



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

Office Coordinator

Bonnie Stout

A New Day Is Dawning: BA Seniors Break Ground on Senior Center East



Officials from the city of Broken Arrow, together with Broken Arrow Seniors, Inc., broke ground April 13 on the new Senior Center East, located at 1811 S. Main St.

“Broken Arrow has long been a community that supports senior citizens and diverse recreation programs,” City Manager Michael Spurgeon said. “This new facility will provide much-needed room for expansion in both programming and office space as the membership continues to grow.”

The two-part municipal project consists of a new one-story building, as well as parking and much-needed storm water improvements.

The 12,400-square-foot building

will include two multipurpose rooms, multiple meeting rooms and an exercise room. Paid for by voter-approved 2018 general obligation bonds, the project is expected to be completed by next summer.

“With

this second building, we will be able to expand our program offerings from 75 activities a week to more than 125,” according to BA Seniors President and Chief Executive Officer Sean Simpson. “We will grow from 20,000 square feet to 32,000 square feet.”

“We certainly celebrate the much-needed additional space. However, BA Seniors is not a just building,” Simpson stressed. “BA Seniors (Continued on page 3)

A Closer Look



By Sean Simpson
Broken Arrow Senior Center
President/CEO



Today, the diverse and energetic community fostered by BA Seniors is growing and thriving, and the organization faces a unique challenge in managing the number of members who need access to services. As a result of both our success and the booming growth in the city of Broken Arrow, the Center now must innovate and change once more to construct a new facility and programming that is worthy of those who have devoted their lives to making Broken Arrow one of Oklahoma’s greatest places to live, work and play.

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

"We treat our
customers like family!"

FREE contactless delivery

CareFirst Pharmacy

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

918-994-1400

Contact Us



CareFirst PHARMACY



A New Day Is Dawning (Continued from page 1)



“Accolades go out to the city of Broken Arrow,” City Councilor Johnnie Parks said. “I’ve been on the City Council for many years. We’ve always supported our young people, our kids, youth organizations. I consider us a young town, still ... but we’ve also spent a lot of money and effort with our seniors.”

is so much more than bricks, walls and windows. It is community. And community is what the senior center is all about.”

The 201-space parking lot will provide a dual-purpose amenity by tying into the trail at the Arrowhead Park Softball Complex to the east and serving as overflow parking for the park on evenings and weekends. The project will also include storm sewer improvements around Arrowhead Park.

“The Senior Center’s mission is to be “the model in the region for promoting healthy, social, emotional and physical engagements for adults 55 and older through programmed activities and social opportunities,” said City Councilor Johnnie Parks, chairman of the board for Broken Arrow Seniors.

He added, “We as a board continue to get feedback for programs that will continue to nurture growth and enjoyment for our membership from Broken Arrow and the surrounding areas.”

“We’ve found and we see that if older adults can meet and have social activities, they stay healthier, they enjoy life more, they are excited about getting up in the mornings to come to the senior events,” said Parks. “I’m



“Community allows us to support one another through life’s struggles – struggles like food insecurity. The past 10 months, we’ve provided 27,000 meals for BA seniors. That’s not even our primary mission but one of our community needs,” said BA Senior Center Executive Director Sean Simpson.

really excited for them. It’s our city’s effort to push that forward.”

Bravo Builders LLC, will construct the new facility and improvements at a cost of approximately \$3.6 million. The facility is expected to open by the summer of 2022.

“Any time that you’re going to build a facility that’s going to benefit the community, it’s a great day,” Broken Arrow City Manager Michael Spurgeon said. “When you have the opportunity to expand the program and services offered to the seniors within Broken Arrow and the surrounding area, it’s a great day.”

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 6/30/2021 *

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



Redeem this coupon at our Broken Arrow location for a

FREE
QUARTER POUND
HOMEMADE FUDGE!



02021-02

Come visit us at
61st & Elm,
Broken Arrow



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



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

Exercise Can Help Manage Chronic Health Conditions

If you have a chronic disease – such as heart disease, diabetes, asthma or back or joint pain – exercise can have important health benefits. However, it's important to talk to your doctor before starting an exercise routine. He or she might have advice on what exercises are safe and any precautions you might need to take while exercising.

Here are some of the things you need to know about exercise and chronic disease.

- **Heart disease.** Regular exercise can help improve your heart health. Recent studies have shown that interval training is often tolerated well in people with heart disease, and it can produce significant benefits.

- For people with **high blood pressure**, exercise can lower your risk

of dying of heart disease and lower the risk of heart disease progressing.

- **Diabetes.** Regular exercise can help insulin more effectively lower your blood sugar level. Physical activity can also help you control your weight and boost your energy. If you have type 2 diabetes, exercise can lower your risk of dying of heart disease.

- **Asthma.** Exercise often can help control the frequency and severity of asthma attacks.

- **Back pain.** Regular low-impact aerobic activities can increase strength and endurance in your back and improve muscle function. Abdominal and back muscle exercises – core-strengthening exercises – may help reduce symptoms by strengthen-

ing the muscles around your spine.

- **Arthritis.** Exercise can reduce pain, maintain muscle strength in joints and reduce joint stiffness. It can also improve physical function and quality of life for people who have arthritis.

- **Cancer.** Exercise can improve the quality of life for people who've had cancer, and it can also improve their fitness. Exercise can also lower the risk of dying from breast, colorectal and prostate cancer.

- **Dementia.** Exercise can improve cognition in people with dementia, and people who are active on a regular basis are at less risk of dementia and cognitive impairment.

Source: Courtesy of the Mayo Clinic.

FEMA Will Ease Pain Of COVID-related Funeral Expenses

The COVID-19 pandemic has brought overwhelming grief to many families. The Federal Emergency Management Agency is hoping to help ease some of the financial stress and burden caused by the virus.

Under the Coronavirus Response and Relief Supplemental Appropriations Act of 2021 and the American Rescue Plan Act of 2021, FEMA is providing financial assistance for COVID-19-related funeral expenses incurred after Jan. 20, 2020.

Families that lost loved ones to COVID-19 can now get help with funeral expenses. The agency recently launched a hotline to apply for up to \$9,000 in assistance per burial. The number to call is 844-684-6333.

Some \$2 billion was allocated as part of the \$900 billion relief deal Congress approved in December, while the Democrats' \$1.9 trillion package supported it by providing the agency with an additional \$50 billion to use for

coronavirus-related costs.

To be eligible for funeral assistance, you must meet these conditions: The death must have occurred in the United States, including the U.S. territories and the District of Columbia; the death certificate must indicate the death was attributed to COVID-19; the applicant must be a U.S. citizen, noncitizen national or qualified alien who incurred funeral expenses after Jan. 20, 2020.

Call the dedicated toll-free phone number to get a COVID-19 funeral assistance application completed with help from FEMA's representatives. Multilingual services are available. No online applications will be accepted.

It should take about 20 minutes to apply over the phone. Calls will not be rushed through because FEMA intends to make sure all applicants get their questions answered and receive the help they need to apply.

Regular Exercise Is Essential For A Healthy Lifestyle

Navigating out of the pandemic and taking charge of your health is a hot topic right now. Every day there seems to be a new study demonstrating how regular exercise is especially important for older adults – and more and more older adults are opting for an active lifestyle instead of a sedentary one. However, as we age, our needs as well as our benefits and limitations have to be considered. And as your requirements change, so too does your personal game plan.

Our biology changes as we get older, causing seniors to have different reasons for staying in shape than younger generations, according to the National Council on Aging. Physicians and researchers say seniors should remain as active as possible without overdoing it. Exercise helps older adults live a longer, healthier and more joyous life.



“If you have lower back pain, you might choose low-impact aerobic activities, such as walking and swimming.”

If you have a chronic health condition, regular exercise can help you manage symptoms and improve your health. BA Seniors can help you create the pathway to help you re-engage after a year of pandemic living with reduced activity.

Aerobic exercise can aid you in improving your heart health and endurance and in

weight loss. BAS has many classes from which to choose, including line dancing, as well as access to the equipment

in our fitness center.

Strength training can improve muscle strength and endurance, make it easier to do daily activities, slow disease-related declines in muscle strength and provide stability to joints. Flexibility exercises may help you with optimal range of motion in your joints so they can function best, and stability exercises may help reduce the risk of falls. The new Strength & Tone class fills all of these needs.

If you have lower back pain, you might choose low-impact aerobic activities, such as walking and swimming. These types of activities won't strain or jolt your back. Our Limited Exercise class, as well as yoga and tai chi classes, are great for lower back issues. The elliptical and recumbent bike in the fitness center can also address lower back issues.



If you have arthritis, the exercises that are best for you will depend on the type of arthritis and which joints are involved. Work with your doctor or a physical therapist to create an exercise plan that will give you the most benefit with the least aggravation to your joints. Tai chi, Limited Exercise and yoga are beneficial in reducing joint inflammation.

Exercise improves balance for older adults. Falling down is a much bigger deal for older adults than for younger ones. Every 11 seconds, an older adult is admitted to an emergency room for a fall-related injury, and, every 19 minutes, a senior dies (Continued on page 7)

BAS CEO Is A COVID Champion

Congratulations to Sean Simpson, president and chief executive officer of Broken Arrow Seniors, for being named a 2021 Health Care Hero by The Journal Record.

Simpson will be recognized as a COVID Champion, which honors individuals whose performance over the past year during the pandemic has exemplified their caring service and commitment to the health care field. Awards will be presented at the second annual Health Care Heroes virtual award program at 4 p.m. May 21.

“This recognition is tremendous validation for the difficult decisions my team and the BAS board made to protect our members during the pandemic,” Simpson said. “We relied on an ever-evolving combination of factors, intuition, scientific data and government recommendations to guide the decisions to prioritize the health and safety of our members, their families and the community

as a whole.”

Unfortunately, opinions about the pandemic and its related risks have been heavily politicized, playing a significant role in the way information is shared and interpreted.

“We understand that the constant change creates anxiety due to the uncertainty of things – especially when it alters how we live, work and play,” Simpson added. “BAS stayed vigilant, paying heed to the science while listening to health care experts.”

There is still a long way to go, according to Johnnie Parks, BAS board chair: “The pandemic has upset many of the daily routines that keep us grounded and comfortable. It creates a lot of change – and people don’t necessarily like change. We are continuing to open BAS and will add programs every month until we are fully open once more.”



Regular Exercise *(Continued from page 6)*

from a fall, according to the National Council on Aging. No two falls are alike, and preventing falls is complex. Regular exercise reduces the likelihood of falling by 23%. Our Tai Chi for Better Balance class addresses these issues.

Are you looking for one exercise that improves muscle strength, mobility, balance and flexibility, all of which are crucial to the health of seniors? Consider chair yoga, an exercise that provides less stress on muscles, joints and bones than more conventional forms of yoga. Chair yoga has been shown to improve mental health in older adults. Regular participants have better quality sleep, lower instances of depression and report a general sense of well-being.

One of the most remarkable developments in health science is the revelation that the mind and the

body are closely linked. Seniors who exercise on a regular basis have improved cognitive health. A study from the Alzheimer’s Research & Prevention Foundation notes that regular exercise has been shown to reduce your risk of developing Alzheimer’s disease or dementia by nearly 50%.

Starting a regular exercise routine can be tough. We are here to help you create your pathway to success. To assist you in sticking with your routine, consider exercising with a friend. You might also ask your doctor to recom-



mend an exercise program from our monthly activity listing.

To stay motivated, choose activities that are fun, set realistic goals and celebrate your progress.



Mary Maslanka and many others enjoyed returning to Limited Exercise at 10:30 a.m. Tuesday and Thursday. Come join us for exercise and fellowship.



Art Fabrizius returned to BA Seniors in April to participate in the new Strengthen & Tone class held on Tuesday and Thursday at 8:15 a.m. "Good to see you Art!"



Line Dancing with Michelle meets at 1 p.m. on Tuesday and Thursday. Come join us. Learn a few moves and make new friends.

AROUND THE CENTER

THE LINDEN AT STONEHAVEN SQUARE



Expect exceptional living.

As a resident at The Linden at Stonehaven Square, you won't need to worry about things like housekeeping, yard work, or transportation. You can focus on what's really important: you. Rediscover a past hobby or uncover a new passion in a comfortable yet active environment tailored to you. It's five-star fun, with five-star service.

Discover exceptional living. Call now.

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

 A LEISURE CARE COMMUNITY
A Whole Lotta Heart



A beautiful spring day set the perfect stage for the nutrition program to move temporarily to the Family Aquatic Center on Main Street. Food was distributed there for just one day because of construction work on the new Senior Center East Annex in the Center's parking lot.



It's always a wonderful day to attend programs at BA Seniors. The first class of the Center's all new Strengthen & Tone class was well attended! Come join us on Tuesday and Thursday at 8:15 a.m.

AROUND THE CENTER

Members are losing the COVID blues and getting back in shape at the Center's Strengthen & Tone class, held Tuesday and Thursday morning at 8:15 a.m.



A Place Called Home.
 Unique Location • Nurturing Staff • Locally Owned

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

Changing jobs or retiring?

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

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

State Farm™

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

Calendar of Events

Welcome back, members! Here is what you can expect when returning to the Center:

- Please be sure you have renewed your membership. Renew online at baseniors.org, call the office to pay your dues or call to set an appointment to stop by and renew your membership.
- The Center is following CDC guidelines*, which include social distancing and wearing masks properly, entering and exiting and throughout all activities.
- The west (back) door will be unlocked 15 minutes before an activity begins to enter the building.
- Class size is limited. Be on time.
- The Fitness Room is available by appointment only at the times noted on the schedule. Please call the office to make an appointment.
- Fitness class offerings will continue to be available on the Center's Facebook page and YouTube channel.
- "Until more is known, fully vaccinated people should continue to wear masks and stay 6 feet apart from other people in other settings, like when they are in public or visiting with unvaccinated people from multiple households." *Source: CDC.gov*

Monday, May 3

9:15 - 10:15 a.m. Yin Yoga
 9:15 - 10:15 a.m. Fitness room, by appointment
 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.
 10:30 - 11:30 a.m. Fitness room, by appointment
 10:30 a.m. - noon. Line Dancing with Eugenia
 12:15 - 1:15 p.m. **NEW** Tai Chi for Balance with Vanessa
 12:15 - 1:15 p.m. Fitness room, by appointment

Tuesday, May 4

8:15 - 9 a.m. Strengthen & Tone
 9:15 - 10:15 a.m. Soft Yoga
 9:15 - 10:15 a.m. Fitness room, by appointment
 10:30 - 11:30 a.m. Limited Exercise
 10:30 - 11:30 a.m. Fitness room, by appointment
 11:45 a.m. - 12:45 p.m. Tai Chi for Better Balance
 11:45 a.m. - 12:45 p.m. Fitness room, by appointment
 1 - 2 p.m. Line Dancing with Michelle
 1 - 2 p.m. Fitness room, by appointment
 1 - 3:30 p.m. **NEW** Painting

Wednesday, May 5

9:15 - 10:15 a.m. Chair Yoga
 9:15 - 10:15 a.m. Fitness room, by appointment
 9:15 a.m. - noon Bags to Mats

Thursday, May 6

8:15 - 9 a.m. Strengthen & Tone
 9:15 - 10:15 a.m. Power Yoga
 9:15 - 10:15 a.m. Fitness room, by appointment
 10:30 - 11:30 a.m. Limited Exercise
 10:30 - 11:30 a.m. Fitness room, by appointment
 12:30 - 1:30 p.m. Fitness room, by appointment
 12:30 - 2 p.m. Crochet
 1 - 2 p.m. Line Dancing with Michelle

Friday, May 7 (Center is closed)

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

Calendar of Events

Monday, May 10

9:15 - 10:15 a.m. Yin Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 a.m. to noon Line Dancing with Eugenia
10:30 a.m. to noon Fitness room, by appointment
12:15 - 1:15 p.m. **NEW** Tai Chi for Balance with Vanessa
12:15 - 1:15 p.m. Fitness room, by appointment

Tuesday, May 11

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Soft Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise
10:30 - 11:30 a.m. Fitness room, by appointment
11:45 a.m. - 12:45 p.m. Tai Chi for Better Balance
11:45 a.m. - 12:45 p.m. Fitness room, by appointment
1 - 2 p.m. Line Dancing with Michelle
1 - 2 p.m. Fitness room, by appointment
1 - 3:30 p.m. **NEW** Painting

Wednesday, May 12

9:15 - 10:15 a.m. Chair Yoga
9:15 a.m. - noon Bags to Mats
9:15 - 10:15 a.m. Fitness room, by appointment

Thursday, May 13

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Power Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise
10:30 - 11:30 a.m. Fitness room, by appointment
12:30 - 1:30 p.m. Fitness room, by appointment
12:30 - 2 p.m. Crochet
1 - 2 p.m. Line Dancing with Michelle

Friday, May 14 (Center is closed)

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.

Members play poker online each day with virtual money.

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

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

Monday, May 17

9:15 - 10:15 a.m. Yin Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
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.
10:30 - 11:30 a.m. Fitness room, by appointment
10:30 a.m. to noon Line Dancing with Eugenia
12:15 - 1:15 p.m. **NEW** Tai Chi for Balance with Vanessa
12:15 - 1:15 p.m. Fitness room, by appointment

Tuesday, May 18

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Soft Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise
10:30 - 11:30 a.m. Fitness room, by appointment
11:45 a.m. - 12:45 p.m. Tai Chi for Better Balance
11:45 a.m. - 12:45 p.m. Fitness room, by appointment
1 - 2 p.m. Line Dancing with Michelle
1 - 2 p.m. Fitness Room by appointment
1 - 3:30 p.m. **NEW** Painting

(Continued on page 12)

Should your portfolio match the market?



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

Edward Jones®
MAKING SENSE OF INVESTING
edwardjones.com

Calendar of Events (Continued from page 11)

Wednesday, May 19

9:15 - 10:15 a.m. Chair Yoga
9:15 a.m. - noon Bags to Mats
9:15 - 10:15 a.m. Fitness room, by appointment

Thursday, May 20

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Power Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise
10:30 - 11:30 a.m. Fitness room, by appointment
12:30 - 1:30 p.m. Fitness room, by appointment
12:30 - 2 p.m. Crochet
1 - 2 p.m. Line Dancing with Michelle

Friday, May 21 (Center is closed)

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.

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

Monday, May 24

9:15 - 10:15 a.m. Yin Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Fitness room, by appointment
10:30 a.m. - noon Line Dancing with Eugenia
12:15 - 1:15 p.m. **NEW** Tai Chi for Balance with Vanessa
12:15 - 1:15 p.m. Fitness room, by appointment

Tuesday, May 25

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Soft Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise

10:30 - 11:30 a.m. Fitness room, by appointment
11:45 a.m. - 12:45 p.m. Tai Chi for Better Balance
11:45 a.m. - 12:45 p.m. Fitness room, by appointment
1 - 2 p.m. Line Dancing with Michelle
1 - 2 p.m. Fitness Room by appointment
1 - 3:30 p.m. **NEW** Painting

Wednesday, May 26

9:15 - 10:15 a.m. Chair Yoga
9:15 a.m. - noon Bags to Mats
9:15 - 10:15 a.m. Fitness room, by appointment

Thursday, May 27

8:15 - 9 a.m. Strengthen & Tone
9:15 - 10:15 a.m. Power Yoga
9:15 - 10:15 a.m. Fitness room, by appointment
10:30 - 11:30 a.m. Limited Exercise
10:30 - 11:30 a.m. Fitness room, by appointment
12:30 - 1:30 p.m. Fitness room, by appointment
12:30 - 2 p.m. Crochet
1 - 2 p.m. Line Dancing with Michelle

Friday, May 28 (Center is closed)

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.

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

Monday, May 31
Memorial Day
(Center is closed)



AROUND THE CENTER



Kayleen Davis and Michael and Janice Clow fold, cut and tie plastic bags that will be woven and made into mats during the Center's Bags to Mats activity. Mats are provided to local agencies that assist the homeless. Bags to Mats could use a few more hands to fold, cut, tie and weave. Join Bags to Mats and enjoy meeting new people and helping those in need!



Peggy Day arrives at the Center to volunteer. We appreciate our volunteers!



Sandra Heard and Christine Ernest enjoy catching up as they work on a loom weaving plastic bag "yarn" into a mat during Bags to Mats, held on Wednesdays from 9:15 a.m. to noon. Mats are delivered to agencies that assist the homeless in the area. No experience or skills are needed to enjoy this activity with others, plus you will be helping those in need!

Should your portfolio match the market?



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

Edward Jones®
MAKING SENSE OF INVESTING
edwardjones.com



Celebrate the Love
with a gift
of health & wellness



Ken & Jan Collins

YOUNG LIVING™
ESSENTIAL OILS
Independent Distributor

(918) 694-7232

blessed2binhealth@gmail.com



JADE

Antique & Vintage
Boutiques

Jadevintagetreasures.com

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



JADE ON MAIN
1639 S Main
Broken Arrow
918-872-7931

Our treasures will follow you home



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

Sharing Their Enthusiasm For Reading

The Circle of Readers book club has thrived during the pandemic while meeting on Zoom.

Each gathering is marked by lively discussions regarding books members are reading as a group and individually.

“Circle of Readers is such a diverse group, with varied backgrounds and interests,” said Marcia Moore. “We really enjoy sharing our love of reading, but we also consider the viewpoint of each individual in the group. We each have a different perspective on life. It has been a delight to discover and read books suggested by others.”

Members of Circle of Readers also meet with nationally recognized writers. Karen Abbott, author of “Liar, Temptress, Soldier, Spy: Four Women Undercover in the Civil War,” is both a historian and New York Times bestselling author. She will join Circle of Readers in May. Yangsze Choo also is a New York Times bestselling novelist, and a Netflix original series is based on one of her books. She will meet with the group in June to discuss her book “The Night Tiger.”

“It’s surprising and refreshing to discover that these authors are such down-to-earth people,” Moore added.

“No matter the book or author, I look forward to talking with each one.”

Here are the books and topics Circle of Readers has planned for the months ahead:

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

May 17: Discussion on books we are reading.

June 7: “The Night Tiger,” by Yangsze Choo • fiction/author visit

June 21: Discussion on books we are reading.

July 5: “When Time Stopped: A Memoir of My Father’s War and What Remains,” by Ariana Neumann • nonfiction.

Join the Circle of Readers by emailing Dorothy Minor at dorothyminor10@gmail.com. The group meets twice each month at 10 a.m. on Zoom.

Check It Out: Center’s Painting Class Is Back On The Schedule

The Center’s painting class will be returning in May. If you have always wanted to learn how to paint or if you’ve dabbled in art before, you may want to check out this class, which will be held Tuesdays from 1 p.m. to 3:30 p.m. in Heritage.

Barbara Gillock, a local talented artist, teaches the Center’s painting class and covers basic art theory as well.

“If you’ve never painted before, come and observe the class and discover if painting is an art you would like to pursue,” said Barbara. “If you currently paint or enjoyed the art in the past, bring your supplies and an inspirational piece.”

LEAVE A LEGACY AND A PATH TO A DESTINATION OF HOPE!

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

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

Contact our Legacy Giving Team today to learn more about our complimentary legacy services. Call our 918-491-0079 today!



Harmon Insurance

www.harmonins.com • 918-251-2511

WEB MOBILE SOCIAL MEDIA



There's so much to
LOVE
 about Broken Arrow's
BEST SENIOR COMMUNITY!

Discover the vibrant lifestyle,
 heartfelt care, & peace of mind
 that Green Country families
 trust and embrace for their
 loved ones.



ASSISTED LIVING AND MEMORY CARE
In collaboration with St. John Broken Arrow

(918) 249-8000

PrairieHouseSeniorLiving.com

**2450 NORTH STONE RIDGE DRIVE
 BROKEN ARROW, OK 74012**

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



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

Humana

ABC Medicare.Help



Cindy Sansone

Licensed Agent
 5800 E Skelly Dr Ste 560
 Tulsa, OK 74135
(918) 906-3535

cindy.ssansone@farmersagency.com

Medicare Made Simple

LPL Financial



Call to arrange
 a meeting
 on ZOOM

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

Jeremy E. Moore
 Financial Consultant

jeremy.moore@lpl.com

Member FINRA/SIPC



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

Orthopedics Outpatient Physical Therapy
 Manual Therapy Vestibular & Balance Rehab
 Pre/Post-Surgical Total Joint Replacement Rehab
COMPLIMENTARY INJURY AND FALL SCREENS AVAILABLE!

A Mother's Day Reminder: Your Mom Might Need Help Getting Organized



By **Brittany Littleton**

Mother's Day is a wonderful opportunity to reflect on how much we appreciate all the acts of love the mothers in our lives have shared with us. When we are young, our moms make countless sacrifices to care for our day-to-day needs. Even after we are grown and living the

lives we created, our moms continue to guide us, support us and worry about us. But as our mothers age, we begin to have more opportunities to return that favor.

As you spend quality time with your mother – or any person you love like a mother – consider offering to help her get her personal files and paperwork in order. Getting organized is an important step in developing a sound plan to deal with whatever the future holds.

The plan should include implementing what we call the “emergency decision documents” – durable power of attorney for day-to-day financial affairs, a health care power of attorney for medical decisions and an advanced health care directive for end-of-life decisions. It also makes sense to talk about a plan for managing the

expense of long-term nursing care, because thinking through this before it is an issue will give your parent so many more options. And of course, everyone needs to have a last will and testament or a revocable living trust clarifying what happens to their assets upon their death.

It is loving to let your aging parents know that you want to make sure they have peace of mind if their health and capacity decline; good planning can eliminate the

need for courts to get involved through adult guardianships and probates, and thoughtful communication can help keep family relationships intact. But be sensitive in asking your mother what plans she has for herself and what role she foresees you having in it – and then respecting her right to choose privacy or to make choices

that may be different than your preference.

If your aging parent is open to your assistance, here's a list of items that you can help her organize.

Health care info

List of health care providers • Prescription medicine • Over-the-counter medicine • Preferences for care if daily living assistance is needed.

Income information

Social Security • Pension/retirement income • Wages or salary • Mineral interest royalties • Any other passive income.

Bills

Utilities • Credit cards • Mortgage or rent • Car payments • Lease agreements • Insurance payments • Any miscellaneous loans.

(Continued on page 17)

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

A Mother's Day Reminder *(Continued from page 16)*

Insurance information

Health insurance, including Medicare • Long-term care policies • Life insurance • Auto insurance • Homeowner's insurance.

Financial information

Checking accounts • Savings accounts • Certificates of deposit • Brokerage accounts • Retirement accounts.

Other assets

Deeds for real estate • Car titles and registration information • Stocks and bonds with physical certificates • Ownership in a closely-held LLC or corporation • Promissory notes (if people owe her money) • Precious metals, coins or other collectables • Digital assets (bitcoin, blogs, webpages, etc.).

Estate planning documents – you should review these to make sure they reflect current law and wishes

Durable financial power of attorney • Health care power of attorney • Advanced health care directive • HIPAA authorization • Last will and testament • Revocable living trust • Medicaid asset protection trust • Other irrevocable trusts.

Other personal documents

Recent tax returns • Social security cards • Birth certificates • Death certificates • Marriage licenses • Naturalization papers • Login information for social media and other digital accounts.

The best way to show your mom

that you're grateful for her is to be there when she needs you. Helping her get organized is a fantastic first step in what can be a wonderful and lasting gift to her.

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

A Signature Partner with BA Seniors, Littleton will write a column each month. If you have a question that you would like answered or a topic you would like to see covered, send your thoughts to Sean Simpson at sean@baseniors.org.

H Honesty
O Openmindedness
W Willingness

Joe Earles
Thrift Store Manager
Donation / Pick-up



Help The Alcoholic Help Himself
H.O.W. Recovery Center of Oklahoma

HOW Thrift Stores
(918) 455-8223

2325 E. 71st Street
Tulsa OK 74136

2216 So. Aspen
Broken Arrow, OK 74012


Do you need Medicare help?



Barbara Vass
918-388-7691
Barbara9183887691@gmail.com
Licensed Independent Agent

Medicare & Retirement Income Expert

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



Medicare Accepted • Referral Not Required

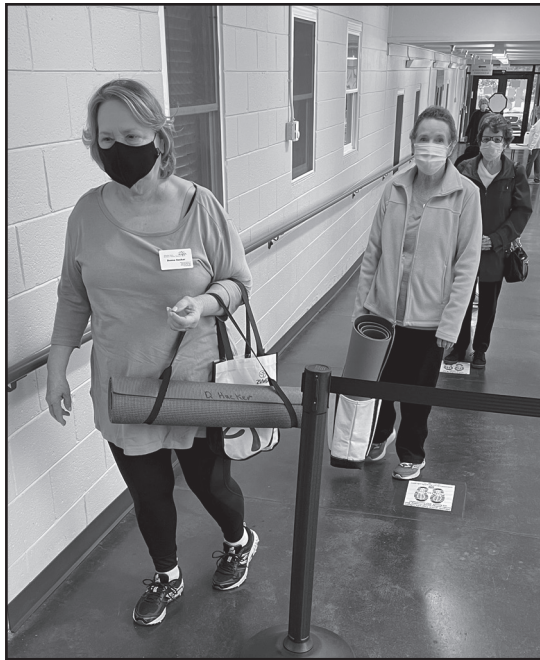
918-251-7199
hylandpt.com



HYLAND
Physical Therapy & Wellness

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

Members were all smiles under those masks as they returned to the Center for a variety of in-person activities. "We are so excited to be back at the Center!"



AROUND THE CENTER

The Fitness Room is now open! Call the office to set a time to work out. See the schedule for available appointment times.



Joe Mace takes advantage of the yoga classes at the Center, held Monday through Thursday at 9:15 a.m.



FLORAL HAVEN
Funeral Home and Cemetery

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

www.floralhaven.com
(918) 252-2518

**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



Marshall K. Dyer, Attorney

32 Years in Broken Arrow

- Will and Trusts
- Criminal
- Real Estate
- Family & Domestic
- Estate Planning & Probate

Free Initial Consultation

www.okla-law.info

(918) 258-2711

Major Credit Cards Accepted

Proudly assisting Senior Center members for more than 5 Years



SENIOR CARE ONLY BETTER

Senior Helpers offers personalized in-home care solutions that truly set us apart, like our Senior Gems® program. We focus on what your loved one can do instead of what they cannot do.

Take a step in a positive direction by contacting us today.



Care and comfort at a moment's notice.

918.574.2273 | seniorhelpers.com/tulsa

All rights reserved. Senior Helpers locations are independently owned and operated. ©2018 SH Franchising, LLC.



Hayhurst

FUNERAL HOME



(918) 258-9623 | www.hayhurstfuneralhome.com

For over 31 years Hayhurst Funeral Home has stood by our motto

"A helping hand in a time of need"

Families have come to call on Hayhurst Funeral Home for their professional, caring and compassionate manner in handling every detail.



1800 South Main St.
Broken Arrow, OK

LIVE UNITED



Tulsa Area United Way
Partner Agency

Board of Directors

Chair Johnnie Parks
Treasurer/Chair-elect Yvette Martinez
Secretary/Chair-elect Designate . . Alison Verret
Immediate Past Chair Lisa Ford

Directors

Makala Barton	Laura Voss-Phillips
Kimberly Crenshaw	Jackie Pizarro
Melissa Cruts	Phil Scott
Brittany Littleton	Walter Still
Michayne Morris	Steve Yoder

Return service requested

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

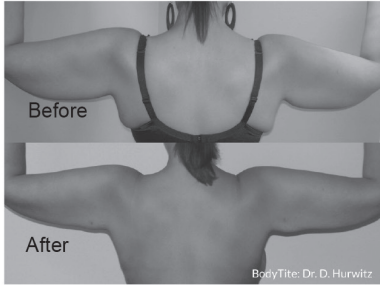
One Procedure.

Significant, Long-Lasting Results.



FACEtite
by INMODE

BODYtite
by INMODE



Safe, gentle, effective minimally invasive procedures for the face & neck and body contouring



Dr. Lee Bottem
LASER & SKIN CLINIC/ FACIAL PLASTICS

Functional & Cosmetic Surgery

4700 W. URBANA ST - BROKEN ARROW, OK
CALL US FOR AN APPOINTMENT TODAY! 918.290.2300

FACEtite
by INMODE

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

BODYtite
by INMODE

A great solution for individuals who are looking to reduce fat without the saggy wrinkly skin.