

CLAREMORE SENIOR CITIZENS CENTER

FELLOWSHIP • FOOD • FUN



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WORD OF THE MONTH: RESPITE

Refers to a short period of time when someone is able to stop doing something that is difficult or unpleasant, or when something difficult or unpleasant stops.

Blood Pressure checks are the first Tuesday of each month, provided by Cherokee Nation.

They are here from 9:30-12:00

We also have blood pressure and glucose checks the 4th Tuesday of every month, provided by Your Choice Health Care. They are here from 9:00-12:00. These will be located in the bridge room.

CONTACT

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Website: www.claremore.com

Facebook: [claremoreseniorcitizenscenter](https://www.facebook.com/claremoreseniorcitizenscenter)

HOURS

Monday - Friday

8 a.m. - 4:45p.m.

WELCOME & CENTER INFORMATION

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DIRECTOR

Stacey Dowden

ASSISTANT DIRECTOR

Jenny Jones

CHEF

Jackie Hemphill

KITCHEN ASSISTANT

Patricia Loraditch

KITCHEN AID

Brinkley Patterson

JANITORIAL

David Dempsey

KITCHEN AID

Gayle Phillips

JANITORIAL ASST.

George Wright

JANITORIAL/KITCHEN

Leonard Breitling

A NOTE FROM THE DIRECTOR— STACEY DOWDEN

HOW TO PROTECT YOURSELF FROM BEING A VICTIM OF FRAUD AND SCAMS AS A SENIOR CITIZEN.

Statistics reveal more people are falling victim to online scams. One demographic particularly affected by this issue is the elderly. Older homeowners with healthy financial savings, decent credit scores – and a trusting nature – often find themselves targeted by scammers. Scammers mimic communications from romantic partners, tech support staff, government employees, bank staff, etc.

To keep you informed and help educate you about how best to protect yourself. Those 80 years of age and older suffer the most financial loss.

Seniors Citizens lose more than \$3 billion to financial scams each year. These are financial scams, romance scams, lottery and sweepstakes scams, just to name the top few.

Identity theft and identity fraud: refer to crimes in which someone wrongfully obtains and uses another person's personal data to fraud or deception for economic gain. Using your personal data, a scammer can obtain a line of credit or credit cards in your name, that you may not be aware of.

Romance scams or catfishing: occur when a criminal adopts a fake online identity to gain a victim's affection and trust. The scammer then uses the illusion of a romantic or close relationship to manipulate and/or steal from the victim. The criminals who carry out romance scams are experts at what they do and will seem genuine, caring, and believable.

Gift cards as a form of payment: No legitimate business or financial transition would ever ask for this as a form of payment. Never withdraw cash and purchase gift cards as a form of payment. This is a scam!

Oklahoma seniors ages 70 and over lose almost \$20 million per year. This amount are those that actually file a police report. Unfortunately, many older adults do not report the loss, due to embarrassment or thinking they will never be able to recoup the money they have lost. Oklahoma senior citizens are 39 out of the 50 states that get scammed.

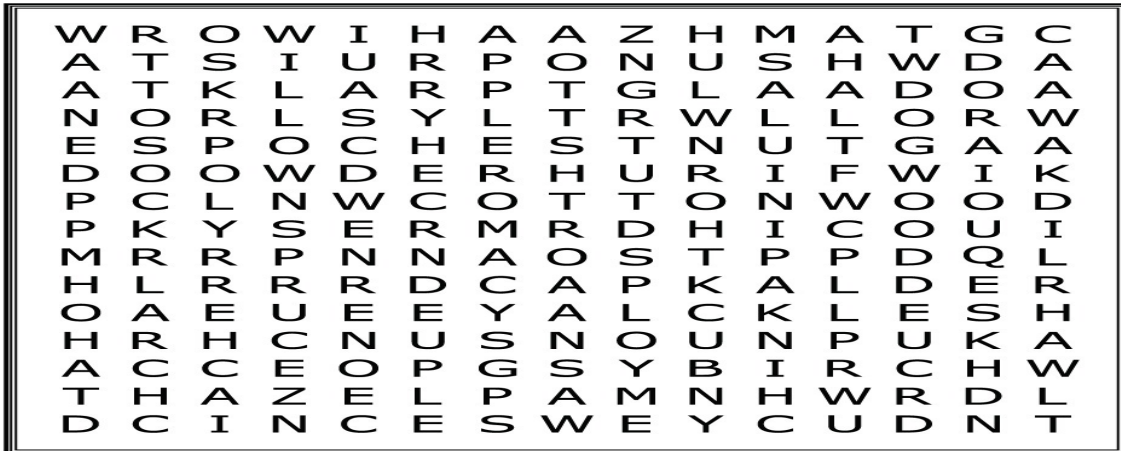
This amount grows every year. They are hacking into our medical records, phone records. We are all at risk! We want to help provide you with information to protect you, your finances and property.

We are having a security/fraud event on Friday, September 20th. This event will start at 9am and continue until everyone here has been helped and have all the information you need to protect yourselves.

We will have Claremore Police, RCB Bank fraud representative and Rogers County Court Clerk will all be here. Continued on page 6.

Stacey Dowden— Director

Trees Word Search



Alder
 Apple
 Ash
 Aspen
 Birch
 Buckthorn
 Cedar
 Cherry
 Chestnut
 Chinkapin

Cottonwood
 Cypress
 Dogwood
 Elm
 Fir
 Hawthorn
 Hazel
 Larch
 Maple
 Oak

Pine
 Poplar
 Redwood
 Sequoia
 Spruce
 Sweetgum
 Sycamore
 Walnut
 Willow
 Yew

ACTIVITIES- ALL GAMES START PROMPTLY AT SCHEDULED TIMES- YOU MUST BE IN YOUR SEAT READY TO PLAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>CLOSED FOR LABOR DAY</p>	<p>3</p> <p>CHEROKEE NATION BLOOD PRESSURE CHECKS 9-12 CHAIR EXERCISE 9AM & 1PM HAND & FOOT SIGN UP</p>	<p>4</p> <p>LINE DANCING BEGINNERS 9:30-10:30 INTERMEDIATE 10:30-11:30 PROGRESSIVE BRIDGE 1</p>	<p>5</p> <p>DOMINO COMP 9:00 CHAIR EXERCISE 9AM & 1PM</p>	<p>6</p> <p>BINGO & DONUTS 9AM SPONSORED BY BROOKDALE & OK COMPLETE & NOTHEASTERN CANCER INST. PROGRESSIVE BRIDGE 1</p>
<p>9</p> <p>LINE DANCING BEGINNERS 9:30-10:30 INTERMEDIATE 10:30-11:30 PROGRESSIVE BRIDGE 1</p>	<p>10</p> <p>CHAIR EXERCISE 9AM & 1PM</p>	<p>11</p> <p>LINE DANCING BEGINNERS 9:30-10:30 INTERMEDIATE 10:30-11:30 PROGRESSIVE BRIDGE 1</p>	<p>12</p> <p>CHAIR EXERCISE 9AM & 1PM</p>	<p>13</p> <p>PROGRESSIVE BRIDGE 1 SINGO BINGO 1:30 (UPSTAIRS) SPONSORED BY ARCHWELL</p>
<p>16</p> <p>LINE DANCING BEGINNERS 9:30-10:30 INTERMEDIATE 10:30-11:30 PROGRESSIVE BRIDGE 1</p>	<p>17</p> <p>CHAIR EXERCISE 9AM & 1PM HAND & FOOT COMP 1:00</p>	<p>18</p> <p>LINE DANCING BEGINNERS 9:30-10:30 INTERMEDIATE 10:30-11:30 PROGRESSIVE BRIDGE 1</p>	<p>19</p> <p>BOARD MEETING 9:30 CHAIR EXERCISE 9 AM & 1PM</p>	<p>20</p> <p>FRAUD & SCAM ALERTS 9AM- WE WILL HAVE CLAREMORE POLICE-RCB BANK -ROGERS COUNTY CLERK HERE PROGRESSIVE BRIDGE 1</p>
<p>23</p> <p>LINE DANCING BEGINNERS 9:30-10:30 INTERMEDIATE 10:30-11:30 PROGRESSIVE BRIDGE 1 BUNCO 1:30 UPSTAIRS</p>	<p>24</p> <p>BLOOD PRESSURE & GLUCOSE CHECKS 9-11:30 IN BRIDGE ROOM- YOUR CHOICE HEALTHCARE CHAIR EXERCISE 9AM & 1PM HAND & FOOT COMP 1:00 CONT</p>	<p>25</p> <p>LINE DANCING BEGINNERS 9:30-10:30 INTERMEDIATE 10:30-11:30 PROGRESSIVE BRIDGE 1</p>	<p>26</p> <p>CHAIR EXERCISE 9AM & 1PM</p>	<p>27</p> <p>BRUNCH 11:00 PROGRESSIVE BRIDGE 12 CARDO 12 BIRTHDAY CELEBRATION 1:30</p>
<p>30</p> <p>LINE DANCING BEGINNERS 9:30-10:30 INTERMEDIATE 10:30-11:30 PROGRESSIVE BRIDGE 1</p>				

DINING MENU-LUNCH IS SERVED AT 12:00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 CLOSED FOR LABOR DAY</p>	<p>3 COOK'S CHOICE</p>	<p>4 BROWN BEANS FRIED CABBAGE CEASAR SALAD CORN BREAD BROWNIE</p>	<p>5 FRITO CHILI PIE CHUCKWAGON CORN PEACH PARFAIT DESSERT</p>	<p>6 BAKED CHICKEN BREAST STUFFING W/GRAVY BRUSSELL SPROUTS GARDEN SALAD ROLL DUTCH APPLE PIE</p>
<p>9 PECAN CRUSTED TALIPA COLE SLAW BAKED BEANS ROLL STRAWBERRY GLAZED CAKE</p>	<p>10 ENCHILIDA CASSEROLE FIESTA RICE AVACADO SALAD TORTILLA CHIPS DESSERT</p>	<p>11 CRANBERRY CHICKEN SALAD ON CROISSANT CHIPS TOMATO/ONION/ CUCUMBER SALAD BANANA PUDDING</p>	<p>12 CHEESEBURGER (LOP) CHIPS MACARONI SALAD DESSERT</p>	<p>13 CHICKEN FRIED CHICKEN POTATOES & GRAVY GLAZED CARROTS GARDEN SALAD LEMON MERINGUE PIE</p>
<p>16 CHICKEN STRIPS POTATOES & GRAVY ASPARAGUS GARDEN SALAD LAYERED CHOCOLATE PIE</p>	<p>17 LOADED BAKED POTATO BROCCOLI W/CHEESE GARDEN SALAD DESSERT</p>	<p>18 BROCCOLI CHEESE SOUP 1/2 HAM & CHEESE SANDWICH COTTAGE CHEESE W/ FRUIT COOKIES & CREAM PIE</p>	<p>19 COOK'S CHOICE</p>	<p>20 CHICKEN FRIED STEAK POTATOES & GRAVY MIXED VEGGIES GARDEN SALAD LEMON LOAF</p>
<p>23 PORK FRITTER POTATOES & GRAVY CALIFORNIA VEGGIES GARDEN SALAD KEY LIME PIE</p>	<p>24 SUB SANDWICH (LOP) CHIPS PEACH PARFAIT DESSERT</p>	<p>25 CHILI DOG FRITOS PEPPERONI SALAD PUMPKIN LOAF</p>	<p>26 CHOPPED BRISKET SANDWICH CHIPS BOW TIE PASTA SALAD DESSERT</p>	<p>27 BRUNCH 11:00 SCRAMBLED EGGS SAUSAGE BISCUIT & GRAVY TROPICAL FRUIT MUFFIN</p>
<p>30 BACON WRAPPED SIRLOIN POTATOES & GRAVY GREEN BEANS ROLL ICE CREAM SANDWICH</p>				

CARRY OUT ORDERS MUST BE CALLED IN BY 10:30- PICK UP IS 11:00- NO LUNCHES WILL BE HANDED OUT EARLY

SENIOR CITIZENS INFORMATION

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PROTECT YOURSELF FROM FRAUD AND SCAMS EVENT SEPTEMBER 20TH AT 9:00AM– Donuts and coffee provided– Enter for a door prize if you attend

Claremore Police Department will be here. They will be going over the latest scams, how to not fall victim to a scammer. What to do if you feel you have been scammed. How to handle annoying phone calls (scammers).

RCB Bank will have a representative here to provide you with information how to protect your checking, saving accounts and DEBIT cards.

Rogers County Clerk will be here. They will provide you information, they have set up to protect your property. They will be here to help you register your homes, lands and property that you have a deed on, through Rogers County Clerk's office. This will notify you if anyone tries to change a deed, to any of your properties. Yes, this happens by a simple quick claim deed being forged.

Medicare and Medicaid statements you received. You need to be checking the statements they send you. If there are charges and they paid on your behalf, for benefits you did not receive. Call your Dr, insurance, Medicare and Medicaid immediately. Medicare and Medicaid fraud is a serious problem.

Chair Yoga and Exercise class starts Tuesday, September 3rd. We will have a 9am and 1pm class on Tuesday's and Thursday's. This is strictly a "CHAIR" sitting exercise program. You will be required to sit in your chair for this class.

REMINDER: When you come into the dining room. If there is a napkin, silverware or drink sitting at a chair. That seat is taken. You will need to move to another table or seat. **DO NOT** move someone's napkins or silverware. Yes, we have cameras. If someone comes to me and informs me that someone has taken their seat. If I check and you have moved someone from their seat, they have already claimed. You will be moving to another seat. This is happening way to often.

As you go through the lunch line. If there is anything you do not want on your tray. Just let us know as we are fixing your tray. This helps cut down on waste and cost. There is a lot of bread/rolls and desserts being thrown in the trash. Help us keep our cost down.

Condiments: If you take salad dressing, mayo, mustard ketchup etc. that you end up not using. Please just leave them on the table. We will pick them up and sanitize them before putting them back into the condiment bins.

If you have anything larger than a \$20 when paying for your lunches. Please come and see me, so we can make change. This makes it easier for our cashier.

We have had several incident's of someone hitting someone else's car, causing damage and then leaving. This is not okay. If you hit someone else's car. Do the right thing and come to me and I will help you find the owner. It actually becomes a crime when you leave and there is property damage. Remember, I have camera's in my parking lot and the church next door, has cameras in their parking lot.

UPCOMING EVENTS

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LABOR DAY

September 2nd

WE ARE CLOSED



September 6

BINGO & DONUTS 9:00 AM

In the dining room

**SPONSORED BY BROOKDALE &
NORTHEASTERN OKLAHOMA CANCER**



Protect Yourself from Fraud
and Scams—

September 20th 9am

Claremore Police— RCB Bank—
Rogers County Clerk