



**BROKEN
ARROW
SENIORS**

Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

August 2023 Vol. 33, No. 8

Broken Arrow Senior Center

Become the Best Version of *You!*

Providing opportunities to become the best version of you in this stage of your life is what the Center is all about!

The Center provides numerous opportunities for you to engage and be active physically, emotionally, socially, intellectually, and creatively in addition to taking care of your health!

Check out the new program offerings in August to help you become the best version of you!

West Building

1800 S. Main St. and

East Building

1811 S Main St.

Broken Arrow, Okla. 74012

918-259-8377

www.baseniors.org

 @BrokenArrowSeniors

Office Hours:

Monday-Friday

8 a.m. to 4 p.m.

Annual Membership

Broken Arrow residents - \$40

Non-Residents - \$50

Discover, MasterCard, VISA
and American Express
are accepted for payment

Executive Director

Kimberly Crenshaw

Member Services Manager

Ami Bucher

Office Coordinator

Terry Drummond

Transportation

Phil Byers & Randall Graybill

Your Health



Hearing Screenings

Hearing Aid Maintenance



Vision Screenings

Your Looks



Caring for Our Skin as We Age

Your Healing



Grief Healing Group

Your Leisure



Tips & Tricks from a Cornhole Pro

Life-changing hearing care **STARTS HERE**

HearingLife is a national hearing care company that operates over 600 hearing care centers across 42 states. We offer revolutionary new hearing devices that give the brain more of the relevant information it needs. You may have **improved speech understanding and the ability to remember more**. Enjoy the convenience of rechargeability and Bluetooth® connectivity.

Services offered:

- Complimentary hearing assessments*
- Hearing aid consultations, fittings, adjustments and repairs
- Complimentary clean and check of current devices
- Personal demonstration of the latest hearing technology
- Treatment of tinnitus and other hearing-related conditions

Complete your complimentary hearing assessment* and receive a **\$20 GIFT CARD****



443 West Stone Wood Drive, Broken Arrow, OK 74012

918.994.0141 • hearinglife.com

Amber Murray-McCarty, Hearing Instrument Specialist
Rodger Moore, Hearing Instrument Specialist

Mention **code AG60-12** when calling

*See office for details. **After you complete your hearing assessment, you will receive an e-gift card for \$20.00 from a limited selection of retailers. All product and company names are trademarks or registered trademarks of their respective holders. Use of them does not imply any affiliation with or endorsement by them. Offer not available to any consumer who has private or federal health insurance coverage. Private pay purchases only. Limited to one per household and to consumers who have not had a hearing assessment within the past 12 months. Completion of hearing assessment required. Offer expires 8/31/24. Information within this offer may vary or be subject to change.

Activity Update

Engage and Stay Active!

Hearing Screenings Now Available at the Center

You may not consider hearing an important role in overall health. However, hearing loss has been linked to serious health conditions such as dementia, depression and Alzheimer's disease.

Monthly hearing screenings will be offered at the Center as a preventive care measure beginning in August, on the fourth Tuesday of each month. Hearing Life will offer this basic hearing screening, that will help you determine if further testing is advisable.

If left untreated, hearing loss will result in a condition called auditory deprivation. The longer your hearing loss goes untreated, the more likely it is that your brain will actually “forget” how to hear. For most people, hearing loss occurs over a period of time, making it difficult to discover that your hearing has diminished. You may find yourself asking people to repeat what they say or you can hear but don't understand certain words. Family members begin to complain that the TV is too loud. You may even have difficulty hearing on the phone. These occurrences could point to hearing loss and the likelihood that you would benefit from a hearing screening.

If you would like to take that first step in hearing loss prevention, signup today! Signup sheets are located near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building. Hearing screenings will be offered the fourth Tuesday of each month beginning on August 22 in Activity Room 2 of Senior Center West from 9 to 11 a.m. Take advantage of this free monthly offering!

Hearing Aid Maintenance for Better Hearing

If you own a car, you change the oil, check the tire pressure and take it in for an occasional tune up. Car maintenance helps ensure that the vehicle runs well when you need it. Hearing aids are similar in that they operate properly when they are well-maintained. An important component of maintenance is cleaning. Earwax and the body's natural oils tend to build up in the receivers or microphones, which can muffle sound quality.

You may be able to change the oil in your car, but hearing aids are fine-tuned technology that can be easily damaged if handled improperly. Maintenance is better left to the experts. As part of our partnership with Hearing Life, a trained technician with the know-how and tools will be available to clean hearing aids. This free service will be available the fourth Tuesday of each month, beginning on August 22 in nutrition, Heritage Hall, from 9 to 11 a.m. Signing up ahead of time is not required.



ABC MedicareHelp.com
Art Geddes
(918) 698-4921
dadgeddes@gmail.com
2800 North 23rd Street #1113
Broken Arrow OK 74014
Independent Agent
Medicare Made Simple

ENTRUSTED TRANSPORT
Premium Medical Transport

- Ambulatory & Wheelchair
- High Quality, Uniformed Staff
- Safe & Dependable
- CNA / Escort can attend appt
- Best value in town!

918.290.3400
EntrustedTransport.com





Enjoy A Lifestyle Worthwhile

Vibrant Assisted Living and Memory Care starts with independence, dignity and a purposeful life. Legend takes it from there. Ours is the perfect place to explore retirement with new friends, new hobbies and a calendar full of activities. Our Legend Experts™ in Senior Living have more than 30 years of experience in senior care behind them. The residents have a vibrant life ahead of them.

CALL TODAY TO SCHEDULE YOUR PRIVATE TOUR

LEGEND[®]

ASSISTED LIVING & MEMORY CARE

at Tulsa Hills

701 W 71st St S
Tulsa

918-588-3600

LEGEND[®]

ASSISTED LIVING & MEMORY CARE

at Mingo Road

7902 S Mingo Rd
Tulsa

918-893-3500

Residences of Legend Senior Living[®]

LegendSeniorLiving.com

Activity Update

Engage and Stay Active!

Caring for Our Skin as We Age

If life is about change, skin is proof. How your skin ages depend on such factors like your lifestyle, diet, heredity and personal habits, including your skin care routine.

Local representatives from the local Mary Kay Skin Care team will be on hand Thursday, August 31 at 2 p.m. at the Senior Center East Meeting/Presentation room to offer skin care tips and education for both men and women regarding how to care for our skin as we age. Three representatives will bring 75 years' worth of combined experience. The goal of the presentation is education.

Did you know that the telltale signs of aging actually begin at the age of 18 BUT with the right products at any age you can look fabulous!

In your 20s, you may have been able to get away with washing your face, when you remembered to. You may have spent a fair amount of time in the sun without the benefit of sunscreen. As we age, how and how we didn't take care of our skin earlier in life has an impact. Issues like fine lines and wrinkles, dullness and pigmentation lead many of us to rethink our skin care routine. Not to mention the fact that our skin changes with age. It

becomes thinner, loses fat, and no longer looks as plump and smooth as it once was. Years of suntanning or being out in the sunlight for a long time may have led to wrinkles, dryness, age spots, and even cancer. But there are things you can do to protect your skin and to make it feel and look better.

Discover targeted ways to meet your specific skin care needs as

you age to look and feel the best. Sign up today! Signup sheets to attend the August 31



session are located near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building. The first 30 people who sign up will receive a free sample. There will also be giveaways and the chance to win a Mary Kay prize basket.

SUMMIT
PHYSICAL THERAPY
PTSUMMIT.COM

2560 E Kenosha St, Broken Arrow P: 918-994-7864

Orthopedics	Outpatient Physical Therapy
Manual Therapy	Vestibular & Balance Rehab
Pre/Post-Surgical	Total Joint Replacement Rehab

COMPLIMENTARY INJURY AND FALL SCREENS AVAILABLE!

Keep Your System in Tune
and discover a pathway to
wellness and vitality!

YOUNG LIVING™
ESSENTIAL OILS
Independent Distributor
(918) 694-7232

Ken & Jan Collins blessed2binhealth@gmail.com

Harmon
Insurance

www.harmonins.com • 918-251-2511

WEB
 MOBILE
 SOCIAL MEDIA

A Place Called Home.

Unique Location • Nurturing Staff • Locally Owned

7821 East 76th Street, Tulsa OK 74133
918.249.1262 | TheParke.Net

THE PARKE
ASSISTED LIVING



Experience You Can Count On

Kyle Jones, D.O.

Board Certified Family Medicine



More time with your doctor
at every appointment



Same-day appointments
and urgent walk-ins



Preventative and chronic
care management



Senior-focused primary care



817 S Elm Pl, Ste A,
Broken Arrow, OK 74012

www.getvipcare.com



**Schedule your
visit today**

Call 918-347-4368

Activity Update

Engage and Stay Active!

THIRD THURSDAY THANKS – Volunteer Event

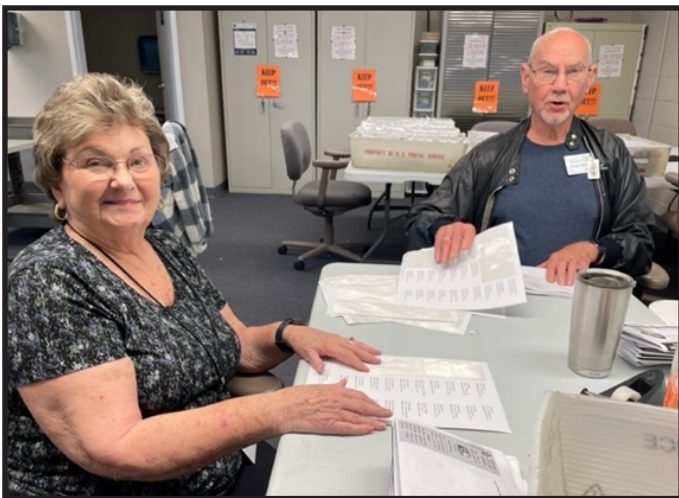
Did you volunteer during the Senior Fair or the Community BUNCO Bash? Do you volunteer at the East Annex? Are you interested in learning about new and exciting volunteer opportunities at the Center? If you answered “YES” to any of these questions, then plan to attend Third Thursday Thanks, the monthly volunteer event at the Center!

The Third Thursday Thanks event is set for Thursday, August 17 at 3 p.m. at Senior Center East in the Conference Room. This monthly volunteer get together will alternate between morning and afternoon sessions each month to ensure there is a date and time for all who are interested to attend. If you can't attend in August, mark your calendars for September 21 at 10 a.m.

What to expect!

Third Thursday Thanks is the Center's way of showing our appreciation to all volunteers, provide information regarding upcoming volunteer opportunities and give us all the chance to connect! Please join us and discover the many volunteer opportunities that are available, what is involved with each opportunity and how volunteering can add to the quality of your life.

Ask anyone who currently volunteers! Volunteering is a fun and rewarding way to help others, make new friends and have a part in helping YOUR Center succeed in the future! If you have any questions, please contact Candy Byers, Volunteer Coordinator at volunteer@baseniors.com



Free Vision Screenings

Triad Eye Institute will conduct FREE vision screenings on August 15 from 1 to 3 p.m. in Heritage Hall (nutrition).

Triad's comprehensive screenings include evaluations and counseling for vision, glaucoma, cataracts, diabetic eye disease, macular degeneration, dry eyes, and external diseases of the eyes and eyelids.

According to information on the Triad Eye Institute website, triadeye.com, Glaucoma, for example, is a group of diseases that damage the eye's optic nerve and can result in vision loss and blindness. However, with early detection and treatment, you can often protect your eyes against serious vision loss. At first, open-angle glaucoma has no symptoms. It causes no pain. Vision stays normal. Glaucoma can develop in one or both eyes.

Without treatment, people with glaucoma will slowly lose their peripheral (side) vision. As glaucoma remains untreated, people may miss objects to the side and out of the corner of their eye. They seem to be looking through a tunnel. Over time, straight-ahead (central) vision may decrease until no vision remains.

“Many people who receive eye screenings had no idea they had an eye disease”, says Gina Howe, Mobile Supervisor for Triad Eye Institute. “They were at risk of losing sight but fortunately stopped for a screening and received follow up to get the care they needed.”

The screening also provides an opportunity to learn how to utilize your medical insurance for eye care.

Signup sheets to attend the August 15 eye screenings are located near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building.

Space is limited. Sign up today to take advantage of this free service!



June Community BUNCO Bash Highlights!

Thank You to Our Event Sponsors!

Premier Sponsor:

Local Insurance Advisors
Lynn Novak-Roach



Appetizer & Dessert Sponsors:

Bella Rose Senior Living
Franciscan Villa
Sand Plum Assisted Living
VICare Clinics

Prize Sponsors :

Archwell Health
BA Liquor Mart
Bixby/South Tulsa Funeral Services
Mary Kay Consultant/Donna Scrimshaw
Faith Home Care Service
Oak Street Health
Sand Plum Assisted Living
Senior Helpers



SENIOR CARE ONLY BETTER

Senior Helpers offers personalized in-home care solutions that truly set us apart, like our Senior Gems® program. We focus on what your loved one can do instead of what they cannot do.

Take a step in a positive direction by contacting us today.



Care and comfort at a moment's notice.

918.574.2273 | seniorhelpers.com/tulsa

All rights reserved. Senior Helpers locations are independently owned and operated. ©2018 SH Franchising, LLC.



Donna Grady

5128 S. 95th E. Ave. Ste B
Tulsa, OK 74145

Annual Open Enrollment Period:
October 15 - December 7

*Life offers you many choices.
Let me help you choose the right Medicare plan.*

Grady Insurance Agency

Call or email me for an appointment.
918-691-6979 or dgrady97@gmail.com

Licensed Agent for:

- Oklahoma Blue Cross Blue Shield
- Aetna/SilverScripts • CommunityCare
- GlobalHealth/Generations Healthcare
- AARP/UnitedHealthcare • Humana
- Mutual of Omaha

HOME REPAIRS BY LANE

Handy Man Services

- Exterior & Interior Maintenance
- Garbage Disposals & Leaky Sinks
- Fence & Gate Repair • Lighting & Ceiling Fans
- Ramps & Grab Bars • Repair Cabinets & Trim

Free Estimates & Surveys

Jeff Lane (405) 446.9933
US Navy Retired Call or Text



Activity Update

Engage and Stay Active!

Creative Card Making – “We're Growing”

The Center's Creative Card Making class is a popular offering at the Center! “We have outgrown the Creative Arts room in only four short months!” says Peggy Harris,



activity leader for the group. The additional interest has resulted in adding an additional class that will be offered on the same day at a later time.

A second class will now be offered from 12:30 to 2 p.m. each Thursday!

Creative Card Making is held from 9:30 to 11 a.m.

The same card project will now be offered from 12:30 to 2 p.m. beginning Thursday, August 3.

“We love that people have been coming to Creative Card Making and enjoy handcrafting their own cards!”, adds Peggy.

At the Movies – Majority Wins!

If you love movies and don't have a streaming service, At the Movies will now offer the latest movies offered on Amazon Prime! AND members coming to “At the Movies” have their choice of movies to watch! “Plan to arrive at noon to begin reviewing available movies and the majority wins,” says Larry Heard the At the Movies activity leader. The movie will begin at 12:30.

Bring your friends on Wednesday August 9 and 23. Winners get an extra bag of popcorn! At the Movies is held the second and fourth Wednesdays of each month at Senior Center East.



Miller Hospice
Meyer C & Ida
918-742-6415

Compassion
& Quality Care

“Our goal is to keep you comfortable and support you and your family to live each day to its fullest.”

Let our caring and qualified staff help you and your family.

Locally owned, not-for-profit
www.MillerHospiceTulsa.com

Edward Jones

Member SIPC

Financial solutions are around the corner. Stop by.



Brad Buxton, AAMS™

Financial Advisor

1145 S Aspen Ave
Broken Arrow, OK 74012
918-258-6932

MKT-5894N-A

> edwardjones.com



Marshall K. Dyer, Attorney

32 Years in Broken Arrow

- Will and Trusts
- Criminal
- Real Estate
- Family & Domestic
- Estate Planning & Probate

Free Initial Consultation

www.okla-law.info

(918) 258-2711

Major Credit Cards Accepted

Proudly assisting Senior Center members for more than 5 Years

Dangerous Myths About Medicaid

By **Brittany Littleton**



Anticipating health setbacks is an essential part of preparing for retirement and advancing age. Even more crucial is having a plan if a crisis arises. The common misconception that estate planning only concerns financial matters often leads these concerns to be neglected.

1. Medicaid is only for low-income adults.

Almost half of the 72 million people in America currently receiving Medicaid are children. While some people are too wealthy to qualify for Medicaid, the number is far smaller than most people realize.

2. Medicaid planning is illegal or unethical.

Some asset protection planning strategies involve moving assets into a Medicaid asset protection trust. The doubts and criticism of those who believe the need to move certain assets out of your name to qualify for Medicaid are misplaced. Medicaid planning is not illegally avoiding creditors and does not involve hiding assets. An honest, experienced attorney can walk you through planning approaches to preserve your assets and income and remain well within the bounds of the law.

3. I can't keep my income if my spouse receives Medicaid for nursing home costs.

It is true that both spouses' assets are considered when one spouse is applying for Medicaid, but income is treated separately. Oklahoma goes by a "name on the check" rule, which means they only count the Medicaid applicant's income toward eligibility. If the spouse who lives at home has insufficient income, then some of the spouse's income who lives in the nursing home can be redirected to the spouse who is living independently.

4. I must get rid of all my assets to receive Medicaid.

In Oklahoma, an individual is allowed only \$2,000 in countable assets to receive Medicaid. However, not everything you own is counted toward eligibility. Medicaid has exemptions for certain assets that you can keep and still qualify. For example, if you plan to return home or your spouse lives at home – or in some cases, an adult child acting as a caregiver – your home is exempt. You can also retain a vehicle, household furnishings and personal property, pre-paid funeral plans, burial spaces and assets that cannot be converted to cash, like certain single

premium annuities. A spouse is also entitled to keep up to \$130,380 – under current law – in countable resources.

5. It is too late to get started.

The earlier you plan, the more options you have. No matter how old you are or what your current situation is, it is never too late to begin planning for your health and well-being.

Brittany Littleton owns and operates Littleton Legal. Her practice focuses on business law, estate planning, elder law, trust administration and probate. She is a firm believer that clients are best served when their legal, financial and accounting advisors are working collaboratively to strategize and advocate on their behalf. A Signature Partner with BA Seniors, Littleton will write a column each month covering issues such as how to avoid probate court, mistakes to avoid in leaving an inheritance or emergency decision documents every senior needs. If you have a question that you would like answered or a topic you would like to see covered, send your thoughts to Kimberly Crenshaw at kim@baseniors.org.

Helping Families and Businesses Thrive



WE PROVIDE EXPERT
LEGAL SOLUTIONS FOR
FAMILIES AND BUSINESS
OWNERS PLANNING FOR
SUCCESSFUL FUTURES.

WE'RE PROUD TO BE A
NEW SIGNATURE PARTNER
OF BA SENIORS!
WE ARE COMMITTED
TO HELPING SENIORS ENSURE
THEIR WISHES AND
ASSETS ARE HONORED AND
PROTECTED IN THEIR
GOLDEN YEARS.



2604 W. Kenosha, Suite 100
www.littletonlegal.com
(918) 608-1836

Calendar of Events

Please note the following Center information.

Accommodations - If the activity you want to attend is held at the front of the West building, and handicap accommodation is needed, please contact the office to allow entry through the front of the building. Front parking accommodations are for those who have a handicap tag to hang in their car.

Entry - Members will enter through the west entry of the West building and through the east entry of the East building.

Name tags - All members will be required to wear their name tag while engaged in activities at the Center.

Center hours - All activities Monday through Friday will end by 4 p.m.

Guests - Guests who are 55 or older and considering membership are welcome. They are required to check in with the office so a guest form can be completed.

Perfumes and scents - Many members are highly sensitive to strong scents. Please refrain from using strongly scented perfumes, after-shaves and lotions while at the Center.

Lunch - Lunch is provided at the Center by the Tulsa and Creek County Senior Nutrition Program at 11:30 a.m. each day in the West Building. Lunches cannot be served after 12 p.m.. Reservations are required and must be made the day before at 11 a.m. Please call (918) 259-8377, extension 16. For those over 60, the suggested donation is \$2 per meal.

Transportation - Questions regarding transportation to and from the Center on the Center's bus can be answered by calling the office at (918) 259-8377, ext. 15.

The Calendar - The notation **SCE** follows activities that are held in the East Building.

Tuesday, August 1

8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 8 a.m.-Noon. Party Bridge • SCE
 9 -10 a.m. Beginning Guitar Lessons • SCE
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. Guitar Lessons • SCE
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance with Julie • SCE
 12-4 p.m. Canasta
 12-4 p.m. Chess • SCE
 1-2 p.m. Line Dancing with Michelle • SCE
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • SCE

Wednesday, August 2

8 a.m.- Noon. Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-noon. Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 9:30 - 10 a.m.. Beginning Ukulele • SCE
 10-11 a.m. Blood Pressure Checks
 10 a.m.-Noon. Ukulele Jam • SCE
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • SCE
 10 a.m.-Noon Abstract Painting
 10 a.m. to 3 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon. Lunch

12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 1-4 p.m. Mahjong • SCE
 1:30-4 p.m. Pickleball Open Play
 3:15-4 P.M. Zumba • SCE

Thursday, August 3

8 a.m.- Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • SCE
 9:30 a.m.-Noon Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2 p.m. **New** Creative Card Making
 More information on page 9
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • SCE
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing with Michelle • SCE
 3:00-4 p.m. Cardio Drumming • SCE

Friday, August 4

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming • SCE
 9:15 -10:15 a.m. Friday Fitness • SCE

Calendar of Events

9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • **SCE**
 9:30 a.m.-Noon Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 10:30-11:30. 8 Dimensions of Wellness
 “Preregistration required”
 More information on page 22
 11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2 p.m. **New** Creative Card Making
 More information on page 9
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • **SCE**
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • **SCE**
 3:00-4 p.m. Cardio Drumming • **SCE**

Friday, August 11

8 a.m.- Noon Dominoes
 8:15-9 a.m. Cardio Drumming • **SCE**
 9:15 -10:15 a.m. Friday Fitness • **SCE**
 9:30-10:30 a.m. Singing Group
 10 a.m.-Noon Creative Writing
 10:30-11:30 a.m. Limited Exercise
 10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**
 11:30 a.m.-Noon Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bingo
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • **SCE**

Monday, August 14

8 a.m.-Noon. Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8 a.m.-Noon Party Bridge • **SCE**
 9 a.m.-Noon. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • **SCE**
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • **SCE**
 10:00-11:30 a.m. Allfit BA Fitness Training • **SCE**
 “Preregistration required”
 10:30-11:15 a.m. Limited Exercise
 10:30-11:30. 8 Dimensions of Wellness
 “Preregistration required”
 More information on page 22
 11:30 a.m.-12 p.m. Lunch
 Noon-4 p.m. Canasta

12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**
 12:15 a.m.-4 p.m. Pickleball Open Play
 1:00-2:30 p.m. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1:30-3:30 p.m. Photography Group • **SCE**
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • **SCE**

Tuesday, August 15

8 a.m.-Noon Dominoe
 8 a.m.-Noon. Party Bridge • **SCE**
 8:15-9 a.m. Strengthen & Tone • **SCE**
 9 -10 a.m. Beginning Guitar Lessons • **SCE**
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • **SCE**
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 p.m. Scrapbooking
 10-11 a.m. Guitar Lessons • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • **SCE**
 12-4 p.m. Canasta
 12-4 p.m. Chess • **SCE**
 1-2 p.m. Line Dancing with Michelle • **SCE**
 1-3 p.m. **New** Free Vision Screening
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • **SCE**
3:30 p.m.-Conclusion Board of Directors • SCE

Wednesday, August 16

8 a.m.-Noon Dominoes
 8:15-9 a.m. Cardio Dance • **SCE**
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-Noon. Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 9:30-10 a.m. Beginning Ukulele • **SCE**
 10-11 a.m. Blood Pressure Checks
 10 a.m.-Noon. Ukulele Jam • **SCE**
 10 a.m.-Noon Abstract Painting
 10 a.m.-3 p.m. Quilting
 10 .a.m.-11:30 a.m. Line Dancing with Eugenia • **SCE**
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon. Lunch
 12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1:30-3:00 p.m. Line Dancing with Barb • **SCE**
 1:30-4 p.m. Pickleball Open Play
 1-4 p.m. Mahjong • **SCE**
 3:15-4 p.m. Zumba • **SCE**

Calendar of Events

Thursday, August 17

- 8 a.m.-Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.-Noon Train Dominoes
9 a.m. – Conclusion Pool Tournament
 9:15-10:15 a.m. Power Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • SCE
9:30 a.m.-Noon Porker Tournament
 9:30 a.m.-Noon. Play Money Poker
 10:30-11:30 a.m. Limited Exercise
 10:30-11:30 a.m. 8 Dimensions of Wellness
“Preregistration required”
More information on page 22
 10-11:30 a.m. ... **New** Grief Healing Group • SCE
 More information on page 20
 11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2 p.m. ... **New** Creative Card Making
 More information on page 9
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of the Day
 12:30-4 p.m. Party Bridge • SCE
 with Michelle • SCE
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 3:00-4 p.m. Cardio Drumming • SCE
 3:00-4 p.m. ... **New** ... Third Thursday Thanks/Volunteer Event • SCE
 More information on page 7

Friday, August 18

- 8 a.m.-Noon Dominoes
 8:15-9 a.m. Cardio Drumming • SCE
 9:15-10:15 a.m. Friday Fitness • SCE
 9:30-10:30 a.m. Singing Group
 10 a.m.-Noon Creative Writing
10 a.m.-Noon Alzheimer’s Support Group • SCE
 10:30-11:45 a.m. Line Dancing with Eugenia • SCE

- 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 12:15-1:15 p.m. Exercise 101
 1- 2:30 p.m. Singo
 1-3 p.m. Individual Quilt Layout
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

Monday, August 21

- 8 a.m.-Noon. Dominoes
 8 a.m.-Noon Party Bridge • SCE
 8:15-9 a.m. Cardio Dance • SCE
 9 a.m.-Noon. Medicare Questions Answered
 9:15-10:15 a.m. Yin Yoga • SCE
 9:15-10:15 a.m. Drumming to Exercise
 9:15-11 a.m. Crafting
 9:30-11 a.m. Bible Study • SCE
10-11 a.m. Circle of Readers
 10:00-11:30 a.m. Allfit BA Fitness Training • SCE
“Preregistration required”
 10:30-11:15 a.m. Limited Exercise
 10:30-11:30. 8 Dimensions of Wellness
“Preregistration required”
More information on page 22
 11:30 a.m.-Noon. Lunch
 Noon-4 p.m. Canasta
 12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • SCE
 12:15-4 p.m. Pickleball Open Play
 1-2:30 p.m. Intermediate Tap Dancing
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • SCE

Tuesday, August 22

- 8 a.m.-Noon. Party Bridge • SCE
 8 a.m.-12 p.m. Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 9 -10 a.m. Beginning Guitar Lessons • SCE

*Solving your real estate concerns
 is what we do.*

It all starts with a conversation.

McGraw
 REALTORS®



Trisha Jorgensen
 Member BASC
918-200-6266

Calendar of Events

9-11 a.m. **New** Hearing Aid Maintenance
 More information on page 3

9-11 a.m. **New** Hearing Screening
 More information on page 3

9 a.m.-Noon Train Dominoes

9:15-10:15 a.m. Soft Yoga • **SCE**

9:30-10:15 a.m. Limited Exercise

9:30 a.m.-12:30 a.m. Scrapbooking

10 - 11 a.m. Guitar Lessons • **SCE**

10:30-11:30 a.m. Limited Exercise

11:30 a.m.-Noon Lunch

11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • **SCE**

12-4 p.m. Canasta

12-4 p.m. Chess • **SCE**

1-2 p.m. Line Dancing with Michelle • **SCE**

1-3:30 p.m. Painting

1-4 p.m. Pickleball Lessons

2:15-3:30 p.m. Clogging Class • **SCE**

Wednesday, August 23

8 a.m.- Noon Dominoes

8:15-9 a.m. Cardio Dance • **SCE**

8:15-9:15 a.m. Core Strength Yoga

9 a.m.-Noon. Needle Crafting

9:15-10:15 a.m. Chair Yoga

9:30-10 a.m. Beginning Ukulele • **SCE**

10-11 a.m. Blood Pressure Checks

10-11:30 a.m. Line Dancing with Eugenia • **SCE**

10 a.m.-Noon. Ukulele Jam • **SCE**

10 a.m.-Noon Abstract Painting

10 a.m.-3 p.m. Quilting

10:30-11:30 a.m. Limited Exercise

11:30 a.m.-Noon. Lunch

12:15-1:15 p.m. Exercise 101

12:30 p.m.-Conclusion At the Movies • SCE

1-3 p.m. Drawing Class

1:30-3:00 p.m. Line Dancing with Barb • **SCE**

1-4 p.m. Mahjong • **SCE**

1:30-4 p.m. Pickleball Open Play

3:15-4 p.m. Zumba • **SCE**

Thursday, August 24

8 a.m.- Noon Dominoes

8:15-9 a.m. Strengthen & Tone • **SCE**

9 a.m.-Noon Train Dominoes

9:15-10:15 a.m. Power Yoga • **SCE**

9:30-10:15 a.m. Limited Exercise

9:30-11 a.m. Creative Card Making

9:30-11:30 a.m. Guitar Jam • **SCE**

9:30 a.m.-Noon Play Money Poker

10:30-11:30 a.m. 8 Dimensions of Wellness
“Preregistration required”
 More information on page 22

10:30-11:30 a.m. Limited Exercise

11:30 a.m.-Noon Lunch

12:15-3 p.m. Pickleball Open Play

12:30-2 p.m. **New** Creative Card Making
 More information on page 9

12:30-2:30 p.m. Happy Hookers - Crochet

12:30-4 p.m. Card Game of The Day

12:30-4 p.m. Party Bridge • **SCE**

1-2 p.m. Simply Faith Class

1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • **SCE**

3:00-4 p.m. Cardio Drumming • **SCE**

Friday, August 25

8 a.m.-Noon Dominoes

8:15-9 a.m. Cardio Drumming • **SCE**

9-10 a.m. Fitness Machine Orientation • SCE
 with Danny Stephens

9:15-10:15 a.m. Friday Fitness • **SCE**

9:30-10:30 a.m. Singing Group

10 a.m.-Noon Creative Writing

10:30-11:45 a.m. Line Dancing with Eugenia • **SCE**

10:30-11:30 a.m. Limited Exercise

11:30 a.m.-Noon Lunch

12-2 p.m. **New** Cornhole Tips and Tricks from Pro • **SCE**
 More information on page 18

Noon-4 p.m. Canasta

12:15-1:15 p.m. Exercise 101

1-2:30 p.m. Bingo

1-2:30 p.m. Parkinson’s Support Group • SCE

1-3 p.m. Individual Quilt Layout

1:30-4 p.m. Pickleball Open Play

3:15-4 p.m. Zumba • **SCE**

Monday, August 28

8 a.m.-Noon. Dominoes

8 a.m.-Noon Party Bridge • **SCE**

8:15-9 a.m. Cardio Dance • **SCE**

9 a.m.-Noon. Medicare Questions Answered

9:15-10:15 a.m. Yin Yoga • **SCE**

9:15 - 10:15 a.m Drumming to Exercise

9:15-11 a.m. Crafting

9:30-11 a.m. Bible Study • **SCE**

10:00-11:30 a.m. Allfit BA Fitness Training • **SCE**
“Preregistration required”

10:30 - 11:15 a.m Limited Exercise

11:30 a.m.-Noon. Lunch

Noon-4 p.m. Canasta

12:15-1:15 p.m. Tai Chi for Better
 Balance with Vanessa • **SCE**

12:15 a.m.-4 p.m. Pickleball Open Play

1:30-3 p.m. Photography Group • **SCE**

1-2:30 p.m. Intermediate Tap Dancing

1:30-3:00 p.m. Line Dancing with Barb • **SCE**

Calendar of Events

2:45-3:30 p.m. Beginning Tap Dancing
 3:15-4 p.m. Zumba • SCE

Tuesday, August 29

8 a.m.-12 p.m. Dominoes
 8 a.m.-Noon. Party Bridge • SCE
 8:15-9 a.m. Strengthen & Tone • SCE
 9-10 a.m. Beginning Guitar Lessons • SCE
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30 a.m.-12:30 a.m. Scrapbooking
 10 - 11 a.m. Guitar Lessons • SCE
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon Lunch
 11:45 a.m.-12:45 p.m. Tai Chi for Better
 Balance with Julie • SCE
 12-4 p.m. Canasta
 12-4 p.m. Chess • SCE
 1-2 p.m. Line Dancing with Michelle • SCE
 1-3:30 p.m. Painting
 1-4 p.m. Pickleball Lessons
 2:15-3:30 p.m. Clogging Class • SCE

Wednesday, August 30

8 a.m.-Noon Dominoes
 8:15-9 a.m. Cardio Dance • SCE
 8:15-9:15 a.m. Core Strength Yoga
 9 a.m.-Noon. Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 9:30-10 a.m. Beginning Ukulele • SCE
 10-11 a.m. Blood Pressure Checks
 10 a.m.-Noon. Ukulele Jam • SCE
 10 a.m.-11:30 a.m. Line Dancing with Eugenia • SCE
 10 a.m.-Noon Abstract Painting
 10 a.m.-3 p.m. Quilting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-Noon. Lunch
 12:15-1:15 p.m. Exercise 101
 1-3 p.m. Drawing Class
 1-4 p.m. Mahjong • SCE
 1:30-3:00 p.m. Line Dancing with Barb • SCE
 1:30-4 p.m. Pickleball Open Play
 3:15-4 p.m. Zumba • SCE

Thursday, August 31

8 a.m.-Noon Dominoes
 8:15-9 a.m. Strengthen & Tone • SCE
 9 a.m.-Noon Train Dominoes
 9:15-10:15 a.m. Power Yoga • SCE
 9:30-10:15 a.m. Limited Exercise
 9:30-11 a.m. Creative Card Making
 9:30-11:30 a.m. Guitar Jam • SCE
 9:30 a.m.-Noon Play Money Poker
 10:30-11:30 a.m. Limited Exercise

11:30 a.m.-Noon Lunch
 12:15-3 p.m. Pickleball Open Play
 12:30-2 p.m. **New** Creative Card Making
 More information on page 9
 12:30-2:30 p.m. Happy Hookers - Crochet
 12:30-4 p.m. Card Game of The Day
 12:30-4 p.m. Party Bridge • SCE
 1-2 p.m. Simply Faith Class
 1-2:30 p.m. Fundamentals of Line Dancing
 with Michelle • SCE
 2-3 p.m. **New** Caring for our Skin as We Age • SCE
 More information on page 5
 3:00-4 p.m. Cardio Drumming • SCE



JADE

Antique & Vintage
Boutiques

Jadevintagetreasures.com



JADE TREASURES
711 W Washington
Broken Arrow
918-994-6355

JADE ON MAIN
1639 S Main
Broken Arrow
918-872-7931

Our treasures will follow you home



FLORAL HAVEN

Funeral Home and Cemetery

People who know you...
 People you can trust...
 Today and Tomorrow.

www.floralhaven.com
 (918) 252-2518



Rebecca Morton

Licensed Insurance Agent

✉ rmorton1@farmersagent.com

☎ 918-265-1507

📍 3840 S 103rd East Ave, Ste 123
Tulsa, OK 74146

🌐 MedicareEnrollUSA.org

Office availability by appointment only



Activity Update

Engage and Stay Active!

Circle of Readers

In July, Circle of Readers enjoyed a lively and informative discussion with author Jayne Allen on Zoom to discuss her best-selling book Black Girls Must Have It All. Check out the great reads and discussions the group is planning in the future!

Aug 7: Henderson House by Caren Simpson McVicker · historical fiction · virtual author visit;

Aug 21: Discussions on other books the group is reading;

Sep 11: The Reading List by Sarah Nisha Adams · fiction;

Sep 18: Night Swim by Jessica Keener · fiction · virtual author visit;

Oct 2: Some Danger Involved by Will Thomas · mystery · in-person author visit;

Oct 16: Discussions on other books the group is reading;

Nov 6: Remarkably Bright Creatures by Shelby Van Pelt · fiction.

Circle of Readers meets the first and third Monday (unless noted) of each month in the Center's Conference Room at SC West at 10 a.m.





RONDA BUTLER
REALTOR

Phone: 918-361-6231
Email: rbutlerhomes@kw.com

MAKING THE DECISION TO SELL YOUR HOME IS IMPORTANT AND LIFE CHANGING. KNOW WHO YOU CAN TRUST!



Affordable Assisted Living in Broken Arrow!  [CanoeBrookBrokenArrow](https://www.facebook.com/CanoeBrookBrokenArrow)

NEW *Adventures*
AND FRIENDSHIPS
ARE AROUND THE CORNER!



2621 S. Elm Place, Broken Arrow, OK 74012 **CANOE BROOK**

BrokenArrowAssistedLiving.com **(918) 218-3338**

Activity Update

Engage and Stay Active!

August Sign Ups for Allfit BA Fitness Training Now Available

Erick Croke, personal trainer and owner of Allfit BA Fitness Training will continue to work with small groups of members interested in learning about how to meet their fitness goals. In August, Erick is meeting with members who have pre-registered in the Fitness Room of Senior Center East to focus on the benefits of circuit weight training for older adults. The training opportunity will be held on Mondays in July beginning at 10 a.m.

Other Fitness Machine Orientation Opportunities

There are other opportunities to receive guidance on how to best use the equipment in the Center's Fitness Room based on your individual need.

The second Tuesday of each month, fitness machine orientation is available with Ryan Jensen, Physical Therapist, with Summit Physical Therapy. In August the date is Tuesday, August 8 from 9 to 10 a.m. in the Fitness Room of SC East.

On the fourth Friday of each month, fitness machine orientation is available with Danny Stevens, a certified personal trainer. In August the date is Friday, August 25 from 9 to 10 a.m. in the Fitness Room of SC East.

Cornhole – Discover Tips & Tricks from a Pro!

Cornhole! It's everywhere! Backyards, breweries, social and tournament events. It is a testament to how popular and well-loved this game is as people of all ages love the game! If you have played the game and want to learn tips and tricks to be a winner at your next cornhole game, the Center will have a professional cornhole player on hand on August 25!

If you remember playing “the beanbag game” as a child, then you already know the basics of cornhole. Cornhole is a game where players take turns throwing bean bags at the opposite board aiming the bag to go through the target hole.

Why should you consider playing cornhole? Here are the top 10 benefits of playing cornhole:

1. Playing Cornhole Counts as an Exercise
2. Cornhole Can Promote Cardiovascular Health
3. You Can Burn Some Calories Playing Cornhole
4. Playing Cornhole Boosts Cognitive Skills
5. Cornhole Supports Overall Balance and Hip Mobility
6. Cornhole Improves Hand-Eye Coordination
7. It Helps Build Strong Bonds
8. Playing Cornhole Reduces Stress Levels
9. Cornhole Is the Perfect Game to Beat Boredom
10. Everybody Can Play Cornhole!

A professional cornhole player will be offering the tips and tricks of cornhole on Friday, August 25 in the Fitness Room of Senior Center East beginning at noon. The Oklahoma Senior Games have arranged for this professional player to join us at the Center which is being funded by the TSET grant. Cornhole is an event at the Oklahoma Senior Games in September.

And the wonderful news doesn't end there! Alex Tarasenko, owner of Medicare Enroll USA, is donating a set of professional cornhole board and bags to the Center! The Center is planning on offering cornhole at the Center in the months ahead!

Signup sheets to take advantage of this one-time opportunity to learn from a professional cornhole player are located near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building.



BA Senior Center Sponsors

We thank you for your support!

Champion Sponsor:

Humana

Signature Sponsors:



Helping Families and Businesses Thrive



Programming Sponsors:

Limited Exercise

Pickleball



Activity Sponsors:

Poker Tournament:

Global Health/Joel Hitsman

Domino Tournament:

White River Fish Market, Ron's Hamburger & Chili, Jimmy's Egg

Pool Tournament:

Local Insurance Advisors/Lynn Novak-Roach

Bingo & Singo:

Evergreen Hospice, American Hearing & Audiology, Cedarhurst
Archwell Health (Singo), Oak Street Health

Blood Pressure Checks:

Miller Hospice, Hillcrest Hospital South, Seasons Hospice
Faith Home Care Service, LLC, Oak Street Health

Tournament Winners!

Pool Tournament -



Breakfast Sponsored by

Lynn Novak Roach - Local Insurance Advisors



July Winners: 1st Place - Keith Costigan;

2nd Place - John Baker; 3rd Place - Charles Mosley

Domino Tournament -



Prizes provided by White River Fish Market



July Winners: Ev Almeida and John Wishall

Poker Tournament -



Prizes provided by Joel Hitsman - Global Health



July Winners: Fred Jostes and Rozella Bays

Joel Hitsman (center)

Activity Update

Engage and Stay Active!

Grief Healing Group

Experiencing grief after the loss of a loved one, a change in living circumstances, health changes or the loss of a pet is natural. Often, symptoms fade over time. But when grief symptoms persist over months or even years and affect the quality of life, it may be helpful to seek help. That's what the Grief Healing Group at the Center will offer. The Grief Healing Group will be meeting the third Thursday of each month in the Game Room of Senior Center East at 10 to 11:30 a.m. beginning Thursday, August 17. Beth England, Bereavement Coordinator with Elara Caring, will facilitate the group.

Some of the topics that will be discussed in the coming months include What is Grief? Coping with Grief, Sadness, Hope for the Holidays and Remembering is Healing. The facilitator will also take guidance from the group regarding topics for discussion to ensure participants receive the support they need.

Any loss is one of the most stressful experiences in a person's life. It can profoundly change the way you live after you go through it. In the wake of a loss, whether expected or unexpected, finding support can be highly

beneficial. The Grief Healing Group will offer a space to talk about and work through your grief. Of course, no two people experience loss the same. Even people experiencing the same loss will experience that loss differently and process it differently. Having a network of support by your side may help you work through your grief.

The group may allow you to find companionship among people going through similar things at the same time as you and may smooth the way for those whose lives are upended by loss. In addition, speaking with others who have gone through similar experiences that you have can bring enormous relief.

If you would like a reminder call regarding the Grief Healing Group, signup sheets are located near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building. Signing up to attend is not required.







Cindy Sansone
 Licensed Agent
 5800 E Skelly Dr Ste 560
 Tulsa, OK 74135
 (918) 906-3535
cindy.ssansone@farmersagency.com

Medicare Made Simple
Your Needs come First with Cindy

H Honesty
O Openmindedness
W Willingness

Joe Earles
 Thrift Store Manager
 Donation / Pick-up



Help The Alcoholic Help Himself
 H.O.W. Recovery Center of Oklahoma

HOW Thrift Stores
 (918) 455-8223

2325 E. 71st Street
 Tulsa OK 74136

2216 So. Aspen
 Broken Arrow, OK 74012





**SECURE YOUR LEGACY:
 MAKE A WILL THIS AUGUST!**

August is National Make-A-Will month. Maybe you have a will in place or maybe you've never created one. This month is the perfect time to create or update your will.

Because you support our efforts, we want you to know that there is a free service to help you create or update your will. You can provide your family with peace of mind and create a plan that meets your family, financial and philanthropic goals.

We are here to help you get started on the process or to review and update what you may already have. No matter what season of life you may be in, you can get started on this process and protect what matters most to you and your family.

**SECURE YOU LEGACY TODAY. CALL OUR LEGACY OFFICE AT
 918-491-0079 TO LEARN HOW TO GET STARTED!**



— We Offer —

Rehabilitation
Respite
Long-Term Services

Physical Therapy
Occupational Therapy
Speech Therapy

Call us today to see how we can make a difference!

1251 W. HOUSTON STREET • BROKEN ARROW, OK 74012
539.367.4500 • 539.367.4510 (F) • WWW.ASPENHEALTHREHAB.COM



There's so much to
LOVE
about Broken Arrow's
BEST SENIOR COMMUNITY!

Discover the vibrant lifestyle,
heartfelt care, & peace of mind
that Green Country families
trust and embrace for their
loved ones.

**PRAIRIE
HOUSE**

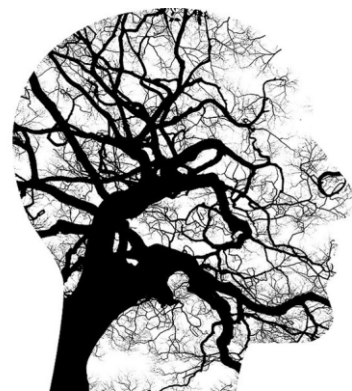
ASSISTED LIVING AND MEMORY CARE
In collaboration with St. John Broken Arrow

(918) 249-8000

PrairieHouseSeniorLiving.com

2450 NORTH STONE RIDGE DRIVE

BROKEN ARROW, OK 74012



Activity Update

Engage and Stay Active!

8 Dimensions of Wellness

Members of the Center took advantage of the fascinating and in depth 3-week study of the 8 Dimensions of Wellness in July. The course will be offered once again twice weekly on Mondays and Thursdays in August beginning Monday, August 7 and concluding Thursday, August 24. The sessions will be held in Activity Room 2 of Senior Center West from 10:30 to 11:30 a.m. The session can accommodate 8 participants. If space is available in the August session, signup sheets will be available.

What are the 8 dimensions of wellness? When you think of wellness what comes to mind? For many wellness centers around the idea of physical wellbeing, but there is so much more to health and wellness. Wellness involves targeting separate areas of ourselves to incorporate and achieve our physical, cognitive, relational, emotional, spiritual, vocational, developmental and contextual wellbeing.

These 8 dimensions of wellness work with one another and have a direct impact on our overall health. When too much or too little focus is put into one dimension, there can be adverse effects on the body.

Developed by Wake Forest University, Virginia Tech and the Mather Institute, this wellness coaching program is specifically tailored for older adults. Take advantage of this important and in-depth education opportunity. Watch for signup up sheet updates near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building. 8 Dimensions of Wellness will be offered again in September.

Activity Update

Engage and Stay Active!

Health Coverage Confusion – September Panel Discussion Will Offer Help

Understanding Medicare is not easy and all the choices available to you to supplement Medicare. Making the right choice for medical coverage can be a challenge to navigate.

The Center is once again offering the Medicare Panel discussion in September with panelist that can answer questions. Mark your calendars! The Medicare Panel discussion is set for Thursday, September 21 at 1 p.m. at Senior Center East.

New this year is the opportunity to submit your healthcare coverage questions prior to the panel discussion.

Did you know that EVERYONE should review their health coverage each year? “I like my supplement plan. I’m not looking to make any changes” is commonly said but changes to Medicare are made each year that could impact your health. Have health issues changed in the last year? Are you taking different prescriptions? If you have experienced any changes in your health, you need to be informed about your best coverage options.

Are you aware of all the changes to various health coverage plans that you could benefit from? Are there new opportunities

in healthcare coverage that could save you money? These are additional questions that will be discussed during the panel discussion.

Question forms and a submission box will be located near the Center Events Bulletin Board at the top of the ramp in the West building and near the kiosk in the East building. Sign up to attend this event as well and the Center will provide you with a reminder call.

The panel discussion in September in addition to the Medicare Fair in October and November is offered each year to help you begin the process of making those challenging decisions regarding your health care. Take advantage of these opportunities to become well informed!



Hayhurst
FUNERAL HOME

(918) 258-9623 | www.hayhurstfuneralhome.com

For over 31 years Hayhurst Funeral Home has stood by our motto
"A helping hand in a time of need"

Families have come to call on Hayhurst Funeral Home for their professional, caring and compassionate manner in handling every detail.



BROKEN ARROW SENIORS

1800 S. Main St.
Broken Arrow, Ok

LIVE UNITED



Tulsa Area United Way
Partner Agency

Board of Directors

Chair.....Michayne Morris
Immediate Past Chair...Johnnie Parks
Treasurer.....Jody M Manning
Secretary.....Jackie Pizarro

Directors

Robert Andrews Brittany Littleton
Lori Hill Michael Peale
Christi Gillespie Debbie Stumps
Laura Garrett Raymond C Viel
Steve Juett Jim Wykoff
Farrah Fulps

Return Service Requested

PRESORT STD
US POSTAGE
PAID
BROKEN ARROW,
OK 74012
PERMIT NO. 4



If you're having problems with your hearing, give Dr. Fernow at American Hearing + Audiology a call. She's an expert in the diagnosis, management, treatment and prevention of hearing and balance disorders. Plus, she'll allow you to **try hearing aids absolutely FREE!**

Call **(918) 418-5717**.



505 S. Aspen Ave., Broken Arrow, OK 74012
www.AmericanHearing.us

ARE YOU HAVING PROBLEMS WITH YOUR HEARING?