



**BROKEN
ARROW
SENIORS**

Silver Notes

The Official Newsletter of Broken Arrow Seniors, Inc.

May 2024 Vol. 35, No. 5

2024 SENIOR FAIR

Official Program Guide



Join us and our
Senior Center Partners
as we celebrate

32nd Annual Senior Resource & Health Fair!

Friday, April 26 9 a.m. to 1:30 p.m.

Central Park Community Center

1500 South Main Street

Senior Resource & Health Fair Business Partners & Map - Pages 10-11

Senior Resource & Health Fair General Information - Pages 1-9

May Newsletter - Pages 12-32

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

www.baseniors.org

 @BrokenArrowSeniors

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

Annual Membership
Broken Arrow residents - \$40
Non-Residents - \$50

Executive Director
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Member Services Manager
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Office Coordinator
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Our Senior Fair Sponsors

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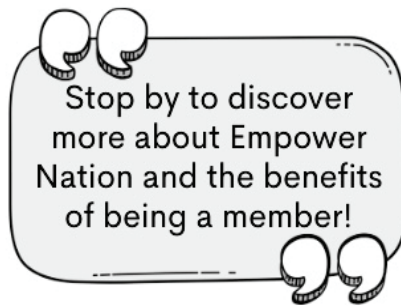
Central States Research
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32nd Annual Senior Resource & Health Fair

Join me at the upcoming Senior Resource & Health Fair event on April 26th from 9:00am-1:30pm as your Local Medicare Resource. I will be available to discuss topics on:



- Medicare Advantage
- Medicare Supplements
- Prescription Drug Plans
- Dental & Vision Plans
- Medicaid and More...



Lynn Novak-Roach

(918) 913-8199

info@liveokquotes.com

www.localinsuranceadvisor.com/lynn-novak

2024 SENIOR FAIR

Enjoy • Celebrate • Discover • Learn • Connect

The photo on the front cover is from last year's Senior Fair event. Members of the Center and others who are learning, connecting, discovering, and building relationships. That's what the Senior Center and the Senior Resource & Health Fair are all about. The Fair in many ways is the culmination and fulfillment of the Center's mission statement: *To provide a welcoming environment that encourages enrichment, social engagement, and an active lifestyle for the 55 and over community.*



The Senior Fair is the Center's largest fund-raising event. Help us make it a success! Join us in welcoming our 112 business partners who are exhibiting. They are onsite for you to meet and learn about resources that are available for you. A listing of companies who are

exhibiting is on page 10 and a map of the exhibit area is on page 11 for you to refer to. Come enjoy, celebrate, discover, learn, and connect!

Read and take note of the important information below regarding the senior fair to make the most of this important, exciting day:

Insulated Attendee Bags –
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Senior Fair Parking Choices

Senior Center Bus!



More than 1,000 people have attended the Senior Fair in the past. The senior fair is a community event that draws attendance well beyond our membership. Parking spaces at the community center are limited. We want everyone who attends to have a place to park.

Catch a ride on the Senior Center bus from the familiar parking lot at the Senior Center! The Senior Center bus will transport Senior Fair attendees to and from the community center making it so easy to attend the senior fair. Our bus will make a continuous 15-minute loop from Senior Center West parking lot and the Senior Fair at the community center. Pick up and drop off at the Center will be located at the back of the building in the west parking lot. Pick up and drop off at the Central Park Community Center will be at the East entrance facing Main Street.

As a member of the Senior Center, please take advantage of parking at the senior center and catch a ride on us! This will save the parking spaces at the Community Center for others who are not members of the Center and are looking forward to attending.

Additional parking will also be available near the tennis courts past the Community Center. Signage will direct you to the area. Golf cart shuttles will make a continuous 10-minute loop from this parking area to the Community Center. Pick up and drop off at the Central Park Community Center will be at the East entrance that faces Main Street.

Continued on page 4



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Enjoy Lunch at the Senior Fair

Have you ever had the pleasure of eating a Civitan “Burger Basket”? Hamburgers, cheeseburgers, hotdogs and more will be freshly prepared on the Civitan grill at the Senior Fair! Not only will you enjoy a delicious lunch, you will also be supporting this BA service organization. Our thanks to the BA Civitans for preparing the following Senior Fair lunch items:



Golf Cart Shuttle sponsored by



- Cheeseburger/Hamburger Baskets - \$8
- Cheeseburger/Hamburger - \$6
- Hot dog basket - \$6
- Hot dog - \$4
- Drinks - \$2
- Chips - \$2



Basket choices are accompanied by chips and a drink.

Activity Demonstrations

Have you always wanted to know more about the Center's activities? Come, see, and hear what our activities are all about. Demonstrations of the following Senior Center classes will be held in the small gym of the Central Park Community Center:

- 9:30 – 9:45 a.m. Ukulele Jam
- 10 to 10:15 a.m. Limited Exercise
- 10:30 to 10:45 a.m. Drum to Exercise
- 11 to 11:15 a.m. Line Dancing with Eugenia
- 11:30 to 11:45 a.m. Zumba
- 12 to 12:15 p.m. Clogging
- 12:30 to 12:45 p.m. Line Dancing with Barb

Continued on pag 5



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Senior Center Exhibit

Are you inviting friends and family to the Senior Fair? Have you always wanted to share what you know is the best senior activity center in the area? Have them stop at the Senior Center booth that is located in the smaller gym at the Senior Fair! Photos, activity descriptions and items will be available for them to discover all the benefits of membership. Also available is the best testimonial of all - Senior Center member volunteers available to answer questions regarding our activities and programming.



Health Screenings

For a number of years, the BA Lions Club has played an important role in offering basic but important health screenings at the senior fair for attendees. The event provides the perfect opportunity for you to learn more about your general health. The following screenings will be provided by health care workers, free of charge, during the senior fair. The BA Lions Club screening booth is located in the small gym.

- Visual Acuity
- Body Mass Index (BMI)
- Cholesterol
- Glaucoma
- Blood Pressure
- Blood Sugar
- Lung Capacity

Continued on page 6

NEUROPATHY PAIN AND NUMBNESS CAN BE TREATED

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Unused Medication Drop-off

About one-third of Americans haven't cleaned out their old medicines in the past year. This adds up to about 200 million pounds of unused medication each year. Disposing of unused medications safely is critical to avoid harm to the environment and other people. The preferred

way to dispose of medicines is through prescription drug take-back programs. The BA Police Department will have an unused medication drop off box onsite at the senior fair at their exhibit booth which will be located in booth 11 at the northeast side of the main exhibit area.



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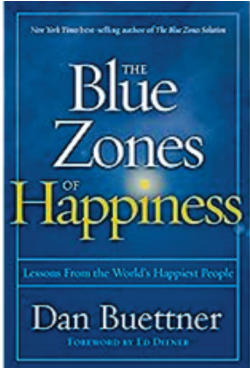
**Call us today
(918) 740-3719**

Activity Update

Engage and Stay Active!

Health & Wellness Book Club – “Be Well Read”

Be Well Read, a health and wellness book club, will be meeting on Wednesday, May 15 at 10 a.m. in the Game Room of Senior Center East. The group will be discussing the book *The Blue Zones of Happiness: Lessons from the World's Happiest People* by New York



Times best-selling author Dan Buettner. Dan Buettner reveals the surprising secrets of the world's happiest places and people and shows you how to apply these lessons to your own life.

Sign up to attend the May 15 discussion. Sign-up 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.

Facilitated by Vana Moore, a professional wellness coach, “Be Well Read” meets to discuss books that offer timely and relevant information provided by authors specializing in health and wellness of older adults. Books are available in various forms to borrow from the local library and to purchase on Amazon other retail businesses.

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District Manager



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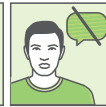
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BLURRED
VISION



FACE
ONE SIDE OF
THE FACE IS
DROOPING



ARMS
ARM OR LEG
WEAKNESS



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SPEECH
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Kimberly Baldwin
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Are your Medicare Supplement Rates getting too high?

Do you know about the new “**Birthday Rule**” that started a few months ago in Oklahoma?

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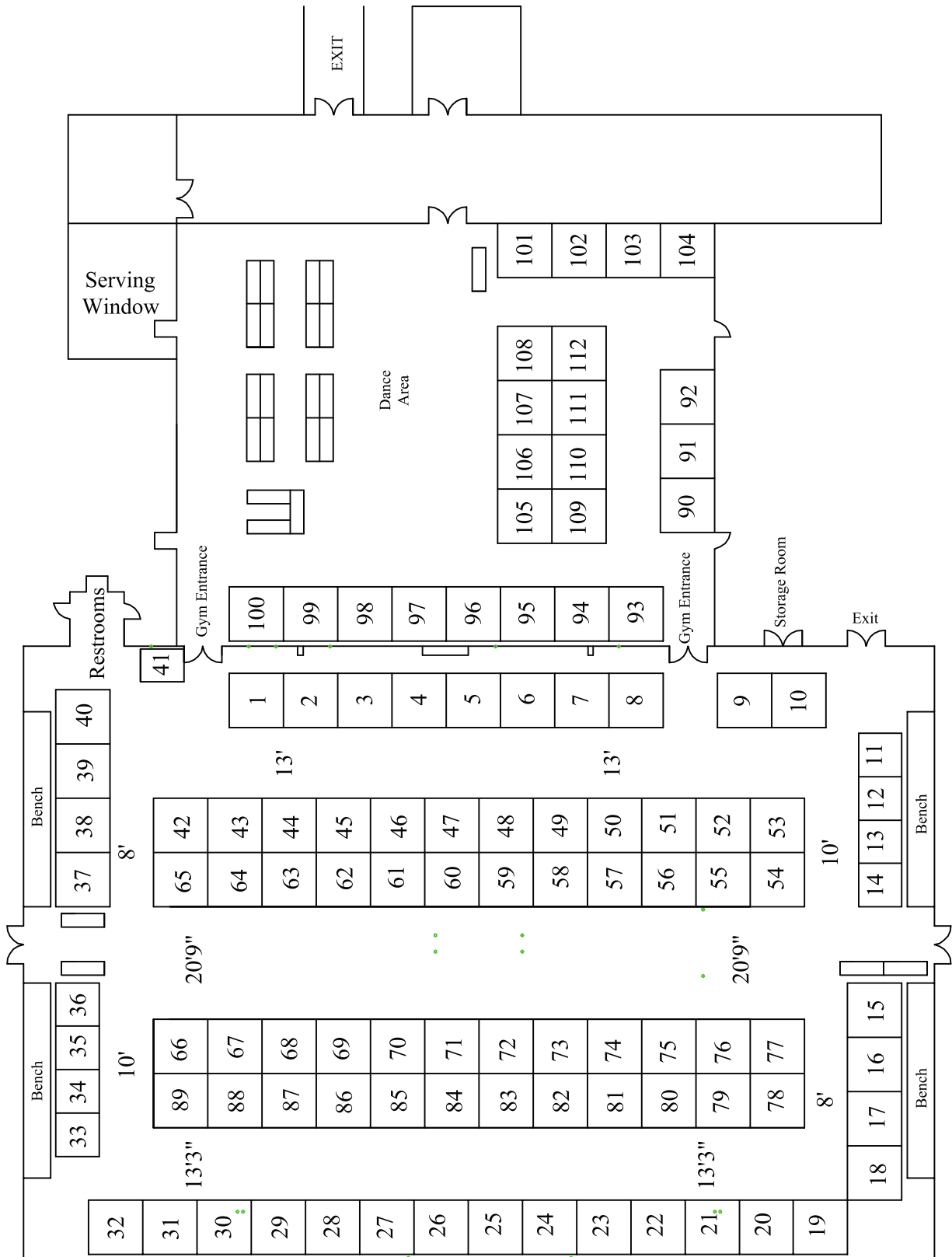
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2024 Senior Resource & Health Fair Exhibitors

- 1 Local Insurance Advisors
 - 2 Local Insurance Advisors
 - 3 American Hearing + Audiology
 - 4 Blue Cross Blue Shield
 - 5 Tier One Roofing
 - 6 Aspen Insurance Coaches
 - 7 New View
 - 8 Tulsa Area United Way - 211
 - 9 MedicarePrepare®
 - 10 MedicarePrepare®
 - 11 Broken Arrow Police Department
 - 12 Kinetic by Windstream
 - 13 Broken Arrow Chamber of Commerce
 - 14 CommunityCare
 - 15 Hayhurst Funeral Home
 - 16 Senior Helpers
 - 17 Oklahoma Senior Law
 - 18 Oklahoma Senior Law
 - 19 Inside Out Chiropractic
 - 20 Legend Senior Living
 - 21 OK Senior Games
 - 22 Department of Rehabilitation Services - SBVI Division
 - 23 Gentiva Hospice
 - 24 Choice Health at Home
 - 25 Canoe Brook & Oxford Springs Assisted Living
 - 26 Miller Hospice
 - 27 Arrow Senior Living Advisors
 - 28 Museum Broken Arrow
 - 29 Broken Arrow Community Playhouse
 - 30 Emerald Care Center - Tulsa & Claremore
 - 31 Nano Pac
 - 32 Bella Rose Senior Living
 - 33 CaptionCall by Sorenson
 - 34 CREOKS Health Services
 - 35 Cox Healthcare
 - 36 OSU Lifelong Learning Institute
 - 37 Oxford Healthcare
 - 38 Central States Research
 - 39 Xpress Wellness Urgent Care
 - 40 Synergy HomeCare
 - 41 Tulsa City County Library
 - 42 Craft Body Scan
 - 43 Physician House Calls
 - 44 Alzheimer's Association
 - 45 Secret Gardens Candle Company
 - 46 Assisted Air Travel
 - 47 St. Francis Hospice
 - 48 St. Francis Health System
 - 49 Country Club of Woodland Hills
 - 50 INCOG
 - 51 Broken Arrow Micro Transit
 - 52 Rose District Farmers Market
 - 53 Complete OK & Pinnacle Care
 - 54 Crawford Insurance Advisors
 - 55 Crawford Insurance Advisors
 - 56 Crawford Insurance Advisors
 - 57 Hillcrest South Hospital
 - 58 Bixby-South Tulsa Funeral Service
 - 59 DVIS
 - 60 MidFirst Bank
 - 61 Edward Jones
 - 62 Oklahoma Library for the Blind & Physically Handicapped
 - 63 Cedarhurst of Woodland Hills
 - 64 VIPcare Primary Care Clinics/Better Health Group
 - 65 VIPcare Primary Care Clinics/Better Health Group
 - 66 Littleton Legal
 - 67 HearingLife
 - 68 Entrusted Transport
 - 69 Sibley Insures
 - 70 Ability Resources
 - 71 Summit Physical Therapy
 - 72 LiveWell Hospice
 - 73 Town Village Tulsa
 - 74 Purview Life
 - 75 The Parke Assisted Living
 - 76 Nerve Renewal Neuropathy Clinic
 - 77 Nerve Renewal Neuropathy Clinic
 - 78 Life Senior Services
 - 79 City of Broken Arrow Solid Waste & Recycling Department
 - 80 Communication Federal Credit Union
 - 81 HealthMarkets Insurance
 - 82 Brookdale Broken Arrow
 - 83 Young Living Essential Oils
 - 84 City of Broken Arrow Rose District
 - 85 American Senior Benefits
 - 86 Entrusted Hearts by Baptist Village
 - 87 Mary Kay Cosmetics
 - 88 BeeHive Homes of Broken Arrow
 - 89 Archwell Health
 - 90 BA Lions Club - Basic Health Screenings
 - 91 BA Lions Club - Basic Health Screenings
 - 92 BA Lions Club - Basic Health Screenings
 - 93 Global Health
 - 94 BA Parks and Recreation
 - 95 Arts @ 302
 - 96 Christi Gillespie for State Senate
 - 97 A New Leaf
 - 98 Perfect Turf
 - 99 Haul Aways
 - 100 Blue Star Mothers
 - 101 Griswold Home Care of Tulsa
 - 102 Quality First Pharmacy
 - 103 Seasons Hospice
 - 104 MyChoice In-Home Senior Services
 - 105 Ronda Butler - Keller Williams Preferred
 - 106 Broken Arrow Neighbors
 - 107 Redbud Physical Therapy
 - 108 Flawless Smile Dentistry
 - 109 Senior Care Referral Services
 - 110 Pain Management of Oklahoma
 - 111 Rebecca Morton Insurance Agency
 - 112 Safe HomeCare
- Outside Compassionate Animal Rescue Efforts - C.A.R.E.

Senior Resource & Health Fair - Friday, April 26 - 9 a.m. to 1:30 p.m. Central Park Community Center - 1500 South Main St. - Broken Arrow



Calendar of Events

Regularly Scheduled Monday Activities

Monday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Party Bridge	8 a.m.-12 p.m.	SCE	
	Cardio Exercise	8:15-9 a.m.	SCE	
	Ping Pong/Pool for Fun	8 a.m.-4 p.m.		
	Shuffleboard	8 a.m.-4 p.m.		
	Yin Yoga	9 a.m.-12 p.m.		The Center will be closed on Monday, May 27 in observance of Memorial Day
	Crafting	9:30-12 p.m.		
	Drum to Exercise	9:15-10:15.		
	Bible Study	9:30-11 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Canasta	12-4 p.m.		
	Tai Chi for Better Balance - Vanessa	12:15-1:15 p.m.	SCE	
	Pickleball Open Play	12:15-4 p.m.		Canceled May 13
	Intermediate Tap Dancing	1:00-2:30 p.m.		
	Experienced Mahjong Players	1:00-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	
	Beginning Tap Dancing	2:45.-3:30 p.m.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

Circle of Readers	10-11:30 a.m.		May 6 & 20
Photography Group	1:30-3:30 p.m.	SCE	May 13 only 2nd & 4th Mondays

Monday Special Events

Abstract Art Workshop for Beginners	1:30-3 p.m.		May 6, 13 & 20, More information on page 17
Men's Pickleball Tournament	12:15-4 p.m.		May 13,

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May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Calendar of Events

Regularly Scheduled Tuesday Activities

Tuesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Party Bridge	8 a.m.-12 p.m.	SCE	
	Strength & Tone	8:15-9 a.m.	SCE	
	Ping Pong/Pool for Fun	8-4 p.m.		
	Shuffleboard	8-4 p.m.		
	Train Dominos	9 a.m.-12 p.m.		
	Soft Yoga	9:15-10:15 a.m.	SCE	
	Scrapbooking	9:30 a.m.-12 p.m.		
	Limited Exercise	9:30-10:30 a.m.		
	Guitar Lessons - Intermediate	10-11:30 a.m.	SCE	
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Tai Chi for Balance with Julie	11:45 a.m.-12:45 p.m.	SCE	
	Canasta	12-4 p.m.		
	Chess	12-4 p.m.	SCE	
	Line Dancing with Michelle	1-2 p.m.	SCE	
	Beginning Guitar Lessons	1-2 p.m.		
	Painting	1-3:30 p.m.		
	Beginner Pickleball Play	12:30-2 p.m.		
	Pickleball Open Play	2-4 p.m.		
	Clogging Class	2:15-3:30 p.m.	SCE	

Other Scheduled Activities

Domino Tournament	9 a.m.-Conclusion		May 14, 2nd Tues.
Fitness Machine Orientation with PT	9-10 a.m.	SCE	May 14, 2nd Tues.
Board of Directors	3:30 p.m. Conclusion	SCE	May 21, 3rd Tues.

Tuesday Special Events

Coffee with Christi	8:30-10:30 a.m.		May 14, More information on page 25
Coffee with Christi	8:45-10:45 a.m.	SCE	May 21, More information on page 25
Triad Vision Screening	10-11:30 a.m.		May 14, More information on page 23
Mind/Body Connection	1- 2 p.m.	SCE	May 7, More information on page 21

May 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
6	27	28	29	30	31	

Calendar of Events

Regularly Scheduled Wednesday Activities

Wednesday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8-4 p.m.		
	Shuffleboard	8-4 p.m.		
	Cardio Exercise	8:15-9 a.m.	SCE	
	Core Strength Yoga	8:15-9 a.m.		
	S.E.A.T.	9-10 a.m.	SCE	
	Needle Crafting	9-11:30 a.m.		
	Chair Yoga	9:15-10:15 a.m.		
	Beginning Ukulele	9:30-10 a.m.	SCE	
	Blood Pressure Checks	10 -11 a.m.		
	Line Dancing with Eugenia	10 -11:30 a.m.	SCE	
	The Sound of Broken Arrow - Choir	10-11:30 a.m.		NEW in April, More information on page 30
	Abstract Painting	10 a.m.-12 p.m.		
	Ukulele Jam	10 a.m.-12 p.m.	SCE	
	Quilting	10 a.m.-3 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30-12:30 a.m.		
	Exercise 101	12:15-1:15 p.m.		
	Drawing Class	1-3 p.m.		
	Experienced Mahjong	1-4 p.m.	SCE	
	Line Dancing with Barb	1:30-3 p.m.	SCE	
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	

Other Scheduled Activities

At the Movies	12:30 to Conclusion		May 8 & 22 (2nd and 4th Wed.)
Bunco	12:30-2:30 p.m.		May 8 (2nd Wed.)
Let's Play Bingo	1-2:30 p.m.		May 1 (1st Wed.)
Be Well Read-Health & Wellness Book Club	10-11:30 a.m.	SCE	May 15, More information on page 8

Wednesday Special Events

Anxiety - When Worry Gets Out of Control	1-2 p.m.	SCE	May 8, More information on page 27
Heart Health - Exercise Physiology	12:30-1:30 p.m.	SCE	May 15, More information on page 19

The Quilting Group meets each Wednesday to make items helping others in our community! They would gladly accept the following donations to support their efforts:

- Cotton fabric, batting, sewing items including sewing machines.
- Long arm quilting frame.
- Donating time to complete quilt tops using a long arm
- quilting machine or a donation fo that type of machine.

May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
6	27	28	29	30	31	

Calendar of Events

Regularly Scheduled Thursday Activities

Thursday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8 a.m.-4 p.m.		
	Shuffleboard	8 a.m.-4 p.m.		
	Strength and Tone	8:15-9 a.m.	SCE	
	Train Dominos	9 a.m.-12 p.m.		
	Power Yoga	9:15-10:15 a.m.	SCE	
	Limited Exercise	9:30-10:15 a.m.		
	Creative Card Making	9:30-11 a.m.		
	Guitar Jam	9:30-11:30 a.m.	SCE	
	Play Money Poker	9:30 a.m.-12 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Party Bridge	11:45 a.m.-3 p.m.	SCE	
	Drum to Exercise	12:15-1:00 p.m.		
	Creative Card Making	12:30-3 p.m.		
	Happy Hookers - Crochet	12:30-2:30 p.m.		
	Card Game of the Day	1-4 p.m.		
	Simply Faith	1-2 p.m.		
	Fundamentals of Line Dancing w/ Michelle	1-2:30 p.m.	SCE	
	Pickleball Open Play	1:15-4 p.m.		
	Cardio Drumming	3-4 p.m.	SCE	

Other Scheduled Activities

Pool Tournament	9 a.m.-Conclusion		May 16 (3rd Thurs.)
Poker Tournament	9:30 a.m.-12 p.m.		May 16 (3rd Thurs.)
Grief Healing Group	10-11:30 a.m.	SCE	May 16 (3rd Thurs.)
Membership Advisory Committee	4 p.m.	SCE	May 2 (1st Thurs.)

Thursday Special Events

Hands-Only CPR Training	10:30 a.m.-12:30	SCE	May 30, More Information on page 18
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Cindy Sansone

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SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
6	27	28	29	30	31	

Calendar of Events

Regularly Scheduled Friday Activities

Friday	CLASSES	Time	BLDG	NOTES/Changes etc.
	Dominos	8 a.m.-12 p.m.		
	Ping Pong/Pool for Fun	8a.m.-4 p.m.		
	Cardio Drumming	8:15-9 a.m.	SCE	Canceled May 3
	Friday Fitness	9:15-10:15 a.m.	SCE	Canceled May 3
	S.E.A.T.	9:30-10:15 a.m.		
	Singing Group	9:30-10:30 a.m.		
	Creative Writing	10 a.m.-12:30 p.m.		
	Individual Quilt Layout	10 a.m.-2 p.m.		
	Limited Exercise	10:30-11:30 a.m.		
	Line Dancing with Eugenia	10:30-12:00 p.m.	SCE	Canceled May 3
	Shuffleboard	10:30 a.m.-4 p.m.		
	Lunch	11:30 a.m.-12 p.m.		
	Canasta	12-4 p.m.		
	Exercise 101	12:15-1:15 p.m.		
	Cornhole	12:30-2:30 p.m.	SCE	Canceled May 3
	Bingo, Singo	1-2:30 p.m.		Bingo May 3,10,24, & 31 Singo May 17
	Pickleball Open Play	1:30-4 p.m.		
	Zumba	3:15-4 p.m.	SCE	Canceled May 3

Other Scheduled Activities

Fitness Machine Orientation w/ Danny S	9-10 a.m.	SCE	May 24 (4th Friday)
Alzheimers Support Group	10 a.m.-12 p.m.	SCE	May 3 & 17 (1st & 3rd Friday)
Parkinsons Support Group	1-2:30 p.m.	SCE	May 24 (4th Friday)

Friday Special Events

BA Community Challenge Blood Drive	11 a.m.-5 p.m.	SCE	May 3 More information on page 25
Cornhole Tournament	12:30-2:30 p.m.	SCE	May 31 More information on page 29

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May 2024

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
6	27	28	29	30	31	

Calendar of Events

Please note the following Center information.

Accommodations - If the activity you want to attend is held at the front of the West building, and handicap accommodation is needed, please contact the office to allow entry through the front of the building. Front parking accommodations are for those who have a handicap tag to hang in their car.

Entry - Members will enter through the west entry of the West building and through the east entry of the East building.

Name tags - All members will be required to wear their name tag while engaged in activities at the Center.

Center hours - All activities Monday through Friday will end by 4 p.m.

Guests - Guests who are 55 or older and considering membership are welcome. They are required to check in with the office so a guest form can be completed.

Perfumes and scents - Many members are highly sensitive to strong scents. Please refrain from using strongly scented perfumes, after-shaves and lotions while at the Center.

Lunch - Lunch is provided at the Center by the Tulsa and Creek County Senior Nutrition Program at 11:30 a.m. each day in the West Building. Lunches cannot be served after 12 p.m. Reservations are required and must be made the day before at 11 a.m. Please call (918) 259-8377, extension 16. For those over 60, the suggested donation is \$2 per meal.

Transportation - Questions regarding transportation to and from the Center on the Center's bus can be answered by calling the office at (918) 259-8377, ext. 15.

The Calendar - The notation **SCE** follows activities that are held in the East Building.

Activity Update

Engage and Stay Active!

Abstract Art Workshop for Beginners

Have you always admired abstract paintings and wanted to learn more? During the month of May, an Abstract Art Workshop for Beginners will be offered on Mondays, May 6, 13 and 20 from 1:30 to 3 p.m. in the Senior Center West Creative Arts Room! Ralph Krause, an experienced and successful abstract artist, will lead this fascinating and creative workshop.

Learn the techniques involved in creating beautiful art that will enrich your home in the colors you choose. Abstract art is a captivating form of expression that defies traditional realism. Rather than depicting recognizable objects or telling specific stories, abstract art aims to ignite imagination and evoke personal emotional experiences.



Abstract art encourages us to think outside the box. When we engage in abstract art, we exercise our brain's creative muscles which can have a positive effect in other aspects of our lives.

Flex those creative muscles and sign up today to participate in this May workshop. Space will be limited. Additional Abstract Art Workshops for Beginners are planned for September and November. Signup sheets 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.

Incident Weather Closing Notifications

If the Center closes due to weather, a notification will be posted on the home page of the Center's website – www.baseniors.org

A notification will also be posted on our Facebook page at Broken Arrow Senior Activity Center.

We will make every effort to post the night before a closing. Postings will be made by 7 a.m. on the morning of a closing.

If you are unable to check the website or the Facebook page, please call the Center a few minutes after 8 a.m. at (918) 259-8377. If there is no answer, we have closed due to weather conditions.



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Activity Update

Engage and Stay Active!

Hands-Only CPR Training – Learn How to Save a Life

Cardiopulmonary resuscitation (CPR) training session will be offered by Hillcrest Hospital on Thursday, May 30 from 10:30 a.m. to 12:30 p.m. in the Fitness Classroom of Senior Center East.

Why should everyone learn the lifesaving skill CPR?

Brain death occurs four to six minutes after the heart stops beating. CPR effectively keeps blood flowing and provides oxygen to the brain and other vital organs, giving the victim a better chance for a full recovery. Everyday Health reports that If CPR is given within the first two minutes of cardiac arrest, the chances of survival double.

According to the CDC, heart disease is the leading cause of death in the U.S., claiming the

lives of more than 600,000 people each year.

While heart disease is on the rise, CPR can help save lives. According to the American Heart Association, more than 350,000 out-of-hospital cardiac arrests occur each year. Sadly, 88% of people who suffer from a cardiac arrest outside of the hospital die. However, when properly and promptly performed, CPR can dramatically improve a person's chance of survival.

The information and skills training on May 30 will include:


- Learning what to do if someone is having a heart attack.
- Practicing on a mannequin to understand how to perform effective chest compressions.
- Being able to use an Automatic External Defibrillator (AED).

Learn how to save a life today! Space will be limited to 30 participants for Hands-Only CPR training. Signup sheets will be available in both the East and West Center buildings. Signup sheets will be available in both the East and West Center buildings at the top of the ramp at Senior Center West or near the kiosk of Senior Center East.



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— Activity Update —

Engage and Stay Active!

Gain Heart Health with Help from Exercise Physiology

If you have cardiac disease or are at risk for it, exercise can make a significant difference in your health. Exercise physiologists provide rehabilitation services and work with people who have or are recovering from a range of conditions including cardiovascular disease. On Wednesday, May 15 at 12:30 p.m., an Exercise Physiologist specializing in Cardiac Rehab at Hillcrest Hospital will be presenting. This informative session will be held at Senior Center East in the Meeting/Presentation Room.

Hillcrest Exercise Physiologist April Pride, the session presenter, understands the effect exercise has on cardiovascular disease and specific forms of exercise to reduce or reverse individual issues. The session will provide information on:

- Generalized aerobic guidelines
- Generalized strength training guidelines
- Listening to your body
- When to call the doctor

Exercise physiologists analyze an individual's medical history to determine the best exercise and fitness regimen. They develop physical activity programs to help people improve components of their fitness, such as cardiovascular function. A resulting fitness plan considers factors such as prescribed medications, nutrition, injuries, hip and knee problems, and chronic conditions.

What is the difference between Exercise Physiology and Personal Training?

Most people know what a personal trainer is and what they do. They help people to lose weight, build muscle, trim, tone and get fit and healthy. Both Exercise Physiologists and personal trainers can work with those who want to improve their health and well-being.

Exercise physiologists, however, are required to have extensive training to treat people with chronic conditions in addition to those without any known conditions. They are different from personal trainers and other health professionals due to their extensive knowledge, skills and experience in exercise delivery, provision on health modification counseling and understanding of complex and chronic health conditions.



Sign up today for this informative session! Signup sheets will be available at the top of the ramp at Senior Center West or near the kiosk of Senior Center East.



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If I Have A Will, Does It Still Go Through Probate?

By Brittany Littleton



Probate is the court-supervised process of either (a) carrying out the instructions laid out in a deceased person's will, or (b) applying state law to distribute the assets and property of someone who died without a will. Not all wills, and not all accounts and property, need to go through probate court.

- Estates, wills, and probate are distinct, yet interrelated, estate planning concepts.
- An estate consists of everything that a person owns—including their personal possessions, real estate, financial accounts, and insurance policies. Almost everyone leaves an estate when they die, even if it is very small.
- A will is the legally valid written instructions that a person creates describing how they want their money and property distributed upon their death. Wills are highly recommended, but there is no legal requirement to have one. To make a will legally valid, it must be properly executed in accordance with state law.
- Probate is the legal process that formally distributes the accounts and property that are in the decedent's sole name, do not have a beneficiary designated, and have not been placed into a living trust prior to the decedent's death. During probate, a decedent's probate assets are identified and gathered, their debts are paid, and the probate assets are distributed to beneficiaries named in the will or their heirs as determined by state law there was no will.

Probate with a Will

When a probate is required for a person that died with a will-based estate plan, here is what typically happens:

- The person nominated in the will to act as executor (sometimes called the personal representative) files a copy of the death certificate, the original will, and any required documents or pleadings with the probate court.
- The court examines the will and other documents filed to confirm their validity and gives the named executor the legal authority to carry out the decedent's wishes, as specified in their will.
- The individual appointed as executor inventories and values the decedent's estate assets and identifies any outstanding debts of the estate, such as loans and credit card debt.
- Once estate debts are paid, assets are liquidated, and final taxes are paid, the remaining accounts and

property are distributed to named beneficiaries and the estate is closed, ending the probate process.

The length of a probate can vary depending on many factors, including the size of the estate, state laws, and whether the will is deemed invalid or contested, but in Oklahoma typically takes at least a year.

Avoiding Probate

Most people want to avoid probate all together. The process itself is time-consuming and expensive, and your assets, debts, and personal family information become public record. You also lose the opportunity to pass down assets to your intended beneficiaries with asset protection and tax planning goals in mind.

Beneficiary designations, joint ownership, trusts, and affidavits are common ways to avoid probate, but only if they are done correctly. Here are some examples of these probate-avoidance tools in action:

- Financial accounts that allow for designated beneficiaries upon your death may not need to be probated. Transfer-on-death (TOD) and payable-on-death (POD) accounts are generally treated the same as accounts that have a beneficiary designation. However, you should never name a person who receives Medicaid

Continued on page 21

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Continued on Page 21

Continued from Page 20

- or SSI, or a minor child, as a beneficiary or TOD/POD designee.
- Accounts and property that are jointly owned and have a right of survivorship can bypass probate.
- Accounts or property held in a trust may also bypass probate, and give you the opportunity to pass assets down to your beneficiaries with added protections like asset protection and tax planning.
- Oklahoma has a “small estate” law that allows probate to be skipped if the value of the total estate is less than \$50,000 and specific facts that must be alleged in a sworn affidavit are true.

Avoid Probate Issues When Drafting a Will

Probate avoidance may be one of your goals when creating an estate plan. You should also consider implementing tools in your estate plan to minimize issues that may arise if your estate does require probate. An outdated or unclear will can spell trouble when it is time to probate your estate, making it important to identify and address issues that could lead to problems, including will contests and family disputes

It is recommended that you update and review your estate plan every three to five years or whenever there is a significant life change or a change in federal or state law. You also want to periodically review how you own your assets to determine if it aligns with your estate planning goals. Consult with an estate planning attorney to determine what type of estate plan is best for you, and if your current plan meets your needs.

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. If you have a question that you would like answered or a topic you would like to see covered, send your thoughts to Kimberly Crenshaw, BA Seniors Executive Director, at kim@baseniors.org.



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— Activity Update —

Engage and Stay Active!

The Mind / Body Connection – How to Benefit by Knowing More

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Join Dr. Laura Garrett, Associate Professor of Psychology at Tulsa Community College on Tuesday, May 7, to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. The Mind/Body Connection session will be held at Senior Center East in the Meeting/Presentation room at 1 p.m. Dr. Garrett will also discuss new research regarding staving off dementia.

The mind-body connection isn't a one-way street. Just as our mind can influence our body, our bodily state can affect our mental health. For instance, regular physical exercise isn't just good for our muscles and heart—it's also shown to reduce symptoms of depression and anxiety.

Strengthening the connection between your body and mind may benefit all areas of your life. It can help reduce stress, promote better sleep, and may even help you better regulate your emotions.

You can enhance the relationship between your mind and body by incorporating simple, but effective, habits into your daily or weekly routine. Remember, the goal isn't perfection but increased awareness and attention to the connection through consistent practice.

Learn more on May 7! Dr. Garrett is an engaging speaker who brings “real life” scenarios to her sessions each time she speaks. Signup sheets 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.





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— Activity Update —

Engage and Stay Active!

Free Vision Screenings

Take advantage of a free vision screening by Triad Eye Institute to preserve your sight. The vision screening is scheduled for Tuesday, May 14 from 10 to 11:30 a.m. in the Conference Room of Senior Center West.

Triad's comprehensive screenings include evaluations and counseling for vision, glaucoma, cataracts, diabetic eye disease, macular degeneration, dry eyes, and external diseases of the eyes and eyelids.

According to information on the Triad Eye Institute website, www.triadeye.com, Age Related Macular Degeneration (AMD) is a common eye condition among people 50 and older. It is a leading cause of vision loss in older adults. It gradually destroys the macula, the part of the eye that provides sharp, central vision needed for seeing objects clearly.

In some people, AMD advances so slowly that vision loss does not occur for a long time. In others, the disorder progresses faster and may lead to vision distortion often

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described by patients as wavy or blurred. Complete central vision loss can occur in

advanced disease. The vision loss makes it difficult to recognize faces, drive a car, read, print, or do close work, such as sewing or fixing things around the house. Depending on the type and stage of disease, different interventions may help hinder further vision loss.

“Many people who receive eye screenings had no idea they had an eye disease”, says Gina Howe, Mobile Supervisor for Triad Eye Institute. “They were at risk of losing sight but fortunately stopped for a screening and received follow up to get the care they needed.”

The screening also provides an opportunity to learn how to utilize your medical insurance for eye care.

Signup sheets with appointment times to attend the May 14 vision screenings 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.

Space is limited. Sign up today to take advantage of this free service!



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“Join the Conversation” – Coffee with Christi Gillespie

Join Christi Gillespie, Broken Arrow City Councilor, Vice Mayor and Senior Center Board member for “Coffee with Christi”. Christi is running for State Senate District 33 and invites members to “join the conversation” and discuss issues that concern the members of the Center. Coffee with Christi will take place on Tuesday, May 14 8:30 to 10:30 a.m. at Senior Center West and May 21 8:45 to 10:45 a.m. at Senior Center East. Doughnuts will be provided too!

Join the conversation and share your thoughts about our state during Coffee with Christi! Primary election day is June 18.

Broken Arrow Community Challenge Blood Drive at the Center!

The BA Senior Center is the site for the Our Blood Institute's (OBI) Broken Arrow Community Challenge Blood Drive on May 3. The blood donation event will take place in the Fitness Classroom of Senior Center East from 11 a.m. to 5 p.m.

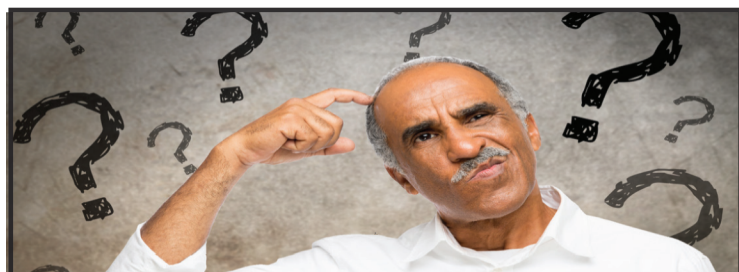
Did you know that blood has no substitute, but is needed every two seconds to treat and improve a number of

health issues and conditions?

Donating blood saves lives! Dallin's story is just one example out of thousands. When Dallin was just three weeks old, he came down with a common cold that turned into a blood infection. Thirty-six donors provided blood so that Dallin could survive. There are countless more stories about how blood donations make all the difference in saving lives!

Blood donations help people in need in your community. Donors, especially those who donate regularly, keep our nation's blood supply stable. Although many people donate blood after disasters, blood is needed every day of the year.

Make a difference, save a life and donate blood on May 3 at the Center. Register to donate at www.OBI.org. Look for Where to Donate - Find a Mobile Blood Drive and schedule your donation appointment under the Broken Arrow Community Challenge Blood Drive on May 3. Walk-in Donors will also be accepted as time is available.



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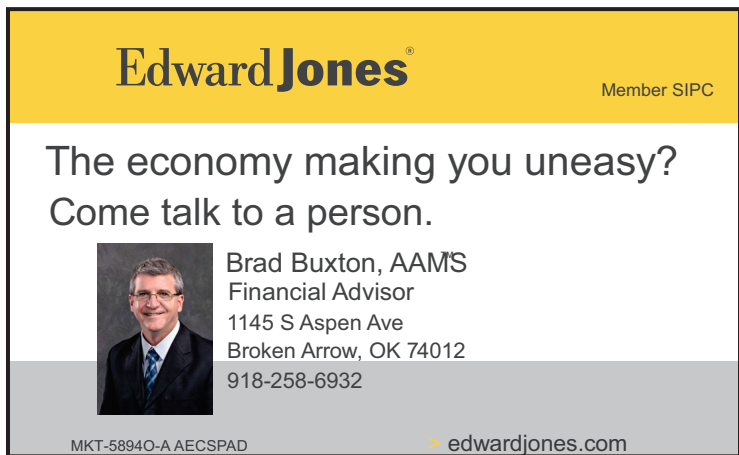
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Activity Update

Engage and Stay Active!

When Worry Gets Out of Control

Do you often find yourself worrying about everyday issues for no obvious reason? If so, you may have a type of anxiety disorder called generalized anxiety disorder (GAD). GAD can make daily life feel like a constant state of worry, fear, and dread.



Lucinda Morte with the Mental Health Association of Oklahoma will be at the Center on Wednesday, May 8 to discuss the issue of anxiety in older adults. The presentation will be in

the Meeting/Presentation Room of Senior Center East at 1 p.m. The month of May is Mental Health Awareness Month, a significant national event that aims to bring attention to the importance of mental health.

Occasional anxiety is a normal part of life. Many people may worry about things such as health, money, or family

problems. But people with GAD feel extremely worried or nervous more frequently about these and other things even when there is little or no reason to worry about them. GAD usually involves a persistent feeling of anxiety or dread that interferes with how you live your life. It is not the same as occasionally worrying about things or experiencing anxiety due to stressful life events. People living with GAD experience frequent anxiety for months, if not years.

Lucinda Morte will discuss anxiety issues that older adults often face in addition to the common anxiety regarding weather. She will also provide helpful tips to deal with anxiety and suggest when it may be time to speak with a health care provider or mental health professional.

Take the first step in reducing anxiety in your life during the month of May – Mental Health Awareness Month! Learn more on May 8! Sign up sheets to attend this important and relevant topic 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.



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Activity Update

Engage and Stay Active!

Grief Healing Group to Discuss "Myths of Grieving" in May

Grief is an experience nearly everyone has or will experience. Despite it being widespread, grief is often misunderstood. The Grief Healing Group will be discussing myths they identify with during their grief journey. The group will be meeting Thursday, May 16 in the game room of Senior Center East from 10 to 11:30

Learning more about the myths surrounding grief and focusing on the facts can help someone before and during the grieving process. Here are several common myths to think about regarding grief overall and the facts regarding a grief journey:

Myth 1: Everyone grieves in stages.

Fact: Grief doesn't follow the rules.

Myth 2: Grief and mourning are the same.

Fact: Grief can produce many behaviors; mourning is one of them.

Myth 3: Women grieve more than men.

Fact: All people grieve differently.

Myth 4: If you're not crying, you're not really grieving.

Fact: Crying is not essential to grieving.

Myth 5: Ignoring your pain will help it go away.

Fact: Ignoring your pain is a temporary solution at best.

Myth 6: The first year is the hardest.

Fact: Grief is hard, period.

Myth 7: Grief gets better over time.

Fact: Grief doesn't follow a set timeline.

Myth 8: Grief has an endpoint.

Fact: Grief doesn't end but it changes.

Myth 9: The goal of grief is to find closure.

Fact: Finding closure is important but it doesn't close the book on grief.

Learning more about the myths surrounding grief and focusing on the facts can be helpful before and during the grieving process. Understanding grief and the grieving process can be a real comfort to those impacted by the condition.

The Grief Healing Group meets the third Thursday of each month.

— Activity Update —

Engage and Stay Active!

Cornhole Tournament New Date Set in May

The date for the Cornhole Tournament at the Center has been changed to Friday, May 31. That's the day to test your tossing skills and enjoy some friendly competition. Tournament winners will walk away with a handcrafted trophy made by Center member, Jim Droge.

Tournament time is set for 12:30 to 3 p.m. on Friday, May 31 and signing up prior to the tournament is required.

Partners are encouraged to sign up but having a partner is not required to play in the tournament. Ten teams will play. This first cornhole tournament will be a double elimination tournament providing a chance to win! Ten teams will be determined from the first 20 people signing up. Sign up as a team or a single player. Single players will be matched with a partner.



What's great about cornhole? No previous cornhole experience is needed to play and win!

Cornhole is that easy to learn and play! All are welcome to play in the tournament. A fun-loving group plays cornhole every Friday from 12:30 to 2:30 in the SCE Fitness Classroom. Get your throwing practice each Friday in May, scout out the competition and talk with potential partners!

Sign-up sheets to participate in the tournament 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. The sign-up deadline to participate is Tuesday, May 28. If you signed up for the previous tournament date, please sign up again. Plan to arrive at noon tournament day.

The Cornhole tournament is hosted by Bixby-South Tulsa Funeral Home and Rivercrest Cremation and is the sponsor of Cornhole every Friday. Please call Carla Hall at (580) 656-1517 if you have any questions.



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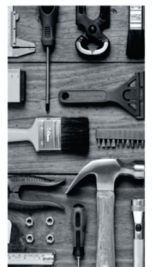
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— Activity Update —

Engage and Stay Active!

Community BUNCO Bash in June!

Save the date and get ready to purchase your BUNCO Bash tickets! The event is set for Friday, June 14 from 6 to 9 p.m. at Senior Center East. Tickets for the June event can be purchased in advance beginning, Monday, May 13 for \$10 in the west office or \$12 at the door (as event space allows).

More than 150 people attended the last event in February! Join us and enjoy an evening of fun and laughter!

Delectable appetizers and desserts are a highlight in addition to the chance to win fabulous door and raffle prizes and cash in the 50/50 raffle!

Volunteers are needed to help before, during and after the event! Please contact Erica Decker, Special Events Coordinator at events@baseniors.org regarding various opportunities.



The Sound of Broken Arrow Choir

The Center Choir, The Sound of BA, has gotten off to a great start! The group met to sing for the first time on Wednesday, April 17, and thoroughly enjoyed singing together!

If you are interested in singing in a choir, join the group on Wednesdays from 10 to 11:30 a.m. in Activity Room 3 of Senior Center West.

- Enrollment in the Sound of BA is always open! People may join at any time.
- Choir or singing experience is not necessary.
- The ability to read music is not required.
- The Sound of Broken Arrow does plan on performing at local events and venues but performing is not required to be a part of The Sound of BA.



Tournament Winners!

Pool Tournament -

March Breakfast Sponsored by
Christina Culver - VIPcare Clinics



March Winners: 1st Place - Cecil Jones;
2nd Place - Jim Wykoff; 3rd Place - Harry Adams

Domino Tournament -

Prizes provided by Jimmy's Egg
& Ron's Hamburgers & Chili



March Winners: Jean Ohlde & John Wishall

Poker Tournament -

Prizes provided by Joel Hitsman - Global Health



March Winners:
1st Place - Katie Sherman
2nd - Larry Timmons
Joel Hitsman - Global Health

Tournament Winners!

Pickleball

Pickleball Sponsored by



March Winners



1st Place:
Lynn Feldhausen &
Barbara Wood



2nd Place:
Melanie Oliver &
Julie Clemons

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