



Broken Arrow Senior Center

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

sean@baseniors.org
www.baseniors.org
f @BrokenArrowSeniors

Hours

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

Friday
Center Closed

Annual Membership

Broken Arrow residents • \$30

Non-residents • \$40

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President/CEO

Sean Simpson

Member Services

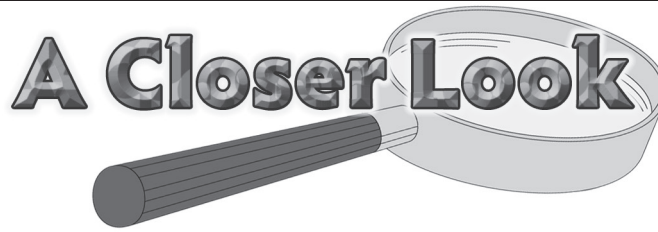
Coordinator
Ami Bucher

Membership Assistant

Marion Hampton

Facilities

Donald Stockton



By Sean Simpson
Broken Arrow Senior Center
President/CEO

The Everyday Stress Of Surviving A Pandemic



Pandemics can be stressful. At least that's what I've been told; this is my first one.

Fear and anxiety about COVID-19 and what could happen can be over-

whelming and cause strong emotions. Social distancing can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of the coronavirus.

Wearing a mask; not wearing a mask. Public safety. Personal freedom. I will get sick. I won't get sick. CDC statistics. My cousin Steve's statistics. The debate continues.

Those last 89 words are the cause of much of my daily stress. Since we reopened on July 6, I am finding ways to cope with stress in a healthy way. Doing so will make me stronger – emotionally and physically. I recommend that you take a moment and collect your thoughts when your stress is building. Remaining calm can help you focus on the things you can control and not dwell on things you can't.

Even after reading that sage advice – even after speaking that sage advice – and even after thinking about that sage advice, I hear my wife's voice saying, "Pottle!" She shortens the "pot calling the kettle black" idiom when I'm guilty of the very thing I'm telling others to adhere to. Basically, she made up a word that sounds nothing like the word "hypocrite."

I'm blessed to have someone to help balance out my life and keep me from falling into a deep, dark, depressing and destructive psychological COVID hole.

It is normal to feel stressed or overwhelmed during uncertain times. Emotions in response to uncertainty may include anxiety, fear, anger and sadness. You also could feel helpless, discouraged and occasionally out of control.

According to the Centers for Disease Control, stress during an infectious disease outbreak can sometimes cause:

- ✓ Fear and worry about your own health and the health of your loved ones, your financial situation or job or loss of support services you rely on;
- ✓ Changes in sleeping or eating patterns;
- ✓ Difficulty sleeping or concentrating;
- ✓ Worsening of

(Continued on page 3)



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IS ESTATE PLANNING ON YOUR SUMMER BUCKET LIST



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chronic health problems;

- ✓ Worsening of mental health conditions;
- ✓ Increased use of tobacco, alcohol and other substances;
- ✓ Trouble focusing on daily activities;
- ✓ Anxiety that turns into feelings of being out of control;
- ✓ Strong feelings that interfere with daily activities;
- ✓ Having emotions that become difficult to manage;
- ✓ Feelings of hopelessness or helplessness.

The Importance Of Self-care

What I have learned the past four months is the importance of self-care. Practicing self-care does not mean you are choosing yourself over your loved one. Self-care doesn't mean that you are selfish.

Self-care is simple. It is taking the time to care about yourself – what I call “a little me time.”

I struggled with that sentiment but soon discovered that taking care of myself is the opposite of being selfish. Then a good friend explained it in terms I could understand. On an airplane, the flight attendants tell us to put the oxygen mask on ourselves first before we help others. Why? If you're unconscious, you are no good to anyone else. So, absolutely, support others, but take care of yourself first.

During these unprecedented times of self-quarantine and social distancing, we must all take steps to ensure we stay healthy. Experts from the CDC and the Mayo Clinic offered the following advice:

✓ **Find a healthy balance** – Limit the time you listen to news about the virus and instead participate in

healthy activities. It's important to engage in a lifestyle that encourages resilience and a healthy balance between work and home life. I took this to heart. Before the coronavirus, I regularly worked 10-to-12-hour days and still didn't get everything done. Now I work and, when I get home and after we prepare dinner, I tend to my vegetable and herb garden for an hour or two.

✓ **Keep perspective** – Use reliable sources such as the Centers for Disease Control and Prevention, the National Institutes of Health and the World Health Organization to find your information. Being educated can help relieve anxiety and speculation. I'd like to think I'm educated and informed on operating a senior activity center in the midst of a pandemic. I listen to the sage advice of physicians, researchers and public health experts. I don't just take someone's word for it based on a Facebook post, what I overhear while filling up the car with gas or what the checker at the grocery store tells me.

✓ **Take care of your body** – Stress can impact many parts of our bodies and can cause shortness of breath, sore muscles and even fatigue. To avoid these side effects, it's important to take care of your body. Deep breathing, meditation and yoga all can help. The BA Senior Center has five or six exercise classes a day – including four yoga classes during the week. If you can't come to the Center, our instructor has recommended courses so you can participate at home.

✓ **Exercise regularly** – It's an important part of staying both physically and mentally healthy. Exercise doesn't have to

(Continued on page 4)

Mental Health Experiences During the Pandemic

A recent Harris Poll gauged participants' mental health experiences and self-care practices during the COVID-19 pandemic. Results showed:

- 80% of participants intended to be more mindful about regular self-care practices after the pandemic;
- 46% reported struggling to find ways to maintain their physical, mental and spiritual health during the pandemic;
- 30% of Americans reported a lack of energy;
- 29% reported difficulty sleeping or exercising less;
- 47% reported feelings of social isolation;
- 64% reported being focused on their mental health now more than ever;
- 44% desired more guidance and support for practicing self-care during the pandemic;
- 35% reported practicing more creative activities;
- 31% reported praying more or engaging in more meaningful conversations with family and friends.

Other findings included:

- 83% reported that technology was essential in helping to maintain social connections;
- 25% reported increased time spent outdoors or increased consumption of healthy foods;
- 55% reported being scared to get health care during the pandemic;
- 45% of all U.S. adults reported that they failed to get preventive health care during the pandemic.

consist of a complicated workout routine at the gym. It can be as simple as taking the stairs instead of the elevator or walking or biking instead of driving. Daily exercise produces stress-relieving hormones and improves your general health. This is essential and is best done outside before the day gets too hot. Get your heart rate up, whether it is at the Center or at home. Even better, do it with a friend, partner or spouse.

✓ **Eat healthy foods** – It will give your body fuel to exercise. By eating mostly unprocessed foods, you can lower your risk of chronic illness and stabilize your energy and mood. When the pandemic hit, I tried to eat my feelings. I might have eaten 10 pounds of jelly beans in one week in April. Thanks to having vegetables

right out my back door and a spouse who loves to cook with me – I’m the sous chef and she’s the chef – eating healthy is easier.

✓ **Get enough sleep** – It’s important in maintaining your physical and mental health. People generally require seven to nine hours of sleep to stay healthy. Turning off your phone and TV about 30 minutes before you go to bed can help you sleep better. Honestly, I have to work on this one. I’m lucky to get five or six hours of sleep a night. I blame it on my wife’s cats – they’re hers, but they like me best.

✓ **Avoid risky or destructive behaviors** – Avoid abusing alcohol or drugs, excessive gambling or ignoring public health recommendations. Check. Check. Check. And check.

✓ **Spend time outside** – Go for a walk in the park, but follow social distancing guidelines. I’ve seen neighbors walking with masks; at the beginning of the pandemic, I made masks at home and passed them out to those who wanted or needed them. We even hang a mask on the front door that we can put on when we go outside or answer the door.

Moving forward, we all need reliable information to understand how best to address our overall health and well-being.

Part of practicing self-care is protecting yourself and others. To that end ... wear a mask! You wear a mask to protect others from you – not to protect yourself.

Just do it. That way I won’t get stressed out.

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When Everyone Counts, Everyone Wins

It's pretty simple – completing the 2020 Census has a positive impact on our community and our state. The City of Broken Arrow, the state of Oklahoma and partners throughout the community want every Broken Arrow resident to be counted in the 2020 Census.

What is the 2020 Census? - The 2020 Census is happening now and counts every person living in the

federal funding flow into communities every year for the next decade. That funding has a major impact on every community, no matter the size, no matter the location. The Census can shape many different aspects of our community, including need for health clinics, hospitals, fire departments, schools, roads and highways and programs that help older Americans like Medicare Part B. Experts estimate each household that doesn't

– not the IRS, not the FBI, not the CIA and not with any other government agency. No one is able to trace your survey answers back to you. The Census Bureau is legally bound to strict confidentiality requirements. Individual records are not shared with anyone. You will not be asked about your financial information or Social Security or Medicare number. Online responses are secured by multiple layers of encryption and isolated from online access as soon as you hit submit.

How do I respond to the 2020 Census?

- All Oklahomans can self-respond to

the 2020 Census by phone by calling 844-330-2020, mailing a traditional paper questionnaire, in-person with a U.S. Census employee or, for the first time, online at www.okletscount.org or www.my2020census.gov. The majority of households received a postcard invitation to respond online to the 2020 Census in March. Those who don't answer will receive the traditional paper form in the mail. If a household still does not respond, the bureau will send a census taker to knock on that door to collect the household's data. One person should respond for each home. That person must be at least 15 years old. They should live in the home or place of residence themselves and know general information about each person living there.

Broken Arrow and Oklahoma are counting on you. If you haven't already, complete the 2020 Census today.

**CENSUS 2020
EVERYONE COUNTS**

**OK, Let's Count!
Census
2020**

United States and the five U.S. territories. Filling out the Census isn't just our civic duty – it's the law. The Constitution mandates that the country count its population once every 10 years. The 2020 Census will mark the 24th time that the United States has done so since 1790. Each home has received a request to respond to a short questionnaire – online, by phone or by mail. You choose how to respond. Everyone residing in the United States gets counted in the Census – children, seniors, minorities, immigrants – legal and illegal – tribal communities, homeless, homeowners, renters, students and workers – everyone.

Why is the 2020 Census important to me? - The stakes are high. The federal government uses census data to help determine important local factors like tax funding and representation in Congress. The results of the 2020 Census will help determine how hundreds of billions of dollars in

complete the Census survey could cost Broken Arrow about \$1,675 in local federal funding per person, per year, for 10 years. In 2016, for example, more than 300 federally funded programs relied on census data to distribute more than \$675 billion to states and localities.

What information will be requested on the 2020 Census? - The Census will collect basic information with nine different questions about the people living in your household. When completing the Census, you should count everyone who was living in your household on April 1, 2020.

When completing the 2020 Census, can I be sure that the information is kept private and it is safe to answer Census questions? - The census takes less than 15 minutes to complete and is legally private. By law, the Census Bureau cannot share respondents' answers with anyone

Impacting Lives Through Vocational Training

The mission of A New Leaf is to provide life skills to people with developmental disabilities and autism,

als reach their full potential.

“A New Leaf and BASC have partnered to provide a vocational training program at the Center five days a week,” according to Broken Arrow Senior Center Director Sean Simpson. “Their clients are part of a safe environment with a focus on developing marketable job skills to increase independence, individual choices and integration into the community.”

“The crew does a fantastic job, and they exhibit tremendous pride in the work they perform,” Simpson added.

Based on each person’s skills, goals, and preferences, participants work alongside a job coach in A New Leaf’s greenhouses; retail locations; three-acre vegetable farm, SEEDS Academy; crafting jewelry; or in one of 13 different community sites such as Broken Arrow Senior Center. Clients improve their quality of life by honing skills,

developing confidence in their abilities to be increasingly self-sufficient and earning a wage.



along with marketable job training through horticulture therapy, community-based vocational placement and residential services, thus increasing their independence and enhancing their individual choices.

Nearly 29,000 people with developmental disabilities living in Green Country experience a myriad of daily challenges simply because of how they were born. Research shows that 85% of adults with developmental disabilities are unemployed, compounding these challenges and often leading to a life of poverty.

The vast majority of this population spends their lives isolated from the community because they don’t have the skills necessary to secure and maintain employment. A New Leaf believes each person has the ability to contribute to society; the organization’s goal is to help individu-

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Ken & Jan Collins

Wear A Mask To Protect Others

A cloth face covering may not protect the wearer, but it may keep the wearer from spreading the virus to others.

COVID-19 spreads mainly from person to person through respiratory droplets produced

when an infected person coughs, sneezes, talks or raises their voice – for instance, while shouting, chanting or singing. These

droplets can land in the mouths or noses of people who are nearby or be inhaled into the lungs. Studies show that a significant portion of individuals with COVID-19 lack symptoms – are “asymptomatic” – and that even those who eventually develop symptoms can transmit the virus to others before showing symptoms.

To reduce the spread of COVID-19, the Centers for Disease Control recommends that all people 2 and

older wear cloth face coverings in public settings around people outside of their household, especially when other social distancing is difficult to maintain. Tulsa recently passed a mask ordinance requiring face coverings.



Why is it important to wear a cloth face covering? Cloth face coverings may help prevent people who

have COVID-19 from spreading the virus to others. Wearing a cloth face covering will help protect people around you, including those at higher risk of severe illness from COVID-19 and workers who frequently come into close contact with other people, such as in stores and restaurants.

The spread of COVID-19 can be reduced when face coverings are used along with other preventive measures, including social distancing, frequent

hand washing and cleaning and disinfecting frequently-touched surfaces.

COVID-19 can be spread by people who do not have symptoms and do not know that they are infected. That's why it's important for everyone to wear face coverings in public and practice social distancing – staying at least 6 feet away from other people.

While cloth face coverings are strongly encouraged to reduce the spread of COVID-19, CDC recognizes that there are instances when wearing them may not be feasible. People who are engaged in high-intensity activities such as running or Zumba may not be able to wear a face covering if it causes difficulty breathing. If you are unable to wear a face covering, consider conducting the activity where there is greater ventilation and air exchange – outdoors, for instance, instead of indoors – and where it is possible to maintain physical distance from others.

Courtesy of the Centers for Disease Control.

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On your first visit to smile.amazon.com, you will need to select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and every eligible purchase you make through AmazonSmile will result in a donation.

Calendar of Events

Monday, August 3

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

10 - 11 a.m. Circle of Readers
 Meeting on Zoom - Please contact Dorothy Minor at DorothyMinor10@gmail.com for more information regarding joining this group.

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2 p.m. Line Dance for Fitness Review
 2 - 3 p.m. Line Dance for Fitness

Tuesday, August 4

8 - 9 a.m. Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Soft Yoga

Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, August 5

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
 11 - 11:45 a.m. Chair Yoga
 Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi

Thursday, August 6

9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Power Yoga

Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, August 7 - (Center is closed)

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

10 - 11 a.m. Creative Writing
 Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

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

Monday, August 10

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2 p.m. Line Dance for Fitness Review
 2 - 3 p.m. Line Dance for Fitness

Tuesday, August 11

8 - 9 a.m. Tai Chi
 9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Soft Yoga

Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
 12:15 - 1:15 p.m. Tai Chi for Better Balance
 1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, August 12

8:30 - 9:30 a.m. Fitness for Ladies
 9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
 11 - 11:45 a.m. Chair Yoga
 Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi

Thursday, August 13

9:05 - 9:50 a.m. Limited Exercise
 10 - 11 a.m. Power Yoga

Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
 1:30 - 2:30 p.m. Intermediate Line Dance

Friday, August 14 - (Center is closed)

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

10 - 11 a.m. Creative Writing
 Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Worried about market volatility? Let's talk.



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Calendar of Events

Monday, August 17

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

10 - 11 a.m. Circle of Readers
Meeting on Zoom - Please contact Dorothy Minor at DorothyMinor10@gmail.com for more information regarding joining this group.

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2 p.m. Line Dance for Fitness Review
2 - 3 p.m. Line Dance for Fitness

Tuesday, August 18

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga

Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, August 19

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi

Thursday, August 20

9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Power Yoga

Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance

Friday, August 21 - (Center is closed)

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

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

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

Monday, August 24

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2 p.m. Line Dance for Fitness Review
2 - 3 p.m. Line Dance for Fitness

Tuesday, August 25

8 - 9 a.m. Tai Chi
9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Soft Yoga

Sponsored by Harmon Insurance

11:10 a.m. - 12:10 p.m. Advanced Line Dance
12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2:30 p.m. Beginning Line Dance

Wednesday, August 26

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11:30 a.m. - 12:30 p.m. Nutrition Program frozen meal pickup
11 - 11:45 a.m. Chair Yoga
Noon - 1:30 p.m. Self Defense and 24 Form Tai Chi

Thursday, August 27

9:05 - 9:50 a.m. Limited Exercise
10 - 11 a.m. Power Yoga

Sponsored by Harmon Insurance

11:30 a.m. - 1 p.m. Beginning Line Dance
1:30 - 2:30 p.m. Intermediate Line Dance

Friday, August 28 - (Center is closed)

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

10 - 11 a.m. Creative Writing
Meeting on Zoom - Please contact Rita Fagan at saltvinegar70@gmail.com for more information regarding joining this group.

Monday, August 31

8:30 - 9:30 a.m. Fitness for Ladies
9:45 - 10:45 a.m. Zumba Gold

Sponsored by Miracle Ear

11 a.m. - noon Yin Yoga
Sponsored by Harmon Insurance

12:15 - 1:15 p.m. Tai Chi for Better Balance
1:30 - 2 p.m. Line Dance for Fitness Review
2 - 3 p.m. Line Dance for Fitness

Craft Buddies - Reaching Out To Others With Art

Rita Belding and Peggy Harris wanted to give seniors an avenue to touch the life of other seniors. After they brainstormed, "Craft Buddies" was born. Every two



weeks, members who want to participate receive a self-addressed, stamped envelope and card to send to another senior.

"Isolation is difficult for many members," Peggy said. "The purpose of 'Craft Buddies' is to connect the people back with

each other so members don't feel so alone. Everyone loves getting something in the mail. This project provides a way for members to stay in contact with each other."

Once a card or letter is sent, the door remains open for

people to stay connected.

"Craft Buddies" received a generous donation of stamps from a member to get the project underway.

The crafting group also continues to touch the lives of seniors who enjoy doing crafts; supplies are delivered to seniors who need them to make specific projects.

If you would like to send a card to another member or receive craft supplies, text Rita at 539-222-1022 or Peggy at 918-231-2223.

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Senior Health Fair Rescheduled For April 2021

The annual Senior Health & Resource Fair is an important event for our members, our partners and the community as a whole. More than 1,000 attendees and 100 exhibitors participate each year.

In speaking with our members, many do not feel comfortable returning to the Center until later in August or September. That's fine because people need to be their own advocates when it comes to keeping themselves as well as their family and friends safe.

The safety of our exhibitors and participants is the No. 1 factor we discussed. Therefore, it is with an abundance of caution that we've made the decision to reschedule the 30th annual Senior Health & Resource Fair until April 9, 2021.

We know that sponsors plan on interacting with attendees, and members and the public look forward to engaging the exhibitors. Our goal remains the same: to offer a quality event that our partners and attendees have come to expect during the last 29 years of



the Center hosting the fair. Under the current circumstances, the staff and our board determined that we could not meet that goal and ensure the safety of all.

The current situation is not ideal, but it is the reality of living in 2020. We hope you can join us on April 9, 2021.

Do You Love To Read?

If you are passionate about reading, discussions and spending time with friends, you might consider looking into the Center's Circle of Readers group. The number of members joining the group continues to grow as they have learned to adapt and meet through videoconferencing on Zoom. The group's discussion plans for the coming weeks include:

Aug. 3: "Meet Me at the Museum," by Anne Youngson – fiction;

Aug. 17: Zoom meeting to discuss other books the group is reading and to connect;

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

If you are interested in joining the Circle of Readers group, email the group's leader, Dorothy Minor, at dorothymminor10@gmail.com.

Nutrition Program Continues

Weekly distribution of frozen and shelf stable foods to seniors will continue during the month of August. Meals can be picked up in the front drive of the Center each Wednesday, beginning at 11:30 a.m. If you are 60 or older and want to take advantage of the program, please call the Tulsa & Creek Counties Senior Nutrition Program at 918-835-4160. Reservations are required and must be made by 11 a.m. the day before pickup.

Nutrition forms are available on the Center's website at www.baseniors.org. If you haven't already completed one, bring the completed form with you on the day of pickup. The suggested donation is \$2 per meal.

Through the BA Senior Center
the Tulsa & Creek County
Senior Nutrition Program served

2,599 Meals
to
106 Seniors

during the month of June.

What Exactly Is Contact Tracing?

Contact tracing is the key to slowing the spread of COVID-19 and helps keep you, your family and your community safe.

Contact tracing is used by health departments to prevent the spread of infectious disease. In general, contact tracing involves identifying people who have an infectious disease and people who they came in contact with and working with them to interrupt the spread of disease. This includes asking people with COVID-19 to isolate and their contacts to quarantine at home voluntarily.

If the confirmed case is symptomatic, the Tulsa Health Department recommends that all close contacts quarantine for 14 days. If the confirmed case is asymptomatic, the 14-day quarantine applies only to close household contacts and intimate partners.

Close contact is defined as being within 6 feet of a person for at least 10 minutes during the person's contagious period. Health personnel consider that to be either 48 hours prior to a positive test or before symptoms manifest.

Each confirmed COVID-19 case on average has approximately 36 close contacts, according to the Tulsa Health Department. Health officials investigate every positive case and help each person retrace his or her steps during their contagious period. Close contacts then are notified that they might have been exposed to COVID-19.

Contact tracing for COVID-19 typically involves:

- ✓ Interviewing people with COVID-19 to identify everyone they had close contact with during the time they may have been infectious;
- ✓ Notifying contacts of their potential exposure;
- ✓ Referring contacts for testing;

- ✓ Monitoring contacts for signs and symptoms of COVID-19;
- ✓ Connecting contacts with services they might need during the self-quarantine period.

Anyone who comes into close contact with someone who has COVID-19 is at increased risk of becoming infected themselves and of potentially infecting others. Contact tracing can help prevent further transmission of the virus by quickly identifying and informing people who may be infected and contagious so they can take steps to not infect others.

Contact tracing begins with identifying everyone that a person recently diagnosed with COVID-19 has been in contact with since they became contagious. In the case of COVID-19, a person may be contagious 48 to 72 hours before they started to experience symptoms.

The contacts are notified about their exposure. They may be told what symptoms to look out for, advised to isolate themselves for a period of time and to seek medical attention as needed if they start to experience symptoms.



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From Our Members' Perspective: Adjusting To The New Normal

Shirleyanne

Shirleyanne hasn't been to the Center since March 11. If you know Shirleyanne, being away from the Center hasn't been easy. She is an extrovert who loves all aspects of being with people – especially “her” people in the crochet group.

“Isolation is not for me,” said Shirleyanne. “I get anxious and depressed when I can't be social.”

We can all identify with those



sentiments, especially these days. If anyone understands why the Center cannot be open for all activities right now, it's Shirleyanne. After all, she is an immune-suppressed individual as a heart transplant recipient. Contracting COVID-19 could be life-threatening. The group, which normally has 30 to 40 members, is choosing to meet outside at the St. Francis Health Park in Broken Arrow.

“We are not throwing caution to the wind,” she added. “We are using common sense by meeting outside, social distancing, using hand sanitizer and welcoming those that want to wear a mask or not. Not everyone is participating, but that's OK. We will eventually be back together at the Center.”

Shirleyanne said the energy gained in the short, weekly crochet get-together has been a game changer for her and others. If you would like to join the crochet group at the park, contact Jean Benzel, the group's leader, at sbenzelsr@yahoo.com.

Rita

Rita decided on a whim to try Limited Exercise the second week the Center began offering fitness

classes in July. The class was not in her repertoire of Center activities she attended in the past.

“I wanted to try Limited Exercise to gain some strength back,” Rita noted. “I mow the grass and clean my house, but I know I've been sitting more since not coming to the Center on a regular basis.”

Although a little nervous about coming to the Center and trying something new, Rita said she was glad to be back seeing people and being active.

“I felt very safe coming into the building. Everyone wears a mask, has their temperature checked and social distancing was followed,” she noted. “The Centennial room was also very cool, which helped me relax.”



Limited Exercise, she realized, was exactly what she needed to build her strength. Rita said that Gary Siftar, the instructor, led the group with exercises while the class sat in chairs or used a chair for balance.

“The exercises were challenging, but I never felt overwhelmed or discouraged. Gary kept us moving, and, before I knew it, the class was over,” Rita said.

She certainly felt that the class was worthwhile and would help meet her goal of being more active and gaining strength. She admitted, however, there was more to it, which surprised her.

“There's something about being with a group of people that motivates me,” she said. “I wasn't prepared to really like exercising. It's seeing and talking with people and moving with a common goal in mind.”

Will Rita return to the Center and to the class?

“Absolutely! I look forward to it now,” she said.

(Continued on page 14)

Alan

Talk to Alan and he'll tell you he is at one-fifth of his "normal." One-fifth you ask? Another way to look at it: 20% of Alan's life has returned to pre-virus status, and he is ecstatic. Alan's 20% of normal is being able to come to the Center to do what he has enjoyed for the last five years, which is tai chi.

"Tai chi is so relaxing," he said. "I have benefited in mind and body from this form of exercise and, even after all this time, I am still learning

and refining my practice. It continues to challenge me, which is something I really enjoy."

Alan waited to come to the Center until the second week of fitness class offerings, knowing that safety procedures would be in place.

"I felt very comfortable returning once I walked into the building," he explained.

Social distancing markers on the floor in Centennial and the fact that he didn't have to touch the sign-in screen, in addition to leaving through a door separate from those entering,

are some of the safety measures in place that made him feel at ease. The 80% of what he is currently missing at the Center, such as the fitness room, doesn't bother Alan.

"I realize that if more activities were offered, it would be difficult, if not impossible, to clean and disinfect all the chairs, tables and items touched to keep everyone safe," he said. "I have regained some of my routine, and for that I am very thankful. We are in a new normal. We need to take life as it comes these days."

Some Answers To Your Membership Questions

The BA Senior Center is a member organization. It is important that everyone who participates at the Center is a member for many reasons. The Center relies on member dues income to help fulfill our mission of providing a safe place with programs and activities to help people 55+ stay physically active and socially engaged.

Your membership form also provides important information in the event of an emergency. Requests for updated membership information are sent in the mail.

Many members renew their

membership while at the Center. During our partial reopening, we are asking members to renew their membership in person only if they are attending a class the Center is currently offering. If you would like to renew at the Center, dues payments can also be placed in the mailbox out front.

Membership renewals can be paid by check, credit card – in person or over the phone – and now through the Center's website at www.base-niors.org by clicking on the membership tab. People who want to join the Center for the first time can do so

online.

Membership fees are charged per year. Members receive a statement in the mail 30 days prior to the renewal month of the membership.

Memberships not renewed by the last day of the month they are due will be canceled and require reinstatement. A new membership form will need to be completed and processed, and a \$10 reinstatement fee will be charged in addition to the annual dues.

If you have any questions regarding your membership, contact the office at 918-259-8377.



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There's More To Yoga Than You Think

When you think about yoga, do you picture someone sitting on the floor in a pretzel-like position, eyes closed with their fingers together? There's more to yoga – a lot more!

The yoga classes at the Broken Arrow Senior Center have grown in popularity, and there are two main reasons why. Yoga is probably one of the best exercise practices for mind and body both for men and women. People in our yoga classes are often dedicated to the practice of yoga because it has, without a doubt, improved their overall quality of life. The second reason has to do with the Center's yoga instructor, Tiffany Tran. We are fortunate to have her on our team. Tiffany has a number of certifications, including level II trauma informed yoga therapy, 40 hour yin yoga, 20 hour hip hop hatha Yoga and 200 hour yoga teacher training. In addition, she currently is working on her 300 hour kundalini training. When she finishes, Tiffany will have attained her 500 hour training – a high standard of training and certification in the world of yoga.

Is taking a yoga class at the Center for you? It probably is, no matter your fitness level because each yoga class Tiffany instructs at the Center is designed just for seniors. Each class is also different and can challenge you wherever you are in terms of fitness. If you find yourself out of step, out of shape or out of patience because of inactivity due to the COVID-19 pandemic or just life, yoga may just be the activity to help you get back in the swing of things. Discover the various types of yoga offered at the Center:

Yin yoga/Mondays, 11 a.m. to noon

Yin yoga is slow-paced and incorporates the traditional principles of yoga with postures that are held for longer periods of time. Yin yoga offers deeper access to the body, targeting our connective tissues, fascia and ligaments, with the aim of lubricating and protecting our joints. The benefits of yin yoga are that it calms and balances the

mind and body, reduces stress and anxiety, increases circulation and improves flexibility and joint mobility.

Chair yoga/Wednesdays, 11 a.m. to 11:45 a.m.

Chair yoga is practiced sitting in a chair or standing, using a chair for support. It is especially beneficial if you have limited mobility. Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress and improve circulation. It also reduces anxiety, helps lower blood pressure, protects joints and builds strength and balance. The main benefits of chair yoga for seniors include improved flexibility, better concentration, increased strength and reduced joint strain. If practiced weekly, chair yoga for seniors can also lead to better sleep and help with chronic pain from arthritis. By improving strength and flexibility, chair yoga can also help seniors avoid falls.



Soft yoga/Tuesdays, 10 a.m. to 11 a.m.

Gentle or soft yoga is far less strenuous than other forms of yoga. It is less intense, so it can be very useful for people who are not capable of fulfilling the demands of other types of yoga. Soft yoga is especially helpful for seniors who are simply looking for a more relaxed workout. This practice can also be beneficial to those who already are quite fit but who lack the overall flexibility to be able to do some of the more intense yoga poses. Soft yoga is also a good place to start if you are interested in exploring yoga as a form of exercise.

Power yoga/Thursdays, 10 a.m. to 11 a.m.

Power yoga offers you ultimate fitness benefits, including increasing overall energy; building up stamina, strength and flexibility; mental calmness; and stress relief. The maximum emphasis of power yoga is on strength-building, muscle-building and weight loss. Power yoga is a great way to keep fit and active. It can keep you essentially fit – both physically and mentally. The Center's power yoga class is designed specifically for seniors.



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