



Broken Arrow Senior Center

1800 South Main St.
Broken Arrow, OK 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

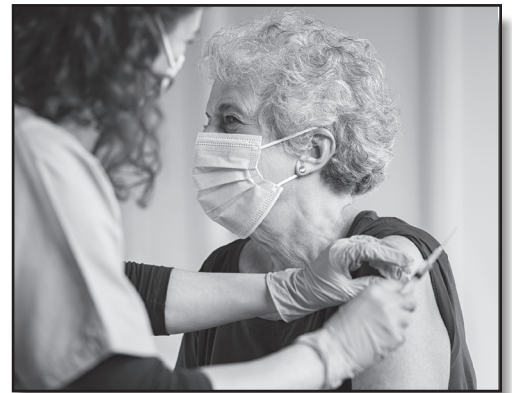
Coordinator

Ami Bucher

The Answers To Your Vaccination Questions

Beginning Jan. 7, Oklahomans could begin registering to receive the COVID-19 vaccination using the Oklahoma State Department of Health COVID-19 online portal. The purpose of the vaccine portal is to allow eligible Oklahomans to schedule their COVID-19 vaccination based on their eligibility.

The OSDH has established a framework of a four-phased plan to administer the vaccine. The first doses of the vaccine arrived on Dec. 14 and were reserved for priority groups, starting with frontline health care professionals and residents of long-term care facilities. That was phase 1. As this newsletter was going to print, OSDH had entered into the beginning stages of phase 2, which includes adults age 65 and older, including adults of any age with specified underlying health concerns. OSDH estimates that there are more than 800,000 Oklahomans eligible to receive the vaccine in phase 2.



According to OSDH, vaccine appointment availability is dependent upon vaccine supply. New appointments are added as vaccine supply allows. The OSDH and the Tulsa County Health Department are working together regarding vaccine distribution. The state is reliant on COVID-19 vaccines supplied by the federal government. Officials reportedly are notified of shipments one week at a time. The limited supplies make it logistically impossible for OSDH to schedule vaccinations weeks in advance.

What is the Vaccine Scheduler Portal?

The Vaccine Scheduler Portal is an online scheduling tool to help Oklahomans determine when they are eligible to receive the COVID-19 vaccine and help them schedule an appointment when it is their turn.

Where can I access the Vaccine Scheduler Portal?

You can access the portal using your computer or mobile phone at <http://vaccinate.oklahoma.gov/>.

What if I don't have access to the internet or a mobile device?

If you can't access the internet or need assistance accessing the portal, it is recommended that you ask a family member or friend to assist you with the registration process. If you prefer to use a phone, you can check your vaccine eligibility by calling 211. The OSDH strongly encourages Oklahomans to use the portal if they are able for a quicker, more efficient registration.

Continued on page 7

**SAFER
AT HOME**



**Broken Arrow Location:
(918) 994 - 1400
2530 N Elm Place, BA**

**FREE
PRESCRIPTION
DELIVERY**



- ➔ **ACCEPTS 99% OF ALL INSURANCE PLANS**
- ➔ **SAME COPAYS**
- ➔ **7x BA PHARMACY OF THE YEAR WINNER**
- ➔ **RX FILLED IN 10 MINUTES OR LESS!**
- ➔ **2 DRIVE THRU LANES & CURBSIDE PICK UP**
- ➔ **CONTACTLESS DELIVERY**

We Love Feedback From Our Members



Every month I receive feedback from members – comments, praise and criticism – or, as I refer to them, suggestions. I read each and every one and share them with my team and the board of directors.

When we follow up with members, we receive vital two-way communication. We hear what members are saying and members know their voices are heard and that their opinions matter. It helps us to know that we are impacting the lives of our members, especially during the pandemic when we don't get to see each other as frequently – or at all.

We've been able to direct members to our nutrition program and recommend a comprehensive list of senior living options – apartments, independent living, assisted living and long-term care. We refer people to our home health, home help and hospice partners. We've helped members connect with lawyers, physicians, Medicare brokers/agents and even find comfort in support groups.

The biggest influx of calls and comments lately has been about registering for the COVID vaccine. This is a hot topic and one that is not easy to navigate. My team will continue to learn what options are available and educate ourselves on how, where and when you can get your questions answered.

The most troubling of the comments comes from someone who does not provide her or his name. Instead, my board chair receives letters from “a concerned member.”

I say it is troubling because it is impossible to address this person's cares and concerns when they hide behind a cloak of anonymity. I want this person – and every member of Broken Arrow Seniors – to know that their

comments are received, discussed and, when necessary, acted upon.

This month's suggestions from “a concerned member” included a desire to dedicate a significant portion of the newsletter to running obituaries. That's the exact opposite of our mission as an activity center that promotes healthy social, emotional and physical engagements.

Other suggestions included publishing a word search puzzle along with my favorite chicken soup recipe. Thanks to a CM, this month you can complete a COVID word search puzzle. And as for my chicken soup recipe, this month it's been one can after another of Progresso Chicken and Homestyle Noodles. The reason I didn't make it from scratch is coming.

The last idea was that I interview someone who contracted COVID and survived, detailing their symptoms, recovery time and length of hospital stay. You don't have to try very hard to access this information. Pick up a newspaper, watch the news, talk with your friends or log onto Facebook. It's especially easy since more than 14% of Broken Arrow residents have already had COVID-19.

People who know me well understand that I'm thorough when it comes to problem solving. And, although I did not set out to be quite this thorough, nonetheless, I went over and beyond my usual commitment to do the research and to make sure this member's request was fulfilled.

You see friends, after more than 10 months of being extra careful, I managed to contract COVID. What follows is my personal story, struggle and my ongoing road to recovery.



The Outcome Could Have Been Very Different

I feel like I was in a contest to see how long I could hold my breath, and, after almost a year, I won. However, there was no prize. That's because, despite my incessant mask wearing, hand washing, social distancing and avoiding crowds, I managed to contract COVID and spread it to my family.

And, irony of ironies, I was infected with COVID when I received the COVID vaccine – not from the vac-

cine, but during the 30 minutes that elapsed from arrival to departure. I know this because of contact tracing. I know this from open and honest dialogue. And, yes, I know it because my wife has reminded me repeatedly for a month.

It began as a tickle in my throat and in a few hours became a cough that wouldn't stop. That very day I got a COVID test.

Continued on page 4

The Outcome Could Have Been Very Different (Continued from page 3)

The next day my family had the same symptoms I had, except now we all had temperatures of 101. They got tested, and the following day we all knew the diagnosis. COVID x 3. For the next few days, I really had no symptoms other than the cough, while my wife and daughter experienced mild flu-like symptoms. It absolutely didn't help my cause that I brought home the COVID and then I had no symptoms.

And then I did. I hit the COVID buffet. I got all the symptoms: fever, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle aches, headache, sore throat, congestion and runny nose. Everything except the loss of taste and smell.

My breathing became more and more labored. I had tightness in my chest. The coughing made things worse. When I reached the point of panic and of planning to need the help of a hospital, I called my doctor.

Now this was not my brilliant idea. It was my wife's idea. It was a telehealth visit over the phone on FaceTime so my doctor could see and hear me. On this call, I told my doctor that I was more than concerned that I couldn't get better on my own – that COVID was winning. For the first time in our marriage, I admitted to my wife – out loud – that I was scared.

My doctor helped get me scheduled for monoclonal antibody infusion at the hospital. It received emergency FDA approval in November, so it was relatively new. The therapy blocks the COVID virus from attaching to and attacking my healthy cells. It was the help I needed. Think of it as a massive antibiotic delivered at the cellular level.

In two days, I began to feel human. I'd say human again, but some of you might argue I never have been human – that's some COVID sarcasm. However, the fatigue and the toll the virus took on my pulmonary system will take several weeks to get over.

Now I'll plan on receiving the second dose of the COVID vaccine, and, by the middle of April, I'll have all the COVID protection available. Then I hope to be pseudo-super-human, having had COVID, antibody infusion and the vaccine.

This virus affects everyone differently. I don't know what I would have done if I lived alone and did not have anyone to check on me. Actually, I do know and the outcome would have been very different.

Please stay safe. Be vigilant. And if you can check on others who might need help, please do so.

And for our members who keep hoping, asking and pleading for us to resume in-person activities – get vaccinated. That's the shortest pathway for returning to the activities and programs you miss. Get vaccinated.

If you inquire when the Center will resume in-person activities, don't be surprised if you're asked "Have you been vaccinated?"

This month, if someone has a suggestion for a newsletter topic, I certainly hope it doesn't involve as much commitment as I exhibited. Either that, or, for the next pandemic, it is Ami's turn.

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

jeremy.moore@lpl.com

Financial Consultant

Member FINRA/SIPC

Has Parkinson's Disease or another issue caused balance problems or fear of falling?



Medicare Accepted • Referral Not Required

918-251-7199

hylandpt.com



HYLAND
Physical Therapy & Wellness

- In-Home Physical Therapy Service
- Specializing in Parkinson's Disease

We've Always Listened To Our Membership

A Message from Member Services Coordinator Ami Bucher

“Why can't the Center return to offering activities? Let us make up our own minds whether we want to come to the Center. I want to return to exercise classes, but it's the social interaction I miss the most. You can't keep everyone safe, and I'm tired of “staying safe.” Isolation is hurting people, too. Take a survey to find out how many people would return. Why should I pay my dues if I can't come to the Center?”

The Center receives many phone calls each day. This line of conversation is commonplace, but there are other conversations that express another viewpoint.

“Thank you so much for thinking of us and keeping us safe. I think you are doing the right thing by not offering in-person activities. COVID cases are spiking. You are wise to take guidance and direction from our public health officials. Even if you were offering exercise classes, I would not come. I will not return to the Center until I receive the vaccination.”

We listen to our members. We've always listened.

Numbers can shed light and help us see issues from a different perspective. Let's look at some numbers. Take relief in knowing that these aren't COVID-19 numbers.

250 - In January of 2020, the Center added eight new fitness classes. The Center went from welcoming 250 members per day to 250 in one day in exercise classes in Centennial alone. You voiced your positive opinion with your feet by coming to the Center and enjoying the fellowship and activity.

400 - The Center's daily attendance grew to 400 in January and February 2020. The Center's hallways were filled with conversation, laughing, singing and smiles of people coming and going to activities. We were running out of space to accommodate your overwhelming response to the programming that was being offered.

16 - This was the date in March 2020 that the Center suspended in-person activities in an effort to protect our members from COVID, which was beginning to spread in Broken Arrow. Many were disappointed and dismayed. Many others understood the Center's reasons for closing.

“It was a difficult decision to make because the Center

is important to our members,” Sean noted in the April 2020 newsletter. “It was, however, an easy decision to make because our members are important to the Center.”

200 - This is an estimate of the number of hours staff spent in preparing the Center to reopen on July 6, 2020 – planning and buying supplies, moving furniture, taping the floor, meeting with activity leaders, determining the safety protocols, arranging a class schedule, making signage and more. Additional hours were spent once we opened in July with temperature checks and check-in for every class and disinfecting the chairs and tables throughout the day. Once we reopened in July, senior centers from around the area came to the BA Senior Center to take in all that we had planned and carried out to keep our members safe while reopening and offering activities.

146 & 54 - 146 members came to the Center on a Tuesday in January 2020 and attended six activities. 54 members participated in those same six activities on a Tuesday in October. The activity leaders and classes were the same but only about one-third of the members that normally come to the classes felt comfortable coming to the Center in October. Surveys were not taken on either Tuesday. The numbers speak for themselves. You spoke with your feet again and told us if you felt safe coming to the Center in both January and October. Consider also that staff and volunteers put themselves at risk and willingly chose to come into close contact with each member on a daily basis beginning in July and through October for class check-in and temperatures checks.

25 - Our efforts to provide in-person activities to the limited number of members who felt safe to come to the Center was just one way we served our members. Different ideas and different thinking were required for the Center to deliver on its mission. In March, planning began to determine how we could change our operation given the changing landscape and potential spread of the virus. In an effort to engage the majority of members that were not comfortable coming to the Center, we began live streaming each exercise class on Facebook. These videos are now available on our YouTube channel.

We contacted activity leaders to offer the opportunity to meet on Zoom and groups like Circle of Readers and

We've Always Listened (Continued from page 5)

Creative Writing embraced that opportunity. The poker group “meets” online every day. Other virtual programming was also offered to provide information and engagement for our members. During the month of January 2021, 25 activities were offered virtually.

We listen to our members. We've always listened.

The fact is that the Center, the staff and our board of directors have been present for the members, fulfilling your ongoing needs to remain socially engaged and physically active in the changing COVID landscape. We have continued to fulfill our mission of being the model in the region for promoting healthy social, emotional and physical engagements for adults 55 and older through programmed activities and social opportunities.

The singular phrase “social opportunities” in our mission statement is the current grave concern shared by staff, our board and many members. Being social and fostering the relationships that you have come to know and love is what the Center has always been about. “Healthy” is the other word in our mission promise that we must focus on as well, and it has guided us in our decision-making process. You and I both know that the spread of the COVID-19 virus has increased, and we serve the one of the most vulnerable populations. You depended on us in the past to provide that element of health and safety, and you can continue to depend on us in this respect today and in the future. It is our responsibility and duty to you and frankly our promise.

In addition to listening to you, we are listening to health care and medical experts. We are in constant contact with the Tulsa County Health Department, following its advice regarding when we can open and ensure your safety.

What is it going to take for the Center to return to being fully open with social activities and programming

pre-COVID-19? It will take the end of COVID-19. This means reaching herd immunity that we've heard health experts address. We don't know exactly how many people will need to develop immunity to get to this point, though experts like Dr. Anthony Fauci estimate that this could take up to 85% of the American people to be vaccinated. At that level of immunity in the community, the coronavirus would have nowhere else to spread and could essentially die out. With the current speed of vaccine roll-out, getting close to that level is going to take some time.

After 10 months of asking you, our members to be patient, I will continue to ask that of you. It is our responsibility to consider your needs in all that we do at the Center, and we take this to heart and to task each and every day – whether it's scheduling activities, getting a newsletter in your hands, listening to your concerns, answering your questions, videotaping classes, handing you a meal or greeting you at the door. The advent of the COVID-19 vaccine means that we are one step closer to returning to what we all know, love and appreciate about the Center.

One last number.

\$2.50 - If you are a member who lives in Broken Arrow, this is the amount you pledge to the Center in monthly dues. This pledge of \$30 for a year of membership in the BA Senior Center means that you believe in the mission of the Center today and are willing to support the organization today because it is your desire for it to be there in the future. We must focus on the days ahead. I can say without hesitation that we are focused not only on today but also on the future because that is our promise to you. I can assure you that this promise is unwavering.



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.

Your Vaccination Questions (Continued from page 1)

Who can register right now?

Anyone is able to pre-register and enter their information. However, only Oklahoma residents who are 65 years of age or older, as well as health care workers and first responders, will be able to schedule appointments in the system.

What types of questions will I need to answer on the portal to register for a vaccine?

Your answers to the required OSDH questionnaire provide information regarding your readiness for COVID-19 vaccination and offer guidance and instruction to ensure your safety. You will be asked for demographic details such as race, ethnicity, gender and age. Medical history, including current and past ailments and allergy information, are included on the questionnaire, as is your COVID-19 infection history. You will also be asked for contact information. It's important that you answer each question with "yes" as it applies to you. Do not skip over this part because these answers are what puts you into the correct priority group. For example, people 65 or older must choose "yes" to indicate they belong in this phase group.

The OSDH will never ask you for your bank account number, password or other financial information.

What is the difference between pre-registration and scheduling an appointment?

Pre-registration allows anyone in Oklahoma to register their contact information with the Oklahoma State Department of Health and indicate that they would like to be notified when the vaccine is available to them. After you enter your information, if you're eligible to receive the vaccine, you will receive an email with instructions on how to schedule your appointment. You must register at <http://vaccinate.oklahoma.gov/> to receive email notifications regarding vaccine appointment availability.

What happens once I enter my information?

When you use the portal to enter your information, a message will be sent to the email address you provide to let you know if you are eligible to receive the vaccine at this time. If you are part of a priority group currently eligible to receive the vaccine, you will be able to schedule your appointment. The email will direct you to the portal to schedule your appointment.

Does registering allow me to move forward in line to get the vaccine?

No. Registering will not change when you receive your vaccine. There is no list for Oklahomans to be added to in order to be included in the state's phased approach to vaccine distribution. However, registering and providing your contact information will make it easier for the state to notify you when it is your turn.

When can I use the Vaccine Scheduler Portal to schedule my appointment?

If you are part of a priority group currently eligible to receive the vaccine, you will be able to register immediately for your appointment. The email you receive after registration will direct you back to the portal to schedule your appointment based on vaccine availability at the location you select. Once you schedule your appointment, a confirmation email will be sent to you with a QR code and a record of your appointment time and location. You will also receive email reminders as your appointment date approaches. You will need a photo ID and the QR code from your confirmation email to check in the day of your appointment.

"If you are part of a priority group currently eligible to receive the vaccine, you will be able to register immediately for your appointment."

I have registered and am part of the current vaccination phase, but there are no appointment slots available. What do I do?

If you qualify to sign up for an appointment at this point in time, you should receive a link to sign up for an appointment once they become available. Due to the high volume of sign-ups, it's possible that time slots may be limited. Please note that appointment availability is dependent on the current vaccine supply in each county.

Why are there so few appointments available?

The number of appointments depends on the availability of the vaccine. The state and counties receive a weekly supply of the vaccine that determines the number of appointments that can be booked. With demand being so high, it is expected that time

Continued on page 8

Your Vaccination Questions (Continued from page 7)

slots will fill up quickly. If all slots are filled, you can check back periodically for the next available appointment.

I pre-registered, but I didn't get a confirmation email.

This probably is because you're not in the current phase group. However, you will be notified when the vaccine is available to you. It should be noted that registering early does not guarantee an appointment slot when your phase opens; it simply makes the booking process quicker.

What emails should I expect to receive from the Vaccine Scheduler Portal?

Currently, there are only two emails that you should expect from this system. One is a registration confirmation email and the other is a phase confirmation email that contains a link to set up an appointment.

What happens after my first appointment? How do I know when to get my second dose?

The COVID-19 vaccines currently in use require a second dose. You need both doses in order for the vaccine to work correctly. Once you attend your first vaccine appointment, you will receive a follow-up email and an opportunity to schedule your second dose appointment.

Can I pre-register and schedule an appointment for multiple people in my household at the same time?

The same email may be used to register people in your household. However, each registration must be entered separately. You may register other members of your household by entering their individual information into the system. As appointments become available for each individual, they will be notified by email.

How do I check for available appointments each week?

When you're eligible to receive the vaccine, you'll receive an email with a direct link that is unique to you to sign up for available appointments. We recommend bookmarking or keeping this link handy in your inbox because you will need to use it to check back for new appointment slots each week. If you're having trouble finding available appointments, we encourage you to check back periodically throughout the week for new openings.

The best time each week to check for available appointments is between 5 p.m. on Wednesday and 8 a.m. on Thursday. However, you can use your sign-up link to check for appointments at any time.

How much does the vaccine cost?

COVID-19 vaccine doses purchased with U.S. taxpayer dollars will be provided to Americans free of charge.

When should I receive the second dose of the vaccine?

It's recommended that you should get your second dose 21 to 28 days after your first dose of the vaccine, depending on which vaccine you get. However, it can be later if needed; the timeline is flexible. You do not need to schedule your second dose appointment on exactly the 21-day or 28-day timeline.

How do I register for the second vaccine dose?

You are able to use the portal to schedule your second dose appointment. As you go through the scheduling process, the portal will prompt you to answer if the appointment is for your second dose or first. You do not have to receive your second dose from the same location you received the first dose. Additionally, it is not required to schedule your second appointment through the portal. The portal is intended to be another option for Oklahomans to schedule their COVID-19 vaccine.



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



———— *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

Stay Active Through The Center's Virtual Offerings

Discover A New Activity, Keep Moving And Engage With Others

The BA Senior Center now has a dedicated YouTube channel. Check it out today – www.YouTube.com. Search “BA Senior Center,” click “FILTER,” “Channel” under “type,” scroll down to the Center’s logo and you’re there. Be sure to subscribe to the channel to locate it easily.



The BA Senior Center’s YouTube channel now has a number of our exercise classes available, including:

- Zumba Gold with Linn
- Tai Chi for Balance with Vanessa
 - Soft Yoga with Tiffany
- Limited Exercise with Gary
 - Chair Yoga with Tiffany
- Line Dancing with Barbara
- Line Dancing with Michelle
- Tai Chi for Balance with Bernadette

The following fitness classes are also available on these YouTube links:

Fitness for Ladies • https://www.youtube.com/watch?v=HtdOzZDce_A

Limited Exercise • https://www.youtube.com/watch?v=_Umo3wI3nkM&t=4s

Line Dance for Fitness with Jewelee • Search Senior Fitness Line Dance on YouTube or use the following link: https://www.youtube.com/channel/UCHEF6eSV3eJh8_NW_TvbbFg

The following fitness classes are available on the Center’s Facebook page by searching Broken Arrow Senior Activity Center on Facebook. Fitness videos can be found under the video tab.

- Beginning Line Dance with Barbara
 - Line Dancing with Eugenia
 - Limited Exercise
 - Tai Chi with Bob Perez
 - Line Dancing with Michelle
- Tai Chi for Self-Defense with Hoan
- Tai Chi for Better Balance with Bernadette
- Tai Chi for Self-Defense with Hoan
- Line Dance for Fitness with Jewelee

Calendar of Events

Monday, February 1

10 - 11 a.m. Circle of Readers
Meeting on Zoom - Please contact Dorothy Minor at Dorothymminor10@gmail.com for more information regarding joining this group.

Tuesday, February 2

1 -2 p.m. . . Live from the Truman Presidential Library
Take a sneak peek into the new exhibits as the museum prepares to open in the spring of 2021. In recognition of the



75th anniversary of his presidency, the Truman Library and Truman Library Institute have developed a momentous plan to use Truman’s life and legacy to inform, inspire, educate and

engage a 21st-century audience. Email ami@baseniors.org for Zoom connection details and to register for this session.

Friday, February, 5

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Doris Jones at dljones463@gmail.com for more information regarding joining this group.

10 - 11 a.m. Alzheimer’s Support Group
Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.

Tuesday, February 9

1 -2 p.m. The Elephant Sanctuary in Tennessee
The Elephant Sanctuary in Tennessee exists to provide captive elephants with individualized care, the compan-

Calendar of Events

ionship of a herd and the opportunity to live out their lives in a safe haven dedicated to their well-being. The



sanctuary also works to raise public awareness of the complex needs of elephants in captivity and the crisis facing elephants in the wild. Located on 2,700 acres in Hohenwald, Tennessee, The Elephant Sanctuary is the largest natural habitat refuge in the country dedicated solely to the care of African and Asian

elephants retired from zoos and circuses across North America. Learn about the mission of The Sanctuary and the stories of their resident elephants. A member of The Sanctuary's education team will offer a virtual glimpse into the daily life of elephants at The Sanctuary. Email ami@baseniors.org for Zoom connection details and to register for this session.

Thursday, February 11

1 - 2 p.m. Historic Train Travel

Beautiful architecture blends with memories of a time gone by at The Durham Museum in Omaha, Nebraska. The virtual tour will start with a look at the museum's 1890s steam engine and 1950s caboose, followed by a walk through the museum's passenger trains. Discover the history of the region in addition to the culture, science, industry and more through the museum's affiliation with the Smithsonian Institution and strong ties with the Library of Congress, National Archives and the Field Museum. Email ami@baseniors.org for Zoom connection details and to register for this session.

Friday, January 12

10 - 11 a.m. Creative Writing

Meeting on Zoom - Please contact Doris Jones at dljones463@gmail.com for more information regarding joining this group.

10 - 11 a.m. Alzheimer's Support Group

Meeting on Zoom - Please contact Jean Righter at nanabanato7@gmail.com for more information regarding joining this group.

Monday, February 15

10 - 11 a.m. Circle of Readers
Meeting on Zoom - Please contact Dorothy Minor at Dorothyminor10@gmail.com for more information regarding joining this group.

Tuesday, February 16

1 - 2 p.m. Pullman Porters: Unsung Heroes, Former Slaves, Labor Organizers, Middle Class Citizens; Civil Rights Activists

Presented by the Hildene Lincoln Family Home. Discover what it was like to travel and work on a Pullman car and learn about the porters' enduring fight for social change and justice in America.



The critical role that Pullman porters played in giving rise to America's Black middle class, the formation of the Black labor movement and the momentum for the civil rights movement will be examined. This slice of history spans 100 years, beginning with the Emancipation Proclamation. The Hildene is located in Manchester, Vermont, and was built by Abraham Lincoln's son, Robert Lincoln, in 1905. Email ami@baseniors.org for Zoom connection details and to register for this session.

Friday, February 19

10 - 11 a.m. Creative Writing

Meeting on Zoom - Please contact Doris Jones at dljones463@gmail.com for more information regarding joining this group.

(Continued on page 12)

Members play poker online each day with virtual money.

Contact Meichelle Culhane at meichellec@yahoo.com to join the group.

Don't let politics drive your investments.



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 (Continued from page 11)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.

Tuesday, February 23

1 - 2 p.m. Big Fun with Miniatures
Explore the incredible artistry of fine-scale miniatures with Laura Taylor and Kelly Burns from The National Museum of Toys and Miniatures in Kansas City, Missouri. Enjoy a video tour of some of the highlights of the museum's fine-scale miniatures collection. Email ami@baseniors.org for Zoom connection details and to register for this session.

Thursday, February 25

1 - 2 p.m. General Grant National Memorial
Presented by the General Grant National Memorial. The final resting place of President Ulysses S. Grant and his wife, Julia, is the largest mausoleum in North America. It testifies to a people's gratitude for the man who ended the bloodiest conflict in American history as com-

manding general of the Union Army. As president of the United States, he sought to heal a nation after a civil war and make rights for all citizens a reality. Email ami@baseniors.org for Zoom connection details and to register for this session.



Do you need Medicare help?



Barbara Vass

918-388-7691

Barbara9183887691@gmail.com

Licensed Independent Agent

Medicare & Retirement Income Expert

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**

(918) 455- 2216 So. Aspen

2325 E. 71st Street Broken Arrow, OK 74012
Tulsa OK 74136

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

FLORAL HAVEN
Funeral Home and Cemetery

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

www.floralhaven.com
(918) 252-2518

Free

prescription delivery

Details on page 2!

Some Things You Should Know About the COVID-19 Vaccine

Older adults are one of the priority groups for COVID vaccination. After health care workers, assisted living, independent living and nursing home residents are vaccinated, the U.S. Centers for Disease Control and Prevention has said that individuals 65 years old and older – along with other categories of essential workers – are next in line for vaccines.

Here in Northeastern Oklahoma, older adults are already getting vaccinated or will be vaccinated soon.

The COVID-19 vaccine has many people excited and optimistic because it will likely be the main element of ending the pandemic. We understand and appreciate your eagerness to receive the vaccine. While you're waiting for your turn, there's a good deal of information about the COVID vaccine that you should know.

On Dec. 29, the director of a senior center in Broken Arrow was given his first shot of the COVID-19 vaccine. A week later, he tested positive for the virus. It was shocking. What follows are many of the questions that arose following the positive COVID diagnosis.

Does immunity kick in right away after getting the vaccine?

Let's say you've received one dose of the COVID vaccine. After a week or two, you have some level of immunity, but you could certainly get COVID-19 if you're exposed to the coronavirus. People can be exposed to the coronavirus right before or right after being vaccinated, and there won't be time for the body to develop its defenses.

Many who are vaccinated will still get infected with COVID. That's because during the clinical trials, the vaccines were shown to be about 94%

don't know if people who are vaccinated could still be carriers of the virus, even if they don't get sick. That means you could be protected your-



to 95% effective – which means some vaccinated people were still infected.

Three weeks after the second dose, studies have shown that the vaccine efficacy is approximately 95%. That's a very high level of protection, but it's not 100%. So even after getting both doses of the vaccine, you could still get COVID-19, but your chance is much lower. And if you do get it, you're probably going to have less severe case than if you didn't get the vaccine.

Can I still spread COVID after I'm vaccinated?

The rate of community transmission is very high – especially in ZIP codes 74011, 74012, 74013 and 74014 – so there is still going to be a chance of contracting the coronavirus even after getting vaccinated. There's a lot we don't know about COVID. We

self if you get exposed to someone with the coronavirus, but you could still be a carrier of the virus. When you get together with your loved ones, you could spread it to those who aren't vaccinated.

The CDC says vaccinated people should still use all the tools available to stop the pandemic, including wearing a mask and staying at least 6 feet away from others.

What if I have friends who got the vaccine, too? Can I see them without my mask?

It's probably pretty safe to see others who were also vaccinated after everyone gets both doses and waits a few weeks. But because we don't know if vaccinated people could still be asymptomatic carriers, if you participate in risky behaviors – like fitness classes,

Continued on page 14

Some Things You Should Know (Continued from page 13)

shooting pool or playing cards – you could infect others you have close contact with who aren't vaccinated.

What is it going to take for us to be able to socialize as we did before COVID-19?

The end of COVID-19 could come once we get to herd immunity. If you look only at adults over 65 in

Tulsa County, that's 97,000 people. There would need to be 82,450 people vaccinated to reopen the Center safely. That number doesn't take into consideration everyone under the age of 65.

Also, clinical trials are just getting started on children, so it will take probably until summer or fall for children to be vaccinated.

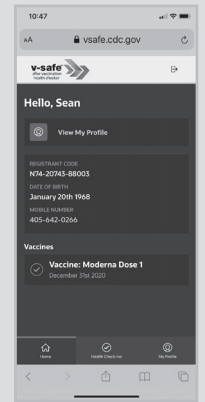
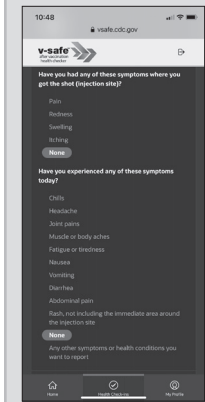
When I get the vaccine, will I be bulletproof?

Vaccination is not a "do whatever I want" pass but rather another tool to reduce our risk. Wearing a mask is another such tool, as is social distancing, and we want to keep using as many tools as we can to protect ourselves. Getting the vaccine helps our community to *Continued on page 15*

V-safe Is An Option

You may be given an option to enroll in V-safe, a new voluntary smartphone-based tool that uses text messaging and web surveys to check in with people who have been vaccinated to identify potential side effects after COVID-19 vaccination. V-safe asks questions that help CDC monitor the safety of COVID-19 vaccines. V-safe also provides second-dose reminders if needed and live telephone follow-up by CDC if participants report a significant health impact following COVID-19 vaccination. For more information on how to sign up, visit: www.cdc.gov/vsafe.

Sources: CNN, Centers for Disease Control and the World Health Organization.





JADE
Antique & Vintage
Boutiques
Jadevintagetreasures.com

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



JADE
1639 S Main
Broken Arrow
918-872-7931

Our treasures will follow you home



Donna Grady
Medicare Specialist

**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


Celebrate ♥ Health

Hugs & Kisses

LOVE

Blessed

Stay Healthy




Independent Distributor

[@okieoilereducation](https://www.facebook.com/okieoilereducation)

918-694-7232

blessed2binhealth@gmail.com



Ken & Jan Collins

Don't let politics drive your investments.



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

Some Things You Should Know (Continued from page 14)

allow us to achieve herd immunity faster. And it also gives us license to do a few more things that we enjoy – though we must still try to keep as safe as possible.

Can I get COVID from the vaccine?

None of the authorized and recommended COVID-19 vaccines or COVID-19 vaccines currently in development in the United States contain the live virus that causes COVID-19. This means that a COVID-19 vaccine cannot make you sick with COVID-19.

What are the risks of the COVID vaccine?

It does seem strange that the side effects of the vaccine are the same as the symptoms of having COVID. The only difference is that one can kill you and the other can protect you. Side effects that have been reported include:

- Injection site pain, swelling and redness
- Fatigue;
- Headache;
- Muscle pain;
- Chills;
- Joint pain;

- Fever;
- Nausea;
- Vomiting;
- Feeling unwell;
- Swollen lymph nodes.

Currently, the amount of available vaccine is limited. We must all be patient as we continue our ongoing efforts working with local health departments and the Oklahoma State Department of Health on the logistics of vaccine distribution.

A small act of kindness can touch someone's heart.

By sending simple cards, you can help remind local nursing home residents that they are not forgotten. Miller Hospice will provide you with all the materials you need for this life changing project.

Call today to learn how you can help Miller Hospice (918) 742-6415.



Miller Hospice
918-742-6415

Millerhospicetulsa.com

THE LINDEN AT STONEHAVEN SQUARE



It's not too late to be among the first to receive the COVID-19 vaccine.

When you move into The Linden at Stonehaven Square, you're not only getting safety protocols that exceed CDC's guidelines, you'll be among the first to receive the COVID-19 vaccine. Your safety is our top priority.

Call (918) 553-8566 today to learn how you can have priority access to the COVID-19 vaccine.

10802 East 81st Street | Tulsa, OK
(918) 553-8566 | LindenSeniorLiving.com

 A LEISURE CARE COMMUNITY
A Whole Lotta Heart

What Should I Tell My Children About My Estate Plan?



By **Brittany Littleton**

It is understandable that you would be cautious in talking about your estate plan. For seniors, it can also be difficult to find balance in wanting your adult children to be prepared to help you as you age but also wanting to maintain your independence from well-meaning family members who may prematurely decide that you need them to make choices for you.

Privacy is important, so I typically recommend that my clients limit the information they share about their estate plan with their children. However, I also tell them that keeping their estate plan a total secret is usually a mistake. If your family does not know that you have completed legal documents or where to find them, they will not know what you want upon your incapacity or death.

I typically recommend that my clients inform their adult children and any nominated decision-makers that they have completed their estate plan. If your adult children are not actively helping as an agent or successor trustee, it is usually sufficient to just let them know where you keep your documents if they ever need to access them. You can also share your attorney's contact information, and tell your kids to contact the attorney's office if there is an emergency.

Even if your nominated decision-maker is someone other than your adult child, it can still make sense to share this information with your child because he or she would likely be the person with legal standing to ask the court for permission to act on your behalf if they do not know you already have a plan in place. However, if you are worried that an adult child having information would create problems, talk to your nominated decision-maker and your attorney about things that may be appropriate in your circumstances to make sure a "problem child" does not try to intervene on your behalf against your wishes.

While some clients are too private, others want to overshare. Clients regularly request extra copies of estate planning documents because they want to distribute them to each kid, their bank, their accountant, their financial advisor, etc. I discourage this. Instead, think about sharing the physical copies on an "as you need to know" basis. Whether you share the details of your estate plan is a personal decision that I talk through with my clients on a case-by-case basis. You certainly do not have to invite your children's opinion on your choices, especially if you know they are likely to create problems or argue with you about how something should be handled.

If your estate plan includes detailed special instructions that may surprise a family member, it may be because you are addressing an existing problem or specific risk that is already a matter of conflict. If that is the case, talking about your choice in advance may not be helpful. But if you are in a situation where you want to explain your rationale, an honest conversation can help your family avoid conflict after you are gone. Two examples where this may apply are: when assets are distributed unequally due to lifetime gifts, financial disparities or special needs; and if there are gifts that need explanation – like one child will inherit a business that they also work in and helped build, and the other will inherit the family home and cash.

Brittany Littleton owns and operates Littleton Legal. Her practice focuses on business law, estate planning, elder law, trust administration and probate. She is a firm believer that clients are best served when their legal, financial and accounting advisors are working collaboratively to strategize and advocate on their behalf.

A Signature Partner with BA Seniors, Littleton will write a column each month covering issues such as how to avoid probate court, mistakes to avoid in leaving an inheritance or emergency decision documents every senior needs. If you have a question that you would like answered or a topic you would like to see covered, send your thoughts to Sean Simpson at sean@baseniors.org.

Helping Families and Businesses Thrive



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

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



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



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

COVID WORD SEARCH

Find these COVID-related words:

breathing	fever	smell
chills	headache	sorethroat
congestion	nausea	taste
cough	pain	vomiting
diarrhea	runnynose	



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

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

COMPLIMENTARY INJURY AND FALL SCREENS AVAILABLE!

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

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

Humana

Circle Of Readers Booming On Zoom

The Circle of Readers continues to boom on the virtual platform Zoom! Here is what the group has planned in the coming weeks:

Feb. 1: "This Tender Land," by William Kent Krueger • historical fiction.

Feb. 15: "Promises to Keep," by Nan Rossiter • fiction/author visit.

March 1: "The Orphan Collector," by Ellen Marie Wiseman • historical fiction/author visit.

March 15: Zoom to stay connected and discuss other books.

April 5: "A Man Called Ove," by Fredrik Backman • fiction.

April 19: Zoom to stay connected and discuss other books.

May 3: "Liar, Temptress, Soldier, Spy: Four Women Undercover in the Civil War," by Karen Abbott • nonfiction/author visit.

Why is Circle of Readers booming on Zoom? The following note from a member reveals why: "I love the Circle of Readers and have made wonderful new friends.



To be honest, I dreaded retirement because I did not know how I would fill my time. I had a suggestion from a friend that I join the Center and attend tai chi. And from there, I've had plenty to do!"

Join the Circle of Readers during its upcoming meetings by emailing Dorothy Minor at dorothymminor10@gmail.com.

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

LEAVE A LEGACY, AND A MARK ON THE WORLD!

When it comes to generosity, more is caught than taught. Simply put, values are not taught but grasped by seeing the impact. Legacy giving has the ability to support you, your family, and the organizations you most passionately support.

Making a legacy gift also passes a tangible impact to the next generation who sees the impact of the planned gift.

Contact our Legacy Giving Team today to learn more about our complimentary legacy services.

CALL OUR LEGACY OFFICE AT 918-491-0079



Harmon Insurance

www.harmonins.com • 918-251-2511

WEB
 MOBILE
 SOCIAL MEDIA

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 3/31/2021*

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

Crafting Group Touches The Lives Of Others

The Center's crafting group continues to be active and engaging for members. It is also touching the lives of others through the activity they love. Recently, crafting activity



Peggy Harris talks with a member about the February project planned for hospice patients.

leaders Peggy Harris, Rita Belding and Eddy Haley planned a craft project and gathered supplies to create a special Valentine's project for the patients in the care of Emerald Hospice.

"It is very meaningful for members of our group to do what they enjoy and know that our projects can lift the spirits of a person in need," said Harris.

Shondra Churchwell, community liaison and volunteer coordinator for Emerald Hospice, agreed.

"The people in the Center's crafting group are amazing and talented. I've seen firsthand how the gift of a

handcrafted item means to people in hospice – a gift that is really very simple from someone they don't know can mean so much."

The crafting group has plans to continue making simple crafts for hospice patients. If you would like to participate in future craft projects, contact Rita Belding at 539-222-1022 or Peggy Harris at 918- 231-2223 by text.

If you would like to help the group with a future project with a donation, they are in need of mini terracotta pots. Please contact the Center if you can help.

A Place Called *Home.*

Unique Location • Nurturing Staff • Locally Owned

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

Innovative & Minimally Invasive

FaceTite • AccuTite • BodyTite • Morpheus8

by INMODE

FaceTite

is a new procedure that is comparable to a surgical facelift, without the large scars.

BodyTitePRO

is a minimally invasive procedure that shapes, contracts and lifts without the scalpel or large scarring giving surgical-like results without prolonged downtime.

AccuTite

is the smallest contraction device in cosmetic medicine, giving physicians the ability to apply focal radio-frequency contraction to prevent the need for more invasive surgery.

Morpheus8

Is a fractional skin treatment that stimulates collagen production of the underlying layers of dermis to reveal a more radiant youthful appearance.



Dr. Lee Bottem

LASER & SKIN CLINIC/ FACIAL PLASTICS

Functional & Cosmetic Surgery

4700 W. Urbana Street
Broken Arrow, OK
CALL US FOR AN
APPOINTMENT TODAY!

918.290.2300



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
Secretary/Chair-elect Designate . . Alison Verret
Immediate Past Chair Lisa Ford

Directors

Kimberly Crenshaw	Laura Voss-Phillips
Melissa Cruts	Jackie Pizarro
Mackenzie Jones	Phil Scott
Brittany Littleton	Alison Verret
Michayne Morris	Steve Yoder

Return service requested

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



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.