



## Broken Arrow Senior Center

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

sean@baseniors.org

 www.baseniors.org  
@BrokenArrowSeniors

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8 a.m. to 4 p.m.

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Non-residents • \$40

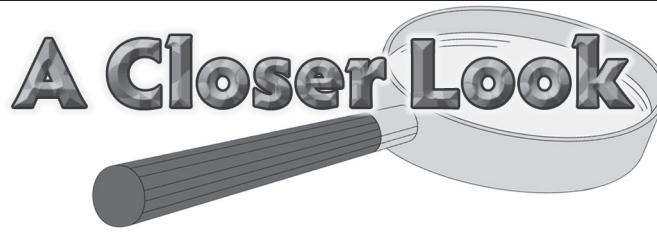
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Sean Simpson

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Transportation  
Marion Hampton

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Donald Stockton



By Sean Simpson  
Broken Arrow Senior Center  
President/CEO

# The Center Is Closed; Our Mission Continues



## Safer At Home

On behalf of my entire team and the board of directors, we hope you are healthy and staying safe.

Thank you for your calls, notes, dues renewals and especially the donations. Please know we are addressing your individual questions as fast as we can. Email is the most reliable way to contact us since we are not coming into the office every day. We are very appreciative of your support and kindness as we strive to deliver on our mission promise to provide a safe place for older adults to be physically active and socially engaged.

The Broken Arrow Senior Center's doors are closed, and the building is open only to staff and others by ap-

pointment. The lights are off, and it is eerily quiet. The silver lining is I haven't been asked to adjust the thermostat in Centennial for more than two months.

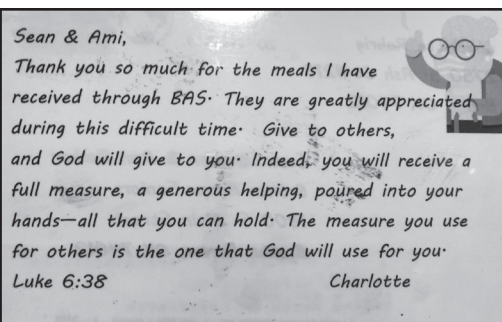
There are no sounds of feet on the floor exercising. No strumming from guitars or ukuleles. The pool balls are put away. And the sound of dominoes moving across the table is nonexistent. And there have been no automobile accidents in the parking lot in more than two months.



We thank you for keeping us in your thoughts. It's been challenging and exciting since we closed mid-March, trying to decide how to provide programs and services while keeping our members and staff safe.

Today, we have more than 55% of our program offerings available to view online – like exercise and fitness classes – or to participate in a Zoom teleconference call. We had

*(Continued on page 2)*



# Our Mission Continues (From Page 1)

eight members in the Creative Writing class that met last week on Zoom, and there've been hundreds of views of the line dance, yoga, Zumba, limited exercise, tai chi and Fitness for Ladies classes.

At the end of April, we had the awning at the front of the building



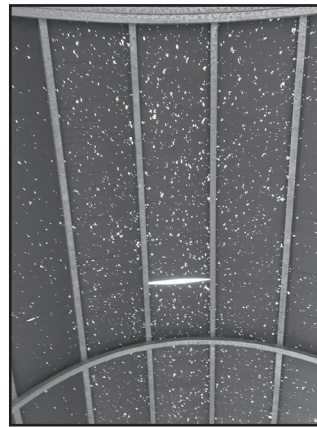
replaced. No longer will you get wet under the awning, and, looking up, it doesn't look like a planetarium anymore.

We've provided more than 520 meals for our members – a mixture of frozen meals and shelf-stable meals.

And organizations like BA Rotary, Brookdale-Broken Arrow and Lefty's restaurant have even provided fresh meals for our members. If you are interested in receiving meals, they are distributed every two weeks. You can download the nutrition application forms as well as new member paperwork at [baseniors.org](http://baseniors.org) in the Nutrition and Membership sections. And you can contact Tulsa & Creek Counties Senior Nutrition at [www.tccno.com](http://www.tccno.com)

or 918-835-4160 to get on the list.

Special thanks to the BA Police Department for helping make home deliveries for our members without transportation to get to the Center. The dedicated officers have helped 10 members



get meals every week.

We've rescheduled our 30th annual Senior Health & Resource Fair for Aug. 14, and the Community Bunco Bash is June 26. We've reached out to all our advertisers and sponsors and contacted all new members to



make sure they understand where our programs are listed. We've even been adding more than five new members a week – despite being closed. The building has been thoroughly cleaned.

We've even completed our inventory and cleaned out our storerooms.

Even though the Center's doors are closed for the time being, our mission continues through the efforts of our staff and activity leaders. They have been committed to inspiring you, as members of the Center, to stay engaged through these days of isolation. A variety of innovative ways for you to continue benefiting from your membership in the BA Senior Center are listed in this newsletter.

In the face of this challenge, we will be resilient. We will endure. We will take care of ourselves. We will help one another. And we will emerge from this time of uncertainty and upheaval with a chance to build a better future.

Stay safe my friends!

## Re-opening The Economy

On April 22, Gov. Kevin Stitt's Advisory Group put forth the implementation of a three-phase approach to get Oklahoma's economy started. The plan is based on scientific modeling from public health experts and is designed to mitigate the risk of the resurgence of COVID-19. It provides a detailed plan for the reopening of Oklahoma's economy in phases that the city of Broken Arrow implemented.

"There is a risk of allowing a surge of new COVID-19 cases into the health care system that extreme social-distancing efforts were meant to curtail, said Dr. Bruce Dart, executive director of the Tulsa County Health Department.

"We ask that you remain diligent in your (social distancing) actions, otherwise the gains we've made in April will

*(Continued on page 3)*

# Our Mission Continues (From Page 2)

<b>65+</b>	<b>32.58%</b>
<b>50-64</b>	<b>24.46%</b>
<b>36-49</b>	<b>20.73%</b>
<b>18-35</b>	<b>19.07%</b>
<b>5-17</b>	<b>2.21%</b>
<b>0-4</b>	<b>0.93%</b>

<b>65+</b>	<b>80.00%</b>
<b>50-64</b>	<b>14.70%</b>
<b>18-35</b>	<b>2.94%</b>
<b>36-49</b>	<b>2.35%</b>
<b>5-17</b>	<b>0.00%</b>
<b>0-4</b>	<b>0.00%</b>

be for naught,” Dart added.

Governments can look at whatever matrix or metrics they want as they’re tasked with looking out for everyone in the communities they represent. We represent older adults over the age of 50, 55, 65 or 80 years of age. That is what we are telling people when they ask when we will re-open.

Are you aware that people over the age of 50 account for 57% – a little more than half – of the number of positive test cases?

And 95% of the COVID-19 fatalities are individuals over the age of 50? Yes, that’s right, 95% of the fatalities

are over the age of 50.

So are you and I.

Almost every COVID-19 death in the state is attributed to someone over the age of 50.

As a member of the Center, you are much more than a \$30 or \$40 dues payment. That’s why we will be extremely cautious. We will only re-open when the risk of loss of life is no longer a concern.

### Re-opening The Center

What will life look like at BASC when we re-open? Staff, activity leaders and the board are working on options. It’s possible that we’ll re-open with small groups of members. It will be easier to practice social distancing. We will no doubt insist that you wear a mask and possibly gloves. We may only open for limited hours or certain days. That would allow us to adequately clean the Center between uses.

We realize some  
*(Continued on page 4)*

### BE SAFE

Stay home as much as possible.

Put distance between yourself and other people (6 feet apart).

Everyone should wear a cloth face cover when they have to go out in public.

Wash your hands often with soap and water for at least 20 seconds, especially after you have been in a public place or after blowing your nose, coughing or sneezing.

If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Avoid touching your eyes, nose and mouth with unwashed hands.





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## Our Mission Continues (From Page 3)

members will be more comfortable coming back earlier than others – and that's OK. I'm not going to be comfortable coming back until the number of newly diagnosed cases of COVID-19 and coronavirus-related fatalities have all but disappeared. And that's OK, too.

I'm not going to ask any member of my team, any activity leader or any member to come back to the Center until they feel safe. We are offering virtual classes now, and we will continue with the choice of attending in-class or virtually for a while.

I'll reiterate our mission promise again. It starts with "To provide a safe place for older adults to ..." Whenever and however we open the doors to the Center, the safety of our members, staff and volunteers will be first and foremost in any decision we make. We will not open until we can assure you that you'll be safe.

We are in regular communication with city, county and

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state officials. We are having conversations with other nonprofits in the state and are talking with assisted living and long-term care communities to understand how to proceed safely for the next few months. The Tulsa Area United Way and the Oklahoma Center for Nonprofits have had training and seminars, as well as weekly updates on closures, disease spread and soon – hopefully – recovery.

When we do have a date to re-open, you will know. In the meantime, be safe, keep your distance and

know we are here for you!

We want to welcome you back to the Center when it is time. We will look out for you. But you need to look out for you, too!

To do that, you have to keep yourself safe.  
Sean Simpson, BASC Director



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*References available upon request.*



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# New Ways To Stay Active And Connected

The Center's activity leaders are offering more ways for you to continue being physically active while the Center is closed. If you have never tried a class at the Center but have considered it in the past, now is the time to check out these classes. Practice the moves at home while you have the opportunity, and you'll be ready to join in on line dancing, tai chi, Fitness for Ladies, Zumba and more.

The following is a list of the latest Center exercise offerings and where to find them:

## Line Dancing

Line dancing, believe it or not, is probably one of the best activities to help you stay physically active, and it's also beneficial for your brain. Memorizing steps provides mental challenges that are crucial for brain



health. Bust a move and stay in shape!

**Beginning Line Dance:** You can now watch our very own Michelle Howard teach Beginning Line Dance. Michelle's class can be found on the Center's Facebook page.

**Line Dance for Fitness:** Jewelee Houston has added more videos to her YouTube video library, "Dancing Together While Dancing Apart." Watch and listen to her as she guides you through the steps of her fitness routine while enjoying the music. It's as simple as going to [www.YouTube.com](http://www.YouTube.com) and searching "senior fitness line dance." Scroll down to see Jewelee's videos.

## Tai Chi

If you want to improve your balance and reap the benefits of a calming but challenging workout, then Tai Chi is something to try while you are at home. Men and women of all ages from around the world practice this ancient art.

**Tai Chi Simplified 24** - Hoan Nguyen teaches the Center's lat-

est Self Defense and 24 Form Tai Chi class. Follow along with Hoan and learn the basics of tai chi on a video posted on YouTube at [www.youtube.com/watch?v=2\\_WIX-L4FmZ0](http://www.youtube.com/watch?v=2_WIX-L4FmZ0). His video can also be found on YouTube under "senior fitness line dance" and on the Center's Facebook page.

## Tai Chi – Bob

Perez teaches tai chi on Tuesday mornings at the Center. Bob had the opportunity to study with Dr. Paul Lam, a physician and world leader in the field of tai chi for health improvement. Bob recommends taking advantage of this time at home by acquainting yourself with tai chi

by watching and following along with Dr. Lam's online videos, which offer tai chi for arthritis and tai chi to improve immunity and reduce stress. Google search tai chi Dr. Paul Lam to find these helpful videos.

## Fitness For Ladies

Sharon Vinson teaches Fitness for Ladies three times each week at the Center. These popular classes have helped so many get and stay in shape. She does a great job covering basic stretching and muscle toning. Men would benefit from doing these exercises as well! Take this time to exercise at home with Sharon. Her videos can be found on the Center's Facebook page and also on YouTube under "senior fitness line dance."

## Zumba Gold

Linda Few, our amazing Zumba Gold instructor, has uploaded an additional Zumba Gold class on YouTube. Check out the following links to see Linda and get the benefits and all the fun of Zumba Gold exercise:

<https://youtu.be/vxp6MLiuLaY>

<https://youtu.be/Xxl5tJJAwDo>

Zumba Gold Chair Class: <https://youtu.be/SrtaWQqU8a0>

The April newsletter offered many ways to stay physically active and connected with the Center by taking advantage of exercise classes offered by our activity leaders or through online videos. Access to the newsletter and all the links and information can be found at [www.baseniors.org](http://www.baseniors.org). The April newsletter can be found by clicking on the newsletter tab on the left.

# TENTATIVE UPCOMING CENTER HAPPENINGS

The Center may be closed, but the support of our sponsors has continued

Zumba Gold Sponsor: Miracle Ear • Yoga Sponsor: Harmon Insurance

## Community BUNCO Bash • Friday, June 26

Sponsored by Modern Woodmen

## 30th Annual Senior Resource & Health Fair • Friday Aug. 14

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 Peter Dysert  
 Jerry Flaming  
 Cindy Frazier  
 Darrel Glasco

Stephen W. Hanes  
 Kaye Harrelson  
 Nancy Harrison  
 Janet Henderson  
 Marty Hollister  
 Brenda Jackson  
 Virginia Johnson  
 Doris Jones  
 Debbie Keil  
 Sandi Leader  
 Robyn Lisk  
 Rosie Main  
 Linda Mann  
 Pam Manuel

Jacqueline McMillin  
 Linda J. Middaugh  
 Michael Morgan  
 Karla Neese  
 Betty Schirr  
 Tom Tucker  
 Judy Tuton  
 Karen Vaughan  
 Larry D. Walker  
 Denise Webb  
 Trusina Wiggins  
 Tanya Wilkerson  
 Patricia Wolf  
 Pam Wykoff

If you joined the BA Senior Center recently and your name does not appear here, it will be listed in the June newsletter.

## Nutrition Program Continues To Offer Meals To Seniors

The nutrition program at the Broken Arrow Senior Center continues to offer the opportunity to pick up five frozen meals and five shelf stable meals.

If you are 60 or older and want to take advantage of the program, please call the Tulsa & Creek Counties Senior Nutrition Program at 918-835-4160.

Reservations are required and must be made by 11 a.m. the day before. Nutrition forms are available on the Center's website at [www.baseniors.org](http://www.baseniors.org). If you haven't already completed a nutrition form, bring the completed form with you on the day of pickup. The suggested donation is \$2 per meal.

Meals are scheduled for pickup on two Wednesdays

this month, May 13 and May 27.

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**Our first priority continues to be protecting the health and wellbeing of our residents, families and employees.** To be proactive during these uncertain times, we have secured on-site testing kits for our community. In addition to symptom screening residents and employees, we can now administer tests if they show symptoms, with results in 24-72 hours.


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# Circle Of Readers Group Stays Home And Stays Busy

The Center's Circle of Readers group has remained busy through these challenging days of staying at home. The group is reading books and enjoying lively follow-up discussions on Zoom during their regularly scheduled meeting time the first Monday of each month.

The group will meet Monday, June 1 at 10 a.m. to discuss their next book – “Sold on a Monday,” by Kristina McMorris. If you would like to join in on the discussion, email Dorothy Minor, the group's leader, at [dorothymminor10@gmail.com](mailto:dorothymminor10@gmail.com). She will email you a link to their next Zoom meeting. Read below about how to download this book as an e-book on “Hoopla” from the Tulsa County Library.

Dorothy has also kept group members busy with a variety of online activities.

“Helping people stay connected with the world helps to keep minds busy away from the current news,” notes Dorothy. “I try to find things that promote positive thinking.”

We wanted to pass on the information that Dorothy has provided to her group. Take a look at the ways you can “get out of the house” by connecting with the following sites Dorothy has discovered:

- ✓Hoopla is a groundbreaking digital media service offered by your local public library that allows you to borrow movies, music, audiobooks, ebooks, comics and TV shows to enjoy on your computer, tablet or phone – and even your TV! Check out the following link to learn more: <https://www.tulsalibrary.org/books-music-movies/digital-collections/hoopla-help>.
- ✓Check out the virtual events also offered by the Tulsa City-County Libraries. Local librarians are live on their library's Facebook page and are available to help with reading suggestions: <https://events.tulsalibrary.org/events>

[tulsalibrary.org/events](https://www.tulsalibrary.org/events)

- ✓Tune into “Somewhere South,” a TV show that airs on Friday nights at 8 p.m. on channel 11, the PBS station. Vivian Howard, host and chef, leads viewers into Southern cities, exploring food, recipes and culture. It is a delightful show during which Howard delves into the history of food in the South. Take a look at the following online link for more information: <https://www.somewheresouthtv.com>.
- ✓Preserving Oklahoma's heritage one voice at a time is the mission of “Voices of Oklahoma.” It is an online site dedicated to the preservation of the oral history of Oklahoma. Voices and stories of famous Oklahomans and ordinary citizens are captured forever in their own words. Oil and gas, ranching, politics, education and more are all visited in these far-ranging interviews. Listen to first-person accounts of the way of life, and you will feel close to history by hearing these personal reflections. Just as many people listened to the radio years ago, tune into “Voices of Oklahoma” and sit back in your chair and listen to stories that will be preserved beyond our lifetime, thanks to today's technology: <https://www.voicesofoklahoma.com/>
- ✓Do you enjoy learning new words? Do you know what “presque-vu” means? Most of us have experienced it! Borrowed from French, it literally means “almost seen” and refers to that sensation of not being able to remember something but feeling that you could remember it any minute. Enjoy learning more on the link to “15 Obscure Words for Everyday Feelings and Emotions”: <https://getpocket.com/explore/item/15-obscure-words-for-everyday-feelings-and-emotions>.



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Member SIPC

# Meichelle Culhane Recognized By PokerStars

The Senior Center's very own Meichelle Culhane, Poker Lessons group leader, has not only succeeded in earning international recognition as a top poker player but also recognition for inspiring others who play the game. Meichelle also has a shot at one of the biggest events in the game.

As part of International Women's Day in March, PokerStars announced a contest for one deserving woman to earn a Platinum Pass, which has become one of the most coveted items in poker. A pass guarantees a \$30,000 all-expenses paid trip to Barcelona for the PokerStars Players Championship Aug. 20 through Aug. 24.

The first PSPC was held in January 2019 and became the biggest \$25,000 buy-in live poker tournament in history. The winner took

home \$5.1 million. As part of the contest, poker fans nominated any woman they believe has made an impact on the game or is an inspirational woman in poker.

"We received a huge number of nominations for deserving women all over the world, and it has been amazing to see so many inspirational stories and the positivity and support from the whole poker community," a PokerStars spokesperson noted. "One thing they all have in common is a love for poker."

PokerStars recently announced that Meichelle was one of only nine finalists. They will compete in a live single table Sit & Go, with the winner taking home a Platinum Pass. The date of this live final has yet to be announced, but it will be held



in time for the winner to attend the PSPC.

Congratulations, Meichelle, and we wish you the best of luck in the live final as you strive to win the Platinum Pass.

Meichelle joins the ranks of inspirational women who have made a huge impact on the game throughout the history of poker. If you want to learn more from Meichelle, stop in at the Center when we reopen. Poker lessons are held in the Conference Room each Thursday, beginning at 9:30 a.m.

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