



Broken Arrow Senior Center

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

sean@baseniors.org
www.baseniors.org

@BrokenArrowSeniors

Hours

Monday-Thursday
8 a.m. to 4:30 p.m.

Friday
Center Closed

Annual Membership

Broken Arrow residents • \$30

Non-residents • \$40

Discover, MasterCard, VISA
and American Express
are accepted for payment.

President/CEO

Sean Simpson

Member Services

Coordinator

Ami Bucher

Membership Assistant

Marion Hampton

Facilities

Donald Stockton

Senior Center Offers Virtual Programming

Connect, Learn, Engage And Be Active

The BA Senior Center is offering new ways for members to connect, learn, engage and be active through a number of virtual program offerings beginning in September. These new programming opportunities are being offered on Zoom and Facebook Live.

Yoga Classes Streaming Live

Each of the Center's yoga classes are now live streamed on the Center's Facebook page. The July newsletter offered a description of each of our yoga classes taught by the Center's certified yoga instructor, Tiffany Tran. Tune in and have access to all the sessions, live, at home on the day and hour they are offered:

- Yin yoga - Mondays, 11 a.m. to noon
- Soft yoga - Tuesdays, 10 a.m. to 11 a.m.
- Chair yoga - Wednesdays, 11 a.m. to 11:45 a.m.
- Power yoga - Thursdays, 10 a.m. to 11 a.m.

To learn more about the Center's yoga classes, refer to the July newsletter on the Center's website at www.baseniors.org.

Friday, Sept. 4, 7 p.m. • Meet the Author – Jacqueline Woodson

Join the conversation and expand

the experience by participating in the community-wide reading initiative focusing on Jacqueline Woodson's novel, "Red at the Bone." Tulsa City-County Library system is hosting Woodson as she discusses her book. Copies of the book are available at your local Tulsa City-County Library.

Register to receive the Zoom link at <https://events.tulsalibrary.org/event/4481286>.

Tuesday, Sept. 15, 10 a.m. • ABC or XYZ - Making Sense of Medicare

If hearing about Medicare parts A, B,C and D makes about as much sense as XYZ, you could probably benefit from learning about how Medicare works. Join this session and discover the ins and outs of Medicare, including available insurance options. Just what is the difference between an advantage plan and supplemental insurance plans? How do you determine what choice is best for you? What about prescription coverage? Dealing with making decisions about health insurance can be intimidating, but it doesn't have to be. Save yourself some time, and end the worries about making those health care coverage decisions by becoming informed. This education-only session presented by Chris Crawford with Humana will answer your

Continued on page 3

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Virtual Programming *(Continued from page 1)*

questions using easy-to-understand language. Email ami@baseniors.org for Zoom connection details and to register.



Tuesday, Sept. 15, 1 p.m. • Dolphins - Live from the Lagoon

Join lagoon-side at the Dolphin Research Center for an exciting and interactive session all about dolphins. A dolphin trainer will be chatting with you while conducting a training session with a dolphin. Be inspired by these magnificent marine mammals. Participants will be able to offer questions in the chat function to the trainer during and after the session. Email ami@baseniors.org for Zoom connection details and to register.

Tuesday, Sept. 22, 1 p.m. • “Writing a Memory” - National Museum of Toys and Miniatures

Toys can hold some of our most cherished memories. Join Kelly Burns, museum educator at The National Museum of Toys and Miniatures, as she shares the story of the Nettie Wells dollhouse and the special memories held by its items. Come to this session with a memory to

share. The museum educates, inspires and delights adults and children through its collection and preservation of toys and miniatures. Located in Kansas City, Missouri, it contains the world’s largest collection of fine-scale miniatures and one of the nation’s largest antique toy collections on public display. Email ami@baseniors.org for Zoom connection details and to register.

Thursday, Sept. 24, 10 a.m. • Virtual services through the Tulsa City-County Library


You may not be able to open the door to your local library right now, but the Tulsa City-County Library system continues to provide a wide variety of community resources on health, entertainment and learning for all ages. Join Tracy Scott with the library and discover the vast array of services and resources available online. From ebooks to homework help to story times to career preparation and more are available virtually with your library card at tulsalibrary.org. Email ami@baseniors.org for Zoom connection details and to register.

TOGETHER APART COVID-19 IN GREEN COUNTRY

Help us tell the story of the COVID-19 pandemic through sharing your photos, videos, artwork, essays, short stories and poetry. Your submissions will become part of our permanent digital collections.

Tulsa City-County LIBRARY

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This Pandemic Is For The Birds

We are moving into the sixth month of this pandemic. I don't know about you, but I'm tired. Exhausted. Mentally, physically, emotionally and intellectually – thank goodness not hygienically.



Many people are spending more time at home – whether that's working remotely, practicing self-isolation, quarantining or just being bored.

I've returned to the Center, but my wife has been working remotely since March. Susan's home office looks out over our yard and garden. We have a pollinator garden as well as more than 100 vegetable and herb plants. There's plenty of options to attract butterflies, bees and hummingbirds.

A recent addition to our slice of paradise are the hummingbird feeders I installed in July. This week, I learned that hummingbirds are naturally territorial and aggressive. If you have a hum-



mingbird feeder – or several, like we have – you can get one bird who acts as though the feeder area is his private domain.

We have one humming-bully, and we've named him Greg. He attacks all the other birds that attempt to visit the feeders, often crashing into them to drive them off. He must be the reincarnated form of many of the antimask people I meet.

Selfish. Reckless. Endangering the lives of others. A bully.

We don't like Greg. He's a birdbrain.

Bully hummingbirds usually stake out a spot that gives them a good vantage point of their territory so they can easily defend it. We considered cutting down the tree limb he sits on and surveys his feeder landscape, but it is 25 feet in the air, so that's not happening.

We moved the feeders closer together, creating an all-you-can-eat avian sugar-water



Continued on page 6

COVID-19 Is Unkind To Older Adults

My position has not changed since March 2020. A big reason why is that one statistic has stayed constant regardless of the number of COVID tests. Ninety-six percent of COVID-related fatalities are over the age of 50. That might be a nice score on a high school math test, but we're

tracking the lives of older adults.

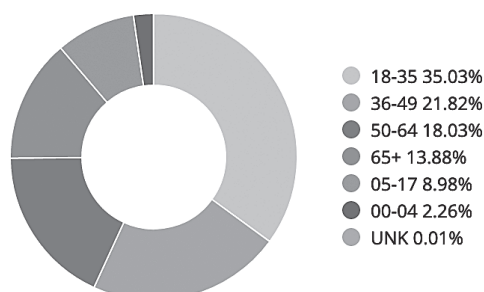
You give me a 96% chance of beating cancer, and I'll be thrilled. You tell me that 96% of COVID-related fatalities impact the lives of millions of older adults, and I want to shout out loud.

Adults over the age of 50 ac-

count for only 32% of all positive COVID results. Yes, you read that right – 32% of all COVID cases yet 96% of the fatalities. If you want to make it as simple as possible, older adults account for less than one-third of all positive COVID cases yet nearly 100% of all fatalities.

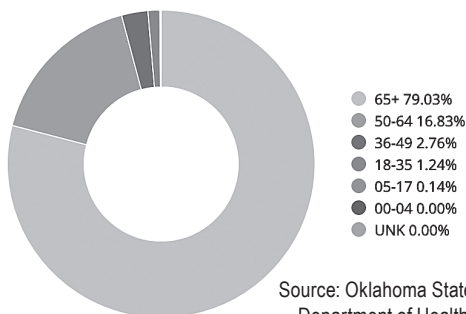
That's the stat that gets the least amount of attention. The number of positive tests is a good metric. We track hospitalizations and recoveries – also good metrics. However, the serious threat to older adults is seldom discussed. I don't know why, but I will continue to bring it up.

Oklahoma Total Cases by Age Group



Source: Oklahoma State Department of Health.

Oklahoma Total Deaths by Age Group



Source: Oklahoma State Department of Health.



buffet. Greg just sat in the tree, observed, waited and attacked.

Once again – the same behavior I see from people who ignore COVID-related scientific facts and logic, citing freedom as their only excuse. I'm not going to change Greg's mind any more than I can change

the belief system of antimaskers. But more and more stores and municipalities are implementing mask mandates, which gives us additional safe options to explore. I don't know where people opposed to wearing masks shop;



I just know they aren't around my family.

OK – back to the birds. My wife thought her window into nature would bring her joy and peace. Instead, she's been eaten up with anxiety. She feeds the birds to draw closer to the envi-

ronment and to fill her heart with bliss. Greg was taking away my wife's joy.

Bullies only have the power you give them. Susan wasn't going to give Greg any more authority to bully the other birds. At first I thought her solution was a tennis racket, so I was relieved when we moved the feeders to different sides of the house. This way we hoped Greg would get too tired, and our plan worked. He was fatigued, gave up and let everyone eat in peace.

Six months into this pandemic, I know one thing – people, for the most part, have made up their minds. Last month I wrote, "Wearing a mask; not wearing a mask. Public safety. Personal freedom. I will get sick. I won't get sick. CDC statistics. My cousin Steve's statistics. The debate continues."


You do not have to agree with me. It is my opinion. My belief system. My personal creed. My anti-COVID pledge. And by keeping myself safe, I keep you – our members – safe.

My friend Robyn told me recently that, "You care deeply about people – especially older adults. Your principles will not be compromised, and people know where you stand."

She's right. I stand with the CDC. With Dr. Dart. With Dr. Fauci.

Wear a mask. Save a life.

And stay tuned. October's column will follow my squirrel situation. Susan wants me to build small picnic tables that I can affix to our trees for these cute rodents to eat their meals. Welcome to my own private pandemic zoo experience. If only I were kidding. ...



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Calendar of Events

Tuesday, September 1

- 8 - 9 a.m. Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance
 11:10 a.m. - 12:10 p.m. Advanced Line Dance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, September 2

- 8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
 11 a.m. - Noon Nutrition Program frozen meal pickup
 11 - 11:45 a.m. Chair Yoga
 12:15 - 3 p.m. Bags to Mats
 12:15 - 3 p.m. Quilting

Thursday, September 3

- 8 - 9 a.m. Self-Defense and 24 Form Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Power Yoga
Sponsored by Harmon Insurance
 11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, September 4 (Center is closed)

- 10 - 11 a.m. Alzheimer's Support Group
 Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.
 10 - 11 a.m. Creative Writing
 Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Monday, September 7 (Labor Day - Center is closed)

Tuesday, September 8

- 8 - 9 a.m. Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance
 11:10 a.m. - 12:10 p.m. Advanced Line Dance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2:30 p.m. Beginning Line Dance

Members play poker online each day with virtual money. Contact Meichelle Culhane at meichellec@yahoo.com to join the group.

Wednesday, September 9

- 8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
 11 a.m. - Noon Nutrition Program frozen meal pickup
 11 - 11:45 a.m. Chair Yoga
 12:15 - 3 p.m. Bags to Mats
 12:15 - 3 p.m. Quilting

Thursday, September 10

- 8 - 9 a.m. Self-Defense and 24 Form Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Power Yoga
Sponsored by Harmon Insurance
 11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, September 11 (Center is closed)

- 10 - 11 a.m. Alzheimer's Support Group
 Meeting on Zoom - Please contact Jean Righter at nanabananato7@gmail.com for more information regarding joining this group.
 10 - 11 a.m. Creative Writing
 Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Monday, September 14

- 8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
 10 - 11 a.m. Circle of Readers
 Meeting on Zoom - Please contact Dorothy Minor at DorothyMinor10@gmail.com for more information regarding joining this group.
 11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 3 p.m. Line Dance for Fitness

**You deserve a break.
Happy Labor Day.**



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Calendar of Events

Tuesday, September 15

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance
11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, September 16

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
11 a.m. - Noon. Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
12:15 - 3 p.m. Bags to Mats
12:15 - 3 p.m. Quilting

Thursday, September 17

8 - 9 a.m. Self-Defense and 24 Form Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Power Yoga
Sponsored by Harmon Insurance
11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance

Friday, September 18 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at
nanabananato7@gmail.com for more information
regarding joining this group.
10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com
for more information regarding joining this group.

Monday, September 21

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 3 p.m. Line Dance for Fitness

Tuesday, September 22

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance
11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, September 23

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
11 a.m. - Noon. Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
12:15 - 3 p.m. Bags to Mats
12:15 - 3 p.m. Quilting

Thursday, September 24

8 - 9 a.m. Self-Defense and 24 Form Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Power Yoga
Sponsored by Harmon Insurance
11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance

Friday, September 25 - (Center is closed)

10 - 11 a.m. Alzheimer's Support Group
Meeting on Zoom - Please contact Jean Righter at
nanabananato7@gmail.com for more information
regarding joining this group.
10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com
for more information regarding joining this group.

Monday, September 28

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 3 p.m. Line Dance for Fitness

Tuesday, September 29

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga
Sponsored by Harmon Insurance
11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, September 30

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold
Sponsored by Miracle Ear
11 a.m. - Noon. Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
12:15 - 3 p.m. Bags to Mats
12:15 - 3 p.m. Quilting

Members play poker online each day with virtual money. Contact Meichelle Culhane at meichellec@yahoo.com to join the group.

Take the Pledge



Broken Arrow Senior Activity Center activity leaders, staff, members and volunteers have a critical role in reducing the spread of COVID-19. Demonstrate your commitment to keep the BA Senior Center community in good health by taking the pledge below and honoring it during the upcoming semester.

I pledge to do my part to keep our community in good health as I return to the BA Senior Center.

I am aware of the potential spread of COVID-19 that could result in severe illness and potential death.

I understand I have a role in the fight against COVID-19 and commit to responsible actions and to being an accountable member of the BASC community.

I promise to uphold the pledge every day by demonstrating personal integrity, respecting others, and supporting my Activity Center by:

- ⇒ Following public health guidelines in place to help protect myself and others.
- ⇒ Protecting myself and others in high-traffic areas of campus or situations where physical distancing isn't possible to reduce the spread of COVID-19.
- ⇒ Keeping my hands clean and sanitized while on campus, around Broken Arrow and at home.
- ⇒ Adhering to capacity limits in social situations to prevent high-spread scenarios.
- ⇒ Modifying my actions and encouraging others to do the same as guidelines and recommendations adapt over time.
- ⇒ Should I become ill, I promise to self-report the illness to the local health department and contact the BA Senior Center to let them know of my condition.
- ⇒ If I am exposed or suspected to be exposed to COVID-19, I will self-quarantine and notify the BA Senior Center.

By taking the pledge to keep the BA Senior Activity Center in good health, I accept responsibility for myself and my actions and will do my best to prevent the spread of COVID-19.

Print Name

Signature

Date

Coming To BASC? Review And Renew Our Commitment To Health And Safety

If you are planning on coming to the Center, we want you to know that our commitment to following safety protocols as established by the Centers for Disease Control and Prevention and local entities have remained steadfast. There is nothing more important during these challenging months than the health and safety of our members, staff and others who come to the Center.

Center staff recently met with board members, volunteers and activity leaders of programs being currently offered. We discussed and reviewed the importance of the strict observance of Center policies and renewing commitments to following our Oath of Responsibility provided to members coming to the Center. The “Take the Pledge” document on page 10 more fully outlines our commitment to safety as we move for-

ward. We are asking you to make the same commitment. Members coming to the Center will be asked to sign the pledge and take a copy home as

a reminder to uphold the pledge every day.

The safety considerations for members, volunteers and staff continue to be the focus as we offer programming on the BA Senior Center campus. Here is what to expect when coming to the Center:

- Parking is available

in the back (west) parking lot to enter through the back door of the Center. This is the only available entry into the building.

- The door will be unlocked 15 minutes before a class begins. Entry will not be permitted after an activity is scheduled to start.

- Following social distancing guidelines is mandatory while entering the building, walking to the activity room, before, during and after class in the activity room and exiting

the campus.

- Wearing a mask is mandatory to enter and exit the building – car to car. Wearing a mask during exercise is up to the discretion of the exercise activity leader. Masks must be worn while waiting for the class to begin and immediately after the exercise activity has concluded. Masks must be worn during all other activities offered.

- Temperature checks are completed as you enter the building and must be below 100.4 degrees to enter.

- Sign in for classes at the station located near Centennial. The touch screens will not be in use.

- Some classes require waiting in Heritage (lunchroom) until the previous class concludes. While waiting, social distancing guidelines must be followed.

- When an exercise class concludes, exit immediately through the north doors that are down the steps in Centennial. If the activity is meeting in Heritage (lunchroom), exit through the north alcove doors. Wearing your mask and following social distancing guidelines during this time is mandatory.

“The door will be unlocked 15 minutes before a class begins. Entry will not be permitted after an activity is scheduled to start.”

Safety Is Our Most Important Concern At The Center

The BA Senior Center’s policies follow the same basic principles that the Centers for Disease Control and Prevention touts:

- Wear a mask;
- Social distance;
- Wash your hands;
- Be smart about crowds.

“The safety of our members and staff is our highest priority. We are taking several precautionary measures to prevent the spread of COVID-19,” said Executive

Director Sean Simpson. “We have limited the number of participants per group to 30 maximum per class, members are encouraged to bring their own water, snacks and hand sanitizer, and indoor access to use the restrooms is limited to two people at one time.”

“COVID-19 is a serious concern,” Simpson added. “This is a global pandemic and a public health crisis. We have 2,400 older adults that we’re responsible for every day. The fact that 96% of COVID-related fatalities in Oklahoma are over the age of 50 requires absolute adherence to create a safe environment.”

Circle Of Readers Discussion Group Schedules Upcoming Meetings

Join the Circle of Readers discussion group this fall, which will delve into the following books and topics:

Monday, Sept. 14: "A Woman of No Importance: The Untold Story of the Spy Who Helped to Win WWII," by Sonia Purnell • nonfiction;

Monday, Sept. 28: Stay connected and discuss books recently read;

Monday, Oct. 5: "Mudbound," by Hillary Jordan • historical fiction. **The author will join this discussion;**

Monday, Oct. 19: Stay connected and discuss books recently read;

Monday, Nov. 2: "Before We Were Yours," by Lisa Wingate • historical fiction;

Monday, Dec. 7: "Before and After," by Judy Christie and Lisa Wingate • nonfiction;

All discussions are held on Zoom. If you are interested in joining the Circle of Readers group, send an email to the group's leader, Dorothy Minor, at dorothyminor10@gmail.com.



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Paper Crafting Group Sends A Heartfelt Thank You

Lifting the spirits of the people serving others on the front lines of the pandemic has been the mission of the Center's paper crafting group. More than 4,000 (Yes! 4,000) handcrafted thank you cards have been delivered to people working in our community every day while facing constant exposure to COVID-19.

"We wanted to let those individuals know that their efforts are appreciated and that they are thought of each day," said Betty Rasmusen, leader of the group. "Our card-making effort started during the early days of the virus outbreak."

Cards have been delivered to the local police and fire departments and post office workers. Employees at local nursing homes and assisted living facilities, as well as workers at St. John Hospital, St. Francis Hospital and Hillcrest Hospital and Reasor's stores, have all received thank you cards. The group took the time to find out how

many employees worked at each location, got busy and made a card for each one. Their efforts have been astonishing. All 300 of the nursing staff at the Veterans' Center in Claremore received a card, and there are nearly 300 cards in the making for military service members. Hundreds of local teachers will be receiving cards in their school mailbox as plans for the start of school are underway.

The group's work isn't going to end any time soon. The delivery of more cards offering a spirit-lifting thank you is being planned.

If you would like to help the group in their support of community workers, envelopes measuring 4" x 5" would be gladly accepted. Envelopes can be dropped off at the Center's front door. Please call the office to inform us of the donation. If you would like to help the group with their ongoing card-making efforts, contact Betty at jeepindave@yahoo.com.

How To Manage Your Emotional Health

Let's be real: Amid the current situation that is happening in our society and community, our emotions are all over the place. All of us can do something to help us through and have hope for the future.

The definition of hope is a belief that your future will be better than today, and you have the power to make it so. Below are some helpful tips, tricks and hints to help you through this time and beyond.

Knowledge is power: Effectively staying informed is important. Turn off the TV, radio and media. To reduce anxiety, limit the amount of information you are receiving related to COVID-19, and don't trust everything you hear and see. The Centers for Disease Control and Prevention is a great way to stay informed to keep yourself protected and safe: <https://www.cdc.gov>.

Get your emotional support system in place: Maintain familiar routines in daily life as much as possible; take care of your basic needs

and employ helpful coping strategies; rest during work or between shifts; eat healthy food; and engage in physical activity.

Stay connected with others, and maintain your social networks:

Have the emails and phone numbers of close friends and family at your fingertips. Stay connected through email, social media, video conference and telephone.

Stay connected with your provider: All are offering telehealth or virtual services online so that you can still stay connected with them during this time.

Mental Health Association Oklahoma: MHAO offers free support virtual support groups so you can stay connected and receive the emotional support you need. Call 918-585-1213 or fill out a referral form at <https://mhaok.org/support-groups>.

National Alliance for Mental Illness: NAMI is another organization to be involved with; the local affiliate is <http://www.namitulsa.org>.

Contact the SAMHSA disaster

distress helpline at 800-985-5990. It provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

Some helpful free apps and resources are also available to help you during this time. Practice or learn new coping skills so that you can better manage your overall health:

- ✓ Listen to music;
- ✓ Read a book;
- ✓ Get enough sleep/rest – average is six to seven hours – or power nap about 20 minutes, before 2 p.m.;
- ✓ Avoid excessive caffeine;
- ✓ Stay hydrated by drinking water;
- ✓ Puzzles;
- ✓ Taking deep breaths;
- ✓ Cooking a meal;
- ✓ Create your own anything that can help you manage your emotions.

Courtesy of the Mental Health Association of Oklahoma.

Meals Available For Pickup Each Wednesday At The Senior Center

Eating nutritious meals is an important part of staying healthy. Grocery shopping and meal preparation during these challenging times can be an obstacle to good nutrition for many seniors. The BA Seniors nutrition program, through the Tulsa & Creek Counties



Members enjoy coming to Bags to Mats, which meets in Centennial. Quilting meets in Heritage (the lunchroom), and members like catching up with one another while doing handwork. Both groups meet on Wednesdays at 12:15 p.m., with check-in starting at noon.



Through the BA Senior Center, the Tulsa & Creek Counties Senior Nutrition Program served **2,527 Meals** to **114 Seniors** during the month of July.

Senior Nutrition Program, can help.

Nutritious frozen meals and shelf-stable items are available for pickup at the Center each Wednesday in September from 11 a.m. to noon.

If you are 60 or older and want to take advantage of the program, call 918-835-4160 for more information. 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. 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.

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