

LIFE's
October 2015 Published by LIFE Senior Services
Vintage
NEWSMAGAZINE
Volume 30 Issue 4

Green Country's
**HAUNTED
STORIES**

Oklahoma
GHOST TOWNS



Spook-tacular Events Around
GREEN COUNTRY



A Night to
REMEMBER

FREE Subscription: www.LIFEseniorservices.org/request

PRSR1 STD
U.S. Postage
PAID
Permit No.
1960
Tulsa, OK

LIFE SENIOR SERVICES
5950 E. 31st St.
Tulsa, OK 74135-5114



Fall Special

Have you been considering senior living?
Now's your chance to make the leap!
These fine MGM Healthcare communities
are currently offering a Fall Special. Put down
a deposit by December 1st and
receive \$1,000 off your 3rd month!
That's a significant savings!

Call today for more information.

 **Heatheridge**
Assisted Living by MGM Healthcare

Call Vickie Guyer in Tulsa
2130 South 85th East Ave, Tulsa, Oklahoma 74129
(918) 921-0321 | heatheridgetulsa.com

 **The Broadmoor**
Independent Living by MGM Healthcare

Call Melodie Powders in Tulsa
8205 East 22nd Street, Tulsa, OK 74129
(918) 921-0563 | broadmoortulsa.com

 **Forest Hills**
Assisted Living by MGM Healthcare

Call Tammy Harvey in Broken Arrow
4304 West Houston, Broken Arrow, OK 74012
(918) 921-0840 | mgmhealthcare.com





Beverly &
Orville W.

enjoying fun seminars & new friends.

In Beverly and Orville's words, most of their life today revolves around hospital visits, doctors' appointments and funerals. They chuckle at their "wild and crazy" lifestyle. That's why the free Silver Elite program at Hillcrest is so important to them, and they're proud to be two of the first members to join the program in 2009. They've been to more Silver Elite events than they can count because they love the educational seminars, lunches and time with their new Silver Elite friends.

To learn more about Silver Elite, visit SilverElite.org or call 918-579-6060.

Hillcrest.com | 918.579.6060



"Like" us on Facebook.



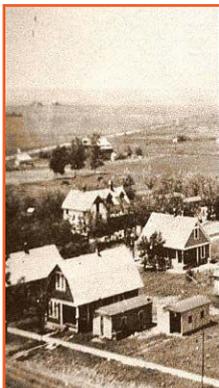
Changing
Lives
@ HILLCREST



14 Haunted Green Country
According to some, Tulsa is a hotbed of paranormal activity. From tales of a famous Italian tenor to a key-stealing miscreant, there are most certainly some spooky stories behind Green Country's most legendary hauntings.



17 Spook-tacular Events Around Green Country
From ghost walks to skeleton parades, Green Country is bursting at its costume's seams with Halloween activities for all ages.



18 Oklahoma Ghost Towns
Indian Territory in the late 1800s looked very different than the Oklahoma of today. Prairie land was dotted with populated towns that revolved around the railroad, oil and liquor. And many of those bustling, pre-statehood settlements are now nothing more than deserted ghost towns.



20 Ian Swart: Historian and Cemetery Concierge
Plus: Historic Tulsa-Area Cemeteries
Not many young boys spent their birthdays in cemeteries, but Swart did. From there, an appreciation of and concern for cemeteries, as well as the memories and history they possess, was kindled. Plus, learn about some of the Tulsa-area's most historic cemeteries. One of which, Swart helped restore.



24 A Night to Remember
Choogie Kingfisher, a Cherokee storyteller, shares a supernatural story that was passed down to him from his "duda," or grandfather. Also, learn more about Kingfisher's journey to become a Cherokee storyteller and the importance of the time-honored tradition.



28 The Dinner Belle
Caz's Chowhouse: Upscale, Down-Home Cooking
Slinging all manner of soul-reviving comfort food, Caz's Chowhouse is the place to go for tasty food, friendly faces and a warm atmosphere. And hear the ghostly stories from Caz's Pub, which sits across the street.



From the Publisher	6
Looking Back	8
Caregiver Corner	10
Caring for Someone with Parkinson's Disease	
Medicare & You	12
Medicare 2016: The Good News and the Not-so-Good News	
Medicare Annual Open Enrollment Period	13
Medicare Assistance Program at LIFE	
Healthy Aging	26
Tips for a Happy, Healthy Heart	
Noteworthy	27
Share Your Time & Talent	29
Mindbender & Puzzles	30
Business Directory	32
Calendar	34
Events & Seminars at LIFE Senior Services	35
People & Places	36
Classifieds	37
Vintage Friends	39

LIFE SENIOR SERVICES, INC.
Publisher

LAURA KENNY
President and Chief Executive Officer

KELLY KIRCHHOFF
Director of Marketing and Strategic Planning

ERIN SHACKELFORD
Managing Editor
eshackelford@LIFEseniorservices.org

KAYLEE CAMPBELL
Associate Editor
kcampbell@LIFEseniorservices.org

BERNIE DORNBLASER
Advertising Director
bdornblaser@LIFEseniorservices.org

LEAH WEIGLE
Graphic Designer

CAROL CARTER
Copy Editor

CARRIE HENDERSON BOWEN
Circulation Coordinator
cbowen@LIFEseniorservices.org

DICK MCCANDLESS
Community Distribution

LIFE's *Vintage Newsmagazine* is a monthly publication for seniors, their families, caregivers, professionals in aging services and others interested in issues of aging. It is published by LIFE Senior Services, a non-profit organization.

LIFE's *Vintage Newsmagazine* accepts advertising solely to defray the cost of production and distribution, and appreciates the support of its advertisers. The publisher does not specifically endorse advertisers or their products or services. LIFE's *Vintage Newsmagazine* reserves the right to refuse advertising. Rates are available upon request by calling (918) 664-9000.

This publication is distributed at no charge. Donations of any amount are appreciated. Suggested amount: \$24 per year.

© LIFE's *Vintage Newsmagazine* and LIFE Senior Services, Inc., 2015. All rights reserved. Reproduction without consent of the publisher is prohibited.



THE VILLAGE HEALTH CARE CENTER IN BROKEN ARROW

**How Long
Has it
Been**

Since...

...you paid 5 cents to get a *Coke* out of the big, red, metal cooler? Then, used the bottle opener on the side?

...you've heard of a young newly wed couple receiving a feather bed, two chickens and a cow?

...you've had someone tell you "Don't cross your eyes! They might stay that way!"?

...you used a cardboard funeral fan (located at the back of each pew) to stay cool during church?

...you ordered your underwear and pajamas from a *Sears* catalogue?

...you sat in the porch swing, enjoying the fragrance of lilacs while watching the sun go down?

...you saw someone wind their watch (or alarm clock)?

...you owned a wooden screen door (squeaky hinges and all)?

...you saw an old gentleman sitting on the front porch waving at folks as they drove by?

...you tied your lunch money into the corner of a handkerchief?

...you owned a black rotary dial telephone mounted on the kitchen wall?

...you used a metal tray to make ice cubes?

...you noticed a woman carrying a cloth, lace handkerchief in her purse?

...you had a service attendant at a gas station that checked the oil, put air in the tires and pumped the gasoline?

...you painted your tonsils with *Iodine* to cure tonsillitis?

**...you only owned one
television and it was
black-and-white?**

How long has it been since you've spent time...just remembering? We'd love for you to stop by and reminisce. The **Village Health Care Center** is located at **1709 South Main, across the street from the Broken Arrow Senior Center**. If you are interested in the services we offer, please give us a call at **918-251-2626** and we will be happy to answer any questions you have.

Hometown Girl

How long has it been since you used DDT? DDT was originally created to kill boll weevils. It was used for flies in the barn, varmints eating the vegetable garden and inside the house as needed. By 1971, it was banned as unsafe. I drank the milk, ate the vegetables and inhaled DDT. They say it'll stay in your system forever...mine is most likely hiding out in my innards somewhere. I could explode anytime, so don't jostle me too much.! - *LaDonna Ross, Owner/Administrator*



1709 S. MAIN, BROKEN ARROW, OK, 74012 • 918-251-2626

LETTER FROM THE PUBLISHER

"Fulfilling our mission to promote and preserve independence for seniors – today – tomorrow – always, LIFE Senior Services is proud to bring you LIFE's Vintage Newsmagazine."



LAURA KENNY

President and CEO of LIFE Senior Services, LIFE's Vintage Housing and LIFE PACE

Whether huddled around a campfire toasting marshmallows or sitting in a movie theater watching the latest thriller, there's a rush of adrenaline that accompanies a spooky tale of a spirit that failed to "cross over." And Tulsa is at no loss of spine-tingling accounts, anecdotal legends and unexplained sightings. Why has Tulsa become such a hotbed for ghosts and ghouls? While no one can say for sure, Tulsa and the surrounding area has a rich history of American Indian culture, oil boom and bust, roaring riches and opulence, peculiar characters and – inevitably – tales of maleficence and unfortunate events. And more often than not, Tulsa's history plays an integral part in the eerie story's plotline. And in this month's issue of LIFE's *Vintage Newsmagazine*, you'll be tricked and treated by some of Green Country's most haunted stories.

On **page 14**, you'll find our roundup of a few of Green Country's most famous (or infamous) ghosts and hauntings. While stories of disembodied voices and footsteps are sure to send a tingle up your spine, not all "ghosts" are quite so disconcerting. In **Oklahoma Ghost Towns on page 18**, learn about some once-bustling settlements that have since dried up and nearly blown off the map.

While spending your free time restoring cemeteries may not be your cup of tea, it's certainly Ian Swart's brew. On **page 20**, learn how Swart developed a passion for

preserving and restoring the history of cemeteries, as well as how to properly clean a gravestone. You'll also learn about four historic Tulsa-area cemeteries that you may or may not have known even existed.

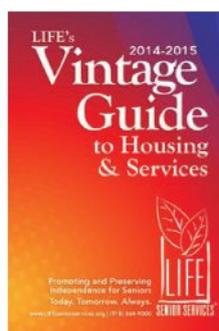
On **page 24**, you'll find a Cherokee Indian story of the supernatural. While the tale *A Night to Remember* might give you a few goosebumps, the moral of the story is one we can all appreciate. Plus, we included an interview with Cherokee Indian storyteller Choogie Kingfisher in which he talks about the importance of storytelling and its impact on the Cherokee culture.

You'll also see that The Dinner Belle has gotten into the Halloween spirit on **page 28**. The group visited Caz's Chowhouse in downtown Tulsa's Brady Arts District and sampled some of Tulsa's best "upscale, down-home comfort food." And while the Chowhouse might not be haunted, its rowdy cousin across the street – Caz's Pub – just might be.

And to round out this ghoulishly fun issue, we've wrangled up a list of seasonably-themed activities, including some that are appropriate for all ages, on **page 17**.

Please read on, if you dare ...

Laura Kenny 



LIFE'S VINTAGE GUIDE TO HOUSING & SERVICES RECOGNIZED WITH NATIONAL MATURE MEDIA AWARD

LIFE Senior Services' 2014-15 edition of the *Vintage Guide to Housing & Services* has been recognized with a Gold Award by the annual National Mature Media Awards. The awards honor the nation's best marketing, communications, educational materials and programs produced for adults age 50+.

LIFE's *Vintage Guide* is a directory of senior resources, and a valuable tool for older adults, caregivers and professionals

in aging services. The newest edition of the publication is available at all LIFE Senior Services locations, Tulsa City-Country libraries, as well as the Coweta, Catoosa and Claremore libraries.

For more information about LIFE's *Vintage Guide* or to view the digital edition, visit www.LIFEseniorservices.org/vintageguide. To request a *Vintage Guide* be mailed to your home, call LIFE's SeniorLine at (918) 664-9000.



Two locations, one world-class art museum.

Philbrook
2727 S. Rockford Rd.
Tulsa, OK 74114

Philbrook Downtown
116 E. M.B. Brady St.
Tulsa, OK 74103



**MUSTARD SEED
DOOR CONSIGNMENT**

*Fine Furniture
& Home Decor
CONSIGNMENT*



MustardSeedConsignment.com

5800 S. Lewis London Square

918-742-9600



Mon-Sat 10-5

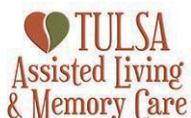
**HAVE QUESTIONS?
NEED ANSWERS?**



CALL LIFE's SeniorLine
(918) 664-9000



- Assisted Living
- Memory Care
- Diabetic Care
- 24-hour Nursing Staff
- Art Therapy
- Fantastic Food



A CANOE BROOK COMMUNITY

918.739.4700

20102 E. Admiral Place, Tulsa
www.tulsamemorycare.com

**BRINGING OU MEDICAL EXCELLENCE
TO EACH PATIENT WE SERVE.**

Our five modern clinic locations offer more than convenience to your work or home. They deliver the medical excellence and caring attention that comes from a leading university clinic. Find an OU Physicians-Tulsa doctor near you.

Accepting new patients and most insurance. Call 918-619-4400.



Physicians-Tulsa
THE UNIVERSITY OF OKLAHOMA

Guided by Knowledge. Driven by Care.



John Carment, M.D.
Internal Medicine

OU MEDICAL EXCELLENCE | PRIMARY AND MULTI-SPECIALTY CARE | 300+ PHYSICIANS | NATIONALLY RECOGNIZED PATIENT-CENTERED CARE

Schusterman Center Clinic, 4444 E. 41st St. ■ Wayman Tisdale Specialty Health Clinic, 591 E. 36th St. N.
Family Medicine Clinic, 1111 S. St. Louis Ave. ■ Surgical Specialists Clinic, 1919 S. Wheeling ■ Downtown Clinic at Williams Center, 2 E. 1st St.

OUPhysiciansTulsa.com

The University of Oklahoma is an equal opportunity institution. www.ou.edu/eoo

Woodland Manor

woodlandmanoraphome.com
918.461.1929

Located 2 blocks east of Memorial on 61st Street
8641 E. 61st Street, Tulsa, Ok.



TULSA'S FINEST APARTMENT HOMES FOR ACTIVE SENIORS 55+



One Bedroom
One Bath



Two Bedroom
Two Bath

WONDERFUL AMENITIES

Courtesy Van
Exercise Room
2 Saltwater Pools
Garages Available
Limited Access Gate
Clothes Care Center
Clubhouse
Onsite Beauty Salon

Washer/Dryer Connections
Weekly Activities
Dishwasher/Disposals
Self Cleaning Ovens
Ponds With Fountains
Outdoor Gazebo
Patios/Balconies with
Storage Room

Tulsa's Halloween History

All photos courtesy of Tulsa Historical Society.

this month in history

October 3, 1863: Lincoln proclaimed official Thanksgiving holiday

Expressing gratitude for a pivotal Union Army victory at Gettysburg, President Lincoln announced that the nation would celebrate an official Thanksgiving holiday on Nov. 26, 1863, and every fourth Thursday in November thereafter. President Roosevelt moved Thanksgiving to the third Thursday in 1939 for economic reasons, but in 1941, it was permanently reinstated on the fourth Thursday.

October 8, 1998: Clinton impeachment initiated

The U.S. House of Representatives voted to proceed toward impeaching President Clinton on charges of perjury and obstruction of justice. In December 1998, the House officially voted to impeach Clinton. He was acquitted after a five-week trial in the Senate. Clinton was the first president to be impeached by the House of Representatives since Andrew Johnson in 1868. Johnson also was acquitted.

October 13, 1977: Palestinians hijacked German airliner

Four Palestinians hijacked a Lufthansa airliner and demanded the release of 11 imprisoned members of Germany's Red Army Faction terrorist group. The Palestinian hijackers took the plane on a six-country odyssey, permanently landing at Mogadishu, Somalia, on Oct. 17. The next day, a German police team stormed the aircraft, releasing 86 hostages and killing three hijackers.

October 19, 1982: John DeLorean was arrested for dealing cocaine

The automaker John DeLorean was arrested and charged with conspiracy to obtain and distribute 55 pounds of cocaine. DeLorean was acquitted of the charges in August 1984, but later he went on trial for fraud. DeLorean was already in legal trouble when Spielberg chose a DMC-12 (instead of a refrigerator) to serve as the time machine in *Back to the Future*.

October 24, 1951: Truman declared war with Germany officially over

President Truman finally proclaimed that the nation's war with Germany, which begun in 1941, was officially over. Most Americans assumed that the war with Germany had ended when the fighting ended in the spring of 1945. In fact, a treaty with Germany had not yet been signed.

October 30, 1938: Welles scared the nation

Orson Welles caused a nationwide panic with his broadcast of *The War of the Worlds* – a realistic radio dramatization of a Martian invasion of Earth. While the broadcast was prefaced as a fictional presentation, millions of listeners tuned in after the announcement and believed it to be true, inciting mass chaos. Later, the FCC determined no law was broken, but networks agreed to be more cautious.

© The History Channel

MORE LOCATIONS. MORE CONVENIENT.

For sudden illnesses, minor injuries and after-hours care that can't wait, there's a Warren Clinic Urgent Care near you.

URGENT CARE LOCATIONS

TULSA

Warren Clinic – Springer Building
6160 South Yale Avenue

HOURS:
Monday – Saturday: 9 AM to 9 PM
Sunday: Noon to 8 PM

Warren Clinic – Tulsa Hills
7858 South Olympia Avenue

HOURS:
7 days per week: Noon to 8 PM

Warren Clinic – South Memorial
10506 South Memorial Drive

HOURS:
7 days per week: Noon to 8 PM

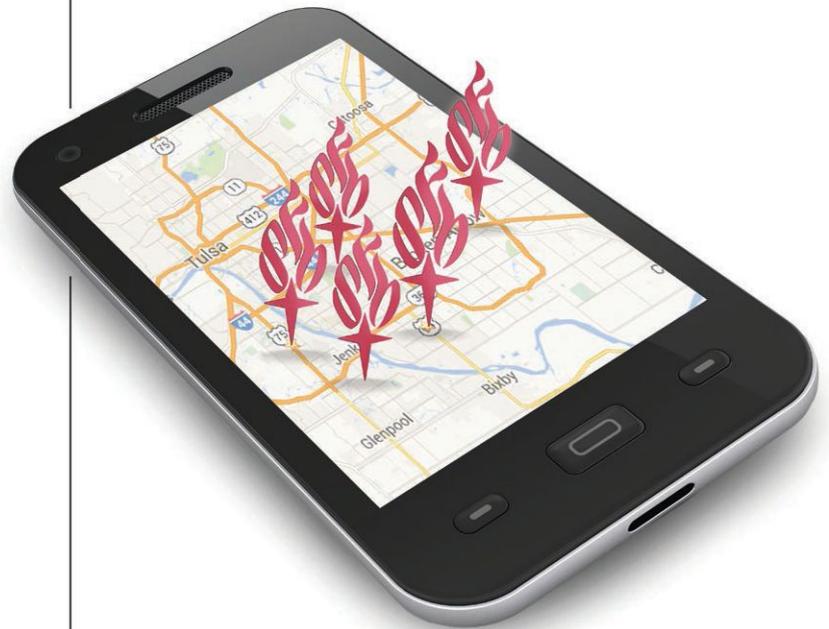
BROKEN ARROW

Warren Clinic – Elm Place
2950 South Elm Place, Suite 120
(101st Street & Elm Place)

HOURS:
Monday – Friday: 9 AM to 9 PM
Saturday – Sunday: 10 AM to 6 PM

Warren Clinic – Kenosha
1801 East Kenosha Street
(71st Street and OK- 51)

HOURS:
7 days per week: Noon to 8 PM



For more information, please call 918-488-6688
or visit warrenclinic.com



CONNECT WITH
LIFE

FOLLOW US ON   

Jordan Plaza APARTMENTS

**INDEPENDENT LIVING
FOR 62+**

Jordan Plaza, Inc.
630 E. Oklahoma St.
(918) 584-8939
Accepting Disabled*

Jordan Plaza III
Apartments
775 E. Pine St.
(918) 582-8940

**UNITS
AVAILABLE!**

Call Today!



Prescription Delivery Service

We'll deliver medicines right to your door.

\$10 Off

When you transfer a
prescription or bring in
a new prescription.
Limit one coupon per customer.
No cash value.



444 S. Sheridan • (918) 835-9577

CARING FOR SOMEONE WITH PARKINSON'S DISEASE

If you are a caregiver for someone who has Parkinson's disease, you know it can be difficult to provide quality care in the face of such an unpredictable illness. While this article focuses on Parkinson's disease, the caregiver tips and recommendations below can be of use to caregivers in a variety of other situations.

WHAT IS PARKINSON'S DISEASE?

You likely have done your homework on Parkinson's, and you probably have an adequate understanding of the disease and how it impacts the body. However, learning about Parkinson's disease – or any other illness a loved one may be facing – never stops. Caregivers are often faced with unique situations and fluctuations in the level of care your loved one requires, necessitating that you be prepared no matter what is thrown at you.

Parkinson's disease is characterized as a movement disorder. According to the American Parkinson Disease Association (APDA), it is a "progressive neurological condition that affects over 1 million people in the United States." Parkinson's disease prevents a person's brain from producing a neurotransmitter called dopamine, which allows a person to regulate their body. While Parkinson's disease itself is not fatal, it causes serious complications, making it the 14th leading cause of death in the United States.

SOME OF PARKINSON'S MORE COMMON AND RECOGNIZABLE SYMPTOMS INCLUDE:

- Involuntary shaking or tremors
- Slowness of movement, called bradykinesia
- Shuffled gait with slumping shoulders
- Freezing, or being stuck in place, when attempting to walk



PARKINSON'S DISEASE AFFECTS MORE THAN JUST BODY MOVEMENT. SOME OF PARKINSON'S LESS COMMON SYMPTOMS INCLUDE:

- Loss of smell
- Overwhelming fatigue
- Difficulty breathing
- Chronic constipation
- Loss of voice
- Anxiety, depression and/or irritability
- Difficulty focusing on more than one task at a time
- Speech and swallowing problems
- Day-to-day inconsistency when completing the same task (physical or mental)

And this list is by no means all-inclusive. There are many more symptoms that can affect those with Parkinson's disease. As a caregiver, being patient and staying in touch with your loved one's neurologist, support system and local APDA chapter is extremely important. They can help you understand the difference between the regular progression of the disease and when the individual may need to see their neurologist.

FIVE RECOMMENDATIONS FOR THE CAREGIVER

- 1 **Have Empathy** – Empathizing with your loved one and what they are going through will help you better understand their situation; therefore, making caring for that person easier.
- 2 **Don't Enable** – As a caregiver, it's normal to want to do everything for your loved one, but it's hurting you both. Doing everything for them will only make them weaker over a shorter period of time and cause you

to burn out faster. Figure out what tasks are the most difficult and assist in that area, but if there is something they can safely do for themselves, let them do it.

- 3 **Find a Support System** – It is important that you talk about your situation with someone. Finding a support group where you and your loved one can talk with other caregivers and people with Parkinson's is a great place to start. Knowing that you are not alone is an important factor in staying healthy when caring for a loved one. Contact your local APDA Information & Referral Center for information on support groups in your area.
- 4 **Take Care of Yourself** – As impossible as it is for the individual with Parkinson's to step away from the disease, it is extremely important that caregivers step away from time to time. Taking care of yourself is just as important as taking care of your loved one. Find time for you, and do things you enjoy. Ask a friend or church member to stay with your loved one while you take a breather. This step is necessary for you both to stay healthy.
- 5 **Be Realistic** – Caring for a loved one is sometimes difficult because we don't want to see the changes they're experiencing. In addition, there is a grief process not only for the individual with Parkinson's, but also the caregiver. It's extremely important to allow yourself to grieve, but also to focus on the positive things in life during this time. Don't have regrets; love, laugh and enjoy every moment you are given with your loved one.

For more information about Parkinson's disease or help caring for someone with the disease, please contact the Oklahoma chapter of the American Parkinson Disease Association at (918) 747-3747.

*by Jennifer Johnson, Executive Director of the American Parkinson Disease Association Information & Referral Center – Oklahoma & Southern Kansas
Sources: www.apdaparkinson.org, www.webmd.com*



PARKINSON'S DISEASE 101: AN INTRODUCTION

Persons with Parkinson's and their caregivers will learn about common and secondary symptoms of Parkinson's, as well as treatments and four key tips to improving quality of life. This seminar is presented by the Parkinson Foundation of Oklahoma.

Thursday, October 15 • 4 - 5:30 p.m.
LIFE Senior Services
3106 S. Juniper Ave., Broken Arrow
Free • RSVP • (918) 664-9000

1 Available **The Villas**
Senior Living

Totally Maintenance FREE!

Attached Patio Homes in Downtown Broken Arrow. Now Leasing to Mature Adults 55 Plus.

- ALL Bills Paid • \$1550-\$1750 per month
- Grounds Professionally Maintained
- Two Bedrooms
- Two Baths
- One Car Garage
- Private Covered Patio
- Granite Countertops
- Park-like Courtyard
- ALL Appliances Furnished
- Locally Owned & Operated

(918) 355.6690 or (918) 260.6185
www.thevillasba.com

good things

Senior Star is here to make good things happen for others. We whole-heartedly believe that we can assist you or your loved one. If you're searching for a senior living community or need an ear to listen, we want to help you find answers, whether it is with Senior Star or one of our many industry alliances, we're here for you every step of the way.



Guardianship
• Adult
• Child

Estate Planning
• Trusts
• Wills
• Durable Powers of Attorney
• Advance Directives for Health Care
• Transfer on Death Deeds

Probate
Elder Law
Social Security

Catherine Welsh
Attorney at Law

(918) 585-8600
2727 E. 21st St. • Ste. 500
Tulsa, Oklahoma
"When Experience Matters"



Years
25
of experience

Seniors
Leader
Housing

Proud
Supporter
of Alzheimer's Association and United Way

Visit Senior Star today.



Senior Star
at Woodland Terrace
and Burgundy Place

Woodland Terrace
71st & Mingo
918-615-4327



seniorstar.com

Burgundy Place
88th & Lewis Ave.
918-564-2059



FREE IN-HOME FALL RISK ASSESSMENTS AND SAFETY CHECKS

My Choice
In Home Senior Services, LLC

Owned and operated by life-long Tulsans who seek to bring a personalized experience to each senior and their families, tailored to meet big and small needs!

All caregivers are rigorously background checked on both a local and nationwide basis. Observant and compassionate, respecting the dignity of all persons, providing services that exceed expectations. My Choice is the only choice for in home companion care. Advocating for Senior Independence.

918-728-6085 • www.mychoiceok.com



Your Immunization Destination.

Flu shots • Flu Mist
High Dose Flu for Seniors
Pneumonia shots • B12 • Shingles
Tetanus with Whooping Cough

We offer travel consultations and immunizations.

Accepting Medicare & BlueCross/BlueShield

918-743-9810 ♦ 7875 E. 51st St. ♦ Tulsa
October hours: Mon - Thurs. 8-6 ♦ Sat 10-1




MEDICARE 2016

THE GOOD NEWS & THE NOT-SO-GOOD NEWS

In 1966, approximately 19.1 million Americans were covered by Medicare. This year, which marks Medicare's 50th anniversary, more than 55 million Americans are covered by Medicare. Medicare beneficiaries depend on the program to provide critical health and preventive services, including flu shots and diabetes screenings, hospital stays, lab tests, as well as medically-necessary supplies, like wheelchairs and prescription drugs.

“Over the last 50 years, Medicare has become part of the fabric of our communities, protecting the well-being and financial security of millions of American families as they age or if they become disabled. In doing so, Medicare has kept up with dramatic demographic changes and led the charge toward improving healthcare delivery,” said Andy Slavitt, Centers for Medicare and Medicaid Services acting administrator. “As we preserve and advance Medicare for future generations, we are focused on helping build a better system with smarter spending that keeps people healthier.”

❖ MEDICARE TRUST FUND

The recently issued 2015 Medicare Trustees Report projects that the Medicare Trust Fund will remain solvent until 2030, unchanged from last year, but with an improved long-term outlook from last year's report. Under this year's projection, the trust fund will remain solvent 13 years longer than the trustees projected in 2009, before the passage of the Affordable Care Act.

Growth in per-enrollee Medicare spending continues to be historically low, averaging 1.3 percent over the last five years. In 2014, Medicare expenditures were slightly lower for Part A and Part D and higher for Part B than previously estimated. Over the next decade, and partially due to the cost-containment provisions in the Affordable Care Act, per-enrollee Medicare spending growth (4.2 percent) is expected to continue to be lower than the overall growth in overall health expenditures (5.1 percent).

❖ MEDICARE PART B

While Part B premiums have yet to be finalized, approximately 70 percent of beneficiaries are not expected to see a premium increase in 2016 because it is projected that there will be no cost-of-living increase in Social Security benefits. By law, the cost of higher Medicare Part B premiums can't be passed to most Medicare beneficiaries if they don't receive a Social Security cost-of-living increase.

The remaining 30 percent of beneficiaries would pay a higher premium based on this projection. These beneficiaries include those who enroll in Part B for the first time in 2016, enrollees who do not receive a Social Security benefit, beneficiaries that are directly billed for their Part B premium and current enrollees who pay an income-related higher premium.

Medicare Part B premiums are set largely by a complicated formula written into law. The trustees' predictions on premiums are typically close to the final rates that are announced each fall by the Department of Health and Human Services.

❖ MEDICARE PART C: MEDICARE ADVANTAGE PLANS

The Medicare Advantage Program's enrollments and quality continue to grow and improve since the Affordable Care Act became law. Medicare

Advantage has reached record high enrollment each year since 2010, a trend continuing in 2015 with a cumulative increase of more than 40 percent since 2010. At the same time, premiums have fallen by nearly 6 percent from 2010 to 2015, and more than 90 percent of Medicare beneficiaries have access to a \$0 premium Medicare Advantage Plan.

❖ MEDICARE PART D: PRESCRIPTION DRUG COVERAGE

The average premium for a basic Medicare Part D prescription drug plan is projected to remain stable in 2016, at an estimated \$32.50 per month. For the past five years (plan years 2011 through 2015), the average Medicare Part D monthly premium for a basic plan was between \$30 and \$32.

In addition, people with Medicare are continuing to see savings on out-of-pocket drug costs as the Affordable Care Act closes the Part D “donut hole” over time. Since the enactment of the Affordable Care Act, more than 9.4 million seniors and people with disabilities have saved over \$15 billion on prescription drugs, an average of \$1,598 per beneficiary.

This news comes despite the fact that total Part D costs per capita grew by almost 11 percent in 2014, which was driven largely by high-cost specialty drugs and their effect on spending in the catastrophic benefit phase.

*by Cindy Loftin
Medicare Assistance Program Coordinator
at LIFE Senior Services
Source: www.cms.hhs.gov*



BE A MAP VOLUNTEER

If you enjoy helping people and feel comfortable using a computer, LIFE's Medicare Assistance Program (MAP) offers a variety of volunteer opportunities to fit your skills and interests. Call LIFE Senior Services at (918) 664-9000 to learn how you can make a difference for people on Medicare. You'll be glad you did!



MEDICARE ANNUAL OPEN ENROLLMENT PERIOD

Every year during Medicare's annual Open Enrollment Period, you have a chance to make changes to your health and drug coverage. The changes made will be effective Jan. 1 of the following year. The enrollment period for 2016 begins Thursday, Oct. 15, 2015 and continues through Monday, Dec. 7, 2015.

We encourage you to review your current Medicare health and drug coverage plans with the plans that will be offered for 2016. While your current plan may still be the best option for your needs, it's possible you would save money by switching to a different drug or health plan. The 2016 plans will be available to the public on Oct. 1 at www.medicare.gov. The enrollment option will be activated on Oct. 15.

COVERAGE CHANGES YOU CAN MAKE DURING MEDICARE'S OPEN ENROLLMENT PERIOD INCLUDE:

- Enroll in a Medicare prescription drug plan
- Switch from one Medicare prescription drug plan to another drug plan
- Drop your Medicare prescription drug coverage completely
- Change from one Medicare Advantage Plan to another Medicare Advantage Plan
- Change from Original Medicare to a Medicare Advantage Plan
- Change from a Medicare Advantage Plan back to Original Medicare

If you are satisfied with your current coverage and your plan will still be available in 2016, you don't need to do anything. Your current coverage will continue for the next year. If you are in a Medicare Advantage Plan, review the Evidence of Coverage (EOC) and Annual Notice of Change (ANOC) that your plan mails to you each year. The EOC details what the plan covers, how much you pay and more. The ANOC includes any changes in coverage, costs or service areas that will be effective in January of the following year. If you don't get an EOC or ANOC, contact your plan.



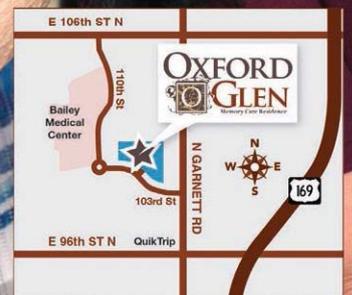
MEDICARE ASSISTANCE PROGRAM AT LIFE

The Medicare Assistance Program (MAP) at LIFE Senior Services wants to help you ensure that your 2016 prescription drug plan will meet your needs. During last year's Open Enrollment Period, 64 percent of the people we assisted either enrolled in a Part D drug plan for the first time or switched their Part D plans for 2015. In doing so, almost all of them saved money on their 2015 drug costs, with an average savings of more than \$1,900 per person. This year, we are again offering Medicare Part D Plan Comparison and Enrollment Assistance Clinics throughout the Open Enrollment Period. Medicare counselors will provide unbiased, easy-to-understand information to help you compare Medicare Part D plans and assist you in selecting or changing your drug coverage for 2016. Reservations are required. Call now to schedule your appointment. Each appointment will take approximately one hour per person, and space fills up quickly. To make your appointment, call MAP at LIFE at (918) 664-9000 or toll-free at (866) 664-9009.

OXFORD GLEN

OPENING SOON!

At Oxford Glen, we do more than care for your loved one. We care about them.



Personalized & Life-enriching Memory Care in Owasso

With Oxford Glen, your family restores its loving role while our certified dementia care team provides purpose-filled engagement for residents seven days a week, while connecting them to family and friends in ways that provide hope and joy.

- Innovative technology
- Life enrichment SEVEN days each week
- High staff-to-resident ratio
- Homelike setting
- Private & semi-private suites
- Medication management
- Housekeeping & laundry
- Caregiver support groups
- And much more!

11113 East 103rd Street North | Owasso, OK 74055
OxfordAtOwasso.com | [Facebook.com/OxfordGlenOwasso](https://www.facebook.com/OxfordGlenOwasso)

(918) 376-0455



Grands for Babies

Benefitting 

Please join us for a champagne luncheon at the Oaks Country Club to learn more about our mission to assist babies in need.

Friday, November 13, 2015
11:30 a.m. - 1:00 p.m.

\$25 per ticket, \$250 per table. Enjoy a champagne lunch and live music. Visit our website at eistulsa.org to purchase tickets or contact, Mary Ellen Evans-Opstein at 918-582-2469 for additional information.



HAUNTING Green Country



 TULSA LITTLE THEATRE

Have you ever been somewhere when all of the sudden the hair on the back of your neck stands at attention, and you get an unexplained tingling sensation up your spine? What about catching something out of the corner of your eye that quickly disappears? Have you heard unexplained voices or noises? Maybe the bigger question is, do you believe in ghosts?

.....

 **T**eri White, founder of Paranormal Investigative Team of Tulsa (PITT), would answer with a resounding “yes.” White is certain that Tulsa is a hotbed of alleged paranormal activity. Leader of PITT and host of Tulsa’s Spirit Tours, White’s been hunting the supernatural for nearly 18 years.

White and her team of seven don’t try to convince skeptics or set out to prove ghosts are real. Actually, they do just the opposite. Instead, they try to find logical explanations for the team’s findings. “If we can’t find a logical explanation, that’s when we get excited,” White stated. “Nine times out of 10 we can come up with an explanation. There are times when we can’t debunk our findings; those moments are few and far between, but it’s awesome when it happens,” said White.

According to White, Brady Theater, Gilcrease Museum, Tulsa Little Theatre and the Cave House have some of the best spooky stories in Green Country.

BRADY THEATER

Ten years ago, I [Joey] had the pleasure of attending a PITT paranormal workshop. We listened to legends of haunted locations in Tulsa, heard about PITT’s investigations, looked at compelling photos, listened to EVPs (Electronic Voice Phenomena) of supposed voices from the other side and watched creepy videos of what could have been visions of the afterlife. A year after I attended the workshop, PITT hosted an overnight investigation at Tulsa’s famous Brady Theater. I immediately signed up.

So, on one ominous night in the summer of 2006, I packed an overnight bag, and planned to stay the night in the basement of the “old lady on Brady.” The team had the owners turn off the electricity in the building, so it would not affect the tools we used during the investigation, namely EMF (Electromagnetic Fields) detectors and thermometers.

The Brady Theater was named after Tate Brady, an affluent oil baron. It has hosted famous actors and musicians over the years, but in 1921, legend has it that the theater was a “safe haven” for those seeking shelter during the Tulsa Race Riot. The rumor is that many seeking protection entered the theater, but were tortured and buried alive in the basement.

Upon touring that very basement on that balmy summer night, there was a calm sense beneath the theater. Interestingly, however, there were underground tunnels and staircases leading to cemented walls. I did not feel negative energy, the EMF detector never made a peep and the temperature remained steady – all signs there was no paranormal activity.

Legend also has it that Enrico Caruso, a famous Italian tenor in the 1920s, became sick during his time in Tulsa. He died nine months later from abscesses on his lungs due to pleurisy. It is said that he haunts the Brady to this day. His manager always blamed the nasty Tulsa weather for Caruso’s demise.

There is a large portrait of Caruso above the west hallway off the main lobby of the theater. During the overnight investigation, while the group stood just below his portrait, the EMF detector screamed loudly and the temperature dropped 20 degrees. It was a chilling moment, literally and figuratively.

GILCREASE MUSEUM

Farther west on a 460-acre plot of land, sits Gilcrease Museum and the former home of philanthropist Thomas Gilcrease. Today, the art museum houses an extensive Native American art collection, and the home still stands on Gilcrease Museum’s stunning grounds. So stunning perhaps, that Mr. Gilcrease himself has been said to still be wandering the land.

TEED ntry

In all, an estimated seven spirits are thought to linger about Gilcrease. EVPs have captured a woman singing, men arguing and unexplained whispers. Museum employees have described banging on the second floor and mysteriously moving items.

“Gilcrease has so many good stories. There was a time when my team heard disembodied voices of men coming from inside the Gilcrease house during an investigation. It startled us to the point where we packed up and left ... it was very intimidating,” said White.

But White is quick to point out that all the Gilcrease ghosts aren't so daunting. When they aren't scaring off night watchmen, the spirits apparently play curator. “The museum received an artifact collection, set it up on some nice glass shelves and roped it off. The next day, a piece had been taken off the top shelf and neatly placed on the floor underneath the bottom shelf. The curators were confused because if the piece had fallen off the shelf, it should have been broken, but it was unscathed. They picked it up and put it back on the top shelf only to find it, once again, on the floor neatly tucked under the bottom shelf the next day. The curator looked into the collection a little further and discovered that the piece did not belong with that collection. They removed it, and had no troubles after that. I do believe that was Mr. Gilcrease saying, ‘Hey! This is wrong – correct it!’” said White.

TULSA LITTLE THEATRE

A seemingly little art nouveau building, Tulsa Little Theatre, just south of 15th Street and Delaware Avenue, has seen a myriad of plays, bands and variety acts over the years. The building has had many owners, and has served as a church, a nightclub, even a recording studio. And the place has been through various unfortunate events, such as fires, vandalism and severe neglect.

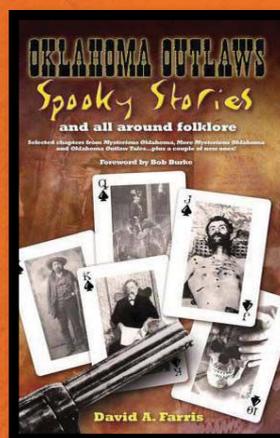
According to legend, a few spirits have been living there for years. Near the stage, a strange ball of light has been seen floating around. Other stories report the presence of something or someone standing behind them before mysteriously vanishing. Some people have even reported being touched by unseen hands and hearing noises when no one else is in the building.

Also, it is alleged that a play director died during a performance in the theater's heyday, and he still mills around. There's also a legend about a little girl who had just finished a dance recital. She ran across the street and was struck and killed by a car. Neighbors surrounding

HAUNTED GREEN COUNTRY continued on page 16

OKLAHOMA OUTLAWS SPOOKY STORIES AND ALL AROUND FOLKLORE

DAVID A. FARRIS AUTHOR



THURSDAY, OCTOBER 29

7-9 p.m.

SENIOR STAR AT BURGUNDY PLACE

RSVP

SEATING IS LIMITED



VALET
PARKING

REFRESHMENTS WILL BE SERVED

\$10 PER PERSON

LIVE MUSIC BY COWBOY JONES

**FIRST
50 PEOPLE
TO ARRIVE WILL
RECEIVE A SIGNED
COPY OF THE BOOK**



Senior Star
at Burgundy Place



FOR MORE INFORMATION
VISIT US ON FACEBOOK

918-564-2059 • seniorstar.com



First Call®

Your Staffing Source
Medical Staffing & Home Care Specialists

SERVICES INCLUDE:

Nurses - RNs, LPNs • Home Health Aides
Companions • RN Supervision
Intermittent Visits or Hourly Care
Home IV Therapy • Sitter Service

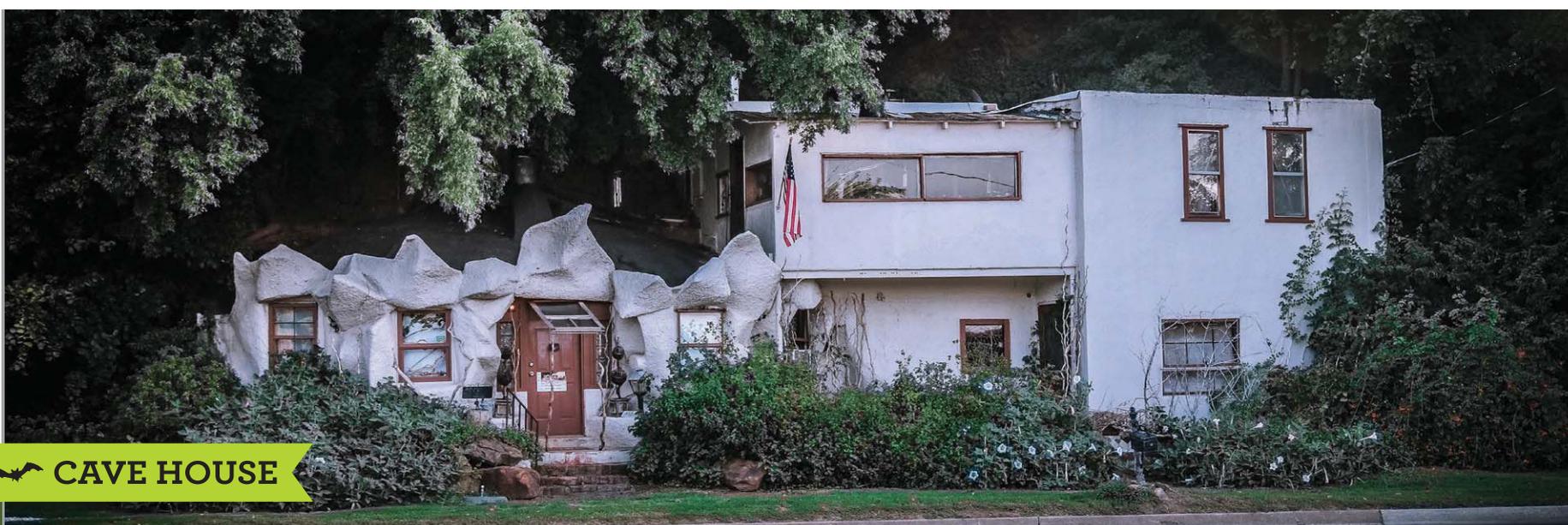
Call us. We can help.

I'm Amazing!™

24 Hour Service
7 Days a Week

(918) 665-1011
www.My-FirstCall.com

All employees are screened, fidelity bonded, liability insured, and drug tested.



CAVE HOUSE

HAUNTED GREEN COUNTRY continued from page 15

the theater have reportedly seen the little girl strolling around at night. One person even claims to have spoken with her. She warned of the dangers of crossing the road without looking both ways.

CAVE HOUSE

Head west on 3rd Street out of downtown Tulsa and you'll soon see a quirky house tucked into the hill. It's the Cave House, a local fixture and bit of a legend. Originally a chicken restaurant and a front for a speakeasy, the place later fell into new hands and eventually disrepair. Once lived in by "The Rag Lady" and "The Key Lady," the Cave House boasts old stories and some new happenings that shroud the curious little house in mystery.

While it has a bit of a spooky past, current owner Linda Collier is quick to dispel any fears. Since buying the Cave House 18 years ago, she's restored it and opened up the Tulsa landmark for tours. "I don't ever want people to think it's haunted in the sense that they're scared to bring their children or grandchildren. I pride myself on the fact that it's such a peaceful place," said Collier.

According to Collier, "The Rag Lady" was a character, even using five recorded aliases during her life. She and her husband were simply known as Bill and Ella, and Collier only discovered her true last name after hunting down Bill's tombstone.

"Ella would collect people's old clothes, wash them and hang them to dry in the house's window – that's why they called her The Rag Lady," said Collier. On one occasion, Collier returned to the Cave House to find that her own rags had been removed from storage and hung in the window. Strangely, Collier said the house was still locked tight, with no evidence of a break-in.

Ella and Bill also were notorious for their unpleasant odor – they didn't bathe and kept chickens in the house. When Bill didn't see his wife for three weeks, he called the police to let them know and added that there was a really bad smell in the house. The police arrived to find Ella dead, her body surrounded by money, in the upstairs room," said Collier.

After Ella's demise, "The Key Lady" lurked about the Cave House, and might still be up to some tricks. "Apparently, the woman would gather keys and even take them from cars. After she became violent, a storeowner set up a key donation bucket. If you heard her coming, you were to grab keys and throw them as far as you could. As long as she was gathering keys, she would leave you alone," said Collier. Since buying the place, Collier has witnessed

some strange happenings involving keys, including missing or migrating keys. "Keys have been 'lost,' only to be found outside on the hill where the person never went," said Collier.

OTHER HAUNTINGS

You can find a lot of stories online about the tales of haunted Tulsa, including spooky claims of paranormal phenomena at Cain's Ballroom, the old Theatre Tulsa costume shop, the Tavern (formerly Brady Tavern), Tulsa's Hex House, Mohawk Park, Spotlight Theater, Tulsa Garden Center and Calvary Cemetery in south Tulsa.

Everything is made up of energy, and it's said that energy doesn't go away once a person dies. Is that what ghosts are made of? You be the judge!

by Joey Mechelle Stenner & Kelsey Duwall

THE HORNET SPOOK LIGHT

Not all spirits occupy a building. On a stretch of highway outside Quapaw, Okla., there is a mysterious orb that floats and shifts in the sky. Described as approximately the size of a basketball, the orb bounces and dances at high speed above the tree tops, earning the four-mile stretch the name "Spook Light Road."

Legend claims the first sightings were made by Native Americans on the Trail of Tears. A local newspaper made the first official report of a sighting in 1881. Since then, local stories attribute the orb's presence to various legends.

The oldest story is one of ill-fated love. The legend goes that a Quapaw Indian maiden and her lover eloped when her father objected to their marriage. When a band of warriors sent to pursue them neared, the couple joined hands and leapt to their deaths into the Spring River.

Another legend claims a miner's cabin was attacked by Indians and his wife and children went missing. The orb is said to be him searching along the road with his lantern for his family. Yet another tale attributes the orb to an old Osage chief who was decapitated, who now wanders the road with his lantern in search of his lost head.

While some try to explain it away with theories, like a reflection from I-44, natural gas or will-o'-the-wisps, no "rational" explanation has ever proved conclusive. Paranormal teams still visit Spook Light Road, even catching it on video in 2009.



SPOOK-TACULAR EVENTS AROUND GREEN COUNTRY

🎃 BARTLESVILLE GHOST WALK

Join the Bartlesville Ghost Walk for a glimpse of Bartlesville's mysterious history, complete with fascinating ghost stories of six of the town's historic buildings. Before the tour, enjoy entertainers, magicians, card readers, fortune tellers and more at the starting location. These \$10 tours embark from the Hilton Garden Inn, 205 S.W. Frank Phillips Blvd., Wednesday and Thursday, Oct. 21 and 22 from 6 to 10 p.m. For more information, call (918) 214-8500.

🎃 MURRELL HOME GHOST STORIES

The George M. Murrell Home, Oklahoma's only surviving antebellum home, 19479 E. Murrell Home Road, Park Hill, is the perfect stage for spooky tales this Halloween. Join storytellers dressed in period clothing for a two-hour tour of the 1845 plantation home, complete with tales of mysterious events that happened in and around the home and in northeastern Oklahoma. This event is not recommended for small children. Tours will take place Oct. 23 and 24, from 6:30 and 8:30 p.m. Reservations are required. Admission is \$5. For more information, call (918) 456-2751.

🎃 OKLAHOMA OUTLAWS, SPOOKY STORIES AND ALL AROUND FOLKLORE

There's something thrilling about good, old tales of intrigue, and Oklahoma's storied past is full of them. If you are a lover of Oklahoma history, you don't want to miss hearing David Farris speak. The author of *Oklahoma Outlaws*, *Spooky Stories* and *All Around Folklore*, among other books that detail Oklahoma's history, Farris will speak at Burgundy Place, located at 8887 S. Lewis Ave., Tulsa, Thursday, Oct. 29, from 7 to 9 p.m. Admission is \$10. The first 50 people to arrive will receive an autographed copy of his book.

🎃 HALLOWEEN SYMPHONY SPOOKTACULAR

Get into the spirit with the Tulsa Symphony's Halloween Symphony Spooktacular! The concert will celebrate the year's creepiest holiday with many of classical music's scariest works. Other activities include trick-or-treating, a family fun house and a costume contest. This event will be at Tulsa Performing Arts Center, 110 E. 2nd St., Saturday, Oct. 31, at 7:30 p.m. Ticket prices range from \$15 to \$70. For more information and tickets, call (918) 596-7111 or visit www.tulsapac.com.

🎃 DAY OF THE DEAD

Tulsa's Dia De Los Muertos Arts Festival is a celebration of Hispanic culture and remembrance of loved ones who have passed away. Fun for the whole family, the festival features live music, Tulsa's best Mexican food, a skeleton parade, lectures, workshops, Mexican dancing, a unique artist's market and a children's area. This celebration will take place at Living Arts of Tulsa, 307 E. M.B. Brady St., in Tulsa's Brady District, Sunday, Nov. 1, from 3 to 11:30 p.m. Admission is \$5 (cash only). Ages 12 and under are free.

🎃 TULSA SPIRIT TOURS

Tulsa Spirit Tours has been sharing Tulsa's colorful history and urban legends with locals and visitors for over a decade. Tours can be taken in a variety of ways, including a walking pub crawl, local bus tour and more. One of the most popular events, the haunted bus tour entertains and educates guests about Tulsa's most notorious events and haunts. You'll even hear real recordings of electronic voice phenomena. There are still October and November tour dates left, but tours will sell out quickly! Reservations are required. For more information, including other tour options, schedules and tickets, visit www.tulsaspiritour.com or call (918) 694-7488.



UH, NO.

We know you want to do your part in recycling. But please focus on the four: aluminum and steel cans, cardboard and paper, plastic and glass jars and bottles. Everything else goes into the gray cart. When in doubt, throw it out!

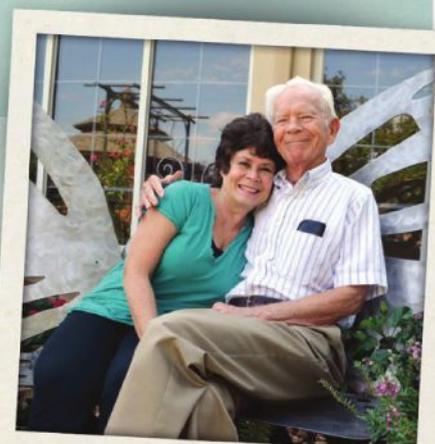


To learn more about Resource Recovery, including how to dispose of hazardous materials, special pick-ups and other questions, go to tulsarecycles.com or call 918.596.9777.



You can find beautiful housing, fabulous food, and plenty of activities in various assisted living locations, but the question remains: how will my loved one be treated? Shortly after my father moved into Saint Simeon's, Patrice, a staff member, grabbed my arm and told me, "I just love that man! I'd love to take him home with me!" Knowing he's cared for by people who appreciate him means everything to me.

Sincerely, Kim



Saint Simeon's Resident Otto with daughter Kim



§ Four Levels of Assisted Living
§ Independent Living § Memory Center
§ HealthCare Center § Skilled Nursing
918-425-3583 | www.saintsimeons.org

Saint Simeon's is a mission of the Episcopal Diocese of Oklahoma

OKLAHOMA

GHOST TOWNS

Indian Territory in the late 1800s looked considerably different than the Oklahoma of today. Vast prairie land was dotted with populated towns that revolved around the railroad, oil and liquor. However, many of those bustling, pre-statehood settlements are now nothing more than deserted ghost towns.

MAKINGS OF A GHOST TOWN

Many of the now abandoned ghost towns boomed and then collapsed because of the railroad. “When automobiles became more prevalent and highways came about, there were fewer reasons for the trains to stop in some of those towns, and they died out,” said Tammy Wilson, co-author of *Ghostlahoma: Over 100 Years of Oklahoma’s Haunted History*. Additionally, when state highways were built, some small towns were surpassed, causing the towns’ inhabitants to move to cities or closer to highways.

Of course, the oil boom led to many of Oklahoma’s ghost towns. People moved to Oklahoma to “strike it rich,” then moved away when the oil had been tapped. While oil boom and bust caused many towns to dry up, alcohol is also to blame. “Before statehood, it was illegal to sell alcohol in Indian Territory, but not in Oklahoma Territory, so several towns – known as ‘whiskey towns’ – would sell liquor on the boundaries of Indian Territory. When the Oklahoma Constitution made it illegal, a lot of those towns lost their primary source of income and people moved away,” Wilson said.

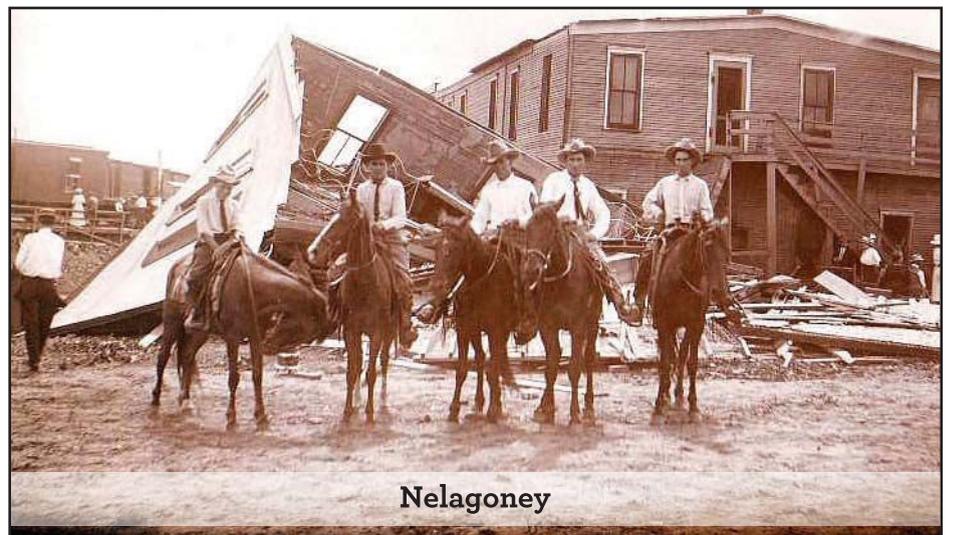
OKLAHOMA GHOST TOWNS

CAYUGA - DELAWARE COUNTY

Mathias Splitlog, a gentleman of Cayuga Indian and French-Canadian descent, founded Cayuga (also known as Cayuga Springs) in the 1880s near the northeastern corner of Delaware County. After Splitlog moved to Delaware County from Ohio, he built a buggy and wagon factory, general store, flour mill and blacksmith shop to promote town commerce. In addition, he kept a stock of walnut lumber for the creation of caskets.

Splitlog was also responsible for the construction of a Gothic-style Catholic church that still stands today. Atop the belfry was a 1,600-pound bell that reportedly could be heard 12 miles away, according to *Ghost Towns of Oklahoma* by John W. Morris. Despite Splitlog’s dedication to Cayuga, the town faltered following a fire in 1913 that consumed much of the community except the church, the carriage shop and the priest’s house, according to *And Gladly Teach* by Loy Pollan Tullis.

In 1972, the Cayuga Splitlog church was added to the National Register of Historic Places. Today, the church operates as a non-denominational church



Nelagoney



Foraker

called Cayuga Mission Church, and its adjacent cemetery is Splitlog’s final resting place. Cayuga’s population has certainly diminished since Splitlog’s days; according to the 2010 census, Cayuga had a population of 140 people.

PICHER – OTTAWA COUNTY

Picher is perhaps Oklahoma’s most famous modern ghost town. It’s difficult to believe that a town that once had a population of over 22,000 people in 1919 had a population of only 20 in 2010, according to the 2010 census. From 1915 to 1930, Picher was the epicenter of the largest zinc mining area in the world.

The first families moved to Picher in 1915 when the Whitebird Mill was built, according to Morris. In following years (1917-1947), the Picher area produced over \$20 billion worth of ore.

In 1917, the railroad expanded into the town, causing an increase in the population. However, after WWI, the need for zinc decreased significantly, which led to the first dip in Picher’s population. In 1950, hundreds of residents were given a 30-day notice to vacate their homes and businesses due to the imminent danger of a cave-in.

OKLAHOMA GHOST TOWN PHOTOS



Foraker basketball team, c. 1930.
Photo courtesy of Don Taylor.



Foraker school, c. 1928.
Photo courtesy of Don Taylor.



Foraker cellar.
Photo courtesy of Don Taylor.



The town of Foraker, c. 1919.
Photo courtesy of Don Taylor.



Tree growing through concrete.
Photo courtesy of Don Taylor.



Foraker cable rig destroyed, c. 1930s.
Photo courtesy of Don Taylor.

<p>Trade at THE HOME TOWN GROCERY for Quality</p> <p>FEED—COAL—ICE A. C. STANDIFER</p> <p>Deborah Underhill Mrs. Orin Dial (A Mother in Israel)</p> <p>Widder Bill Pindle Mrs. C. E. Bailey (Lender of the Chorf)</p> <p>Miss Lowley Loving Custard Mrs. J. W. Porter (Plain Sewing and Gossip)</p> <p>Isabel Simpson Mrs. V. C. Standifer (The Village Belle)</p> <p>Gloriana Perkins Lola Berry (Ye Good as Gold)</p> <p>Sukey Pindle Iria Casselman (The Widder's Mite)</p> <p>John Underhill C. E. Bailey (The Prodigal Son)</p>	<p>CARTER AND CASSELMAN The "Best and the "Worst" of the "Least"</p> <p>PIONEER BARBER SHOP T. J. MITCHELL</p> <p>Charley Underhill V. C. Standifer (The Elder Brother)</p> <p>Brother Jonah Quackenbush Winders (A White Sapchire)</p> <p>Jeremiah Gosling Rev. J. W. Porter (A Merry Heart)</p> <p>Enoch Rose Kenneth Brook (An Outcast and a Wanderer)</p> <p>Quintus Todd Mills (The County Sheriff)</p> <p>Directed by Mrs. C. M. Johnson (Twenty Years Ago)</p> <p>Act I The Good Samaritan</p> <p>Act II—(Three Years Later) A Mother's Love</p> <p>Act III—(Two Years Later) The Prodigal Son</p>
<p>BAUGH LUMBER CO. L. F. HOOKS</p> <p>EITZMANN SERVICE STATION Cutter Arin Professional Blower Oil Cambium With Motor. Never Leaves the Bearings</p>	<p>SUMMER'S GARAGE Gas—Oil—Accessories</p> <p>REVIVAL MEETING Begins at the METHODIST CHURCH March 24, 1919</p>

Advertising for Foraker businesses, c. 1920.
Photo courtesy of Don Taylor.

FORAKER

When oil production decreased in the 1930s, so did the population of Foraker. The abandonment of the railroad and the creation of highways attributed to the town's demise.

OKLAHOMA GHOST TOWN PHOTOS

NELAGONEY



Nelagoney depot.

Photo courtesy of Don Taylor.



Abandoned building.

Photo courtesy of Don Taylor.



Lake View Park, c. 1906.

Photo courtesy of Don Taylor.



Nelagoney stone quarry, c. 1915.

Photo courtesy of Don Taylor.



Abandoned home.

Photo courtesy of Don Taylor.



Nelagoney school.

Photo courtesy of Don Taylor.



Nelagony Caboose.

Photo courtesy of Don Taylor.



Tornado damage, June 1912.

Photo courtesy of Don Taylor.

PICHER



Gates to Picher Mine.

Photo courtesy of Lindsay Morris.



By June 2009, all of the remaining Picher residents had been given federal checks allowing them to relocate from the town permanently. And still today, the city is considered to be too toxic to inhabit.

Photos courtesy of Lindsay Morris.



Mining ceased in 1967, leaving the town with contaminated water from some 14,000 abandoned mine shafts, 70 million tons of mine tailings and 36 million tons of mill sand and sludge. The toxic cocktail posed a monstrous environmental hazard to the town's residents.

By June 2009, all of the remaining Picher residents had been given federal checks allowing them to relocate from the town permanently. And still today, the city is considered to be too toxic to inhabit; yet, some hardy residents still linger.

FORAKER – OSAGE COUNTY

At the time of the town's inception in 1905, Foraker was an agricultural hotbed, with corn and alfalfa being the area's main staples. When the Midland Valley Railroad decided to build through the town, the population skyrocketed.

The town's infrastructure grew to match the population, eventually housing two banks, two drugstores, three hardware stores, six mercantile stores, two grocery stores, two lumberyards, two livery stables and more, according to Morris. There were even two newspapers, two churches and active fraternal organizations.

After its quick beginning, Foraker's growth slowed until around 1920, when oil was discovered 15 miles south of the town. Foraker was the closest shipping point to the new oil field, so the town experienced another rapid growth period, jumping to over 2,000 people.

When oil production decreased in the 1930s, so did the population of Foraker. The abandonment of the railroad and the creation of highways attributed to the town's demise. The town's population during the 2010 census was 19.

NELAGONEY – OSAGE COUNTY

Nelagoney was originally a campsite used by the Osage Indians. Later, cowboys driving longhorn cattle depended on the bluestem grass of the nearby tallgrass prairie to keep their cattle fattened for the journey north. Originally, land in this area could be rented for 4 cents an acre, according to Morris and Don Taylor, an Oklahoma ghost town enthusiast.

A small community formed around the cattle drives, and with the arrival of the Katy Railroad in 1903, followed by the Midland Valley Railroad in 1905, the town grew enough to establish a post office, which opened in 1906.

The depot, utilized by both railways, became a major shipping point for cattle, and the town prospered in the early part of the 20th century. A tornado struck the town in June 1912, significantly damaging many businesses and homes. However, the town rebuilt and moved forward.

As railroads expanded farther into the region and Texas, Nelagoney's importance as a cattle shipping center waned, and the town began to decline. There was a brief boom in the early 1920s with the discovery of oil in the region, but it was short lived. By 1924, many of the local businesses had closed or moved to other areas.

Nelagoney's post office closed on Feb. 28, 1959. Passenger rail service had been dropped in the early 1940s, and the rail line was completely abandoned by 1974.

by Lindsay Morris



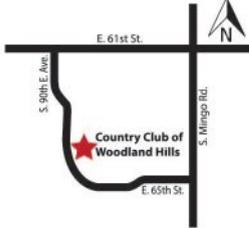
Introducing our NEW
Country Club Concierge Service

Call today to receive your **FREE** copy of our Concierge Service Brochure featuring helpful tips for downsizing.

Independent Living | Residential Care | Cottage Homes

Country Club
OF WOODLAND HILLS

6333 South 91st East Avenue
Tulsa, OK 74133
www.ccwh-living.com



Call T.R. Jones for more information 918-250-4223

ROLLING HILLS

CARE CENTER

801 N. 193rd East Ave. | Catoosa, OK 74015

918-266-5500
(Located Across from the Hard Rock Casino)



Newly Remodeled Large Private Room with Bath

24 hour skilled Nursing Care

In House Therapy

Flat Screen TV's

Ian Swart

Historian and Cemetery Concierge



When I was asked to interview Ian Swart, archivist and curator of collections at the Tulsa Historical Society, I expected to meet a somber older gentleman, graying at the temples, wearing a suit. Instead, I met an energetic 33-year-old wearing a pink shirt, plaid bow tie, green pants and red Converse tennis shoes.



Ian Swart, near one of Perryman Cemetery's Creek Indian grave houses.

Swart, an avid history buff, is particularly passionate about cemeteries. “Cemeteries are open-air museums,” said Swart, enthusiastically. “You can learn a lot about migration patterns and who the early-day families were in certain areas by looking at the names. You can tell if the settlement was Dutch, English or Russian. You can also clue in and see if there were any local diseases or epidemics.”

Swart credits his grandfather's storytelling and a fifth-grade teacher “who made history come alive” for fostering his passion for history. “My grandfather told wonderful stories,” said Swart. “He was probably the best storyteller I've ever known. My childhood was sprinkled with stories about the Dust Bowl, the Great Depression and WWII.”



DECORATION DAY

Not many boys happily spent their birthdays in cemeteries, but Swart did. “I was actually born on Memorial Day, or Decoration Day, as my family used to call it,” said Swart. “I remember as a young boy going out with a trunk full of flowers and an ice chest with cold drinks and lunch. We would spend all

day going around to little country cemeteries. My grandparents and great grandparents would go with us.” The family event often turned into a social event as his grandparents met old friends also decorating graves.



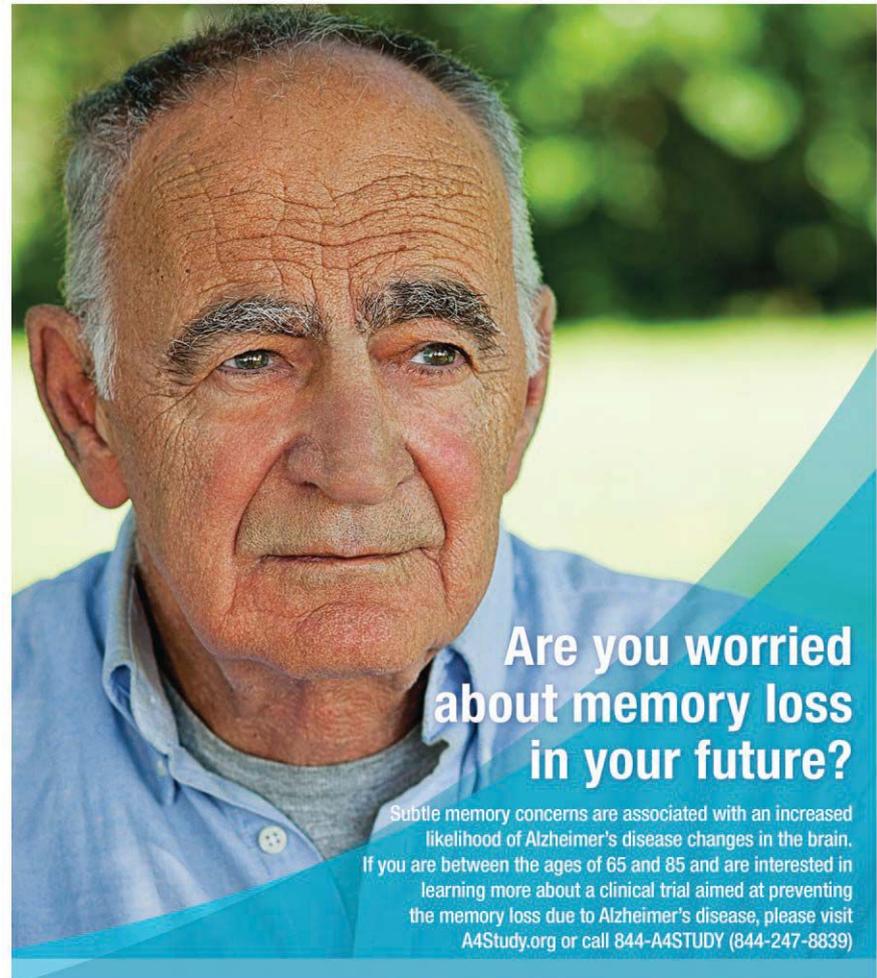
RESTORING CEMETERIES

“When I was in college, I'd travel dirt roads and if I'd see a little cemetery, I'd stop and walk around. Visiting all these cemeteries, I'd see them in all states of repair and disrepair. I decided I needed to learn how to fix all these family stones or pay someone to do it,” said Swart.

Soon after, Swart attended a weeklong workshop with a monuments conservator from Connecticut. “I learned how to repair broken stones or reset stones using lime mortar,” said Swart. According to Swart, each type of stone requires special care. “In most of the repairs I see, people have used materials that shouldn't have been used, like silicone or cement,” said Swart. Putting his knowledge into practice, he and his wife Diane restored a small cemetery in western Oklahoma. “We reset all the stones that were down and fixed all the broken stones,” said Swart.

IAN SWART continued on page 22

www.LIFEseniorservices.org



Are you worried about memory loss in your future?

Subtle memory concerns are associated with an increased likelihood of Alzheimer's disease changes in the brain. If you are between the ages of 65 and 85 and are interested in learning more about a clinical trial aimed at preventing the memory loss due to Alzheimer's disease, please visit A4Study.org or call 844-A4STUDY (844-247-8839)

A The A4 Study
NOW IS THE TIME

844-A4STUDY (247-8839)
A4study.org

***** OPENING IN BIXBY - FALL 2015 *****



COVENANT PLACE OF TULSA
A Covenant Retirement Community



We're Filling Fast!

Residential Independent Living & Assisted Living Apartments

NO BUY-IN FEE REQUIRED!!



Now Taking Reservations
Call (918)970-4433

www.CovenantPlaceTulsa.org

7300 East 121st Place, South • Bixby, OK 74008



Independent Living with the peace of mind that we will be here for you as your needs change

- No Buy-In Fees
- Delicious Dining
- Great Activities
- Local Ownership
- All Utilities Paid
- Free Transportation Services
- Warm & Caring Staff
- And so much more!



UNIVERSITY Village
RETIREMENT COMMUNITY

For More Information Call (918) 299-2661

8555 South Lewis Avenue Tulsa OK ❖ www.uvrc.com

SUNDAY MATINEE FILMS

JAZZ
A FILM BY KEN BURNS



Jazz – The Adventure (1955-1960)
October 11 • 1:30-3:30 p.m.

As R&B and rock 'n' roll erode the jazz audience, this music genre survives through tremendous creativity. During the late 1950s, artists Sonny Rollins, Duke Ellington, Miles Davis and Clifford Brown release legendary albums; Sarah Vaughan sets a standard for jazz singing; and Louis Armstrong speaks out against segregation. The film also highlights Art Blakey, Horace Silver, Billie Holiday, Lester Young and John Coltrane. Seating is first-come, first-seated. Groups welcome.



GILCREASE MUSEUM
Thomas Gilcrease Institute of American History and Art

GILCREASE.UTULSA.EDU



GRAVESIDE MANNERS

According to Swart, you don't want to try and read a worn gravestone by doing a rubbing, as it will only contribute to the destruction of the stone. He also discourages people from using shaving cream and flour (another attempt to create contrast Swart's seen). "The best trick," said Swart, "is to use a [full length] mirror. Depending on which way the stone is facing, you use the mirror to reflect the sun and make it go across the stone to highlight the letters and make them pop out. It's a non-intrusive way to bring out the letters in a worn stone, and it causes no damage."

Swart hopes others will take his lead and restore old cemeteries. "If a stone is on the ground, get it up," said Swart. "It doesn't take long for a stone to get covered up. If you want to clean or restore a stone, do lots of research first to learn the proper way. You don't want to use a power washer or bleach."



GRAVE WORDS

"I like epitaphs that talk about how the person died," said Swart. "But one of the most poignant and haunting inscriptions I've ever seen on a stone was a woman who died at a very young age, not long after having a child. It had her name and her dates on the stone, and very simply at the bottom it said, 'So many hopes lie buried here.' After all the years I've spent in cemeteries, I still run across things that get me," added Swart soberly, himself the father of four children. "I think that is part of the nature of cemeteries."

HISTORIC TULSA AREA CEMETERIES



PERRYMAN CEMETERY

Tucked into a tidy, upscale neighborhood at 32nd Place and Utica Avenue is Tulsa's oldest private cemetery, the Perryman Cemetery. Lewis Perryman, a Creek Indian and cattle rancher, laid out the cemetery in 1848. Perryman family, friends and unknown soldiers from the Civil War are buried in the cemetery. The earliest grave belongs to Lydia Perryman Beaver who died in 1879.

The cemetery had fallen into disrepair in the 1960s, and was deeded to the Tulsa Historical Society in 1971 by Homer Perryman. The Tulsa Historical Society renovated it, adding almost 20 new period-correct headstones to replace headstones that had disappeared. One of the most interesting aspects of the cemetery is that it contains two Creek grave houses. Traditionally made of wood with shake shingles, the grave houses reflect an older Creek Indian tradition of burying their dead in the dirt floor under their homes.



RENTIE GROVE HISTORICAL CEMETERY

Few people traveling on 91st Street in Tulsa near Jenks East Elementary have any idea that a century ago this area was a thriving black farming community known as Rentie Grove. All that is left of the original community is a small church and a private, locked cemetery. According to *TulsaWorld* archives, Rentie Grove was cultivated

from the freedmen allotments of Stephen and Luthis Rentie, freed Creek slaves. In the early 1900s, the Renties, and other freedmen, were each allotted 40 acres near what is now 91st Street and Harvard Avenue. By the 1950s, the land was beginning to be sold off, and by 1984, the last four acres were sold to the Jenks school system.

The small peaceful cemetery (still in use today) was established in 1904. Its markers range from simple white wooden crosses to distinguished granite monuments with photographs of the deceased. Rentie Grove descendants continue to care for the well-manicured 110-year-old cemetery.



TULLAHASSEE CREEK INDIAN CEMETERY

When you think "Creek Indian cemetery," you probably envision a sacred, pastoral setting. However, the Tullahassee Cemetery's nickname, "Strip-Mall Graveyard," gives you a more accurate mental image of its setting. Located in Sand Springs at the Atwoods Plaza strip mall (originally Keystone Plaza), the ¼ acre cemetery is smack in the middle of an asphalt parking lot.

Between 1883 and 1912, the area was home to Creek Indians who used it as a burial ground. Charles Page purchased the property in 1906 to establish the town of Sand Springs. Around 1960, bulldozers arrived to begin clearing the area for a strip mall. However, the original agreement of sale stipulated that the cemetery be preserved, and so it stands today, right next to RadioShack and Family Dollar.

McHENRY CEMETERY

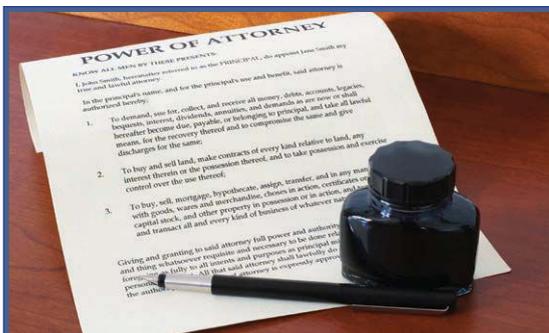
The McHenry Cemetery, the final resting place of James McHenry and approximately 12 of his family members, now lies surrounded by a white picket fence in the midst of a modern housing addition in Broken Arrow. McHenry was laid to rest in this cemetery in 1883 after a distinguished life, which included resisting relocation in the Creek Indian Wars, surviving the Creek Trail of Tears, becoming legislative head of the Creek Nation, serving as a major for the Confederacy during the Civil War, becoming a Methodist minister and founding the Broken Arrow Indian Methodist Church. The Trail of Tears Association marked McHenry's grave in 2002. The McHenry family continues to maintain this small, but historically important, cemetery.

by Cindy Webb

5 TIPS FOR CLEANING A GRAVESTONE

Thinking about cleaning a family gravestone? Don't march in with household cleansers and wire brushes. The first and most important rule in gravestone restoration is to be gentle! Here are some additional tips from the International Southern Cemetery Gravestone Association (ISCGA):

1. First determine if the gravestone is sound. If it is flaking or cracking, proceed very gently or avoid cleaning it at all.
2. Use soft bristle brushes and plastic scrapers. If the brush is soft enough to clean the hood of your car, it is usually safe for a gravestone (but do use a fresh, clean brush).
3. Use non-ionic detergents. All other detergents leave deposits that can further break down the stone. No chlorine bleach should be used.
4. Use plenty of water, but do not use a pressure washer. Soak the gravestone thoroughly with water before using cleanser, and frequently rinse to ensure that no cleanser is left behind.
5. Do not clean very often. Having cleaned a monument, you shouldn't clean again for another 10 years.



**Estate Planning
Wills • Trusts
Guardianships
Probate**

*Planning for
Life & Loved Ones*

**Ann H. Morris, PC, Attorney at Law
(918) 742-5004**

www.AnnMorrisLaw.com

2021 South Lewis, Suite 450 • Tulsa, OK 74104



TREETOPS APARTMENTS

Independent Senior Living

- All bills paid • Inside hallways
- Emergency call system • Subsidy available
- Quiet location • Small pets welcome

(918) 455-8400

5001 S. Hickory • SE of 111th St. & 161st E. Ave. • Broken Arrow

Treetop does not discriminate against individuals with handicaps.

**A FRESH NEW TAKE
ON ASSISTED LIVING**



Your focus is on your freedom, spending your days as you choose, in leisure or activity. Our focus is on creating a comfortable independent lifestyle for each resident and providing individualized assistance when needed.

Call (918) 496-0123 today to schedule your chef-prepared lunch and visit our community to see firsthand why so many residents have chosen to call us home!



(918) 496-0123

7220 South Yale Ave.
Tulsa, OK 74136

AberdeenHeights.com

AL# 7201-7201



**Brookhollow
Landing**

**OPENING
SOON!**

2910 S. 129th E. Ave. • Tulsa
(918) 451-3100
Call for More Information.

- 1 & 2 Bedroom Apartments
- Full Kitchens with Appliances
- Planned Activities
- Small Pets Allowed
- Elevator

Must be 62 years of age or older, and meet income guidelines. Vintage Properties professionally managed by Sooner Management Consultants, Inc.



Now Leasing!



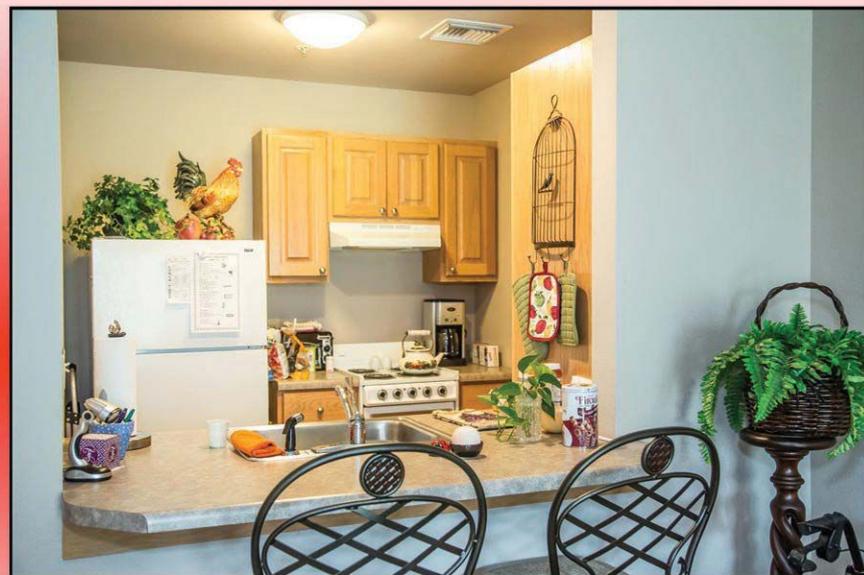
- Just southeast of Gilcrease Museum
- Downtown views featuring 2-bedroom floor plans
- Community center
- Quiet, wooded setting
- New construction
- Single level, maintenance free
- 62 & older-income limits apply



**Gilcrease Estates
Senior Cottages**
"A Neighborhood to call home"
(918) 582-0220

FIND YOUR PLACE AT THE PARKE

Assisted Living Redefined



All of our apartments are one bedroom units (650 square feet) and feature a full kitchen, open to your living area.

On 76th Street, just one block West of Memorial
7821 East 76th Street
918-249-1262

www.theparkeassistedliving.com



A NIGHT TO REMEMBER

A Cherokee Story

Growing up in the Cherokee culture was a special time in my young life. From the language to the songs, I was surrounded by our rich culture every day. What I cherish most about our culture are the stories. The story I want to share today is one that my *duda* (grandfather in Cherokee), Nelson Kingfisher, shared with me.

Duda said that when he was younger, he and his brother Jackson loved to hunt. They had three dogs that only understood Cherokee. When it was time to hunt, they only needed to say the animal name in Cherokee that they wanted to hunt, such as *awi* (deer), and the dogs would shoot off into the woods and soon would be running after a deer. Other animals were *tsi-sdu* (rabbit), *si-qua u-tse-s-di* (possum) or the ever-elusive *gv-li* (raccoon). And on this night, the prey was *gv-li*.

As they took their three hounds down to the creek, the command was given, “GV-LI!” And off the hounds went. The hounds crossed the water, and there they found a raccoon trail. Now, this raccoon was familiar, and they knew his pattern was to run down the creek and cross over to the other bank. The raccoon would then walk across a fallen tree and cross back to the other side trying his best to elude the hounds. But it likely wouldn’t work, as the hounds were “Cherokee smart,” as *duda* would call them.

As the hounds were running, something changed in the pattern of the raccoon. The dogs began to run straight out across the field and over the hill. They disappeared with their cries dying off in the darkness. Duda looked quizzically at his brother, and they both decided to walk up the creek and sit and wait.

After four hours, their cries were heard coming from behind them through the brush on the hillside. Soon, a gush of wind passed them and a large splash was made as a creature crossed the water. Then, the hounds treed it in a small apple tree below a very large oak tree. As *duda* and Jackson drew close to the small apple tree, the dogs quit barking and came back to them. With lanterns in hand, they searched the apple tree and the oak, but whatever the dogs treed had vanished. For two nights, the same thing happened. Still, the boys had no answers as to what it was.

As they returned to the house on the second night and walked into the living room where granny sat, there must have been a “look” on their faces. Granny questioned them, and the boys knew they could not hide what they had seen, and they began to tell her how for two nights the hounds had chased and treed a mysterious creature. It was a creature so large that to hear it in the brush made you think of a huge bull or a small herd of horses. Yet, it was so small and magical that when approached it either hid in the darkness of the trees or disappeared.

“Skili,” said granny, “a Cherokee shape-shifting witch.” It is so powerful that it could take the form of any animal that it chooses, as well as any human. “Let it walk for two more days, and on the third, you can go back and hunt as it will have moved on,” said granny.

Duda said the next day was fine because it was only one day, but the second night was torture. It was miserable to stay home. So, they decided that after granny went to sleep they would sneak off and hunt anyway. They carried the dogs down the trail and released them by the creek. Without fail, the dogs struck the trail. The creature ran straight across the field and over the hill with the dogs giving chase.

Duda said he and Jackson moved down the creek to the same place the creature had crossed twice before and waited. As they talked the situation over, it was decided they would be heroes and catch this “boogerman.” Duda knew it was a crazy idea, but he went along with it because his older brother said it was going to be all right. So, a plan was hatched. Jackson would stand at the very end of a long stretch of briars that the trail ran through. Duda would stand somewhere in the middle, and both would use huge rocks to kill this boogerman when it became trapped between them.

Excitement ran through their bodies as the dogs were heard in the distance. With a loud crash, the creature hit the briar patch and *duda* heard Jackson yell out, so *duda* pounced. To their surprise, standing between them was a huge pig. The two brothers jumped on the pig and began to beat it with the large rocks. They were no longer thinking of a boogerman. When they saw the pig between them, they began to think bacon, ham and pork chops. Jackson was holding on around the neck and *duda* was holding the back legs.

Duda said the squeals of the pig were so deafening that he wanted to let go, but this was survival. Granny was going to be so proud of them. Then, it happened. Things began to change. The squeals of the pig turned into the screams of a woman, “Quit! Stop! That hurts!” The pig’s feet that *duda* was holding began to change into human feet. In an instant, they grabbed the dogs and took off running, right into the living room with the dogs. And there sat granny.

“You caught it didn’t you?” she said. “I told you to let it walk for two days and things would be OK, but you couldn’t wait.” She looked sternly at both boys and walked to her room. “Now, we wait to see what happens. I hope you boys are happy.” And with that, her room light went out.

A few days passed. Duda said that on their weekly trip to town not a word was spoken. They got to the store and loaded the wagon. They were getting ready to leave when a rider came in calling to granny. She got down and went to see what the man had to say. Granny spoke not a word, just simply nodded her head. She climbed back into the driver’s seat, clicked to the horses and we headed home. Duda wanted to know so bad what the rider said, but he dared not speak a word. Jackson however did not possess self-control or even common sense, according to *duda*. Jackson blurted out, “What did he say, granny?” Granny pulled the reins, and the horses stopped abruptly. “You want to know what he said? He said that they found old lady Crittenden dead in her bed. They said it looked like she had been beat to death with rocks!” Granny was mad at both boys. Not because she thought that they really had something to do with Ms. Crittenden’s death. Ms. Crittenden was known to be a mean medicine woman, so many thought she brought it on herself. Granny was mad because the boys disobeyed her. Duda said they never knew if they had anything to do with the death. But they learned that when granny spoke, it was as good as gold and was to be obeyed.

Duda told me, “Grandson, I share this story not to scare you, but to tell you how life was when I was young. You can believe it if you want. But as for me and my brother, this is the life we were raised in and the life we lived.”

by Choogie Kingfisher



CHEROKEE STORYTELLER *Choogie Kingfisher*

Like all Native American tribes, the Cherokee people have an extensive, ancient oral history. Their history was passed on to each generation through word of mouth – and so storytelling was born. Storytelling is used for entertainment, to teach morals and values, and to keep Cherokee history and culture alive. The Cherokee stories told today have been passed down for many generations.

Despite a changing world filled with books, media and technology, storytelling is still an important part of Cherokee life. And storytellers, like Choogie Kingfisher, are important links to Cherokee history, beliefs and culture. Proud of his Cherokee citizenship, Kingfisher is nationally known for his love of Native American culture. A storyteller for 30 years, Kingfisher says he didn't choose to be a storyteller. Rather, storytelling chose him.

"I had no intention of being a storyteller," Kingfisher said. "We're kind of chosen, and it's up to us to accept that role. We begin to understand why relatives shared stories with us. And as I share stories, it helps me remember. It's our job to keep the stories alive."

He keeps audiences as young as preschoolers captivated for up to 45 minutes. "I tell my stories to myself," Kingfisher explained. "If I enjoy the story, then my audience will enjoy it, too."

He admits that anyone can be a storyteller. "At some point in our lives, we've all embellished the truth. Whether we pursue that and make it a career makes us a storyteller!"

Kingfisher's favorite stories are the funny ones – even his scary stories end up being humorous because he loves to laugh. But he also tells traveling stories and "Jakeskin" [phonetic spelling] stories. "These are stories about when you've done something stupid, but you tell it like someone else did it," he explained.

Like other Cherokee storytellers, Kingfisher is primarily interested in sharing the memories and values of days gone by. "That's the principle I live my life by," he said. "What I do today is for my children and grandchildren and generations in the future, not for me today. That's the importance of storytelling."

A NIGHT TO REMEMBER

Kingfisher said he tells children the spooky story *A Night to Remember* not to scare them, but to teach them to respect their parents and grandparents. "The story not only tells about the significance of the 'skilis,' but reminds children to mind their elders because they know best."

To this day, Kingfisher says he doesn't know if the story is true or not. But what is important is that this and the other stories he tells keep Cherokee culture alive. "The old adage if you don't know where you came from, then you don't know where you're going is especially true for us as a people. We have to remember past things in order to go forward."

Kingfisher said that the basis of all storytelling is to explain "why." And this isn't reserved just for Cherokee culture. "All cultures have a lot to share," he said. "Storytelling is a way to share our values, pique curiosity and explain why things happen. I see other ethnic groups doing the same thing. Even in this age of technology, people are learning about their culture and 'coming home.'"

by Karen Szabo



RETIREMENT COMMUNITY
3510 E. 32nd Street, Tulsa, OK
(918)-899-5252
www.scandiatulsa.com

Experience Pampered Living

- An environment of comfort, beauty, friendships and hominess
- An extensive array of personalized services
- An abundance of quality amenities
- Beautiful and spacious fine quality interiors with full kitchens
- Fully gated for your security and Completely Smoke Free



It's all waiting for you.



Looking for a new apartment?
 Take a look at
Sheridan Terrace Independent Senior Living

All Bills Paid	Inside Hallways	Quiet Location
Emergency Call System	Subsidy Available	Small Pets Welcome

(918) 835-7072
 1937 S. 68th E. Ave. in Tulsa (NE of 21st & Sheridan)

  Sheridan Terrace does not discriminate against individuals with handicaps.

Woodland Village

\$100 OFF First Full Months Rent!

131 E. 9th St. • Bristow
(918) 367-8300
 Call for Move-in Specials.

- 1 & 2 Bedroom Apartments
- Small Pets Allowed
- Full Kitchens with Appliances
- Elevator
- Planned Activities

Must be 62 years of age or older, and meet income guidelines.
 Vintage Properties professionally managed by Sooner Management Consultants, Inc.

  EQUAL HOUSING OPPORTUNITY

TIPS FOR A HAPPY, HEALTHY HEART

Heat disease is the leading cause of death in the United States, the United Kingdom, Australia and Canada. This illustrates why it's important to take this slow killer seriously, as the risk for heart disease only increases with age. According to www.medicalnewstoday.com, heart disease is “an umbrella term for any type of disorder that affects the heart,” and as it stands, 11.3 percent of the adult population in the United States has been diagnosed with it.

Heart disease includes, but is not limited to, the following:

- **Arrhythmia** — an irregular or erratic heartbeat; the occasional flutter is common, but if flutters become intense or prolonged, it can be fatal.
- **Coronary artery disease** — arteries in the heart are narrowed due to plaque buildup, keeping oxygen from flowing as it should.
- **Heart attack** — the heart is not receiving enough oxygen or is suffering from a blood clot, and part of the heart is consequently damaged.
- **Heart failure** — the heart has become weak from coronary artery disease or high blood pressure, and therefore fails to pump blood throughout the body as it should.

Heart-related medical issues compound and gain momentum if not addressed. For example, coronary artery disease – a slow accumulation of plaque over a number of years – will eventually lead to a heart attack and heart failure if left unchecked. However, there are steps you can take to prevent heart disease. “The risk of developing heart disease is multifactorial, and there is much you can do to prevent it,” said Dr. Heather Cha, a cardiologist at St. John hospital. “Patients should talk to their doctor to see what their individual risk is.”

RISK FACTORS AND PREVENTION

If you eat a lot of fried, Southern comfort foods, you might be in trouble. According to www.medscape.com, a study was conducted with more than 17,000 participants to determine if eating habits affected heart health. “Investigators found that those who routinely ate the fat-filled and fried foods often found in southern states of the U.S. had a 56 percent higher chance for acute coronary heart disease compared with participants who mostly stayed away from this type of diet,” the website reported.

Even compared to other unhealthy foods – like pizza and foods with processed sugars – fried foods were found to be the most harmful to heart health. Reducing the amount of fried food you consume is advised, but you don't necessarily have to cut it out completely. “I never suggest that people entirely stop eating something,” said Dr. James M. Shikany, leading author of the study. “They don't like those recommendations, and they won't maintain it, especially if they've been eating this way all of their lives.” The key is moderation.



LIFE'S SIMPLE 7

Cha also made a few suggestions for preventing heart disease. “The American Heart Association is a great resource and recommends ‘Life's Simple 7’ – seven simple steps one can take that can make a big difference. They include managing blood pressure, controlling cholesterol, reducing blood sugar, getting active, eating better, losing weight and stopping smoking.”

Quitting smoking is an important one. Nicotine causes plaque buildup in the arteries, making the pathways for oxygen to flow freely much more narrow and restricted. Over time, this plaque buildup can eventually lead to a total shutdown of the arteries, blocking oxygen to the heart entirely. At this point, heart attack or heart failure may occur.

The heart is the epicenter of human existence, both physically and figuratively. Therefore, we must do all we can to care for it, and take preventative steps toward fighting heart disease. Eating well (and the bad-but-oh-so-yummy foods in moderation), exercising for at least 30 minutes a day and talking to your primary care physician about personal risk factors will help keep your heart happy and healthy.

by Tiffany Duncan



BLOOD TYPE AND HEART DISEASE

There is an interesting question being tossed around the medical community: does an individual's blood type affect his or her risk of developing heart disease?

“This issue is very interesting,” said Cha, “and two studies from 2012 suggest that perhaps blood type does play a role in one's risk for developing heart disease. The reason for this possible association is unclear, but one theory is that certain blood types are associated with higher cholesterol levels. These blood types are A, B and AB, while type O was associated with a moderately lower risk of developing heart disease. Ultimately, however, further studies and research need to be performed to confirm these findings.”

If you are blood type A, B or AB, don't panic. “This topic requires much more research – it is not part of standard clinical practice to check a patient's blood type when trying to determine one's risk for heart disease. The reality is that heart disease occurs regardless of blood type, and prevention is key!” stated Cha.



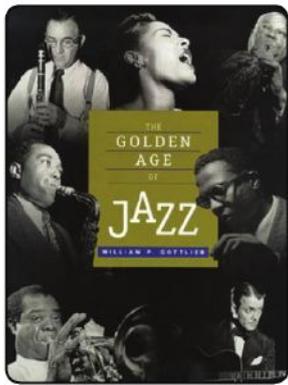
Noteworthy

EVENTS TO INSPIRE, EDUCATE AND MOTIVATE!

THE CONVERSATION PROJECT: EASES DISCUSSION ABOUT CARE AND END-OF-LIFE PLANNING

Ninety percent of people say that talking with their loved ones about end-of-life care is important. But only 27 percent have actually done so. Aiming to get families talking about this topic, the Conversation Project will feature an education-focused panel discussion with experts on volunteerism, legal matters, home and community-based services, the full spectrum of senior living options, homecare, hospice and funeral services. The Conversation Project will take place **Wednesday, Oct. 14, from 10:30 a.m. to 1 p.m. at Yale Avenue Christian Church, 3616 S. Yale Ave., Tulsa.** The cost is \$10 and includes lunch. Reservations are required. Proceeds benefit NEATs (Northeast Active Timers). For more information and to RSVP by Oct. 7, call (918) 743-1303.

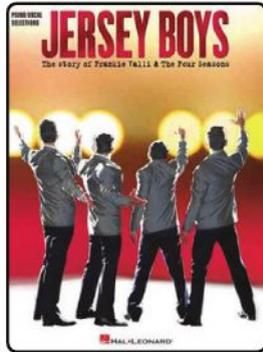
GILCREASE FEATURES GOTTLIEB PHOTOGRAPHS OF JAZZ GREATS



Gilcrease Museum celebrates jazz, a uniquely American form of music that greatly contributed to Tulsa and Oklahoma's musical history, with *On 52nd Street: The Jazz Photography of William P. Gottlieb*,

a special exhibit that runs through **Oct. 11.** The exhibit features more than 40 vintage photographs of jazz greats, such as Louis Armstrong, Nat King Cole, Sidney Bechet, Wilbur "Buck" Clayton and Billie Holiday. In New York City, 52nd Street, known as "Swing Alley" or simply "The Street," was the epicenter of a music and social revolution during the 1940s. Gottlieb's photographs are notable for their artistic originality and the intimate relationship he formed with many of his subjects. Though he traveled widely to photograph, he spent the majority of his time on 52nd Street following WWII's end. Related programming is planned throughout the exhibition, including performances by high school jazz groups, a photography workshop for teens and more. For information, visit www.gilcrease.utulsa.edu or call (918) 596-2700. The exhibit and **Gilcrease Museum, 1400 N. Gilcrease Museum Road, Tulsa,** are open **Tuesday through Sunday, 10 a.m. to 5 p.m.** Regular admission is \$8 for adults, \$6 for seniors (62+), \$5 for students and free for youth (18 and under).

THEATER LOVERS DELIGHT AS BROADWAY COMES TO TULSA



Ten nationally touring shows are coming to the Tulsa Performing Arts Center over the coming months. Celebrity Attractions' 2015-2016 Broadway season subscribers receive benefits including the best seats at the lowest

prices, same great seats for every show, ability to buy additional tickets to individual shows before the public, option to exchange show tickets to another performance before the public sale, and the opportunity to purchase tickets to special add-on productions before the general public. To become a season subscriber, call the Tulsa PAC Subscriber Hotline at (918) 596-7109 or for information visit www.celebrityattractions.com. You won't want to miss this lineup!

- ❖ **Men are from Mars – Women are from Venus, Live!**
Oct. 13-15, 2015
- ❖ **A Christmas Story, the Musical**
Nov. 10-15, 2015
- ❖ **Disney's Beauty and the Beast**
Dec. 22-23, 2015
- ❖ **Kinky Boots**
Feb. 2-7, 2016
- ❖ **Bullets over Broadway**
March 8, 2016
- ❖ **Rodgers and Hammerstein's Cinderella**
March 29-April 3, 2016
- ❖ **Jersey Boys: The Story of Frankie Valli and the Four Seasons**
May 24-29, 2016
- ❖ **Mamma Mia!**
June 11-12, 2016
- ❖ **42nd Street**
July 19-24, 2016

"CREATIVE LIVING SERIES" ARTS PROGRAM INSPIRES SENIORS



Seniors are invited to participate in Philbrook

Museum's Creative Living Series, an arts program that will take place **Wednesdays from 1 to 3 p.m.,** over five weeks beginning **Oct. 7,** at the **Philbrook Museum,** located at **2727 S. Rockford Road, Tulsa.** Working with Tulsa artists, museum staff and each other,

Creative Living participants will explore how people interpret, think about and respond to different types of artwork through conversation and hands-on art making. The last week of the program, participants will host a viewing reception for friends and family. The Creative Living Series is a partnership between LIFE Senior Services and Philbrook Museum. This program costs \$40 per person. For more information and to register for the entire five-week series, call (918) 749-7941 or visit my.philbrook.org.

Creative Living Series Dates:

- Oct. 7
- Oct. 14
- Oct. 21
- Oct. 28
- Nov. 4

MUSEUM OFFERS NEW MEMBERSHIP PROGRAM



Will Rogers Memorial Museum's new membership program now boasts an exciting new partnership with the North American Reciprocal Museum Association (NARM). Museum members will now have free access to more than 700 participating NARM museums around the country, including local partner museums, such as Woolaroc in Bartlesville, as well as Tulsa's Philbrook and Gilcrease Museums. Will Rogers Memorial Museum membership benefits include free admission and a \$3 discount on admission for your guests, invitation to private events and previews, a 10 percent discount in the museum store, recognition online and more. For a full listing of participating NARM museums visit www.narmassociation.org. For more information about membership with the Will Rogers Museum, call (918) 343-8129 or visit www.willrogers.com.

PRIME OF LIFE SENIOR EXPO MAKES TRANSITION A CINCH

Hosted by the Sapulpa Chamber of Commerce, the Prime of Life Senior Expo is designed for older adults and family caregivers to discover how to stay active, healthy and engaged in the community, as well as to learn about services and resources available for future needs. This free event includes a complimentary lunch and will take place **Thursday, Oct. 15,** from **8:30 a.m. to 2 p.m.,** at **First United Methodist Church of Sapulpa, 1401 E. Taft Ave., Sapulpa.** For more information, call (918) 224-0170.



CAZ'S CHOWHOUSE: Upscale, Down-Home Cooking



Pucker Chips



Cuban sandwich & gumbo



Blackened chicken

Caz's Chowhouse, which slings all manner of soul-reviving and nap-inducing comfort food, is neatly tucked into downtown's eclectic Brady Arts District. This summer, Caz's celebrated their 11th anniversary, and I'm sure many more will follow. The food is wonderful, and the space and people are warm and inviting.

Before I dive in, I must reference the Healthy Aging article on page 26. While fried yummys do not a health food make, they can be a treat when eaten sparingly. So, make your own selections wisely, and know Caz's has many non-fried options. The Vintage Publications team visited Caz's during a bustling lunch service. To start our "upscale, down-home cooking" experience, we ordered an appetizer of Pucker Chips, hand-battered and fried-to-perfection dill pickle slices. The pickles were delicious, and even better when dunked in ranch dressing. On my next visit, I plan to try Caz's fried green tomatoes.

For lunch, we ordered a Cuban-style turkey sandwich, blackened chicken topped with Swiss cheese, a bowl of chicken and sausage gumbo served over rice, a house salad, and the lunch portion chicken fried steak. When our food arrived and we started to chow down, a collective round of head-bobbing indicated we all thoroughly enjoyed our selections.

The Cuban-style turkey sandwich, which was topped with jalapeño bacon, chipotle mayo and avocado, offered just the right amount of spice, as did the blackened chicken. The gumbo was hearty and filling; and the house salad impressed with its mixed greens, apple slices, sugared walnuts, feta cheese and a to-die-for lemon herb vinaigrette dressing. But it was the chicken fried steak that really wowed the crowd. The tender chicken fried steak was served over mashed potatoes and topped with a savory cream gravy. Because it was the lunch portion, the chicken fried steak was only half the size of the regular serving. Still, the amount was imposing and easily provided the next day's lunch. So, if you order the dinner serving, be ready to admit defeat and call for a doggie bag.

Visitors to Caz's Chowhouse will find adequate room to navigate the aisles and all accommodations are handicap accessible. The biggest potential frustration could be the parking. There is parking in front of the restaurant, and nearby Guthrie Green also has some additional spots that don't require too much walking. Caz's also offers outdoor dining, perfect for people-watching or music-listening (Guthrie Green often hosts outdoor concerts).

by Erin Shackelford, Managing Editor



Almost directly across the street from Caz's Chowhouse, stands Caz's rowdy cousin – Caz's Pub. The pub, while serving up traditional bar spirits and accoutrements to the living, might also function as a home for some other, more ethereal, spirits. According to Teri White with the Paranormal Investigative Team of Tulsa and Tulsa Spirit Tours, employees, managers and guests have all experienced wild things, including lights that flash and things that inexplicably propel through the air. On one occasion, a plumber refused to return to a job at Caz's Pub because the lights kept turning on and off, while he was supposed to be the only one in the building. Another time, a bartender was confessing his skepticism about the presence of spirits to a bar patron, when a pair of scissors allegedly flew from their resting place at the back of the bar and landed resolutely next to the formerly cynical bartender. As you might expect, the bartender made a subsequent, quick exit.

{Share Your Time & Talent}

LIFE's Vintage Publications is looking for volunteers to serve as occasional delivery drivers for community distribution of LIFE's *Vintage Guide to Housing & Services* to various locations in and around Tulsa. Must have own vehicle and be able to lift up to 40 pounds. For more information, call Julie Ryker at (918) 664-9000.

LIFE Senior Services is looking for volunteers to help provide services to seniors and caregivers. The opportunities vary and can be based on your talents, skills, hobbies and volunteer goals. For more information and to get started volunteering with LIFE, call Julie Ryker at (918) 664-9000.

St. John Medical Center is looking for a Family Care Surgery Waiting volunteer who will comfort families and individuals while a loved one is having surgery. The volunteer will help ensure waiting individuals and families have periodic contact and updates with surgeons and staff. The volunteer will assist surgeons by directing them to the appropriate waiting area to meet with families and will escort people to various locations around the hospital. Training is available and volunteers are needed Tuesdays, Wednesdays and Fridays. For more information, call (918) 744-2198.

Tulsa Historical Society & Museum, 2445 S. Peoria Ave., Tulsa, will host a New Volunteer Open House, Oct. 19, from 2 to 4 p.m. Attendees will learn about volunteer opportunities, and current museum volunteers (known as guardians of Tulsa history) will be available to answer questions and share their volunteer experience. Guardian responsibilities may include greeting visitors at the information desk, serving as docents for museum tours and presenting historical programs to Tulsa-area organizations, including schools. Guardians have optional bi-monthly meetings, which may include informative lectures, field trips and other learning opportunities. Opportunities are flexible. Training is provided. For more information, call the Tulsa Historical Society & Museum at (918) 712-9484.

Miller Hospice is looking for volunteers in Tulsa and the surrounding areas to bring smiles to their patients who are facing a life-limiting illness. Volunteers are needed to make crafts and to provide companionship, caregiver respite and office assistance. Training provided. For more information, call Sharon Arthurs at (918) 636-0822.

NEATs' (Northeast Active Timers) Adopt a Centenarian program is looking for "adopters" to be a special friend to one of 79 known centenarians in the Tulsa area. Guidelines are provided on the NEATs website at www.neatstulsa.org. For more information, call Michelle Fourroux at (918) 743-1303.

NEATs' (Northeast Active Timers) is looking for an office volunteer to help answer telephones, greet visitors and provide assistance with general office tasks on Friday mornings. Training will be provided. For more information, call Michelle Fourroux at (918) 743-1303 or RSVP at (918) 280-8656.

Veterans of Foreign Wars, Post 577, is looking for volunteers to honor veterans by assisting the VFW in active camaraderie, engaging vets in the community and advocating on their behalf for their continued needs. Various shifts and positions are available to suit the individual volunteer, including office/clerical/administration, strategic planning consulting, event planning and venue marketing consulting. For more information, call RSVP at (918) 280-8656.

Emergency Infant Services (EIS) is in need of volunteers to serve in various capacities at their downtown and east side locations. Volunteers are needed on Thursdays at the east side location to assist with general duties, including repackaging diapers, stocking shelves, taking carts out for families and more. Volunteers are needed to serve as family interviewers, Fridays at the downtown location, and Tuesdays or Fridays at the east side location, preferably from 9 a.m. to 1 p.m. Family interviewers work directly with families in crisis to determine their needs. Required training is provided. Volunteers also are needed, Tuesdays and the first Wednesday of each month, to help process donations at the downtown location for the free clothing and baby boutique. These volunteers help with sorting, hanging and shelving incoming items. Flexible hours are available and training is provided. Parking, snacks and beverages are provided. For more information, call RSVP at (918) 280-8656.

RSVP Power Up+ volunteers are needed to teach job skills to people who need and want to find employment. If you can use a computer to search the Internet, you can help as a teacher, coach or mentor in several employment and job-seeking projects supported by Tulsa nonprofits. For more information, call RSVP at (918) 280-8656.



Glenwood Apartments

10221 E. 34TH ST. • TULSA, OK
GLENWOODAPT.TULSA@ATT.NET

(918) 663-7797

Retirement Living for Seniors Age 62+ & Adults with Disabilities

- All Bills Paid
- 24-hour On-site Staff
- Laundry Facilities
- Library & Computer Room
- Planned Activities & Bingo
- Emergency Pull Cords
- On-site Beauty Salon



**Have Questions?
Need Answers?**

CALL LIFE!
 LIFE's SeniorLine is the first place to call for information and assistance.
(918) 664-9000

**Come Here After Surgery...
Then Go Home Again**

The Gardens
*More Time to Heal
in Skilled Nursing Accommodations*

918-224-0600 or
judy@gardenstulsa.com

Private Suites include full private bath, phone, refrigerator, large flat screen television, walk-in closet, daily rehabilitation therapy, in-room doctor visits and 24-hour nursing care.

Convenient to Tulsa, Jenks, Bixby, Kellyville, Sapulpa, Glenpool or Sand Springs

Bill Selman
Attorney at Law

Free Initial Consultation

**Trusts • Wills • Probates
Estate Planning**

(918) 592-7000

Harvard Tower
 4815 S. Harvard Ave., Suite 400
 Tulsa, OK 74135

WORD SEARCH: GETTIN' SPOOKED

Find and circle all of the words.

- | | | | | | |
|------------|------------|------------|----------------|------------|----------------|
| Apparition | Candy Corn | Folklore | Grave | Maze | Pumpkin |
| Autumn | Cauldron | Frighten | Halloween | Mist | Spirit Tour |
| Bizarre | Cemeteries | Ghost | Haunted | Moonlight | Spooky |
| Blackcat | Costume | Ghost Town | Historic | Mysterious | Tale |
| Boo | Creaky | Glow | Jack-o-lantern | October | Trick-or-treat |
| Broomstick | Eerie | Goblin | Jinx | Owl | Vanish |

T F N M D H O N U C U E E G O J E
 Z R I L S E E C E U C E Z H W A R
 T S I I D T T M T R Y R A O L C O
 T N N C H S E N E O O I M S G K L
 C A E G K T U A U E B E I T L O K
 V B I E E O K O M A N E X T O L L
 N R N R W Y R U I O H O R O W A O
 F P I R U O T T I R I P S W K N F
 H E K J B S L T R G E V X N C T C
 S N P B O V I L A E R T D M I E A
 P M M C O R E L A T A A S P T R U
 O U U I A O Q D M H K T V Y S N L
 O T P P C A N D Y C O R N E M N D
 K U P O M T H G I L N O O M O C R
 Y A T A C K C A L B N I L B O G O
 B I Z A R R E G H O S T U X R B N
 H I S T O R I C J I N X Q I B Z Y

COMMONYM

A commonym is a group of words that have a common trait in the three words/items listed. For example: the words; A car - A tree - An elephant ... they all have trunks. These will make you think! Answers on page 39.

A Baseball Player - A Mushroom - A Bottle

A Steak - A Steep Road - A Student

A Brain - Hair - An Ocean

A Camera - A Gun - A Dishwasher

A Cherry - A Rose - A Wine Glass

A Deli - The Navy - An Absent Teacher

A Doctor - A Compass - An Evergreen

A Fiancée - A Baseball Field - A Deck of Cards

A Photo - Game of Bowling - A Window

A Joke - A Safe - An Egg

© 2013 Wuzzles & Puzzles



PRIVATE HOME CARE WHEN YOU NEED IT

At BrightStar Care®, our goal is to improve the quality of life of those entrusted to our care. We are committed to providing A Higher Standard of Home Care and helping you get the most out of life. BrightStar Care offers high quality, personalized care – available around the clock. Our Registered Nurse will assess your needs, develop a customized care plan, and match a trained, certified, and RN-supervised caregiver to meet your unique requirements. Our standards and practices have received the esteemed Gold Seal of Approval® from The Joint Commission.

- › Companionship
- › Meal Preparation
- › Transportation, Errands
- › Light Housekeeping, Laundry
- › Personal Care
- › No Minimum Hours
- › Any age, any level of care, any time
- › Licensed, bonded, and fully insured



BrightStar Care® of Tulsa
 918 392 9949 · 5110 S. Yale Ave., Ste. 530, Tulsa, OK 74135

www.brightstarcare.com/tulsa

Independently Owned & Operated

SUDOKU

Difficulty: Medium. Answers on page 39.

	6		5		4			
9	8	5		2				
	1	3		6				
		9				1		
2		6		8	9	3	4	
	5	1		7				
1								
	3					7		4
6		4			3		2	

© 2013 Livewire Puzzles

SHOP Goodwill and SAVE!!!

Fall Fashions—Accessories
Seasonal Décor

Consignment Store Quality
at Thrift Store Prices

Senior Special 55+
25% OFF* Entire Purchase
First & Third Tuesday each month!

* Not valid with any other Sale, Special or Discount.



Store Locations: Tulsa—3110 Southwest Blvd., 102 S. Garnett, 19021 E. 51st Street
Glenpool—502 West 125th Place • Broken Arrow—2210 W. Washington
Owasso • Claremore • Bartlesville • McAlester • Joplin, MO • Carthage, MO

Hours: Monday—Saturday 9:00 am—6:30 pm
Sunday Noon—6:00 pm

www.goodwilltulsa.org



HOLIDAY
RETIREMENT



Just like home. Only better!

- Meals daily
- Private apartments
- Transportation
- Pets welcome
- Friendly staff
- And much more!

Call to ask about our
Autumn Specials!

Prairie Rose

Independent Retirement Living
918-208-0235 | prairie-rose.us

Silver Arrow Estates

Independent Retirement Living
918-558-2254 | silverarrowestates.com



©2015 HARVEST MANAGEMENT SUB LLC, HOLIDAY AL MANAGEMENT SUB LLC, HOLIDAY AL NIC MANAGEMENT LLC



VINTAGE AND CHEROKEE HOUSING

Carefree & AFFORDABLE

NORTHEASTERN OKLAHOMA SENIOR RETIREMENT COMMUNITIES

BIXBY AUTUMN PARK 8401 E. 134th St. (918) 369-8888	BROKEN ARROW VANDEVER HOUSE 3102 S. Juniper Ave. (918) 451-3100	GLENPOOL REDBUD VILLAGE 14900 S. Broadway (918) 322-5100	OWASSO PRAIRIE VILLAGE 12877 E. 116th St. N. (918) 371-3221	SKIATOOK WEST OAK VILLAGE 1002 S. Fairfax Ave. (918) 396-9009	TULSA CORNERSTONE VILLAGE 1045 N. Yale Ave. (918) 835-1300	TULSA COUNTRY OAKS 5648 S. 33rd W. Ave. (918) 446-3400
BRISTOW WOODLAND VILLAGE 131 E. 9th (918) 367-8300	COLLINSVILLE CARDINAL HEIGHTS 224 S. 19th St. (918) 371-9116	JAY JAY SENIOR HOUSING 1301 W. Washbourne (918) 253-8100	SAND SPRINGS HEARTLAND VILLAGE 109 E. 38th St. (918) 241-1200	STILWELL STILWELL SENIOR HOUSING 400 N. 8th St. (918) 696-3050	TULSA HERITAGE LANDING 3102 E. Apache St. (918) 836-7070	TULSA PARK VILLAGE 650 S. Memorial Dr. (918) 834-6400
BROKEN ARROW KENOSHA LANDING 2602 W. Oakland Pl. (918) 485-8885	COWETA CARRIAGE CROSSING 28530 E. 141st St. (918) 486-4460	JENKS PIONEER VILLAGE 315 S. Birch (918) 298-2992	SAPULPA HICKORY CROSSING 2101 S. Hickory (918) 224-5116	TAHLEQUAH WISDOM KEEPERS 1286 W. 4th St. (918) 453-9900	BROOKHOLLOW LANDING <i>Under Construction</i> 2910 E. 129th E. Ave. • Tulsa • (918) 485-8885	

Serving seniors age 62 or older who meet qualifications and income guidelines. • Section 8 accepted. • Professionally managed by Sooner Management Consultants, Inc.



*We are apartment communities,
not assisted living communities or nursing homes.*



Protect Yourself Against Medicare Fraud



1 PROTECT: Protect your personal information



2 DETECT: Read your Medicare Summary



3 REPORT: Report incorrect billing or suspicious activity

map.oid.ok.gov | 800.763.2828

Oklahoma Insurance Department
Insurance Commissioner John D. Doak



OCTOBER 3 & 4

Grand Opening

A.R. AND MARYLOUISE TANDY
FLORAL TERRACES

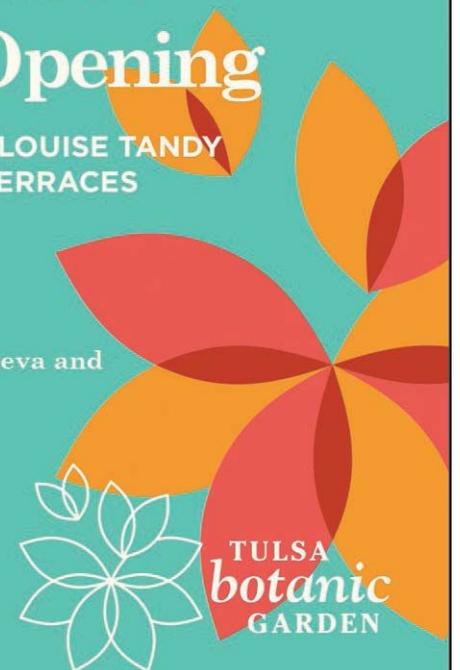
STARTING OCTOBER 8
Scarecrows in the Garden

OCTOBER 17
Pumpkin Patch with Garden Deva and
Tulsa Glassblowing School

Open Thursday - Sunday
10am - 5pm

For details, visit tulsabotanic.org
or call 918.289.0330

3900 Tulsa Botanic Drive



TULSA
botanic
GARDEN

EMPIRE IS NOW OPEN SATURDAY
FROM 9AM - 3PM

2015 Special Offer
Free!
Sunglass Lenses
*see offer details

918-744-8005
 WWW.EMPIREOPTICAL.COM

CELEBRATING 50 YEARS
 Empire Optical
ALLEN, OKLAHOMA EYEWEAR EXPERTS

 **VNA** Visiting Nurse Association
 OKLAHOMA

Our Care Comes With Heart.

Providing In-home Assistance
 Personal Care/Bathing • Light Housekeeping • Meal Preparation • Transportation
 Medication set up by R.N. • 2 to 24-hour care • Staffed with Certified Home Health Aides

Providing Wellness Services
 Adult & Travel Immunizations • Health and Cholesterol Screenings • Foot Care Program

918-743-9810 • 7875 E. 51st St. • Tulsa

Keeping Seniors Safe at Home
 Stair Lifts • Lift Chairs • Grab Bars • Ramps • Railings • Scooters
 Walk-In Tubs • Medical Alerts • Vehicle Lifts • And More

 **SENIOR SAFETY SERVICES**

918-938-2574
 AmeriGlide-Tulsa-OK.com
 www.SeniorSafetyOK.com
 3130 S. Winston, Tulsa, OK

INTERACTIVE CARE AT HOME
 Personal/Companion Care • 24/7
 Free Nurse Assessment • Certified Home Health Aides
 Medication Reminders • Transportation
 Meal Preparation • Bathing • Housekeeping/Laundry
 Respite Care • ALZ/Dementia Support

"SAFE is responsible for all caregiver's Workers' Comp Insurance and Payroll Tax liabilities"

918-994-0670
 www.SAFE-HOMECARE.com
 All caregivers are bonded, insured and thoroughly screened

Let Us Help You Find The *Perfect Place To Call Home.*
Choice Connections can fit the pieces together for you.
 Independent Living • Residential Care • Assisted Living • Memory Care



Call today for a *free* consultation.
 Serving the Tulsa and surrounding area • 918.994.6464
 www.choiceconnections.com/tulsa
All offices are independently owned and operated.

These hands have cared for you.
 Now you can care for them.

Companion Care • Personal Care • House Cleaning • Transportation

Let us give you a hand. 

918-407-3124 • www.chctul.com

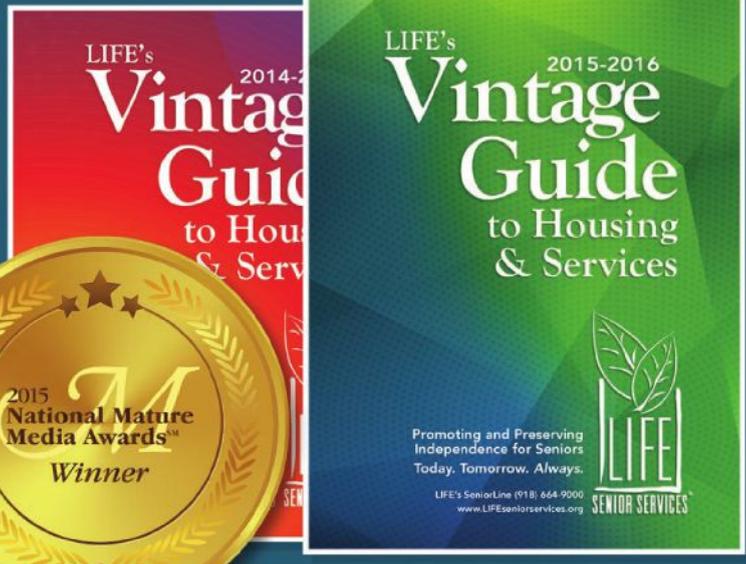
Have a Nice Day!

Jim Ruley & Co., Inc.
 and Fred Daniel & Sons, Inc.
 Personal and Commercial Insurance Brokers

5727 S. Lewis, Ste. 420
 Tulsa, Oklahoma 74105

(918) 582-8206
 Fax: (918) 583-7735

Pickup Your Complimentary VINTAGE GUIDE





Available at LIFE locations and all Tulsa City-County libraries as well as the Catoosa, Coweta and Claremore libraries



www.LIFEseniorservices.org
(918) 664-9000

Be Assured

Are you concerned about a loved one, or yourself... A HALO Medical Alarm will give you peace of mind, and perhaps save a life.




918-392-0566
1-877-747-HALO (4256)
Toll Free
halomedicalalarms.com

HALO
Medical Alarms

The freedom to do whatever you do.

AFFORDABLE RAMPS

FOR RENT OR PURCHASE

We deliver and install in days. For wheelchairs, scooters, power chairs, or anyone who has trouble climbing stairs.



- Affordable to own
- Installed in days
- Patented non-skid system
- Rent by day, week or month

AMRAMP
AMERICA'S LEADING RAMP

Call for a free estimate
800-649-5215
www.americanramp.com

AWARD-WINNING EXCELLENCE IN HOME CARE



Home Care and Dementia Experts • Transportation
Certified Home Health Aides • Up to 24 Hour Care
Companion & Sitter Services • Medication Reminders
Caregivers are Bonded and Insured

(918) 574-2273
www.seniorhelpers.com

SENIOR Helpers
Care and comfort at a moment's notice.
Licensed Home Care Agency (No. 7926)

BBB ACCREDITED
BEST

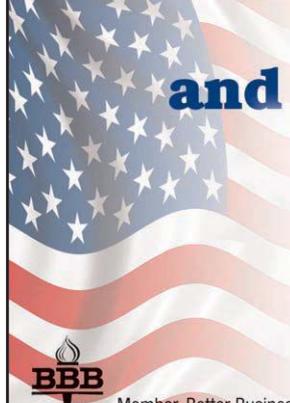
Attention Veterans and Widows of Veterans

If you are concerned about the cost of Assisted Living or Home Care, there is a little-known benefit available through the VA, if you are 65 or older.

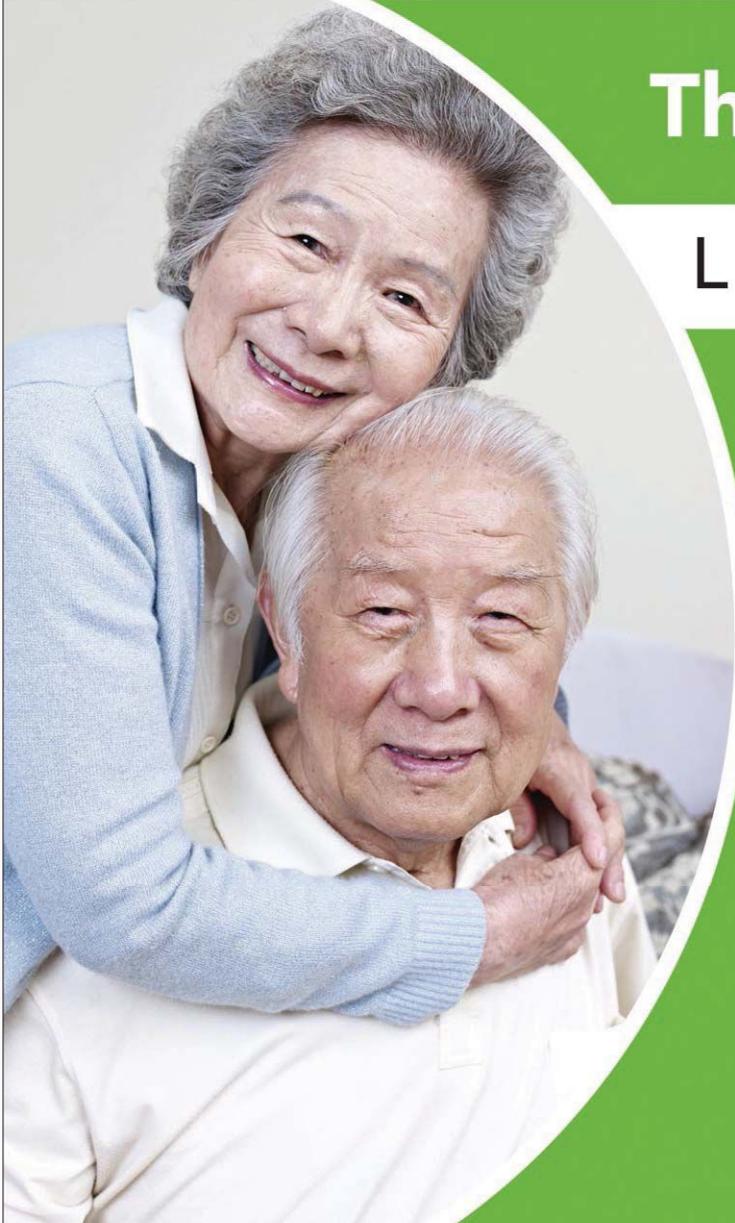
Up to \$2,120 per month.

Call (918) 369-6192
or visit veteransassistedcare.com

Many veterans approved in 90 days or less



BBB Member, Better Business Bureau.



There's No Place Like Home

LIFE'S ADULT DAY HEALTH

LIFE's Adult Day Health provides a safe, secure, daytime home where older adults can stay active and thrive while caregivers work, run errands or take some time for themselves.

Free visit days available!
— (918) 664-9000 —
www.LIFEseniorservices.org

LIFE SENIOR SERVICES

ASPIRE to Excellence
carf ACCREDITED

LIVE UNITED
United Way
Tulsa Area United Way Partner Agency

Three Nationally-Accredited Centers

Festivals & Markets

Tulsa State Fair

October 1 – 11 • Hours vary
\$6 seniors (62+) & military
\$10 adult, Friday – Sunday
\$8 adult, Monday – Thursday
Tulsa State Fair Grounds
4145 E. 21st St. • Tulsa
(918) 744-1113
www.tulsastatefair.com

Fall Mountain Man Encampment

October 2 & 3 • 10 a.m. – 4:30 p.m.
\$8 seniors (65+)
\$10 adults & children over 12
Woolaroc Museum & Wildlife Preserve
1925 Woolaroc Ranch Rd.
Bartlesville • (918) 336-0307

Catch Me If You Can

Presented by Clark Youth Theatre
October 2 – 11 • Times vary
\$13 adults • \$10 seniors
Henthorne Performing Arts Center
4825 S. Quaker Ave. • Tulsa
(918) 746-5065

Garba: A Guthrie Green Festival

Come & dance the Indian way
October 3 • 7 p.m. • Free
Guthrie Green
111 E. M.B. Brady St. • Tulsa
(918) 361-7472

Floral Terraces Grand Opening

Featuring talks, tours, music & food trucks (11 a.m. – 2 p.m.)
Oct. 3 • 10 a.m. – Noon • Members
Oct. 3 • Noon – 5 p.m. • Public
Oct. 4 • 10 a.m. – 5 p.m. • Public
Tulsa Botanic Garden
3900 Tulsa Botanic Dr. • Tulsa
(918) 289-0330 • Free

Brown Bag It Concert Series

Featuring Wika & Mayfield
October 7 • 12:10 p.m. • Free
Tulsa Performing Arts Center
Westby Pavilion
110 E. 2nd St. • Tulsa
(918) 596-7122

Art on Main

October 10 • 10 a.m. – 5 p.m. • Free
Downtown Jenks • (918) 299-5005

Cherokee Art Market

October 10 & 11 • 10 a.m. – 5 p.m. • \$5
Hard Rock Hotel & Casino
777 W. Cherokee St. • Catoosa
(918) 384-6990

Pleasant Valley Farms

Winter Squash & Pumpkin Festival
October 10 • 9 a.m. – 8 p.m. • Free
October 11 • 9 a.m. – 6 p.m. • Free
Pleasant Valley Farms
22350 W. 71st St. S • Sand Springs
(918) 248-5647

ShalomFest

October 11 • Noon – 5 p.m. • Free
Temple Israel
2004 E. 22nd Pl. • Tulsa
(918) 747-1309

Woody Guthrie Center

Concerts on the Green
October 18 • 2 – 7 p.m. • Free
2 p.m. • John Flynn & Kelly Kristofferson
3 p.m. • Rachael Davis with Dominic Davis
4 p.m. • Kim & Reggie Harris
5 p.m. • Josh White, Jr.
Guthrie Green
111 E. M.B. Brady St. • Tulsa
(918) 361-7472

Coweta Mission Civil War Weekend

Featuring a candlelight tour, Civil War battle, period dance, period church service & more
October 23 • 6 – 9 p.m.
October 24 • 9 a.m. – 8 p.m.
October 25 • 9 a.m. – 4 p.m. • \$5
Arthur Street's Farm
32721 E. 161st St. S • Coweta
(918) 794-2712
www.cowetamission.com

Silent Movie Night:

The Cameraman (1928)
Presented by American Theatre Organ Society, Sooner State Chapter
October 23 • 7 p.m. • Free
Tulsa Technology Center
4000 W. Florence St.
Broken Arrow

Epsilon Sigma Alpha

Benefit Craft Show
Proceeds donated to area charities
October 24 • 9 a.m. – 4 p.m. • Free
Oliver Middle School
3100 W. New Orleans St.
Broken Arrow • (918) 251-0617

Classes & Meetings

NEATs Seminar:

Property Evaluation in Tulsa County
October 7 • 10:30 a.m. • Free
Mystery lunch • Noon • RSVP
3119 S. Jamestown Ave. • Tulsa
(918) 743-1303 • www.neatstulsa.org

Computers for Seniors

October 8 • Hardware Boot Camp
October 15 • Internet Basics
October 22 • Fun with Files
October 29 • Email 101
9:30 – 11:30 a.m. • Free
Hardesty Regional Library
8316 E. 93rd St. • Tulsa
(918) 549-7550 • RSVP

NEATs Gathering

Celebrate Aging panel
October 14 • 10:30 a.m.
Yale Avenue Christian Church
3616 S. Yale Ave. • Tulsa
(918) 743-1303 • www.neatstulsa.org
\$10 for meal • RSVP

Tulsa Metro Retired Educators

Featuring Dr. Deborah Gist, TPS superintendent
October 20 • 10 a.m. • Free
Education Service Center
3027 S. New Haven Ave. • Tulsa
(918) 369-2617

Sons of Union Veterans of the Civil War Monthly Meeting & Program

October 22 • 6:30 p.m. • Free
Herman and Kate Kaiser Library
5202 S. Hudson Ave. • Tulsa
(918) 663-1228

NEATs AARP Defensive Driving Training Course

October 29 • 9 a.m. – 3:30 p.m.
\$15 AARP members • \$20 public
3119 S. Jamestown Ave. • Tulsa
(918) 743-1303 • www.neatstulsa.org

Alzheimer's Disease: Understanding, Getting Help & God's Healing Power

Presented by Jackie Lenzy, BS, BA, CDP
12-week series begins October 7
Wednesdays • 5:30 p.m. • Free
Victory Christian Center
7700 S. Lewis Ave., Rm. 234 • Tulsa
(918) 510-6062

Seniors on the Go:

Fun, Food & Fellowship
Tuesdays & Fridays • 9 a.m. – 4 p.m.
Jenks Senior Citizens, Inc.
211 N. Elm St. • Jenks
(918) 299-1700

Single Seniors 60+

Join for lunch, visiting & cards
Wednesdays • 11:30 a.m.
Buffet Palace
10934 E. 21st St. • Tulsa
(918) 371-4367 or (918) 341-3375

ACBL Duplicate Sanctioned Bridge

Mondays & Wednesdays • 11 a.m.
Broken Arrow Seniors, Inc.
1800 S. Main St. • Broken Arrow
(918) 355-6652

Ukulele Class

Bring your own ukulele, beginners welcome
Wednesdays • Noon – 2 p.m.
Broken Arrow Senior Center
1800 S. Main St. • Broken Arrow
(918) 259-8377

Hillcrest's FREE Program for Adults 60+
Members Enjoy:
Educational Seminars • In-Hospital Benefits

Join Today!
Call 918-579-6060 (ext. 2)
or visit SilverElite.org.



Participating Hospitals: Hillcrest Medical Center, Hillcrest South, Hillcrest Claremore, Hillcrest Cushing, Hillcrest Henryetta & Bailey Medical Center.

Support Groups



LIFE's Caregiver Support Groups

(918) 664-9000

Respite provided • Free

LIFE's Adult Day Health at Broken Arrow

October 8 • 3 – 4:30 p.m. • Free

October 22 • 5:30 – 7 p.m. • Free

3106 S. Juniper Ave. • Broken Arrow

LIFE's Adult Day Health at Central

October 1 • 6 – 7:30 p.m. • Free

October 15 • 3 – 4:30 p.m. • Free

5950 E. 31st St. • Tulsa

LIFE's Adult Day Health at North

October 13 • 5 – 6 p.m. • Free

902 E. Pine St. • Tulsa

Faith Based Approach to Alzheimer's

Presented by Jackie Lenzy, BS, BA, CDP

October 3 • 11 a.m. • Free

Victory Christian Center

7700 S. Lewis Ave., Rm. 234 • Tulsa

(918) 510-6062

Tulsa Hearing Helpers Support Group

For people who have lost hearing later in life

October 8 • 10 – 11:30 a.m. • Free

Total Source for Hearing-loss and

Access

8740 E. 11th St. • Tulsa

(918) 832-8742 • www.tsha.cc

Grief Support Group

October 12 • 6 p.m. • Free

Hometown Hospice

804 S. Main St. • Broken Arrow

(918) 251-6441

Alzheimer's Caregiver Support Group

October 22 • 6 – 7:30 p.m. • Free

Dinner provided

Saint Simeon's

3701 MLK Jr. Blvd. • Tulsa

(918) 794-1945 • RSVP

Dancing

Lake Keystone Square Dance Club

October 2 & 16 • 7:30 p.m. • \$3

Mannford Community Center

101 Green Valley Park Rd. • Mannford

(918) 865-2846

Belles & Beaus Square Dance Club

October 13 & 27

Workshop 7 p.m. • Dance 7:30 p.m.

St. Marks Methodist Church

10513 E. Admiral Pl. • Tulsa

(918) 437-7277

Melodies & Memories

October 17 • 2 – 5 p.m. • Free

First Christian Church of Jenks

308 E. Main St. • Jenks

(918) 299-7381 • www.fccjenksok.com

Tulsa Swing Club Dance Lessons

Sundays • \$5 club members

\$7 nonmembers

5 p.m. • Country Two-Step

5 p.m. • East Coast Swing

6 p.m. • Beginning West Coast Swing

7 p.m. • Intermediate West Coast Swing

The ClubHouse

2735 S. Memorial Dr. • Tulsa

(918) 557-1699

Line Dancing Class

Tuesdays & Thursdays • 10 a.m. • Free

University Village Retirement

Community

8555 S. Lewis Ave. • Tulsa

(918) 298-3480

Friday Night Dances

Fridays • 7:30 – 11 p.m.

\$5 members • \$6 nonmembers

American Legion Post 308

11328 E. Admiral Blvd. • Tulsa

(918) 437-1635

Round Up Boys Dance

Mondays • 6:30 p.m. • \$5

Broken Arrow Senior Center

1800 S. Main St. • Broken Arrow

(918) 607-3600

Clog Dancing Lessons

Presented by Turtle Creek Cloggers

Mondays • 5:45 – 8:30 p.m.

Thursdays • 6 – 8:30 p.m.

LaFortune Community Center

5202 S. Hudson Ave. • Tulsa

(918) 627-0067

Fitness & More

Parkinson's Swim

October 27 • 3 – 4 p.m. • Free

Saint Simeon's Wellness Center

3701 MLK Jr. Blvd. • Tulsa

RSVP • (918) 794-1945

Exercise Class for Older Adults

Mondays, Wednesdays, Fridays

9:30 – 10:30 a.m. • Free

Owasso Community Center

301 S. Cedar St. • Owasso

(918) 272-3903

Beginners Tai Ji Quan – Moving for Better Balance

Tuesdays & Thursdays • 2 – 3 p.m.

Owasso Community Center

301 S. Cedar St. • Owasso

(918) 272-3903 • Free

Tai Ji Quan – Moving for Better Balance

Tuesdays & Thursdays

9:30 – 10:30 a.m. • Free

Owasso Community Center

301 S. Cedar St. • Owasso

(918) 272-3903

LIFE EDU

SENIOR & CAREGIVER COMMUNITY EDUCATION

ANXIETY LATER IN LIFE

Learn the differences between “normal” anxiety/worry and clinical anxiety, which requires professional intervention. Learn about “stress busters,” and when and where to get help if you or someone you love is experiencing a problem with anxiety.

Wednesday, October 7 • 3 – 4 p.m.

Inverness Village • 3800 W. 71st St. • Tulsa

Free • RSVP • (918) 664-9000

LAFORTUNE BROWN BAG SERIES: SANDWICH GENERATION

Are you caring for parents, kids and/or grandkids? You're not alone. This situation, referred to as “sandwich generation,” is common, and this class will introduce useful tools, information and resources that can help you better care for all generations.

Wednesday, October 14 • 11:30 a.m. – 12:30 p.m.

LaFortune Recreation Center • 5202 S. Hudson Ave. • Tulsa

Free • RSVP • (918) 664-9000

CAREGIVING 101

New to caregiving? Learn the care-world vocabulary and information you need to make good decisions. Class participants will learn about community resources, living options, legal documents and strategies for support and self-care. Seasoned caregivers welcome.

Tuesday, October 27 • 6 – 7 p.m.

LIFE Senior Services • 5950 E. 31st St. • Tulsa

Free • RSVP • (918) 664-9000

MEDICARE PART D ASSISTANCE CLINICS

The Medicare Assistance Program (MAP) at LIFE Senior Services is offering free Medicare Part D Plan Comparison and Enrollment Assistance Clinics from Oct. 15 to Dec. 7. Appointments are required. Call to schedule your appointment.

October 15 – December 7 • Appointments Required

LIFE Senior Services • 5950 E. 31st St. • Tulsa

Free • RSVP • (918) 664-9000



LIFE'S SENIOR CENTERS

Join LIFE's Senior Center at East Side for an evening of dancing, cards, a movie and snacks. Event is open to nonmembers. Admission to the dance is \$5. Other activities, including the showing of the movie *Country Strong*, are free.

Friday, October 9

Doors Open at 6:15 p.m. • Dance Instruction at 6:30 p.m.

Dance and Other Activities Begin at 7 p.m.

Call LIFE's Senior Center at East Side at

(918) 744-6760 for more information.



National Grandparents Month Photo Submission

Aberdeen Heights resident Betty B. with her grandson, his wife and great granddaughter Ciara.



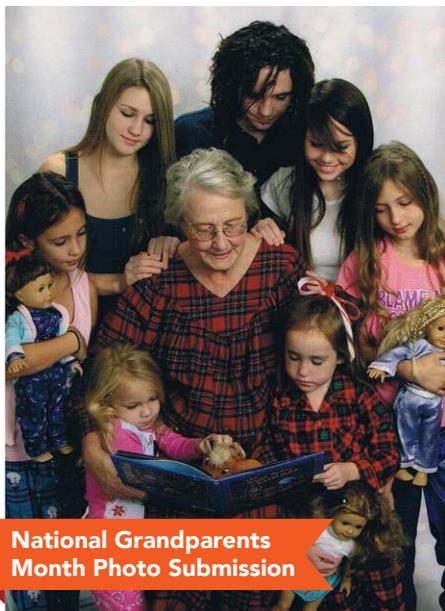
National Grandparents Month Photo Submission

Aberdeen Heights resident Maurine H. with her granddaughter and two of her great grandsons. What a blessing!



National Grandparents Month Photo Submission

Tulsa resident, Carol Roberts (Mimi to her grands) enjoys picking out that perfect pumpkin with granddaughters, Caroline and Vivienne. This year a new granddaughter, Brighton, will join in on the fun.



National Grandparents Month Photo Submission

Charlotte Painter-Bell is pictured here reading *The Night Before Christmas* to all of her grandchildren.



National Grandparents Month Photo Submission

Three generations of beautiful women. Pictured are Aberdeen Heights resident Patricia C. with her daughter and granddaughter.



National Grandparents Month Photo Submission

Aberdeen Heights resident Nita B. enjoyed a family lunch with her daughter, her son-in-law and her grandchildren.



University Village residents Bob Miller, Mitchell Klehm (grandchild of Jane and Richard Couch) and Gene Chase spent an afternoon with historical performer Ann Birney (as Amelia Earhart). They learned of her journeys, trials and celebrations as the first woman aviator.



National Grandparents Month Photo Submission

Jim and LeAnn with granddaughters Emily, Sydney and Abby at Yellowstone National Park.



National Grandparents Month Photo Submission

The Dornblaser, Parks and Morrow families — part of Senior Star's Corporate Team — celebrate their successful Alzheimer's Walk campaign and Senior Star's pledge to match the funds they raised.

Send Us Your Pictures

We Want To See Seniors Smiling & Active

Whether it is your traveling group, tennis buddies or a night on the town, we want your pictures! Submit high-resolution photos to editor@LIFEseniorservices.org by the 1st of every month.

AUTO REPAIR

Strickland Automotive

Strickland Automotive is locally-owned and - operated with over 40 years of auto repair experience. We perform all types of vehicle repair, from computer and electrical problems to engine and transmission overhauls. ASE Certified mechanics. Open six days a week, with towing provided. Call Gary. (918) 832-7072.

BOOKS

Coaching My Way

This is the dramatic story of a small college football coach hired by a major university to resurrect a failing program. This compact family-friendly book is ideal for both adults and teenagers. Send \$10 check or cash to Tom Campbell, 5117 East 21st Place, Tulsa, OK 74114.

CARPET CLEANING

ALL PRO Carpet Cleaning

Senior and caregiver discounts. Carpet, furniture, rug cleaning. Pet odor removed and Teflon protectant available. Emergency water extraction. Residential and commercial services. Professional truck mount steam cleaning. Carpet repairs and restretching. Prompt, professional, quality service at a fair price. Certified, insured. Call Thomas Fink, owner/technician, for free estimate (918) 636-6303.

CEMETERY LOTS

Companion Lot in Floral Haven

Located in St. Paul's Garden in Floral Haven Cemetery. This lot available for \$7,000. Call (918) 663-3161 or (918) 232-7024.

Everlasting Garden in Floral Haven

Four (two and two) discounted burial plots in Everlasting Life Garden in Floral Haven. \$2,500 each or \$4,000 for two. Call (910) 400-5204.

Side-by-Side Memorial Park Plots

Two side-by-side burial plots in Memorial Park Cemetery in Tulsa that allow upright monuments. Located in Section 50, Lot 318, Spaces 7 & 8, south of the Lake of Enchantment. Plots sell for \$1,825 each if purchased from the Cemetery. Asking \$1,400 each or \$2,800 for both. Call (918) 629-2011.

CLEANING PRODUCTS

Home and Business Cleaning Products

Save \$\$\$ lots of money. Use concentrated natural organic cleaning products for home or business. We have been in business for 40 years without one complaint. Discounts for all seniors. Save even more!! Information call A & B Distributors (918) 366-4606.

COMPUTER SERVICES

Computer and Electronic Assistance

Are you stuck and need Help with your computer or any electronic device. Price and Son Computer and Technology Services, LLC will be glad to assist you in your home. Call James or Jared at (918) 236-6010 or email us at office@pricestechhelp.com to schedule an appointment.

Computer Help At Reasonable Cost

Retired computer tech will help with all your computer needs. Does your computer need to be moved or repaired or do you need help with setup or usage? Can also provide periodic maintenance and updates. Call Ed at (918) 629-1395.

DAYTIME CARE

Daytime care for older loved ones

LIFE's Adult Day Health offers convenient, affordable daytime care at three locations in Tulsa and Broken Arrow. For more information, call LIFE's Adult Day Health at (918) 664-9000.

EMPLOYMENT OPPORTUNITIES

Hiring for Home Care Aides!

Brighten your neighbor's day by helping them stay safe in their home. We are looking for caring individuals to provide assistance to elderly/disabled clients. Tasks may include errands, light housekeeping, and personal care assistance. Must have reliable transportation, valid driver's license, auto insurance and pass OSBI background check. Certified and Non-Certified positions! Apply Today!! www.oxford-healthcare.com or call: (918) 258-1111.

ESTATE SALES

2MS Estate Sales ...Tulsa's Finest!

Downsizing? Estate liquidation? Let us take the worry away and maximize your return!!! No out of pocket expense for you, we handle all advertising, staging and the sale it self. We specialize in senior transitions, having been in the senior housing market for over 10 years. Please contact Michelle Reed (918) 691-5893 or Atulsa@aol.com for a free consultation.

Estate Sales PLUS

Estate Sales PLUS manages Estate Sales... Moving Sales... Downsizing... Consignments... & Appraisals. Selling your home? We bring HUGE crowds of potential buyers and work with your realtor to showcase your home. Estate Sales PLUS is Bonded, Insured and an accredited member of the BBB. For a FREE CONSULTATION, call David Ross at (918) 982-2320, email estatesalesplus@cox.net or go to www.estatesalesplus.com

Miss Lilly's Estate Sale Services

Miss Lilly's Estate Sale Services specializes in Estate Liquidation, downsizing or moving sales. Our Estate appraiser has over 30 years of experience. If you are selling your home, we will work with your agent and bring potential buyers into your home. Contact Patti Lorimer at (918) 906-3539 for a FREE estate evaluation OR email misslillys@cox.net OR visit our website www.misslillysestatesales.com

FINANCIAL/INSURANCE

Got Grandchildren?

This Holiday Season, stuff their piggy banks instead of their stockings. As a grandparent, you can play a vital role in preparing for the future of your grandchildren and great-grandchildren. Please call Caroline Adams, AAMS, Financial Advisor with Edward Jones at (918) 622-2207 for more information.

Medicare Assistance Program

The Medicare Assistance Program (MAP) at LIFE Senior Services provides accurate information, counseling and assistance relating to Medicare benefits for Medicare beneficiaries, their representatives and persons soon to be eligible for Medicare. Call MAP at LIFE Senior Services (918) 664-9000 or toll-free (866) 664-9009.

Medicare Supplements & Medicare Advantage Plans

The Health Insurance Enrollment Center is here to assist you with Medicare Supplements, Medicare Advantage, and Prescription Drug Plans offered by Blue Cross and Blue Shield of Oklahoma. Call Bob Archer today at (918) 814-5550 for free information. Let me guide you through the outstanding Medicare Plan options that are available to you.

GARDENING/LAWN SERVICES

Kimble Davis Tree Company

Family-owned and operated. Specializing in all aspects of tree care: restoration, pruning/thinning, removal, stump grinding, hedge trimming, firewood available. Serving Tulsa for 25 years. References. Member BBB. Insured. ISA certified arborist. Check us out at www.kdtreeco.com. Call Kimble at (918) 853-5383.

Lawn Care & Handyman Services

Lawn Care/Mowing starting at \$35/Leaf Removal/Landscape Design/Tree Work/Fence Repair & Building/Seasonal Color Design/Yard Spray Treatment/Debris Cleanup/Interior Remodels/Parking Lot Maintenance. Owner Operated- Fully Insured- Free Quotes-Reliable-Courteous-Professional Service-References Available Upon Request. Call J&S Landscape to take care of all your lawn care & handyman needs (918) 406-4889.

Lawns & More

Total lawn care. Leaf removal. Firewood available starting at \$80 per rick delivered and stacked. Gutter cleaning, fence repair and new installation available. Stump grinding and small tree work. Dedicated to making your lawn look its best. Insured, honest, experienced and dependable. Veteran-owned. Stump grinding. We are a small company with personal service. References available. FREE ESTIMATES. Call Larry. (918) 361-1299.

Mower Repair / Maintenance

All brands - Riders, ZTR's, Walk-behinds, Hand-helds. Top Quality work, ASE certified Mechanic. Pick-up and Delivery available. Tulsa and surrounding counties. Maintenance specials include pick-up and delivery 9 a.m. to 7 p.m. Call Scott (918) 519-3869.

New Season Lawn Care & Landscape

Now accepting new customers. Mowing, trimming, leaf and small debris removal, shrub planting, mulching flower beds. Small tree trimming. Will haul off small appliances, scrape metals, etc. We offer weekly, bi-weekly & year round services for the manicured look. Best rates, senior discounts. Free Estimates. Call Todd (918) 639-2262.

HOME REPAIR/REMODELING

A-OK Plumbing

A-OK Plumbing is now offering handyman services. No job too big or too small. Free estimates. We work by the job or hourly. 10% off to all first time customers. Relax, everyone's welcome. Sit back and give us a call. Special senior rates offered. (918) 810-0397.

A Handy Helping Hand

Professional home maintenance, painting, and improvements. Whether you're making overdue repairs, sprucing up your home and garden, or optimizing your home's "saleability" potential, call Joe Surowiak with A Handy Helping Hand. Professional results. Competitive rates. (918) 520-0333.

Allen's Handyman Services of Tulsa

"Your Home Improvement and Repair Specialist." 15th year serving Tulsa seniors. "One call can do it all." 10% senior discount. Insured. All work guaranteed in writing. No pay until job is completed. Plumbing, drain cleaning, grab bars, electrical, carpentry, painting, seamless guttering installation/repair/cleaning. Roof, tile and drywall repair. Wood siding/trim replacement. Deck repair, power washing, staining. Tree trimming. No job too small. For free estimate, call Allen at (918) 630-0394.

A Smart Concepts Home Improvements

Smart Concepts for Home Improvement has 20 years of experience repairing and improving homes. Steve can fix anything, from the front door to the back door, from the basement to the attic. Call anytime for a free estimate on drywall, plumbing, electrical, doors, windows, and decks. Call Steve for repairs, remodels, paint jobs, etc. (918) 636-2376.

Big C's Plumbing Services

Your one stop Plumbing Shop! Call us and I guarantee you will never have to call another plumbing company. Licensed, bonded and insured for your protection.... Call (918) 855-9216, tell us you saw us in the Vintage Newsmagazine receive an automatic 10% discount....call us now.

BJ's Handyman Services

I will tighten it, nail it, glue it, paint it, cut it, hang it, change it, assemble it, install it, and do other odd jobs. Quality work at reasonable prices. Our goal is to keep your costs low. Life member of Handyman Club of America. Serving seniors since 2005. We now accept all major credit/debit cards. Call BJ at (539) 777-2915. This is a local call.

Bumgartner Plumbing

Licensed, with over 30 years of experience. Rates are low and based on the job, not the hour. No service call fee or travel time charge. Senior and caregiver discount. Plumbing service and repair our specialty. Honest, professional service you can count on. Lic. # 82750. (918) 355-4747.

Burton Painting and Floors

Specializing in all aspects of exterior and interior home painting. Staining, sealing, and painting faux finishes. Decks, fences,

Continued

cabinets and floors. Free estimates. 25+ years of experience. Reliable, courteous, professional service. Fully insured. (918) 378-2858.

Contracting for Seniors by Van

Repairs, painting, remodeling, some plumbing and electrical, small jobs. Special needs: grab bars, ramps, hand rails, door alterations to accommodate wheelchairs, handicap fixtures. Working with individuals, families, seniors, businesses since 1987. We function with integrity, with special concerns for seniors. Free estimates, insured. (918) 636-6849.

Dave's Heat and Air, Inc.

Licensed, insured, and bonded. Honest and reliable service for over 30 years. Competitive rates. Specializing in heating and air conditioning service and repair. All makes and models. Residential and light commercial. Tulsa metro area. Family-owned and operated. (918) 437-8101.

Doorman Door Service of Tulsa

Thinking about replacing your windows? Call us first, glass replacement may be a better option. The Doorman provides service and installation for doors, windows and siding. We offer a senior and military discount. Financing is available and we accept all major credit cards. Visit us at www.tulsadoorman.com. (918) 430-4398.

Freedom Electrical Services

Do you need outlets, ceiling fans or lights hung? Freedom Electrical Services provides quality workmanship. For all your electrical needs, call (918) 216-1846.

Handyman/Painter

Minor house work & repairs such as plumbing: leaky faucets, install new faucet & hardware. Electrical: replace bad light switches, or receptacle (wall plug ins) fix old light fixtures install new fixtures & ceiling fans, wood staining, furniture repair, interior /exterior home painting and repairs on walls or ceiling. Call David at (918) 346-3774.

Hutson's Handyman Service

Carpentry. Painting. Home repair. Basic plumbing. Sheet rock – new and repair. Storm doors and windows. Install ceiling fans. Clean and repair rain gutters. \$15 service call charge. \$35/hour. 10% senior discount. What do you need done? Member, Better Business Bureau. (918) 835-8205 or (918) 645-5761.

Same Day Services

Light Hauling /Light Moving - help you rearrange room furniture, lawns-grass mowing/small paint jobs/cleanup/ fence repair/installation of wireless security system on doors/windows - We are honest dependable. References. Call (918) 313-5230.

Z&J Remodeling

No job is too big or small. Painting, carpentry work, roofing, room additions, decks, sheet rock, carpet & carpet repairs, storm damage repairs and more. Free estimates and insured. (918) 629-1903.

HOUSE CLEANING

Housekeeper Available

Weekly, Biweekly, Monthly. Thorough and Honest. Integrity at work yesterday, today and tomorrow. 15 years experience. Adjustable fee according to situation. References Available. Call (918) 282-1617.

Michelle's Housecleaning

17 years' experience. Excellent references. Will clean residential and move-outs, also. (918) 312-2282.

HOUSING

Home Share Wanted

Paul D. Redman, 73, would like to share a home with a nice, neat, clean, honest person. Should like football, golf and movies on TV. I have a Big TV. I'm a non-drinker, big reader. My last house mate and I were together 9 years. Please call if interested. Thx. (918) 814-4288.

LEGAL

Full-Service Estate Planning

Law Firm

Trusts, Wills, Gift and Tax Planning, Powers of Attorneys and more! With offices in Sand Springs and Tulsa. Discount to Veterans and Retired Teachers. Willing to meet you in your place for no extra charge! Call Penni of the Skillern Law Firm at (918) 805-2511. www.skillernlaw.com

OIL AND GAS

Mineral, Oil/Gas Interests

Want to purchase minerals and oil/gas interests. Send details to P.O. Box 13557, Denver, CO, 80201.

PERSONAL ASSISTANCE

AAA+ Personal Assistant Specialists

Absolutely the best physical, mental and emotional needs care giving for yourself or loved one. Professional, discreet and dependable. No revolving door of people in your home. Meal planning, shopping and preparation. Transportation, travel companion or business assistant. We can fit your needs. Call Carol (918) 430-6448.

Accomplished Help at Home

Former owner and administrator of Oklahoma state licensed facility. Help in home management coordinating your needs. Cooking, light housekeeping, transportation to doctors' appointments. I value your dignity with respect. Excellent references. Adjustable fee according to situation. (918) 728-5489 or (918) 270-1671.

Affordable Flexible Caregiver

My name is LaQuanna. I do light housekeeping, light cooking, laundry, grocery shopping and companionship, too! I am dependable, honest, caring and affordable. If you need someone to help you or your loved one call me at (918) 313-7433. Ask for LaQuanna. You have a blessed day!

Bobbi and Bob's Personal & Business Assistance

Secretarial and administrative tasks, project manager assignments, running errands, grocery/personal shopping, take to beauty shop, take to medical appointments, organizing home/office, housecheck, handle healthcare and medical insurance paperwork. Call Bobbi Warshaw, MPH, or Bob Warshaw, MBA, at (918) 747-3807. Website: www.errands-to-go.com, Email: bobbi.warshaw@att.net.

Busy Bee Services

Let me make your life easier! I will run errands, take you to appointments, shop for you or take you shopping. I do pet sitting and house sitting, along with companion

care and light housekeeping. Rates and references furnished upon request. Call Beverly at (918) 851-0567. B.keeley@me.com.

Financial Organizer

Are you overwhelmed handling monthly finances (paying bills, balancing your checkbook, organization) for yourself or a loved one? I can help! I create customized systems that fit your needs, either for set up only or ongoing monthly. Call me to discuss the options available. Essential Strategy Consulting, LLC. Gwen Stevens (918) 557-5259.

Mail Stacking Up?

Do you have trouble seeing to write checks? No family close by to help? Confused about your income or expenses? I will pay your bills, setup deposits, correspond with insurers, accountants, bankers, doctors, brokers and creditors. Organize information for your taxes. Monitor all accounts for fraud. Notarize your legal papers. Bonded and insured. FREE initial consultation. Senior Money Manager - Call Sherry (918) 625-2001.

Mary's Errands/Senior Services Tulsa

I do personal errands such as: deliver your groceries, pharmacy pick-ups, post office, pet care, escort to appointments/activities, dry cleaning, Wal-Mart runs, meal delivery, and more! If you don't see what you need listed call me! Mary 1-(918) 791-3770, text or email: maryehayes@att.net

Run Errands For You or With You

I have my own vehicle and can take you to the grocery store, the beauty shop or a doctors' appointment. I can cook for you and would be willing to do light housekeeping. Let me help you during the upcoming holidays. References furnished. Call Sandy at (918) 671-5243.

PERSONAL SAFETY

EARS

Emergency Alert Response Systems. Enjoy living at home while we listen for your safety with our quality personal medical alarm and monitoring service. Affordable with no long-term commitment. Locally owned and operated (918) 298-0500 or toll-free (877) 885-3277.

HALO Medical Alarms

HALO provides emergency response throughout Oklahoma with an office in Tulsa. Let a HALO medical alarm provide you with the confidence and security to live independently in your own home, where you are most comfortable. Call (918) 392-0566 or (877) 747-HALO (4256). www.halomedicalalarms.com

PERSONAL SERVICES

Affordable Hairstyling In-Home or Shop

Transportation and home service available for your hairstyling needs. I will come to you at the hospital, rehab or nursing home. A Mane Event hairstyling is for the entire family. 35 years experience. Senior specials for haircuts, perms and color. In-shop special: Haircut \$7 for first time customers in shop ONLY. Tuesday through Saturday. Near 11th and Yale at 937 South Canton Ave. (918) 834-2686.

Darlene's Salon Services

Hair care for men and women, specializing in senior clients. Wet sets, blow drying, back combing, perms, colors, and cuts. Manicures and pedicures available. This month's special: haircut OR shampoo and set for \$12. First time clients only with this ad. Come see us at Highland Plaza, 5661 E. 41st St. (Corner of 41st and Hudson). (918) 742-3440.

Detlef's Master American European Hair Design

Established 1964. Precision cuts, color corrections, perms by design from sensible to sensational. Former owner of Elizabeth Arden Red Door Miss Jackson's Salon and Coiffures Continental Salon. Catering to classy and mature styles for ladies and gentlemen. Monday – Saturday. Call (918) 663-8779. 4833 South Sheridan, Suite 405A in Fountain Plaza. By appointment only.

For Your Feet

Many foot problems occur later in life. Let MY S.H.O.P. (Seniors House of Pampering) take care of your tootsies. Soothing, relaxing foot bath followed by massage to help relieve pain and improve circulation. Senior owned and operated. \$25 at your place. \$20 at my place. (918) 808-5084.

In-Home Beauty Services of Tulsa

We provide beauty services to our clients who are unable to leave their home, disabled, hospice care or independent living. We offer full beauty service for men and women in Tulsa and surrounding areas. Our services include: shampoo & sets, haircuts, perms, manicures, pedicures. Licensed and Insured. Visit our website www.inhomebeautyservicesoftulsa.com. Call (918) 630-6274.

PET SERVICES

Cat Boarding

Going out of town and need someone to care for your cats? The Kat Shack offers a calm and peaceful place for your cats to stay: no cages, no dogs, and lots of love. 23 years animal experience. (918) 364-cats (2287). www.thekatshack.com.

REAL ESTATE

Residential Home Sales

Thinking of selling your home to move to a senior supportive environment? Perhaps to move in with an adult son or daughter who can help assist with your needs? Get the specialized attention you deserve by contacting Jay Workman with Coldwell Banker Select today for a free consultation. Email jayworkmanrealtor@gmail.com or call (918) 734-2004.

SOCIAL/SUPPORT GROUP

Single Seniors (60+)

Are you over 60, single, divorced or widowed? We are a fun loving group of single seniors over 60. We meet every Wednesday, 11:30 a.m. – 5:00 p.m. at the Buffet Palace, 10934 East 21st Street. We eat at 11:30 have a short meeting and then play cards. Join us for great fun and fellowship. Questions, call Bob at (918) 371-4367 or Nancy at (918) 341-3375.

Continued

CLASSIFIEDS

TRAVEL

Affordable Motorcoach Tours

2015 Trips: Miami & Key West-November 6-16 \$999. Branson Holiday- Dec 2: 5 shows \$310. \$75 Deposit. Junkets by Jill Travel (918) 407-9031. www.Junketsbyjill.com

TRANSPORTATION

Call Patricia!

Need a go-fer to run errands, take you to an appointment or grocery shopping? Need someone to take you to hair appointments, the pharmacy, make deliveries? Need someone to stay with you during an out-patient medical procedure? Also, available as a driver/companion for traveling; rates negotiable. Call Patricia! (918) 437-3456 or (918) 855-2302.

My Driver Transportation Service

Let me do the driving. To and from work, airport, shopping, errands, post office, appointments. Also, LIFT VAN transportation available. Able to assist getting to and from bed. Senior sitting. Also, small breed dog boarding. 20 years experience. CLEET certified and licensed. References. Member, Better Business Bureau. (918) 491-9929.

Travel Made Easy

Motor home with lift and driver available for short in-state or long out-of-state trips. Seats 6 comfortably. Cross country patient transfer or sightseeing. Also available for rent: powerchair for shopping, hospital visits, etc. Member, Better Business Bureau. (918) 491-9929.

VOLUNTEER OPPORTUNITIES

New Century Hospice

Welcomes Volunteers! Have an iPad or laptop that you can use to share "the world" with a patient needing companionship? In Tulsa, Bixby & Mannford areas. Enjoy parties? We need birthday cards mailed, cupcakes delivered, and holidays celebrated on time! Call Debra at (918) 493-4930.

WINDOW CLEANING

Tyson Window Cleaning

I clean windows, chandeliers and mirrors. Need help cleaning for holidays? Company coming? I clean houses, one time or regularly. I also do construction clean-up, clean move-ins and clean move-outs. Will help pack and unpack your move. Satisfaction guaranteed, experienced, insured, senior discount, affordable rates. (918) 408-1353.

CLASSIFIEDS

TO ADVERTISE, CONTACT:

Bernie Dornblaser,
(918) 664-9000 or
bdornblaser@LIFEseniorservices.org

want LIFE's Vintage Newsmagazine delivered FOR FREE



SUBSCRIBE NOW

(918) 664-9000

LIFEseniorservices.org/request

OCTOBER ANSWERS

For puzzles, see page 30.

COMMONYM

- | | |
|--------------------|--------------------|
| 1. All have caps | 6. Sub |
| 2. All have grades | 7. Needles |
| 3. All have waves | 8. Diamond |
| 4. All are loaded | 9. All have frames |
| 5. All have a stem | 10. Can be cracked |

7	6	2	5	1	4	9	3	8
9	8	5	3	2	7	4	1	6
4	1	3	9	6	8	2	5	7
8	4	9	6	3	5	1	7	2
2	7	6	1	8	9	3	4	5
3	5	1	4	7	2	6	8	9
1	2	7	8	4	6	5	9	3
5	3	8	2	9	1	7	6	4
6	9	4	7	5	3	8	2	1

Vintage Friends

In appreciation of contributions to LIFE Senior Services received in August 2015.

We sincerely apologize for any error or omission. If there is an error, please call Carrie Bowen at (918) 664-9000.

Anonymous
Mildred Abbott
Bill D. Adams
Marjorie L. Beaman
Eugene Byrnes
Thomas M. Campbell
Otto and Ellen Cantrell
The Common Bond Foundation
Mrs. G. C. Duggan
Pamela B. Elliott
Beulah W. "Cy" Engle
John and Margaret Eyberg
Robert and Connie Ginn
Bob and Peggy Grotts
Rowena Hancock
Roger and Cynthia Hanes
Philip and Sandy Hill
Ray and Pat Hill
Rubie Hokanson
Sherry W. Imel
Linda Jameson
Ruby L. Jones
Ginny Katz
Pat Keuchel
Jack and Kathleen Kneafsey
Georgia Lawless
Ana Maria Lloyd Jones
Willene H. McKee
Connie E. Morse
Fern B. Nevels
Georgia Ray
John and Iva Reynolds
Mike and Jan Reynolds
Alice Rodgers
Gordon and Jane Romine
Lon Rumble
Bobby D. Sayre
Vince J. Siren
Church of St. Mary
Bill and Sally Stewart
Patricia N. Terry
James R. Vanderbeek

Mary F. Vaverka
Russell L. Vincent Sr
Kathleen Patton Westby Foundation
Bill and Thelma Wilkerson
Mary Ziegler

IN HONOR OF

In Honor of LIFE Senior Services
Joanne Alderman
In Honor of Norma Forehand
Janet Miller

IN MEMORY OF

In Memory of Laura Ann Barnes
Sylvia R. Martin
In Memory of Keith S. Beard
Narvelle O. Beard
In Memory of William Conklin
Faye Conklin
In Memory of Bill and Elsie Creider
Lou and Susan Stackler
In Memory of Harry Engle
G. B. and Wanda Brown
In Memory of Theresa Ann Finck
Theresa M. Finck and Mary Ann Finck
In Memory of Florence Goudeau Reed
Florence M. Reed
In Memory of Bob Keasler
Marguerite S. Keasler
In Memory of Frank Lubas
Marge Lubas
In Memory of Conny Lucas
Nicholas H. Lucas
In Memory of Helen Meyer

Edwin W. Meyer
In Memory of Virgil Morse
Olga M. Morse
In Memory of Harold Paine
Jerrie Paine
In Memory of Phyllis Perry
Raul and Jean Cantu
In Memory of Jim Sanders
Jeanne Sanders
In Memory of Pete Spessard
Bebe L. Spessard
In Memory of Leonard Sutterfield
Hazel G. Sutterfield
In Memory of Jessie Lee Youngstrom
Oliver W. Youngstrom
In Memory of Toni Zucconi
Dave Zucconi

About LIFE Senior Services

LIFE Senior Services is a recognized leader in aging services and an acknowledged voice on aging issues and is proud to be a nonprofit United Way organization. If you would like to make a donation in support of LIFE Senior Services, please mail your contribution to:

LIFE Senior Services
5950 E. 31st St.
Tulsa, OK 74135-5114
Make your donation securely online:
www.LIFEseniorservices.org

Have Questions?

LIFE's SeniorLine has Answers!

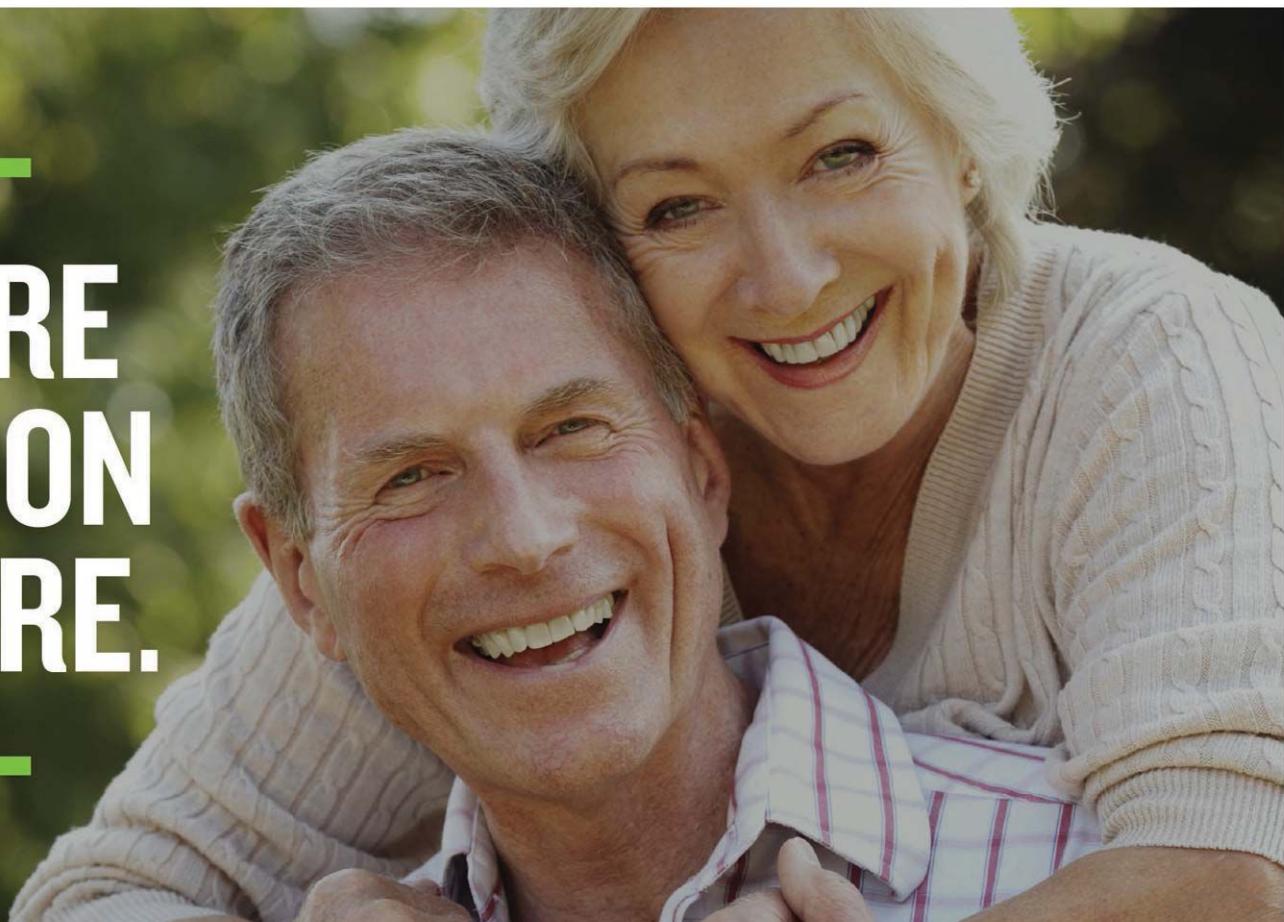


LIFE's SeniorLine representatives are experienced, caring professionals with special training in aging issues and caregiver concerns. They'll listen to your situation, ask pertinent questions and connect you with trustworthy community resources and services.

— CALL SENIORLINE AT —
(918) 664-9000



MEDICARE CONFUSION ENDS HERE.



Attend one of our Medicare meetings and we'll help you get more coverage for less cost — as low as \$0 per month. And all of our plans are contracted with both St. John and Saint Francis — two of the area's top healthcare systems.

BARTLESVILLE
Hilton Garden Inn
205 SW Frank Phillips Blvd.
Thursday, Oct. 15, 9:30 a.m.
Thursday, Oct. 29, 9:30 a.m.

BROKEN ARROW
Tulsa Technology Center
4000 W. Florence
Tuesday, Oct. 13, 9:30 a.m.
Thursday, Oct. 22, 9:30 a.m.
Wednesday, Oct. 28,
9:30 a.m. & 1:30 p.m.

St. John Broken Arrow
St. John Medical Building, Rm. 145
800 W. Boise Circle
Saturday, Oct. 24, 1 p.m.

CLAREMORE
Community Center
2301 N. Sioux
Tuesday, Oct. 6, 8:30 a.m.

GLENPOOL
Conference Center
12205 S. Yukon
Monday, Oct. 19, 9:30 a.m.
Tuesday, Oct. 27, 9:30 a.m.

OWASSO
St. John Owasso
St. John Medical Office Building, Rm. 170
12451 E. 100th St. North
Wednesday, Oct. 7, 9:30 a.m.
Tuesday, Oct. 20, 9:30 a.m.

SAPULPA
St. John Sapulpa
1004 E. Bryan
(use the Division Street entrance)
Tuesday, Oct. 20, 2 p.m.
Friday, Oct. 30, 2 p.m.

TULSA
CommunityCare Senior Center
4720 S. Harvard
Thursday, Oct. 1, 2:30 p.m.
Monday, Oct. 5, 5:30 p.m.
Friday, Oct. 9, 9:30 a.m. & 1 p.m.
Monday, Oct. 12,
9:30 a.m., 1 p.m. & 5:30 p.m.
Wednesday, Oct. 14,
9:30 a.m. & 1 p.m.

Springer Clinic
6160 S. Yale
Monday, Oct. 5, 2 p.m.

Saint Francis South
10507 E. 91st
Bishops Building - 5th Floor
Conference Rm.
Thursday, Oct. 8,
9:30 a.m. & 1 p.m.
Thursday, Oct. 15,
9:30 a.m. & 1 p.m.

Visit answers.ccok.com for complete meeting schedule.

CommunityCare
Senior Health Plan (HMO)

CALL US OR VISIT TODAY



1-800-642-8065
TTY/TDD **1-800-722-0353**



ANSWERS.CCOK.COM

MEMBER SERVICE HOURS: 8 A.M. - 8 P.M., MONDAY - FRIDAY.

A sales representative will be present with information and applications. For accommodation of individuals with special needs at sales meetings, call (918) 594-5323 or 1-800-642-8065, Monday-Friday, 8 a.m. - 8 p.m. Hearing impaired individuals may call TTY/TDD 1-800-722-0353 during the same hours. From October 1 through February 14 of each year, Member Services hours will include Saturdays, Sundays and some holidays. CommunityCare is an HMO plan with a Medicare contract. Enrollment in Senior Health Plan depends on contract renewal. To join, you must be entitled to Medicare Part A, continue to pay your Medicare Part B premium and receive all routine care from Senior Health Plan network providers. Anyone with Medicare may apply, including those under age 65 entitled to Medicare on the basis of Social Security disability benefits. Service area includes all of Creek, Rogers, Tulsa and Wagoner counties plus parts of Osage and Washington counties. Other providers are available in our network. CommunityCare Senior Health Plan is an HMO plan with a Medicare contract. Enrollment in Senior Health Plan depends on contract renewal.

H3755_Confusion Ad Rev. 11.14 - File & Use Date: 12/08/14