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Silver Notes

The official newsletter of Broken Arrow Seniors, Inc.

August 2022 • Vol. 32, No. 8



Broken Arrow Senior Center

1800 S. Main St.
Broken Arrow, Okla. 74012
918-259-8377

www.baseniors.org
@BrokenArrowSeniors

Office Hours:
Monday-Thursday
8 a.m. to 4 p.m.
Friday: 8 a.m. to 3 p.m.

Annual Membership
Broken Arrow residents • \$30
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My Senior Center

Changing The Way We Do Business

The My Senior Center check-in system has been rolled out over the last two months, and members have fully embraced the new technology. You'll have to agree that the system is fast and easy. We wanted to outline a few of the aspects of the system so that our members know what to expect as we streamline the Center's operations.

Newsletter via email – Members rely on the newsletter regarding activity updates, calendar of events, important Center news and more. My Senior Center provides the technology to email the monthly newsletter, providing another way for you to stay informed. Look for an announcement regarding when this service is scheduled to begin. If you are interested in receiving the newsletter by email, please stop in the office to check on the email we have on file.

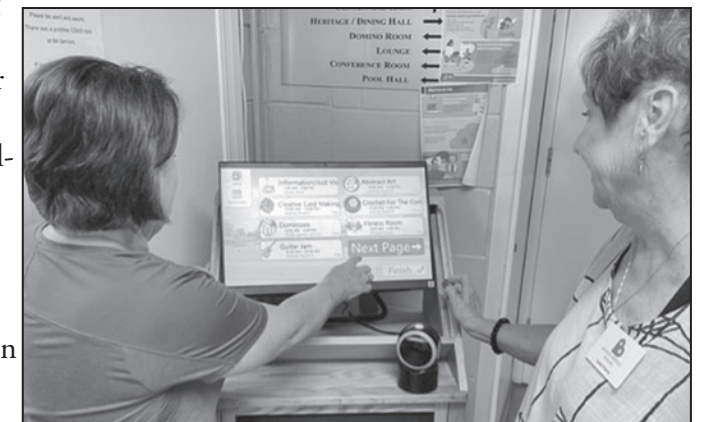
Automated messages – Have you received an automated call, text or email from the Senior Center announcing changes to the schedule, reminders or cancellations? This My Senior Center feature is a time-saver. The system populates member numbers and sends out a pre-recorded message to ensure members have the latest information. You can receive information regarding your activities, Center happenings or important announcements. We will let you know immediately. Stop in the office and let us know your preferred method of contact. You will never miss an important

announcement.

Forgot to bring your scan card? – No worries! You can still check into the system using your first name and phone number.

When do I renew my membership? – My Senior Center will remind you 21 days before your membership expires when you check in.

Activity updates – The My Senior



management system is "cloud based," which means the system's server lives on the internet. The system can be updated from anywhere. For example, if staff needs to add a new activity to the kiosk, that can be handled on the internet, and members will be able to see the changes immediately. In the past, the Center relied on outside vendors to make those changes. The days of signing in on paper are over!

There's more – Look for additional important announcements in the newsletter regarding My Senior Center.

If you have any questions regarding using the My Senior Center system or if you need to register, please stop in the office.

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Broken Arrow Neighbors: Continuing The Partnership

Weekender Program Transitions To 'Need One, Take One'

When we brought the Weekender Program to the Center, during which members had the opportunity to pick up fresh fruits, vegetables and other food items, the purpose of the program was to provide short-term relief and to introduce members to the services of Broken Arrow Neighbors. With the help of BAN, the Center brought in more than 2,000 pounds of food each Friday for a number of weeks.

To meet the needs of members experiencing distress due to rising prices, the "Need One, Take One" program



initiated in 2021 in partnership with BAN will continue. The "Need One, Take One" program provides bagged shelf-stable meal items for those

in need. If you require just a little help to get through the week, please feel free to take a white bag located on a shelf across from the Center office. This is in addition to the food you can receive if you are a client at BA Neighbors.

Now that the Weekender Program has concluded, we want to introduce you to the services that BAN provides to our community if you need assistance.

BA Neighbors is a comprehensive community resource center in the heart of Broken Arrow, serving more than 11,000 families each year through food, financial and job mentorship assistance.

We extended our service area in 2020 to include Coweta as well. Our vision is to provide Assistance with **Dignity**, Serve with **Compassion** and **Empower** the Future for our neighbors in need.

In June of 2020, we implemented the appointment system, where you can call us or fill out a simple form on our website to request a food appointment. This has completely changed how we are able to serve our clients with dignity. It allows for us to prepare better for each day and know the needs for each client beforehand, and it allows autonomy for each family. In addition to appointments, we created "Neighborhood Curbside Pick-Up" in January 2021, to allow for a safer shopping experience. You still have the options for client-choice; there is a food sheet that you are able to choose from when making an appointment, with the amazing options of gluten-free, nut allergies, sugar-free and even choices of what meats you would like. We make sure a dietary restriction or need is not an issue here at BA Neighbors. This is all bagged



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We all understand that there are many paths we take in our life to reach a certain destination. The path we decide to take is often determined by the goal we are wanting to achieve. We often find joy during our journey in life when we are able to see that our purpose can be tied to helping others.

One way of fulfilling your purpose and paving a path that leads to hope is through leaving a Legacy gift in support of a cause or organization you value. The impact of your gift can affect generations to come.

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With all the new technology to help physicians evaluate patients' risk of Alzheimer's and the progression of the disease, the future of Alzheimer's may change from a debilitating illness to a manageable one. In the meantime, it is critical that families be proactive about long-term care planning.

Many seniors are surprised to learn that skilled nursing facilities are not covered by Medicare. A family's resources can be quickly depleted if a nursing home is required to safely care for a family member with Alzheimer's because the average monthly cost in Oklahoma is more than \$7,000. However, asset protection strategies can allow a senior to qualify for Medicaid benefits that will help cover this cost. This type of estate planning allows a family to retain assets earned during

the senior's lifetime to supplement long-term care costs and pass on to heirs at death.

You must be proactive to benefit from these strategies. At a minimum, you need a detailed emergency decision documents (such as a durable power of attorney and a health care power of attorney) specifically for the needs of seniors so that your appointed decision-maker can plan for your long-term care in a crisis. Ideally, you'll build a plan at least five years before you need it, but there are also shorter-term tools available to expedite Medicaid qualification if your family member is already self-paying for a nursing home. Talk to an estate planning attorney familiar with elder law about whether these legal strategies are appropriate for you or your loved one.

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.

Here, retirement is a verb.

Look up *retirement* in any dictionary and it says it's a noun. It also says it's *when you withdraw from an active life*. Obviously they didn't stop by The Linden at Stonehaven Square when they wrote such nonsense. Here retirement is proudly a verb and *when you live life with gusto!* Come see what we mean.

Call 918.553.8566 to schedule your complimentary lunch and tour. And bring your dictionary and a pen. It's time to do a little editing.

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This has drastically changed how we serve our families, and we also went from more than 40% food waste to less than 3%. This allows us to give all the fresh produce and dairy products

that come in from our 26 Feeding America partners, which we pick up from daily. The amount of fresh, nutritious food our families receive each visit is astounding. So far in 2022, we have given out more than 78,000 pounds of fresh produce and helped 1,014 families just from our pantry.

In addition to our client-choice food pantry, we also provide financial assistance for our clients who need help with utilities cutoff notices and rental evictions. So far, more than \$40,000 has been given in 2022. We are usually able to help with \$100 to \$200 per family, depending upon the situation and availability of funds each month. The need has been tremendous, and, because of community partnerships, we were able to step up and help those in need like never before.

For the holidays in 2021, we debuted Joy for Your Neighbors. This past year, we increased to 15 the age of children we can help. Children should not have to grow up so quickly because of their family situation. We truly wanted to allow kids to remain kids and worry-free as long as possible. Each client is letting us know "a Want, a Need and a Read" for each child in their family. Instead of shopping from toys that have been donated to our



organization, we are allowing our community to sponsor a family to shop for specifically; we take care of each family's requests. Look on our social media for announcements

coming soon for the exciting upcoming holiday season.

Our newest program, Jump Start, created in 2021, is a completely free job skills program for residents of Broken Arrow and Coweta. The team at BA Neighbors, alongside our recruited mentors, assesses our clients' job skills and assists them with knowledge, training and mentorship so they can get a "jump start" on employment opportunities.

The purpose of this new program is to connect workplace mentors with clients who are at risk from the effects of generational poverty while continually living in the cycle of social services. It's designed to guide, educate and coach those who would benefit from a mentor-client relationship focused on job-seeking skills. We have initiated partnerships with our local Chamber and our City Council, as well as with future classes of LBA for this program.

If you haven't met our team, we would love for you to come by for a tour and see all the new faces of BA Neighbors. It has truly been the most humbling experience to serve our neighbors in need with dignity and compassion and to empower the future of each and every one of those who step through our doors.



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Broken Arrow Seniors with Parkinson's!

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"Dr. Michael has been so professional and knowledgeable in helping me know more about my Parkinson's and guiding me in my path to achieving the most quality of life I can. He doesn't tell me what to do, he does the exercises with me. Always patient and encouraging. I can see results and my friends and family see improvement, too." - J. Acree, BA Senior Center Member

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The Latest News Concerning Testing And Treatments For Alzheimer's Disease



By Brittany Littleton

Most experts agree that 1 in 3 individuals will die with a dementia-related illness. At the current rate of growth, that number is expected to increase to 1 in 2 individuals within the next 50 years. The biggest and most-well-known culprit of dementia-related illness is Alzheimer's disease. This horrible disease gradually destroys memory and other mental functions, causing confusion. Many of us have a friend or family member who has been diagnosed and have thus witnessed firsthand the devastation Alzheimer's can cause to patients, their loved ones and their finances. The good news is that the medical community continues to search for ways to relieve symptoms, test for early signs and find a cure.

Most primary care doctors believe that one day dementia will be managed as a chronic disease. Surveys indicate that half of physicians don't think Alzheimer's will ever be cured, but about 75% think new therapies might help manage the disease, especially if it can be diagnosed early.

Studies have shown that changes in learning and memory happen well before signs of Alzheimer's are found in brain scans. Early detection could offer an opportunity for preventive treatment in the future. Recent progress in testing for earlier diagnosis includes:

✘ In May, the Food and Drug Administration authorized the first in vitro diagnostic for early testing of Alzheimer's disease for patients 55 years and older who have shown cognitive impairment. It is an alternative to PET scans, which use radiation and cerebrospinal fluid taps that are costly and time-consuming. Developed by Fujirebio, this test can be used to detect brain plaques and analyze spinal fluid and proteins that accumulate to form the amyloid beta plaques tied to Alzheimer's disease. The FDA suggests testing be combined with other clinical evaluations to confirm a diagnosis.

✘ In March, Quest Diagnostics introduced a blood test for the early detection of Alzheimer's. Diagnostic blood tests would be faster and more cost-effective for the health care system overall and lead to a more immediate

referral to specialists. However, the majority of clinicians fear the blood tests for Alzheimer's would cause a surge in diagnoses and stress the health care system. There also is progress with drugs that change disease progression and relieve symptoms. There are more than 100 disease-modifying therapies now in clinical trials, nearly 20% of which are in later stages. In 2021, the FDA approved the first treatment to slow the progression of Alzheimer's disease. This drug, called Aduhelm, may benefit both cognition and function. However, Medicare currently only covers patients participating in clinical trials.

Medications can only treat symptoms include:

- ✘ Cholinesterase inhibitors such as Donepezil, Rivastigmine and Galantamine are prescribed to treat symptoms related to memory, language, judgment and other thought processes.

(Continued on page 18)

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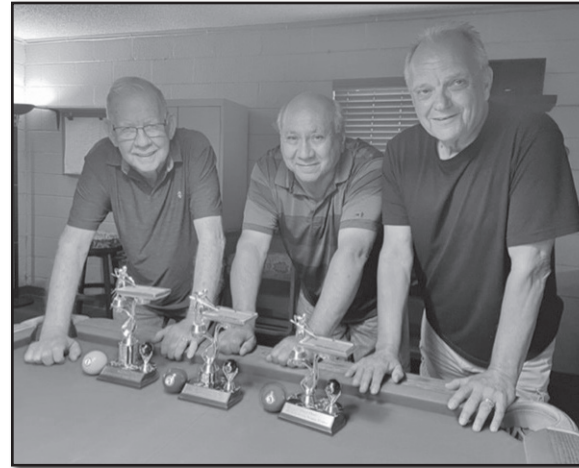
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Bridge is a popular game at the Center! Take your pick of morning or afternoon bridge. The morning group meets on Tuesdays from 9 a.m. to noon. The afternoon group meets on Thursdays from 12:30 p.m. to 3 p.m., both in the Conference Room.



Lee Morris, Train Domino activity leader, smiles for the camera with a room full of domino players behind her. Train Dominoes is held each Tuesday and Thursday in the Domino, Card and Game Room from 9 a.m. to noon.



Congratulations to the Center's June pool tournament winners! Left to right: first place - JD Pippins; second place - Chester McDonald; and third place - Jim WyKoff. The pool tournament is held the third Thursday of each month.

Joni Longmire concentrates on her project in Jewelry Making. Check out the project planned for August in the Activity Update that begins on page 6.



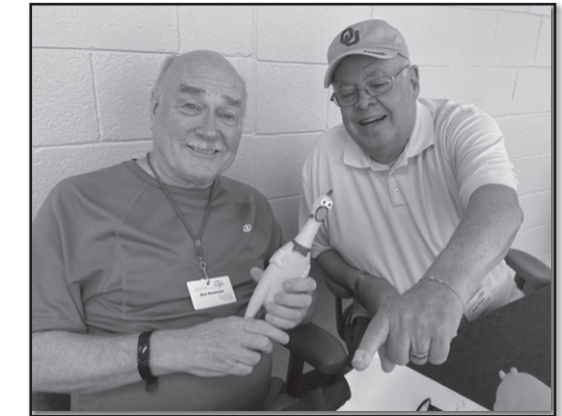
Handcrafting beautiful, one-of-a-kind cards is the focus of Creative Card Making, taking place on Thursdays from 10 a.m. to noon in Activity Room 1. Join them and learn the art of card making. You will also leave with creative cards to send to family and friends!

AROUND THE CENTER



Above: Janice Stanley strikes a "pose" during a Power Yoga class held each Thursday in Centennial from 9:15 a.m. to 10:15 a.m. Power Yoga is just one of four types of yoga offered by the Center. If you are interested in being more limber and strong and you want to achieve a level of inner peace, the Center's yoga classes offer a variety of choices for all fitness levels. Yin Yoga – Mondays; Soft Yoga – Tuesdays; Chair Yoga – Wednesdays.

AROUND THE CENTER



Center volunteer Don Niemeyer, left, helps Doyle Paden register on My Senior Center. The rubber chicken assisted with the process!



Thank you to our A New Leaf team for keeping the Center clean! You all do an excellent job, and we appreciate you! Left to right: Bottom: Jessica, Andrew and Steve. Top: Jennifer, Vu and job coach Asmeret.



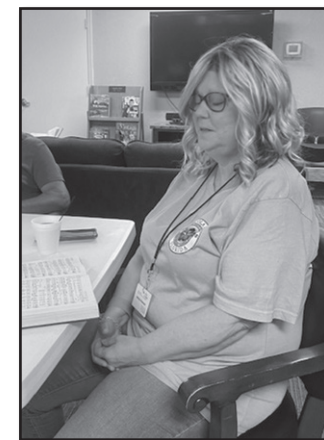
Tiffany



Tim



Mary Macey, one of the Center's talented pianists, tickles the keys for the Singing Group.



Christie Peterson loves the music offered by the Singing Group each Friday from 9:30 a.m. to 10:30 a.m. in the Lounge.



There's nothing like a good card game! James Owens shows his cards during a game of Blind Luck. You will always hear laughter and conversation coming from the Domino, Card and Game Room on Mondays, from 1 p.m. to 4 p.m. Join them!

Activity Update

Engage and Stay Active!

TED Talk - The Power Of Vulnerability

Is vulnerability the same as weakness? The power of vulnerability will be the topic of discussion during the Aug. 15 TED Talk at 12:30 in Activity Room 3.

“We associate vulnerability with emotions we want to avoid, such as fear, shame and uncertainty,” said Dr. Brené Brown, American research professor, lecturer, author and podcast host.



The author of five No. 1 New York Times bestsellers, Brown is an inspiring and engaging speaker. For the August TED Talk, Brown offers an alternative to how we approach life. Through her re-

search, she discovered that “when we dare to drop the armor that protects us from feeling vulnerable, we open ourselves to the experiences that bring purpose and meaning to our lives.”

This is one TED Talk you don’t want to miss. Learn how her research smashes a cultural myth: Vulnerability is not a weakness but rather a strong sign of courage. The session will include a 20-minute TED Talk video presentation, followed by discussion facilitated by Amanda O’Brien, volunteer and special events coordinator.

TED Conferences, LLC is a nonprofit media organization that posts short, powerful talks online for free distribution under the slogan “ideas worth spreading.” A recorded public-speaking presentation on a global platform, they showcase experts from around the world. “TED” stands for technology, entertainment and design, and presentations began as an annual satellite event conference.

Circle Of Readers To Host Author Visits

A special highlight for any avid book reader is the opportunity to meet an author of a book you especially enjoyed. The Center’s Circle of Readers Book Club is planning several author visits, to the delight of all who attend the group. Check out the dates for upcoming visits, and take advantage of the opportunity to ask questions and learn about what inspires authors and their journey in writing!

Aug. 1: “The Nature of Fragile Things,” by Susan Meissner • historical fiction • **author visit.**

Aug. 15: Discussion on other books the group is reading.

Sept. 12: “The Thursday Murder Club,” by Richard Osman • mystery.

Sept. 26: “The Unveiling of Polly Forrest,” by Charlotte Whitney • historical fiction • **author visit.**

Oct. 3: “The Mayfair Bookshop,” by Eliza Knight • historical fiction • **author visit.**

Oct. 17: Discussion on other books the group is reading.

Nov. 7: “The Next Ship Home,” by Heather Webb • historical fiction • **author visit.**

Nov. 21: Discussion on other books the group is reading.

Dec. 5: “The Secret of Snow,” by Viola Shipman • fiction • **author visit.**

The Circle of Readers group meets in the Conference room at 10 a.m. on Mondays. Author visits are held via Zoom. For more information regarding this dynamic group, email Circle of Readers leader Dorothy Minor at dorothymminor10@gmail.com.

How Reading Helps Us

1. Reading helps with empathy;
2. Reading reduces stress and helps you sleep;
3. Reading grows your vocabulary;
4. Reading helps improve your mood;
5. Reading strengthens the brain.

If you are not convinced, let French writer and philosopher Voltaire persuade you:
 “Let us read and let us dance; these two amusements will never do any harm to the world.”



Friday Fitness offers a unique workout both for men and women. Look for more upcoming fitness class opportunities at the Center. Friday Fitness is held from 9 a.m. to 10:15 a.m. in Centennial.



Jackie Pizarro is kicking up her heels during the Clogging Workshop on Tuesdays in July and August, from 12:15 p.m. to 3:15 p.m. in Centennial. “I just love it!”



The Clogging Workshop set for July and August is off to a great start. Lea Wimmer, the instructor, leads the class in the techniques for this unique form of exercise combined with dance.

AROUND THE CENTER



Bob and ViJay Grover enjoy the new Abstract Painting class together. Abstract Painting is held each Thursday from 10 a.m. to noon in Activity Room 2.



Ukulele Jam! Now that’s a fun group! Ukulele Jam is open to all levels of ukulele expertise, from just beginning to expert! Bring your ukulele and join in on the fun every Wednesday from 10 a.m. to noon in Activity Room 3.



Who knew chess could be this much fun? Virgil Hillock, left, plays a game with Carl Amling, while Terry Stewart looks on. Chess meets each Wednesday from 12:30 p.m. to 3 p.m. in Activity Room 1.



Yes! We have tap dancing at the BA Senior Center! Whether you took tap as a child and loved it or would like to learn, this class will get you moving! Nancy Roberts revels in the activity and spending time with others. Tap Dancing meets each Monday in Activity Room 3, from 2:45 p.m. to 3:45 p.m.

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Activity Update

Engage and Stay Active!

Limited Exercise - Wednesday And Friday Classes

The Center is considering offering Limited Exercise on Wednesday and Friday for members who have requested additional sessions of this class. The class would be held from 10:30 a.m. to 11:30 a.m. in Centennial.

Limited Exercise is one of the most popular classes at the Center. The purpose of the class is all about range of motion and mobility – gaining it and keeping it. Maintaining a sense of balance is also critical for longevity because it helps us prevent falls and injury. Most of the class is led while seated or using a chair to maintain balance.

An experienced Limited Exercise attendee, Charlotte Rahrig, plans to lead the Wednesday/Friday class. She has benefited from the current Limited Exercise offering immensely. Charlotte plans to follow the Limited Exercise routine that Gary Sifter, current Limited Exercise instructor, uses.

Please call the office or sign up at the Center events bulletin board at the top of the ramp. If there is enough interest, the Center will contact you regarding a start date.

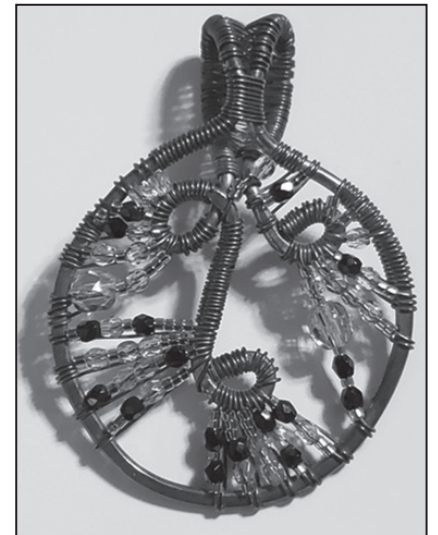
Jewelry Making

Gorgeous and unique wire-wrapped pendants or bracelets will be the focus for the upcoming Jewelry Making classes set for Monday, Aug. 8 and Aug. 22. Members interested in attending need to bring 16- or 18- and 24-gauge wire in the color of your choice. A variety of glass beads are available at the Center to choose from to complete your project.



There are many advantages in becoming involved with jewelry making beyond learning the technique and the satisfaction of creating a beautiful piece of jewelry. "I get lost in it and the stresses of life just disappear."

That's what Paulette Bryson, Jewelry Making activity leader, said about this craft. Paulette would know. She's been making and designing jewelry for years and is passionate about sharing her knowledge with others at the Center.



"There is also a feeling of freedom and independence that comes with creating each piece because of the flexibility involved and choosing the design and colors you like," said Paulette. "Anyone who learns the techniques of jewelry making places a little bit of themselves in each unique piece."

All are welcome to attend and discover this beautiful art, whether you've dabbled in jewelry making or would like to learn. The group meets the second and fourth Monday of each month, from 1 p.m. to 3 p.m. in Activity Room 2.

Are You at Risk of Falling? Find Out!

Are you afraid of falling? Have you fallen or come close to falling? Whether you consider yourself to be at risk of falling or not, it is important to discover your level of confidence. A fall assessment will be held at the Center in September in conjunction with National Fall Prevention Week to empower our members to "fail to fall."

Someday we hope that older adults "fail to fall." Today, however, is another story. Each year, 30% to 40% of community-dwelling older adults will experience a fall. According to the Centers for Disease Control and Prevention, 1 out of 5 falls causes a serious injury such as broken bones or a head injury. Some falls do not cause physical injury but may cause a person to fear falling. These individuals often decrease their activity level, having a dramatic impact on quality of life, leading to the loss of strength.

Many conditions make a person at risk of falling, including lower body weakness, osteoporosis, vitamin D deficiency, difficulties

(Continued on page 13)

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Activity Update

Engage and Stay Active!

Continued From Page 7

with walking and balance, vision problems, foot pain or poor footwear. Secondary effects of surgery, cancer, pneumonia and other major health conditions will make it difficult for a person to get up and down from bed or a chair.

Do you walk slowly to keep from falling? Did you know that a slow walking speed contributes to the risk of a fall? If you can't stand on one leg for at least three



seconds, you are at high risk for a fall. Walking is alternating a single leg stance. The goal to prevent falling is to maintain a single leg stance for 10 seconds. This ability and other assessment tools are utilized to measure your risk of falling.

There are many simple things you can do to keep from falling, but the first step is to discover if you are at risk and the level of your risk.

This assessment is important. We hear about members who have fallen almost daily. Sign up today to be assessed in September and take the first step in preventing a fall. Please call the office or sign up at the Center events table at the top of the ramp, and you will be contacted with a date and time for your assessment.

Screening will be completed by a physical therapist and consist of blood pressure check, balance assessment and review of home hazards. Participants will receive a score sheet they can take to their primary care provider to discuss their risk of falling.

At The Movies

It's "feel good" month in August. At the Movies this month will feature two movies that will inspire and lift your spirits. The Center's At the Movies events come complete with popcorn and begin at noon in the Lounge.

Wednesday, Aug. 10 – "Home Run" – rated PG -13

Baseball all-star Cory Brand knows what it takes to win in the big leagues. But off the field, his life is spiraling out of control. With an unexpected second chance, Cory finds himself on a powerful journey of transformation and redemption. Based on thousands of true stories, "Home Run" is a powerful reminder that with God, it's never too late.

Wednesday, Aug. 24 – "Miracle Dogs Too" – not rated

When Zack and his family move to Hope Springs, he befriends a pair of cocker spaniels. Zack keeps the two lovable strays hidden in his clubhouse until he gets the idea to bring them to the nursing home where his mom works. You'll find yourself cheering on this miraculous canine duo as they bring health and happiness to the hearts of the nursing home residents and Hope Springs residents alike.



Larry Heard makes popcorn for "The Pink Panther Strikes Again," the movie members enjoyed in July.

Calendar of Events

Tuesday, August 23

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 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 Balance With Julie
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Workshop

Wednesday, August 24

8:15-9 a.m. Cardio Dance
 9 a.m.-noon Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 11:30 a.m.-noon Lunch
 Noon To Conclusion At The Movies
“Miracle Dogs Too,” Not Rated
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, August 25

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-Noon Poker Tournament Practice
 10 a.m.-noon Creative Card Making
 10 a.m.-noon Abstract Painting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. Line Dancing With Michelle

Friday, August 26

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group

10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 11:30 a.m.-noon Lunch
 Noon-3 p.m. Canasta
 12:15-1:15 p.m. Exercise 101

Monday, August 28

8:15-9 a.m. Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 9:30 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa
 1-2:30 p.m. Improv
 1:30-2:30 p.m. Line Dancing With Barb
 1-4 p.m. Card Game Of The Day
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, August 30

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 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 Balance With Julie
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Workshop

Wednesday, August 31

8:15-9 a.m. Cardio Dance
 9 a.m.-noon Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Calendar of Events

Please note the following Center information.

Accommodations – If the activity you want to attend is held at the front of the 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/back entry.

Name tags – All members will be required to wear their name tag while engaged in activities at the Center. Name tags are available in the office. You must wear one for identification purposes while in the building.

Center hours – All activities Monday through Thursday will end by 4 p.m. The last activity on Friday will end by 3 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 & Creek County Senior Nutrition Program at 11:30 a.m. each day. Reservations are required and must be made the day before by 11 a.m. Please call 918-259-8377, extension 106. 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. 105.

Monday, August 1

8:15-9 a.m. Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 9:30 a.m.-noon Crafting
 10-11 a.m. Circle Of Readers
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. Tai Chi For Better Balance With Vanessa
 1-2:30 p.m. Improv
 1:30-2:30 p.m. Line Dancing With Barb
 1-4 p.m. Card Game Of The Day
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, August 2

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 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 Balance With Julie
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Workshop

Wednesday, August 3

8:15-9 a.m. Cardio Dance
 9 a.m.-noon Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

(Continued on page 10)

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Calendar of Events

Thursday, August 4

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-noon Poker Tournament Practice
 10 a.m.-noon Creative Card Making
 10 a.m.-noon Abstract Painting
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. Line Dancing With Michelle

Friday, August 5

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-noon Alzheimer's Support Group
 10 a.m.-12:30 p.m. Individual Quilt Layout
 11:30 a.m.-noon Lunch
 Noon-3 p.m. Canasta
 12:15-1:15 p.m. Exercise 101

Monday, August 8

8:15-9 a.m. Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 9:30 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa
 1-2:30 p.m. Improv
 1-3 p.m. Jewelry Making
 1-4 p.m. Card Game Of The Day
 1:30-2:30 p.m. Line Dancing With Barb
 1:30-3 p.m. Photography Group
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, August 9

8:15-9 a.m. Strengthen & Tone
 9 a.m. Fitness Machine Training

9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 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 Balance With Julie
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Workshop

Wednesday, August 10

8:15-9 a.m. Cardio Dance
 9 a.m.-noon Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting
 11:30 a.m.-noon Lunch
 Noon To Conclusion At The Movies
"Home Run," Rated PG-13
 12:15-1:15 p.m. Exercise 101
 1-2:30 p.m. Bunco
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, August 11

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-noon Poker Tournament Practice
 10 a.m.-noon Abstract Painting
 10 a.m.-noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. Line Dancing With Michelle

Calendar of Events

Friday, August 12

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 11:30 a.m.-noon Lunch
 Noon-3 p.m. Canasta
 12:15-1:15 p.m. Exercise 101

Monday, August 15

8:15-9 a.m. Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 9:30 a.m.-noon Crafting
 10-11 a.m. Circle Of Readers
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa
 12:30-1:30 p.m. TED Talk
 More information on page 6
 1-2:30 p.m. Improv
 1:30-2:30 p.m. Line Dancing With Barb
 1-4 p.m. Card Game Of The Day
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. Tap Dancing

Tuesday, August 16

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lessons
 10 a.m.-1 p.m. Scrapbooking
 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 Balance With Julie
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing With Michelle
 1-3:30 p.m. Painting
 2:15-3:30 p.m. Clogging Workshop
 3:30 p.m.-Conclusion Board Of Directors

Wednesday, August 17

8:15-9 a.m. Cardio Dance
 9 a.m.-noon Needle Crafting
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-2 p.m. Quilting

11:30 a.m.-noon Lunch
 12:15-1:15 p.m. Exercise 101
 12:30-3 p.m. Chess
 1-4 p.m. Mahjong
 1:30-2:30 p.m. Line Dancing With Barb
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Thursday, August 18

8:15-9 a.m. Strengthen & Tone
 9 a.m.-Conclusion Pool Tournament
 9 a.m.-noon Train Dominoes
 9:15-10:15 a.m. Power Yoga
 9:30-10:30 a.m. Guitar Jam
 9:30-noon Poker Tournament Practice
 10 a.m.-noon Abstract Painting
 10 a.m.-noon Creative Card Making
 10:30-11:30 a.m. Limited Exercise
 11:30 a.m.-noon Lunch
 12:30-2:30 p.m. Crochet For The Community
 12:30-3 p.m. Party Bridge
 1-2 p.m. Line Dancing With Michelle

Friday, August 19

9-10:15 a.m. Friday Fitness
 9:30-10:30 a.m. Singing Group
 10 a.m.-noon Creative Writing
 10 a.m.-12:30 p.m. Individual Quilt Layout
 10 a.m.-noon Alzheimer's Support Group
 11:30 a.m.-noon Lunch
 Noon-3 p.m. Canasta
 12:15-1:15 p.m. Exercise 101

Monday, August 22

8:15-9 a.m. Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 9:30 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing With Eugenia
 11:30 a.m.-noon Lunch
 12:15-1:15 p.m. . Tai Chi For Better Balance With Vanessa
 1-2:30 p.m. Improv
 1-3 p.m. Jewelry Making
 1-4 p.m. Card Game Of The Day
 1:30-2:30 p.m. Line Dancing With Barb
 1:30-3 p.m. Photography Group
 2:45-3:30 p.m. Fundamentals Of Line Dancing
 2:45-3:45 p.m. (Canceled). Tap Dancing

(Continued on page 12)