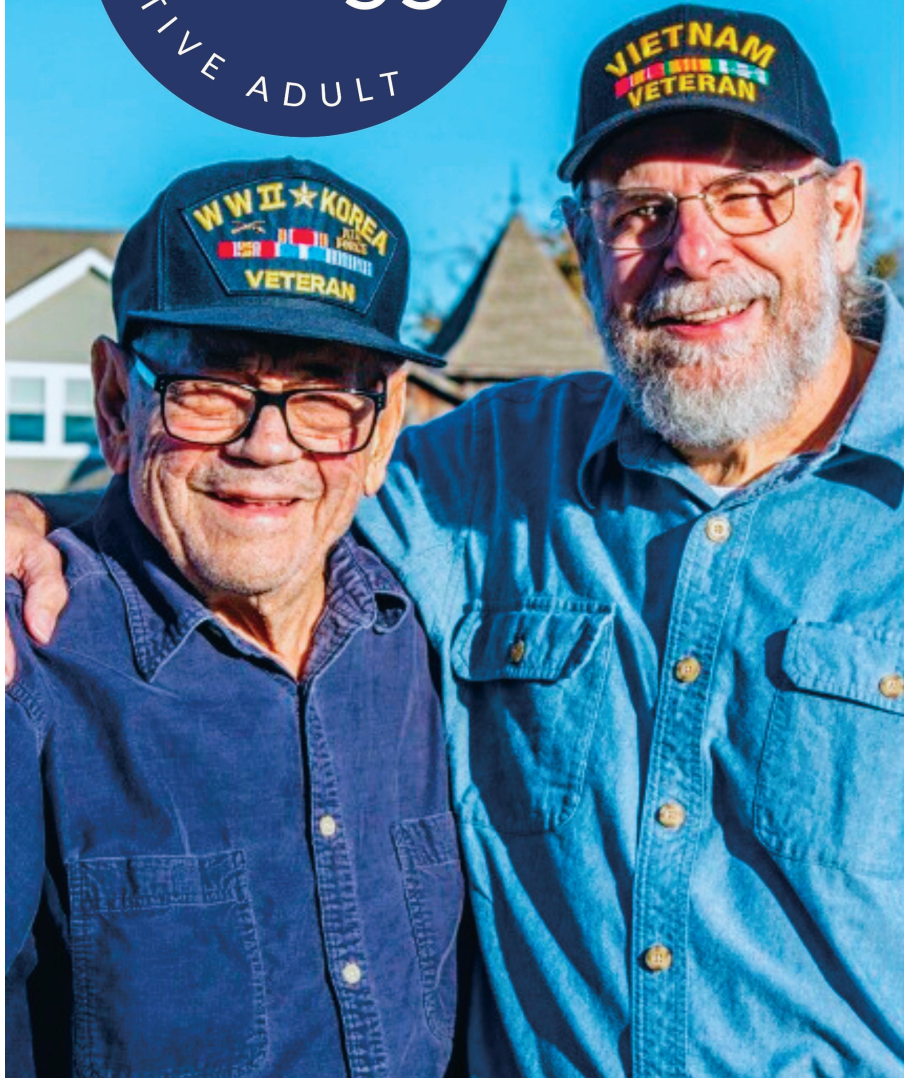
THE MISSION IN OUR LIFE IS IMPROVING YOURS.

Make your life happy, healthy and more vibrant at Legend Senior Living®, a mission-driven senior living community operated by the experts in senior living. Here, nothing matters more than the happiness of the resident – new friends and new independence await. Live life well at Legend – it's not only a place to live. It's a place to thrive.

To find Oklahoma locations, scan code or go to LegendSeniorLiving.com.



SCAN ME



— ” —

Discover a community designed with your needs in mind, where you can forge new friendships and enjoy enriching activities in a secure and welcoming atmosphere.

— ” —

Don't give up your lifestyle when you downsize into Oak Haven at Westbury! We are your premier active adult 55+ retirement community that is NOW LEASING! Schedule a tour today and take a chance on that next season of life when you join our community.

Call Today!

(405)628-9436

Oak Haven

2101 Westbury Dr

Yukon, OK 73099

www.oakhavenretire.com

Getting older doesn't mean you have to give up your lifestyle. Our community offers a range of amenities, games, activities, walking trails, fishing & more designed to enhance your lifestyle. Located just south of I-40 on Morgan in OKC.

A Fresh Start

Story by Matt Neill, Oklahoma Real Estate Planner

Now that the new year is underway, many of us are taking time to reflect on where we've been this past year and where we want to go in 2025. For seniors, this season often brings an opportunity to evaluate what's truly important and make decisions that align with your current needs and future goals. Whether you're considering downsizing, relocating, asset distribution, or simply preparing for the unexpected, planning your real estate for the new year is a meaningful way to start fresh and ensure peace of mind for the months and years ahead.

Your home is more than just a structure—it's the heart of your life. However, as time goes on, your needs may change. Start by asking yourself a few key questions about your current home:

• **Is this home still the right fit for my lifestyle?** If maintaining a large home has become overwhelming or certain spaces are longer being used, it may be time to consider downsizing.

• **Is this home accessible and safe for aging in place?** Single-level living, wide doorways, and accessible bathrooms can make a significant difference as mobility changes. If your current home doesn't meet these needs, you might consider modifying it or moving to one that does.

• Does this home align with my financial goals? As a senior, financial stability is essential. If your home is costing more than it should in taxes, utilities, or maintenance, it might be time to explore other options.

Downsizing doesn't mean giving up your independence or sacrificing the things you love—it means simplifying your life to focus on what truly matters. Moving into a smaller, more manageable home can free up time and resources to spend on hobbies, travel, or family.

Many seniors in the Oklahoma City Metro area are finding great options in single-level homes, condos, or communities that offer maintenance-free living. These homes not only reduce physical and financial strain, but also provide opportunities to build new connections and enjoy a vibrant community.

Additionally, if you're thinking about selling your home, the new



Matt Neill, the Vibrant Oklahoma Group.

year is a great time to start preparing. Decluttering, making small updates, and consulting with a certified real estate planner can help you get the best value for your property when you're ready to sell.

The Oklahoma City Metro real estate market offers unique opportunities, but it's always changing. Stay informed about market trends and how they might impact your decisions. For example, rising interest rates or demand for specific types of homes could influence the timing of a sale or purchase.

The new year is a time for fresh starts and thoughtful planning. Whether you're considering a move, simplifying your life, or preparing for your future, taking proactive steps now will ensure you enter the year with confidence and clarity. As people who deeply care about helping seniors navigate these decisions, we'd be honored to support you in making the right choices for your unique needs. Give us, your certified Real Estate Planner, a call at 405-757-9980, or email at info@vibrantok.com.

Here's to a year filled with peace, joy, and the comfort of knowing your real estate plans are working for you.

Matt Neill is a realtor who has lived in Oklahoma over 17 years and enjoys spending time with his family creating memories, reading, and cheering on the OKC Thunder.

Established 2003



"Where patients come first"



- Nursing
- Therapy
- Aides
- Light Housekeeping
- Dressing/Bathing
- Transportation/ Shopping

**We are Veterans Servicing
Our Veterans**



405-354-5454

(Corporate Offices)

833-854-5454 Toll-Free

www.cornerstonehomehealthservices.com

We are not affiliated with or endorsed by any government agency. We are LOCAL independent agents working for YOU.

Make your appointment today!

Schedule your free appointment with us today!



Call or come by:

405-842-0494

2232 W. Hefner Rd. Ste A
Oklahoma City, Ok. 73120
or visit our website:

www.navigatingmedicare.com



Preserve *Your* Wealth

Call Me For A FREE 30-Minute Strategy Session!

- Build Generational Wealth
- Remove Burden of Rentals
- Minimize Capital Gains Taxes
- Eliminate Family Feuds



MATT NEILL
CERTIFIED REAL ESTATE PLANNER
407-757-9980 cell
MattNeill@kw.com
VibrantOk.com
License # 173515

kw | REAL ESTATE
PLANNER



kw CENTRAL OKLAHOMA
KELLERWILLIAMS, REALTY

Each office is independently owned and operated

Commons on Classen

Offering Seniors Affordable Housing With Amenities

Story and photo by Van Mitchell. Staff Writer

The Commons on Classen is a \$4.2 million senior living apartment complex project in the heart of Oklahoma City's Midtown District located at 1320 Classen Drive that provides nearly 50 units of affordable housing to seniors in an amenity-rich environment.

This award-winning, energy efficient complex is for those that are 62 years of age and older. It was built at the former headquarters of Neighborhood Housing Services of Oklahoma.

"We're affordable quality housing for seniors with amenities," said Shannon Hitchcock, manager of the Commons on Classen. "This is a beautiful property. It's a well-kept property. It's a well-managed property."

The Commons on Classen offers efficiencies, 1- and 2-bedroom apartment homes which come equipped with washer and dryer, microwave, stove/oven, garbage disposal, refrigerator and dishwasher.

"You can get a one-bedroom apartment for \$675 a month plus electric, which is pretty cheap in Midtown," Hitchcock said.

The property includes a splash pad, tot lot and patio grills, library, fitness facility, computer lab, and community room. Lawn care and maintenance are also included.

Hitchcock said the Commons on Classen currently has several apartment homes available for rent.

"We typically have a very little turnover here," she said. "They (residents) usually stay until they have to go where they need more care which is what's happened here this last year."

Hitchcock said applicants must pass a background check and credit history check.

"We take pride in ensuring our tenants safety and security in the fact that we do background screenings and provide the safest environment possible," she said.

Hitchcock said applicants must also qualify financially.

"We are affordable housing geared toward different income levels," she said.

Hitchcock said the property's amenities including the library are good selling points to renters.

"A lot of our residents like to just consider this an extension of their own home," she said. "They like to come up here in the mornings and have coffee, read a book, read the paper. It's just a nice place to come if you want to get outside of your apartment. It's just a very pleasant place to be."

Hitchcock said the Commons on Classen also hosts a variety of community events for residents.

"Sometimes I have a home health person that will come in and host bingo, or an ice cream social, and then talk about their services. Sometimes we'll just do a luncheon," she said. "We've had people come in and host crafting events before, and we've had community painting activities."

Hitchcock said the community events are a hit with residents.

"They love it," she said. "They love our social events. Especially when we do bingo with prizes and giveaways. They love it. They do utilize the community room quite a bit for stuff with their families like birthday parties."



The Commons on Classen is a senior living apartment complex in Oklahoma City's Midtown District. Pictured is the property's library.

Hitchcock said the Commons on Classen location is popular due to its proximity to amenities.

"Here in Midtown, we are close to restaurants, and shopping," she said. "A lot of my seniors don't drive, and they can walk. There are all kinds of things here that they can do. We get a lot of young seniors that like to go do stuff. We're close to public transportation and the trolley."

Hitchcock said helping seniors find a home is rewarding.

"I like being able to help someone find their final home," she said. "I like knowing that they're safe and they're comfortable and have a nice place to live."

In a YouTube video, Michael Davis, a resident, said he learned about the Commons on Classen through his VA case manager.

"I was at the Serenity (Outreach Recovery) under the homeless program," he said. "My caseworker at the VA hospital told me about this place. It was new. I went from seven years of psychological behavior to peace. My life has gotten straightened out quite a bit."

Davis said his apartment is handicapped-accessible.

"It's easy for me to cook and wash," he said. "The location is convenient for me. I can ride my scooter to the VA hospital. This scooter's rated at going 70 miles at 15 miles an hour, so I pretty much go wherever I want to."

Davis said after losing his right leg, he became dependent on others. He said the Commons on Classen gave him his independence back.

"When they cut my leg off, it stopped everything," he said. "I had to become dependent upon people. It's been hard on me. I've always taken care of myself, and I'm still taking care of myself, and I think this facility has allowed me to be able to do that."

For more information about Commons on Classen visit www.nhsokla.org/apartments For leasing information, contact Shannon Hitchcock at (405) 601-6819.

Golden Opportunities: Discovering the Programs at Healthy Living OKC

story and photo by Vickie Jenkins, Staff Writer



Mike McMahon, NASM-certified Personal Trainer is the Fitness Coordinator at Healthy Living OKC. With 40 years experience in the health and fitness industry, Mike has the knowledge and skills to help you become your best self and have fun at the same time. Mike is pictured assisting one of Healthy Living OKC members.

Located at 11501 N. Rockwell, OKC, Healthy Living OKC is a wellness center specifically designed for adults over 50. These centers offer a variety of programs and services that cater to the physical, mental and social aspects of aging. While the size of these centers can vary, most provide a combination of fitness classes, educational workshops, and social activities. The primary goal is to help seniors maintain or improve their health and independence, reduce the risk of chronic diseases and promote healthy aging by creating a supportive environment. The OKC Healthy Living Center empowers older adults to take charge of their health and well being. Below is information provided by Healthy Living Center OKC.

Healthy Living OKC for seniors is all about a balanced approach that includes walking, running and exercising to help maintain mobility, strength and improve circulation. Their center offers state of the-art exercise equipment with several personal trainers available to assist you. If you enjoy water activities, consider joining their water aerobics class. Nutrition also plays a crucial role in everyday living. Following a healthy diet can manage weight and reduce the risk of chronic diseases

like diabetes and heart disease.

Mental stimulation is just as important and can be achieved by engaging in activities like reading, solving puzzles, socializing or learning new skills to keep the mind sharp. Emotional well-being is also fostered through strong social connections with family, friends and the community, providing support, reducing feelings of loneliness, and enhancing life satisfaction. By focusing on these aspects, seniors can maintain a high quality of life and enjoy their golden years with vitality and fulfillment.

Are you looking to explore your artistic side or learn something new? They offer a variety of classes, including painting and drawing, pottery, fused glass, quilting, card making, woodworking, scrapbooking, wire and bead art, and floral arrangement. If you prefer performing arts, why not try some line dancing or Zumba? For those interested in mindfulness and fitness, they offer Yoga and Palates. Musically inclined individuals can join their guitar jam sessions or learn to play the ukulele, violin and more.

If you are interested in clubs and hobbies, they have options for everyone. Join their technology club, go birdwatching, participate in field trips or engage in sewing or cooking classes. In the mood for a movie? 'Movie-goers' is your way to go. Like flowers and plants? Learn all about them in their garden club. Want an adventure? Try their travel club, traveling to far away places. For those passionate about writing, they offer workshops that cover grammar, punctuation and spelling. If reading is your passion, consider joining their book clubs. Need a little support? They offer support groups for Alzheimer's support, Grief Share, and Parkinson's support to help manage life's challenges. For those with

See HEALTHY Page 10

Commons on Classen

62 Years of Age or Older



Come See our beautiful apartments!
Efficiency range is Currently \$650.00 - \$725.00
1-bedroom range is currently \$675.00 - \$775.00
2-bedroom range is currently \$800.00 - \$875.00

We have: · Shuffleboard Court · Splash Pad · Work Out Room
 · Library & Craft Room · And many amenities to fit your lifestyle!

Visit: www.nhsokla.org/apartments
Or email Commons@belmontmgmt.net

1320 Classen Drive
 Oklahoma City, OK 73103
 405-601-6819 TDD # 711

Office Hours:
 Monday - Friday
 11:00 am - 5:00 pm






HEALTHY

Continued from Page 9

a heart for giving back, you can volunteer to make angel gowns for Children's Hospital, weave mats for the homeless, or create hats for cancer patients.

If you're looking for a bit of action, they have bike riding groups that meet weekly. Or do you prefer ping-pong, pickleball, tai chi, kick-boxing or various games like bridge, chess, dominoes and bunco? If you enjoy crafting, they offer quilting, crocheting, knitting and embroidery classes. There's something for everyone to enjoy and stay engaged.

Senior wellness centers promote the health, happiness and well-being of older adults. These centers offer a safe and supportive environment where seniors can engage in a wide range of activities designed to enhance their physical, mental and emotional health. From fitness classes and arts and crafts to social gatherings and educational workshops, there is something for everyone to enjoy. As their population continues to age, the demand for these centers is likely to grow, making them an essential part of the healthcare and social support network for older adults. By

providing opportunities for physical exercise, mental stimulation and social interaction, senior wellness centers help to reduce the risk of chronic diseases, combat feelings of isolation and improve the quality of life for seniors. They empower older adults to take charge of their health and well being, fostering a sense of independence and vitality. They invite you to join us in improving your physical, social, recreational, and educational well-being. As a nonprofit organization, they are dedicated to promoting health and fitness while ensuring that their members have fun and find fulfillment in their golden years. Together, they can create a vibrant, supportive community where seniors thrive and enjoy life to the fullest.

For more information, visit www.healthylivingokc.com.

HEALTHY LIVING OKC

You Can't Buy Happiness

but Living at Saint Ann is Pretty Much the Same Thing!

- Assisted and Independent Living
- No Buy In Fees. Just a Monthly Agreement!
- People of All Faiths Welcome
- Numerous Activities and Great Food
- Affordable Luxury
- Pet Friendly



Saint Ann

ASSISTED & INDEPENDENT LIVING
A MINISTRY OF THE ARCHDIOCESE OF OKLAHOMA CITY

www.SaintAnnRetirementCenter.com

405.721.0747

7501 W. Britton Rd, OKC

Medicare Advantage

Make the wise choice.

Get up to \$1,320 back in your Social Security check annually.**

If you pay your own Part B premium, it's important to know that plans in your area may include a Part B Giveback benefit* so you can get up to:

\$110 off your monthly Part B premium.

If you have Medicare Part B, you typically pay \$174.70 each month from your Social Security check for the Part B premium. But with a Medicare Advantage plan from Cigna Healthcare, you could get some of that back in 2025. That's a total of up to \$1,320 for the whole year.**

Act Now: the Annual Enrollment Period ends December 7.

Talk to a Licensed Benefit Advisor to learn more.

Ashley Dodd

Affirm Health Solutions

405-820-8708 "I'm Local"

7 days a week, 8 a.m. – 8 p.m.

Oct. 15 - Dec. 7, 2024

Medicare Annual Enrollment



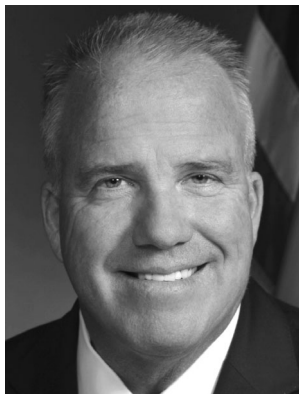
*Cigna Healthcare will reduce your monthly Part B premium based on the plan's specific benefit amount. **Annual amount based on possible monthly or quarterly amounts. Cigna Healthcare products and services are provided exclusively by or through operating subsidiaries of The Cigna Group. The Cigna names, logos, and marks, including THE CIGNA GROUP and CIGNA HEALTHCARE are owned by Cigna Intellectual Property, Inc. To file a marketing complaint, contact Cigna Healthcare at 1-800-668-3813 (TTY 711), Monday - Friday, 8 a.m. - 8 p.m., or call 1-800-MEDICARE (24 hours a day/7 days a week). Please include the agent/broker name if possible. Subsidiaries of The Cigna Group contract with Medicare to offer Medicare Advantage HMO and PPO plans and Part D Prescription Drug Plans (PDP) in select states, and with select State Medicaid programs. Enrollment in a Cigna Healthcare product depends on contract renewal. Some content provided under license. © 2024 Cigna Healthcare.

Reconnecting Families with Lost Life Insurance Benefits

By Oklahoma Insurance Commissioner Glen Mulready

Many families have experienced the loss of a loved one only to discover later that a life insurance policy existed tucked away in old files, forgotten about or just unknown to the beneficiaries. Life insurance provides a financial lifeline during those most difficult times, but beneficiaries can miss out on the support they need when benefits go unclaimed. The Life Insurance Policy Locator (LIPL) can help in these situations. The Oklahoma Insurance Department (OID) has helped to connect thousands of Oklahomans with millions in unclaimed life insurance policy benefits since we launched this transformative tool in 2016. I want to share more about the LIPL and how it can help you.

Before we discuss using the tool, I want to stress the importance of life insurance in your financial planning. It may seem difficult to address or discuss, but it can help your loved ones in case something unforeseen happens to you. When to purchase, what kind of policy to buy, and how much in benefits will depend on you and your situation. You will want to consider how many people rely on you



Oklahoma Insurance Commissioner Glen Mulready.

financially and your financial obligations to help you answer those questions. You can find more information about life insurance shopping at www.oid.ok.gov/life.

So, how does the LIPL work? It's easy, free and secure. First, visit www.oid.ok.gov/LIPL and click "Get Started." Next, you will submit your request, which requires information from the deceased's death certificate, such as the Social Security number, legal name, date of birth, date of death and the decedent's veteran status. You will also need to indicate your relationship to the deceased. Finally, you will click the submit button and receive a confirmation email. If a policy is found and you are the beneficiary, the life insurance or annuity company will contact you directly.

The success of the LIPL speaks for itself. Since the tool's launch in 2016, OID has helped to connect over 8,000 Oklahomans with over \$161 million in unclaimed life insurance policy benefits, with almost 1,500 claiming over \$32 million this year alone. The LIPL has significantly impacted the lives of many, and it can do the same for you.

Life insurance can be a lifeline to loved ones in a time of loss. However, many aren't aware that they may be the beneficiary of a life insurance policy or an annuity. If you believe you are a beneficiary, use the free LIPL tool to find out today. If you have any questions about life insurance or need assistance with any other insurance-related questions, please call OID at 800-522-0071 or visit www.oid.ok.gov.

SNL Metro Libraries January Events



Stay Active and Engaged: Senior Events at the Metropolitan Library System

The new year is a perfect time to try something new, stay active and connect with others. From fitness classes to creative workshops, there's something for everyone to enjoy at the library. This January, the Metropolitan Library System offers endless opportunities for fitness, crafting and personal growth. You're sure to find something that inspires you. Visit metrolibrary.org for more details and a full calendar of events.



Focus on Wellness: Maintaining good health is key to living your best life and the library has you covered with a variety of wellness programs.

Total Wellness Classes: Presented by the Oklahoma City-County Health Department, these interactive sessions help prevent diabetes and heart disease through practical tips on weight loss, healthy eating and exercise. • Almonte Library: Tuesdays at 10 a.m. - Jan. 14, 21, 28

Tai Chi: This gentle exercise enhances balance and flexibility, perfect

for all fitness levels. Classes are offered at several locations: • Southern Oaks Library: Beginner classes at 9 a.m. Tuesdays and Thursdays; Intermediate classes at 10:15 a.m. - Jan. 7, 9, 16, 21, 23, 28, 30 • Midwest City Library: Tuesdays and Thursdays at 11 a.m. - Jan. 9, 14, 16, 21, 23, 28, 30

Yoga: Relax and rejuvenate with yoga sessions tailored for all levels. • Choctaw Library: Fridays at 10:15 a.m. - Jan. 3, 10, 17, 24, 31 • Del City Library: Sunset Yoga, twice a month at 6:30 p.m. - Jan. 14, 28 • Edmond Library: Yoga and Meditation, Fridays at 3 p.m. - Jan. 5, 12, 19, 26

Sound Bath: Immerse yourself in a relaxing sound bath experience led by Anna and Mark from MARKANNA Wellness. • Ralph Ellison Library: Jan. 21 at 6:30 p.m. • Edmond Library: Feb. 23 at 3 p.m.

Learn and Create: The start of a new year is the perfect time to explore a hobby or learn a new skill.

Sourdough Basics: Learn the art of sourdough baking, complete with a starter kit to take home. • Belle Isle Library: Jan. 4 at 10 a.m.

Beginner Line Dancing: Get moving and have fun learning the basics of line dancing. • Southern Oaks Library: Mondays at 1 p.m. - Jan. 8, 15, 22, 29

Knitting and Fiber Arts: Whether you're new to knitting or a seasoned crafter, join these community-focused groups: • Downtown Crochet and Knit Club: Downtown Library, Jan. 4 at 2 p.m. • Fiber Arts Club: Southern Oaks Library, Jan. 7 and 21 at 1:30 p.m. • Jones Library: Jan. 7 and 21 at 6 p.m. • Fiber Arts Group: Bethany Library, Jan. 15 at 1:30 p.m. • Community Fiber Arts Group: Edmond Library, Jan. 18 at 9:30 a.m. • Crochet Night Meetup: Capitol Hill Library, Jan. 23 at 6:30 p.m.

Watercolor Painting: Local artist Jim Pourtorkan leads this workshop, perfect for beginners. • Warr Acres Library: Jan. 25 at 10 a.m.

Clothed Figure Drawing: Sharpen your artistic skills in this life drawing session with a live model. • Belle Isle Library: Jan. 28 and Feb. 25 at 6:30 p.m.

OPINION

THE SAVVY SENIOR

Dear Savvy Senior,

I've heard that excessive earwax can cause serious health problems in elderly seniors. What can you tell me about this?

Caregiving Daughter

Dear Caregiving,

It's true! Excessive amounts of earwax can indeed cause problems in elderly seniors including hearing loss or ringing in your ears. Some people experience vertigo, which increases the risk of falling. And there's also a correlation between hearing loss and cognitive decline and depression.

Earwax - which is not really wax at all, but a substance called cerumen that binds with dirt, dust and debris - is normally produced by the body as a way to clean and protect the ears. In most people, the self-cleaning process works fine. But in others, including more than 30 percent of elderly people, the wax collects to the point where it can completely block or impact the ear canal.

Those that are most affected are elderly seniors, especially those living in nursing homes or assisted living centers that provide substandard hygiene. And those highest at risk are hearing-aid users because the devices push wax down into the canal.

Earwax Removal

Usually, earwax moves up and out on its own so the best way to control it is to leave it alone. But that advice can backfire for those who

accumulate excessive amounts of earwax.

The symptoms of an earwax problem can include an earache, a feeling of fullness in the ear, hearing loss, tinnitus, dizziness, an ear infection, ear itchiness, or cough due to pressure from the blockage stimulating a nerve in the ear.

If you or your elderly loved one's experience any of these symptoms, try using a softening agent to help the wax leave the ear or to remove it more easily.

If you prefer the natural route, try baby oil or mineral oil. Using an eyedropper, apply a drop or two into your ear, tilting your head so that the opening of the ear is pointing up toward the ceiling. Stay in that position for a minute or two to let the fluid flow down to the waxy buildup. Then tilt your head in the opposite direction to let the fluid and wax drain.

Or try an over-the-counter earwax removal solution or kit, which are sold in most pharmacies. Solutions may contain oil or hydrogen peroxide, and some kits include a bulb syringe that you squeeze to flush your ear with warm water, if needed.

You may need to repeat this wax-softening and irrigation procedure several times before getting rid of the excess earwax. If, however, the symptoms don't improve after a few treatments, you need to see an audiologist or ear, nose and throat (ENT) doctor to have the wax removed.

Earwax removal is one of the most common ENT procedures performed. They have a variety of tools that can remove hard, stubborn earwax.

It might be tempting to poke a cotton swab, bobby pin, pencil or finger into your ear to get the gunk out, but don't go digging. Yes, it'll remove some of the wax, but it may also push the rest deeper into the ear canal and increase your risk of injuring your eardrum and making the problem worse.

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

SENIOR NEWS & LIVING
OK

**Locally Owned
and Published
Monthly**

Editor/Owner/Publisher - Steven R. Eldridge

Writers: Bobby Anderson, Staff Writer,

James Coburn, Staff Writer, Van Mitchell, Staff Writer, Marise Boehs, Vickie Jenkins, Darl DeVault. Email submissions or requests for advertising info to:

news@seniornewsandliving.com

Advertising

Advertising@seniornewsandliving.com

To request advertising rates, subscribe or get more information email

news@seniornewsandliving.com

Phone: (405) 631-5100 Fax: (405) 631-5103

P.O. Box 239, Mustang, Ok 73064

With over 65 years of combined newspaper publishing, editing, graphic design, sales and marketing experience, Senior News And Living welcomes the opportunity to work with you!

Published the 1st of each month and distributed to 60,000 senior readers, Senior News and Living provides readers a fresh publication filled with news and features with resources for the mature reader. Articles and advertisements in Senior News and Living do not necessarily reflect the opinions of the newspaper or Metro Publishing, L.L.C. it's Ownership, Management or employees. We do not assume responsibility for statements made by writers or advertisers. The acceptance of advertising by Senior News and Living does not constitute and endorsement of products, services or information. We do not knowingly present any product or services which is fraudulent or misleading in nature. Opinions expressed in columns and letters to the editor are not necessarily the opinions of the newspaper or Metro Publishing, L.L.C. it's Management or employees. We reserve the right to refuse any advertisement. COPYRIGHT © 2022-2023 METRO PUBLISHING L.L.C. ALL RIGHTS RESERVED

What About Cremation? So You're Considering Cremation...

The reasons for choosing cremation vary from individual to individual. But as with all funeral arrangements, there are many options available regarding the cremation itself, services, price ranges, and what to do with the ashes. Please send for this informative brochure to help answer any questions you may have. It's free & you'll learn about the endless choices available to you.



Crawford Family
FUNERAL CENTERS

Signature: South OKC (405) 494-6554

Wilson: El Reno (405) 262-3311

Crawford: Edmond (405) 340-2333

Ford: Mid-Del (405) 677-9990

www.crawfordcares.com

Family Owned & Operated - Se Habla Espanol

Yes, I'd like more information on cremation.
(There is no cost or commitment.)

Name _____

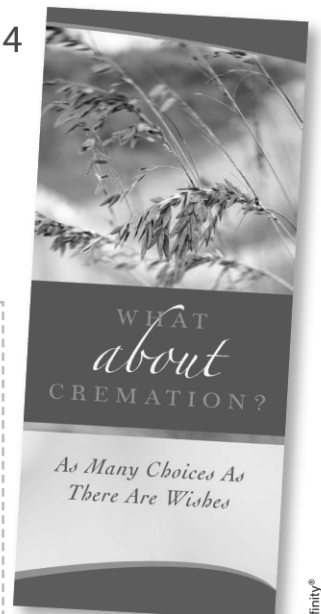
Address _____

City _____ State _____ ZIP _____

Phone _____

MAIL TO:

Crawford Funeral Service
610 NW 178th, Edmond, OK 73012



© edfinity

Silver Elm Estates Edmond



Welcome to Silver Elm Estates Edmond, an Independent Living community tailor-made for individuals aged 55 +

Call or Visit TODAY With amenities that include • On-Site Beauty Salon
• Weekly Light Housekeeping • Local Transportation
• A dining room which offers 3 restaurant style meals




www.npmainc.com (405) 341-4844

Conveniently located at 1301 NW 178th Street, with easy access to downtown Edmond, Chisolm Creek, shopping and much more.

SUDOKU

Sponsored by Christina Sibley
Medicare Products Broker

“Call or email me about your Medicare questions”
- **Christina**
405-655- 6098 TTY 711
csibleyinsures@gmail.com

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

See Sudoku Answers on Page: 31



SCISSORTAIL DERMATOLOGY

Skin Cancer Screening and Treatment on Both Sides of the Metro

3030 NW 149TH ST
OKC, OK 73134

401 SW 80TH ST
OKC, OK 73139



Elise Brantley, M.D.

405-562-6222
scissortaildermatology.com

SNL CENTENARIANS OF OK



Betty Mattison

(Right) **100 years old.** Betty Mattison of Tulsa, born December 27, 1924, was the oldest of eight siblings who were separated early in life, some placed in local homes. Betty later reunited them, and they now hold family reunions. Since retiring in 1987, she has delivered for Meals on Wheels and enjoys sewing, knitting, and crocheting.



Mary Thomas

(Right) **100 years old.** Mary Rose (Hull) Thomas of Stillwater was born in Missouri on December 16, 1924. As a devoted Presbyterian, she worked as a secretary until her retirement at age 65. Her interests included golf, basketball, and volunteering, and she cherished time spent with loved ones. Mary Rose traveled extensively with her husband and emphasized the importance of respecting one's parents.



Dottie Pennington

(Right) **110 years old.** Lessie Benningfield Randle was born, beginning an extraordinary 110-year journey of faith, love, and service, celebrated with family and friends in Tulsa. As a dedicated caregiver, she made a difference until retiring in 1981. She delighted in cooking, reading, and singing hymns, fueled by her unwavering faith. Asked about her remarkable longevity, she credited God's blessings and thoughtful living. Lessie's heartfelt guidance is: 'Follow God, honor your parents, and live with integrity.'



Betty Edmondson

(Left) **100 years old.** Betty Lou Edmondson, a resident of Bethany, has commemorated her 100th birthday, having led a fulfilling life since retiring as a jewelry clerk in 1989, with a rich blend of homemaking, church involvement, hobbies such as sewing, walking, and fishing, and exploring various travel destinations while prioritizing time with loved ones. "Betty's words of wisdom: "Enjoy the outdoors and fresh air...walk, walk, walk!"



Seniors Helping Seniors®

Honored to Serve our Heroes

Our Experienced Senior Care Services include:

- Companionship • light housekeeping • meal preparation
- respite care • overnight stays • 24-hour care
- running errands • dementia & Alzheimer's care • pet care
- medication reminders • shopping assistance

Call 405.562.6000

In-Home Services for Seniors by Seniors

www.shscentralok.com

help@shscentralok.com



Home Oklahoma City Added to National Register of Historic Places

Oklahoma County

Dr. William L. and Susie Price Haywood Estate

7100 N. Sooner Rd., Oklahoma City

The Dr. William L. and Susie Price Haywood Estate in Oklahoma City was constructed c. 1930 in the Late 19th and Early 20th Century Classical Revival style and is significant at the local level for its association with Dr. William Haywood, his wife Susie Price Haywood, and their roles associated with the Black community during segregation. Dr. Haywood was a prominent physician for the Black community as early as 1910 when he became the chief African American health officer of Oklahoma County. In the 1920s, he established the Utopia Hospital, which is believed to be the first African American hospital west of the Mississippi. In the 1950s, Haywood became director and chief-of-staff at Oklahoma University Hospital. Mrs. Haywood, a cum laude graduate of Langston University, established herself as the first principal for the summer school for Negro children and eventually as a summer faculty member at Langston as an English teacher and assistant registrar. Mrs. Haywood also published textbooks for students to use, covering topics traditional books did not. The Haywood Estate is listed in the National Register for the couple's significant role in the African American community in Oklahoma City.

Listing in the National Register of Historic Places is an honorific designation that provides recognition, limited protection and,



Photo Courtesy the State Historic Preservation Office.

in some cases, financial incentives for these important properties. The SHPO identifies, evaluates and nominates properties for this special designation.

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



BILL VEAZEY'S

REHAB & HOME CARE

Equipment & Supplies

Celebrating
60 Years!




NEW!
ERGONOMICALLY DESIGNED
TOGGLE REMOTE
WITH TWO PROGRAMMABLE
MEMORY POSITIONS

Pride® Lift Chairs

**SAVE UP TO 25% ON
All Lift/Recline Chairs**

- * Infinite and Zero Gravity chairs
- * 3-Position Chairs
- * Heat and Massage Chairs

RENTALS SALES & SERVICE

**Come by and visit
us M-F from 9-5**

3020 NW 63rd St. Oklahoma City, OK (405) 843-8886

Visit us at billveazeymedical.com

Are you new to Medicare?

Know the benefits available to you.

Find Out What's Covered on Original Medicare vs. Medicare Advantage Plans

Learn the basics of:

- Part A - Hospital Stays
- Part B - Doctor Visits
- Part C - Medicare Advantage
- Part D - Prescription Drugs

Eagle Group Agency Office
8204 S Pennsylvania, Ste A
Oklahoma City, OK 73159

Call NOW for a complimentary consultation with a licensed LOCAL agent.



405-602-1554



Seeking Longevity ACTIVE 55+

TAKE A WALK. FEEL BETTER. LIVE LONGER.

A Birthday Bike Ride

It was my 76th birthday and I wanted a challenge. Having never ridden a mountain bike trail, I decided to try my luck on one. I found a local Facebook riders group and asked for an easy beginner trail recommendation. Off I went to ride it.

It did not take me long to realize the gulleys and tree roots and sharp turns were not my cup of tea. I abandoned it for Lake Stanley Draper Trail.

It was a Tuesday, so the traffic at the lake was minimal. Only a handful of bikers and walkers were on the trail. I had an excellent 10 mile ride to the back side of the lake and back across the top of the dam.

I would certainly recommend this trail, although, be prepared for hills. Long hills. I try to avoid the longest, hardest hills. If you start on the dam side of the trail (riding south from the marina), the hills are not that bad and you can get to the back side of the lake in about 5 miles. A nice picnic table awaits and peace and quiet. Take a break. Hydrate and have a snack.

Riding back across the dam is flat and has a great view of the lake on your right. I would not recommend this on the weekend though because of traffic across the dam. It's a public road, not part of the trail.

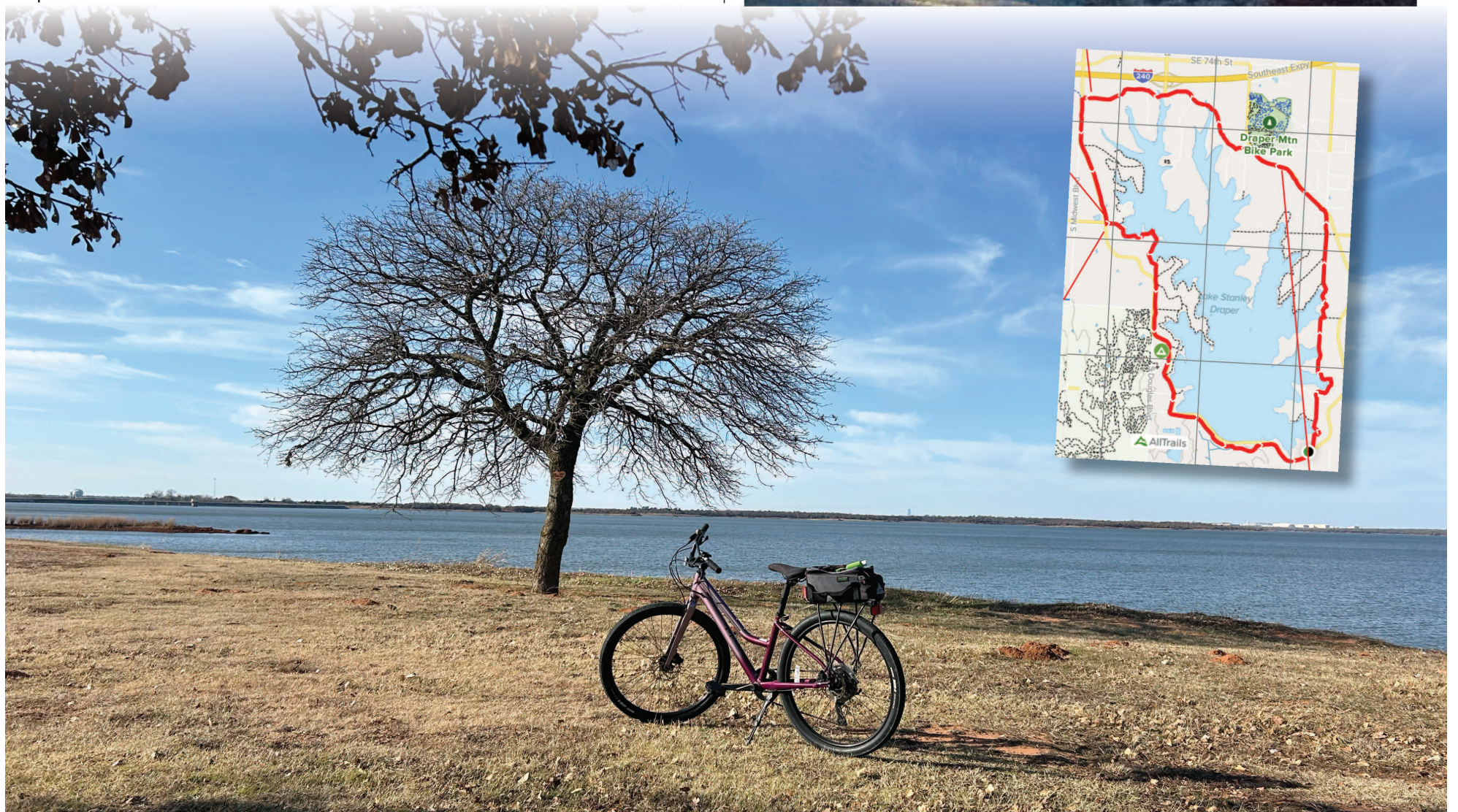
Lake Stanley Draper Trail

By Marise Boehs

Lake Draper Trail is a 14-mile loop trail located near Tinker Air Force Base. It is a car-free paved trail that offers the chance to see wildlife and some beautiful native Oklahoma wildflowers, grasses and cedars.

And it has hills. Do not confuse this with a rail trail. The terrain can be a challenge.

The Lake Draper Marina is located at the end of SE 104th Street and provides abundant parking and easy access to the trail. The marina also has a concession building with restroom facilities. A playground is close by as well as picnic tables and benches.



Mercy Therapy Program Helps Logan County Seniors

located at 200 S Academy Road. Mercy caregivers and a chaplain gathered to celebrate the program's start and bless it with prayers of thanksgiving.

"Anxiety and depression feel isolating to anyone, but often especially to seniors. But these are very common problems and we don't want our neighbors to suffer alone," said hospital Administrator Bobby Stitt. "We want everyone to know they can refer themselves, and family and friends can refer their loved ones, too."

About Senior Life Solutions

Senior Life Solutions is an intensive outpatient group therapy program for people who are typically age 65 and older with age-related health concerns, difficult life events, transitions to new phases of life and more.

Senior Life Solutions is for people who may be experiencing:



Mercy Hospital Logan County located at 200 S Academy Road.

- Anxiety
- Changes in appetite
- Depression
- Difficulty sleeping
- Feelings of sadness or grief lasting more than two weeks
- Feelings of worthlessness or hopelessness
- Loss of a close family member or spouse
- Loss of energy
- Loss of interest in favorite activities

Senior Life Solutions services offered include:

- A confidential, comprehensive assessment

- Individual, group and family therapy
- Medication education and management
- Aftercare planning

While most services are offered in a group setting, each person will also receive individual counseling. Mercy engages and supports participants in the program to make sure their unique needs are being met.

Staff includes a board-certified psychiatrist, licensed therapists, a registered nurse and other caregivers dedicated

to the mental health care of older adults in the Logan County community.

Family members, physicians or other health care professionals can make a referral to the program.

For more information, call 405-282-6700 or visit the Mercy Hospital Logan County webpage on www.mercy.net.



You served us, now let us serve you.

Ask About Our

- Alzheimer's/Dementia Care
- Discharge Assistance
- Respite Care
- Post Surgery Assistance
- Care for chronic conditions
- FREE Consultation

Personal Care Services - Companion Services - Transportation Services



Come by or visit HWCG.com/Edmond



405-444-3002

3405 French Park Dr. STE-G
Edmond, OK, 73034

Discover New Reads, Win Prizes with the Book Bingo Winter Reading Challenge

This winter, the Metropolitan Library System invites adults to embrace the joys of reading with the return of the beloved Book Bingo Winter Reading Challenge. Running from Jan. 1 through Feb. 28, this annual program encourages participants to explore unique reading categories, connect with their community and win exciting prizes.

Winter Reading isn't just about books—it's a celebration of all types of reading. Whether you prefer audiobooks, e-books, magazines, bedtime stories, or physical books, all formats count toward completing the challenge. The bingo card has fun ideas like "a book with a number in the title" or "a book set in the winter" to inspire you.

"All kinds of reading count for this challenge," said Emily Williams, Teen Services Manager. "Audiobooks provide just as much vocabulary and reading comprehension as the paper versions. E-books are a convenient way to carry dozens of books at once, plus the library's downloadable collection is just a Wi-Fi signal away."

Participants can look forward to the reveal of this year's collectible campfire mug design, a coveted tradition among Winter Reading fans. Beyond the prizes, the program highlights the benefits of reading, such as reducing stress, improving sleep and making daily activities more enjoyable. "Reading can help us process our experiences, receive reinforcement for our feelings or provide a distraction from everyday stressors," Williams added.



Surprised?

"Baby Boomers show trust in print advertising, because reading print, because it is something they have always done, Baby boomers still typically plot out time to read traditional printed publications on a regular basis. For many of them, it has always been part of their regular routine. Being able to see the same ads repeated in their favorite publications is a great way that advertisers can solidify themselves as a reputable brand with a baby boomer."

www.russelljohns.com

What would you pay to get your business card in front of up to 60,000 Seniors every month? Delivered!

Call us today - 405-631-5100

SENIOR NEWS & LIVING
OK

How to Participate in Winter Reading Book Bingo:

1. **Get Your Card:** Pick up a bingo card at any Metro Library location or download one at metrolibrary.org/winterreading.
2. **Track Your Progress:** Fill in your card by logging the title and author of books you've read in the corresponding squares. Complete any five squares for a bingo or challenge yourself to fill the entire card with 25 books. Use the Beanstack app to track your progress online.
3. **Submit Your Card:** Return completed cards to any library location or log your progress online by Feb. 28. Participants can submit one card to qualify for prizes.

Prizes and Rewards:

- **Read 5 Books:** Earn a limited-edition campfire mug (while supplies last) and be entered into a drawing for prizes like Apple AirPods.
- **Read 25 Books:** Enter the grand prize drawing for an iPad, VIP tickets to Literary Voices featuring Jodi Picoult, and a YMCA membership.

Need help finding your next read? Librarians are available to provide tailored recommendations through Tailored Titles, at your local branch, or by phone at (405) 231-8650.

This cherished program has become a highlight of the season for many readers, offering a chance to unwind, explore new stories and connect with others. Start your Winter Reading journey today and see if you can get a bingo! For more details, visit metrolibrary.org/winterreading.

The Metropolitan Library System serves Oklahoma County's 800,000 residents across its 19 locations, welcoming over 5.4 million visits annually with more than 10 million checkouts. Explore digital resources available 24/7 at www.metrolibrary.org.

Home in Norman Added to National Register of Historic Places



Photo Courtesy the State Historic Preservation Office

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

Cleveland County

Prairie House

550 48th Ave. NE, Norman

Designed by architect Herb Greene and completed in 1961, Prairie House is located at 550 48th Avenue NE in Norman. It is significant as an exemplary work of organic architecture through Greene's architectural vision and rooted in Bruce Goff's organic design principles. Greene's architectural vision sought to synthesize various arts and respond to the elements of "people, place, time, materials, and spirit." Prairie House's intent as "something poetic" blends form, function, and environment of a particular time, place, and circumstance and embodies the organic architecture that Goff and his followers exemplify.

STRANGE BUT TRUE

SO THEY SAY...

SBT The Mona Lisa has no eyebrows. It was the fashion in Renaissance Florence to shave them off!

SBT Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

SBT The names of Popeye's four nephews are Pipeye, Peepeye, Pupeye, and Poopeye!

SBT It's illegal to drink beer out of a bucket while you're sitting

on a curb in St. Louis!

SBT Porcupines float in water!

SBT Most lipstick contains fish scales!

SBT A group of geese on the ground is a gaggle, a group of geese in the air is a skein!

SBT Until 1796, there was a state in the United States called Franklin. Today it's known as Tennessee!

SBT Thomas Edison, lightbulb inventor, was afraid of the dark!

SBT The sentence "The quick brown fox jumps over a lazy dog." uses every letter of the alphabet!



Clifton Haley
PHOTOGRAPHY

Scan QR code to receive your free quote and special gift



SNL TINSELTOWN TALKS

Take a Hike! To Palo Duro Canyon, Texas

By Nick Thomas

Considering its vast area, it might be surprising that Texas is home to just two National Parks. If the U.S. National Park Service ever expressed interest in adding a third, Palo Duro Canyon could be a compelling candidate - assuming the Feds could pry it away from the Texas State Park system. As the second largest canyon system in the United States, it's no surprise this spectacular natural wonder is nicknamed the Grand Canyon of

It's a great place to begin and to appreciate the canyon rim view from the car park.

Turning right on Park Road 5 from the Visitor Center, the road winds around a bit for about a mile to a small parking area on the right and the "C.C.C. Trail ¼ mile" sign. This is the entrance to the short Triassic Trail which, in about a quarter mile, intersects with the longer CCC trail at its approximate midpoint (a map of Palo Duro Canyon State Park



Entrance to Palo Duro Canyon State Park

the Lone Star State.

About a half hour drive south from Amarillo in the Texas panhandle, the summers are predictably shadeless and brutally hot, so take the obvious precautions if hiking during those months. Winter, early spring, and late fall are the best times to hike any scorching trail, and there are plenty of them here - more than 15 spread over some 30 miles around the 30,000-acre State Park.

Our first stop was the Visitor Center just as it was closing, but the manager kindly invited us to look around, use the restrooms, and answered a few questions.

trails can be downloaded from the park website).

CCC stands for the Civilian Conservation Corps, a New Deal program developed during the President Franklin D. Roosevelt administration to provide jobs for the unemployed during the Great Depression of the 1930s. The CCC built a road to the canyon floor, trails, picnic areas, small foot bridges, cabins, and the Visitor Center.

The Triassic Trail is an easy half mile to the bluff and back over a few rocks and some uneven surfaces, but affords breathtaking views of the canyon. Since the trail hugs the canyon rim, hikers



Unmarked trailhead of Triassic Trail that crosses the CCC Trail

can watch as cars wind down the canyon basin road below where the Pioneer Amphitheater hosts popular outdoor events throughout the year.

Pets are welcome at Palo Duro Canyon State Park, but must be leashed if taken on a hike. Aside from obviously protecting the park's resources, cactuses dot the Triassic Trail. Dogs off a leash may regret attempting to leave their scent on prickly plants! The park also has an all-terrain wheelchair for use on some trails that may be reserved by contacting the park in advance. It can also be very gusty in the region - nearby Amarillo is one of the windiest cities in the U.S.

Other easy trails include the Pioneer Nature Trail, a short 0.4-mile loop leading to the river,

and the scenic 2-mile out-and-back Paseo Del Rio Trail that follows the riverbank. Many more challenging trails await the adventurous, including the CCC Trail that offers a rugged descent into the valley. This historic path, carved into the canyon nearly 90 years ago by the Civilian Conservation Corps, stands as a testament to the men whose efforts helped shape this less-traveled gem of the Texas State Park System.

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written features, columns, and interviews for many newspapers and magazines. His hiking column describes short trails, hikes, and walks from around the country that seniors might enjoy while traveling. See www.ItsAWonderfulHike.com.



Visitor Center and car park overlooking part of the Palo Duro Canyon

Over 55, Unemployed & Looking for Work?



Get the training and skills you need to compete in today's job market.

The AARP Foundation Senior Community Service and Employment Program (SCSEP) can help you keep pace with the changing nature of work and improve your ability to find employment, even in today's tough job market. AARP Foundation SCSEP places older workers in a variety of community service activities at nonprofit and public facilities like day care and senior centers, schools and hospitals. As a participant, you can sharpen your job skills and earn income — all while giving back to your community.

If you're 55 or over and unemployed, contact AARP Foundation SCSEP's local office at 405.879.3899 for more information.



BrightStar Care
A HIGHER STANDARD



Unparalleled Home Care and Support

When your loved one needs extra care at home, choosing the right agency can be tough. Let BrightStar Care® make it easier.

- We offer companion and personal care, including bathing, meal prep, medication reminders, mobility assistance and more.
- We've earned The Joint Commission Gold Seal of Approval® which validates that we follow the highest standards of safety and care.
- VA Community Care Network provider trusted by veterans.

Learn more at brightstarcare.com/edmond-oklahoma-city.

Call for your free in-home assessment.

BrightStar Care of Oklahoma City

405-896-9600

©BrightStar Care Independently Owned and Operated



BRAZITO

Locally Owned... We Pay More

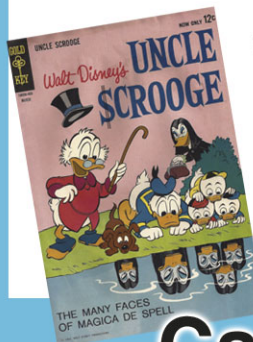
COINS & COLLECTIBLES



COINS BUY & SELL



We Buy and Appraise Coins, Comics and Lionel Trains



Call 405-495-4000

Or email billnorfleet@hotmail.com

Oklahoma City Native to Graduate From Officer Candidate School

Story by Megan Brown,
Navy Office of Community Outreach

Ensign Samuel Sharp, a native of Oklahoma City, Oklahoma, graduate from the Navy's Officer Candidate School (OCS). Sharp is a graduate of Gulf Breeze High School and an Oklahoma Baptist University graduate. "I joined the Navy because I wanted to serve my country and follow in the footsteps of my family members who also previously served," said Sharp.

The skills and values needed to succeed in the Navy are similar to those found in Oklahoma City. "A few lessons I have learned from my hometown that have helped me throughout my time in the Navy and at OCS are the importance of being resilient, adapting to new circumstances and stepping up as a leader when needed," said Sharp.

OCS is one of four officer accession programs operating

at Officer Training Command Newport (OTCN). OCS is the final step in a sailor's transition into the Naval Officer Corps. This rigorous 13-week program is comprehensive, intense, and designed to reinforce understanding of the responsibilities of a naval officer.

Located in Newport, Rhode Island, the command's mission is to develop newly commissioned officers morally, mentally and physically, and imbue them with the highest ideals of honor, courage and commitment in order to prepare them for the Fleet. Additionally, this program prepares officers to become effective leaders by developing fundamental skills in leadership, written and oral communication, career management and administration.

With 90% of global commerce traveling by sea and access to the internet relying on the security of undersea fiber optic cables, Navy officials

continue to emphasize that the prosperity of the United States is directly linked to recruiting and retaining talented people from across the rich fabric of America.

Sharp serves a Navy that operates far forward, around the world and around the clock, promoting the nation's prosperity and security. "We will earn and reinforce the trust and confidence of the American people every day," said Adm. Lisa Franchetti, chief of naval operations. "Together we will deliver the Navy the nation needs."

Sharp has many opportunities to achieve accomplishments during military service. "So far, my proudest accomplishment while serving in the Navy is having the opportunity to come to OCS as a student naval aviator," said Sharp.

As Sharp and other sailors continue to train and perform missions, they take pride in serving their country in the U.S.



Ensign Samuel Sharp graduate from the Navy's Officer Candidate School (OCS)

Navy. "Serving in the Navy means that I am able to build myself and other sailors into great leaders," added Sharp. "It also means setting an example for others to follow, not only in the fleet, but in society as well."



We are a full-service, companion-animal hospital committed to providing your pet with lifetime quality care.

We offer a variety of services for senior pets including physical therapy for various orthopedic and neurological conditions, therapeutic exercise, treadmill and hydrotherapy, massage and joint mobility therapy, neuromuscular stimulation, laser therapy and acupuncture.

We can help your pet live longer and happier!

New Clients mention this ad for \$15 off your first exam!

For a complete list of our services please visit our website or give us a call.



Rose Rock VETERINARY Hospital Pet Resort

405.321.3361 • 400 24th Ave. N.W.
roserockvethospital.com



MOBILITY CITY
WE FIX WHEELCHAIRS & SCOOTERS
(And Much More!)



*Need Something Fixed?
We come to you!*

We service:	* Scooters
* Wheelchairs	* Lift Chairs
* Power Chairs	* Ramps
* Hospital Beds	* Rollators

*** Service * Sales * Rentals ***





Yes! We do battery changes	Yes! We follow sanitization protocols
Yes! We come to your location – home, business, or residential community	Yes! We do ramps and ramp systems
Yes! We have a flat rate mobile service	Yes! We do steam sanitization
Yes! We do community tune-up days	Yes! We have pre-owned equipment
Yes! We do short and long term rentals	Yes! We service all brands
Yes! We do vehicle lifts	Yes! We have many parts in stock
	Yes! We listen and we care

**Visit Our Showroom: Mobility City of Oklahoma City ♦ 12316 N. May Ave.
(405) 725-1755**

SENIOR MARATHON

APRIL 26, 2025

Calling everyone 60+ to become a Marathoner and celebrate the 25th anniversary of the Oklahoma City Memorial Marathon!
Walk or run 1-2 miles a week before Race Day (that's 25 miles!) and complete your last 1.2 on Race Day!



OKCMARATHON.COM

PROCEEDS BENEFIT THE OKLAHOMA CITY NATIONAL MEMORIAL & MUSEUM

Turning 65 or new to Medicare?

I'm here to help you navigate Medicare in Oklahoma City



Get the answers you need and the support you want

If you're new to Medicare or have some questions, I'm here to help you make sense of it all. Reach out to me for personalized support throughout the process, from learning about your Medicare Advantage plan options to enrolling in the right plan for you. I even offer house calls, bringing info and answers into the comfort of your home. Together, we can:

- Look through Medicare Advantage plans specific to your area
- Meet at your home, my office or over the phone
- Find out which providers are in network for the plans you may be interested in

It's more than healthcare—it's human care.



Call to RSVP for a meeting with a licensed Humana sales agent

ELIZABETH RUBIO
 405-609-4274 (TTY: 711)
 Monday - Friday, 8 a.m. – 7 p.m.
 erubio2@humana.com
 @ERubioBilingualAgent
 En español? Llame al 405-609-4274 (TTY: 711)

Come visit me at:
Oak Street Health - South Clinic
 2130 SW 59th St., Oklahoma City, OK
 Monday's 8 am - 4:30 pm OR Wednesday's 8 am - 1:00 pm
 Call before

Humana A more human way to healthcare®

At Humana, it is important you are treated fairly. Humana Inc. and its subsidiaries comply with applicable federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, gender, gender identity, ancestry, ethnicity, marital status, religion or language.
English: ATTENTION: If you do not speak English, language assistance services, free of charge, are available to you. Call 877-320-1235 (TTY: 711). **Español (Spanish):** ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 877-320-1235 (TTY: 711). **繁體中文 (Chinese):** 注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 877-320-1235 (聽障專線: 711)。

Y0040_GHHXDHEN_25_AD_C

Veterans, Do You Know the Benefits of Your Disability Rating?

50% - Drivers License and Car Tags FREE (only pay small processing fee)

50% - Medical Care at the VA for any medical issues or conditions with no co-pay

60% - Lifetime Oklahoma Hunting and Fishing License

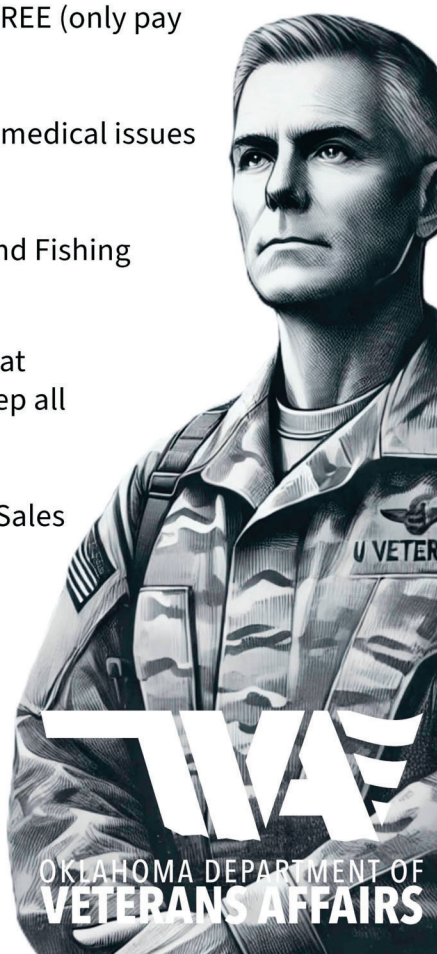
70% - Live in a State Veterans Home at NO COST for long-term care - you keep all of your income

100% - Tax Free Card - this includes Sales Tax, Excise Tax, and Property Tax

ODVA Programs:



Contact: 405-523-4000





TEALRIDGE

RETIREMENT COMMUNITY

Independent Living | Assisted Living | Memory Care



NEWLY ADDED Dog Park!

2024 MOVE IN SPECIALS! One Bedroom Apartments Independent Living Starting At Just \$2,165*

Just Look At What's Included In Your Monthly Rent!

- ❖ 3 Meals daily in our dining room
- ❖ All utilities paid (except telephone & internet)
- ❖ Weekly housekeeping service
- ❖ Weekly linen & towel laundry service
- ❖ Maintenance ❖ Scheduled local transportation
- ❖ Extensive activity program
- ❖ Special holiday celebrations ❖ Entertainment
- ❖ Dog Park
- ❖ Wellness & Exercise Programs
- ❖ 24-Hour staffing
- ❖ 24-Hour emergency call system

*Certain conditions apply

Call TODAY for more information or to schedule a tour!

(405) 546-2385

2100 NE 140th St. Edmond, OK 73013
www.tealridge.com



2 LOCATIONS SERVING YOU EAST & WEST

Absolute Economical Funeral Home & AE Funeral Services

LOCK IN YOUR PRICES TODAY WITH A FREE ARRANGEMENT

LOCK IN YOUR PRICES TODAY WITH A FREE ARRANGEMENT

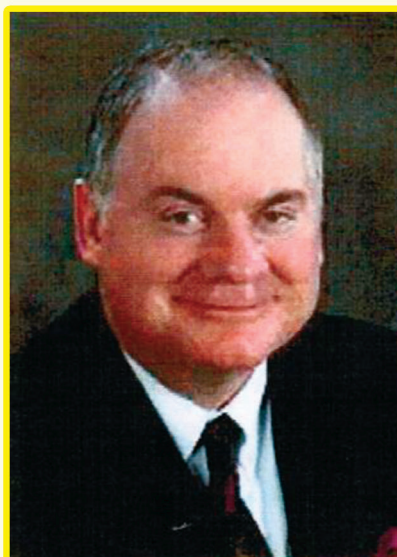


Providing Quality Care

Without the Added Cost

COMPLETE BASIC CREMATION \$950.00

BURIALS STARTING @ \$2,945.00



Pre-planning allows for you to lock in your future arrangements at today's rates, providing both immediate and long-term financial benefits. We provide quality care and peace of mind for our families without the worry of added cost! Lock in your price today!!

Bill Lisby

Pre-Arrangement Counselor/Advisor

Direct/Text 405-850-8560

Email - BillLisby@gmail.com

SHAWNEE METRO AREA

(405) 915-0160

AEFUNERALSERVICES.COM

OKC METRO AREA

(405) 787-9300

AEFUNERAL.COM

RESOURCES SENIOR NEWS AND LIVING

Adult Day Services

Daily Living Centers

Bethany, Edmond & South OK
(405) 792-2401 www.dlcok.org

Assisted Living

Legend at Rivendell

13200 S May Ave, Oklahoma City, OK
73170 www.legendsseniorliving.com

Tealridge Retirement Community Assisted Living | Memory Care

Call (405) 546-2385 2200 NE 140th
Street Edmond, OK 73013

Independent Living

Call (405) 546-2385 2100 NE 140th St.

Funeral/Cremation

Absolute Economical Funeral Home

7721 NW 10th St. Ste. B, Oklahoma City
405-787-9300 www.aefuneral.com

Crawford Funeral Services

Crawford Family Funeral & Cremation
Edmond - 610 NW 178th Street
(405) 340-2333

Ford Funeral Service

Midwest City - 305 S. Soonier Rd.
405-677-9990

Wilson Funeral Home

EL RENO - 100 N. BARKER
www.crawfordfuneralservice.com

Health Care

Be Well Acupuncture

1300 E. 9th Street, Suite 6
Edmond, OK 73034 405-697-5121
<https://bewellokc.com/>

BrightStar Care

3000 United Founders Blvd\, St. 103G
Oklahoma City, OK, 73112 405-302-8320
<https://www.brightstarcare.com>

Get Bak'd

516 S Coltrane Rd. Edmond, OK 73034
www.getbakd.com

Lindsey Medical Supply

9600 North May Ave. OKC, OK
(405) 607-5905

630 Southwest 4th St Moore, OK
(405) 735-9505

1110 East 2nd St. Edmond, OK
(405) 216-3324

www.lindseymedicalsupply.com

Health Care

Nerve Renewal Neuropathy Clinics

Oklahoma City - North
3705 NW 63rd St, Suite 101, Oklahoma
City, OK 73116 (405) 495-9270

Oklahoma City - South
9821 S May Ave., Suite B, Oklahoma City,
OK 73159 (405) 655-5856

Norman
4019 N Flood Ave.,
Norman, OK 73069 405 295-7833
<https://nerverenewalnow.com/>

Scissortail Dermatology

Dr. Elise Brantley
3030 NW 149TH St. OKC, OK 73134
401 SW 80th St. Okc, OK 73139
405-562-6222
www.scissortaildermatology.com

Stretch Zone

North Penn Plaza
5629 N Pennsylvania Ave
Oklahoma City, OK 73112
405-242-3428
northpenn@stretchzone.com

Chatenay Square
10600 S Pennsylvania Ave., Ste 5
Oklahoma City, OK 73112
405-445-6700
chatenay@stretchzone.com

Edmond
309 S Bryant Ave Ste 130
Edmond, OK 73034
405-547-3247
<http://stretchzone.com>

Home Health

Care Plus Home Care

9828 NE 23rd Street
Oklahoma City, OK 73141 405-769-2551
www.CarePlusatHome.com

Cornerstone Home Health

405-354-5454
www.cornerstonehomehealthservices.com

Independent Living

Autumn House

500 Adair Blvd, Midwest City
405-732-0644

Saint Ann Retirement Center

7501 W. Britton Rd Oklahoma City, OK
73132 (405) 721-0747
<https://www.saintannretirementcenter.com/>

Independent Living

Silver Elm Estates Edmond

1301 NW 178th ST Edmond, OK 73034
405-341-4844 <http://nppmainc.com>

Whispering Creek

5712 Goldfinger Road, Mustang / SW OKC
73179 405-506-7416
www.whisperingcreekretirement.com

Insurance

CIGNA HEALTH

New to Medicare?

We've got just the place to start.
Flora Qualls, Broker Sales Manager
Email Flora.qualls@cignahealthcare.com
or call (405) 432-6725

Eagle Group

8204 S Pennsylvania, Ste A
Okla. City, OK 73159
405-602-1544

Humana

Elizabeth Rubio
erubio2@humana.com
405-609-4274

NAVIGATING MEDICARE

Medicare & Retirement
2232 W Hefner Rd. Ste. A Oklahoma City,
OK 73120 (405) 842-0494
www.navigatingmedicare.com

OK Insurance Dept Medicare Assistance Program

<https://oid.ok.gov>
State 1-800-522-0071

Your Trusted Medicare Specialist

Christina Sibley – EMT, RMA,
BS Health Studies/Gerontology
OK and KS Licensed Broker/Agent
www.sibleyinsures.com 405-655-6098
"No pressure, just help."

Mobility

Bill Veazey's Rehab & Home Care Equipment and Supplies

3020 NW 63rd St, Oklahoma City, OK
(405) 843-8886
<https://billveazeymedical.com/>

Mobility City

Showroom: 2316 N. May Ave.
Oklahoma City 405-936-3324
<https://oklahomacityok.mobilitycity.com/>

Mobility

Newby Vance Mobility Sales and Service

5632 S. Division St. Guthrie, OK 73044
405-282-2113 or 800-375-4471

Realtor

KW Real Estate Planner

License Number: #173515
405 757 9980 OR email mattneill@kw.com
<https://vibrantok.com/>

Senior Living

Belmont Cove

SW 17 and Czech Hall Rd, Yukon, Ok
Call Carolyn - 405-602-9191 or
Gary - 405-417-7294

Services

AARP Driver Safety

Smart Driver Course
1-866-238-8355
www.aarp.org/drive
varagroup@cox.net
Courses available in the OKC metro area.

AARP Foundation

5300 N Meridian Avenue
Suite 4 Oklahoma City, OK 73112
405-879-3899

Brazito Coins & Collectables

Bill Norfleet 405-495-4000
Billnorfleet@hotmail.com

Clifton Haley Photography

<https://cliftonhaley.com>
Receive your free quote and gift.

DAVIDS TREE SERVICE

(405) 787-1297. Remove and Trim. No Job
Too Large or Small. MANY REFERENCES.
Call Today (405) 787-1297

Homewatch Caregivers

3405 French Park Dr Suite G
Edmond, OK 73034
405-444-3002
<http://hwcg.com/edmond>

Seniors Helping Seniors

<https://shscentralok.com>
405-562-6000

Rose Rock Veterinary

Hospital and Pet Resort
400 24th Ave N.W.
Norman, OK 73069
405-321-3361
rosrockvethospital.com

Villages OKC

3908 N. Peniel Ave., Ste 340
Bethany, OK 73008 405-990-6637
www.villagesokc.org

OKLAHOMA'S SENIOR NEWS & LIVING JANUARY 2025 CLASSIFIED MARKETPLACE

CEMETERY PROPERTY FOR SALE

NEW

Resurrection Memorial Cemetery

Section 3 Block 44 Lot 6 Spaces 7 and 8. You pay any applicable fees to transfer. Both for \$2,000. Call (817) 995-0308

e023025

SUNSET MEMORIAL PARK - Norman

Two Burial plots in Garden of Angels in Moore/Norman, OK. Beautiful pond and country side. Original Price \$5,000 each. Selling for \$3500 each. Call 405-208-2498.

e013025

ARLINGTON CEMETERY Midwest City

4 Lots, Side-by-Side on Front Corner \$900.00 each or ALL 4 - \$2700.00. Call 405-862-0636

e013025

HEALTHCARE

PICK A CARD, ANY CARD!



Payment to Senior News and Living can be made with any of the above credit cards.

HEALTHCARE

THE KING OF WEIGHT LOSS IS HERE !!

Lose up to 10 pounds next month - Guaranteed. **BONUS: FREE SAMPLE OF ENERGY DRINK** with first order (while supply lasts). Call/text Ken at 405-473-9550.

<https://myglpxtreme.com/ref/kenr/8> or use or camera with this QR CODE



e053125

HOUSING

REVERSE MORTGAGES - A SAFE FINANCIAL OPTION FOR SENIOR HOMEOWNERS AND HOMEBUYERS

Get a FREE report on what a reverse mortgage could do for you from a 45-year career Oklahoma mortgage banker. Contact **Richard Carrington**, NMLS #1002271 at 405-641-6886 or go to Richardcarringtonok.com. Prosperity Mortgage, LLC NMLS#1842936�, 501 E. 15th, Suite 200C Edmond OK 73013

e023025

PERSONAL

A Trump Voter

Blond Female Is wanting a Superman instead of a Secret Agent man for companionship. Like hugs & no drugs and everything nice. Call or text 405-818-2164.

e023025

Send your Classified Ads to Senior News and Living P.O. Box 239 Mustang, Ok 73064 or call us at 405-631-5100 to get in our next issue!

DRIVING/SAFETY

AARP Driver Safety

Smart Driver Course 1-866-238-8355 www.aarp.org/drive veragroup@cox.net Courses available in the OKC metro area.

e013125

TREE SERVICE

DAVIDS TREE SERVICE

(405) 787-1297. Remove and Trim. No Job Too Large or Small. MANY REFERENCES. Call Today (405) 787-1297

e063125

SENIOR NEWS & LIVING AD FORM

Category (Exp: For Sale, Help Wanted):

TODAY'S DATE:

CLASSIFIED LINER ADS (25 WORDS OR LESS)

- 3 Months.....\$66.00
- 6 Months.....\$130.00
- 9 Month.....\$175.00
- ADD A PHOTO, ONLY \$8.00/month MORE!

FIRST NAME

LAST NAME

STREET ADDRESS

APT. CITY

STATE ZIP CODE E-MAIL/PHONE

PAYMENT INFO. Check # _____ and Amount Enclosed _____

WE ACCEPT VISA, MASTER CARD AND AMERICAN

DO NOT MAIL CREDIT CARD INFO: CALL 405-631-5100 EXT. 2 WITH CARD NUMBER ETC.

TO PLACE A CLASSIFIED MARKETPLACE LISTING, COMPLETE THIS MAIL-IN FORM WITH CHECK MUST BE POSTMARKED BY THE 15TH, RECEIVED AND PAID BY THE 20TH OF EACH MONTH PRIOR TO APPEAR IN UPCOMING PUBLICATION DATE. CLASSIFIED LINER ADS ARE PREPAID ONLY AND NON-REFUNDABLE. MAIL TO: SENIOR NEWS AND LIVING P.O. BOX 239, MUSTANG, OK 73064.

FOR SALE:

2009 Maroon Pontiac G-5

115, 000 miles. Very good condition for sale.

\$3,700 or best offer.

Call Mrs Cornelson

405-570-5946

e023025





WELLNESS FAIR + ART EXHIBITION

Join us for a free community event to learn more about resources in our community. Sponsored by Senior News & Living.

8:30-11:30am

**Tuesday
February 4th, 2025**

1201 N Mustang Road

Don't miss your chance to:

- ✓ **Hold your own Art Exhibit Booth (18+, free!)**
- ✓ **Gather information on resources such as Home Health, Hospice, Medicare, Hearing, Vision, General Wellness, and so much more!**
- ✓ **Handle Tax Exemptions with the County Assessor's Office (9a-2p)**
- ✓ **Get your B12 (\$20), Tdap, and Shingles vaccines**

Insurance Accepted

For more information:

SENIOR NEWS & LIVING

Call Number:
405-376-1297

Email Address:

apatten@cityofmustang.org



SNL FOCUS ON HEALTH HEROES

More Than Medicine: The Human Side of Healthcare

By: Kirsten Hubbard,
Care+Wear Community Member

A Patient's Story That Touched My Heart

In my years working in healthcare, I've come across many patients and families who have profoundly touched my life. One experience stands out vividly. While working in the ICU, a patient who had suffered a terrible accident was admitted to my unit. Though he couldn't speak during those initial moments, I did my best to care for him, keep him aware of his situation, and simply be by his side.

Over the next few days, as I continued to care for him, I met his family and found myself in frequent conversations with them. I learned his story, their story, and felt that I was truly building a bond with them. By the time I returned for my next set of shifts, the patient was able to communicate with me. He was doing much better than when I'd last seen him. Both he and his family thanked me for the care and support I had given them.

What they didn't realize was how much they impacted me in return. Seeing him recover enough to leave the ICU and connecting with his family reminded me why I became a nurse. Moments like these fuel my passion for healthcare.

The Importance of Building Bonds with Patients

The connections we create with patients and their families are more than just meaningful—they're vital. They form a foundation of trust, which I believe is essential for healing. When patients feel that they're not just being "treated" but genuinely cared for, they're more likely to open up about

their concerns and challenges.

This openness allows healthcare workers to tailor support in ways that truly meet each patient's needs. Often, it's the human connection and empathy that give patients the courage to follow through with treatment, make lifestyle changes, and maintain a positive mindset during recovery.

How Small Gestures Make a Big Difference

Building trust with patients isn't about grand gestures—it's about consistency and compassion in every interaction. Personally, I focus on listening first, ensuring patients feel heard and understood. I strive to explain things in clear, simple terms and remain transparent about what they can expect.

Small actions—like maintaining eye contact, remembering details about their life, or even sitting down to be on their level—go a long way. These gestures might seem small, but they build the trust that's critical to effective care.

Advice for New Healthcare Professionals

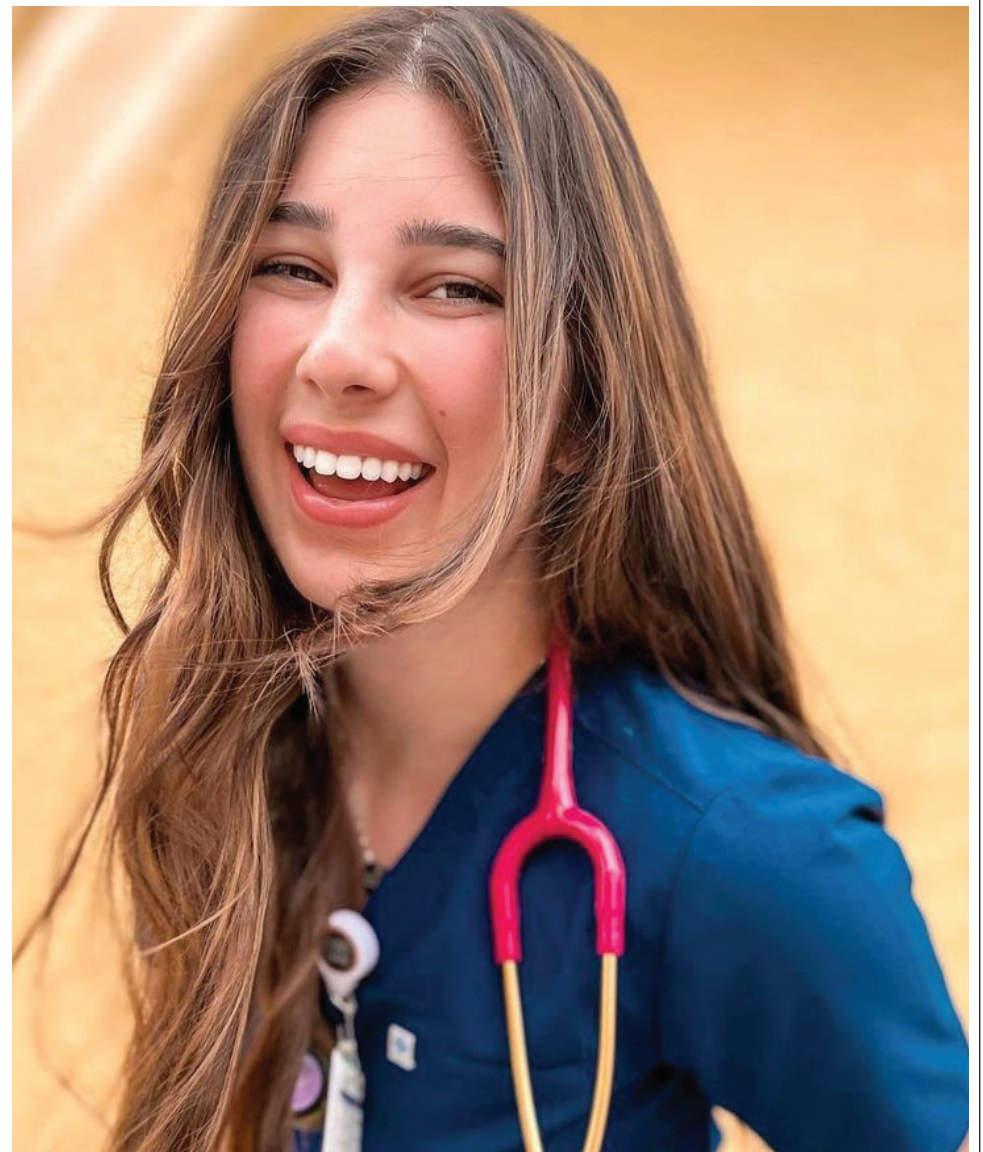
To those new to healthcare, I encourage you to remember that every patient is a person first. It can be easy to get caught up in tasks and outcomes, but even a few minutes spent connecting on a personal level can make a world of difference.

Patients often feel vulnerable, and showing empathy—even through a kind word or gentle tone—can help them feel cared for and reassured. These small acts of kindness are just as important to their healing journey as the treatments we provide.

Conclusion:

Why Connection Matters

Experiences like the one I shared are what keep me going



Kirsten Hubbard, RN, Accepted into a top-rated MSN program to become a family nurse practitioner.

in healthcare. They remind me that while medicine can treat the body, compassion and connection heal the soul. For me, these bonds are what make this work not only fulfilling but truly meaningful.

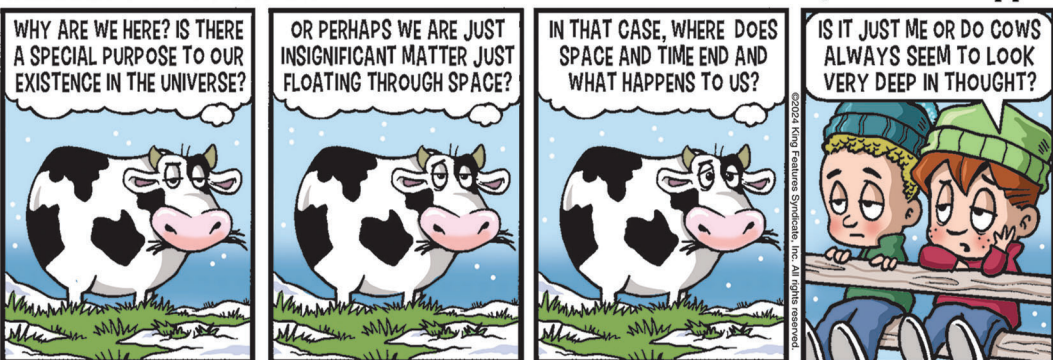
Author Bio: Kirsten is a registered nurse. Since beginning her nursing school journey, she has shared her experiences online, connecting with thousands of nurses and healthcare workers. She started her career in the neuroscience ICU, where she built a strong foundation and gained invaluable knowledge. In addition to her ICU work, Kirsten also cared

for pediatric patients at a surgical center, supporting little ones immediately after their surgeries.

Driven to further her nursing education, Kirsten was accepted into a top-rated MSN program to become a family nurse practitioner. She has since transitioned to outpatient nursing, where she provides care to patients with chronic illnesses and infections. Kirsten remains committed to sharing her nursing journey with her audience, building meaningful connections, and making a positive impact throughout her career.

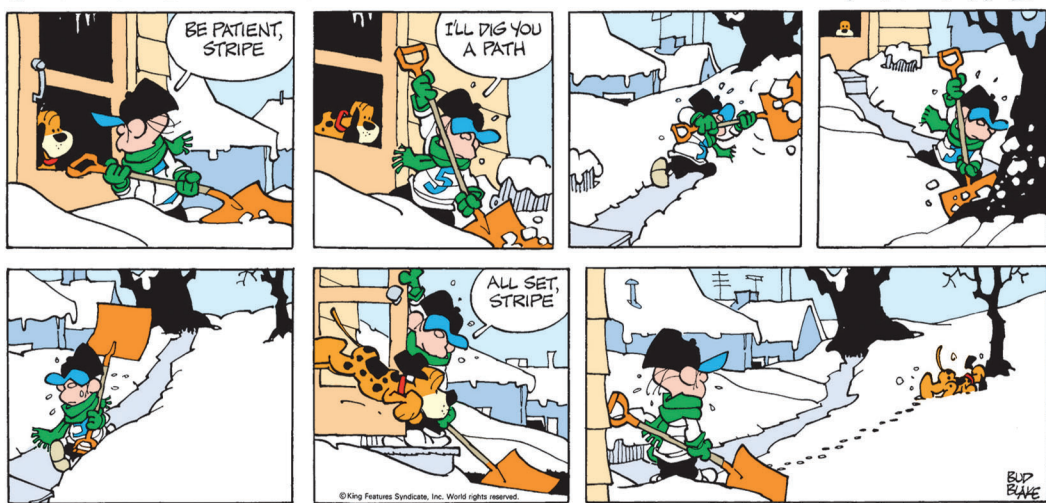
Amber Waves

by Dave T. Phipps



TIGER

by BUD BLAKE



The Spats

by Jeff Pickering



BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Psalms 35:4b-15

I **bowe**d my **head** in **grief** as though **weeping** for my **mother**. But **when** I **stumble**d, they **gathere**d in **glee**; **assailant**s gathered **again**st me without my **knowledg**e. They **slander**ed me without **ceasing**.

NEW INTERNATIONAL VERSION

A S S A I L A N T S
D E R E H T A G E D
C E A S I N G G E D
B O W E D N D R E A
D G U G I E E L G G
A L R P L D B A R N
E E W N M I I E R
H E O A U N E H O B
W N L T S F W F U T
K S S T R E H T O M

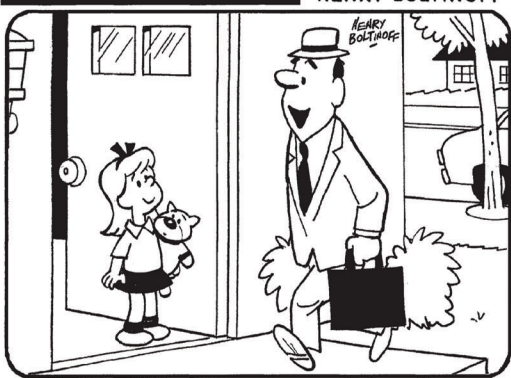
Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

WWW.SEARCHING-FOR-JESUS.COM

© 2024 King Features Synd., Inc.

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.

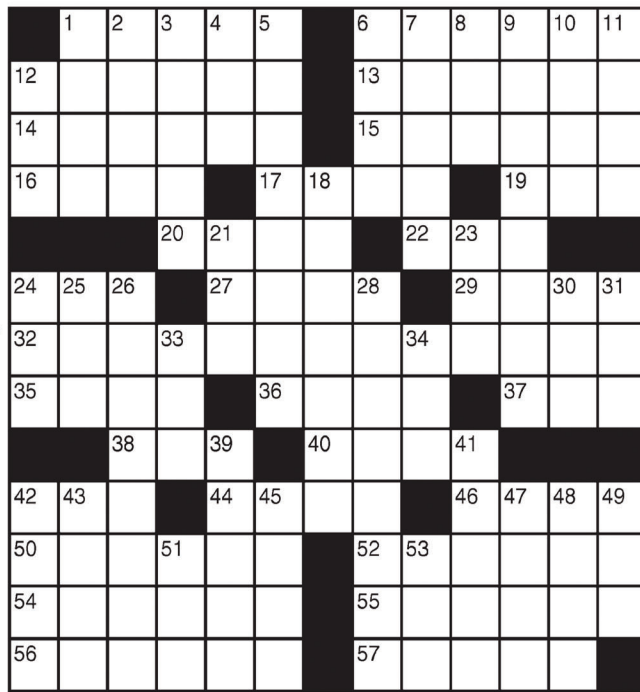


Differences: 1. Briefcase is larger. 2. Bush is larger. 3. Collar is missing. 4. Car bumper is missing. 5. Label is missing. 6. Windows in door are smaller.

King Crossword

ACROSS

- 1 Wash thoroughly
- 6 Black Sea port
- 12 Saudi neighbor
- 13 Reacts to a pun
- 14 Baseball's Roberto
- 15 Attack verbally
- 16 — -pedi
- 17 Barrel bottom bit
- 19 — tree
- 20 Use a stun gun
- 22 California's Big —
- 24 Director Brooks
- 27 Campbell of "Scream"
- 29 Eve's guy
- 32 Citrusy flavoring used in baking
- 35 Pedestal part
- 36 Actress de Matteo
- 37 Pro vote
- 38 Decade parts (Abbr.)
- 40 "No seats" signs
- 42 Food additive
- 44 Help a crook
- 46 Like custard
- 50 Venetian marketplace



- 7 Pulls
- 8 Very long time
- 9 The "S" of SNL
- 10 Crisp cookie
- 11 Hammett
- 12 Candied veggie
- 18 Undo
- 21 Director Lee
- 23 Former Mideast gp.
- 24 '60s chic
- 25 Mound stat
- 26 "Bad Romance" singer
- 28 Physical effort
- 30 Super serve
- 31 NYC subway overseer
- 33 Fish-fowl link
- 34 Eastern "way"
- 39 Squelched
- 41 Factions
- 42 Hosp. scans
- 43 Ninny
- 45 Physiques
- 47 Pace
- 48 Neutral color
- 49 QB's gains
- 51 Blue
- 53 "Levitating" singer

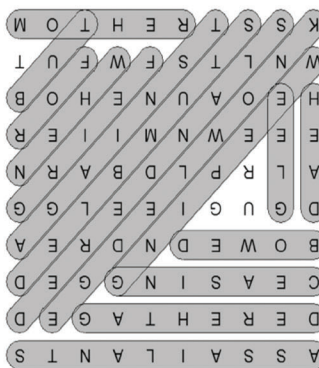
© 2024 King Features Synd., Inc.

Trivia test

by Fifi Rodriguez

1. FOOD & DRINK: What kind of cake is named after a British queen?
2. TELEVISION: What is the name of the family dog on "The Simpsons"?
3. ANATOMY: How long does a human red blood cell exist?
4. GENERAL KNOWLEDGE: Where is New Year's celebrated first each year?
5. ADVERTISING: Which company sponsors a 13-foot-long Weinermobile?
6. MEASUREMENTS: How many pints are in a quart?
7. MOVIES: What is the name of the dance performed in the "Rocky Horror Picture Show"?
8. BIOLOGY: What does the term ectothermic mean?
9. GEOGRAPHY: Which country has the longest coastline in the world?
10. LITERATURE: Who is the author of "The Canterbury Tales"?

© 2024 King Features Synd., Inc.



Answers

BIBLE WORD SEARCH



Answers

Solution time: 21 mins.

King Crossword

- Trivia Test Answers
1. Victoria Sponge Cake; 2. Santa's Little Helper; 3. About 120 days; 4. The island of Kiribati in the Oceanic nation of Kiribati; 5. Oscar Mayer; 6. Two; 7. The Time Warp; 8. Coldblooded, when body temperature is regulated by the environment; 9. Canada; 10. Geoffrey Chaucer

Applications available for 2025 Oklahoma Aging Advocacy Leadership Academy

The Oklahoma Aging Advocacy Leadership Academy (OAALA) is accepting applications for 2025. For 27 years, OAALA has provided free training for individuals to be informed volunteer community leaders and advocates for Oklahoma's aging population. Applications will be accepted until Jan. 10, 2025.

The course kicks off in February and includes coursework through Aug. 2025. Classes typically meet all day Wednesday and Thursday in Oklahoma City, but three of the sessions will be virtual in 2025. Classes are planned on the following dates. They are subject to change with as much notice to participants as possible:

- Kickoff Meeting: Feb. 13 OKC metro

- Session 1: March 12 and 13 Virtual

- Session 2: April 9 and 10 OKC metro

- Session 3: May 14 and 15 Virtual

- Session 4: June 11 and 12 OKC metro

- Session 5: July 9 and 10 Virtual

- Session 6: Aug. 6 and 7 - OKC metro

Attendance and participation are required for each full day. There is no cost to participate as tuition is covered by sponsors, including (when applicable) lunch, books, resource materials and overnight accommodations for those who qualify. Travel reimbursements may be provided under the State Travel Reimbursement Act.

Applicants should demonstrate a willingness to use constructive

advocacy techniques to effect social change and a commitment to build communities that include and value all older persons and persons with disabilities. They should also demonstrate sensitivity to the needs of people and the ability to see things from the point of view of others.

"The impact OAALA graduates make in Oklahoma communities compliments our efforts to make services and supports available to older Oklahomans," said Jeromy Buchanan, Director of Community Living, Aging and Protective Services, a division of Oklahoma Human Services.

"We cannot support all the various needs of our aging population alone and are proud to serve alongside these engaged leaders and advocates in service to older adults."

Applications are online and must be received along with a letter of support by Jan. 10, 2025.

For more information or to request a paper application, contact Jake Stover directly at 405-714-0015 or Email OAALA@okdhs.org, or call the Community Living, Aging and Protective Services main line at (405) 521-2281.



Healthy Tips To Help You Stay Asleep

1. Stick to a nightly **routine**.
2. Turn off the TV **one hour** before bed.
3. Limit liquids in the **evening**.
4. Eat dinner **earlier**.

There's nothing better than a good night's sleep.

Aim for 7-8 hours each night.

Find more sleepy tips at

ShapeYourFutureOK.com



Wheelchair and Scooter Lifts · Wheelchair Accessible Vans
Adaptive Driving Devices · Transfer Seat Bases & Hand Controls

Oklahoma's Only
All-Inclusive Sales
& Service Centers. **BraunAbility**




NEWBY VANCE &
MOBILITY SALES AND SERVICE

"We exceed expectations every day"

Located at John Vance Auto Group
Exit 153 & I-35 · Guthrie, Oklahoma
(405) 282-2113 · Toll Free (800) 375-4471

Serving NE OK, AR, KS & MO
510 N. Main · Miami, Oklahoma
(918) 919-3686 · Toll Free (855) 558-1909

www.newbyvancemobility.com



Chronic Pain?
Get Bak'd 4 that




405-438-2253

SUDOKU


Sponsored by **Christina Sibley**
Medicare Products Broker

"Call or text me about your Medicare questions"

- **Christina**
405-655- 6098 TTY 711
www.sibleyinsures.com




PERSONALIZED SERVICE
SIBLEY INSURES
EXPERIENCED · COMPASSIONATE



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



Sudoku Answers

AUTUMN HOUSE
Affordable Retirement Living!



- Excellent Reputation
- Spacious Apartments with Full Kitchens
- Convenient to Shopping, Restaurants, Banks, etc
- Many Activities

Drop By For A Tour Today!

 **405.732.0644 | 500 Adair Blvd. | Midwest City, OK** 

An Oklahoma Man Refuses to Surrender to Pancreatic Cancer

Pancreatic cancer is known for its poor prognosis, though it can be potentially curable if caught early enough. The problem is pancreatic cancer usually shows little or no symptoms until it has advanced and spread. In these cases, the average pancreatic cancer survival time is three to three and a half years.

Exception to the Rule

William "Charley" Maynard of Oklahoma City has been living with the disease for 18 years. He was 46 years old when his cancer was discovered accidentally. "We had a pizza buffet at work, and I think I got food poisoning because I became extremely ill afterwards," he remembers. "It got so bad I ended up going to the emergency room. It was there that they saw something

suspicious on a scan."

After further tests, Charley was diagnosed with pancreatic cancer. It had already metastasized to his liver. He was given two to seven months to live. "I lost it," he admits. "I thought to myself, 'I'm too young for this.'"

Attitude Adjustment

He acknowledges he didn't know much about the disease then, or that it was considered by many as a death sentence. "I didn't ask a lot of questions. I didn't want to know all those negative things. I moped around for two or three weeks, then decided this ain't no way to live. I made up my mind that I wasn't going to just lay down to it. I was going to continue living my life."

He kept working through his chemotherapy treatments that were on and off for the next



Charley Maynard fighting and living with Pancreatic Cancer

several years. He is now on an oral regimen to slow the disease progression and provide comfort.

"There are certainly patients who far outlive their prognosis or even become disease-free," says Bashar Alasad, M.D., a medical oncologist at the INTEGRIS Health Cancer Institute at INTEGRIS Health Southwest Medical Center. "Overall pancreatic cancer survival rates, while still much lower than other cancers, have gradually improved over the years. I absolutely believe that Charley's positive attitude has played a huge role in his longevity."

Reason for Living

"I talk to God every day and I know He's the reason I'm still alive," Charley confesses. "I think I'm meant to raise awareness by sharing my story. I talk to those who just got diagnosed with

any type of cancer and I try to motivate them. I try to give them hope."

He adds, "I'm 64 years old now. I'll be 65 in January. I'm proof that you can beat this disease or at least live with it for a long time. You just got to refuse to surrender to it."

There are not clear-cut symptoms for early-stage pancreatic cancer. However, you should see a health care provider right away if you develop jaundice, stomach or back pain, unexplained weight loss or a sudden onset of diabetes.

If you have a first-degree family member (parents or siblings) with pancreatic cancer, you should talk to your doctor about your risk of developing the disease and the current screenings and genetic tests available.

BECOME A MEMBER

JOIN **VILLAGESOKC**

A PLAN NOT A PLACE

PREFERRED PROVIDER LIST
NOTARY SERVICES
HEALTHCARE FORMS WORKSHOP
MEN'S & WOMEN'S COFFEE
COACHING & CONSULTING

THE GIFT WORKSHOP
TECHNOLOGY CLASSES: IPHONE & ANDROID
POSITIVE AGING EDUCATION

VillagesOKC
A PLAN, NOT A PLACE

 (405) 990-6637
VillagesOKC.org

Volunteers Give the Gift of Magic at Holiday Gala

UWCO Emerging Leaders spread holiday cheer to local seniors

United Way of Central Oklahoma's (UWCO) Emerging Leaders served a warm holiday meal and more on Dec. 2 at the nonprofit's annual Senior Holiday Gala, where nearly 200 local seniors enjoyed a festive evening at the Oklahoma History Center.

Clients of UWCO's Partner Agencies: Catholic Charities, Metro Better Living Center, Urban League and Sunbeam were treated to a catered holiday meal, gifts, dancing and more. Members of the University of Central Oklahoma Pom and Cheer squad and Buddy the Broncho were also on hand to provide entertainment and socializing for the seniors. Santa Claus and Mrs. Clause were even in town!

"This is one of the sweetest events our Emerging Leaders put on," UWCO President &



Santa and Mrs. Claus and helpers, the University of Central Oklahoma (UCO) Pom & Cheer Squad along with Buddy the Broncho, are ready to spread the holiday cheer at the Emerging Leaders Senior Gala.

CEO Rachel C. Holt said. "We are so grateful to have volunteers like them who put so much effort into making this event a winter wonderland for the seniors our Partner

Agencies serve."

Emerging Leaders is a UWCO affinity group for young professionals. Throughout the year, Emerging Leaders, who contribute \$500 or more to

UWCO, experience various social and professional development opportunities. Learn more about Emerging Leaders by emailing emergingleaders@unitedwayokc.org.

BRAVO!
ROOFING & CONSTRUCTION
 "Semper Fi" **405-208-2498**
 • Roofing • Gutters • Siding
 Residential and Commercial
 Allen Brock Lic. 800023 Ann Brock

VETERAN OWNED

Oklahoma's Leader in Affordable and Quality Adult Day Services
 • VA Approved Community Care Provider •

DAILY LIVING CENTERS
 ADULT DAY SERVICES

Oklahoma Seniors Cabaret!
 Now Offering Classes In:
 • TAP • SINGING • PERFORMANCE
 • JOIN A FUN GROUP!
 • EXERCIZE MIND & BODY!
 • PUT BOUNCE IN YOUR STEP!
Call (405) 840-1242
 Best thing you can do for your health!

Call us today at **(405) 792-2401** Operating Since 1974
 Locations in Bethany, Edmond and South OKC.

A vibrant non-residential program supporting the needs of seniors and adults with disabilities, ages 18 and up and providing respite for their caregivers.

Or visit us at www.dlcok.org



Saint Ann
ASSISTED & INDEPENDENT LIVING
A MINISTRY OF THE ARCHDIOCESE OF OKLAHOMA CITY

REST • RELAX • RECOVER
Short Term Stay

RESPIRE SHORT STAY IS PERFECT FOR ANYONE WHO:

- Needs a little time to recover from illness or accident.
- Has a caregiver at home that needs a break or is recovering from their own health issue.
- Wants to try out the assisted living experience.

FRIENDLY ASSISTANCE & COMFORT FOR GUEST
PEACE OF MIND FOR FAMILY MEMBERS

405.721.0747 Ext #322
LiveHappy@SaintAnnRetirementCenter.com
7501 W. Britton Rd. - Oklahoma City, OK 73132
SaintAnnRetirementCenter.com



Care Plus
HOME CARE

FREE IN-HOME ASSESSMENT

- ✓ Certified Home Health Aides & Companions
- ✓ Bathing, Dressing & Hygiene Assistance
- ✓ Meal & Snack Preparation
- ✓ Light Housekeeping & Laundry

Stay Home, Stay Well!

CALL US 24 Hours 405.769.2551 877.744.2551
"Family owned, operated & serving Central Oklahoma since 1993"

www.CarePlusatHome.com

Have Questions? New to Medicare? Start With Us

WE CAN HELP!

Christina Sibley, EMT/RMA
Medicare Products Broker
BS Health Studies – Gerontology
405-655-6098 call or text

Steven Sibley, US Army RET/DAV
Medicare Products for Veterans
MBA – Healthcare Administration
405-850-1569 call or text



Your Trusted Medicare Resource
Disabled Veteran | Native American | Woman Owned



SIBLEY INSURANCE GROUP
PERSONALIZED SERVICE
EXPERIENCED • COMPASSIONATE

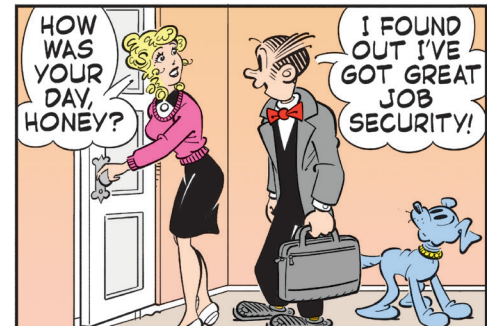
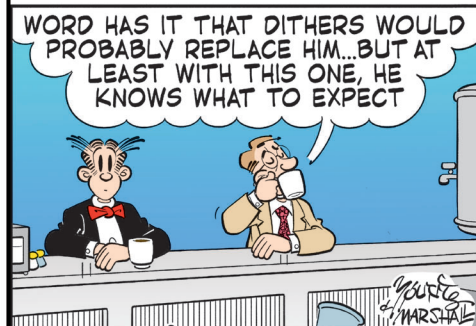
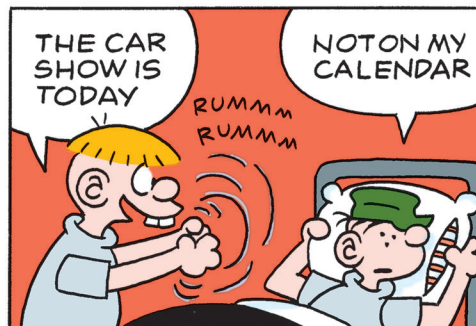
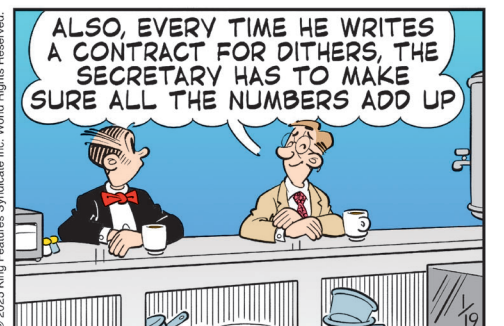
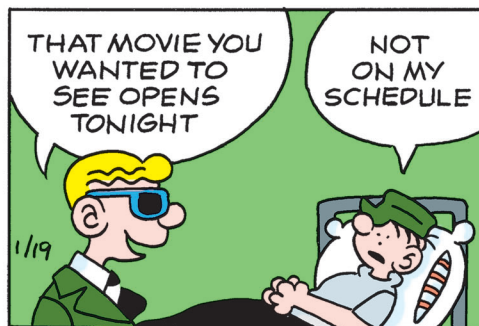
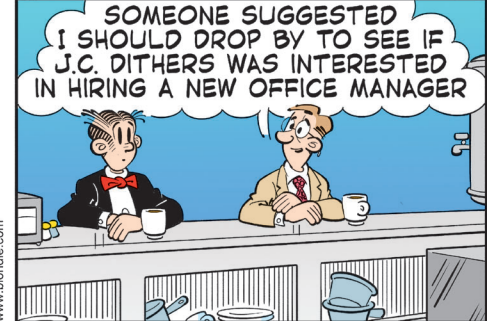
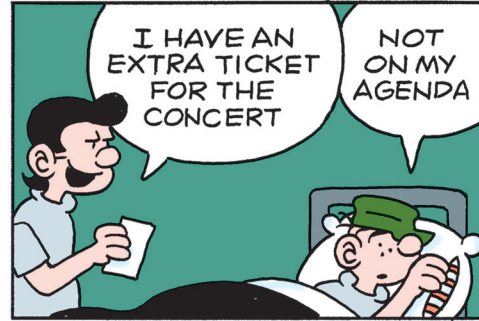
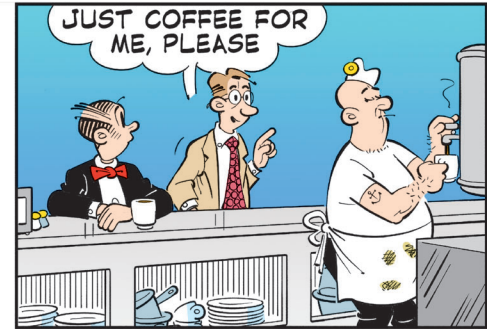
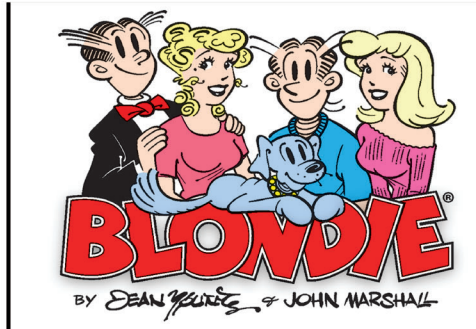
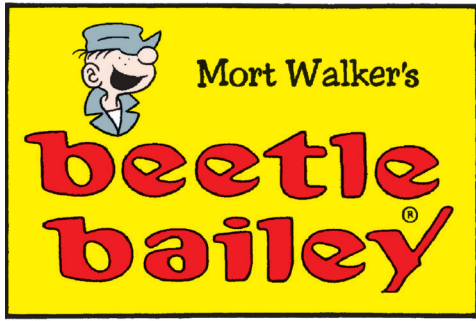
- Licensed Independent Brokers
- Medicare Education
- Medicare Insurance Products
- In-home or in-office appointments
- No charge to meet with us, no pressure, just help.

Your Trusted Medicare Resource Visit us at www.sibleyinsures.com

Contact us for information on our upcoming educational only events (or to request an event) covering general Medicare education, Medicare premium help programs, Medicare with other insurance (Employer insurance, Tricare 4 Life, veteran's healthcare). Food Provided. For accommodation of persons with special needs at meetings call **405-655-6098, TTY 800-522-8506**.

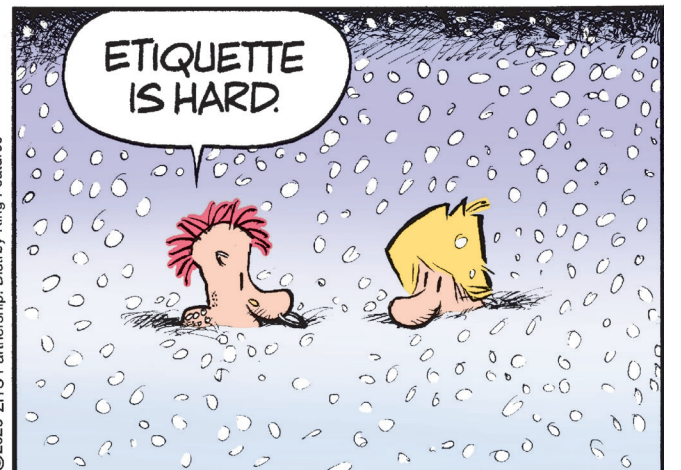
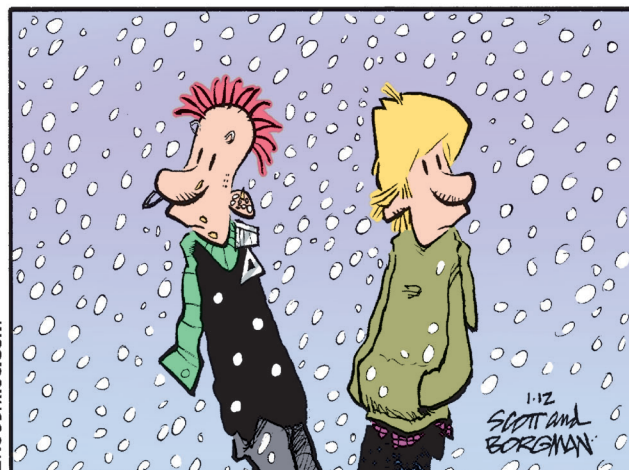
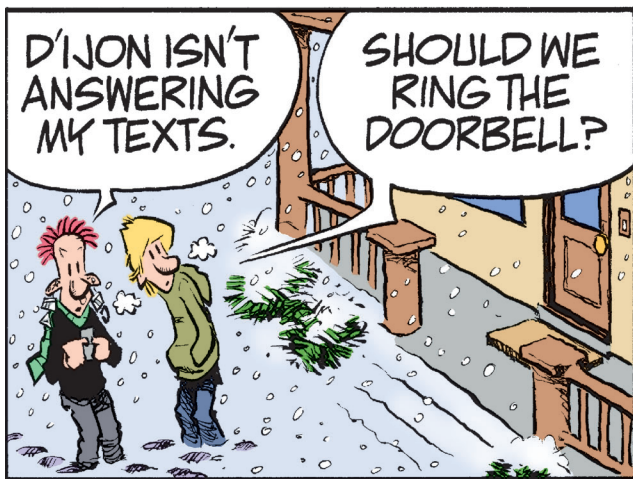
Medicare Required Disclaimer: We do not offer every plan available in your area. Currently we represent 8 organizations which offer 73 products in your area. Please contact Medicare.gov or 1-800-MEDICARE, or your local State Health Insurance Program to get information on all your options.



ZITS

Jerry Scott & Jim Borgman



NEUROPATHY PAIN AND NUMBNESS CAN BE TREATED

Welcome To A New Medical Therapy Covered By Medicare



• **Diabetic Neuropathy** • **Chemo-Induced Neuropathy** • **General Peripheral Neuropathy**

This FDA Cleared Treatment Solution
Relieves Pain & Restores Feeling
without medications or surgery.

This new treatment is covered by
Medicare, Medicaid, the VA and most
private Insurances. Call Today.



Over 80% of patients
report a significant
reduction in pain. So
don't feel trapped by
pain. Get back to
moving and exercising
with your family and
friends.

View our testimonials.
nerverenewalnow.com



Nerve Renewal
NEUROPATHY CLINIC

405.422.9518