



Noteworthy

EVENTS TO INSPIRE, EDUCATE AND MOTIVATE!

CRUISE DOWN MEMORY LANE AT THE HEART OF ROUTE 66 AUTO MUSEUM

Once a scenic and cultural thoroughfare spanning from Chicago to Santa Monica, the heydays of Route 66 have unfortunately been relegated to a distant memory by interstate highways. Fortunately, a new museum in Sapulpa is here to remind us! The Heart of Route 66 Auto Museum is a 10,000-square-foot facility featuring a cavalcade of vintage cars, exhibits of memorabilia and a gift shop. A 66-foot-tall vintage-inspired gas pump will soon be erected outside the museum as well.

“Over the next few months, you’ll be able to watch as this gas pump is erected. There’s no doubt it will make it easy for people to find us. It’s going to be huge,” says Executive Director Lina Holmes.

Annual memberships are available for \$45 for two people. Regular admission is \$5. The museum is open Monday through Saturday, from **10 a.m. to 4 p.m.**, and on Sundays, from **noon to 4 p.m.**

The Heart of Route 66 Auto Museum is located at **13 Sahoma Lake Road, Sapulpa**. For more information, visit www.heartofroute66.org or call (918) 216-1171.

FEED THE BRAIN AT FOOD FOR LIFE



Did you know that plant-based diets can be a cheaper and healthier alternative to traditional meat-based diets? The goal of the Food for Life program is to empower people who have diabetes, love someone with diabetes, and those concerned about developing the disease with new information and skills. Each class offers a cooking demonstration and provides samples of delicious, health-promoting dishes along with a take-home packet of easy and affordable recipes. The plant-based diet has also been endorsed by the American Dietetic Association and described as a safe choice in the 2009 American Diabetes

Association’s Standards of Care for Diabetes. The information in this program will benefit any person who has considered a plant-based lifestyle.

This program is free to attend and scheduled for **Saturdays in October**, starting **Oct. 1**, from **10 a.m. to noon** and **1 to 3 p.m.** (two identical sessions) at **LIFE Senior Services Broken Arrow, 3106 S. Juniper Ave., Broken Arrow**. A reservation is required. For more information, contact Mickey Hinds at (918) 664-9000, ext. 8325.

CELEBRATE THE CENTRAL LIBRARY AT ONE BOOK, ONE TULSA



In conjunction with the Mental Health Association Oklahoma’s 2016 National Zarrow Mental Health Symposium, the Tulsa City-County Library is offering a communitywide reading initiative focused on the nonfiction book *The Soloist: A Lost Dream, an Unlikely Friendship and the Redemptive Power of Music* by Steve Lopez and the themes of mental illness and homelessness.

In this poignant, beautifully told story, Lopez recounts his real-life encounter and friendship with Nathaniel Ayers, who 30 years earlier had been a promising classical bass student at Juilliard. He is ambitious and charming, until he gradually lost his ability to function, overcome by schizophrenia. When Lopez meets him, Ayers is homeless, paranoid and deeply troubled, but glimmers of that brilliance are still there.

After reading the book, expand your “One Book, One Tulsa” experience by meeting the author and seeing the movie adaptation – all while getting a sneak peek at the renovated Central Library before it officially opens to the public!

Lopez will discuss *The Soloist*, answer questions from the audience and sign books at a free presentation on **Wednesday, Sept. 28**, from **7 to 8:30 p.m.** Copies of the book will be available for purchasing.

On **Thursday, Sept. 29**, Central Library will host a free outdoor showing of the movie

adaptation of the book, from **7 to 9 p.m.**, in the new A.R. and MaryLouise Tandy Foundation Children’s Garden. The movie is rated PG-13. Bring a blanket or lawn chair to sit on. “One Book, One Tulsa” is free to attend with all events occurring at the **Central Library, 5th St. and Denver Ave., Tulsa**. For more information, contact Jackie Hill at (918) 549-7389.

After attending these events, make plans to join Tulsa City-County Library for the official grand opening of the new Central Library on Saturday, **Oct. 1 at 11 a.m.** The spectacular grand opening will feature fun for the entire family.

COMMUNITY INFORMATION & ASSISTANCE TRAINING FOR AGING SERVICES PROFESSIONALS



LIFE Senior Services’ Community Information & Assistance Training (CIAT) is the must-have training for care and case managers, social workers, behavioral health professionals, home care administrators,

discharge planners, senior housing coordinators and others working in aging services. LIFE’s CIAT is a multi-day training that provides helpful and current information about local, state and federal government agencies serving seniors and caregivers; home and community-based services in our area; how to better communicate with someone with Alzheimer’s or a related dementia; and ethical practices and procedures. In 2016, CIAT will offer a total 17.5 continuing education credits for a variety of professional licensures.

To learn more about CIAT, including its continuing education credit offerings or pricing, visit the “Events & Seminars” page at www.LIFEseniorservices.org or contact Mickey Hinds at (918) 664-9000, ext. 8325.

CIAT 2016

- **Government Agencies and Assistance:** Friday, September 16, 8 a.m. – 4 p.m.
- **Home and Community-Based Services: Resources for Seniors and Caregivers:** Thursday, October 20, 8 a.m. – 4:30 p.m.
- **Alzheimer’s Communication Strategies and Ethics:** Friday, December 9, 8 a.m. – 3:45 p.m.