



**BROKEN  
ARROW  
SENIORS**

# SilverNotes

The Official Newsletter of Broken Arrow Seniors, Inc.

March 2023 • Vol. 33, No. 3

## Broken Arrow Senior Center

West Building  
1800 S. Main St. and  
East Building  
1811 S Main St.  
Broken Arrow, Okla. 74012  
918-259-8377

[www.baseniors.org](http://www.baseniors.org)

 @BrokenArrowSeniors

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

**Annual Membership**  
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**Non-Residents - \$40**

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Member Services Manager  
**Ami Bucher**

Volunteer and Special  
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# Activity Update

Engage and Stay Active!

## March Programming Notes

### Guitar Lessons – Beginner & Basic Knowledge Players

Would like to learn how to play the guitar? Do you know the basics but would like to hone your musical guitar skills? The Beginning Guitar Lessons group held on Tuesdays has garnered more interest in the last months and is adding a class time to accommodate the various skill levels.

Beginning Guitar Lessons will be held on Tuesdays from 9 a.m. to 10 a.m. for those who want to start to learn to play the guitar.

Guitar Lessons will be held on Tuesdays from 10 a.m. to 11 a.m. for those who know how to play the five basic chords, C-A-G-E and D, and have a basic knowledge of tablature.

You might not be the next Jimi Hendrix, but learning how to play the guitar can be quite rewarding. Learning something new at an older age comes with a major sense of accomplishment that can inspire all generations.



You will also likely experience a strong sense of community. Music has a way of bringing people together. Those who play instruments and

those who simply enjoy listening often come together to create a beautiful community of people.

Many find that learning to play the guitar can greatly improve stress levels. There is something about picking at the guitar that brings someone into focus and calms down their minds. You may find that this kind of brain activity is just what you need to relieve the stressors of life.

Learning to play the guitar is likely to help improve the health of joints by strengthening the muscles around them. There are a lot of movements that your body will need to learn to play the guitar effectively. This typically involves a lot of joint movements, particularly in the wrists and elbows. Learning to play the guitar is likely to help improve the health of joints by strengthening the muscles around them.

Another benefit of playing guitar is improvements in concentration and memory. As you spend more time using on different guitar exercises or songs, you'll find that your ability to focus on other tasks outside of playing music will increase as well.

Grab a guitar and get ready to learn! If you are already adept at playing the guitar, join Guitar Jam that meets on Thursdays from 9:30 to 11 a.m. Both groups meet at SC East in the Meeting/Presentation Room.

### Are You a Veteran? State of Oklahoma Veteran Affairs to Offer Educational Session

Are you a veteran? A representative from the State of Oklahoma Veteran Affairs will be offering an educational session at the Center regarding veteran benefits. The session will be held Thursday, March 23 at 1 p.m. in the Meeting/Presentation Room at Senior Center East.

Did you know that Oklahoma was number ONE among the 50 states for veterans, per capita, in receipt of federal, service-connected disability benefits in 2022? That means that the Oklahoma Department of Veterans Affairs works tirelessly to ensure Oklahoma veterans receive benefits available to them and their families.

Here are just some of the topics that will be covered during the March 23 session:

Learn what a **Service-Connected Disability (SCD)** is. Rating is to determine disability compensation eligibility and amount. Veterans are assigned a disability rating based on the severity of their service-connected condition or disability.

Learn about the **types of claims** related to service and unrelated to service disabilities.

What are the various ways to service connect such as:

**Direct** – example: You fell while serving in the Army and broke your knee and now have arthritis.

**Aggravation** – example: You suffered from flat feet prior

Current Service Connection Rates with no dependents	
% 100	\$3,621.95
% 90	\$2,172.39
% 70	\$1,663.06
% 60	\$1,319.65
% 50	\$1,041.82
% 40	\$731.86
% 30	\$508.05

*Continued on page 4*

# Activity Update

Engage and Stay Active!

*Continued from page 3*

to joining Army and now the condition has worsened. **Presumptive** – You served in the Gulf War and were exposed to burn pits and now have pancreatic cancer.

**Secondary** – example: You have been diagnosed with diabetes and now have kidney issues.

What is **Veterans Pension**? how to qualify for benefits paid to wartime veterans who have limited or no income, and who are age 65 or older, or, if under 65, who are permanently and totally disabled.

What is **Aid and Attendance**? Are you a veteran or do you know a veteran in need of the regular aid and attendance of another person, or a veteran who is permanently housebound? Veterans may be entitled to additional disability compensation or pension payments. Did you know that veterans evaluated at 30 percent or more disabled are entitled to receive an additional payment for a spouse who needs the aid and attendance of another person?

Are you a surviving spouse of a veteran? Learn about the

**Dependency and Indemnity Compensation.** This is a monthly tax-free benefit paid to the surviving spouse and/or eligible child of a serviceperson who died while on active duty or died due to a service-related condition.

Learn about the various **veteran long-term care facilities** in Oklahoma and the services they offer.

What are **burial and memorial veteran benefits**.

There are **state benefits** available to veterans as well including sales tax exemption, property tax exemption, excise tax exemption and a reduced rate for car tags.

Dontea Reynolds the VA Benefits Administrator with the State of Oklahoma Department of Veteran Affairs, Claremore Division, will offer this important session.

If you are a veteran, plan on attending this information session to learn more about the benefits available to you. Please sign up to attend this session. Signup sheets are located at the Center Events Bulletin board at the top of the ramp in the West building and near the kiosk in the East building.

*Continued on page 5*



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*(Continued on page 5)*

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# Activity Update

Engage and Stay Active!

## Domino Tournament Returns!

After a long hiatus, the Domino Tournament is finally returning to the Center! The tournament will be held the second Tuesday of each month beginning March 14 at 9 a.m. in the Domino Card & Game Room of Senior Center West.



competition and great conversation, make plans to participate in the Domino Tournament beginning in March! A prize will go to the tournament winner!

Dominoes is a classic game that is fun, challenging and provides the opportunity to spend time with others. This memory

This memory game is one of the most exciting activities of all time and playing provides many health benefits.

Domino players reap the mental benefits of thinking strategically and honing critical thinking skills.

It's also a social game.

Not ready for tournament competition? Practice playing anytime at the Center. Dominos tends to be a morning activity at the Center but there is always space to play throughout the day.

If you like to play dominoes and enjoy friendly

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Genealogy - *Continued from Page 15*

and help write a story on YOUR history. Much of the research will be done with a volunteer side-by-side.

If you have some details or even a vague memory of a family story, event, dates, or people, building a rich family story can begin from there. If you are into genealogy, you will also discover new research tools that you may not be aware of. This type of history search goes beyond typical genealogical research of people and dates. It provides the opportunity to tell a story and maybe even uncover a family picture yet to be discovered! You will experience personal story telling by uncovering a person or event that typifies that generation.

If you are interested in this fascinating opportunity to enrich your family history with a story you write, sign up today. Signup sheets are located near the Center Events Bulletin board at the top of the ramp in the West building and near the kiosk in the East building. With enough interest, A Family Story Through Genealogy may be offered by the Broken Arrow Genealogy Society in April. Space will be limited initially, but the Center will consider offering the workshop on a monthly basis with a new group each month.

## The Library Offers What?!

You will be surprised by all that the Tulsa City-County City Library offers! If you like to read books and magazines, watch movies, listen to music or audiobooks or even have an interest in comic books, the library has what you need! And it is available at your [fingertips!](#)

Beginning on Monday, March 6, a representative from the Tulsa City-County City Library will be on hand at the Center to show members one-on-one how to access all that the library offers digitally. The representative will be available at Senior Center East entryway at 10 a.m. to help you get started.

Do you have an interest in learning another language? Do you love looking at cookbooks? Would you like access to workout videos? Do you love looking at magazines but don't want the clutter? Have you heard the term "E-book" (electronic book) and wanted to learn more? Would you like to read on your device but don't know how to increase the font size? Maybe you love watching movies but don't want to have an additional bill for a streaming service. Do you want to learn how to use Microsoft products like word, power point, excel, or publisher? How about discovering more about music and art?

The opportunities to access a variety of entertainment or learning opportunities are almost endless through our library system! The best part is that all access to so many of these services is free. All you need is a device - tablet, laptop or phone, Wi-Fi and a library card! If you don't have a library card or it needs to be renewed, help will be available.

Plan on meeting with the Library at the Center to learn more. Bring your fully charged device, to the Center beginning Monday, March 6 at 10 a.m. You will also need to know your email password. Get ready to learn about the various devices and platforms to access all that you are looking for and receive help with getting it all available on your device! A representative from the library will be available at Senior Center East the first Monday of each month for an hour. Wi-Fi access is readily available at the Center.

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# Activity Update

Engage and Stay Active!

## Drumming to Exercise – A Low Impact Option

Have you heard about the excitement and fun at the Center regarding the new Cardio Drumming class? A new class, Drumming to Exercise, is being considered that would offer all the fun of drumming in a low impact, seated format.



Drumming to Exercise will be another option for those who are looking for another form of low impact activity to keep moving and stay active. A mounting body of evidence points to the health benefits of drumming — from immunity to community!

- There's a lot more to drumming than just banging out a rhythm. The benefits of drumming are many:
- Reduces tension, anxiety, depression, and stress;
- Boosts the immune system and increases energy;
- Helps to control chronic pain;
- Releasing negative feelings;
- Improves joint mobility, posture, and motor skills;
- Improves heart health.

And just like all activities at the Center, joining a new group will help you enjoy the social interactions and feeling a sense of community that Drumming to Exercise will bring to your life!

If you are interested in this all new and exciting class sign up today! Signup sheets are located near the Center Events Bulletin board at the top of the ramp in the West building and near the kiosk in the East building. If there is enough interest, you will be contacted regarding the date and time for this session or look for details in the April newsletter.



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Donna Grady

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# Activity Update

Engage and Stay Active!

## ARE YOU INTERESTED?

The Following Activities & Programming May Be Offered in April

### Discover New Uses for Essential Oils

Do you think essential oils are only used for aromatic uses?

An education and “make and take” session regarding the various uses of essential oils may be offered at the Center in April with enough interest.

Have you ever wondered about the health benefits and different ways you can use essential oils? This session will help you discover the wide variety of uses for oils. You will also “make and take” an item of your choice using them.

Signup sheets are located near the Center Events Bulletin board at the top of the ramp in the West building and near the kiosk in the East building.

Sign up today for this educational and fun offering. You will be contacted regarding the date and time for this session or look for details in the April newsletter.



### Congratulations to the February Pool Tournament winners:

1st place – Cecil Jones; 2nd place – Larry Johnston; and 3rd place – Jim Wykoff. The Pool Tournament breakfast was sponsored by Lynn Novak-Roach with Local Insurance Providers. The next Pool Tournament is set for Thursday March 16.

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# — Activity Update —

Engage and Stay Active!

## A Family Story Through Genealogy

Anna had been an Orphan Train Rider. Records show that her natural mother brought her to the New York Foundling Hospital on in October 1890 giving her name as Geraldine Alden. She was baptized as Genevieve by mistake. Her mother said she would return but never did. Genevieve was kept at the hospitals nurseries until 1895 when she was sent on an Orphan Train to Pierce City, Missouri. Anna was four and a half years old. She lived with several families and had good memories. Even though she always thought of these people as family and they felt the same about her, she was never adopted. If you found this small portion of the story fascinating, you may well have similar interesting family stories to discover.

The opportunity to find your family history and pen a story of people and events in your family may be available at the Center in April. The Broken Arrow Genealogy



Society can help you discover and research your family roots focusing on a particular event or person and help write a story on YOUR history. Much of the research will be done with a volunteer side-by-side.

If you have some details or even a vague memory of a family story, event, dates, or people, building a rich family story can begin from there. If you are into genealogy, you will also discover new

research tools that you may not be aware of. This type of history search goes beyond typical genealogical research of people and dates. It provides the opportunity to tell a story and maybe even uncover a family picture yet to be discovered! You will experience personal story telling by uncovering a person discover.

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# Activity Update

Engage and Stay Active!

## Do you have a DVD player you no longer use?

The Center is in need of a new DVD player to host our “At the Movies” activity on Fridays. Please contact Ami Bucher, Member Services Manager about donating a DVD player to the Center – [ami@baseniors.org](mailto:ami@baseniors.org) or (918) 259-8377. [A DVD/VCR combination would give the Center the](#)

## Come Dance with Us

Representatives from The Oklahoma Senior Games (OSG) recently visited the BA Senior Center. They invited our members to come and line dance with them on Saturday, September 23 at The Elks Lodge in Tulsa for the 2023 Oklahoma Senior Games Line Dance Championships!

2022 was the first time line dancing was added to the OSG. Line dancing is considered to be a sport and a great way for older adults, both men and women, to remain active.

OSG offers both individual and team division line dancing competitions. The team division requires a three-person minimum. Individual or teams can choose from country, open (any type of music), cabaret (anything goes and doesn't have to be a repetitive dance) or the international category. Individuals or groups decide the type of dance and choice of music and costuming. Competition is available in available in ages 50 to 54, 55 to 59, 60 to 64 and so on up to an unlimited age. Registration for line dancing competition begins in May and lasts until the first week of September.

If you love music, like to dance, and meet people who enjoy life, joining a line dance group is your ticket to finding fitness and fun. Join one of the line dancing classes available at the Center and make plans to come dance at the OSG!

Line Dancing with Barb.....Monday and Wednesday  
1:30 to 3 p.m.

Line Dancing with Michelle..... Tuesday to 2 p.m.

Line Dancing with Eugenia.....Wednesday and Friday  
10:30 to 11:30 a.m.

Fundamentals of Line Dancing..Thursday 1 to2 p.m.

The Oklahoma Senior Games offers 30 different sports to help improve the quality of life for adults ages 50+ through education, fitness, and sports.

Fundamentals of Line Dancing..Thursday 1 to2 p.m.

The Oklahoma Senior Games offers 30 different sports to help improve the quality of life for adults ages 50+



The Dancing Queens, a 70-74 Line Dance team from Tulsa was just one of the groups that participated in the 2022 Oklahoma Senior Games Line Dance Championships.

## Your Experience Can Help a BA Business Through SCORE

Are you looking for an opportunity to do something for yourself and provide support for a local business? Volunteering through the SCORE organization might be the volunteer opportunity you are looking for. Whether you are a retired accountant, worked in human resources or banking, managed a restaurant or are a retired machinist, your work experience can help a local business just getting started or needing guidance.

The opportunity to have a SCORE group that meets at the Center is being considered.

SCORE's mission is to foster vibrant small business communities through mentoring and education. SCORE Tulsa is one of 300 chapters across the US, with 40 volunteers to support small business in our community. Nationally there are over 10,000 volunteers serving through SCORE.



*Continued on Page 17*



# Activity Update

Engage and Stay Active!

SCORE - Continued from Page 16

over 10,000 volunteers serving through SCORE. Due to the tremendous response from businesses in our community, the organization is in need of volunteers to assist in mentoring these businesses. SCORE has a great training program and support infrastructure and volunteers are free to provide as many or as few hours as they want. You determine the time you are willing to volunteer. The tremendous business growth in Broken Arrow garners more opportunities and the need for volunteers. Nationally SCORE volunteers donated 4,919,089 hours of volunteered service.

Score is a 501.c.3 national organization that was established in 1964 and is a resource partner to the Small Business Administration. The sole purpose of SCORE is to support entrepreneurship, at all levels through mentoring, counseling and support of the development and management of the entrepreneur.

The clients SCORE serve are all small business owners or

entrepreneurs seeking to start, grow or looking for assistance to manage a business. The work is done at no cost to local businesses seeking help. over 10,000 volunteers serving through SCORE. Due to the tremendous response from businesses in our community, the organization is in need of volunteers to assist in mentoring these businesses. SCORE has a great training program and support infrastructure and volunteers are free to provide as many or as few hours as they want. You determine the time you are willing to volunteer. The tremendous business growth in Broken Arrow garners more opportunities and the need for volunteers. Nationally SCORE volunteers donated 4,919,089 hours of volunteered service.

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The clients SCORE serve are all small business owners or entrepreneurs seeking to start, grow or looking for assistance to manage a business. The work is done at no cost to local businesses seeking help. Be a part of something greater than yourself. Consider volunteering with SCORE! Make a positive difference by helping entrepreneurs and small businesses by sharing your business expertise with those who are interested in starting or running their own business. No matter where you worked or what your profession was, you have knowledge and experience that can help a local business.

If you are interested in learning more signup sheets to express interest without obligation are located near the Center Events Bulletin board at the top of the ramp in the West building and near the kiosk in the East building. If there is enough interest, you will be contacted regarding the date and time for and for you and others to meet and talk with a SCORE volunteer representative.

## March 8th is International Women's Day!

Women typically outlive men, but we also (generally) make less money; therefore, our social security checks are smaller – making budgeting even tougher. And even though our moms get to keep dad's check after he passes, they lose theirs. So, the next time you see an older woman in line at the grocery store writing a check, remember she must document every cent in order to make the month's bills and groceries. If you'd like to learn more about not outliving your dollars, give us a call!



Office: 918.973.0156

Web: [www.integrityinsurancegroups.com](http://www.integrityinsurancegroups.com)

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## Senior Resource & Health Fair Set for April!

It's time to celebrate with the BA Senior Center during our centerpiece event: the Senior Resource & Health Fair set for Friday, April 28 at the Central Park Community Center, 1500 S. Main Street! It is the Center's goal that older adults have access to information so they can make informed decisions about their physical, emotional, social and intellectual health and the Senior Fair event does just that!

The event is the only event in Broken Arrow designed to help people 55 and older and their families discover the many resources that are available to them. More than 1,000 people from Broken Arrow and the surrounding area attend the Center's largest fundraising event of the year. Nearly 100 informational and health screening booths will be on-site.

### Volunteers

Another aspect that makes this event so special is our volunteers. Before, during and after the Fair, volunteers are needed to ensure a successful event. Helping with the senior fair is a great way to support the Center and enjoy time with other members and partners. If you are interested in volunteering, a sign-up sheet is located at the top of the ramp near the Center events bulletin board in the West building and near the kiosk in the East building.

For questions regarding volunteering, please contact Julie Robeck, Volunteer & Special Events Coordinator or call our office at 918-259-8377. There are a variety of volunteer opportunities on Thursday and Friday, and a choice of shifts is available. Help is needed in the following areas:

#### Exhibitors

Is your company interested in exhibiting? The Senior Fair

offers the only opportunity in Broken Arrow to speak face-to-face with older adults and their families. Visit [www.baseniors.org](http://www.baseniors.org) for more information or contact our office at 918-259-8377.

We will see you at the Senior Fair!

offers the only opportunity in Broken Arrow to speak face-to-face with older adults and their families. Visit [www.baseniors.org](http://www.baseniors.org) for more information or contact our office at 918-259-8377.



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# Activity Update

Engage and Stay Active!

## “Are You Interested in Limited Exercise on Mondays”

If you look forward to attending Limited Exercise Tuesdays through Fridays, the Center is considering offering another class on Mondays in Centennial at 10:30 a.m.

The Center's Limited Exercise is one of the Center's most popular and widely attended classes. Classes have expanded due to increasing interest. The Center is



fortunate to have activity leaders willing to offer Limited Exercise additional days and times.

The purpose of Limited Exercise is all about range of

motion and mobility: gaining it and keeping it. Maintaining a sense of balance is also critical for longevity because it helps us prevent falls and injury. Much of the class is led while seated or using a chair to maintain balance.

If you are interested in attending Limited Exercise on Mondays at 10:30 a.m., please sign up. If there is enough interest, the class may be offered beginning in April! Signup sheets are located near the Center Events Bulletin board at the top of the ramp in the West building and near the kiosk in the East building. With enough interest, Limited Exercise will be offered the first Monday in April. Look for details in the April newsletter.

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## AARP Tax Preparation

AARP income tax preparation is still available at this time, 2/21/23, at Senior Center East on Wednesdays from 9:30 a.m. to 3:30 p.m. through Wednesday, April 12.

Currently, because of the number of inquiries, scheduling of appointments is being handled in person at Senior Center East on Wednesdays, 9:30 a.m. to 3:30 p.m.

Once you have an appointment time, plan to pick up the AARP Intake Booklet available at Senior Center East, to complete at home to prepare for your appointment.

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# Ethical Wills - Passing on Your Wisdom and Experience to the Next Generation



**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 parts 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 them 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.

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### Circle of Readers Meets Oklahoma Author

Oklahoma author, Julia Thomas, and author of *For Those Who Are Lost*, met with the Center's Circle of Readers group in February. Thomas is pictured with the Circle of Readers group, bottom, far right. She is one of many authors that have met with the group in person or on Zoom.

Join Circle of Readers on designated Mondays at 10 a.m. in the Conference to meet authors and discuss wonderful books with others.

Mar 6: *The Last Bookshop in London* &/or *The Librarian Spy* by Madeline Martin · historical fiction  
author visit via Zoom;

Mar 20: Discussions on other books the group is reading;

Apr 3: *The Ways We Hide* by Kristina McMorris · historical fiction;

Apr 24: *Dark and Shallow Lies* &/or *Secrets So Deep* by Ginny Myers Sain · young adult fiction · in-person author visit;

May 1: *Florence Adler Swims Forever* by Rachel Beanland · fiction;

May 15: Discussions on other books the group is reading;

June 5: *By Her Own Design* by Piper Huguley · historical fiction · author visit via Zoom;

June 12: Discussions on other books the group is reading.



## “Love your T-Shirt!”

If you are excited about all that the BA Senior Center has to offer and would like to spread the word, sporting the all-new Center T-Shirt will be a great conversation starter!

The new t-shirt design was created by member and volunteer, Josey Ketcher. The new design features the Center logo and captures the excitement being generated by the Center's activities and programs!

Shirts are available in a variety of unisex sizes including adult (small, medium, large & x-large) in addition to 2X, 3X and 4X. Prices range from \$22 to \$26. Check out the beautiful design on display at both Senior Center East and West pick up an order form to order your Center t-shirt today! All proceeds from t-shirt sales support programming at the Center.



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## African Violets – Learn How to Bloom

If you attended the African Violets educational session in January, mark your calendar for the next session set for March 14 at 1 p.m.!

Roy Roberts, a representative of the African Violet Society of Greater Tulsa area and a plant expert returns



to the Center to lead a session on propagation and repotting African Violets. Did you know that you can propagate African violets? Discover how to propagate violets to expand your violet collection

using leaves from your African violet plant. You will also learn to separate and repot current plants.

Get those green thumbs out and ready again in March! If you missed the session in January, this is a wonderful opportunity to ask questions and learn about African violet types, sizes and to learn how to grow additional plants. This session promises to be informative. African violets (Saintpaulia) are beautiful house plants that flower in a variety of colors. With their wonderfully shaped fuzzy leaves and compact structure, this plants' bright and beautiful blooms offer charm and can cheer up your indoor space.

Roy will be returning the second Tuesday of every-other-month to the Center to share his knowledge. African Violets – Learn How to Bloom will be held in the Conference Room of Senior Center West.

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