



## Broken Arrow Senior Center

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

sean@baseniors.org

 www.baseniors.org  
@BrokenArrowSeniors

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

Annual Membership  
Broken Arrow residents • \$30  
Non-residents • \$40

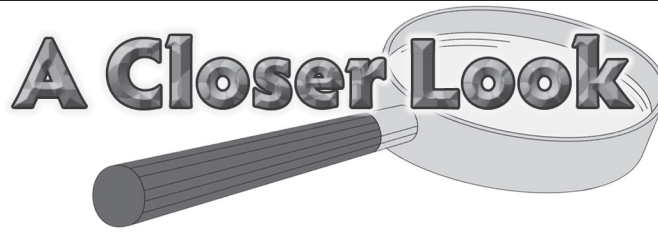
Discover, MasterCard, VISA and American Express  
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President/CEO  
Sean Simpson

Member Services Coordinator  
Ami Bucher

Transportation  
Marion Hampton

Facilities  
Donald Stockton



By Sean Simpson  
Broken Arrow Senior Center  
President/CEO

“It was the best of times, it was the worst of times, it was the age of wisdom, it was the age of foolishness, it was the epoch of belief, it was the epoch of incredulity, it was the season of light, it was the season of darkness, it was the spring of hope, it was the winter of despair.”

– “A Tale of Two Cities” by Charles Dickens

## The Best And Worst Of Times



Dickens begins this tale with a revelation that human prosperity cannot be matched with human despair.

I’ve always wanted to start a column with that quote, but I’ve never had the opportunity to do so – until now. We live in unprecedented times. Each day brings with it different rules, social isolation, financial upheaval and a general uneasiness. At the same time, each day brings hope, evolution, adaptability and progress.

The words “pandemic” and “coronavirus” were not a part of our lexicon just a few months ago. The Broken Arrow Senior Center was thriving. We introduced eight new fitness classes in January. We welcomed 70 new members in February. Our monthly Health and Wellness seminar presented by Hillcrest South was at capacity for the third time in a row.

Last month, at the time this newsletter was going to print, Tulsa Mayor G.T. Bynum and Broken Arrow Mayor Craig

Thurmond told their communities to “shelter in place” and that everyone needed to stay home until at least the end of April to help slow the spread of COVID-19.

That plan doesn’t seem to be the new reality anymore, given the current spread of infection and more grim daily updates. Social distancing will no doubt



continue into May and perhaps June.

We know times have been tough. In the midst of *(Continued on page 10)*

# Stay Physically Active While You're At Home

Stopping the spread of COVID-19 made unprecedented changes to our daily routines, but staying healthy through exercising should still be a priority. Physical activity is essential for optimal health, and staying active on your own is even more important during this stressful time. Physical activity helps with weight management, heart disease prevention and even mental health. There are very specific reasons to stay active during the COVID-19 outbreak, even during shelter-in-place restrictions and mandates to maintain at least 6 feet of distance between people.

Exercise will lift your mood, which is critical when faced with the challenge of staying inside and finding alternative activities to substitute for some of your usual activities. Staying active will also help you sleep and manage stress better; both can be difficult when schedules are disrupted.

The Center's exercise classes have surged in popularity in recent months. We want the Center to remain relevant to you. You can still take advantage of many of the exercise programs that are offered with a click of a mouse.



Challenge yourself in new ways and participate in these various activities at home. When our doors reopen, join in and you won't have missed a beat.

## Line Dancing

Multiple studies point to the benefits of dancing, and line dancing is at the top of the list. It challenges your brain and your body. Reap

the multiple benefits today and practice at home. Plan on joining the classes when we return and meeting people who enjoy line dancing at the Center.

Michele Howard, who teaches both beginning and intermediate line dancing classes, has compiled a list of YouTube videos featuring a variety of line dances that will encourage you to stay moving:

- ✓ Bonaparte's Retreat - [https://www.youtube.com/watch?v=OY\\_1B8cawOE](https://www.youtube.com/watch?v=OY_1B8cawOE)
- ✓ The Majestic - <https://www.youtube.com/watch?v=3aS5yVrBPt0>
- ✓ Chica Boom Boom - <https://www.youtube.com/watch?v=P7nS7CPtPw>
- ✓ Come Back My Love- <https://www.youtube.com/watch?v=fYbWPvNfsCw>
- ✓ Cumbia Semana - <https://www.youtube.com/watch?v=1Ph84bbFHD4>
- ✓ Senorita La La - <https://www.youtube.com/watch?v=JGE0k1jWMIg>
- ✓ Swing Low Sweet Chariot - <https://www.youtube.com/watch?v=NFOFjW6J-yk>

Jewelee Houston, Line Dance for Fitness instructor, continues to inspire with her own YouTube videos, which allow you to watch, dance and stay active.

- ✓ <https://www.youtube.com/watch?v=DPS6VVD3HDw>
- ✓ <https://www.youtube.com/watch?v=f20JlaHzF1Q>

## Zumba Gold

Linda Few, the Center's Zumba Gold instructor, hasn't let isolation and social distancing stop her from staying active. "Participating in Zumba will get your heart rate up and make you smile," Linda said. Enjoy her Zumba Gold and Chair Zumba classes at the following links:

- ✓ Zumba Gold Isolation Class: <https://youtu.be/vxp6MLi-uLaY>
- ✓ Zumba Gold Chair Isolation Class: <https://youtu.be/Sr-taWQqU8a0>

## Tai Chi for Balance

If you have ever watched the gentle, graceful movements

of this ancient practice, it's hard to imagine that tai chi can burn off a single calorie or



*(Continued on page 3)*

strengthen muscles. But this exercise program is far more dynamic than it looks. The integrative approach of tai chi strengthens the body while focusing the mind. Tai chi offers a range of physical and mental health benefits, including increasing bone strength and joint stability. Tai chi also improves cardiovascular health, immunity and emotional well-being. Tai chi is especially useful for improving balance by targeting all the physical components needed to stay upright – leg strength, flexibility, range of motion and reflexes.

Bernadette Hakes teaches the Tai Chi for Balance class on Tuesdays at the Center. Here's the link to Tai Chi for Beginners – Tai Chi Fundamentals. Bernadette notes: "I have tried this online class myself, and the teacher is very good."

✓ <https://youtu.be/oCnCSOWgIUU>

### Chair Tai Chi

You don't have to miss out on the benefits of tai chi if you feel more comfortable sitting in a chair. Karen Hughes teaches Chair Tai Chi each Friday at the Center. She suggests the following link to help you begin or stay active while at home:



✓ TAI CHI: (seated) 8 FORM MOVING for BETTER BALANCE | Facebook

### Limited Exercise

Chair exercises are a great way to reap the benefits of physical activity, even if you have been sedentary. If you ever wanted to take advantage of the Center's Limited Exercise class, now is the time to try it at home. Gary Siftar, Limited Exercise instructor, with the help of member Mike Turturici, has produced a video of the Limited Exercise class that is available on the Center's Facebook page at Broken Arrow Senior Activity Center. The video is also available on YouTube at [https://www.youtube.com/watch?v=\\_Umo3wI3nkM](https://www.youtube.com/watch?v=_Umo3wI3nkM).

*(Continued on page 4)*



### Fitness For Ladies

Many members enjoy the Center's Ladies Fitness class, led by Sharon Vinson on Monday, Wednesday and Friday. A list of the exercises the group uses in is on the Center's web page at [www.baseniors.org](http://www.baseniors.org). Sharon urges people to keep active outside of her class. "I encourage people to get out and walk during these beautiful spring days. Walking at various pace levels offers a great cardio and core strength workout."

### Yoga

Research shows that the benefits of yoga, especially for seniors, are unmatched. Tiffany Tran, the Center's yoga instructor, encourages you to stay active. She suggests the Alo yoga videos on YouTube, including power yoga, energizing yoga, cleansing yoga and strength and flexibility yoga. If you are new to yoga, a "let's start" beginners yoga video is available as well. Simply search "Alo Yoga" on YouTube or use the following link:

- ✓ <https://www.youtube.com/results?searchquery=alo+yoga>

### Stay Socially And Intellectually Active While At Home

The connections we make with others and relationships we build also have a major impact on overall wellness. Connecting with others keeps us intellectually engaged as well and offers a sense of purpose and belong-



ing. Keeping our brains active and staying in touch with others is challenging during this time of staying at home and away from others. The most significant benefit and the most gratifying role of the Senior Center is providing avenues for people to connect with others and keep minds active. Whether it be through simply talking with others or by being involved in a specific activity, the Center offers the chance to connect with people who are the same age. The opportunity to network and challenge yourself intellectually continues to be available at the Center. Make that leap today and become involved in one or all of the activities our activity leaders are continuing to offer. You will discover that you feel happier and healthier.

### Crafting

Crafting can help improve hand-eye coordination, keep your mind sharp and improve and develop concentration skills. Staying busy with activities that you enjoy is important during this time of isolation. Text message Peggy Harris at 918-231-2223 or Rita Belding at 918-933-8311 with your name if you are interested in receiving text

*(Continued on page 5)*



messages regarding weekly craft challenges. Let Peggy or Rita know if you don't have the supplies needed for a particular craft, and they will provide alternate ideas. "Keeping your mind and hands busy, no matter how simple the craft, will help to fill your days," according to Rita and Peggy. "Plus it's fun, too."

### Poker

The poker lessons and the poker tournament are popular activities at the Center. Now you can play with the group from the comfort of your own home. "We have 12 people playing twice a day," said Meichelle Culhane, leader of the Center's poker group. To join in on the games they play daily at noon and 7 p.m., email her at meichellec@yahoo.com. (Apple devices, Chromebooks and cellphones will not work with the website.) Don't worry about losing your shirt! The "money" you play with is virtual play money.

### Circle Of Readers

Reading a good book is always a great way to pass the time. The Center's Circle of Readers group continues to read and connect with others who enjoy reading. The group has met via Zoom video chats in addition to posting comments regarding the books they are reading on their Padlet wall. If you would like to join the group via



Zoom, please email Dorothy Minor, leader of Circle of Readers, at doro-thyminor10@gmail.com. Dorothy will forward an invitation to their next Zoom meeting. Refer to the information on page 10 of this newsletter, which explains how easy Zoom is to use. You can join in the group comments on their Padlet wall at <https://padlet.com/djcminor/swz19r-m627vh>.



### Creative Writing

Writing down your thoughts during stressful times can ease anxiety and help keep your mind working. The Creative Writing group at the Senior Center continues to meet and share their writing with others. The group plans to meet just as they do at the Center, but they are gathering on Zoom. Inspiration for writing is provided by words or pictures. "Writing is a great way to disengage from world events and step into creativity," said Rita Fagan, the Creative Writing leader. If you would like to join in on their next Zoom meeting, email Rita at saltvinegar70@gmail.com. Refer to the information in this newsletter explaining how easy Zoom is to use.

### Novel Ideas

If you ever wanted to put pen to paper and write that book or your memoirs to keep family history alive, now is the perfect time. The Center's Novel Ideas group continues to be inspired and work on their writing. They are staying in touch by email and their new website:

*(Continued on page 6)*



during a Zoom video chat.

### **Paper Crafting**

The Paper Crafting group at the Center is a dynamic, fun group that always has a creative project in the works. The group continues to enjoy their craft, even though they are unable to meet in person. They are currently making thank you cards for Broken Arrow first responders

[www.jespiddlin.net/novelfidea](http://www.jespiddlin.net/novelfidea). If you're not sure how to get started on your novel or just want to be inspired by other authors, email Renee LaViness at [JesPiddlin@usa.net](mailto:JesPiddlin@usa.net).

who serve our community during these challenging days. If you would like to join in on their efforts, please email Betty Rasmusen at [jeepindave@yahoo.com](mailto:jeepindave@yahoo.com).

### **Crochet**

"Crocheting is both relaxing and rewarding," said Shirleyanne Johnson, an active member of the Center's Crochet group. Members of the group enjoy their craft but also help those in need in our community. Jean Benzels leads the group and spearheads efforts in providing lap-gahans (lap-sized afghans) and shawls to various hospice and cancer centers. "We also make baby blankets and various sizes of hats to donate to organizations helping those in need," Jean added. Their most heartfelt efforts provide angel wraps for stillborn infants.

The Center's Crochet Group provides the opportunity to use this time to make items to help people in our community. Email Jean at [sbenzelsr@yahoo.com](mailto:sbenzelsr@yahoo.com) for details about the group's crochet project sizes and the types of yarn the group uses for their crochet donation projects.

If you are interested in learning how to crochet or have questions about a project you are working on, contact Shirleyanne at [sbjtulsa@gmail.com](mailto:sbjtulsa@gmail.com) and let her know if you are interested in meeting to talk while you crochet

### **Bible Study**

Staying connected with others is so important during this time of isolation, especially for those who depend on their place of worship as part of their social network. For many, studying the Bible with others provides reassurance when normal life is disrupted, as it is now. The Bible Study Group at the Center has provided a meaningful way for members to discuss and discover biblical insights from others.

This nondenominational group is continuing to meet via video conferencing on Zoom. Art Geddes, the leader of the group, has established Zoom meetings on Mondays at 9:30 a.m., which is the time the group normally meets at the Center. "We are currently studying 2nd Thessalonians," said Art. "I look forward to talking with the group again and making it available for anyone who would like to attend." If you are interested in joining the Center's Bible study, email Art at [dadgeddes@gmail.com](mailto:dadgeddes@gmail.com). This newsletter provides information about how easy Zoom is to use.

# TENTATIVE UPCOMING CENTER HAPPENINGS

## Community BUNCO Bash

Friday, June 26

Sponsored by Modern Woodmen

## 30th Annual Senior Resource and Health Fair

Friday Aug. 14

Signature Sponsors:

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# New Ways to Connect with Your Health Care Provider

Older Americans who prefer visiting their doctor for regular checkups and other appointments are unable to do so during the coronavirus pandemic, and physicians are concerned that many seniors will become “medically isolated.” To avoid this, doctors nationwide are adjusting, with many offering virtual sessions by phone or video. Medicare beneficiaries will be covered for those



appointments under a new law that expanded telehealth benefits on a temporary basis.

Seniors considering such an option should first check with their health care provider, provider system or hospital app for a telemedicine portal, then download it and follow the prompts. Telemedicine is a reasonable approach in these difficult times, and it can help

to manage many health concerns fairly well.

Here is a helpful video link: <https://www.youtube.com/watch?v=bdb9NKtybzo>. It provides answers to common questions about the Medicare telehealth services benefit. The video comes from the Centers for Medicare & Medicaid Services, which administers the Medicare program and works in partnership with state governments.

## COVID-19 Emotional Support Line Launched

Family & Children’s Services, a Tulsa Area United Way partner agency, is now offering easy, 24/7 telephone help through its Community Outreach Psychiatric Emergency Services (COPES) Team. If you’re having a hard time coping and adapting during this pandemic, their trained mental health professionals are available 24/7 by phone

to support you and help you develop new ways to cope by finding healthy ways to recognize and alleviate anxiety and stress during COVID-19. The agency can be reached at 918-744-4800. Free virtual support groups, links to resources and special edition podcasts are also available at <https://mhaok.org/covid19-resources>.

### Is your broker ignoring you? Let’s talk.



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# The BA Senior Center Needs Your Support



By Lisa Ford, Chair  
Broken Arrow Seniors  
Board of Directors

We find ourselves facing a common enemy – COVID-19 – a global pandemic that has altered every fiber of our community and created an unprecedented-

ed challenge that is not changing week-to-week but day-to-day and hour-to-hour.

COVID-19 is creating new needs, while putting enormous financial pressure on all nonprofits. From medical and public health needs related to the response to economic uncertainty impacting vulnerable populations, the COVID-19 pandemic is creating new and critical unmet needs.

Nonprofit organizations are feeling the pain just like everyone else. Many nonprofits in our community and state are facing increased needs for their services as the coronavirus pandemic affects the health, safety and livelihood of our family, friends, neighbors and co-workers.

The BA Senior Center is no different.

At a time when many of the ways we might typically raise operating funds have been sharply curtailed, our ability to maintain operations and be there for those we serve is under threat. These needs are expanding, not shrinking or

slowing, as we face new and constantly changing challenges. We are sensitive to the reality that businesses, families and individuals are suffering economically.

Please carefully consider your continued support of the Center. It's important, even though our doors are closed, that you continue to pay your dues. If you are in a financial position to do so, you should consider making a separate donation to ensure we can keep serving our members.

You can renew your dues electronically at <http://baseniors.org/membership>.

And if you want to contribute to our mission and help us serve older adults, you can do so at <http://baseniors.org/donate-now>.

Donors support the Center because they believe in our mission. They continue to support the Center because we prove to be worthy of your trust and commitment.

Our staff and our board of directors remain fully committed to serving our

members. We will remain dedicated to fulfilling our mission until – and long after – this global crisis is resolved.

Ami and Sean are working hard every day. They are reachable and responsive to your questions. Likewise, if you have questions, concerns or comments for me or for the board, please reach out to me at [info@baseniors.org](mailto:info@baseniors.org).

On behalf of the board – please stay safe and take care of yourself, your family, friends and neighbors.

**“Donors support the Center because they believe in our mission. They continue to support the Center because we prove to be worthy of your trust and commitment.”**

## Oklahoma Needs You

During this virus outbreak, it's hard to be a good neighbor and offer assistance when you can't go within 6 feet of your friends and neighbors. Oklahomans are looking for ways to respond but are struggling to know how to help.

On April 4, Gov. Kevin Stitt announced the launch of a volunteer initiative called **Ready. Help. Go.** The program will connect courageous Oklahomans to volunteer opportunities in their communities,

once health professionals determine it is safe to do so. The initiative will connect Oklahomans who have needs in today's crisis situation and those who wish to volunteer.

**Ready. Help. Go.** provides a place for Oklahomans to participate in volunteer opportunities. The program is currently in the first phase of gathering information about willing volunteers and their skill sets. The program will support communities throughout the state through the

COVID-19 response and beyond. This initiative will give all Oklahomans the opportunity to help.

Oklahomans who want to volunteer can visit [www.readyhelpgo.org](http://www.readyhelpgo.org) and complete a form with their contact information, skills and interests. Volunteers will then receive emails letting them know about personalized opportunities near them.

**Ready. Help. Go.** is a collaboration between Stitt and the Oklahoma Department of Human Services.

everything going on in the world, our nation and our community, we wanted to let you know we're here for you. Our staff and activity leaders have been working hard to ensure you're well informed and supported during this time.

The doors of the senior center closed on March 16 in an effort to be proactive in keeping members, volunteers, supporters and staff safe. Our mission is to provide a safe place for older adults to be physically active and socially engaged. When we closed the Center, our ability to deliver on our mission required different ideas, different thinking and will no doubt result in significant changes that will be felt long after COVID-19 is history.

It was a difficult decision to make because the Center is important to our members. It was, however, an easy decision to make because our members are important to the Center. We had been planning since the beginning of March to determine how we would change our operation given the potential spread of the virus.

The first thing we could control was noontime meals for our members. We provided lunch every day as curbside pickup. We made this change nearly a week before



it was a mandate from the city of Broken Arrow. At the end of our first two weeks of curbside service, we changed again.

To better protect our members, staff and volunteers, we shifted lunch pickup to once every two weeks – on Wednesday. Members received a box with five frozen meals and a box with five shelf-stable meals. The next pickup is April 15 at 11:30 a.m. at the Center.

If you are over 60 years old and *(Continued on page 11)*

## What Is Zoom, And Why Should You Care?

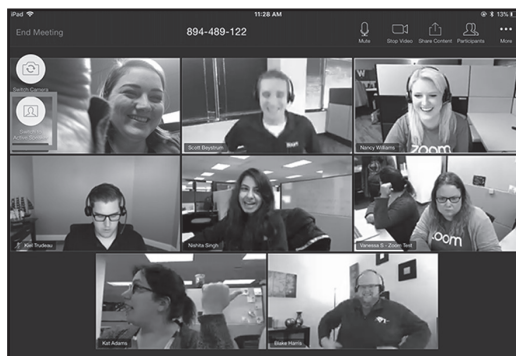
Back in February, most of you probably had never heard of Zoom, a web-based videoconferencing tool that allows users to connect with relatives, friends, co-workers and neighbors – and now activities and programs at the Broken Arrow Senior Center.

Now people are flocking to the videoconferencing software company to keep up with their friends. In case you aren't yet using this valuable tool, here are some tips to get you started.

To use Zoom, you will need a video camera and microphone. Most modern computers, smartphones and tablets have a built-in camera.

If you are invited to a Zoom call, someone probably will send you a link. This usually works well, but it takes a little time to go through the installation process. Planning some extra time before your first call assures you of a smooth start. Plan on being 15 minutes early your first time.

If you need help, check out <https://support.zoom.us/hc/en-us/articles/206175806-Frequently-AskedQuestions> or <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-Video-Tutorials>.



want to take advantage of the nutrition program, please visit [www.baseniors.org](http://www.baseniors.org) to download the form under the nutrition tab. If you need to join the Center, the membership application is in the membership section. Bring the completed form with you when you pick up meals.

Senior Nutrition needs to know how many people are coming, so members should still RSVP at least a day before.

**Important:** Requests to pick up meals on April 15 must be made by 11 a.m. on April 14 by calling 918-835-4160.

If you are without transportation or homebound and need meals, call the number above to request assistance with home delivery.

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

Many activities require access to a computer. This is an opportunity to become technologically savvy! Take advantage of connecting with others by using Zoom for video chats. If you only have a phone, you can join in on a group Zoom chat as well.

If you have a computer with internet access, links to our own Zumba Gold instructor, Linda Few, leading Zumba Gold and Chair Zumba classes, are available to you.

Now is your chance to reap the benefits of line dancing in the privacy of your own home by watching YouTube video links provided by Michelle Howard, our Line Dancing instructor.

Watch Jewelee Houston, our Line Dance for Fitness instructor, on YouTube or Gary Siftar lead our Limited

Exercise class through a link on our website.

You can even play poker with other members, participate in creative writing and novel writing and learn more about crochet. These activities are meeting via Zoom in real time.

If you don't have contact information for someone you would like to check on or just talk with, contact Ami Bucher or myself. Although we cannot provide information to you directly, we will do what we can to connect you with other members. You can reach Sean at [sean@baseniors.org](mailto:sean@baseniors.org) or 405-642-0266 and Ami at [ami@baseniors.org](mailto:ami@baseniors.org) or 918-938-1487.

We're committed to bringing you – our members, volunteers and supporters – together while keeping you safe. We're

creating a world-class virtual experience that will leave you inspired and arm you with practical actions for your community.

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

Stay safe my friends!

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





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