



Broken Arrow Senior Center

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

sean@baseniors.org
www.baseniors.org
f @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

Volunteer and Special
Events Coordinator
Amanda O'Brien

Office Coordinator
Bonnie Stout

Transportation Coordinator
Donald Stockton

Making Sense Of The Medicare MAZE

Upcoming Fair Will Answer Your Questions

The Broken Arrow Senior Center will host a Medicare Fair every Thursday, from Oct. 7 through Dec. 7, from 1 p.m. to 3:30 p.m. in Heritage Hall, to help you navigate the Medicare maze.

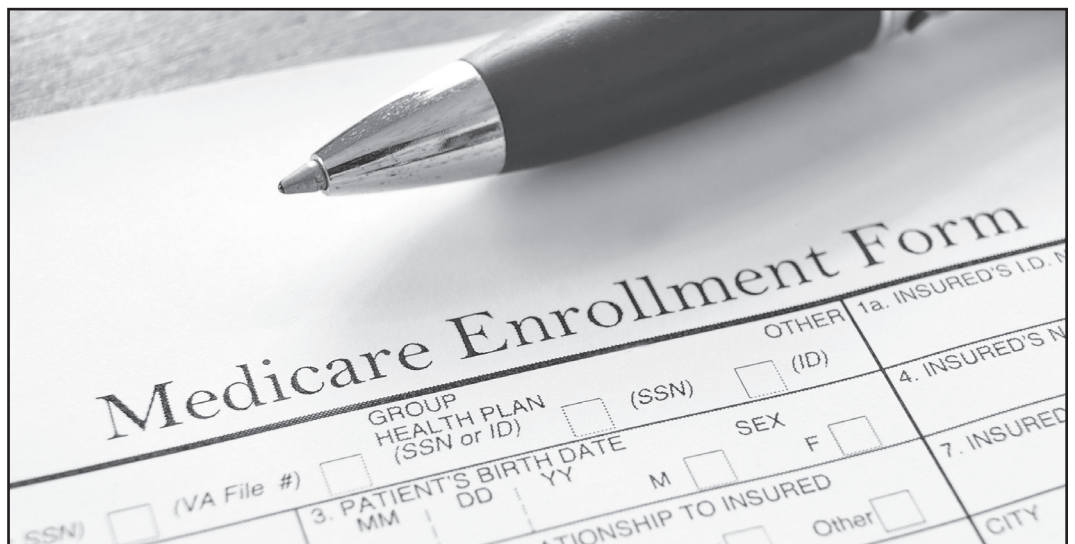
Health care is one of the biggest expenses that we all need to prepare for in retirement. It can affect quality of life both physically and financially. Decisions regarding health care coverage should be reviewed yearly because your unique situation often changes.

In a recent study, researchers found that seniors spent an average of \$368 per year more than they needed to. In addition, while 5% of seniors chose the lowest-cost plan, more than 20% were overspending by more than \$500 per year. Researchers also found that even when seniors are enrolled in plans that cost too much, they are unlikely to switch, and the impact financially over time can be costly.

Whether you are enrolling in Medicare at the standard

(Continued on page 5)

"Researchers also found that even when seniors are enrolled in plans that cost too much, they are unlikely to switch, and the impact financially over time can be costly. **"**





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The Center Is Letting Adults Make Adult Decisions About Their Health



I know what you're thinking: "Sean hasn't brought up the seriousness of COVID or the need to mask up or the importance of getting vaccinated or the benefits of social distancing in several months." Well, sorry to disappoint, but I'm going to continue the trend. No

homily, lecture, force-feeding or parental pleading.

Instead, I will speak to how BA Seniors continues to remain open with no restrictions, thus allowing adults to make adult decisions about their overall health. My team is dedicated to adding more activities in the days and weeks to come. You'll see some of those additions in this newsletter.

BA Seniors is a valuable and much-needed resource in our community. We provide seniors with social interaction, nutrition, health promotion and education and, most importantly, the Center generally gives older adults something to look forward to every day.

Members should be aware that even though BA Seniors is doing everything it can to minimize risk at the Center, there is no way to eliminate it altogether. Therefore, members should re-enter the Center only after much thought and consideration and only after determining the risk level they are comfortable with. (See: I didn't mention COVID in this entire paragraph.)

Each week, the board studies the city, county and state viral spread numbers. They weigh hospitalizations, expert recommendations and, most importantly, they ask my team about the member experience at the Center – if there are any challenges, obstacles or adverse situations that we've experienced.

Part of that weekly review produced the recommendation to add air purification/filtration systems throughout the building. This will provide better, cleaner air year-round at the Center and will help reduce the spread of viruses, pollutants and allergens.

When used properly, air cleaners and HVAC filters can help reduce airborne contaminants, including viruses, pollutants and allergens in a building or small space.

By itself, air cleaning or filtration is not enough to protect people from the flu and other viruses. When used along with other best practices recommended by the CDC and other public health agencies, including social distancing and mask wearing, filtration can be part of a plan to reduce the potential for airborne transmission of viruses indoors.

The units were installed in September and will add another layer of protection for our members. The best part is the city and county had funds available for our organiza-



tion and agreed to fund the project. It's the best of both worlds – a safer member experience at our favorite price.

The units were independently tested, and the H13 True HEPA filters successfully remove 99.9% of harmful particles from the air – particles including pollen, dust, mold, bacteria, dust mites (yuck!), smoke, pet dander – even asbestos and anthrax!

If you're already reconnecting with friends, enjoying the activities at the Center, being physically active and socially engaged – we love seeing you. If you haven't returned to BA Seniors, perhaps this extra layer of protection will provide an additional element of safety.

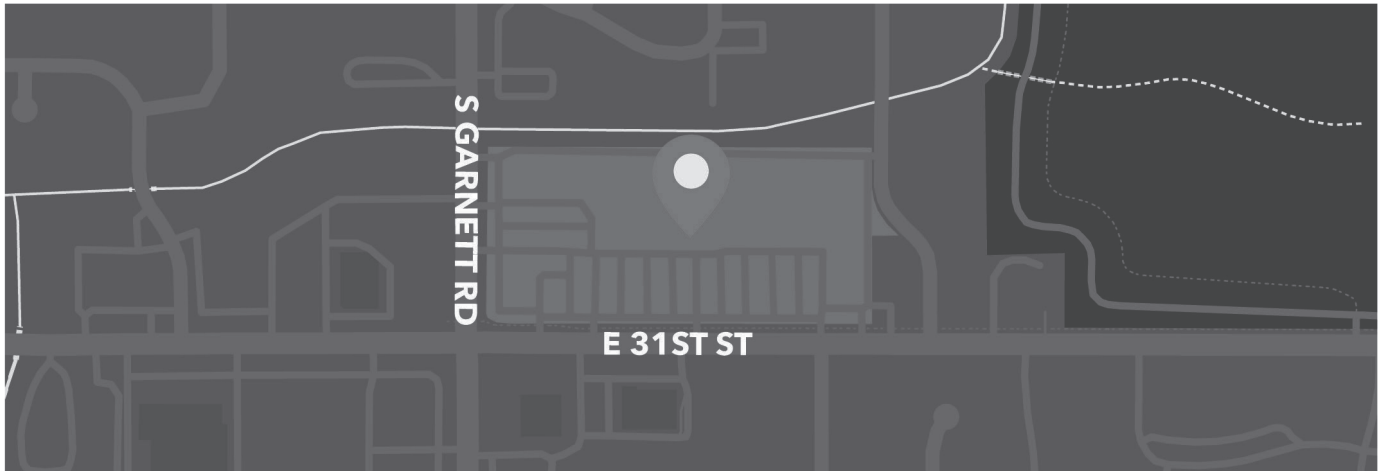
I know my anxiety level went down the day the filters arrived.



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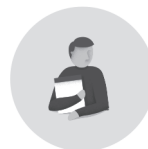
24/7 support line for
around-the-clock care



Preventative care plans to
meet your health goals



Rides to and from
center appointments*



Connections to trusted
insurance agents

*Transportation available to and from Oak Street Health appointments for eligible individuals

The Medicare Maze *(Continued from page 1)*

eligibility age of 65 or have been enrolled for years, take the time to review your health care coverage. Yearly changes to Medicare in addition to individual changes in medical conditions and related prescriptions are just two reasons to take a closer look at your coverage.

Making sense out of all the information and plans is what the Medicare Fair is all about. These free events are your chance to speak directly with insurance plan representatives in a safe environment about your health care

American Senior Benefits agents are licensed independent agents for all the top providers, including more than 20 Medicare supplement insurance providers and four Medicare Advantage providers. Its agents are skilled at taking the complex and confusing and helping you understand your rights, benefits and options, as well as looking for any limitations and how to cover those deficits. Agents will explain original Medicare with medigap insurance and help you understand more about Medicare



Advantage plans, along with checking your current prescription drug plans to ensure you've chosen the best option. American Senior Benefits will comparison shop all the providers to find the right plan for your budget.

Blue Cross and Blue Shield of Oklahoma is the largest and most experienced health care insurance company in the state, with coverage provided to more than 830,000 members. With its robust provider network and more than 80 years of experience, it is a trusted name in the health care industry. Licensed

coverage for the coming year.

The Center is partnering with the following companies that will be represented at the Medicare Fair to help answer your questions. We have provided a list of questions on page 6 that can be asked of each company representative so you can determine the health care coverage that will best meet your needs.

Medicare enrollment specialists will be on hand to help seniors understand their Medicare basic coverage. They'll also help answer questions about the BCBSOK Medicare supplement insurance plans that cover prescription drugs and BCBSOK Medicare Advantage plans that cover the medical and hospital benefits of Medicare Parts A and B, plus prescription *(Continued on page 7)*

Help With Choosing The Right Prescription Drug Plan

LIFE Senior Services Medicare Assistance Program will be offering help with choosing the best prescription drug plan – Medicare Part D – to meet your needs in 2022. Beginning Oct. 19, MAP volunteers will be at in the Center's Conference Room each Tuesday from 1 p.m. to 3 p.m. and Wednesday from 9 a.m. to noon.

During last year's open enrollment period, more than 60% of the people assisted either enrolled in a Part

D drug plan for the first time or switched their Part D plans for 2021. In doing so, almost all of the people who were helped saved money on their drug costs, with an average savings of \$1,809 per person.

To schedule an appointment at the Center to compare, select or enroll in a Medicare drug plan or to apply for Medicare Part D extra help, call the Medicare Assistance Program at 918- 664-9000, ext. 1189.

Medicare Plan Representative

COVERAGE

How much will I have to pay?

- ✓ Each month (premium)
- ✓ Before my plan helps me pay for my care or medicines (deductible)
- ✓ When I go to the doctor, have tests, stay in the hospital or get other care (co-pays and co-insurance)

Does the plan include prescription drug coverage (Part D)?

- Yes No

Does the plan offer additional benefits such as dental, vision or hearing coverage?

- Dental Yes No
Vision Yes No
Hearing Yes No

Will I be covered if I need care when I'm traveling away from home?

- Yes No

SERVICE

What is the plan's quality rating? (Medicare rates each plan on a 5-star scale, with 5 being "excellent.")

Who can help me if I have questions about my coverage or my bill, and how can I reach them?

DOCTORS

Can I keep my current doctors?

- Yes No

If I need to see a new doctor, do I have to pick her/him from a specific list (network)?

- Yes No

If I need to see a new doctor that specializes in certain care, can I make an appointment myself?

- Yes No

PERKS AND DISCOUNTS

Does this plan have a fitness program or discounts on my gym membership?

- Yes No

What other perks and discounts will I get if I'm a member?

MEDICINE

Are my regular medicines covered?

- Yes No

How do I know if any new medicines will be covered?

Can I get my medicines at my regular pharmacy? What about through the mail?

- Pharmacy Yes No
Mail Yes No

The Medicare Maze *(Continued from page 5)*

drug coverage. These plans may offer dental and vision care as well.

Community Care has Senior Health Plan (HMO) and offers you options to choose the level of coverage that best meets your needs. Community Care's Silver Plus, Platinum and Platinum Plus plans include medical coverage plus Part D, and its Silver Plan is a medical only plan. All of Community Care's plans feature in-network access to the Saint Francis and Ascension St. John health systems. Other physicians and providers are available in its network, and all include its new Wallet benefit – a unique design that lets you choose the extra benefits that are important to you. At the Medicare Fair, you can look at Community Care's various offerings and choose the plan that is best for you.

Chris Crawford is a career agent/employee of **Humana Insurance**. Humana has been helping people with Medicare plans for 37 years. The company offers a wide range of Medicare solutions, from Medicare supplement and Part D plans to Medicare Advantage plans with

PPO, HMO and PFFS options. PPO and PFFS plans allow you to choose any doctor you want, with a nationwide network covering you even when you are traveling. Humana plans offer dental, vision and hearing aid benefits and much more. As an agent, Chris has more than 10 years of experience helping clients with their Medicare choices. Stop by and let Chris give you a no obligation Medicare checkup.

Terri Haggard and **Mike Ross** are longtime supporters of the Broken Arrow Senior Center through **Healthmarkets**. They have a local retail location in Broken Arrow at 801 N. Elm Place. They offer United Healthcare, Community Care, Humana, Aetna, Cigna, Wellcare, Mutual of Omaha and AARP, and they are available on evenings and weekends.

Medicare Prepare is an independent Medicare insurance agency offering licensed and knowledgeable agents eager to assist you with Medicare questions. Medicare Prepare can give you solid answers and help you enroll into the plan of your choice. Call Medicare Prepare at 918-814-5550.

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Annual Open Enrollment Period:
October 15 - December 7

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WEB MOBILE SOCIAL MEDIA

Medicare Annual Enrollment Starts October 15th

The new 2022 Medicare Advantage plans will be out on October 1 with lots of new options.

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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

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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 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.

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.

Friday, October 1

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. Canasta

9:15-10:15 a.m. Soft Yoga
 10-11 a.m. Beginning Guitar Lesson Workshop
 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

Monday, October 4

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. Bible Study
 10-11 a.m. on Zoom. Circle of Readers
 Meeting on Zoom - Please contact Dorothy Minor at
 dorothymminor10@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
 1:30-3 p.m. Photography Group
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Wednesday, October 6

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.-2 p.m. Quilting
 11 a.m.-noon Nutrition distribution
 1:30-2:30 p.m. Line Dancing with Barb
 2:45-3:30 p.m. Fundamentals of Line Dancing

Thursday, October 7

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
 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)

Tuesday, October 5

8:15-9 a.m. Strengthen & Tone
 9 a.m.-noon Party Bridge
 9 a.m.-noon Train Dominoes

Calendar of Events

Friday, October 8

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. Canasta

Monday, October 11
The Center is closed in
observance of Columbus Day

Tuesday, October 12

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 Lesson Workshop
 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, October 13

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.-2 p.m. Quilting
 12:30-2:30 p.m. Bunco
 1:30-2:30 p.m. Line Dancing with Barb
 2:45-3:30 p.m. Fundamentals of Line Dancing

Thursday, October 14

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
 10 a.m.-noon Creative Card Making
 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, October 15

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. Canasta

Monday, October 18

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. 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
 2:45-3:30 p.m. Fundamentals Of Line Dancing

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Member SIPC

Calendar of Events

Tuesday, October 19

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 Lesson Workshop
 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, October 20

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.-2 p.m. Quilting
 11 a.m.-noon Nutrition distribution
 1:30-2:30 p.m. Line Dancing with Barb
 2:45-3:30 p.m. Fundamentals of Line Dancing

Thursday, October 21

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
 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, October 22

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. Canasta

Monday, October 25

8:15-9 a.m. Zumba/Cardio Dance
 9:15-10:15 a.m. Yin Yoga
 9:30-11 a.m. 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 Group
 2:45-3:30 p.m. Fundamentals Of Line Dancing

Tuesday, October 26

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 Lesson Workshop
 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)

*Magic can happen
 in real estate...
 it starts with a conversation.*

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Trisha and Jim Jorgensen
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Calendar of Events

Wednesday, October 27

- 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.-2 p.m. Quilting
- 1:30-2:30 p.m. Line Dancing with Barb
- 2:45-3:30 p.m. Fundamentals of Line Dancing

Thursday, October 28

- 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
- 10 a.m.-noon Creative Card Making
- 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, October 29

- 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. Canasta

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My Loved One Has Passed Away – What Do I Do Now?



The initial shock of losing a loved one tends to cause one of two reactions: People either are unable to act or they move into turbo-action mode. Understandably, the immediate aftermath of a family member's death can be overwhelming. When it comes to estate administration, most things can wait.

The following guide is intended to prioritize the actions you need to take during this stressful and emotional time.

1. Do not make any decisions in the immediate minutes and hours after the death of your loved one. You can sit with them for a while, even if they died in a hospital. Let the staff know you need a little time. You can also request religious rituals or customs that you'd like to observe before a loved one's body is moved. Call close family members, friends and spiritual or religious advisors whose presence will be comforting.

2. You will want to obtain a legal pronouncement of death by a doctor, paramedic or hospice nurse. If no one is present who can make an official pronouncement of death, the body may be taken to the emergency room for a doctor to make a declaration. Barring the need of further medical examination or autopsy, this declaration allows a death certificate to be prepared. When you have a chance to request death certificates, request more copies than you think you'll need; certified copies often are required for miscellaneous things for years to come. I usually recommend requesting 10, and perhaps more if you know there are assets in multiple states or at multiple financial institutions.

3. Make arrangements for the body to be picked up, typically by a funeral home. If your loved one died in a hospital or nursing home, the staff usually makes those arrangements for you. Your loved one may have already chosen a funeral home. If you're unsure, check their estate planning documents or contact the family estate planning attorney. If they haven't chosen a funeral home, family

members make the choice.

4. Arrange for the care of any children, dependent adults or pets. In the case of minor children, a last will and testament may nominate a guardian. If there is no will, you may need to request that a court issues an emergency order to ensure that any children are properly cared for and protected. In the immediate aftermath, while those details are being sorted, try to make sure children are with close friends or family members.

5. Secure your loved one's house and vehicle. If the house will be vacant, you may ask a trusted neighbor, the landlord or even the police to keep a close eye on it. Ask a friend or family member to check for mail and phone messages, clean out perishable food and trash and water

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What Do I Do Now? *(Continued from page 13)*

plants.

(Continued on page 14)

6. If your loved one made pre-arrangements for a funeral or memorial service, reach out to the funeral home to get the funeral scheduled and details in motion. If the deceased was in the military, let the funeral home know you'd like a military funeral. You can also prepare an obituary for local or hometown newspapers. Many people like to notify organizations where the deceased was an active member so that friends and colleagues receive the news. If you're overwhelmed, these are good tasks to delegate to a friend.

7. Once the funeral is behind you, you can start thinking about the estate or trust settlement process. Depending on the estate plan in place, this may require probate or a trust administration. This process can be complex, especially while moving through grief. To avoid small mistakes or oversights that cause major obstacles down the road, consider reaching out to a probate or trust administration attorney to help you navigate this process and any related legal matters. Lean on your trusted advisors to guide you so that you and your family can focus on each other.

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@

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Medicare Made Simple

Hop On The Bus, Gus

Transportation services are back, and we will soon be bringing members to and from the Center so they can enjoy the social interaction they've missed during the past 19 months.

We've called prior riders and reached out to active members. If you know people who need a ride, have them call the Center and speak with Donald. He will create bus routes to accommodate the needs of our members. The Center does not have daily meals yet, so, if you ride the bus, plan accordingly.

Our transportation procedures include:

- ✓ A potential rider must fill out an updated membership form and be a member in good standing before using our transportation service.
- ✓ Riders must be ready 15 minutes in advance and waiting at the door.
- ✓ Drivers cannot enter private residences or help clients get ready.
- ✓ Wheelchair riders' residences must be accessible, or there must be someone home to bring the rider to the

vehicle. Drivers cannot bring wheelchairs over door sills, down stairs or across grass or gravel.

- ✓ During inclement weather, drivers reserve the right to avoid pulling into a neighborhood or driveway if they deem it unsafe.
- ✓ A \$2 donation is requested, but not required, for each one-way trip.

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Learn About The Warning Signs Of Heart Disease – Your Life Might Depend On It

“I would have paid closer attention to all the warning signs.”

“It took me nearly dying to finally make a change.”

“What you don’t know can kill you.”



Dr. Zimmerman

These are comments that were made by heart attack survivors. Prior to their heart attack, they disregarded clear warnings. Some rationalized away their symptoms; others did not consider family history. And some, even though they didn’t feel well, put off talking with their physician. Lucky to be alive, each regretted overlooking important matters that could have prevented a heart attack.

Learning the facts about the early warning signs of a heart attack and what action to take to address them will be the topic of the Center’s November Health and Wellness session on Nov. 5, presented by Dr. Stanley K. Zimmerman, director of the catheterization laboratory and peripheral vascular services at Hillcrest Hospital South.

Heart disease is the No. 1 cause of death for both men and women in the United States, accounting for nearly 1 in every 4 deaths. About every 40 seconds, someone in the United States has a myocardial infarction – a heart attack.

Members attending this session with Dr. Zimmerman will discover:

- ✓ How to recognize the early signs and symptoms of a heart attack. Men and women have different symptoms.
- ✓ What are your individual risk factors?
- ✓ Why early detection is critical.
- ✓ Smoking cessation techniques.

- ✓ How can you become an active bystander. What you can do when a person has a heart attack.

Dr. Zimmerman will also answer your questions regarding heart disease and heart attacks.

- ✓ What is a heart attack?
- ✓ Why do some people have warning signs and others do not?
- ✓ Is all chest pain a heart attack?
- ✓ How is a heart attack different from cardiac arrest?
- ✓ Are there other causes of heart attacks besides blockage?
- ✓ What is the most important thing I can do to prevent a heart attack?
- ✓ If I have had a heart attack, is my heart permanently damaged?

Dr. Zimmerman is board certified in both cardiovascular disease and interventional cardiology. He is the Chest Pain Center medical director and the Cath Lab medical director at Hillcrest Hospital South and also serves as the medical director of the Vascular Imaging Laboratory at the Oklahoma Heart Institute and the medical director of vascular services at Hillcrest Hospital South.

Plan now to attend this important and informative session on Friday, Nov. 5, at noon at the Broken Arrow Community Playhouse next door to the Center. Please sign up to attend near the bulletin board at the top of the ramp or call the office at 918-259-8377.




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Jill and Vance, part of the Creative Writing group, read a short story they will share with other members. The Creative Writing group meets on Fridays from 10 a.m. to noon in Activity Room 1, near the west entrance. Members meet in person, and there also is a Zoom option for members unable to come to the Center. Creative Writing is comprised of people who want to enhance their writing abilities and help each other become better and more adventurous writers. Members try to stretch their imaginations with the anecdotes and stories they write. It is a safe environment where members encourage each other to be creative writers. Members suggest topics and decide which one to write about to present the following week. They also write impromptu pieces for 10 minutes and share their efforts with the group. Join the Creative Writing group each Friday or contact Doris Jones at DLJones463@gmail.com if you have additional questions. We look forward to seeing you and hearing your stories.



Eddy Haley, a Crafting group volunteer leader, shows off a beautiful and unique spirelli fall wreath that the group made. "I love engaging my mind in creativity and sharing that experience with the friendly environment at the Center," she said. The Crafting group meets each Monday from 10 a.m. to noon in Activity Room 2.

AROUND THE CENTER



Members of the Crochet group prepare a donation of their handiwork that will be given to local hospice organizations, bringing comfort and warmth to their patients. The Crochet group is sponsored by Healthmarkets, which provides funding for the purchase of yarn for the group's community outreach projects. The Crochet group meets every Thursday from 12:30 p.m. to 2:30 p.m. in Activity Room 3.



Norma Lollar is an award-winning painter who took first place in the 2021 Broken Arrow Rose Festival and Art Contest. The theme was Roses, Kites and Butterflies. Watch for more information about Norma and the Painting group in the November newsletter. The Center's Painting group meets each Tuesday from 1 p.m. to 3:30 p.m. in Activity Room 2.

Author To Meet With Circle Of Readers

Casie Bazay, a local author whose book, “Not Our Summer,” is on the national stage, will be joining the Circle of Readers Book Club during its Oct. 4 meeting. Bazay is a former teacher at Sequoyah Middle School and has received high praise nationally for her writing. Join the Circle of Readers discussion with Bazay at 10 a.m. on Zoom by contacting Dorothy Minor at dorothymenor10@gmail.com.

Here are the Circle of Readers discussions planned for the coming weeks:

Oct. 18: Discussion on books we are reading;

Nov. 1: “Blind Tiger,” by Sandra Brown • historical fiction;

Nov. 15: Discussion on books we are reading;

Dec. 6: “Last Christmas in Paris,” by Hazel Gaynor and Heather Webb • historical fiction.

If you are interested in meeting current members in the Circle of Readers group, they are meeting in person in the Center’s Conference Room on Monday, Nov. 1, at 10 a.m.



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Trash Bash Is Back – And Better Than Ever

The Trash Bash community litter collection event returns this fall during the week of Oct. 17. The community cleanup is hosted by the city of Broken Arrow, Keep Broken Arrow Beautiful and The Metropolitan Environmental Trust.

Along with a new online Trash Bash registration and more flexible distribution of litter collection supplies, a new collection event for hard-to-recycle items – Recycling



Rally – will be held at the end of the cleanup week, on Saturday, Oct. 23.

Trash Bash participants will be able to register individuals and groups online, so pickup of collected roadside litter and recyclables can be coordinated with the city of Broken Arrow. Participants will be able to schedule pickup of free collection supplies – gloves, safety vests and trash bags – after Oct. 10.

For more information about Trash Bash, visit www.KeepBABeautiful.org or www.RecycleBA.com.

The Recycling Rally will be held at Broken Arrow Events Park, 21101 E. 101st St. – east of NSU-BA – from 9 a.m. to 3 p.m. The drive-thru affair will allow several items that can be recycled – but are not included in BA’s curbside recycling program – to be dropped off to be handled by licensed processors.

The drop-off event is open to Broken Arrow homeowners. The only cost will be for some large televisions. Among the items that will be accepted are tires – limit of six – cardboard, batteries, electronics, plastic grocery sacks, medical sharps, vape cartridges and household organics.

For more information, about the Trash Bash and Recycling Rally, contact Galea Albano at 918-313-6996, or galbano@brokenarrowok.gov.

Popcorn And A Movie At The Center

Would you be interested in spending time with others watching a movie and eating a bag of popcorn? Sign up at the Center events bulletin board at the top of the ramp. If there is enough interest, you will be contacted regarding proposed movies and the day and time for this activity.



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