



**BROKEN  
ARROW  
SENIORS**

# SilverNotes

The Official Newsletter of Broken Arrow Seniors, Inc.

April 2023 • Vol. 33, No. 4

## 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**  
**Broken Arrow residents - \$30**  
**Non-Residents - \$40**

Discover, MasterCard, VISA  
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Executive Director  
**Kimberly Crenshaw**

Member Services Manager  
**Ami Bucher**

Office Coordinator  
**Terry Drummond**

Transportation Coordinator  
**Donald Stockton**

## *Plan to Attend the 31st Annual Senior Resource & Health Fair*

Friday, April 28 • 9 a.m. to 1:30 p.m.  
Central Park Community Center • 1500 S. Main St.



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More Information on page 7 & 23



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# Activity Update

Engage and Stay Active!

## April Programming Notes

### Limited Exercise Now on Mondays

Beginning Monday, April 10 Limited Exercise, one of the Center's most popular fitness classes, will now be offered on Mondays. Members can plan on staying active



Monday through Friday in Limited Exercise at 10:30 a.m. in Centennial at Senior Center West.

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 prevent falls and injury. Much of the class is led while seated or using a chair to maintain balance.

### Discover New Uses for Essential Oils

If you think essential oils are only used for aromatic uses, you may be interested to learn other ways they can be used to add quality to life. An education and “make and take” session regarding the various uses of essential oils will be offered on Monday, April 24 at 10 a.m. in Activity Room 3 and on Tuesday, April 25 at 1:30 in Heritage Hall (lunchroom).

Plan to attend one of these fascinating sessions and discover different uses and health benefits of essential oils.

Both sessions will offer the same information. Choose to attend either the Monday or Tuesday session.

### Thursday Card Game of the Day April Update

The Center's Card Game of the Day held each Thursday will be playing the game Phase 10 during the month of April.

Phase 10 is a popular card game by Mattel, the makers of Uno. Phase 10 resembles Rummy, but the main difference is that you have to complete 10 different types of matchups or Phases, in order to win the game. The first player to complete all 10 Phases wins the game.

Each Thursday from 12:30 to 4 p.m. laughter and conversation can be heard in the lounge as members gather for Card Game of the Day! Join in on the fun in April and learn to play the easy and delightful game Phase 10. Watch for monthly updates regarding the games Card Game of the Day chooses each month in the newsletter.

### Circle of Readers Meets Author on Zoom

Madeline Martin, author of [The Last Bookshop](#) and the [Librarian Spy](#), met with the Center's Circle of Reader's group in March. She is one of many authors that have met with the group in person or on Zoom.

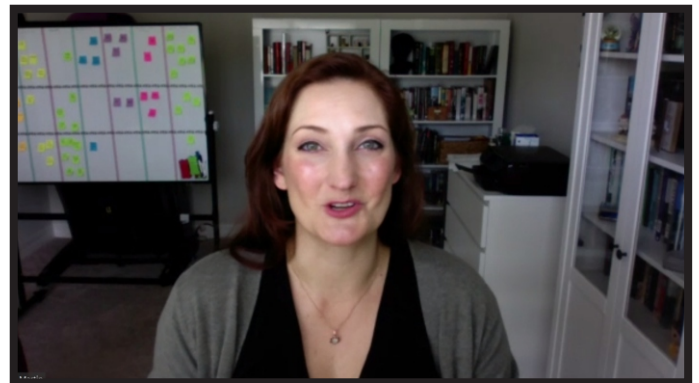
Join Circle of Readers on designated Mondays at 10 a.m. in the Conference to meet authors and discuss fascinating books with others.

April 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: Discussion on other books the group is reading;



June 5: [By Her Own Design](#) by Piper Huguley · historical fiction · virtual author visit;

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

# Activity Update

Engage and Stay Active!

## 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. The first SCORE meeting to learn more about this unique volunteer opportunity is set for Wednesday, April 19 at noon in the Conference Room of Senior Center.

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.

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. Enjoy a slice of pizza or two on Wednesday, April 19 and learn more about SCORE! Sign up today! Signup sheets to note that you are planning to attend 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.

## A Family Story Through Genealogy

Due to the amount of interest, two information sessions regarding creating a family story through genealogy will be offered in April. The first opportunity to learn more about these fascinating sessions will be held Monday, April 10 at 1 p.m. in the Conference Room of Senior Center west. The same session will be held Friday, April 14 at 10 a.m. also in the Conference Room of Senior Center west.

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

*Continued on page 5*



*(Continued on page 5)*

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# 2023 Health Fair Set For April 28

The 31<sup>st</sup> annual Senior Resource & Health Fair, a free event held to benefit older adults and their families in the Tulsa and Broken Arrow area, is scheduled for Friday, April 28. Activities are set from 9 a.m. to 1:30 p.m.

Hosted by the Broken Arrow Senior Center, the Health Fair will be held at the Central Park Community Center at 1500 S. Main St.

This health fair is successful year after year because it draws a wide audience, and it is the only event in Broken Arrow designed to help people 55+ and their families discover resources available to them. Over 100 informational and health screening booths will be on-site. In addition to offering valuable and timely information, there will also be free health

*Continued on Page 8*

## Volunteers Needed For Fundraising Event

The Center's annual Senior Resource & Health Fair is our largest fund raising event of the year! Help guarantee a successful event for both the Senior Center and our business partners. You will also especially enjoy spending the day with other members during this exciting event! Volunteers are needed in a variety of areas. If you can assist in one of these areas, please sign up! Sign-up sheets for the following specific volunteer opportunities 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.

### Friday, April 28:

#### Logistics

**Date:** Friday April 28

**Time:** 9 a.m. until 1:30 p.m.

**Location:** Central Park Community Center, 1500 South Main Street

**Setup:** Thursday, April 27 1:30 p.m. to 5 p.m.

**Tear Down:** Begins until 1:30 p.m.

**Vendor Assistance/Hosts:** Meet and greet vendors and offer to sit in their booths if they need to take a short break. This volunteer opportunity requires walking. Shifts are available from 8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m.

**Entry Tables:** Welcomes attendees and answers questions. Some standing is required. 6 people will be needed per shift (8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m.) at the east, west and north doors.

**Trash Removal:** We are responsible for removing all trash from the Community Center during the event and after. 2 people from 10 a.m. to 3 p.m.

**Senior Center Booth:** The Senior Center has a booth to showcase our wide variety of activities and to answer questions from people who are not yet members. 2 people will be needed per shift (8:30 a.m. to 11 a.m. and 11 a.m. to 1:30 p.m.)

**Tear Down:** Volunteers are needed to move tables and chairs used by the BA Senior Center and assist vendors as needed. Volunteers are also needed to dismantle the Senior Center booth and transport those items back to the Center.

### Thursday, April 27:

**Electrical set up** to vendor booths. A volunteer is needed to oversee, and volunteers are needed to assist. This involves running extension cords from power sources and securing them to the floor.

**Senior Center Assistance:** Bringing items from the Center, setting up a few tables and assisting with posting signage.

**Assist vendors:** Assisting vendors sets our event apart from similar events. Assisting vendors involves helping them bring items into the community center. Volunteers must be able to lift 20 lbs.

# Activity Update

Engage and Stay Active!

*Continued from page 5 – Life Coach*

Coaching is not therapy, counseling, or advising. All decisions are the responsibility of the person being coached. If you are interested in learning more, interest 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. Look for more information in the May newsletter regarding how the Center and Dr. Oglesby plan to move forward with offering the opportunity to speak with her as a life coach. All sessions, whether individual or group, will be confidential.

*Continued from page 7 – Senior Fair*

screenings. 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.

Whether you are considering a medical procedure, aging in place, Medicare supplements, home maintenance, independent living, or long-term care, you will find the answers to all your questions at the Health & Resource Fair. The goal of this event is to familiarize seniors and their families with products, services, and resources available to them. This is the only event of its kind where companies have the opportunity to meet face-to-face with older adults in Broken Arrow.

**Michael Spurgeon, Broken Arrow, City Manager**, personally came to the Center recently to review the crossing between Senior Center West and the new annex. On his Facebook post regarding the crossing, Spurgeon noted that some motorists are not paying attention to the crossing lights when they are activated. "The City is going to be looking into improving motorist

awareness about this important crossing. Please be alert for the flashing lights when you are in the area. Please like and share and spread the word."



**Thank you,  
Mr. Spurgeon!**



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## Around the Center



Jane and Rodney Strain are all smiles at the puzzle table at Senior Center west. Puzzle tables are also available at Senior Center east. Take a seat and enjoy the challenge of placing a puzzle piece or two AND the thrill and excitement of placing that last puzzle piece!



CITY OF BROKEN ARROW

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Members met with representatives of the **Tulsa City-County City Library** in March to learn about all that the library offers digitally. 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! The library returns to the Center on Monday, April 3 in the lobby of Senior Center east at 10 a.m. 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 fully charged 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. All you need is a fully charged device, tablet, laptop or phone, and your email password. Wi-Fi is readily available at the Center. If you don't have a library card, or it needs to be renewed, help will be available. All you need is a fully charged device, tablet, laptop or phone, and your email password. Wi-Fi is readily available at the Center. If you don't have a library card, or it needs to be renewed, help will be available.



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## Calendar of Events

Thursday, April 27

8 a.m.- Noon .....Dominoes  
 8:15-9 a.m. .... Strengthen & Tone • SCE  
 9 a.m.-Noon .....Train Dominoes  
 9:15-10:15 a.m. ....Power Yoga • SCE  
 9:30-10:15 a.m. .... Limited Exercise  
 9:30-11:30 a.m. .... Guitar Jam • SCE  
 9:30 a.m.-Noon .....Poker Tournament Practice  
 9:30 a.m.-Noon ..... Creative Card Making  
 10:30-11:30 a.m. ....Limited Exercise  
 11:30 a.m.-Noon ..... Lunch  
 Noon-3 p.m. .... Pickleball Open Play  
 12:30-2:30 p.m. ....Happy Hookers - Crochet  
 10:30-11:30 a.m. ....Limited Exercise  
 11:30 a.m.-Noon ..... Lunch  
 11:30-3 p.m. .... Pickleball Open Play  
 12:30-2:30 p.m. ....Happy Hookers - Crochet  
 12:30-4 p.m. .... Card Game of the Day  
 12:30-4 p.m. .... Party Bridge • SCE  
 1-2 p.m. ....Fundamentals of Line Dancing • SCE  
 1-2 p.m. .... Simply Faith Class  
 3:15-4 p.m. ....Cardio Drumming

Friday, April 28

**The Senior Center will be closed.**  
**Please join us at the Senior Fair**  
**9:00 a.m. to 1:30 p.m.**  
**Central Park Community Center**  
**1500 South Main Street**



**The Center's Quilting group enjoys their craft and connecting** with others that love quilting! The groups fulfillment comes from donating their handiwork to local community groups such as Joy In the Cause, that help those in need. The group needs supplies to continue their ongoing projects. Consider donating the following to support the Quilting Group's work:

Batting for the quilts, Stuffing for pillows  
 Large pieces of fabric to make pillows, & Fabric scissors

# Activity Update

Engage and Stay Active!



## Drumming to Exercise – A Low Impact Option

A all new class, Drumming to Exercise, is set to begin on Monday, April 3 that will offer all the fun of drumming in a low impact, seated format. The class will be held at Senior Center west in Centennial beginning at 9:30 a.m. 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!

The Center was fortunate to receive a grant for the purchase of 25 sets of drumming equipment including balls, ball bases, and various sized drumsticks. If you want to include Drumming to Exercise on your exercise calendar and guarantee your spot in this new class, you may want to consider purchasing your own ball, ball base and sticks. Storage for individual cardio drumming equipment is available at Senior Center West. Join in on the fun and stay active by beating your own drum!



**Rita Belding talks with Linda Few at the Senior Center exhibit during the 2022 Senior Resource & Health Fair.** Volunteers are needed for the 2023 Senior Fair event set for Friday, April 28. The Senior Fair is the Center's largest fundraiser! Check out the opportunities to volunteer on page 7.



**If you like playing the guitar or love to listen to music, step into Guitar Jam on Thursdays from 9:30 to 11:30 a.m. at Senior Center East!** The talent is amazing and inspiring and members, both men and women, connect with others who love to play music! A banjo player also joins in on the music-making!

## Around the Center



**African Violets – Roy Roberts, a representative of the African Violet Society of Greater Tulsa area and a plant expert, spoke to members in March who love to cultivate African violets.** Members interested in learning the tips and tricks of this beautiful houseplant will meet once again in May. Watch for details in the May newsletter.



**Creativity with words is what Creative Writing is all about.** Tap into your hidden talent as a wordsmith and get those creative juices flowing. Creative writing is wonderful for the soul and brain. The group meets each Friday from 10 a.m. to noon in Activity Room 2 at Senior Center west.

*Continued on Page 17*





**A Reason to Celebrate!** The Center recently surpassed a milestone - 2,500 members! Dwayne was welcomed as our 2,500th member and was such a good sport about joining in on the celebration! “Welcome to the Center Dwayne!” The word is out! More than 1,100 NEW members have joined the Center since August!

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**Mark Tozzio, left, makes a move during a recent game of chess** at the Center against his opponent, Floyd Ogle. Chess will be meeting at Senior Center east in the lobby area beginning in April from 12:30 to 3 p.m.



**Around the Center**

**Have you always wanted to pick up a pencil and draw?** The Drawing Class held each Wednesday from 1 to 3 p.m. provides the opportunity to learn how to draw and spend time with others who are delving into their creative talent. The class is held in Activity Room 3 at Senior Center west.

**Broken Arrow Seniors with Parkinson's!**

Are you afraid of losing quality of life and precious time with friends and family?  
 Hyland Physical Therapy and Wellness serves BA Seniors Members and this is what they are saying:



*"Dr. Michael has been so professional and knowledgeable in helping me know more about my Parkinson's and guiding me in my path to achieving the most quality of life I can. He doesn't tell me what to do, he does the exercises with me. Always patient and encouraging. I can see results and my friends and family see improvement, too." - J. Acree, BA Senior Center Member*

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The new fitness room at Senior Center east provides an excellent opportunity for members to stay in shape. Take advantage of learning about how to safely use the equipment, like the members above. On the 2nd Tuesday (in April-4/11), a physical therapist from Summit Physical Therapy is in the fitness room from 9 to 10 a.m. and on the 4th Friday of each month (in May-5/26) personal trainer Danny Stevens is available from 9 to 10 a.m.

## Around the Center



Members of the Center had a special visitor on St. Patrick's Day! Two-year old Ira visited with members and passed out lucky chocolate gold coins. Ira was accompanied by his mom and grandmother teaching him about the importance of service and community. Amazing, right?! Plan to see Ira again in the future!

**Rich Blackstock, the facilitator for the Live Your Best Life session,** speaks with members about strategies to set the past aside to Live Your Best Life in the future. Did you know that part of learning to live your best life in retirement is living in the here and now without the baggage from the past and fears of the future. Learn more on Tuesdays from 10 to 11:30 a.m. The group meets at Senior Center west in the Conference Room.



**LT West works on his most recent work of art in the Painting Class** held on Tuesdays in Activity Room 2 from 1 to 3:30 p.m. at Senior Center west. LT is 90+ and continues to embrace all that the Center offers by taking advantage of the Tai Chi for Balance classes and serving as the Center's Pickleball Lessons instructor on Tuesdays!



**Rebecca Morton**

Licensed Insurance Agent

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# Don't Forget About Your Beloved Pets



By **Brittany Littleton**

## Don't Forget About Your Beloved Pets

Protecting your family should always be a top priority when planning for your future. This includes thinking about your beloved pets. For many, the animals that provided years of joy and companionship, maybe even growing alongside their children, are in fact family members. The same can be said about support and therapy animals that help people who live with disabilities. Have you thought about what will happen to these special family members when you are gone?

Pet planning is a common extension of estate planning. If your estate plan is based around a revocable living trust, you can include what is called a “pet trust.” Its goals may include: designating caretakers; arranging transportation to another residence; daily care instructions; veterinary care; and setting aside funds to pay for your wishes to be followed.

Just like a trust created for the purpose of protecting your family, a pet trust needs to be drafted in a manner that reflects your wishes and objectives for when you are no longer able to care for your pets. Such a situation does not have to be limited to passing away; the trust can also be crafted with provisions related to illness and disability. The terms during which these trusts are in effect generally conform to how long the animals will live and how much it costs to take care of them. For example, a pet trust set up to care for young horses would likely need significantly more funds allocated to it than a pet trust created for an elderly cat.

In essence, a pet trust helps pet owners plan for the future by letting them nominate a caregiver and a trustee to manage funds intended to foster the quality of life for their animals. The caregiver and trustee do not have to be the same person. The trustee of your pet trust can be the same or different from the successor trustee of your revocable living trust. If for some reason your nominated caregivers are not available, your pet trust can direct the trustee to make shelter or sanctuary arrangements for the animals.

Even though pet trusts are created to ensure the welfare of companion animals, pets are not the actual trust beneficiaries because they cannot legally own money – and, if they could, they probably wouldn't spend it wisely! (I'm imagining Garfield spending all his money on lasagna and Snoopy spending his money on root beer and fine art.) Trustees can be named

beneficiaries during the lifetime of the pet so they can distribute money to themselves to pay for the pet's expenses. If there are funds remaining in the pet trust upon your pet's death, you can redirect it however you want. Most of my clients distribute it to the human beneficiaries of their revocable living trust. It is also common to distribute it to their favorite animal charity.

Protecting your family with proper estate planning requires you to think of every angle and cover all bases. Whether your family rescued a stray kitten or raised a pedigreed puppy, chances are you want to make sure they are taken care of if they outlive you. If this is true for you, talk to your estate planning attorney about making sure your documents protect all your family members – including the furry ones. You and Fido both will have peace of mind.

*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 writes 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.*

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**Congratulations to the March Pool Tournament winners:** 1st place – Harry Adams; 2nd place – Cecil Jones; and 3rd place – Frank Galle. The pool tournament breakfast was sponsored by Lynn Novak-Roach with Local Insurance Providers.



**Congratulations to the March Domino Tournament winners:** John Wishall and Ray Perkins! Both won a free meal for two at White River Fish Market. The next Domino Tournament is set for Tuesday, April 11.



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# 2023 Senior Resource & Health Fair Exhibitors

Check out the list of companies partnering with the Center as exhibitors at the Senior Resource & Health Fair set for Friday April 28, 9 a.m. to 1:30 p.m., at the Central Park Community Center. Plan to attend to learn about resources available for those 55+. Make note of the companies you want to visit! The May newsletter will provide the exhibit layout and where companies are located in the exhibit area to plan your day at the Fair! Additional exhibitors will be added to the listing in the May newsletter.

A New Leaf  
 Alzheimer's Association  
 OK Chapter  
 Ambrosia Wellness  
 AMEDISYS Home  
 Health Tulsa  
 American Hearing &  
 Audiology  
 ArchWell Health  
 Aspen Insurance Coaches  
 A-Vow Hospice Inc

BA Community Playhouse  
 BA Magazine  
 BA Neighbors  
 BA Performing Arts Center  
 BA Police Department  
 BA Rose District  
 Farmers Market  
 BA Solid Waste & Recycling  
 Beehive Homes  
 of Broken Arrow  
 Bellarose Senior Living  
 Better Health Group  
 VIPcare Clinic  
 BlueCross BlueShield  
 of Oklahoma

Canoe Brook Broken Arrow  
 Cedarhurst Senior Living  
 Central States Research  
 Clear-tone Hearing Aid Labs  
 Compassus Hospice  
 CompleteOK/Pinnacle Care  
 Country Club at  
 Woodland Hills  
 Covenant Living of Bixby  
 Cox Healthcare  
 Craft Bodyscan

Department of  
 Rehabilitation Services  
 Domestic Violence  
 Intervention Services, Inc.  
 (DVIS)

Edward Jones Investments  
 Emerald Care Center  
 Entrusted Transport

Forest Hills Assisted Living

Gentiva  
 Grady Insurance Agency

HIA & Associates LLC  
 Hyland Physical Therapy &  
 Wellness LLC

INCOG Area Agency  
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Oak Street Health  
 Oklahoma Senior Games  
 Oklahoma Senior Law

Perfect Fit Home Care  
 Prairie House Assisted Living  
 & Memory Care  
 Purview Life

Ronda Butler  
 Keller Williams Realty

Saint Francis  
 Health System Hospice  
 Saint Francis Health System  
 Volunteer Services

Sand Plum Assisted Living  
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