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CENTRAL OKLAHOMA AREA COMMAND  
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# Senior Living Newsletter

SUMMER 2014



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# THE SALVATION ARMY *Senior Living Newsletter*

NEWS FROM THE FIVE SALVATION ARMY SENIOR CENTERS IN CENTRAL OKLAHOMA

SUMMER 2014

## THE SALVATION ARMY SENIOR CENTERS IN CENTRAL OKLAHOMA

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THE SALVATION ARMY CENTRAL OKLAHOMA AREA COMMAND ~ P.O. BOX 2095 OKLAHOMA CITY, OK 73101 ~ 405-246-1100



## A NOTE FROM CAPTAIN CHARLOTTE

**S**ummer, believe it or not, is almost over! I hope everyone was able to enjoy some nice summer days with friends and or family.

As I am finishing up my radiation treatment for my journey with breast cancer, I am reminded of a scripture.

*I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.*

Philippians 4:12 (NIV)

The key phrase in this is, "*I have learned the secret of being content in any and every situation*". Not that I have perfected that secret yet, but I am *learning* to be content.

See, each one of us is promised that "on this earth we will have trouble" by Jesus Himself. And it's a proven fact, that as long as we wear this flesh and bones, we will have trouble with it. But the best part is "the rest of the story" as Paul Harvey would have said. The rest of that scripture promise says, "*But take heart! I have overcome the world*" (John

16:33, NIV). Jesus has overcome the world, death, sin, hell, shame, and all of its troubles, and in *Him*, we have become *overcomers* as well.

So, it's all a matter of perspective. Yes, I was diagnosed with cancer; yes, it has been a hot summer. Yes, we all have troubles of our own. But **In Christ Jesus, we can overcome!** Even if it means He takes us to Glory in Heaven. That is the greatest victory! See, we win the prize then – the prize of seeing Jesus face to face.

Now I don't mean to be morbid, or be a big downer. I just want us *all* to be encouraged! I want each of us to learn the secret of being content in any and every situation we find ourselves. See, if we grumble and gripe about everything, we aren't doing ourselves or anyone else any good. It poisons our mood and the mood of everyone else around us.

When we change our heart and attitude to one of gratitude, *then* we can experience the peace that passes all understanding.

Just like it says in Philippians 4: 4-7:

*Rejoice in the Lord always. I will say it again: Rejoice! Let your gentleness be evident to all. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.*

So my friends **rejoice!** Give thanks with a grateful heart and *He* will give you peace!

Much Love and Grace,  
**Major Charlotte Gargis**  
Associate Area Commander



*And now these three remain: faith, hope and love. But the greatest of these is love.*

**1 Corinthians 13:13**

**G**od has blessed the staff of Senior Programs and surrounded us with people who have enriched our lives and shared their love with us. We rejoice, cry and pray with you. Being at work is not a job but an important part of our lives. We worry about you, laugh with you, scold you, hug you and love you. Your days are planned with activities designed to entertain, educate, motivate, empower and inspire. If you change your normal routine and do not come to the Center as usual, we check on you. Our goal is for your Center to be a second home and we consider you a part of our family.

Every person at Area Command is deep into sorting, trashing, and boxing up the collected “stuff” of many years in the current location. By August 31, we will vacate this location and be ensconced in the beautiful Center of Hope at 1001 N. Pennsylvania. While this is exciting, it is also a time of controlled chaos and the need for flexibility. The Red Shield kitchen is closing and Oklahoma Baptist Men’s Association is setting up their disaster kitchen in the parking lot. Food for the shelters and senior centers will be cooked and served from this location until the

kitchen at 10th and Penn is set-up, inspected and producing meals.

August 22 is the last day staff will office downtown. Monday, August 24 will find us working from various locations until we can actually move into our offices. Internet and phones will be interrupted until September 2.

We are excited as we move into a new era of The Salvation Army Central Oklahoma Area Command. Be looking forward to September and October as tours of the new building are planned for the Senior Centers.

*‘The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace.’*

**Numbers 6:24-26 (NIV)**

Sincerely in Christ,  
**Lisa Sydnor**  
Senior Programs Manager



**GREETINGS FROM  
LISA SYDNOR**

*Those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.*

**Isaiah 40:31**



# AARP OKLAHOMA PRESIDENT: NEW LAW WILL HELP OLDER OKLAHOMANS, FAMILY CAREGIVERS

By Marjorie Lyons • Published: July 9, 2014

By signing Senate Bill 1536 – informally known as the CARE (Caregiver Advise, Record & Enable) Act — Governor Fallin has helped thousands of older Oklahomans and family caregivers. And for that, I want to say “thank you.”

SB 1536, which will become law in November, is one of the most important accomplishments of this legislative session. It’s a simple idea that patients should be allowed to designate a caregiver when they’re admitted to the hospital and those caregivers should be notified and consulted on how to care for the patient after they go home.

As a retired nurse and a former caregiver myself, I know first-hand how this new law will help many older Oklahomans continue to live independently in their own homes.

According to a survey AARP commissioned in February, Oklahomans overwhelmingly supported these ideas. Throughout the legislative process, we heard from thousands of people who live in every corner of the state. They shared their stories, e-mailed and called elected officials and many visited the State Capitol in person to urge lawmakers to pass SB 1536.

AARP volunteers, partners and staff join Oklahoma Governor Mary Fallin as she signs the CARE Act into law at the State Capitol.

Thanks to the leadership of State Senator Brian Crain, R-Tulsa, and State Representative Harold Wright, R-Weatherford, Oklahoma is the first state in the nation to pass a law of this kind that helps patients and caregivers.

Sometimes, I’m asked what AARP does in Oklahoma. SB 1536 is a good example of how we stand up for issues our members care about – supporting caregivers, protecting nursing home residents, fighting for affordable utility rates and working to end hunger. It’s proof that, working together – Republicans and Democrats – we can pass meaningful legislation to help older Oklahomans.

This isn’t the first time AARP Oklahoma has worked to support caregivers – and it won’t be the last. There is always more work to be done. But right now, it’s time to say “thank you” to the Governor and the Legislature for making SB 1536 – the CARE Act – law.

I would invite anyone interested in discovering how AARP is helping Oklahomans discover their real possibilities to consider becoming one of our volunteers by e-mailing: [ok@aarp.org](mailto:ok@aarp.org).

(Marjorie Lyons, a retired nurse who lives in Broken Arrow, is State President of AARP Oklahoma.)

- See more at: <http://states.aarp.org/thank-you-governor-fallin-legislature-for-supporting-family-caregivers/#sthash.NmLgp0fw.dpuf>

*Originally published on aarp.com*

# CITADEL SENIOR CENTER NEWS



Every day is an adventure at the Citadel. New and exciting things are happening like Zumba, outdoor walks, music and movement, and other activities occurring weekly. Other new activities include Wii bowling tournaments, trivia, Jeopardy and a comedy hour. While there are many new things going on, we continue to enjoy bingo, Bible studies, dominos, and coming together in fellowship. Devotions and testimonies every week give us all something on which to reflect.

Our activities this quarter included a trip to the Arts Festival; an ice cream social; Pet Therapy; a Red Hawks game; celebrations for Cinco de Mayo, Mother's Day and Father's Day; and a visit to the 45th Infantry Division Museum. We also had presentations which educated us on Medicare and Senior Safety.

The Senior Living Fair was enjoyed immensely by all who attended. Also, the Citadel Senior Programs participants joined the Boys and Girls Club kids and staff for a cook-out. Majors Carlyle and Charlotte Gargis, Lt. John Autry, Jeff Lara, Lisa Sydnor and Carolyn Ticer joined us for lunch and fellowship. It was a blast!

Sadly, we said goodbye to Lieutenants John and Sharon Autry. They have been called to do God's work in another Corps. Both Lieutenants have been very supportive and loving and our worship time with Lieutenant John Autry every week was inspirational.

We are very excited to have Majors Paul and Deanna Gilliam as our new Corps Officers! Everyone here is looking forward to getting to know them better as they settle into the ministry here at The Citadel.

A few of our members have been going thru a season of difficulty regarding their health and the health of loved ones. During this time, we are reminded that although we have struggles, we also have joy. *"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit"* Romans 15:13.

## THESE 10 FILMS RESONATED WITH THOSE WHO GREW UP IN THE BOOMER GENERATION

by AARP, February 2014

### 10. 'Dirty Harry'

Critics remain divided over the politics of Don Siegel's 1971 cop drama, but you can't argue with the enduring power of Clint Eastwood's Magnum-toting detective; he'd reprise the role in four sequels.

### 9. 'Close Encounters of the Third Kind'

Steven Spielberg's 1977 follow-up to *Jaws* showcased the director at his Spielberg-iest — it's an eye-popping fable of benevolent aliens meeting wonder-struck earthlings.

### 8. 'Jaws'

A sensation in 1975, Steven Spielberg's shark saga of three men in a too-small boat ushered in the age of the summer blockbuster.

### 7. 'MASH'

Robert Altman turned an autobiographical novel about Army surgeons in the Korean War into an anarchic black comedy that spoke to Vietnam-era America.

### 6. 'American Graffiti'

Where were you in '62? Ron Howard, Richard Dreyfuss and the girl in the white Thunderbird star in George Lucas' rock 'n' roll ode to teenage rites in small-town Southern California.

### 5. 'One Flew Over the Cuckoo's Nest'

Milos Forman's film of Ken Kesey's 1962 novel swept the Oscars in 1975 and gave Jack Nicholson one of his most iconic starring roles.

### 4. 'Star Wars'

George Lucas' 1977 space opera launched one of the most profitable franchises in film history and left a Death Star-sized dent in popular culture

### 3. 'Butch Cassidy and the Sundance Kid'

Paul Newman and Robert Redford, later to star in *The Sting*, make an affable pair of outlaws in director George Roy Hill's revisionist Western from 1969.

### 2. 'The Godfather'

Francis Ford Coppola's soaring gangster epic made audiences an offer they couldn't refuse in 1972. It's now ranked behind only *Citizen Kane* in the American Film Institute's list of the greatest U.S. films.

### 1. 'The Graduate'

Plastics! Mike Nichols' second film became a touchstone of the emerging youth culture. Little-known fact: Burt Ward, TV's Robin, was considered for the Dustin Hoffman role.

*Originally published on aarp.com*

*So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day. For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison, as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.*

**2 Corinthians 4:16-18**



# DANFORTH REPORT

**I**t's that time again!

The months have flown by so quickly - it hardly seems that spring has started, but summer is nearly over! As always, we kept busy here at Danforth with trips to the Oklahoma City History Museum, partying at the Citadel, the new Senior Seminar series, and who can forget the Senior Living Fair!

We have new activities including holiday parties; stretching and exercise classes with a professional instructor; Panko; the return of the Sneaky Danforth Scavenger Hunt; and plans are in motion for a jewelry class. We also have the opportunity to visit the Parisian exhibit 'Gods and Heroes' at the Oklahoma City Museum of Art, to ride the riverboats with the Oklahoma River Cruises, and to go on other adventures.

I'm also happy to announce that our

invaluable volunteer Evelyn Jackson has been elected to the Oklahoma City Housing Authority's Resident Council, along with another member of our community, who will be announced at a later date. Congratulations, Evelyn!

Volunteers really are the heart of Danforth and it's thanks to their dedication that the center is such a success. I encourage you to thank them as they teach a class, deliver your tray or keep you hopping at bingo. If you'd like to join as a volunteer, we can always use help in the kitchen, or in bringing your passion for hobbies in new classes or activities.

Let's keep making Danforth the best place to be!

**Steven Leahy**  
Coordinator



*Know that wisdom is such to your soul; if you find it, there will be a future, and your hope will not be cut off.*

**Proverbs 24:14**

# REDING SENIOR UPDATE



**T**here was a lot of rain during the month of April but it did not keep our seniors indoors. The Outlet Shoppes Mall bus picked up the senior shoppers and took them to the mall where they had lunch together and an exciting day of shopping. The Salvation Army buses took us to the Spring Arts Festival where we visited all the arts booths, tasted the food, and listened to wonderful music.

For Mother's Day, the ladies gathered at the center and celebrated with ice cream and music. As a special treat, we sampled some spicy burritos. The Senior Living Fair introduced us to new vendors and refreshed our memory as they explained their services. The Salvation Army Women's Auxiliary came to Reding and performed several songs which was so wonderful. Our seniors enjoyed the foot care services and foot massages by MAYS Home Care. It was wonderful being pampered. This is a very popular activity for our seniors.

On another outing we loaded into The Salvation Army bus and headed to the Chickasaw Cultural Center where we learned all about Native American Culture and History. Reding was so proud that two of our ladies took first and third place in the Poetry Contest. We also had a representative from the Annex Apartments visit.

This has been a very exciting three months here at Reding. The seniors are still talking about the good times we had.

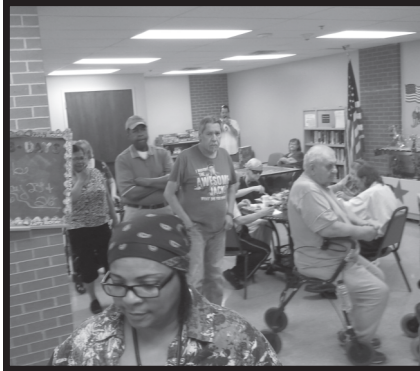
May God continue to bless the seniors at the Reding!

Love,  
**Esther Calhoun**  
Coordinator

*But as for me, behold, I am in your hands.  
Do with me as seems good and right to  
you.*

**Jeremiah 26:14**

# GREETINGS FROM SHARTEL



*Life is short. Break the rules, forgive quickly, kiss slowly, love truly, laugh uncontrollably, and never regret anything that made you smile. — Mark Twain*

**B**lessings and happiness from all of us here at Shartel Towers. We enjoyed all the showers that spring brought us and are grateful for the low temperatures it brought us this summer. The housing authority tilled plots of land and several of the residents are growing vegetable gardens. The rain sure has them looking beautiful. These past few months have been exciting and very interesting. The Senior Living Fair was fun and educational. We loved getting out of the center for a while to mingle with other seniors from around the city and learning about the resources available to us. We had a great time. We also enjoyed a trip to the beautiful Red Earth Festival. The Native American costumes and artwork were beautiful and the authentic foods were so delicious. We can hardly wait to go again next year.

Our volunteer appreciation ceremony was a huge success. We catered and waited on the volunteers hand and foot. They all enjoyed the “royal treatment”. I can’t begin to thank them enough for everything they do in the center. Kathy Ramirez was designated as our special recognition volunteer. She always gives 200% and is a true asset to us.

The personal training students from Heritage College have been coming out to help us get healthy and in shape with senior fitness classes. Vendors have monitored our blood pressure and educated us on various senior health topics to keep us mentally & physically healthy. Maybe before the summer is out we will all be able to get into our bathing suits and lay out by the pool and soak up some sun.!

Until next time, stay healthy and happy. May your joy and peace overflow.

**Deborah King**  
Coordinator



# WARR ACRES NEWS

**W**e can! We did! Here at Warr Acres we celebrated, appreciated and learned new things this spring. It was dazzling, inspiring and delightful. *Jesus said, "I come that they may have life and that they might have it more abundantly."* John 10:10b. The participants experienced just that each day as we focused on total wellness: physically, intellectually, socially, and spiritually.

The calendar was full of events and activities such as Tai Chi, AARP Driving Class, Inspiration Moments, Birthday Bash, House Bingo, Movie Day, Basic Computer Class and so much more. We appreciated our volunteers and celebrated Older Americans Month along with our 3rd Annual Senior Living Fair. In addition, we enjoyed trips to the RedHawks Baseball Game and Gaylord-Pickens Museum.



There was much excitement in the air for our first Senior Programs Fundraiser which was a Sock Hop & Silent Auction held at Warr Acres Community Center. Attendance was good, food and beverages enjoyed and the music really brought back the memories and laughter.

The next three months will be even more exciting!

Blessings to You!

**Arnetta Yancey**  
Coordinator

*Thus says the LORD: "Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches, but let him who boasts boast in this, that he understands and knows me, that I am the LORD who practices steadfast love, justice, and righteousness in the earth. For in these things I delight, declares the LORD."*

**Jeremiah 9:23-24**



## SPECIAL THANKS TO THESE PLATINUM & GOLD SPONSORS OF THE 2014 SENIOR LIVING FAIR



SENIOR NEWS & LIVING



Generations  
Healthcare HMO

## SENIOR LIVING FAIR WAS A SUCCESS

Our Senior Living Fair was a great success! The 3rd Annual Senior Living Fair, held at Langton University – OKC, was on Wednesday, May 14th where more than 150 attendees had the opportunity to talk to over 50 vendors. We would like to express our thanks to all of our wonderful sponsors.

**Platinum Level:** United Healthcare; Baptist Village Communities; *Senior News & Living Newspaper*

**Gold Level:** Carland Properties; Generation Healthcare; Oklahoma Foundation for Medical Quality; Oklahoma Disability & Elder Law Advocates

**Silver Level:** AARP

**Bronze Level:** Habasketry; iMed Supply; Mark Toland Enterprises; Oklahoma Heritage Home Care; Promises, Inc.; Concordia Life Care Community

The 4th Annual Senior Living Fair is scheduled for Wednesday, April 29, 2015. Plan to attend and expand your horizons with activities designed to entertain, educate, motivate, empower and inspire.

*Check out photos from the event on page 14!*

*You have heard that it was said, 'Love your neighbor and hate your enemy.' But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous.*

**Matthew 5:43-45**

### SENIOR PROGRAMS PART-TIME POSITIONS

#### **Warr Acres Center**

Cook: 25 hours per week

Kitchen Assistant: 15 hours per week

#### **Citadel Center**

Kitchen Assistant: 20 hours per week

*For more information & to apply,  
contact Lisa Sydnor at 405-246-1120 or  
[lisa\\_sydnor@uss.salvationarmy.org](mailto:lisa_sydnor@uss.salvationarmy.org)*

## SOCK HOP THOUGHTS

by Dee Freeland

The last few months' labors came to fruition on June 26th with our Sock Hop and Silent Auction. It couldn't have happened without the help of our wonderful sponsors like our Presenting Sponsor, UnitedHealth Care.



Our team worked tirelessly putting together ideas and canvassing for interesting auction items and donations. It was an excellent opportunity to further acquaint neighbors and associates with the Senior Programs and the work we do.

The decorations were the most fun for me. Our Giant Milkshake and balloon arch were fun for all and looked amazing in photographs. The clever use of old 78 records and crepe paper streamers gave us that 50's flair.

The costumes were so much fun. Poodle

### THE SALVATION ARMY MISSION STATEMENT

The Salvation Army, an international movement, is an evangelical part of the universal Christian Church. Its message is based on the Bible. Its ministry is motivated by the love for God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

skirts, neckerchiefs and pony tails, saddle oxfords and rolled up jeans put everyone in the mood for the "Twist" and other dances of the era.

Tony Spano's incredible collection of music kept everyone up on the dance floor from 9 months old to 90; everyone was groovin' to the beat and remembering our teens and school days. Thank you Tony for donating your services for the event.

Hot dogs with all the trimmings, ice cream floats, popcorn and snow cones, provided by Shimmers, added to the fun.

Contests for the best dressed, best dancers and hula hoop mastery were just perfect for the feel of those bygone days. We're so grateful to Humana and Habasketry for sponsoring these activities. Guests are still talking about the fun they had and what a clever idea The Hop was.

At the end of the night, we raised \$1,500 to help with transportation expenses for the different senior center activities.

*Check out photos from the event on pg. 13!*

*"Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing, but rejoices with the truth. Love bears all things, believes all things, hopes all things, endures all things."*

**1 Corinthians 12:4-8**

### LOOKING FOR A PART-TIME JOB?

The Salvation Army Thrift Stores are seeking part-time retail help; 24-28 hours weekly. For more information, call 405-237-3677 ext. 105.



# SENIOR LIVING FAIR SNAPSHOTS



## "A SERVANT'S HEART" (CODE OF SERVICE)

I serve out of gratitude  
and thanksgiving for what  
God has done for me.

I serve not to receive  
status, awards,  
attention or even  
appreciation of man.

I serve with a heart of compassion  
and love,  
without discrimination.

I serve so that I may  
give away the  
blessing which I have  
already received  
in Christ Jesus.

I serve in a way that I may  
become transparent,  
allowing Christ to be seen in  
All that I say. . .  
All that I think. . .  
and All that I do.

### Major Carlyle Gargis

*"A new commandment I give to you, that you love one another: just as I have loved you, you also are to love one another. By this all people will know that you are my disciples, if you have love for one another."*

**John 13:34-35**

## JOIN A SALVATION ARMY SENIOR CENTER!

If you are 55 years or older, don't miss out on all the adventures at your Senior Centers. Your membership is FREE and the ticket to a variety of classes, exercise, bingo, Thanksgiving and Christmas programs, dances, musical performances and trips. Complete an application in one easy step. Membership is your passport to fun and fellowship! If you would like more information, please give us a call at 405-246-1120.

	<b>The Salvation Army</b> For Memorial Information <b>1-800-227-2156</b> PO Box 12600 Oklahoma City, OK 73157	
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## VOLUNTEERS ARE ESSENTIAL



**DOING THE  
MOST GOOD™**  
CENTRAL OKLAHOMA AREA COMMAND  
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Our Senior Programs offer many ways for you to help. Whether it's a one-time project or as a long-term volunteer, we welcome you to our volunteer family. The benefits to mental, physical, and spiritual well-being yield unbelievable results.

Contact a Center near you for more information or call Liz Banks, Volunteer Coordinator, at 405-246-1101 or [liz\\_banks@uss.salvationarmy.org](mailto:liz_banks@uss.salvationarmy.org) for more volunteer opportunities with The Salvation Army.



# SOCK HOP IN PICTURES

