



Broken Arrow Senior Center

1800 South Main St.
Broken Arrow, OK 74012
918-259-8377

sean@baseniors.org

www.baseniors.org

 @BrokenArrowSeniors

Hours:

Monday-Thursday

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Ami Bucher

Sacrifice Now To Save Lives Now And Later

By Bruce Dart, Ph.D.
Executive Director
Tulsa Health Department

As we live through what will become a painful chapter in a history book a generation from now, we have seen our lives touched by COVID-19 in countless ways: graduations that didn't happen, weddings altered, parties unplanned, games not played. Sadly, all of that pales in comparison to the lives that were lost last year due to the virus.

There is reason for optimism. A COVID-19 vaccine is coming to Green Country, bringing with it an incredible feeling of a light at the end of a long, dark tunnel. It might have been difficult to find the holiday spirit recently, but, remember, we carry that spirit in our hearts.

As of now, the virus is circulating much too efficiently throughout Tulsa County, which means we must focus on flattening the curve like we did earlier this year. That will mean a collective sacrifice, with each person doing his or her part if we are to beat this virus and stay safe before we have the opportunity to distribute the vaccine.

I know it's difficult, but this is the time for all of us to commit to giving up seeing one another in person and

indoors. This individual sacrifice helps protect our health care system, ourselves and those we love and will help get everyone safely through this winter.

As challenging as it is, people should not be planning for large indoor events with

anyone outside their household. Mixing households is very high risk, especially given how much virus is in Tulsa County. The data has been clear that there is



so much transmission occurring that if you have a gathering of 10 people, there is a nearly 1 in 4 chance that someone will have the coronavirus.

No one wants to be part of a gathering that ends up inadvertently sickening family members or friends. It is much safer to celebrate and gather with the people

you live with. But when you expand to other households, you increase the risk of transmission and exposure because, if even one person engages in higher-risk activities, that risk is passed on to you. Add in food and drink being served, people not wearing

"No one wants to be part of a gathering that ends up inadvertently sickening family members or friends. It is much safer to celebrate and gather with the people you live with."

(Continued on page 3)

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Sacrifice Now (Continued from page 1)

masks and windows and doors remaining closed, and this creates some of the highest-risk settings for transmitting COVID-19.

You can safely see one another outdoors, where ventilation is better, with people spaced at least 6 feet apart. This is challenging with cold weather, but there are some



possible alternatives that include warm blankets, fire pits and short gatherings that can easily be rescheduled if it rains or snows.

It is really hard to give up seeing one another, but not coming together now will give us all a greater chance to keep the virus at bay. The next few months will be very challenging, but we can manage

COVID-19 by respecting the power of the virus and, once and for all, stop giving the virus power!

It is amazing that, very soon, we will have not one but two vaccines – and possibly more – that the data is indicating are safe and effective. It will take time logistically for everyone to receive a coronavirus vaccine, but we may be able to get vaccine into the arms of most Tulsa County residents by next summer. Hope is at our fingertips and, soon, despair will be replaced with all the possibilities that the future might bring.

So, in the meantime, let's care for one another. Care for your friends and neighbors, care for your extended family, care for your fellow church members and your co-workers.

Care by wearing a mask, care by physically distancing, care by washing your hands frequently and then care some more. The smallest of gestures can have a chain reaction of hope and can be infectious. Smile at each other from behind your mask; we're all getting good at spotting people who are doing that.

People are carrying burdens, but together we can ease the weight of COVID-19 on all of us, because together we are stronger than the virus will ever be.



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It Takes A Team To Maintain Our Sense Of Community



Are you stressed out?

I sure am – COVID. Economy. New Senior Center East. Virtual-only classes. Having a high school senior. And it's January, so I should probably have that annual discussion about eating better and exercising.

Everyone reacts differently to stressful situations. I tend to internalize my stress.

Some would say that's just me bottling up my stress – and they would be right. In fact, I should call my doctor. I don't really need to lose weight – I just need to eliminate some stress (That's obviously why I look swollen).

When stressed you can experience increased heart rate, faster breathing and tensed muscles. I think that's why you're only capable of handling small amounts of stress. If you have too much stress, too often and for too long your body's immune system can be weakened, making you more prone to colds, flu and infection – or the COVID virus.

If that doesn't make you consider decreasing your stress, also factor in that a stress-inducing lifestyle can lead to high blood pressure, heart disease, diabetes, anxiety, depression and flatulence (OK, I made that part up).

It's New Year's resolution time, and people will no doubt set unrealistic and unattainable goals such as to "totally eliminate stress." That's not possible, but you can work toward eliminating unnecessary stress and helping you cope with unavoidable stress.

You can play an internal game of Sherlock Holmes and try to determine the root cause of your stress. Is it a person (spouse, brother, mother-in-law)? Is it a certain time of the day (when the coffee pot is empty)? Does stress cause you to make poor decisions (and you order 17 things from QVC)?

A good counselor will tell you that when you ask these questions and then look for patterns, you'll be able to identify what exactly triggers stress for you.

Last month, just when I needed a pick-me-up – a friend sent me a text to check on me. It was just a text, but it could have been a phone call or a note sent in the mail. It could have been a banner pulled behind a plane or a message on a blimp. Regardless, I knew that in that minute someone cared about me. I was no longer melancholy. Someone actually was interested if I was doing OK. I felt a smidge of stress leave me.

The months of isolation felt by many who live alone is concerning. What members have told us these past 10 months is that they miss and crave the social opportunities the BAS community has in abundance. The move to protect the health of members by suspending in-

person activities has come with a very real cost. Many of our members have been hit hard by the pandemic and are now lonely and frustrated by solitude and isolation.

BAS staff has seen it in the eyes and heard it in the voices by seniors picking up meals every-other week. For some, the quick hand-off of meals is the only interaction people have with another person. Even with a vaccine on the horizon, January, February and March will be especially challenging for many seniors. The time following the holidays is often difficult, as well, coupled with ongoing isolation and long, cold days that mark the beginning of each year.

As a part of the BA Senior Center, you are a part of something that's much bigger than yourself. *(Continued on page 6)*



"What members have told us these past 10 months is that they miss and crave the social opportunities the BAS community has in abundance."



You are part of a community, and our organization fosters this sense of community. We care for one another. This caring is overwhelmingly evident when the Center offers in-person activities. The halls are filled with laughter, singing, conversation, the aroma of a warm meal, the sight of a handshakes, hugs and smiles. We are an organization marked by relationships.

It takes a team to maintain this sense of community that is so evident at the Center. As a member of BAS, you are a part of that team. We've heard that from members, volunteers, corporate partners, funders and civic leaders. We are no longer just a structure with walls and a roof. We are much more than that.

Someone asked me recently to describe Broken Arrow Seniors. I said that it feels like a warm hug.

Coming from me – someone who doesn't really like touching people, let alone hugging strangers (or friends) – that's high praise and weirdly accurate. I think part of why I answered that way is because our members generally care about

(Continued on page 7)

"We've heard that from members, volunteers, corporate partners, funders and civic leaders. We are no longer just a structure with walls and a roof. We are much more than that."

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each other. That's what makes being apart difficult.

Lately, the most fun I have is answering the phone at the office. Seven out of every 10 phone calls is a telemarketer. But it counts as contact with someone else (barely, but it counts).

Scammers have told me about the theft of my Social Security number, credit card and banking information. I've even had the opportunity to send \$5,000 to an attorney who will unlock a will from a relative who left me untold riches or help me get an \$18,000 government grant if I only give up my banking account numbers. Today, someone tried to get me to join a gym over the phone. I offered to pay with two chickens and a pie each month. They hung up on me.

I think I'm just happy that someone is calling me. (Fraud and scam calls are not funny if you're the victim, and the calls are particularly awful this year – be vigilant and not a victim.)

That's what got me thinking about all the people I know and how some of them might not have anyone checking to see if they are doing OK. This COVID-related isolation has gone on for too long. Right now, I think the most important thing we can do is be vigilant about monitoring ourselves, our loved ones, friends and neighbors for depression.

I was looking into what advice I could latch on to and the two top suggestions are to enjoy some time outside (it's winter!) and to socialize more (the COVID will kill me!). So I broadened my search.

I learned about seasonal affective disorder – a form of depression that some people get during the winter months. In addition to the season, I think a huge emotional winter is coming – dark and cloudy days for many people who've been homebound. To help navigate potential depression – or, if you prefer, the winter blahs – you could consider some of the following stress relief strategies that can help.

Develop a regular structure to your day. Routines can reassure you - they can make the world feel more predictable and safer. Ask a friend or family member to help work through what's on your mind and plan ahead.

Stay active in and around your home. Clean out your closets. Organize the pantry. Come clean the windows at my house.

Eat, drink and sleep healthy. It's important to focus on key contributors to well-being during difficult times: exercising, eating right, maintaining a regular sleep

routine and getting fresh air every day, even if that just means opening the windows and letting in some sunlight. Take a walk outdoors. If your mobility is limited, look for simple stretching exercises. Explore our virtual yoga, tai chi or limited exercise classes.

The Signs And Symptoms Of Depression

According to the National Institute of Mental Health, if you or a loved one experience the following signs and symptoms for most of the day nearly every day for at least two weeks, you may be depressed:

- Persistent sad, anxious, or “empty” mood;
- Feelings of hopelessness or pessimism;
- Irritability;
- Feelings of guilt, worthlessness or helplessness;
- Loss of interest or pleasure in hobbies and activities;
- Decreased energy or fatigue;
- Moving or talking more slowly;
- Feeling restless or having trouble sitting still;
- Difficulty concentrating, remembering or making decisions;
- Difficulty sleeping, early-morning awakening or oversleeping;
- Appetite and/or weight changes;
- Thoughts of death or suicide or suicide attempts;
- Aches or pains, headaches, cramps, or digestive problems without a clear physical cause or that do not ease even with treatment.

Laugh. Humor is a wonderful coping mechanism in times of crisis. Go find your source for funny – movies, TV, friends. Look for opportunities to brighten your mood.

Connect with people in many different ways. Contact any groups that you are involved with and see what new ways they are connecting. You can do this while following all the advice on distancing or self-isolating at the same time. You don't have to appear to be strong or to try to struggle through things by yourself.

Develop new interests. Creative activities or reading are particularly beneficial. Make sure you and your loved ones have activities that they can engage in at home. For example, music, books, magazines, knitting. You can also do other things, such as looking through photo albums together. Join our online poker

(Continued on page 9)



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group, buy a guitar and be ready when guitar lessons resume. Practice the line dance classes by following our online videos. Or join one of our Zoom classes like Circle of

Readers.

Embrace technology. There are many events available live online, including concerts and religious services. Older people may not be comfortable using technology. If they aren't, show them how to stay in touch through Zoom, Facebook Live and video calls. Have your grandkids teach you how to take better selfies.

Keep contacts close. When was the last time you called your mom or your brother? Have you set up a Zoom call for all your friends from line dance class? Can you text a selfie to your best friend? And if you're headed to the grocery store, can you ask your neighbor if she needs any milk, eggs or toilet paper? If you're worried about loved ones who seem depressed, check in on them every day, either by phone or video call, especially if they're living alone. If they are in an assisted living facility

or nursing home, staff can assist with technology.

Most of us are experiencing some form of angst, isolation or grief, and it doesn't have to be the loss of a person. It can be the loss of your domino group, a crochet class or even daily face time with your friends.

The disruption to your daily routines may make you feel irritable, frustrated, unsettled, disoriented or sad.

Eureka! I'm not unpleasant. I just am experiencing a disruption in my daily routine. So if you see Ami, just tell her I'm doing fine.

You know what else makes me irritable? Asking me what's wrong!

I'M FINE!



Don't Be Afraid To Ask For Help

You may experience increased stress during this pandemic. Fear and anxiety can be overwhelming and cause strong emotions. Don't be afraid to ask for help. You may be feeling particularly low or you have lots on your mind. If so, call a friend, family member or support organization. There are resources available to you 24 hours a day, seven days a week, if you need someone to talk to during this difficult time.

Disaster Distress Helpline

800-985-5990

National Suicide Prevention Lifeline
1-800-273-TALK (8255)

National Domestic Violence Hotline
800-799-7233

National Child Abuse Hotline
800-4AChild (800-422-4453)

National Sexual Assault Hotline
800-656-HOPE (4673)
The Eldercare Locator

800-677-1116

Veteran's Crisis Line
800-273-TALK (8255)

If you use mental health services, continue to connect with your team. They might provide services in different ways during this time. But it is important that you continue your treatments and talk with them if you need extra support.

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. Go to YouTube.com and search "BA Senior Center." Click "FILTER" and "channel" under "type." Scroll down until you see the Center's YouTube channel. Watch for the new fitness class video additions and customization channel changes.

The following fitness classes are 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 Jewelée

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

Zumba Gold with Linda

<https://youtu.be/vxp6MLiuLaY>

Zumba Gold with Linn

<https://www.youtube.com/watch?v=uAOXFY3NFLw>

Zumba Gold (Chair) - <https://youtu.be/SrraWQqU8a0>

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
Limited Exercise

Line Dancing with Michelle

Tai Chi for Better Balance with Bernadette

Line Dancing with Eugenia

Tai Chi with Bob Perez

Tai Chi for Self-Defense with Hoan

Line Dance for Fitness with Jewelée

Calendar of Events

Monday, January 4

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, January 5

1 - 2 p.m. Redwood Heroes: The Women Who Defended the Giants

Redwood forests are one of the most ancient ecosystems on planet Earth. This program will explore these ancient giants, the science concepts of ecosystems and the history of their preservation, particularly the women who defended the redwoods from commercial logging.



history of their preservation, particularly the women who defended the redwoods from commercial logging.

Take an adventure to the towering redwoods to gain a perspective into the past and future! Email ami@base-niors.org for Zoom connection details and to register for this session.

Friday, January, 8

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, January 12

1 - 2 p.m. Live from the Lagoon at the Dolphin Research Center
Join in lagoon-side for an exciting and interactive session

Calendar of Events

all about dolphins. Become inspired by these magnificent marine mammals. Participants will be able to ask questions of the trainer during and after the session. Email ami@baseniors.org for Zoom connection details and to register for this session.

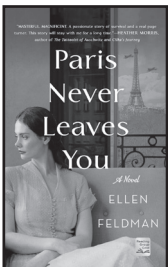
Thursday, January 14

1 - 2 p.m. Gerda III & “Number the Stars”
Learn the story of the Gerda III, a Danish lighthouse tender that played a critical role in carrying Jews to safety in Sweden during October 1943. Explore the similarities found in the popular young adult novel, “Number the Stars,” by Louis Lowry, and the story of the Gerda III. Experience survivor accounts, oral histories and behind-the-scenes footage on the vessel. This program is a partnership between The Museum of Jewish Heritage: A Living Memorial to the Holocaust; the Holocaust Center of Pittsburgh; and Mystic Seaport Museum. Email ami@baseniors.org for Zoom connection details and to register for this session.

Friday, January 15

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, January 18

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, January 19

11 a.m. - Noon Fall Prevention Presentation: Falling is NOT a Normal Part of Aging
Zoom presentation - More information on page 18.

Members play poker online each day with virtual money.

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

Email ami@baseniors.org for Zoom connection details and to register for this session.

1 - 2 p.m. Jefferson’s Monticello

Travel to Monticello, the home of Thomas Jefferson, the author of the Declaration of Independence and third



president of the United States. His home in Charlottesville, Virginia, is an architectural icon, with its neoclassical design drafted by Jefferson himself. During this tour, a Monticello expert will provide a unique view of life on the “little mountain,” Jefferson’s home, as well as answer questions. Email ami@baseniors.org for Zoom connection details and to register for this session.

Thursday, January 21

1 - 2 p.m. . . The Art and Architecture of Hearst Castle
Hearst Castle is located along the Pacific coast in central California. This architectural wonder was the home of the famous American newspaper magnate William Randolph Hearst from 1919 to 1947.



At one time, the landmark was christened

(Continued on page 12)

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Calendar of Events

La Cuesta Encantada or The Enchanted Hill by its famous resident. Today, it is both a California Historical Landmark and a National Historical Landmark. Hearst, a prolific collector of art and antiques, designed the construction of Hearst Castle to provide space to display his vast collection of artifacts. Explore the variety of historical architectural structures, all based on what Hearst himself had seen during his travels around Europe. Email ami@baseniors.org for Zoom connection details and to register for this session.

Friday, January 22

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, January 26


1 - 2 p.m. "Every Eye is Upon Me": First Ladies of the United States - National Portrait Gallery
During this virtual tour, the National Portrait Gallery in Washington, D.C., will explore its First Ladies exhibition, titled "Every Eye is Upon Me: First Ladies of the United States." The presentation will cover the time period from first lady Martha Washington to first lady Melania Trump. Learn about first ladies who came to the White House through marriage or as family friends or relatives who filled this important role. Through portraiture, learn about their personalities, experiences and accomplishments. Email ami@baseniors.org for Zoom connection details and to register for this session.

Please note:

In-person activities have been suspended until further notice. Center staff, however, is in the office working Monday through Friday to accept dues payments and to answer questions. The office will be closed Wednesday, Dec. 23 through Tuesday, Dec. 29, and Thursday, Dec. 31, through Friday, Jan 1.

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Discover Your Exercise Solution And Take Charge Of Your Life

As the days get shorter and the weather gets colder, it is easy to tell yourself that you'll exercise tomorrow. If you are looking for a little extra motivation or if you have to contend with pain and inflammation associated with arthritis, you might want to check out an effective tool from the Arthritis Foundation.

It's called Your Exercise Solution (YES). Enter that in any search engine, and it's easy enough to find. You can select your problem area: knee, hip or back, for instance, and your activity level (sloth to marathoner) and you'll have as many as 20 exercise regimens you can try. For example, if you select knee and moderate activity, tai chi will show up as an option for you to explore.

Tai chi's slow, graceful movements, which originated thousands of years ago as a martial art, can improve balance, reduce stress and offer arthritis pain relief. The study of tai chi primarily involves three aspects: health, which concentrates on relieving the physical effects of stress on the body and mind; meditation, which fosters focus and calmness; and martial arts, which promotes self-defense.

Practice is the key to tai chi. As you repeat the movements, you will learn to add all of the other aspects, such as correct breathing and concentration.

You should begin with short steps and add longer steps as your strength and balance improve. You can add

"Tai chi's slow, graceful movements, which originated thousands of years ago as a martial art, can improve balance, reduce stress and offer arthritis pain relief."

more movements as you learn them and increase the amount of time you practice in one day – then add more days of the week to practice tai chi.

The YES tool even offers modification in case you need to gradually adjust to the exercises. For example: Decreasing the depth of your squat in the stance will lessen the amount of stress on your knee; decreasing

your stride length will lessen the stress on your knee; when lunging forward in a stance, do not allow your knee to go past your toes; and turning on a fully weight-bearing, bent knee may cause a twisting strain. Shift your weight off of the leg before turning if you feel this strain.

With all these tools at your disposal, there is really no excuse for putting off exercising this winter. Take charge of your life!

Source: Arthritis Foundation.



Jan & Ken Collins

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An Ethical Will: Lessons For Your Loved Ones



By Brittany Littleton

You have a great deal to share with your loved ones, regardless of how much money you may have to leave to your heirs. Each of us accumulates a wealth of knowledge, experiences and values during our lifetime. An ethical will is a great way to pass on your unique wisdom and can be the most meaningful part of your estate plan.

What Is An Ethical Will?

An ethical will is not a legally binding document. It is simply a letter – or even a video – in which you communicate values, sentiments or life lessons that you would like to share with your loved ones.

What Might It Include?

Here are some ideas to help you think about what you might include as you draft your own ethical will.

- Expressions of love and gratitude;
- Beliefs and truths that have guided you;
- Life lessons learned during difficult circumstances;
- Apologies for times in your life when you feel you might have hurt others;
- Stories and traditions that you would like preserved for future generations;
- Explanation of why your property and money are divided up in a certain way;
- Blessings, hopes and dreams for your children and loved ones.

What It Probably Shouldn't Include

Skip the judgments and criticism and instead focus on leaving a sweet legacy of loving words for your family. Think about the impact you hope the document will have and how you want to be remembered when you are gone.

How To Write An Ethical Will

You do not need to be an accomplished author to write your ethical will. Focus on conveying heartfelt thoughts that you'd like to share as part of your legacy. It doesn't have to be written in one sitting – you can add to it and revise it over time or even write it in a journal format over the course of many years.

When And How Should It Be Shared?

Many people find that the process of drafting their ethical will helps them convey deep feelings or difficult-

to-express thoughts. If you find that your ethical will brings up things you'd like to discuss with your family, feel free to share it with them during your lifetime. It may draw you closer together. If you decide to share it with your family after you die, it should be kept with your legal papers and other estate planning documents. If you used an attorney to prepare an estate plan, ask the attorney to retain a copy.

I encourage you to commit to writing your ethical will. It will be a powerful process for you now and an inspiration and encouragement for your loved ones to cherish long after you're gone.

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.

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Circle Of Readers Making Plans For The New Year

The Circle of Readers group is already making plans for the new year with a list of books they are planning to read and discuss in addition to visits by two New York Times bestselling authors. Here's what the group has on tap:

Jan. 4: "Paris Never Leaves You," by Ellen Feldman • historical fiction;

Jan. 18: Discussion on books the group is reading;

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.

The Circle of Readers will engage in a reading challenge during the upcoming year. Members will be challenged to read a book from various categories. In December 2021, the group will compare notes to see who has completed the challenge.

"Prizes will be offered," noted Dorothy Minor, Circle of Readers leader. "The group's real prize is reading books we love and discussing them with others who share a passion for reading."

2021 Circle of Readers Book Challenge:

- A book translated from a foreign language;
- A book made into a movie;
- A classic;
- Historical fiction not set in WWII;
- A debut novel;
- A book by a female author;

- Fiction based on a true story;
- A book published between 2015 and 2020;
- A book of short stories;
- A book set in an intriguing city;
- An author you've never read;
- A book with a number in the title;
- Any book;
- A book you own but haven't read;
- A book recommended by a friend;
- A mystery;
- An audio book;
- A book published the year you were born;
- A book classified as young adult;
- The first book in a series;
- A book set in a favorite time period;
- A biography;
- A book you've always meant to read;
- A banned book;
- A Christmas novel.

Join the Circle of Readers during their upcoming meetings by emailing Minor at dorothyminor10@gmail.com. The group meets at 10 a.m. on Zoom.



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Amazon allows you to shop and donate to charities at no extra cost because Amazon makes the donation. Amazon donates .5% of the price of your eligible Amazon Smile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you are familiar with, offering the same products, same prices and same service.

We would love it if you chose to donate to the BA Senior Center when you shop on Amazon.com.

Here's how to donate to the Center when you shop:

- Log onto smile.amazon.com and click the "Get Started" box.
- On the left of the screen is a box where you choose your charity. Type in Broken Arrow Seniors Incorporated. Click search and click select.
- The next window provides a box that you'll click saying: "Yes, I understand that I must always start at smile.amazon.com to support the Broken Arrow Senior Center."
- Click "start shopping" and it's that easy to have your Amazon purchases benefit the Center!

You might be wondering why you need to start shopping from the separate login of smile.amazon.com. Here is Amazon's explanation:

"The AmazonSmile program offers customers the benefit of making a donation to your favorite charity. We're

able to provide this benefit to you when you choose to start your shopping at smile.amazon.com or with AmazonSmile turned on in the Amazon Shopping app on your mobile phone, in part because we expect AmazonSmile to grow primarily through word of mouth instead of paid advertising –




and this enables us to fund donations to our customers' favorite organizations."

Once you start shopping, you will notice that AmazonSmile looks just like regular Amazon except that Broken Arrow Seniors Incorporated is displayed on the top left corner of your screen as the organization you are supporting.

According to Amazon, the company has donated \$215 million to charities around the world. Imagine the benefit to the BA Seniors if every member shopped Amazon through Amazon Smile. Sign up today!

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Falling Is Not A Normal Part Of Aging

“Sure. I’ve almost fallen once or twice. I’m fine. It’s just a normal part of aging.”

Please note: Falling is not a normal part of aging.

What exactly is considered to be a fall? How do I know if I am at risk of falling? I’m afraid of falling so I sit more. Is this the best way to prevent future falls? What can I do to prevent falling? I’m concerned that my friend or family member may fall. What can I do to help them?

These and many other questions will be answered by Cathey Bowling, Summit Physical Therapy Clinic director, on Tuesday, Jan. 19, during a Zoom presentation being offered by the Center from 11 a.m. to noon. Contact Ami Bucher at the Center to register by calling 918-259-8377 or emailing ami@baseniors.org.

Health experts have urged people 65 and older to stay at home during the pandemic to protect their health. Staying at home, ironically, has also been a detriment to health. More often than not, it leads to being more sedentary. Why is that an issue? A sedentary lifestyle greatly increases the risk of a fall. In a study that examined people 65 and over, researchers discovered that those who had

a sedentary lifestyle were far more at risk of falling than others. In addition, over half of all falls happen at home.

Many people think “it won’t happen to me,” but the truth is, more than 1 out of 4 people 65 and older fall each year. In the United States, falls are the leading cause of accidental death and the seventh leading cause of death in people age 65 or over. Falls often cause injuries. Some injuries, such as a broken hip, can be serious and some injuries can even be fatal. Unfortunately once a person has fallen, they are more likely to fall again. This increases the likelihood of a serious, life-changing injury or illness as a result of the fall far more likely.

“Even if you have fallen or feel that you are at risk, there are action steps you can take today to lessen the likelihood,” said Bowling. “Most falls can be prevented, and you have the power to reduce your risk.”

During the presentation, she will discuss and answer questions regarding risk factors and how to prevent falls by making small changes to your living environment. Bowling also will talk about how to prevent falls by modifying your lifestyle. The

(Continued on page 19)



WHEN IS THE LAST TIME YOU HAD A BENEFICIARY CHECK-UP?

Just as we go to the doctor for a health check up, beneficiary check ups should be done, too! These check ups may reveal old employer accounts, IRAs or other assets that haven't been thought about.

Take the time to think about your wishes and your beneficiary designations. It's likely to be mutually beneficial to all involved.

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Not A Normal Part Of Aging (Continued from page 18)

impact of the pandemic on seniors' lives in terms of the risk of falling also will be discussed.

"In recent months, we have talked with a number of older adults who are not only fearful of the virus. As a result of inactivity, are now experiencing a fear of falling."

In addition to the Zoom presentation, Summit Physical Therapy is offering a complimentary fall screen evaluation in their office.

"Our fall screen evaluation will help determine if you are at risk of falling and provide steps, specific to you, to prevent a fall," said Bowling. "We want to help people prevent falls but also feel safe to come and be evaluated. Our office requires masks and social distancing and patient areas are disinfected after each appointment."

Please contact Ami Bucher at the Center for more

information about this complimentary screening.

Virtual Telehealth Appointments

In addition to discussing fall risk factors and prevention, Bowling will talk about how members can benefit from telehealth appointments using a smartphone, tablet or computer.

"Summit Physical Therapy has been able to meet with patients even if they haven't been able to come to our office," Bowling said. "Our office, like many health care providers, is adapting and meets with patients virtually. It's been very successful for patients."

Bowling will discuss the basics of how to take advantage of telehealth, whether it's with Summit Physical Therapy or other health providers.

Are You At Risk Of Falling?

- | | |
|--|---|
| 1. I have fallen in the past year.
Yes No | 9. I have some trouble stepping up onto a curb.
Yes No |
| 2. I use or have been advised to use a cane or walker to get around safely.
Yes No | 10. I often have to rush to the toilet, especially at night.
Yes No |
| 3. Sometimes I feel unsteady when I am walking.
Yes No | 11. I have lost some feeling in my feet.
Yes No |
| 4. I steady myself by holding onto furniture when walking at home.
Yes No | 12. I take medicine that sometimes makes me feel lightheaded or more tired than usual.
Yes No |
| 5. I worry about falling and have changed how I live my life as a result.
Yes No | 13. I take medicine to help me sleep or improve my mood.
Yes No |
| 6. I need to push with my hands to stand up from a chair.
Yes No | 14. It's been more than a year since I've had my vision checked.
Yes No |
| 7. I avoid picking things up on the floor.
Yes No | 15. I often feel sad or depressed.
Yes No |
| 8. Turning while walking makes me unsteady.
Yes No | |

If you answered "yes" to four or more questions, you may be at risk for falling.



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