



COMING OF AGE

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Thoughts to Ponder

Every man is wise when attacked by a mad dog; fewer are wise when pursued by a mad woman; only the wisest survive the attack of a mad notion.

Robertson
Davies

April Fool's Day!

State of the State Legislative Process:

There is a different feel this year at the State Capitol. Potential budget shortfalls and a new party in the majority has changed the dynamics in Oklahoma City. In our advocacy role, we must take in consideration the new realities. My personal observations during several visits with legislators this year are as follows:

- 1) Legislators are being inundated with special interest groups who arrive at the capitol for an hour, drop off flyers and disappear until the next year. One-on-one interaction is much more effective than group show of force.
- 2) New legislators have to learn fast and act quickly if they want to have an impact. Many are immediately sponsoring bills, so contact them early.
- 3) Some of the new Legislators are young and relatively new to the government policy arena. It is impossible to expect them to be informed on every issue and they are anxious to be educated.
- 4) Term limits (12 years) mean Legislators with 6-8 years tenure are now considered "experienced." This may mean that leadership will evolve quickly and the people in charge will be constantly changing.
- 5) With a new majority party in power, the process to introduce bills has changed, committee rules have changed, and the priorities have changed. If your advocacy efforts have been aligned in the past with Democrats, now is the time to expand your horizons and get to know a Republican. They care about Seniors, too!
- 6) With the new party there appears to be sense of uncertainty and jockeying for position by all Legislators. Care must be taken not to allow our issues to get undermined by internal power issues.

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The Oklahoma State Legislature is in full swing and there are a number of bills that focus on the subject of Grandparents Raising Grandchildren.

Numerous studies have placed Oklahoma in the top three states where Grandparents are raising Grandchildren.

This is due to Oklahoma's high female incarceration rate, the prevalence of drug use, especially crystal methamphetamine, and the lack of respect for our children by a small minority of parents. Recognition must be given to the legislators of proposed legislation dealing with these issues.



Directors Update

Clark D. Miller

Director, Tulsa Area Agency on Aging

It is encouraging that issues facing Grandparents Raising Grandchildren are on the legislative radar screen this year. Representative Jeannie McDaniel is championing HB 1349 that will establish a Grandparent Caregiver Access to Services Task Force with members from all the state agencies serving grandparents. Grandparents thrust into the role of parent find it almost impossible to access the benefits available from the multitude of state agencies with grandparent programs. In some cases, the agency employees themselves are not aware of the services their very own agency provides to grandparents. This bill will force agencies to work together to provide better access to grandparents seeking answers and assistance.

Senator Corn is sponsoring SB254 that may allow for some court costs to be waived when a grandparent petitions for adoption. It also may allow for home study reports to be waived under some conditions. Senator Gumm is sponsoring SB1201 that will streamline the process of granting custody of a minor child to a grandparent.

TAAA sponsors two Grandparent support groups in the Tulsa area. The first is at Asbury United Methodist Church at 6767 S. Mingo and meets the 1st and 3rd Tuesday from 6:30 – 8:30 pm. The second group meets on the 1st and 3rd Saturday from 10:00 am to noon at the Hutcherson YMCA at 1120 E. Pine. For more information about these support groups, contact Sandie Sullivan at 918.596.7680.

You may track the individual bills at <http://www.lsb.state.ok.us/>. If you have questions or concerns about any bill, feel free to contact the author or your personal Representative or Senator.

Dear Friends,

One very vital function of the Ombudsman supervisors is to provide education to the community about the program's services. In addition to conducting in-service training programs for facility staff and residents, Tulsa's three Ombudsman supervisors are also available to speak to hospitals, corporations, schools, churches, civic groups and other organizations. Ombudsmen cover many topics in the presentations including: Abuse Prevention, Resident's Rights, and Adjustments to Long Term Care, Respecting Confidentiality and Nursing Home Care Plans. For more information, call 596-7688.



April is Volunteer Appreciation Month, and a great time to let our volunteers know how much we appreciate their time, dedication, and work advocating for residents.

For anyone interested in becoming a volunteer, our next New Volunteer Training Dates have been set for Thursday, April 23rd, and Thursday, April 30th from 9:30 am to 4:00 pm. For more information, call Loretta at 596-7657, Sarah at 596-7210, or Lesley at 596-7685.



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7) The Governor's veto power makes that position more powerful than ever.. The Legislature is probably is not in a position to override his veto, so he will have the final say. Remember, you can, and should, contact his office!

Individual advocacy, either for or against an issue, is increasingly important. It seems that fewer and fewer people are getting individually involved. People may join groups or sign a form letter, but that does not have the impact of personal contact. Get to know the issues and personally contact your representatives. You can, and will make a difference!

By Clark Miller



**Have questions or need more information?
Call Tulsa Area Agency on Aging at
918-596-7688 or SENIOR INFO-LINE AT 1-800-211-2116 (in-state only)**

How Old Is Grandma?

One evening a grandson was talking to his grandmother about current events. The grandson asked his grandmother what she thought about the computer age, and just things in general. He asked if she minded telling him how old she was and what things were like when she was a little girl.

The Grandma replied, "Well, let me think a minute, I was born before; television, polio shots, frozen foods, Xerox, contact lenses, Frisbees and the pill.

There were no: credit cards, laser beams or ball-point pens.

Man had not invented; pantyhose, home air conditioners, dishwashers, or clothes dryers.

Man hadn't yet walked on the moon.

Until I was 25, I called every person older than me, "Sir or Ma'am".

And after I turned 25, I still called policemen and every man with a title, "Sir."

I was born before computer-dating, dual careers, daycare centers, and group therapy.

I thought fast food was what people ate during Lent.

Having a meaningful relationship meant getting along with your cousins.

Time-sharing meant time the family spent together.

I had never heard of FM radios, tape decks, CDs, electric typewriters, yogurt, or earrings on men.

I listened to Jack Benny, and the President's speeches on my radio.

If you saw anything with 'Made in Japan' on it, it was junk.

The term 'making out' referred to how you did on your school exam.

Pizza Hut, McDonald's, and instant coffee were unheard of.

There were 5 & 10-cent stores where you could actually buy things for 5 & 10 cents.

Ice-cream cones, phone calls, rides on a streetcar, and a Pepsi were all a nickel.

You could spend your nickel on enough stamps to mail 1 letter and 2 postcards.

You could buy a new Chevy Coupe for \$600 and gas was 11 cents a gallon.

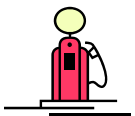
In my day: "grass" was mowed, "coke" was a cold drink, "pot" was something you cooked in and "rock music" was a lullaby.

"Aids" were helpers in the Principal's office, "chip" meant a piece of wood,

"hardware" was found in a hardware store and "software" wasn't even a word.

How old do you think I am?

This Grandma is only 59 years old!"



Senior Tax Rebate Forms

Within the Vision 2025 infrastructure package passed by voters September 9, 2003, a rebate was included for senior citizens. If you received a rebate last year you should have received an application in January. If you did not receive an application or you moved during the year 2008, you can call Tulsa County Office at 596-5000 or you can get one from the Tulsa County Treasurer's web site at www.treasurer.tulsacounty.org, or all public library branches, and by mail or in person from the County Treasurer's office at 500 S. Denver Ave., Room 323, Tulsa, OK 74103-3840.

One rebate per household is allowed. Applicants must be ages 65 or older and have lived in Tulsa County for the entire 2008 calendar year. The rebate period closes March 31.

Senior Day At The Capitol - April 13th, 2009

Once again, Tulsa Area Agency on Aging has arranged for buses to transport seniors from Creek, Osage and Tulsa Counties to our State Capitol in Oklahoma City for "Senior Day at the Capitol." This is your opportunity to meet your legislators and make your voices heard on issues affecting seniors.

This year's theme is "**Call to Action: Stand up for Seniors**"

To reserve your place, fill out the form below and mail to:

Tulsa Area Agency on Aging, Fax to 918-596-7653
175 E. 2nd Street, Suite 480 or email to jtackett@cityoftulsa.org
Tulsa, OK 74103-3208.

Registration deadline is April 3rd. Registrations will be accepted on a first-come, first-serve basis.

CREEK COUNTY: Depart Bristow, Wal-Mart parking lot 6:30 AM return at 3:00 pm

TULSA COUNTY: Depart Tulsa, Sears parking lot, 17th & Yale 6:00 am, return at 3:30 pm

April 13, 2009

SENIOR DAY AT THE CAPITOL REGISTRATION

Name: _____ Age _____
(Print)

Address: _____ Phone _____
(Print)

City _____ Zip Code _____

Departing from (Circle one) Creek County Tulsa County




I understand that Senior Day at the Capitol is a statewide advocacy event for all senior citizens in Oklahoma. I also understand Tulsa Area Agency on Aging and Tri-County Council on Aging provide group transportation to assist senior citizens age 60 and over in order to attend this event. I release Tulsa Area Agency on Aging and Tri-County Council on Aging of all liability either direct or implied.

Signed: _____ Date: _____
(Signature)

Note: Each person MUST sign an individual registration form.

Signs of Possible Decline in Driving Skills

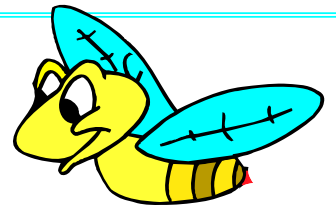
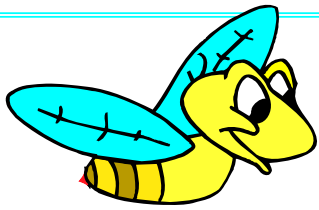
Getting older has many challenges, one of them is realizing that a loved one is at the point when he or she shouldn't drive very much anymore or should give up driving altogether. This is a very difficult decision to make for oneself, much more if the decision must be made for a loved one. However, no one would want to cause an accident or be injured in one. Since it is hard to know when this point has been reached, listed below are 8 signs to look for:

1. A pattern of close calls, violations or collisions, even if they are minor.
2. Increasing difficulty seeing things on the road: Being surprised by passing cars; braking harder than normal for stop lights and signs; running over curbs or going through stop signs. 
3. Decline in physical abilities: Trouble turning head or shoulders before changing lanes; difficulty adjusting to the glare of oncoming headlights; slow reactions; having a hard time keeping centered in the lane.
4. Signs of emotional challenges of driving: Increasingly nervous, frustrated and angry when driving. 
5. Rapid onset of fatigue from driving.
6. Signs of decline in mental abilities: Getting confused in simple driving situations; getting lost; no longer using turn signals or mirrors; hitting the accelerator instead of the brake or vice versa.
7. Increasing confrontations with other drivers who honk their horns, tailgate or pass aggressively.
8. Medical conditions that directly, or as a result of medications, impairs driving: Multiple sclerosis, Parkinson's, Alzheimer's, uncontrolled diabetes, seizure disorders, sleep disorders or ALS (Lou Gehrig's disease). 

Source: Supporting the Mature Driver: A Handbook For Friends, Family Members & Advisors (AgeQuest; \$6.95) by Barbara Spreitzer-Berent.

Saint Francis Hospital at Broken Arrow, located at 3000 S. Elm Pl. Broken Arrow—918-451-5119, has a Driving Evaluation Program for Seniors. Also, The **Kaiser Medical Center**, located at 1125 S. Trenton Ave., 918-579-7100, has an evaluation program that uses a driving simulator.

AAA For Traffic Safety has a booklet called 'How to Help an Older Driver', located on their web site aaafits.org.



Bzzzzzzzz!!

We have Newzzzz!

The Senior Citizens Spelling Bee!!

Thursday, April 16, 2009

Tulsa Area Agency on Aging

Central Center

Centennial Park

1028 E. 6th Street

Tulsa, Oklahoma

1:00 *Sign in and Refreshments*

1:30 *Spelling Bee*

To Register and receive your free study guide, please call;

Jeanne Tackett, 918-596-7688,

Tulsa Area Agency on Aging or

Email jtackett@cityoftulsa.org

Must be 60 years old or up!



IDENTITY SCAM!!!

Tulsa Police Department Detectives have been alerted to a telephone Identity Scam targeting Senior Citizens. The caller is fishing for personal information.

The scam works as follows:

The victim is called by a person who says they he/she is with the IRS. The caller tells the victim that the IRS has discovered an error in the victim's tax return and that the victim is entitled to a \$200 or less refund. The caller will ask the victim to verify their name, date of birth, social security number and other information. The real IRS will not ask for this information over the phone. Detectives would like to remind Senior citizens that they should never give out personal information to an unknown caller.

Tulsa Area Agency on Aging is dedicated to improving the quality of life by promoting **independence, dignity, and health** for senior citizens in Creek, Osage, and Tulsa counties through advocacy, education and support of community-based services.

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Tulsa Area Agency on Aging

(918) 596-7688

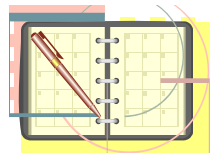
(800) 211-2116

175 East 2nd Street, Suite 480

Tulsa Oklahoma 74103-3208

taaa@cityoftulsa.org

SENIOR CALENDAR



- March 4-6—Minority Conference—Tulsa
- March 9— TCCA Executive Meeting—Greenwood Cultural Cen.
- March 18—TCCA Meeting—Greenwood Cultural Center
- March 19— Osage County Council on Aging
- April 1—April Fool's Day
- April 6—TCCA Executive Meeting -Greenwood Cultural Center
- April 10—Good Friday, Office Closed
- April 12—Easter
- April 13—Senior Day at the Capitol—Oklahoma City
- April 15—TCCA Meeting—Greenwood Cultural Center
- April 16— Osage County Council on Aging
- April 16—Tri-County Senior Spelling Bee—Central Center
- April 23—Ombudsman Volunteer Training, part I, GCC
- April 24-25—Spring Grandfamilies Conference—Oklahoma City
- April 30—Ombudsman Volunteer Training, part II, GCC



Tulsa
A New Kind of Energy.

Tulsa Area Agency on Aging

175 East 2nd Street, Suite 480

Tulsa, OK 74103-3208