



Silver Notes

The official newsletter of Broken Arrow Seniors, Inc.

August 2021 • Vol. 31, No. 8



Broken Arrow Senior Center

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

sean@baseniors.org
www.baseniors.org

@BrokenArrowSeniors

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

Annual Membership
Broken Arrow residents • \$30
Non-residents • \$40
Discover, MasterCard, VISA
and American Express
are accepted for payment.

President/CEO
Sean Simpson

Member Services
Manager
Ami Bucher

Office Coordinator
Bonnie Stout

Plan To Attend The 30th Annual

SENIOR RESOURCE & HEALTH FAIR

Friday, August 27 • 9 a.m. to 1:30 p.m.
Central Park Community Center • 1500 S. Main St.



Over 100 Exhibit Booths With The Latest Resources
For Those 55 And Older And Their Families



- Demonstrations by the Center's Fitness Classes
- Unused Medication Drop-Off
- FREE Document Shredding

FREE Testing By The Lions Club Mobile Screening Unit:

- Visual Acuity
- Hearing
- Glaucoma
- Blood Pressure
- Diabetes
- Bone-Density Testing



*The Center Will Be Closed • Come And Enjoy The Senior Fair!
More Information On Page 13.*

Brian and Luann invite you to visit
CAREFIRST PHARMACY
(61ST & ELM)

"We treat our
customers like family!"

FREE contactless delivery

**CareFirst
Pharmacy**

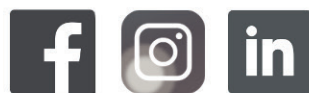
Broken Arrow
2530 N. Elm Pl.
Broken Arrow, OK 74012

918-994-1400

Contact Us



CareFirst
PHARMACY



Celebrating For 60 Days



If you are reading this, then we're celebrating being open for 60 days – and what a whirlwind reopening it has been.

Packing The House

If you've seen the schedule, we are now offering 60 activities a week. Several programs are at or close to reaching the maximum capacity – Friday Fitness,

Strengthen & Tone, cardio dance, crochet and guitar are a few. Train dominoes, canasta and poker are taking off, too.

That's exciting for a variety of reasons – it not only demonstrates that members are returning to BA Seniors in pre-pandemic numbers but also why the Senior Center East is so important to the future of the Center. We need more rooms to offer more programs for more members. And next summer that will happen when the 12,400-square-foot addition is complete.

My Stomach Hurts

OK – call it an overshare – dairy and I are not friends. But that's why the ice cream social we had at the end of June was so wonderful. It was a buffet of ice cream. One of the few buffets that does not fear me. Comfort Keepers sponsored the ice cream social and provided the decorations and ice cream, as well as the

the event.

It was magical. Seriously. Members of The Circle of Readers Book Club all sat at the same table. Many of the participants had never met in person. For 17 months, they had met only on Zoom. Bob Caruso was surprised that I was more than a torso, and I didn't know he was more than 6 feet tall. That's



Progress – the addition of steel is taking shape at 1811 S. Main.

to be expected when you've only had a computer-based relationship. Several activities had tables set up so members could find out about what to look forward to in the coming months.

We're Growing To Better Serve You

We are in the process of hiring a volunteer and events coordinator for BA Seniors to build an ever-increasing network of volunteer support for the organization. In conjunction with the member services team, the volunteer and events coordinator is responsible for volunteer recruitment, orientation, project planning, implementation and supervision of volunteer activities – and, with the assistance of the member services manager and executive director, coordination of events. In addition to the daily maintenance of the volunteer program, the volunteer and events coordinator

(Continued on page 5)



Rita and Claudie, above, admire the crafting projects on display at the June ice cream social. Right: Ami and Jenny take a break to enjoy some silliness.

volunteers for





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

Celebrating For 60 Days *(Continued from page 5)*



James is a great help with our nutrition program. He's anticipating resuming in-person meals soon.

will work closely with the executive director to coordinate fundraising and “friendraising” events by using volunteer support.

We also are looking for a transportation coordinator to give our members without transportation the opportunity to get to and from BA Seniors, participate in activities, eat lunch and engage in social interaction with other members.

Tulsa & Creek County Senior Nutrition, which coordinates the nutrition program, is looking to hire a site manager as well as delivery drivers. Our two organizations are coordinating our efforts so we can shift to daily transportation and lunch. Hiring for these positions is essential, but finding qualified applicants is challenging.

There's a lot to be thankful for and Thanksgiving is still four months away. Good thing we're thankful every day.

Our two organizations are coordinating our efforts so we can shift to daily transportation and lunch.

Get local help for your Medicare questions.

As a local licensed sales agent for UnitedHealthcare, I can show you how to get more for your Medicare dollar with an AARP® Medicare Advantage plan from UnitedHealthcare®. Attend an upcoming meeting to learn more about plans in your area.

HealthMarkets-T. Haggard
801 N Elm Pl
Broken Arrow

08/12/2021
1:00PM

08/26/2021
1:00PM

It's time to take advantage.

You may be able to change plans now. Call me today.

Terri Haggard
Licensed Sales Agent
918-853-8445, TTY 711
thaggard@healthmarkets.com
AARPMedicarePlans.com



AARP | Medicare Advantage
from **UnitedHealthcare**

For accommodation of persons with special needs at meetings, call 918-853-8445, TTY 711. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. UnitedHealthcare Insurance Company pays royalty fees to AARP for the use of its intellectual property. These fees are used for the general purposes of AARP. AARP and its affiliates are not insurers. You do not need to be an AARP member to enroll. AARP encourages you to consider your needs when selecting products and does not make specific product recommendations for individuals. AARP does not employ or endorse agents, producers or brokers. ©2020 United HealthCare Services, Inc. All rights reserved.

Y0066_21SPRJ55513_C

SPRJ55513
003CDE8F



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.



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**

Are you turning 65?
 Call your local,
 licensed Humana
 sales agent



Chris Crawford
918-740-3719
(TTY: 711)

Humana

ABC Medicare.Help



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

Medicare Made Simple

LPL Financial



Call to arrange
 a meeting
 on ZOOM

2250 East 73rd Street
 Tulsa, Oklahoma
 74136
 (918) 497-2416 phone
 (918) 798-4493 mobile
 (405) 775-1747 fax

Jeremy E. Moore
 Financial Consultant

jeremy.moore@lpl.com
 Member FINRA/SIPC



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!

Two New Classes Proposed At BA Senior Center

Guitar Lessons - "The guitar is your first wings. It's assigned and designed to unfold your vision and imagination." That's what renowned guitarist Carlos Santana said about playing this instrument. If you always wanted to spread your wings and learn how to play the guitar, now is the time. Sign up near the Center

events bulletin board at the top of the ramp. If there is enough interest, you will be contacted about a guitar workshop that will begin in September.

Line Dancing Fundamentals - Do you feel like you have two left feet? Are you nervous about joining one of the Center's three line dancing classes because you don't know the

first thing about line dancing? Sign up near the Center events bulletin board at the top of the ramp if you are interested in learning the fundamentals of line dancing. If there is enough interest, you will be contacted about a line dancing fundamentals workshop that will begin in September.

Circle Of Readers Meets One More Time On Zoom

The Circle of Readers Book Club will be meeting on Zoom through August, and members are looking forward to meeting in-person in September. If you would like to join the group, email Dorothy Minor at dorothyminor10@gmail.com. Here is what they have planned for upcoming Mondays at 10 a.m.


Aug. 2: "Virgil Wander," by Leif Enger • fiction.

Aug. 16: Discussion on books we are reading.

Sept. 13: Return to In-Person Meetings! Activities! BOOKS!


Sept. 20: "The Story Collector," by Kristin Tubb • tween fiction.

MAKE YOUR PASSION
A PROMISE.



Do something for yourself and others!
Make an impact on our mission that will last for generations and at the same time provide for your loved ones, create tax benefits and generate potential retirement income.

Get in touch. We'll be glad to tell you how.



Contact us today 918-491-0079

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



YOUNG LIVING™
ESSENTIAL OILS
Independent Distributor
(918) 694-7232
blessed2binhealth@gmail.com

Ken & Jan Collins



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

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

Licensed Agent for:

- Oklahoma Blue Cross Blue Shield
- Coventry/Aetna • Community Care
- Global Health/Generations Healthcare
- AARP/UnitedHealthcare • Humana
- SilverScript • Mutual of Omaha

Donna Grady
Medicare Specialist

Are your investments ready to fight inflation?



Brad Buxton, AAMS®
Financial Advisor
1145 S Aspen Ave
Broken Arrow, OK 74012
918-258-6932

Edward Jones®
MAKING SENSE OF INVESTING
edwardjones.com

Member SIPC

CUSTOM-DESIGNED GLIDING SHELVES



ShelfGenie®
EVERYTHING WITHIN REACH™

ADD THESE PULL OUTS TO YOUR EXISTING CABINETS

FREE IN-HOME DESIGN CONSULTATION

888.267.1794 | shelfgenie.com

\$250 OFF

with purchase of 6 or more Glide-Out shelves.

Offer expires 9/30/2021*

*Valid on Classic Glide-Out purchase with offer. Cannot be combined with other offers. Lifetime Warranty valid for Classic or Designer products only.



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



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

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

Broken Arrow Seniors with Parkinson's!

Are you afraid of losing quality of life and precious time with friends and family?
Hyland Physical Therapy and Wellness serves BA Seniors Members and this is what they are saying:



"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

— Medicare Accepted • Referral Not Required —

918-251-7199 • hylandpt.com



HYLAND
Physical Therapy & Wellness

• In the Comfort of Your Own Home
• Specializing in Parkinson's Disease



FLORAL HAVEN
Funeral Home and Cemetery

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

www.floralhaven.com
(918) 252-2518

Calendar of Events

Please note the following Center information.

Activity locations and accommodations – Some activities are being held in different rooms. Please check the standing sign as you enter the building, or call the office to learn where activities are held. 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 that have a handicap tag to hang in their car. Parking in the front of the building is not available on the Wednesdays nutrition distribution is held.

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.

Meals – At this time, we will continue to have meal pick-up every other Wednesday. We will move toward daily meals in the Center but need time for Tulsa & Creek County Senior Nutrition to staff up before changing our current procedures. If you would like to participate in the nutrition program, please call 918-894-5466.

Updated August hours – All activities Monday through Thursday will end by 4 p.m. The last activity on Friday will end by 3 p.m.

Guests – All guests are required to check in with the office so a guest form can be completed.

Monday, August 2

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. **New** Bible Study
 10-11 a.m. on Zoom. Circle of Readers
 Meeting on Zoom - Please contact Dorothy Minor at
 dorothyminor10@gmail.com for more
 information regarding joining this group.
 10 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing with Eugenia
 12:15-1:15 p.m. Tai Chi for Better Balance with Vanessa
 1:30-2:30 p.m. Line Dancing with Barb

Tuesday, August 3

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance with Bernadette
 Noon-3 p.m. Canasta

1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

Wednesday, August 4

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Chair Yoga
 9 a.m.-noon Bags to Mats
 10 a.m.-3 p.m. Quilting
 10 a.m.-noon Ukulele Jam
 1:30-2:30 p.m. Line Dancing with Barb

Thursday, August 5

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 a.m.-noon Poker Lessons & Play
 10:30-11:30 a.m. Limited Exercise
 12:30-2:30 p.m. Crochet
 12:30-3 p.m. Party Bridge
 1-2 p.m. Line Dancing with Michelle

(Continued on page 10)

Calendar of Events

Friday, August 6

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
 Noon-3 p.m. **New** Canasta
 12:30-2:30 p.m. Poker Lessons & Play

Monday, August 9

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. **New** Bible Study
 10 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing with Eugenia
 12:15-1:15 p.m. Tai Chi for Better Balance with Vanessa
 1:30-2:30 p.m. Line Dancing with Barb

Tuesday, August 10

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance with Bernadette
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

Wednesday, August 11

8:15-9 a.m. Zumba/Cardio Dance
 9 a.m.-noon Bags to Mats
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-3 p.m. Quilting
 11 a.m.-noon Nutrition distribution
 12:30-2:30 p.m. Bunco
 1:30-2:30 p.m. Line Dancing with Barb

Thursday, August 12

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 Lessons & Play
 10:30-11:30 a.m. Limited Exercise
 1-2 p.m. Line Dancing with Michelle
 12:30-2:30 p.m. Crochet
 12:30-3 p.m. Party Bridge

Friday, August 13

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
 Noon-3 p.m. **New** Canasta
 12:30-2:30 p.m. Poker Lessons & Play

Monday, August 16

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. **New** Bible Study
 10-11 a.m. on Zoom. Circle of Readers
 Meeting on Zoom - Please contact Dorothy Minor at
 dorothyminor10@gmail.com for more
 information regarding joining this group.
 10 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing with Eugenia
 12:15-1:15 p.m. Tai Chi for Better Balance with Vanessa
 1:30-2:30 p.m. Line Dancing with Barb

Are your investments ready to fight inflation?



Brad Buxton, AAMS®
 Financial Advisor
 1145 S Aspen Ave
 Broken Arrow, OK 74012
 918-258-6932

Edward Jones®
 MAKING SENSE OF INVESTING
 edwardjones.com

Member SIPC

Calendar of Events

Tuesday, August 17

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-2:45 p.m. Tai Chi for Better Balance with Bernadette
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting
 3:30 p.m.-conclusion Board of directors

Wednesday, August 18

8:15-9 a.m. Zumba/Cardio Dance
 9 a.m.-noon Bags to Mats
 9:15-10:15 a.m. Chair Yoga
 10 a.m.-noon Ukulele Jam
 10 a.m.-3 p.m. Quilting
 1:30-2:30 p.m. Line Dancing with Barb

Thursday, August 19

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 a.m.-noon Poker Lessons & Play
 10:30-11:30 a.m. Limited Exercise
 12:30-2:30 p.m. Crochet
 12:30-3 p.m. Party Bridge
 1-2 p.m. Line Dancing with Michelle

Friday, August 20

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
 Noon-3 p.m. **New** Canasta
 12:30-2:30 p.m. Poker Lessons & Play

Monday, August 23

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. **New** Bible Study
 10 a.m.-noon Crafting
 10:30 a.m.-noon Line Dancing with Eugenia
 12:15-1:15 p.m. Tai Chi for Better Balance with Vanessa
 1:30-2:30 p.m. Line Dancing with Barb

Tuesday, August 24

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes
 9 a.m.-3 p.m. Paper Crafting
 9:15-10:15 a.m. Soft Yoga
 10:30-11:30 a.m. Limited Exercise
 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance with Bernadette
 Noon-3 p.m. Canasta
 1-2 p.m. Line Dancing with Michelle
 1-3:30 p.m. Painting

(Continued on page 12)

*In real estate...it starts
 with
 a conversation*

McGraw
 REALTORS®



Trisha and Jim Jorgensen
 918-200-6292

Calendar of Events

Wednesday, August 25

- 8:15-9 a.m. Zumba/Cardio Dance
- 9 a.m.-noon Bags to Mats
- 9:15-10:15 a.m. Chair Yoga
- 10 a.m.-noon Ukulele Jam
- 10 a.m.-3 p.m. Quilting
- 11 a.m.-noon Nutrition distribution
- 1:30-2:30 p.m. Line Dancing with Barb

Thursday, August 26

- 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 Lessons & Play
- 10:30-11:30 a.m. Limited Exercise
- 12:30-2:30 p.m. Crochet
- 12:30-3 p.m. Party Bridge
- 1-2 p.m. Line Dancing with Michelle

Friday, August 27

The Center is closed.

Come to the 30th Annual Resource & Health Fair

9 a.m. to 1:30 p.m.

Central Park Community Center

1500 S. Main St.

Monday, August 30

- 8:15-9 a.m. Zumba/Cardio Dance
- 9:15-10:15 a.m. Yin Yoga
- 9:30-11 a.m. **New** Bible Study
- 10 a.m.-noon Crafting
- 10:30 a.m.-noon Line Dancing with Eugenia
- 12:15-1:15 p.m. Tai Chi for Better Balance with Vanessa
- 1:30-2:30 p.m. Line Dancing with Barb
- 1:30-3 p.m. Photography

Tuesday, August 31

- 8:15-9 a.m. Strengthen & Tone
- 9 a.m.-noon Party Bridge
- 9 a.m.-noon Train Dominoes
- 9 a.m.-3 p.m. Paper Crafting
- 9:15-10:15 a.m. Soft Yoga
- 10:30-11:30 a.m. Limited Exercise
- 11:45 a.m.-12:45 p.m. Tai Chi for Better Balance with Bernadette
- noon-3 p.m. Canasta
- 1-2 p.m. Line Dancing with Michelle
- 1-3:30 p.m. Painting

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

Changing jobs or retiring?

Take your retirement savings with you. Rolling over your 401(k) to a State Farm IRA is easy. I can take care of the paperwork while helping you with a retirement plan that meets your needs.

Like a good neighbor, State Farm is there.®
CALL ME TODAY.

Todd Brown, Agent
405 South Main Street
Broken Arrow, OK 74012
Bus: 918-258-3531
www.toddbrown.org

1001136.1 State Farm, Home Office, Bloomington, IL

BASC Hosts Health Fair Aug. 27

The 30th annual Resource & Health Fair, a free event held to benefit older adults and their families in the Tulsa and Broken Arrow area, is scheduled for Friday, Aug. 27. Activities are set from 9 a.m. to 1:30 p.m.

Hosted by the Broken Arrow Senior Center, the Health Fair will be held at the Central Park Community Center at 1500 S. Main St.

“This health fair is successful year after year because it draws a wide audience, and it’s the only event in Broken Arrow designed to help people 55+ and their families discover resources available to them,” according to Sean Simpson, president and chief executive officer of the Broken Arrow Senior Center.



Nearly 100 informational and health screening booths will be on-site. In addition to offering valuable and timely information, there will be free health screenings.

“Preventive care is a primary focus of our programming,” Simpson said. “It is more than just helping raise awareness about the importance of health screenings and healthy living. It’s our goal that

older adults have access to information so they can make informed decisions about their physical, emotional, social and intellectual health.”

Whether you are considering a colonoscopy, aging in place, Medicare supplements, independent living or long-term care, you will find the answers to all your questions at the Health & Resource Fair. The goal of this event is to familiarize seniors and their families with products, services and resources available to them. This is the only event of its kind where companies have the opportunity to meet face-to-face with older adults in Broken Arrow.

To learn more, visit www.baseniors.org or call 918-259-8377.

Volunteers Needed For Fundraising Event

The Center’s annual Senior Resource & Health Fair is our largest fundraising event of the year. Help guarantee a successful event for both the Senior Center and our business partners. You will especially enjoy spending the day with other members during this exciting

Logistics

Date: Friday Aug. 27

Time: 9 a.m. to 1:30 p.m.

Location: Central Park Community Center, 1500 S. Main St.

Setup: Thursday, Aug. 26 • 1:30 p.m. to 5 p.m.

Tear down: May not begin until 1:30 p.m. Exhibit area needs to be cleared of items by 3 p.m. The pipe and drape company will tear down their equipment.

Senior Fair Volunteer Opportunities

Thursday

- Electrical setup to vendor booths: A volunteer is needed to oversee, and volunteers are needed to assist. This involves running extension cords from power sources and securing them to the floor.
- Senior Center assistance: Bringing items from the Center, setting up a few tables and assisting with

event.

Volunteers are needed in a variety of areas. If you can assist in one of these areas, please contact or stop by the office. Sign-up sheets are located on a table near the Center events bulletin board at the top of the ramp.

posting signage.

- Assist vendors with bringing items into the community center. Volunteers must be able to lift 20 pounds.

Friday

- Vendor greeters (hostess): Meet and greet vendors and offer to sit in their booths if they need to take a short break. Requires walking. Shifts are available from 8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m.
- Entry tables: Welcome attendees and answer questions. Some standing is required. Two people will be needed per shift – 8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m. – at the east, west and north doors.
- Trash removal: We are responsible for removing all trash from the Community Center. Two people from 10 a.m. to 3 p.m.
- Tear-down: Volunteers are needed to move tables and chairs used by the BA Senior Center and assist vendors as needed.

Unique Crafting Opportunities Coming In August

Creating and making beautiful, distinctive and useful crafts out of everyday items and sharing the time with others are the reasons the crafting class is a favorite activity at the Center.

On Monday, Aug. 30, the class will offer a special “pop-up” class where participants will be making unique



and useful bags that you might see in an upscale gift shop. Placements and other items will be fashioned to make the bags.

Preregistration for this class is required and limited. Please sign up near the Center events bulletin board at the top of the ramp. The cost to participate is \$5, which can be paid to the activity leaders on the day of the class.



Throughout August, the crafting class will be offering a variety of projects on Mondays from 10 a.m. to noon. Preregistration for the remaining classes in August is not required.

Contact Rita Belding at 539-222-1022 with any questions.

Affordable Assisted Living in Broken Arrow!

NEW *Adventures*
AND FRIENDSHIPS
ARE AROUND THE CORNER!



CANOE BROOK

2621 S. Elm Place, Broken Arrow, OK 74012 CanoeBrookBrokenArrow

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

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



25% off - First Time Customers
Second Visit - 20% off
Senior & Military Discounts

6059 S Sheridan Road
Tulsa, OK 74145
(918) 340-5114

Monday – Thursday 10 - 8
Friday & Saturday 10 - 10
Sunday 12 - 8



www.privatestashok.com

Estate Planning Concerns For Blended Families



Last month, I discussed how divorce affects estate plans. After your heart has healed, you may be looking to remarry. Or perhaps you are already a member of a blended family. How should a second marriage impact your estate plan?

Blended families include stepchildren – and stepgrandchildren – children born outside of marriage, single parent families and situations where someone other than the parent is raising a child. Standard estate planning strategies tend to assume that you are in a traditional, nuclear family: Namely, you will be married to the same person your entire adult life, only have children born of that marriage and decline to remarry after the death of your spouse. But how often do all of those things happen in our modern world? As blended families have become more common, additional strategies have been developed to create robust plans that will protect the interests of a blended family.

Here are a few complexities that often arise when I am working with blended families to create their estate plans:

Joint tenancy issues: In blended families, it is all too easy to accidentally disinherit children. This may sound surprising, but it is a relatively common problem that can arise when spouses with children from previous marriages place assets like homes, automobiles and bank or investment accounts into joint tenancy with the new spouse without fully considering the impact this can have on those children. At the death of the first spouse, all assets that are held in joint tenancy pass to the surviving spouse automatically. Once these assets become the property of the surviving spouse, he or she is under no legal obligation to pass them on to the children of the deceased spouse.

Outright inheritance issues: When spouses bring children from previous unions into new marriages, a will or trust that provides for outright distributions to a surviving spouse can complicate the matter of inheritances, and, like joint tenancy, can result in a child being disinherited unintentionally.

IRA and 401K account issues: Unless a spousal waiver is signed, federal law says that a spouse is automatically entitled to 50% of a retirement account upon the death of the account holder – regardless of what the beneficiary designation says. It is critical that you update your retirement account designations when you remarry.

Even if you want your new spouse to benefit from your retirement account, you may want to ensure that the contingent beneficiaries cannot change after your death; once the account is rolled over, new beneficiaries can be named. Consider an inherited IRA trust for this purpose.

Increased risk of family conflict: For many blended families, mitigating against the potential of family conflict from children against stepparents is a top priority. No one wants their assets squandered in legal proceedings if conflicts arise between biological children and stepchildren after a parent becomes

(Continued on page 16)

At the death of the first spouse, all assets that are held in joint tenancy pass to the surviving spouse automatically.

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

Blended Families *(Continued from page 15)*

incapacitated or dies.

Ideally, you will have worked through potential conflicts of interest with your new spouse before you marry. If you are already in a blended family, it is not too late to start the conversation – and updating your estate plan can be the perfect way to start. You lose the opportunity to protect yourself, your spouse and your respective children if you become incapacitated or die before you act.

A thoughtful estate plan can substantially reduce or even eliminate the risks described above. You deserve that peace of mind.

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. If you have a question that you would like answered or a topic you would like to see covered, send your thoughts to Sean Simpson at sean@baseniors.org.

Redeem this coupon at our Broken Arrow location for a

FREE
QUARTER POUND
HOMEMADE FUDGE!



02021-02

Come visit us at
**61st & Elm,
Broken Arrow**



We offer **FREE** contactless home delivery for your prescription needs!

Do you need Medicare help?



Barbara Vass

918-388-7691

Barbara9183887691@gmail.com

Licensed Independent Agent

Medicare & Retirement Income Expert

There goes Betty again, showing off her fun side.

Go ahead, let out your silly side. You'll feel so at home at The Linden at Stonehaven Square, it may just be inevitable. Come see for yourself what assisted living and memory care with a *whole lotta heart* is all about.

Please call 918.553.8566 for more information or to schedule your tour.

OPEN FOR TOURS

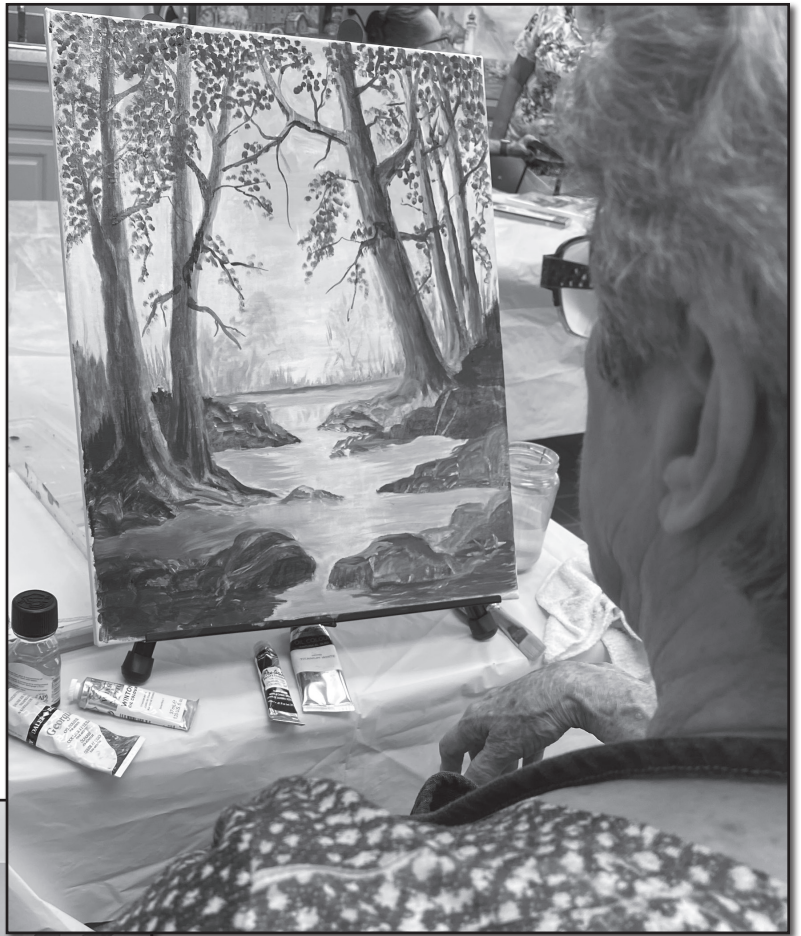


THE LINDEN
AT **STONEHAVEN SQUARE**

10802 E. 81st Street • Tulsa
918.553.8566 • LindenSeniorLiving.com

☪ A LEISURE CARE ASSISTED LIVING & MEMORY CARE COMMUNITY

AROUND THE CENTER



Above: A member of the painting class takes a break and studies her work of art. The painting class is held each Tuesday at 1 p.m. Join them and discover your individual talent.



Left: Members stay in shape by taking part in the various yoga classes each day at the Center at 9 a.m. Yin yoga is offered on Mondays, soft yoga on Tuesdays, chair yoga on Wednesdays and power yoga on Thursdays.

Below: You can't say fitness isn't for everyone. It is! Friday Fitness at 9 a.m. is an outstanding class that offers exercise both for men and women. Join in on the fun and fellowship!



Be A Fraud Fighter

Spot A Scam; Stop A Scam

Rental Car Scams

America is open for business again, and millions of people are traveling or planning to travel. One thing you may run into is sticker shock – especially with rental cars. The lack of travel in 2020 led rental companies to sell a lot of their inventory of cars. Now that demand has spiked, supply is tight and prices are high.

Unfortunately, criminals are paying attention and posting fake rental car deals at rock bottom prices online. While everyone loves a good deal, doing business with an entity you aren't familiar with could

be risky. Whatever your travel needs, stick to reputable websites with

proven track records. If you find a deal with an unfamiliar provider, do your research: Look up the company name with “scam” or “complaint” and see what appears, and check out reviews.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Visit the AARP Fraud Watch Network at www.aarp.org/fraud-watchnetwork for more helpful fraud tips or call the AARP Fraud Watch Helpline at 877-908-3360 if you believe you or a loved one has been a victim of a scam.



Contractor Scams

Severe weather is here, which means door-to-door sales crews are here, too. But what they are selling is not always legit.

Be cautious any time a stranger

comes knocking, especially if the visitor is trying to sell you goods or services. Be wary of contractors who say they stopped by because they just happened to be in the neighborhood.

The good ones are usually too busy to roam around in search of work. Also be on guard for high pressure tactics to make a quick decision for a steep discount and requests for payment upfront. Your best bet is to proactively seek out services if you need them, versus reacting to an unexpected sales pitch. It is always OK to explain you don't do business at your front door – or to not answer when strangers knock.

Be a fraud fighter! If you can spot a scam, you can stop a scam.

Visit the AARP Fraud Watch Network at www.aarp.org/fraudwatchnetwork or call the AARP Fraud Watch Helpline at 877-908-3360.





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



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.



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.



1800 South Main St.
Broken Arrow, OK

LIVE UNITED



Tulsa Area United Way
Partner Agency

Board of Directors

Chair Johnnie Parks

Treasurer/Chair-elect Yvette Martinez

Immediate Past Chair Lisa Ford

Directors

Makala Barton

Laura Voss-Phillips

Kimberly Crenshaw

Jackie Pizarro

Melissa Cruts

Phil Scott

Brittany Littleton

Walter Still

Michayne Morris

Steve Yoder

Return service requested

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



Patients Before and After
The MyEllevate™ Procedure



This innovative procedure takes approximately one hour to perform. Most people can return to normal activities within days. It is easily performed by a **MyEllevate™** surgeon using local anesthesia. The **ICLED®** light guided suture system allows surgeons to easily place a suture support system without incisions that supports and shapes the underlying bands and glands.

MyEllevate™ can be used as a standalone procedure or in conjunction with liposuction, chemical lipolysis and energy based skin tightening technologies.



**New You
In No Time**



MyEllevate™ refines, restores and smoothes contours while supporting the underlying muscles and glands.

Dr. Lee Bottem
LASER & SKIN CLINIC/ FACIAL PLASTICS

4700 W. Urbana St • Broken Arrow OK

CALL FOR AN APPOINTMENT TODAY!

918.290.2300