

## Memories With Margaret



**Margaret Grass, volunteer**



Margaret Grass, who recently turned 85, has been volunteering at LIFE's Adult Day Health in Broken Arrow for 12 years. A former teacher, Margaret is wonderful with the participants and always has a story to share that gets them involved. She enjoys engaging participants in conversations and sharing with them about their lives, their families and their favorite memories. "We enjoy taking little trips down memory lane," says Margaret.

She first started visiting through the Senior Companion Program, but even after the program closed in Tulsa, she continued to volunteer two to three times every week, averaging 400 volunteer hours a year.

When asked why she continues to volunteer, Margaret said, "I want to give back to this generation (people in their 70's and 80's), especially those whose lives have become narrowed, either because of their disabilities or even just their circumstances. I feel like I am fulfilling my purpose if I can bring them a little joy each time I visit."

If you would like to learn more about volunteer opportunities in LIFE's Adult Day Health program, please call Julie Ryker, LIFE's volunteer coordinator, at 918-664-9000, ext. 277.

Volunteers can share their talents too. We have pianists, violinists, singers, dancers, storytellers and even pets that provide entertainment on a scheduled basis. If you have a talent or hobby, or even just time to share, we would love to have you join us!

### LIFE EDU Upcoming Events

**Laughter Yoga:** Interested in feeling better? Looking for low-impact exercise? Laughter Yoga could be the answer. It is an easy, fun, new and exciting exercise. Try it for improved physical and mental health or just out of curiosity. Free; no Yoga mat required. LaFortune Recreation Center, 5202 S. Hudson Ave., Tulsa. Tuesday, March 14 and March 28, 1-2 p.m.

#### Savvy Caregiver Series

This program is designed to train family caregivers in the basic knowledge, skills and attitudes needed to handle the challenges of caring for someone with Alzheimer's disease or a related dementia. Ask about free respite for this program. Classes are held at LIFE Senior Services in Broken Arrow, 3106 S. Juniper Ave., and facilitated by the Alzheimer's Association, Oklahoma Chapter. Wednesdays, 3-5 p.m. April 5 – May 10.

#### Monthly Meetings for Caregivers:

Led by LIFE's Family Assistance Coordinators, each meeting focuses on a caregiving discussion topic, sharing of tips and mutual support. Respite care is available.

#### Central Tulsa – 5950 E. 31st St.

1st Thursday of each month  
6:00 – 7:30 p.m.

3rd Thursday of each month  
3:00 – 4:30 p.m.

#### North Tulsa – 902 E. Pine St.

3rd Tuesday of each month  
5:00 – 6:00 p.m.

#### Broken Arrow – 3106 S. Juniper Ave.

2nd Thursday of each month  
3:00 – 4:30 p.m.

4th Thursday of each month  
5:30 – 7:00 p.m.

# Welcome Pamela as the ADH site manager at Central

Welcome Pamela Kieslich, the new site manager for LIFE's Adult Day Health at Central. Pam joined LIFE after more than 14 years at Hospice of Green Country, where she most recently served as Director of Operations.

Pam is excited to be at LIFE's Adult Day Health and looks forward to coming to work each day and greeting participants with smiles and hugs. Just like at hospice, she believes that caring for our participants comes first, and hopes that each one enjoys a greater quality of life because of the time spent at LIFE.



**Pamela Kieslich, Central ADH site manager**

Originally from California, Pam first moved to Tulsa in 1981, and this is where her children were born. After relocating to Seattle, WA in 1984, she returned to Claremore in 1990. She now has two adult children and an 8-year-old step-grandson, and is looking forward to the birth of her next grandson in July. She also has a seven-year-old Shitzu named Kali.

Although she loves Oklahoma, and thinks it is a great place to raise kids, she admits that she still misses the California weather.

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## Central ADH becomes a PACE Alternative Care Site

Beginning March 1st, LIFE's Adult Day Health program at Central will be an Alternative Care Site for LIFE PACE.

This is exciting news for Central ADH participants who have wanted to become part of PACE, but didn't want to change ADH sites. With Central being an Alternative Care Site, participants can still attend ADH at Central, and receive their medical care and therapy at the PACE Center at Pine and Lansing. One of the many benefits of PACE is that it provides free transportation to and from the PACE site and to and from all medical appointments.

PACE, a Program of All-inclusive Care for the Elderly, offers comprehensive care that encompasses a wide range of services including, primary and specialty medical care; hospital and emergency care; lab tests and diagnostic procedures; physical, occupational and speech

therapies; prescriptions and medication management; meals and nutritional counseling; personal care; home care; Adult Day Health services and transportation.

The goal of the PACE program is to help older adults age-in-place. By providing personalized care with an emphasis on healthy aging and prevention of falls, the PACE program has been proven to help participants live healthier and reduce hospitalizations.

LIFE PACE accepts Medicare, Medicaid and private pay. The majority of participants enjoy all the benefits of the PACE program, including Adult Day Health services, at no cost.

If you are interested in learning more about PACE and finding out if you qualify, talk to Central FAC Alisha Hill or call LIFE PACE at (918) 949-9969.

# Celebrating Valentine's Day With Singer Bob Taylor



*Bob Taylor entertained with a mix of Sinatra, Bing, Elvis and more!*



*Edna B. loved just listening.*



*Carmalita B. enjoyed dancing too.*

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## Wishing for Spring with the Master Gardeners



*Dorothy and Wilma both enjoyed getting their hands dirty with volunteers from the Master Gardeners program.*

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## Free Tax Assistance

LIFE Senior Services' Tax Assistance Program (TAP) is now offering free basic tax preparation and e-filing for people age 60 and older whose household income is \$54,000 or less. (If the individual is living with their adult children or other caregiver, "household income" only includes the senior's income.) The TAP program saves the individual and their caregiver time, frustration and stress. And, for those who normally have their taxes prepared professionally, most save between \$200 and \$400.

Individuals who come for tax help will also be screened for eligibility for the \$40 Oklahoma State Tax Refund.

Taxes are prepared by IRS-certified TAP volunteers, most of whom have been preparing taxes for LIFE since the program was initiated three years ago. In 2016, LIFE's Tax Assistance Program filed 1,334 returns.

The free tax assistance clinics, which will be held through April 13, are offered at LIFE's Central office at 5950 East 31st St., just west of 31st and Sheridan.

Appointments are required and can be made by calling (918) 664-9000, ext. 273. Since the program is run "by appointment only" there are no long lines and you can be in and out within an hour.



LIFE's Adult Day Health  
5950 E. 31st St.  
Tulsa, OK 74135

LIFE's Adult Day Health programs are nationally-CARF accredited

Licensed by the Oklahoma State Department of Health.

Funding sources include:  
Oklahoma Department of Human Services:

- Aging Services Division
- ADvantage Program
- DDSD Waiver Program

Veterans Administration  
Oxford Respite Vouchers



**Partner Agency**

**Central Tulsa**

5950 East 31st Street, Tulsa

**North of Downtown Tulsa**

902 East Pine Street, Tulsa

**Broken Arrow**

3106 South Juniper Avenue, Broken Arrow

Phone: (918) 664-9000

Email: [info@LIFEseniorservices.org](mailto:info@LIFEseniorservices.org)

Web: [www.LIFEseniorservices.org](http://www.LIFEseniorservices.org)

Facebook: [www.facebook.com/LIFESeniorServices](http://www.facebook.com/LIFESeniorServices)

**Hours of Operation**

Mon. - Fri.: 6:45 a.m. - 6 p.m.

Weekends at Central:

Sat. 9 a.m. - 4 p.m.

Sun. 10:30 a.m. - 2:30 p.m.

## Healthy at Home LIFE PACE

LIFE PACE, a Program of All-inclusive Care for the Elderly, is a comprehensive, coordinated senior health-care program that provides person-centered care for frail seniors. PACE uses a team approach to provide medical, social, nutritional, personal and home care services. Discover how to be Health at Home with LIFE PACE.



**See Page 2 inside for some exciting news about LIFE PACE!**

Learn more by calling (918) 664-9969  
Or visit [www.LIFEPACE.org](http://www.LIFEPACE.org)

