



STAYING CONNECTED WITH HELP FROM SOCIAL MEDIA

Less than 20 years ago when you returned home from vacation, there was a laundry list of items to complete before you could really feel like you were settled. A pile of mail to sort through and bills to pay, phone calls to family announcing your safe arrival home, trips to the photo developer to drop off your film from the camera, and then maybe penning letters to family regaling the tales and excitement of your trip.

Today, it's possible to skip a lot of the "to-do" hassle. Now, you can pay all your bills online. And there's an entire generation who will never remember the photo developer kiosks in the grocery store parking lots because photos can be uploaded straight from your phone to any photo department. Plus, with the growing use of social media tools, it's now possible to share our vacations (and our entire lives) with loved ones all over the world, with just a click of a mouse.

GET ON BOARD

Smartphones, laptops, Wi-Fi, tablets, Twitter, Facebook, Pinterest, oh my – it's nearly too much to keep up with. But for so many, it's becoming a way of life. AARP has an important message for older adults living in this evolving social media age. And that message is, "Get on board!" From staying in touch with friends and family, to learning new skills, to engaging with people who share your hobbies, the world is your oyster in regards to social media.

According to the Pew Research Center, seniors in the U.S. are finally climbing aboard the social media train. In 2013, 43 percent of Americans over 65 use at least one social networking site, compared with only 26 percent in 2010 and a measly one percent in 2008.

A PLETHORA OF SOCIAL MEDIA PLATFORMS

Seniors are using a variety of social media platforms; however, Facebook takes the cake in terms of popularity. A rapidly growing 56 percent of adults 65 or older are now using Facebook to stay connected with friends and family. The same survey shows that 21 percent of adults 65 or older use LinkedIn, 10 percent use Twitter and only six percent use Instagram (a photo sharing site).

Caroline Abbott, legal outreach coordinator at Mental Health Association Oklahoma, remarked, "I'm over 65 and love Facebook. It's more personal

and faster than letter writing, more capable of incorporating other media (like videos and pictures), and thus more textural than phone calls. Phone calls require both participants to be available simultaneously or suffer the frustrations of phone tag. Facebook offers immediate chats, private messaging and wall posts as options for communicating, depending upon participants' congruent timing and need for privacy."

Another Facebook fan, Becki O'Rear, a 63-year-old grandmother from Bartlesville, Okla., said "I love Facebook, Twitter and Instagram. I am able to reconnect with old friends and watch the next generation of my family grow up. It's been a wonderful tool for me."

According to Nancy Shively, IT Training Coordinator at the Tulsa City-County Library, Facebook is a great tool for sharing life experiences with friends and family the world over, displaying photos, engaging, networking and learning. "I set up a private Facebook group with my first cousins that has helped us all reconnect. The group led directly to a reunion, and I saw some cousins I hadn't seen in 40 years," Shively said.

ATWITTER FOR TWITTER

Twitter, another popular social media platform, enables users to send and read short 140-character messages called "tweets." You can share important (and not-so-important) life moments with loved ones using photos and short messages.

Twitter is also useful for sharing information in a quick and timely manner. "My four grown kids all live in different parts of the state," Shively explained. "My oldest son and his family live in Moore. During the Moore tornado, I used Twitter to keep up with what was going on there. I also follow news and weather outlets in the areas where my children live."

WORKING WORLD

More and more older adults are choosing to stay in the workforce or return to the workforce after retirement. Socializing and networking on LinkedIn – the world's largest professional network – could help you kick start that second career you've always dreamed about. It could also help you get back in to the swing of things after a sabbatical. Furthermore, the site allows you to keep up with employment trends and industry advancements, as well as connect with former colleagues, mentors and educators.



FACEBOOK

Stay connected with friends and family members.

www.facebook.com



TWITTER

Enables users to send and read short messages called "tweets."

www.twitter.com



LINKEDIN

A professional networking site for the workforce and trends.

www.linkedin.com



PINTEREST

Upload, save and manage "pins" on your inspirational pinboard.

www.pinterest.com

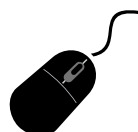
PUT A PIN IN IT

According to a Pew Research Center study conducted in 2014, 17 percent of adults 50 and over who use the Internet also use Pinterest. Pinterest is a free website that allows users to upload, save, sort and manage images (known as pins), and other media content, such as videos, through collections known as pinboards. It's basically a virtual bulletin board where you keep all the interesting things you find on the Internet.

Shively said, "I share a couple of boards with my youngest daughter – one with wedding ideas, the other with ideas for cheaply furnishing her first apartment. With one of my daughters-in-law, I share a board of ideas for things she would like me to knit for her two sons. Pinterest has also become quite popular among genealogists. In fact, pick any hobby and someone has a Pinterest board about it."

Social media certainly has its perks. It is now easier than ever to stay connected to family and friends, regardless of their physical location. However, taking on the task of learning something new can be daunting. Shively remarked, "My experience has been that you have to show seniors how social media will benefit them personally, in order for them to take on the learning curve required. But once they are convinced, watch out!"

by Joey Mechelle Stenner



NOT SURE WHERE (OR HOW) TO START?

Learn about upcoming social media classes on page 20.

INTERNET SAFETY FOR SENIORS

The web can be a fun place to explore, but it can also be dangerous. It's important to remember the value of Internet safety.

- Make sure your computer has updated security software. Enable the auto-update on the software, so you always have the latest version.
- Create strong and unique passwords using upper and lower case letters, numbers and special characters (e.g. @, #, !, \$, *). Don't ever give your password to anyone online.
- Research each social media site's privacy settings. Facebook allows users to "hide" their posts from everyone except their approved friends.
- Don't automatically install software because it is free. It could be riddled with spyware and viruses.
- Be wary of opening attachments from unknown sources. Attachments (even if they are sent from someone you know) may have viruses.
- Phishing scams try to get you to give away personal information, like bank account information or Social Security numbers. Fraudulent emails claiming you have won money or asking for help are commonplace. Delete these emails and move on.
- When using online banking, be sure to only enter your information into security-enabled sites. Check to make sure the site is security-enabled by looking at the URL. It should start with https://, not http://.

Source: www.senioradvisor.com

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ONE TABLET, ENDLESS BOOKS: HOW READING WENT DIGITAL

Cracking open a book, thumbing through the pages, taking a deep whiff of that fresh book smell (or the musty scent of history in the case of an older one) ... these are the sensory experiences that come with printed books.

In contrast, the advantages and benefits of e-books, e-readers and tablets are increasingly clear. For one, e-books are instantaneous. Most anything you could want to read can be at your fingertips in a matter of minutes.

According to the Pew Research Center, as of January 2014, some 76 percent of adults said they had read at least one book in the past year. Of those 76 percent, nearly seven out of 10 adults (69 percent) read a book in print, while 28 percent read an e-book and 14 percent listened to an audiobook. Nine percent of readers said they read books in all three formats.

A Pew Research Center Internet survey from January 2014 suggested that some 32 percent of adults own an e-reader, like a Kindle or Nook. Women are more likely than men to have read books on their e-readers or tablets, and 53 percent read books weekly on digital reading devices.

USA Today published a poll that showed that adults age 40 or older are leading the way in changing how Americans read. Thirty-one percent of adults 40 or older say they read more since getting an e-reader.

According to Jennifer Greb, customer care manager with the Tulsa City-County Library, Tulsa seems to be experiencing the same shift in reading habits. “We are definitely seeing a trend of more people wanting e-books

and downloadable audio books,” Greb explained. “The library is investing in more digital products as the demand increases.”

PROS OF E-READING

Portability: Most e-readers weigh less than eight ounces. That means you can carry a light-weight virtual library anywhere you go.

Convenience: If you have an Internet connection and a form of payment, you can randomly decide to read most any book.

Cost: New releases and many older releases tend to be cheaper in e-book form than in print form. This can be a blessing to those on fixed incomes who love to read. If you have a library card, thousands of digital magazines, newspapers and books are free of charge.

Access: Many classic books have entered the free domain realm, which allows Kindle, Amazon and other digital book sources to offer them at no cost.

Some e-reading enthusiasts have claimed that e-reading is easier on the eyes because the ambient light can be lower and the font size can be increased. Greb agreed, “We are seeing a lot of older adults with e-devices. Readers have the ability to change font, brightness and contrast. For instance, many people enjoy reading white text on a dark screen, and you can do that on an e-reader.”

According to one commenter on a recent Facebook poll about e-readers, “My mom is 90 years old and has recently been diagnosed with macular degeneration. She has some blind spots in her vision, which makes reading (one of her favorite activities) difficult. After consulting with low vision specialists, she was set up to use an iPad as her e-reader with enlarged print. It has allowed her to enjoy reading again.”

Another Facebook commenter said, “My stepdad lost an eye in Vietnam. He has such poor vision in his remaining eye that he has to use something like a little telescope to see. As a result, he hadn’t read in decades. My sister bought him a Kindle and once they figured it out, he’s been reading non-stop – over 50 books in the last year. It’s a wonderful invention.”

INEVITABLE CONS OF E-READING

Sharing: It’s harder to share your favorite books with friends and loved ones. There is such pleasure derived when you lend a treasured book to a special person. There is a way to share books through Kindle, but it’s simply not the same.

Collecting: Book lovers the world over fall in love with not only their books, but their bookshelves. Reading, holding, smelling and savoring the experience of books is something that an e-reader simply cannot replace.

Bathtub Reading: It just isn’t the same with an e-reader. If you do decide to read in the bathtub with your e-reader, be careful. It’s hazardous and expensive to replace your device should it get wet.

IT’S ALL ABOUT THE CONNECTION

“In the end, reading is reading, and it’s all about the connections the reader makes,” Greb explained. “Whether it’s a hardback or an e-book, it’s all about reading. The Tulsa City-County Library wants to make reading easy, and we will make books available to Tulsans in all formats. The goal is connecting.”

For those who e-read, the Tulsa City-County Library is always open – regardless of whether it’s midnight or you’re on a beach half a world away. If you have a library card, an Internet connection and an e-reader, you have access to thousands of titles instantly.

by Joey Mechelle Stenner

LIFE’S E-BOOK CLINIC WITH TULSA CITY-COUNTY LIBRARY

Bring your library card, plus your e-reader, tablet or smartphone and learn how to check out and download free e-books from the library’s collection. If your device must be connected to a computer to transfer books and you have a laptop, bring that, too. You will learn about the setup, checkout and downloading process of an e-book from one of the library’s online services.

Tuesday, July 21 • 10 a.m. – noon
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GET TECH SAVVY

LOCAL HOW-TO CLASSES



So you're not a tech guru. Luckily, you don't have to be in order to take advantage of technology's endless benefits. With a little bit of help, you'll be surfing the Internet, connecting with family and friends via social media, and so much more!

Tulsa City-County Library • Hardesty Regional Library 8316 E. 83rd St., Tulsa

Do your computer skills need an upgrade? Designed for people age 55 or older who want to learn computer skills in a relaxed, encouraging atmosphere, each session builds on the one before. Classes are free, and registration is required. To register for individual classes or the Computers for Seniors series, call (918) 549-7550.

- **Really Basic Computer Class - Thursday, July 2 • 1:30-3:30 p.m.**
- **Computers for Seniors Series - Wednesdays in July • 1:30-3:30 p.m.**
 - ❖ Hardware Bootcamp - July 1
 - ❖ Internet Basics - July 8
 - ❖ Fun with Files - July 15
 - ❖ Email 101 - July 29
- **Social Media for Seniors - Thursday, July 23 • 1:30-3:30 p.m.**

Registration required for the entire series.

Tulsa Community College • Multiple Locations

TCC offers a variety of computer education classes, including Introduction to Personal Computers, which is designed for the complete novice. Other classes offered include introductions to Microsoft Word, Excel and PowerPoint. Courses may be available for audit and tuition waiver (age and residency requirements must be met). For more information about classes and upcoming class dates, call (918) 595-2000 or visit www.tulsacc.edu.



Tulsa Tech • Multiple Locations

Tulsa Tech offers an Introduction to Computers class, designed especially for the beginner. The college also offers a Computer Essentials for the Beginner class, which according to the class description, allows beginners to ease their way into computers by helping them set up an email account, learn to browse the Internet and understand Facebook. For more information about classes, upcoming class dates and tuition costs, call (918) 828-5000 or visit www.tulsatech.edu.

Jenks Community Education • Jenks High School 205 E. B St., Bldg. 6, Room 124, Jenks

Jenks Community Education offers two computer skills classes for senior adults. Computers and Internet for Beginners teaches attendees how to operate the mouse, browse the Internet, use email and download pictures. The Exploring the Internet class introduces participants with basic computer skills to major websites, email and Facebook. Classes are not held during the summer, but will resume in September. Jenks Public School District residents aged 62 or older receive a 10 percent discount on class fees. For more information about the classes, upcoming class dates and associated costs, call (918) 298-0340 or visit www.jenkscommunityed.com.

LIFE's E-Book Clinic With Tulsa City-County Library LIFE Senior Services • 5950 E. 31st St., Tulsa

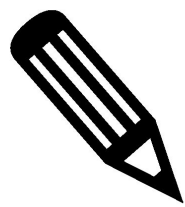
Bring your library card and your e-reader, tablet or smartphone and learn how to check out and download free e-books from the library's collection. The class will walk you through the setup, checkout and downloading of an e-book. This free class is scheduled for Tuesday, July 21 from 10 a.m. to noon. To reserve your spot, call (918) 664-9000 or visit www.LIFEseniorservices.org.

Senior Centers • Across Green Country

LIFE's Senior Centers at East Side and Southminster both offer computer and Internet access to center members. Southminster also has six computer tablets available for use, and will be offering instructional courses on how to use the tablets throughout the summer and fall. For more information on LIFE's Senior Centers, call (918) 664-9000 or visit www.LIFEseniorservices.org.

Broken Arrow Seniors offers its members access to computers, as well as a variety of computer classes, including classes about Microsoft programs, like Word and Excel. Classes on Windows Explorer, Google Gmail and Internet Explorer are also offered. For more information on Broken Arrow Seniors, call (918) 259-8377 or visit www.baseniors.org.

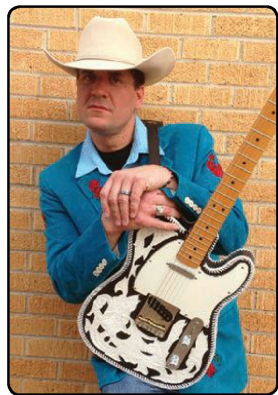
by Erin Shackelford, Managing Editor



Noteworthy

EVENTS TO INSPIRE, EDUCATE AND MOTIVATE!

Round 'Em Up for an Afternoon at the 13th Annual Senior Star Round-Up



Seniors throughout the Tulsa area are invited to a special afternoon of live music and dancing at the historic **Cain's Ballroom, Sunday, July 12, 2 to 5 p.m.** The Senior Star Round-Up has become an annual tradition for

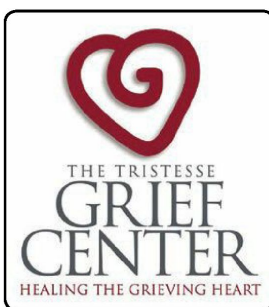
hundreds of older adults, many of whom have fond memories of Cain's and Bob Wills. For the first time ever, the headliner for the afternoon will be national singing star Johnny Rogers, who will perform legendary songs from Johnny Cash, Waylon Jennings, Willie Nelson, Hank Williams, Buddy Holly, George Strait, George Jones, Merle Haggard and many more. Johnny Rogers is an outstanding musician and one of the most versatile performers in America today. He is best known for his amazing portrayal of rock pioneer Buddy Holly. The afternoon entertainment will also feature a local favorite, The Round Up Boys. The event is hosted by Senior Star Living and their senior housing communities at Burgundy Place, Woodland Terrace, The Arbors and Plantation House. Tickets for the event are \$10 each and will be sold in advance, **Monday through Friday, 9 a.m. to 4 p.m. at Senior Star at Burgundy Place, 8887 S. Lewis Ave., and Senior Star at Woodland Terrace, 9524 E. 71st St.,** as well as at **LIFE Senior Services, 5950 E. 31st St.** Tickets can also be purchased at the door. **Doors open at 1:30 p.m.** For more information about the Senior Star Round-Up, call Rickye Wilson at (918) 664-9000.

Share Comfort Through Your Voice with the Threshold Choir, Tulsa Chapter

Like a mother's lullaby, the Tulsa chapter of the Threshold Choir blends their voices to help bring similar comfort to Clarehouse patients nearing death. This women's a cappella choir, whose mission is to bring ease and comfort through song to those at the threshold of life and death, provides a calm presence to clients, family members and caregivers using gentle voices, simple songs and sincere kindness. Although the group practices as a whole unit, they often visit clients in groups of two to four singers and choose songs based on the client's musical taste, spiritual direction and current receptivity. Many of the soothing songs offered are short and repetitive, making them easy to learn and remember. Also, a number of the songs were composed by Threshold

Choir members from around the globe. Client sessions are provided as a free gift and typically last about 20 minutes. While the Tulsa Threshold Choir is firmly rooted in the local community, this group is part of a larger international organization with chapters as far away as New Zealand. The Tulsa Threshold Choir is inviting new members of all ages, and is interested in expanding their reach into other local hospice organizations. The group practices **Mondays at 4:30 p.m.** For more information or to join, call Joyce Shank (918) 622-1954 or visit www.thresholdchoir.com.

Art for Heart's Sake: Popup Art Gallery Benefits Grieving Youth



Even though The Tristesse Grief Center's annual fundraiser, ARTSCAPE, has come and gone, local art donations have kept pouring in, paving the way for a unique popup art gallery that may make

Monday the new "fun day." Art for Heart's Sake, a new popup art gallery, features works from local artists that showcase expressions of love and hope. All of the displayed art is for sale, and proceeds benefit Healing Hearts Camp, Oklahoma's first no-cost, overnight grief camp for kids and teens. Art for Heart's Sake is being hosted at The Tristesse Grief Center and is open **Mondays, 9 a.m. to 5 p.m.,** throughout the summer. For more information, contact Carolyn Yoder at (918) 587-1200 or carolynyoder@thegriefcenter.org.

Genealogy Tips and Tricks: Preserve Your Family's Heritage for Future Generations



Join Tulsa City-County Library's Genealogy Center for its 15th annual Family History Month series, which will feature a variety of programs for new genealogy researchers and longtime enthusiasts alike. From beginning genealogy to more in-depth topics, such as the immigration process and how to follow a family as they migrated, there is sure to be a topic to help you overcome any hurdles you may face while plotting your family tree. The series also will feature workshops presented by renowned national speaker and certified genealogist Mark Lowe. Lowe's presentations are sponsored by the Tulsa Library Trust. All series workshops will take place at the **Hardesty Regional Library, Frossard Auditorium, 8316 E. 93rd St., Tulsa.** The workshops begin **Saturday, July 11** and run through **Sunday, July 26.**

- **Beginning Genealogy Workshop – Saturday, July 11 • 9:30 a.m. – 1 p.m.**
Learn how to start researching your family history.
- **Ancestry Tricks & Tips – Saturday, July 11 • 2 – 3 p.m.**
Ancestry is one of the most widely used genealogy databases, but are you getting the most out of it? Learn some new tips and tricks to help further your research.
- **The Immigration Process & the Records it Created – Saturday, July 11 • 3:15 – 4:30 p.m.**
Locating ancestors in immigration records can prove challenging. Take an in-depth look at the immigration process and the records it created.
- **HistoryGeo.com: Unlocking the Past with Original & 19th Century Land Owner Maps – Saturday, July 18 • 10 a.m. – noon**
Learn what is new at www.historygeo.com. See a demonstration of how best to use the many tools on the site, and learn how the First Land Owner's project solves genealogy mysteries.
- **Gateway to Oklahoma History – Saturday, July 18 • 3 – 4 p.m.**
The Oklahoma Historical Society is digitizing Oklahoma's newspapers. Discover the wealth of genealogical information available at your fingertips from this free online database.

For a complete list of classes, visit www.tulsalibrary.com

Don't Let Osteoporosis Slow You Down, Free Screenings in July

As your body ages, you may be faced with new health conditions, such as osteoporosis. This condition, which is characterized by brittle or fragile bones, is due to loss of tissue caused by hormonal changes, as well as calcium or vitamin D deficiencies. Osteoporosis can weaken bones and put seniors at risk for breaks and fractures, which can threaten their health and independence. Some common risk factors for osteoporosis include poor diet, physical inactivity, smoking, medications and low body weight. With screening and early diagnosis, osteoporosis can be treated, lowering the risk of future breaks and complications from falls. LIFE's Senior Center at East Side and Tulsa Bone & Joint have teamed up to offer a limited number of free osteoporosis screenings on **Thursday, July 16, 8:30 a.m. to 3 p.m., at LIFE's Senior Center at East Side, 1427 S. Indianapolis Ave., Tulsa.** Each screening takes only 15 to 20 minutes, and is valued at \$135. Appointments are required and can be made by calling (918) 744-6760.