

# OKLAHOMA VETERAN NEWSMAGAZINE FREE COPY



## SYNERGY HomeCare Young Has Passion For Music, Helping Veterans



 **SYNERGY<sup>®</sup>  
HomeCare**

OKC 405-254-3046 Tulsa 918-727-2117  
[www.synergyhomecare.com](http://www.synergyhomecare.com)

Presort Std.  
U.S. Postage  
PAID  
Okla City, OK  
Permit #2186



# MORE INSIDE

## On The Cover:

Jason Young has long had a passion for music and has turned that passion into helping seniors and Veterans. He started his musical career working for Nashville recording artists Ty England, Chad Brock, and Cledus T Judd. Young formed the Jason Young Band in 2009.



**OKLAHOMA VETERAN NEWSMAGAZINE**  
*Serving Active Duty Military, Veterans and Their Families*

Serving the state, Oklahoma Veteran News is locally Owned and Published Monthly by Metro Publishing, LLC P.O. Box 239, Mustang, OK. 73064 Phone: (405) 631-5100/Fax: (405) 631-5103

**STAFF**  
**Editor/Co-Publisher**  
 Steven R. Eldridge  
[news@okveterannews.com](mailto:news@okveterannews.com)  
**Co-Publisher, Sales, Marketing,**  
 Steven Sibley, E7 RET/DV  
[steven.t.sibley.vet@gmail.com](mailto:steven.t.sibley.vet@gmail.com)  
 918-404-0807

**STAFF WRITERS**  
 • Bobby Anderson • Darl Devault  
 • Richard Stephens, Jr. • James Coburn • Van Mitchel • Marise Boehs • Vickie Jenkins  
 • Jill Stephenson  
[news@okveterannews.com](mailto:news@okveterannews.com)

**ADVERTISING/BUSINESS**  
 Print, digital and sponsored posts are accepted at the review and approval of the publishers.  
 Business Services  
**Sales - Steve Sibley**  
[advertising@okveterannews.com](mailto:advertising@okveterannews.com)  
[advertising@okveterannews.com](mailto:advertising@okveterannews.com) 405-631-5100

**Editorial Information**  
 Send news, opinion and event items to Editor, P.O. Box 239 Mustang, Ok 73064 or email [news@okveterannews.com](mailto:news@okveterannews.com) 405-631-5100  
 Oklahoma Veteran News is protected through trademark registration in the U.S.

**Copies/Subscriptions**  
 Copies of OKVN may be picked up at more than 600 locations statewide - including clinics, VFWs and American Legion posts, restaurants, OK military bases and more.  
 In-State 1-year subscriptions are \$28.50. Send request to [advertising@okveterannews.com](mailto:advertising@okveterannews.com).

**SISTER PUBLICATIONS**  
 Oklahoma's Senior news and Living [www.seniornewsandliving.com](http://www.seniornewsandliving.com)  
 Oklahoma's Nursing Times [www.oknursingtimes.com](http://www.oknursingtimes.com)  
**ASK ABOUT PICKUP RATES**  
 Oklahoma's College Education Guide

Veteran NewsMagazine provides veterans a fresh publication filled with news features and resources. Articles, opinions, columns, letters to the editor and advertisements in Oklahoma Veteran News do not necessarily reflect the opinions of the magazine or Metro Publishing, L.L.C. it's ownership, management or writers. We do not assume responsibility for statements made by writers or advertisers. The acceptance of advertising by OKVN does not constitute an endorsement of products, services or information. We do not knowingly present any product or services which is fraudulent or misleading in nature. We reserve the right to refuse publication of any item. COPYRIGHT © 2026-2027 METRO PUBLISHING L.L.C. ALL RIGHTS



# SYNERGY<sup>®</sup> HomeCare

*Care that moves you<sup>SM</sup>*

**Your VA Benefits Cover Costs**

**Aid & Attendance • Homemaker  
• Family Caregiver Relief (RESPITE)**

**Veteran Home Care Support Services**

**Companionship • Personal Care • Technology  
Assistance • Housekeeping and Laundry • Meal  
Preparation • Errands and Transportation • Med  
Reminders • And More**

**Call Today. We Listen.**

**OKC Office 405-254-3046**

**Tulsa Office 918-727-2117**



**Thomas Cook with  
owner, Weama Kassem  
VA Client since 2013**



**Veteran Client, Larry,  
with his SYNERGY  
Caregiver, Aloysius**

# On the Cover: SYNERGY Director Has Passion For Music,

Jason Young has long had a passion for music and has turned that passion into helping seniors and Veterans.

Young, who serves as marketing director for SYNERGY HomeCare in Oklahoma City/Tulsa, got his musical start with Ty England, who played for Garth Brooks.

"I was a tour manager, and I worked for guys like Chad Brock and Cledus T. Judd and Aaron Tippin. I toured for about 14 years with bands like Confederate Railroad and worked with Charlie Daniels and people like that," Young said.

Young was born in Edmond. He currently resides in Yukon.

He started his musical career working for Nashville recording artists Ty England, Chad Brock, and Cledus T Judd. Young formed the Jason Young Band in 2009.

He has released 5 singles to Texas Radio "Long Way Home" - "The Moment" - "Under My Skin" - "Vinyl"- "POOR" all charted in the Texas Radio Top 30. Since 2017 the single "Long Way Home" was used in the movie *An Evergreen Christmas* (IMDB Credited). Their single "Crank It Up" was used in the Amazon movie *Shut Up Anthony*, (IMDB Credited).

In 2020, Jason Young, along with Cross Canadian Ragweed's Grady Cross and Randy Ragsdale, formed Cross Rags And Young. Their first single "Family Name" spent 35 weeks on the Texas Charts, 12 weeks in the top ten and 5 weeks at No.3.

Their second single "Reckless" was their first #1 single on Texas Radio and spent more than 30 weeks on the chart. Cross Rags and Young were nominated for Best New Group from Texas Regional Radio and performed along with presenting at the Texas Regional Radio Music. In 2023 Jason became 1 of 5 Oklahoma Artists to represent the State Of Oklahoma Tourism Campaign Imagine.

*Right: Jason Young serves as marketing director for SYNERGY HomeCare in Oklahoma City/Tulsa.*



In 2020 through 2022, Young and his wife Kerri adopted their two sons Charlie and Hudson.

"I was touring a lot and working a ranch. I wanted to be with those kids who were more important to me than this music dream I'd been chasing for 20 years," he said. "And even though I was having some success in it, I ended up backing off. I wanted to find a real job, and I knew I wanted to work around seniors."

Young called a friend who worked for Physician Housecalls, and she happened to be having a networking event the next evening, so she invited him to attend.

"I didn't even have a résumé," he said. "I had to go home and get one together after the event, because I hadn't had a real job in 20 years. I got five interviews that night. I met with Weama Kassem (SYNERGY Homecare owner) that next morning. It was my first interview. I was there for a couple hours. And when I left, I remember being in the parking lot, and I canceled all the other interviews. I knew that's where I wanted to work. I knew I found a home."

Young later took on an additional role as Veteran Advocate alongside Marketer Diane Young with SYNERGY. He went on to say, "One thing that inspired me even more was watching Weama Kassem's love for her clients and veteran clients. She always goes out of her way for them and goes above and beyond. It's like they are her family. Watching her and the SYNERGY team inspired me to do even more."

"I've been raising money for Veterans off and on for many years and working around a lot of Veterans," he said. "My grandfather, Tracy Titus, was a World War II Veteran, and he was always an inspiration to me. And so, I wanted to get involved even on a bigger level than what I was."

Young said he started doing Veteran coffees at local American Legions though the state and was later invited to join the American Legion post in Mustang.

"I joined their group in Mustang, and at the time we were doing maybe three or four veteran coffees a month," he said. "And one thing that was kind of itching at me was I'd be at these communities, and I would see that they didn't do these coffees there, and a lot of these guys couldn't get out. A lot of them were in assisted living, or independent living. They just didn't want to or couldn't leave the community."

Young wanted to bring those coffee events to those communities.

He started visiting those communities and learning about their senior/Veteran residents.

"Every month, I have special guest speakers," he said. "We did a show-and-tell that was amazing, where these Veterans bring something from their past, and they tell us their story. We've also done Veteran trivia about World War II and World War I, which was amazing. We are

# Veterans



*Pictured on cover with Jason Young, John Cockrum served in the Navy during World War and recently turned 100 years old. Above AI generated photo shows John with his earlier self.*

doing everything we can just to bring the Veterans together.”

Young said another thing they do for Veterans is present them with a challenge coin when they come on service with

## SYNERGY.

“So, I would give a presentation on the history of the challenge coin, then present them with their very own SYNERGY HomeCare challenge coin whenever they came on service with us,” he said. “I love seeing their faces when we give them that. I go to these events, and now I’m getting phone calls daily saying ‘Hey, my dad’s a veteran. I heard you could help.’”

Young’s next goal is to help create a local gathering space like the Coffee Bunker in Tulsa.

“I went into this place called the Coffee Bunker in Tulsa, and I was blown away. It’s all volunteer work. They’ve got VSOs. They have counselors. They deal with the homeless. They feed veterans lunch every day, donuts every morning,” he said. “They have a library. They have clothes. If you need something, they help you with it. It’s very moving when you’re there, and you’re seeing all these different Veterans come in and hang out all day long. The more I found out about this place, the more I wanted to be a part of it.”

Young has been promoting the idea for an Oklahoma City location.

“I’m excited about trying to get something like that here for our Veterans. I want to do everything I can for Veterans. For all they sacrifice and all they do for us,” he said.

For more information about SYNERGY call (405)-254-3046 or scan this QR CODE to visit our website. ●

*by Van Mitchell, staff writer*



**VETERANS UPWARD BOUND**

★ ★ ★ ★ ★

**GETTING READY FOR SCHOOL?**

Our goal is to help you navigate your Veteran Education Benefits, enroll in college or vo-tech, and strengthen your academic skills – all at no cost to you.

★ ★ ★ ★ ★

**CALL, EMAIL OR SCAN THE QR CODE TO GET CONNECTED**

405.422.1405  
vub@redlandsc.edu

# Local Vets Administer Memorial High JROTC Program

Memorial High School's Junior Reserve Officer's Training Corps (JROTC) program in Tulsa is currently being administered by two storied veterans. 1SG James Wilcoxson entered the program one year after the program began in 1995. As a class of 2000 graduate, he enlisted in the Army in November of the same year and served twenty-three years in the Reserves. He was a Dual Status Military Technician. He worked as a federal civilian supporting his Army Reserve Unit as a Reserve Administrator. His service also included one deployment to Afghanistan. Knowing Wilcoxson had deep and meaningful ties to the program, CSM Kenneth Powell, one of the founders, asked Wilcoxson to apply for his position in May of 2023 because he was retiring. 1SG Wilcoxson has applied for the army instructor position and is awaiting approval from the US Army Cadet Command.

LTC Paul Jackson served twenty-eight years with the United States Army Reserve, including two deployments during Operations Iraqi and Enduring Freedom. Both of his parents also served in the Army. Jackson said he always wanted to be an officer and entered the ROTC program at Kentucky State University, receiving his commission in May of 1989. He had a dual career, working in the oil and gas industry for twenty-five years while simultaneously serving in the army reserves. With a degree in mathematics, he began teaching geometry in 2024. However, when an opportunity arose to become a JROTC instructor, he jumped at the chance. His combination of military, civilian and ROTC experiences made him an ideal fit for the role of senior army instructor where he can share the wisdom he learned in the military with his cadets.

Steve Sibley, the co-publisher of Oklahoma Veteran News, is a 1974 graduate of Memorial High School. He joined the military immediately following his graduation and served for thirty-six years. He admitted he didn't realize the significance of the school's name until he returned for his fifty-year reunion in 2024.

Memorial High School was named as a memorial to Tulsa students and teachers who served as veterans in World War I, World War II, and the Korean Conflict, embodying values of character, equity, and excellence in honor of their sacrifice. The school was established in 1962 with its first graduating class in 1964.

Although this program has a strong heritage and tradition, it recently has had its struggles. The sudden death of COL Gregory Barack, former senior army instructor in 2004, and retirement of CSM Powell left the program without leaders for approximately two years. Jackson and Wilcoxson are both committed to rebuilding and increasing cadet enrollment and participation. Jackson cited the current freshman class as the building blocks to the future. Their success will help them recruit more students. Additionally, visits to local middle schools and parent conferences are avenues for program recruitment. The team is also looking into expanding the program curriculum to include drones, robotics and cybersecurity.

While JROTC is an Army training program, its purpose is not military recruitment. Its mission is, "To motivate young people to be better citizens." Established by Congress in 1916, it is the oldest youth leadership program with a presence in more than 1700 high schools nationwide.

The program also follows the Army acronym of LDRSHIP which stands for Leadership, Duty, Respect, Selfless Service, Honor, Integrity and Personal Courage.



*Pictured above: Steve Sibley, E7 RET/IDV, JROTC instructors LTC Paul Jackson and 1SG James Wilcoxson.*

Jackson and Wilcoxson credit their participation in JROTC as a positive influence that helped teach them the skills they needed to succeed in both civilian and military careers. Both embody these qualities today and bring many years of wisdom and knowledge to the students they are teaching. Jackson stated that being the senior instructor is more about running a program than simply teaching a class. He is responsible for making sure the curriculum includes ethics and skills that are tangible. Some of those responsibilities include making certain the cadets meet mandatory requirements of community service, attendance at the veteran's day parade, the annual military ball and the weekly wearing of the JROTC uniform.

The JROTC hosts an annual gala. It is for the cadets only; parents are not invited. It is an opportunity for them to showcase the skills they have learned throughout the year. It is held on a Saturday in April at a local restaurant. This year's guest speaker will be Steve Sibley. As a program alumnus, he is looking forward to sharing his wisdom and passion for the military with the cadets.

If anyone is interested in donating to the JROTC program, you can mail checks designated to the program to Tulsa Memorial High School, 5840 South Hudson Avenue, Tulsa, OK 74135.

● by Jill Stephenson, staff writer

**NOW LEASING**  
**WE'LL MOVE YOU FOR FREE!**

# GRAND OPENING!

14604 Parkway Center Ave  
Oklahoma City, Ok 73134



**Starting at \$2000 Per Month**  
**\$1000 Deposit**

**B BELMONT**  
**COVE** [RETIREMENT  
COMMUNITY]  
OKC BELMONT NORTH



- Pickleball Court coming soon!
- Clubhouse coming soon!
- Hardwood floors in Living room and Kitchen.
- Kitchen: granite countertops, stainless steel oven, microwave hood, dishwasher, & double sink.
- Utility area equipped for washer & dryer with storage space.
- Bedrooms are carpeted with spacious closets & large windows.
- Bath is oversized with granite countertop & ceramic floor tile.
- One car garage with garage door opener.
- Small backyard with privacy fence which leads to walking path.
- Pet-friendly home, no extra charge.
- Inside & outside maintenance included in monthly lease.
- Convenient access to dining, shopping, and medical centers. Near Mercy Hospital.

**Call Today For Your No Pressure Tour**  
**405-805-COVE (2683)**

By Freddy Groves

## Protecting Your Benefits



On a recent National Slam the Scam Day for 2026, the VA stepped up, along with other federal agencies, with an array of information to keep veterans safe from scams and fraud. Thieves don't just work one day per year, however. We need to stay vigilant all year long to protect our benefits and personal information from getting to the scammers. Why do they want us? Because we have income and benefits. How do they approach us? Phone calls, emails, text messages, social media, phishing, impersonation, fake charities -- you name it, the crooks have thought of it

as a way to get to us. If you're approached, whether on the phone or in email, the more urgent the problem, the more likely it's a scam. A scammer might pretend to be from the VA and try to claim there's something wrong with your benefits -- and that you need to hand over your personal information so they can "fix" the problem. They might want your bank account access info or password, your Social Security number, your date of birth. The answer is no. Don't do a direct deposit into another person's account -- even if it's a relative! If you need a fiduciary situation (where someone helps you with finances), have that person go through the accreditation process and be authorized to assist you. You're protected that way. If you're told you need to hand over a fee to get claims assistance from the VA or to apply for increased benefits, it's fraud.

Invest in a shredder and use it to cut up not only VA documents with personal information on them, but any documents that can go astray, even when you put out the trash. If someone calls and claims to be from the VA and asks you to pay for something with a gift card or bitcoin, feel free to laugh as you hang up the phone. It's an impostor. Report it to the VA at 800-827-1000. ●

(c) 2026 King Features Synd., Inc

Let us show you around our village.  
Call  
**405.531.3444**  
for an appointment

**Villagio of Bradford Village**  
300 Enz Drive

**Assisted Living Apartments**  
with no additional care fees

**Independent Living Cottage Homes**  
all-inclusive pricing

Experience...

- A culture of caring
- Leadership team with an average 8 years tenure at the community
- Engaging life enrichment programs
- Transportation to appointments

In our village, everyone is *family.*



# YOUR MOBILITY, OUR MISSION LOCALLY & VETERAN OWNED

Local support 101 Mobility provides trusted solutions for stairlifts, ramps, and home accessibility. Regain independence and safety in your home.

- Professional installation
- Affordable options
- Local Support
- Locations in Tulsa and Oklahoma City

Call for a free consultation:

# 918.238.7979

[www.101mobility.com/](http://www.101mobility.com/)



Altus, OK	Clinton, OK	Oklahoma City, OK	NE OKC, OK	Tulsa, OK	Tahlequah, OK
<a href="http://EnglishVillageOK.com">EnglishVillageOK.com</a>	<a href="http://RiverValleyOK.com">RiverValleyOK.com</a>	<a href="http://FairmontOK.com">FairmontOK.com</a>	<a href="http://KingwoodOK.com">KingwoodOK.com</a>	<a href="http://AmbassadorOK.com">AmbassadorOK.com</a>	<a href="http://UniversityParkOK.com">UniversityParkOK.com</a>



Each of these **BRIDGES HEALTH MANAGED COMMUNITIES** is a VA-designated Community Nursing Home, a distinction that reflects our deep respect for those who have worn our nation's uniform and affirms our commitment to **uphold the values** they represent: **HONOR, SERVICE, LOYALTY,** and **RESPECT.**

More than a place of care, we are **A COMMUNITY OF GRATITUDE**, dedicated to preserving each veteran's dignity and honoring their legacy through compassionate service.

**WE ARE HONORED TO CARE FOR THOSE WHO SERVED.**



# “I Went In For An Education” Gets One Joining Air Force in 1951

“I felt like I would be a failure if I got sent home and didn’t complete basic (training)...I wanted to get the benefits that the recruiting sergeant had told me about. I wanna hang in for that. *I was focused*,” recalled Martha Louise Higgins, using a determined voice.

Born on January 15, 1931, in Clearwater, Florida, Higgins, now 95 years old, reflected on her military and civil service employment. Her enlistment occurred during the Korean War when only one-percent of Airmen were women.

Higgins gained knowledge and tenacity from teachers at her segregated elementary school, St. Matthew Baptist Church, and Pinellas High School in Clearwater, Florida. “I think growing up in Florida, they put a lot of confidence in us. That’s why it didn’t bother me going into the military. They had us thinking we could do anything we wanted to do. And we believed that...Because they knew what we were gonna be up against once we came outta high school.”

She graduated from high school in 1949, attended Florida A&M in Tallahassee for one year as a music major, then joined the Air Force.

## Basic training

Basic military training was at Kelly Air Force Base (AFB), San Antonio, Texas. She remembered, “We had inspection every morning...we had to be in formation zero five hundred (5:00 a.m.). They didn’t play...You better time yourself... And there, a lot of girls, they sent them crybabies home,” she said with emphasis. “You went to formation and...when they start roll call, there was a new girl on your right and maybe a new girl on your left...The sergeant would march us to breakfast. And after breakfast you had to go back to your quarters and get set up for inspection...” Lessons in discipline, time management and teamwork shaped her later service.

## Preparing Military Pay

After basic training, Higgins transferred to Ent AFB, Colorado (closed in 1976), as a Disbursement Officer in the Finance Office. She explained the importance of pay accuracy. “We had a cutoff date to get our payroll ready because they knew when was payday. So, we couldn’t post anything on the cards (everything was done by hand) until you got it from personnel.”

Enlisted and officers had separate cards, each about 8” by 10,” organized by alphabet and by rank. Higgins remembers managing letters A through H.

She was the only female of the five Airmen in payroll. She does not remember instances of sexism or prejudice; she just focused on the job. “They were very nice to me...They just treated me like I was another Airman...You do your job



*Martha Higgins, age 95, is an Air Force active duty veteran who served 1951-1954. Here, she plays the piano at the Norman Veterans Center in February 2026.*

and you’re rewarded for that...I wanted to get an honorable discharge.”

At Ent, she met and married Harvey Higgins of Luther, Oklahoma, on September 12th, 1953. She did not reenlist. Then Harvey, an active duty Airman, got a remote assignment and Martha went home to Clearwater.

Upon his return, and Martha now a military dependent, they were reassigned to Ent AFB, then Lockbourne AFB, Columbus, Ohio (closed in 1984). That’s where Steven and Timothy, two of her three sons, were born. Harvey’s next assignment took them to Incirlik Air Base, Turkey, in October 1964, near Adana.

## Overseas Duty

Martha liked working, so she joined civil service as an intelligence coder during the Cold War. She worked in a rundown building. “I had to have a code to get in...And then I sat at a teletype machine. But I sent out codes all day...They were classified. They cleared me to do that...I couldn’t decipher them...I didn’t know where they were going or who they were going to or what the information (was).”

The Higgins lived on the air base and went to the movies, the NCO Club and recreation center. To reduce their isolation, they drove to the Mediterranean Sea looking for Navy ships and by the American Embassy. “We were looking for the flag. Oh, we saw that flag and we just clap, clap,” she said excitedly, clapping her hands together. “We just clapped for anything that reminded us of home.”

Back in the United States, though, the military’s equality did not exist in civilian society.

## Inequality

“I never went to an integrated school, said Higgins. “The first time I experienced integration was when I went into the military...It (civil rights) was needed because it was so humiliating to us to think we had to get up outta our (bus) seat

after we done paid our fare...There was no dignity in that. You going to get up outta your seat to give it to some person who was a different color than you? Now that was wrong.”

### Love of Music

Higgins said, “I went back to school under the GI bill and studied music...I studied music at Mercyhurst in Erie. It’s a Catholic university.” She also used her musical talent commercially too.

“Oh Lord, Hear my Prayer” and other religious hymns she wrote have been sold to music producers like Sheet Music Plus in Minneapolis, Minnesota. Impressed by her vocal abilities, the Columbus Symphony, Columbus, Ohio, and the Erie Philharmonic Orchestra, Erie, Pennsylvania, asked her to sing with the alto section.

### Retirement

These days, at the Norman Veterans Center where Higgins lives, she plays the piano for chapel service and for the Knights of Columbus.


She’s proud of her three sons, Steven Higgins, who retired as an Army Lieutenant Colonel, Timothy Higgins, who repairs and installs refrigerators, and David Higgins, a retired Marine Corps Chief Warrant Officer 2.

Higgins uses a walker but remains mobile. “I can do the twist and the electric slide!” she proudly exclaimed.

Would you like to watch Martha Higgins’ video with the “Making History Project” recorded August 8, 2021, by Patrick Russell, visit <https://making-history-project.com/> or scan this QR CODE. ●

story and photos by Lt Col Richard Stephens, Jr., USAFR, Ret.





# NORTH TULSA SENIOR FAIR


## WEDNESDAY MAY 20TH


10:00AM - 2:00PM W.L. HUTCHERSON YMCA

**1120 E PINE STREET TULSA, OK 74106**


FREE ENTRY • DOOR PRIZES • DRINKS & SNACKS • BINGO


HEALTH AND WELLNESS RESOURCES	CAREGIVER SUPPORT RESOURCES
SENIOR LIVING & ACTIVITIES	SPEAKER FOR MEDICAID & SOCIAL SECURITY BENEFITS & WILLS, TRUSTS, PROBATE
MEDICARE & LIFE INSURANCE	





**Sponsored By**





Primary Care for Adults Age 60+

**EVENTS FOR SENIORS • CAREGIVERS • VETERANS • FAMILIES and SENIOR FOCUSED BRANDS**

**Strong Family Financial Lincoln Heritage Life Insurance**

# VA HOME LOANS

WE HAVE OVER 25 YEARS EXPERIENCE TO GET YOUR LOAN TO CLOSING!



## STRACKE

### HOME LOANS

POWERED BY



**At Stracke Home Loans,**

we believe every Veteran and active-duty service member deserves a place to truly call home. Our dedicated VA Loan Specialist make the process simple, stress free, and tailored to your unique needs - Because you've earned it.

**Why Veterans Choose US**

Zero down payment options, our VA Loan Experts, Faster Closings, Competitive Rates and Personal, One-on-One Guidance Real People with Real Support

Whether you're buying your first home, refinancing, or planning your next chapter, our team is here to stand by with you every step of the way

[www.strackehomeloans.com](http://www.strackehomeloans.com)



918-924-5515



Proudly Serving Those Who Served

Jennifer Stracke | NMLS #2422902 | Barrett Financial Group, L.L.C. | NMLS 181106 | FL MLD1880 | NC B-037221 | OK ML013880 | PA 292457 | TN 204577 | TX | Equal Housing Opportunity | Equal Housing Lender | This is not a commitment to lend. All loans are subject to credit approval | [nmlsconsumeraccess.org/EntityDetails.aspx/COMPANY/181106](http://nmlsconsumeraccess.org/EntityDetails.aspx/COMPANY/181106)

# HONORING

## Those Fallen Heroes



Capt. Ariana G. Savino, 31, of Covington, Washington.



Sgt. Declan J. Coady, 20, was from West Des Moines, Iowa.



Sgt. Benjamin N. Pennington, 26, was from Glendale, Kentucky.



Capt. Seth R. Koval, 38, of Mooresville, Indiana.



Sgt. 1st Class Nicole M. Amor, 39, was from Minnesota.



Maj. John A. Klinner, 33, of Auburn, Alabama.



Sgt. 1st Class Noah Tietjens, 42, was from Bellevue, Nebraska.



Tech. Sgt. Tyler H. Simmons, 28, of Columbus, Ohio.



Maj. Jeffrey R. O'Brien, 45, of Waukee, Iowa.



Tech. Sgt. Ashley B. Pruitt, 34, of Bardstown, Kentucky.

### LOCAL

#### CONNECTION:

Alex was graduate of the MBA program in Oklahoma State University's Spears School of Business in 2025.



Capt. Curtis J. Angst, 30, of Wilmington, Ohio.



Chief Warrant Officer 3 Robert M. Marzan, 54, was from Sacramento, California.



Capt. Cody A. Khork, 35, was born and raised in Winter Haven, Florida.

*NOTE: This list is based on reports at time of publishing deadline.*



*Stay Home,  
Stay Well!*

Supporting  
Oklahoma  
Veterans  
for More Than  
33 Years!



**FREE IN-HOME ASSESSMENT**

- Transportation and Errands • Certified Home Health Aides & Companions • Bathing, Dressing & Hygiene Assistance • Meal & Snack Preparation • Light Housekeeping & Laundry • Services Provided up to 24 Hours Per Day

*"Family owned, operated & serving Veterans in Central Oklahoma since 1993"*

[www.CarePlusatHome.com](http://www.CarePlusatHome.com)



CALL US 405.769.2551  
24 Hours 877.744.2551



**Preserve  
*Your* Wealth**

Call Me For A FREE  
30-Minute Strategy Session!

- Build Generational Wealth
- Remove Burden of Rentals
- Minimize Capital Gains Taxes
- Eliminate Family Feuds



**MATT NEILL**  
CERTIFIED REAL ESTATE PLANNER  
405-757-9980 cell  
MattNeill@kw.com  
VibrantOk.com  
License # 173515



REAL ESTATE  
**PLANNER**



**kw** CENTRAL  
OKLAHOMA  
KELLERWILLIAMS, REALTY

*Each office is independently owned and operated*

# Retired Army Veteran Charts New Path With Foundation

(Ret.) United States Army Master Sergeant Aaron Hudgins said the loss of his late wife J.J. Hudgins forced him to take a closer look at what his future mission in life would look like.

He found that mission through the Travis Manion Foundation (TMF) where he serves as Director of the Central Oklahoma Chapter of TMF.

TMF unites communities to strengthen our nation by empowering veterans and families of fallen heroes to develop character in future generations. In 2007, 1st Lt Travis Manion, USMC, was killed in Iraq while saving his wounded teammates. Today, Travis' legacy lives on in the words he spoke before leaving for his final deployment, "If Not Me, Then Who..."

Guided by this ethos, veterans continue their service, build connections with each other, and thrive in their post-military lives by serving as character role models to youth. As a result, communities prosper and the character of our nation's heroes lives on in the next generation.

Manion gave the ultimate sacrifice on April 29, 2007, on his second deployment to Iraq. While on patrol searching for a suspected insurgent house in Fallujah, Travis, his fellow Marines, and Iraqi Army counterparts were ambushed.

Manion led a counterattack against enemy forces, drawing fire away from his wounded comrades and allowing every member of his patrol to survive. For his actions, he was awarded the Silver Star and Bronze Star with Valor. Today, over 300,000 Spartans nationwide carry forward the legacy of fallen heroes like Travis by leading with character and living out the "If Not Me, Then Who..." ethos.

TMF Chapters are local volunteer groups led by veterans, families of fallen heroes, and inspired civilians who have a passion for the Travis Manion Foundation mission. Currently, TMF Chapters exist in nearly 40 locations throughout the country - identifying and executing local service projects and hosting events that connect and unite their communities. Chapters allow Spartans to expand the reach of TMF and engage with local volunteers to make a meaningful contribution to their surroundings while upholding the "If Not Me, Then Who..." ethos.

Their best-in-class programs are designed to develop, heal and bring together veterans, families of the fallen, youth and inspired civilians from all walks of life. From their Character Does Matter youth mentoring program to community service projects and service-based trips, TMF programs give Americans an opportunity to honor the legacy of fallen heroes through service.



*The Travis Manion Foundation Central Oklahoma Chapter was recognized in February at the Oklahoma State Capitol. Pictured left to right is District 82 State Representative Nichole Miller, (Ret.) Army MSG Aaron Hudgins, Director of the TMF Central Oklahoma Chapter, and his wife Emarie Hudgins, a 20-year Veteran with the Oklahoma Army National Guard, and currently assigned to RTI at Camp Gruber, and she was just promoted to MSG E8.*

JJ Hudgins was injured while training for her mission at Fort Bliss. She was medically discharged from the Army after a broken hip was deemed an "unrecoverable injury."

She was home for just 10 days before passing away on April 28, 2018.

"The truth is that my involvement in this mission wasn't shaped by one moment or one project. It was shaped by 26 years of service in the United States Army and, more importantly, by the personal tragedy of losing my wife, Jari J. Hudgins," Aaron Hudgins said. "That loss changed my life and forced me to confront grief, purpose, and responsibility in a way I never had before."

He continued, "The man I am today and the work I do through the Travis Manion Foundation, is the result of both those experiences. My military career taught me about duty, leadership, and sacrifice. Losing Jari taught me the weight of that sacrifice and the importance of honoring it by continuing to serve others."

Hudgins said TMF's service projects caught the attention of Ava Garrett, an 8-year-old from Guthrie who was inspired to make a financial donation to the Oklahoma Chapter of the Travis Manion Foundation (TMF).

"I got an email from a little girl, Ava Garrett,"

Hudgins said. "I didn't know her. Never met her. She has a business in Guthrie where she tags people's front yards with logos. They (parents) drive around her neighborhood and takes donations, and then she'll spray paint 1776 or USA or OU or whatever. She raised \$600 in about a month. Well, she wanted to donate a percentage of her money to an organization. Somehow, she found out about us."

Hudgins added, "With the help of her mom, I got a random text out of nowhere. She goes, 'My daughter wants to donate some of her money to your organization,' and I was like, 'Oh, okay. Yeah, sure.' When she told me how much it was, it was \$200. I was like, 'That's a lot of money for a kid to give.' She's like, 'Yeah, but she really wants to do this.' I was like, 'Well then, I will personally come down there,' so I drove to her house."

Hudgins said Ava presented him \$200, which funded overnight bags for DHS foster kids through a TMF Edmond Santa Fe High School service project.

"The biggest thing that we do is legacy projects, which are service projects for the community that are built around honoring our fallen heroes," he said. "While I've been doing it, every legacy project we do for the community,



**Above:** 1st Lt Travis Manion, USMC, was killed in Iraq while saving his wounded teammates.

and it could be anything. We put bags together for foster care kids. Because when they leave in the middle of the night, they don't have anything with them. We put bags together that have a blanket, snacks, a stuffy, a nightlight, something that they could take with them that is theirs."

Hudgins continued, "She (Ava) handed me over \$200, and so that funded the entire overnight bags for the DHS foster kids. She funded that entire project, all herself. So, all the money that it took to put those bags together came from an eight-year-old little girl, and I was beyond touched. We brought her back so that she could see where that money went because I was like, 'I want you to see this.' So, when I brought her in, I didn't tell her, and the entire girl's pom squad was waiting for her. I made it a point to try to recognize her every chance I get because that's such a profound gesture of service and gratitude to give back to an organization."

He added, "We were so proud of the Teams of Character Pom Squad and the inspiring Ava Garrett, whose heart for service continues to make a real impact in our community. These young leaders represent exactly what it means to live out character in action."

Hudgins said the Oklahoma TMF Spartans were recently recognized at the Oklahoma State Capitol.

"Yesterday was a powerful day at the Oklahoma State Capitol as the Travis Manion Foundation, Oklahoma Chapter had the honor of being with some amazing young leaders," he said. "This was from our event last November where we honored fallen Oklahoma Hero SPC Sarina Butcher, the first female soldier from Oklahoma killed in action on 11 November 2011. I was also recognized as Veteran of the week."

Hudgins said during their visit, their team had the opportunity to meet with multiple state representatives and spend time with Gov. Kevin Stitt sharing the mission of TMF and highlighting how Oklahoma youth are stepping up to lead through service.

"What stood out most wasn't just the recognition, it was seeing the next generation confidently representing values that matter: character, service, and community," he said. "Stories like Ava's are important because they show the mission in action. But the deeper story is how service, loss, and resilience can shape a person's life and drive them to help others find purpose and character in their own."

For more information about the Travis Manion Foundation visit [www.travismanion.org](http://www.travismanion.org) or scan this QR CODE. ● by Van Mitchell, staff writer



**BrightStarCare**  
A HIGHER STANDARD



## Unparalleled Home Care and Support

When your loved one needs extra care at home, choosing the right agency can be tough. Let BrightStar Care® make it easier.

- We offer companion and personal care, including bathing, meal prep, medication reminders, mobility assistance and more.
- We've earned The Joint Commission Gold Seal of Approval® which validates that we follow the highest standards of safety and care.
- VA Community Care Network provider trusted by veterans.

Learn more at [brightstarcare.com/edmond-oklahoma-city](http://brightstarcare.com/edmond-oklahoma-city).

Call for your free in-home assessment.

**BrightStar Care of Oklahoma City**

**405-896-9600**

©BrightStar Care. Independently Owned and Operated





# A Tribute

## The Vietnam Veterans Memorial Brings People Together to Pay Respects to Fallen

*Sacrifice. Duty. Remember. Visitors use words like these as they descend into the Vietnam Veterans Memorial in Washington, D.C. Located on the National Mall near the Korean War Veterans Memorial and west of the Washington Monument, "The Wall" draws about five million visitors a year. Jim Knotts, President of the Vietnam Veterans Memorial Fund, said, "For many years, the Vietnam Veterans Memorial just by itself has been in the top 10 of all national park sites, nationwide."*

The Memorial honors 58,281 men and women who served courageously and sacrificed their lives and those who remain missing in the Vietnam War during the most divisive war in U.S. history. The Vietnam Veteran Project recorded 2,709,918 Americans who served in uniform in Vietnam.

Members of the Vietnam Veterans Memorial Fund, a nonprofit organization, gathered private donations that funded and built the Memorial. Today, they continue to meet groups, like Honor Flights, and answer questions.

### Paying Their Respects

George Gagan, a 20-year Navy Seabee from Dayton, Ohio, stood with his family and found the name of Marvin G. Shields who was killed in Vietnam and posthumously awarded the Medal of Honor.

It's an emotional experience for Ray Dilba of Cherry Hill, NJ, visiting for the third time. He enlisted from 1966-1969 and served in Da Nang as a Medical Service Specialist with an aeromedical evacuation unit. "I have to compose (myself) every time to reflect on what happened. I almost come to tears," he said.

For veterans like Dilba, the names etched in stone are not abstract—they are friends, brothers, and fellow service members whose absence is still felt.

### Design of the Memorial

In March 1981, a national design competition drew 1,421 entries. The winning concept came from Maya Ying Lin, then a 21-year-old senior at Yale University. Her vision was simple but powerful: a park within a park, a place set apart for quiet reflection.

Dedicated on November 13, 1982, the Memorial's polished black granite walls cut into the earth, listing the fallen in chronological order. The first casualty in 1959 appears at the center, at the lowest point of the walkway. Names continue along the east wall toward the Washington Monument, then resume at the west wall near the Lincoln Memorial, concluding again in the center with those lost in 1975.

Knotts explained its design. "(The) Vietnam Veterans Memorial, 'The Wall,' as we call it, is sometimes called 'The Wall that Heals,' because so many of the Vietnam veterans or family members of those listed here begin their healing journey by coming here and visiting the Memorial.

"One of the purposeful aspects of this design is the choice of the solid black granite. The designer chose this for two primary reasons. One, because black is the color of earth and also because she knew that when it was highly polished, it would have this reflective nature. So, if you serve with someone or you're a family member or just a visitor, you can come up, you can touch a name on the wall. And when you do, you'll see your own reflection in the wall. So, it's almost as if you are joining them to visit with them. But the hopeful part of the design is that at the end of your visit, you'll go up one of the walkways, back above ground level, to the land of the living."

Knotts estimates that half of all visitors were not even born when the Vietnam War ended 50 years ago. "Many of them don't have a direct connection to the Vietnam War, but when they come to D.C., they always want to come to the war Memorial."

### Sister statues

Nearby is the Three Servicemen Statue by Frederick Hart, dedicated in 1984, depicting young, alert, weapon-carrying Vietnam soldiers. Hart said, "The contrast between the innocence of their youth and the weapons of war underscores the poignancy of their sacrifice... Their strength and their vulnerability are both evident."

Nearby, the Vietnam Women's Memorial from 1993, sculpted by Glenna Goodacre, honors women who served in Vietnam. The statue shows three nurses caring for a



**Above:** Organizers of the Vietnam Veterans Memorial wanted a physical depiction as well The “Three Servicemen Statue” by Frederick Hart (1984).



**Above:** Jenna Goodacre, who sculpted The Vietnam Women’s Memorial, wanted to show three women coming to the aid of a fallen soldier. Eight servicewomen were killed.

wounded soldier, reflecting the critical roles women played. Eight servicewomen died in Vietnam, and their names are inscribed on The Wall.

**Above:** A strength of the design of the Vietnam Veterans Memorial is its ability to fit into the landscape.



“The Wall that Heals” brings Americans and overseas visitors, those who served in our armed forces and civilians, together to connect, reflect and quietly honor American fallen men and women.

Learn more. The Vietnam Veterans Memorial Fund, <https://www.vvmf.org/>. Vietnam Era Registry of Service, [registry.vvmf.org](https://registry.vvmf.org). Vietnam Veteran Project, <https://vietnamveteranproject.org/>. Or scan the QR CODE below. ● story and photos by Lt Col Richard Stephens, Jr., USAFR, Ret.



# Chaplain's Corner

## Discipline"... Not fun but always necessary

by Mark Miller, Chaplain

My name is Mark Miller. I have been in ministry for over 30 years, served as a Hospice Chaplain, and now serve in the Tulsa area with SYNERGY Homecare. I was privileged to be asked to write a short devotional for The Veterans News Magazine. The



word that continued to come to me when thinking of our committed men and women of our military is the word "discipline". Military discipline is defined as, "the prompt, willing and intelligent obedience to orders, regulations & codes of conduct, designed to ensure operational efficiency & unit cohesion under difficult conditions". Definitely a mouth full but absolutely correct. Discipline is a necessity to succeed in most all of life's challenges but is most recognizable under pressure. It is no less recognizable spiritually. Spiritual discipline is what enables a believer to stand when the waves of life crash all around. Spiritual disciplines, including Bible study, prayer, fasting, submission, steadfastness and rest are all necessary for spiritual growth, spiritual assurance and it's what enables us to make a difference for the Kingdom of God.

2 Timothy 3: 16-17 reminds



Mark Miller, Chaplain and wife Teresa.

us of the importance of using God's Word as a guide for this process: "All Scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness, so that the servant of God may be thoroughly equipped for every good work."

Take a look at that list of spiritual disciplines again. Jesus did all of those things

Serving The Greater Oklahoma City Metro Area

## are you a VETERAN

### Are You a Veteran Needing In Home Care Assistance services?

You may qualify for VA provided in-home care services from Senior Helpers, a licensed home care agency and approved Veterans' Benefits provider.

We understand the unique needs of our veterans and can provide education on benefits. We also can provide the specialized, in-home quality senior care you deserve – from the comfort of YOUR home:

- Home Safety and Fall Prevention
- Assistance with mobility and daily routines
- Medication Reminders
- Personal hygiene assistance
- Personal Care
- Caring companionship and conversation
- Transportation to and from appointments

Let us help you preserve your independence and freedom!



CONTACT US TODAY FOR A FREE CONSULTATION  
**405-608-4339**

[www.seniorhelpers.com/ok/greater-oklahoma-city](http://www.seniorhelpers.com/ok/greater-oklahoma-city)

while He was on earth. Why? To connect with the Father and to show us how we are supposed to live as sons and daughters of God on mission. How much more so, then, do we also need to practice these habits?

But we have to be very careful not to become too legalistic or make it about impressing others. Matthew 6:1 says, "Be careful not to practice your righteousness in front of others to be seen by them. If you do, you will have no reward from your Father in heaven."

Yes, spiritual disciplines are how we connect with God and grow in our faith, but they are not ways to earn God's favor. Jesus has already done that for us on the cross. Hebrews 10:10 says, "For God's will was for us to be made holy by the sacrifice of the body of Jesus Christ, once for all time."

Instead of restricting us, spiritual disciplines actually bring us joy and freedom. We read our Bibles, pray to our Heavenly Father, and give generously to others, not because we have to, but because we get to. Praise God for the joy and freedom we have in Christ and for the ability to connect with Him each and every day. After all, we are here on this earth to make "HIM" famous in the right way.

Thank you to the men and women of our armed forces. Thank you for your selfless commitment to remain "disciplined" to your task so that the United States that we call home, remains free. My challenge and encouragement to all believers reading this would be to continue to pray that God would grant wisdom to our leadership, courage to follow that wisdom & safety to our troops. ●



## Dedicated In-Home Support for Veterans

At HomeWell, we honor veterans with personalized in-home care that supports their physical, emotional and mental well-being. As a credentialed VA Community Care provider, each veteran client receives a custom plan to promote their independence and dignity while following the U.S. Department of Veteran Affairs' standards and guidelines.

### Our Service Offerings

- Caring companionship
- Family caregiver relief (respite)
- Dressing & personal care
- Technology assistance
- Housekeeping & laundry
- Meal preparation
- Shopping & transportation
- Medicine reminders
- Dementia care support
- 24/7 virtual care support through Sensi.AI

### Signature Programs

- GoHomeWellPost-Medical Program™
- Life Enrichment Activities Program™
- SureStep Fall Prevention Program™



Call HomeWell today to schedule a consultation at 405-673-4255 or visit us at [homewellcares.com](http://homewellcares.com)



©2022 HomeWell Franchising, Inc. All rights reserved. Each HomeWell Care location is independently owned and operated. Services may vary by location or compliance with state licensing requirements. Review us



Serving all of Oklahoma City and surrounding areas



# Tobacco use can make diabetes worse.

Source: Centers for Disease Control and Prevention

WE CAN HELP YOU QUIT FOR FREE.

Call 1-800-QUIT NOW

Text READY to 34191

Visit [OKhelpline.com](http://OKhelpline.com)



SoonerCare

# When Scammers Call, Seniors Pay the Price



Imagine you're a senior living in a quiet retirement community. One day you receive a phone call that sounds exactly like your bank: the number on the screen looks legitimate, and the voice on the other end is professional. The caller tells you your account has been compromised and in order to protect your money, you must act quickly: you're coached to download a screen-sharing app and log into your account. While you believe you're doing the right thing, you're inadvertently handing over the reins to strangers to drain the savings you've built over a lifetime.

This isn't a hypothetical situation. It's a real scam aimed at older adults and it's happening across Oklahoma inside the very places designed to keep them safe: retirement communities, assisted living facilities, and nursing homes.

As Administrator at the Oklahoma Department of Securities, I hear versions of this story far too often. Older adults are disproportionately targeted by financial scams including investment, banking and tech-support schemes. Each crime is carefully designed to prey on the vulnerabilities of seniors, many of whom live in close proximity in communities and facilities for older adults where they feel insulated from crime. That proximity opens the door for entire communities to be exploited by scammers who send convincing emails, make persistent phone calls and knock on doors offering fraudulent services.

The fraudsters of today are master manipulators and skilled actors. They build trust, sometimes over weeks or months, forming relationships online and over the phone using technical jargon, and by appealing to seniors' hopes and fears. They pose as bank agents, financial advisors, and friendly companions, and they're incredibly persuasive, able to coerce seniors into giving away personal information, money, and even real estate to complete strangers. The fallout can be devastating.

Criminals are savvy; they understand why older adults are attractive targets. Seniors often have significant assets, including life savings, retirement accounts and home equity they've worked hard for decades to accumulate. Many are navigating major life transitions: the loss of a spouse who previously handled the finances, smaller social circles, or the move from independent living into a care setting. Some are uncomfortable with new technology, while others may be suffering from memory loss or cognitive decline. Sadly, it's the perfect storm for opportunistic scammers.

Financial fraud harms more than just a victim's bank account. Victims often experience shame, anxiety and depression, in addition to financial and identity theft repercussions that can follow them for years. In some cases, victims are left unable to afford the same level of care or living situation. Families may be forced into making difficult financial and caregiving decisions, and relationships can become strained. Yes, money is stolen, but so is peace of mind.

So how can we protect seniors from these devastating scams? It requires a coordinated effort among caregivers and families, but a few practical steps can make a big difference:

**Prevent:** Prevention begins with education. Raise awareness about common red flags like urgent requests for money or asking to download software. Financial safety should be discussed as routinely as physical safety.

**Recognize:** Pay attention to warning signs, such as large withdrawals, extended time on the phone with unknown callers or new online "friends" who request financial

assistance.

**Record:** Document concerns including message screenshots, call logs and names used by suspicious individuals.

**Report:** Notify banks, law enforcement and agencies like the Oklahoma Department of Securities to step in. Quick reporting can prevent additional losses and help in recovering funds.

Oklahoma's seniors deserve to spend their golden years in peace, not defending themselves from criminals looking to defraud them, and together we can make sure they're protected. A single phone call can upend a lifetime of hard work, but a single conversation about the dangers of financial fraud can help stop these scammers in their tracks. ●

*by Oklahoma Department of Securities*

To visit the Oklahoma Department of Securities Scan this QR CODE.





**Miller Hospice**  
*Compassion, Dignity, Dedication*

VA Approved Hospice Services,  
 Call for Your In-home Evaluation.

918-742-6415  
[www.MillerHospice.com](http://www.MillerHospice.com)



**Grace Care**  
 HOME CARE FOR SENIORS

VA Community Care Network Provider

We are a VA Community Care provider for Veterans in Home Care through the Homemaker/Home Health Aide Program.

**Services Include:**

- Light Housekeeping/Laundry
- Meal Preparation
- Errands/Shopping
- Bathing/Dressing
- Companionship/Respite Care
- Transportation

2523 N Van Buren Enid, OK 73703 [www.gracecare.com](http://www.gracecare.com)  
 Serving Garfield County And Surrounding Areas

**Call Today 580-237-6911**



**Oklahoma Military Heritage Foundation**

Find out more about:

- > Our yearly Military Hall of Fame Induction Banquet
- > Military Hall of Honor Chapters
- > Honors Campaigns
- > Becoming an Ambassador volunteer
- > Nominating deserving Veterans or Volunteers
- > Supporting our organization as a donor or member

\*\*\*\*\*Go to: [OKMHF.org](http://OKMHF.org) or email: [INFO@OKMHF.org](mailto:INFO@OKMHF.org)



**Jimmy's egg** breakfast · lunch

Pick-Up a Copy at Your Favorite Jimmy's Egg Location



**Order Online Here! [www.jimmyseggokc.com](http://www.jimmyseggokc.com)**



**OKLAHOMA VETERAN** **OKLAHOMA VETERAN**

**OKLAHOMA VETERANS UNITED**  
 PARTNERS \* PROVIDERS \* PATHWAYS

**BUILDING A STRONGER VETERAN COMMUNITY TOGETHER**

We connect veterans with housing services, suicide prevention resources, and employment opportunities.



**Let Us Help You!**

[www.okvetunited.org](http://www.okvetunited.org)

115 West 3rd Street, Suite 600  
 Tulsa, OK 74103  
 918-588-8403



# Love of VW Beetles Connects Veterans



*Roldan and Serrano with his VW along with awards.*

Lino Roldan and Pedro Serrano met three years ago at a neighbor's home while sharing a meal of Puerto Rican food, a cuisine representing the place they both grew up. They learned they were both veterans and also had a shared love of Volkswagen Beetles. They each currently own 1966 models, with Roldan's being red and Serrano's being blue. I spoke with them at a car show in Tulsa where their classic cars stood side by side, showing off the pride they care for them with to preserve their nostalgic status.

Prior to their first meeting Serrano had not attended a car show, however Roldan encouraged him to do so and at his first show he won his first award: The Top 2 in class!

Roldan and Serrano are both career veterans that were raised in Puerto Rico. They are also bilingual which they used during their time in service. Roldan worked for the Red Cross at the Armed Forces Emergency Center at Fort Sill service members who had been injured or killed.

Serrano served ten years in Panama and half of his career in Latin America supporting military missions, including the take down of General Manuel Noriega during Operation Just Cause in 1989.

Roldan was drafted in 1969 serving one year in Vietnam with the 25th ID and 173rd Airborne. He left service in 1971 and then re-enlisted in 1978. He spent time in Italy and Germany and served during Desert Storm, retiring in 1995 as a Sergeant First Class. His father served in the National Guard from his native Puerto Rico, however his inspiration to serve in the military came from an uncle who was a POW during the Korean conflict. After his retirement he worked as a Brigade Family Coordinator at Fort Sill. In addition to his love for VW's, Roldan is a digital creator and has hosted a radio show since 1991. His bilingual show highlights Hispanic culture and his love of latin music.

On a quarterly basis, the show focuses on veterans issues with "veteran to veteran" talk for two hours, fielding questions related to service and benefits.

Serrano retired from the Air Force as a Master Sergeant after serving from 1981 to 2001. He was the first person in his family to join the military. His son followed in his footsteps serving in the Army. In the military he worked in communications and transferred those skills into his civilian career working for defense contractors on VIP and executive fleets, including Air Force One. He ended up



in Tulsa because of the oil and gas industry where he retired as a Chief Information Security Officer.

Serrano's love of VW's started in his youth. He learned how to drive in a 1964 four-on-the floor model and owned a 1969 in his college years.

Roldan's love for them started before he deployed to Vietnam. His father had a 1967 which is how he learned to work on them. After leaving the Army in 1971, he attended school as a tool and die maker and then bought a VW van. He had his own welding shop at home and started working on them regularly.

While serving in Italy and Germany he bought and sold them as a hobby. He says working on VW's is easy and has helped him with his PTSD. Serrano agrees that it is a form of therapy for both of them.

Because they are neighbors, they get together often to work on their VW's and naturally talk about veteran issues.

Both gentlemen are regular volunteers at the Tulsa VA, greeting and directing veterans.

Serrano suggests if you have a friend that served in the military and is not registered with the VA, take them with you next time you go. He recalls doing this with a friend a number of years ago - someone who felt hopeless and had not registered. He



The Serranno with 2025 VW award.

was eventually approved for 100 percent service connection and went on to start Vet Chat, a veteran support network rooted in faith and fellowship that has helped and/or saved hundreds of veterans by providing support and resources. Roldan states the basis for what he does for veterans is rooted in following Christ; never saying no or impossible, recognizing there are no closed doors and helping others.

These two gentlemen stand side by side at car shows and in helping veterans, selflessly giving back in the name of brotherhood and service.

You can listen to Roldan's radio show at [www.brisatropical.com](http://www.brisatropical.com) or scan the QR CODE here. ● by Jill Stephenson, staff writer



**\$250 RENT DISCOUNT TO US VETERANS FOR ONE YEAR\***

\*Limited Time Offer

*Saint Ann*  
ASSISTED & INDEPENDENT LIVING  
A MINISTRY OF THE ARCHDIOCESE OF OKLAHOMA CITY

Call Lisa at (405) 721-0747 Ext 322

7501 W. Britton Rd, OKC, OK  
[www.SaintAnnRetirementCenter.com](http://www.SaintAnnRetirementCenter.com)

*250 Year Anniversary*  
**UNITED STATES OF AMERICA**



# Chuck Norris Recognized with State Resolution

*U.S. Air Force Veteran and martial arts icon and “Walker, Texas Ranger” star died on March 19, 2026, at the age of 86 in Kauai, Hawaii.*

The Oklahoma State House of Representatives passed a resolution honoring actor and Oklahoma Native Chuck Norris and the bill (HCR 1021) moves to the state Senate for further consideration. The bill was authored by State Rep. Stacy Jo Adams, R-Duncan and Sen. Dusty Deever, R-Elgin, is the bills Senate author. The bill formally recognizes Norris for humble beginnings to international fame.

Born Carlos Ray Norris Jr. in 1940, in Ryan, OK before moving to Torrance, California with his family at age 12. Chuck Norris didn't begin life as a larger-than-life icon. He grew up shy and unassuming, far from the fearless persona he would later embody. After joining the United States Air Force, he was stationed in South Korea, where he first encountered martial arts. What began as curiosity quickly turned into obsession. Norris trained relentlessly, eventually earning black belts in multiple disciplines and becoming a world champion in karate.

His fighting career alone would have been enough to secure his place in history. Norris dominated tournament circuits in the 1960s, defeating top competitors and earning respect for his precision, speed, and discipline. But his ambitions extended beyond the mat. He saw potential in bringing martial arts



to a wider audience, and that vision led him into Hollywood.

Norris's film career began modestly, but his big break came when he fought Bruce Lee in the film *Way of the Dragon*. The fight scene, set in the Roman Colosseum, became iconic, showcasing Norris as a credible and formidable opponent to one of the greatest martial artists of all time. From there, he built a career as an action star throughout the 1970s and 1980s, appearing in films like *Good Guys Wear Black*, *Lone Wolf McQuade*, and the *Missing in Action* series.

In the 1990s, Norris found renewed fame through television with *Walker, Texas Ranger*. The show became a cultural staple, running for eight seasons and introducing him to a new generation of fans. As Cordell Walker, he played a Texas Ranger who combined martial arts skills with a strong sense of justice, often delivering lessons about right and wrong alongside the action.

But perhaps the most unexpected chapter of Chuck Norris's legacy came in the age of the internet. In the mid-2000s, "Chuck Norris facts" began circulating online—short, exaggerated jokes that portrayed him as an all-powerful figure. Lines like "Chuck Norris doesn't do push-ups; he pushes the Earth down" transformed him into a comedic legend. Rather than resist the jokes, Norris embraced them, showing a sense of humor that only strengthened his popularity.

Beyond entertainment, Norris was also been involved in philanthropy and community work. He founded programs aimed at helping young people develop discipline and confidence through martial arts training. His emphasis on character, respect, and perseverance reflects the same values that defined his career.

What makes Chuck Norris truly fascinating is the contrast between the man and the myth. In reality, he was disciplined, thoughtful, and grounded. In popular culture, he is nearly superhuman. Yet these two versions don't conflict—they complement each other. The myth exaggerates qualities that genuinely exist: strength, resilience, and determination.

Chuck Norris remains a symbol that spans generations. Older fans remember his films and television shows, while younger audiences know him through memes and internet culture. Few individuals manage to stay relevant across such different eras, but Norris has done so effortlessly.

In the end, Chuck Norris represents more than just action movies or jokes. He embodies the idea that ordinary beginnings can lead to extraordinary impact. Whether as a martial artist, actor, or cultural icon, his legacy continues to endure—part truth, part legend, and entirely unforgettable.

The Norris family said "It is with heavy hearts that our family shares the sudden passing of our beloved Chuck Norris yesterday morning. While we would like to keep the circumstances private, please know that he was surrounded by his family and was at peace." ●

## Cleveland County OHCE Craft Show in Norman May 8-9

The Cleveland County OHCE Craft Show will take place May 8-9, 2026, at the Cleveland County Fairgrounds in Norman, Oklahoma. Sponsored by Cleveland County OHCE, this event brings together talented local artisans and crafters for a weekend of shopping, creativity, and community engagement.

The event will feature up to 50 vendor booths showcasing a wide variety of handmade goods, including crafts, home décor, gifts, and more. Attendees will have the opportunity to meet local creators and explore unique, one-of-a-kind items.

The craft show is open to the public with free admission, making it an accessible and family-friendly outing. A concession stand will also be available on-site.

Organizers invite the community to come out and support local vendors while enjoying a vibrant and welcoming atmosphere. Whether searching for special gifts or simply wanting to experience local craftsmanship, the Cleveland County OHCE Craft Show offers something for everyone.

**Who: The event will be at the Cleveland County OHCE (sponsor and host) May 8-9 at the Cleveland County Fairgrounds, 615 E Robinson St, Norman, OK 73071 and admission is FREE.**

For more information, contact (405) 627-4370 or email [april.green.1290@gmail.com](mailto:april.green.1290@gmail.com). Event details can also be found on Cleveland County Oklahoma Home and Community Education Facebook page.

# 3rd Annual Classic Cars A-Round the Barn Car Show

Car enthusiasts, families, and travelers along historic Route 66 are invited to attend the Third Annual Classic Cars A-Round the Barn Car Show on Saturday, April 11, 2026, at the historic Arcadia Round Barn. This fun, family-friendly event welcomes all classic cars, motorcycles, trucks, and unique vehicles to participate in a day of vintage style and community celebration at one of Oklahoma's most iconic landmarks along Route 66.

Visitors can enjoy a full day of activities including: Classic Car Show, Round Barn Tours, Food Trucks, Live Music, Local Vendors and more surprises throughout the day

**Event Schedule** • 8:00 a.m. - Vehicle Registration Begins  
 • 11:00 a.m. - Judging • 1:00 p.m. - Awards Presentation

Vehicle registration is \$20 per entry and will be available on the day of the show only.

The event is sponsored by the Arcadia Historical & Preservation Society and serves as an important fundraiser to support the preservation and maintenance of the historic Round Barn. The Arcadia Round Barn is maintained by the society as a 501(c)(3) nonprofit organization, and all proceeds from the car show directly support the care and upkeep of this beloved landmark.

"The Round Barn has welcomed travelers and the local community for generations," organizers say. "Events like this help ensure the barn continues to stand proudly along Route 66 for years to come."

★★★★ Veterans Serving Veterans ★★★★★

## HELP 4 VETERANS



**Our Mission**

Our dedicated volunteers help veterans and their families apply for the VA benefits they have earned and deserve. If you need help to apply for a VA disability please come see us.

Thursday morning from 8:00 to noon  
 Community Christian Church, 2010 N Eastern, Moore, OK 73160.,  
 Call 405-779-3693 or email [Help4Veterans@myyahoo.com](mailto:Help4Veterans@myyahoo.com).  
 Help 4 Veterans is a 501(c)3 non profit organization.  
 Donations are tax deductible.

[www.help4veteransok.org](http://www.help4veteransok.org)



# Excell

PRIVATE CARE SERVICES

- ◆ Personal In-Home Care ◆ Case Management
- ◆ Advantage Programs ◆ Long Term Care
- ◆ VA Friendly ◆ Long Term Care Insurance Accepted

*A Legacy of Excellence*

**Excell Private Care Services**  
 2120 S. Broadway, Edmond, OK 73013  
 405.639.3939

**Excell Private Care Services**  
 5610 S Memorial Dr Ste A, Tulsa, OK 74145  
 (918) 660-0609

**Excell Private Care Services**  
 501 S. 5th St., Chickasha, OK 73018  
 (405) 212-4320

*A VA Community Care Provider*



[www.excellpcs.com](http://www.excellpcs.com)

# Making Bathrooms Safer for Our Heroes:

## *How the HISA Grant Can Help Veterans Live More Comfortably at Home*

Owning a bathroom remodeling company serving homeowners across Oklahoma, I've worked with thousands of families over the years. But nothing means more to me personally than when we get the chance to serve one of our Veterans, especially those whose homes need to be adapted due to disability or aging.

One of the most tangible ways we can say thank you to Veterans for their service is by making daily life a little easier, safer, and more dignified.

That's why I want to spread the word about the HISA Grant. HISA stands for Home Improvements and Structural Alterations, a benefit available through the Department of Veterans Affairs (VA) that many Veterans either don't know about or aren't sure how to use.

If you or a loved one is a Veteran with service-connected or age-related disabilities, the HISA Grant may help pay for necessary bathroom modifications. In some cases, it can cover the majority of the cost of a walk-in shower remodel, grab bars, and other essential safety upgrades.

The Home Improvements and Structural Alterations Grant program, offered by the VA, provides funding for home modifications needed to improve accessibility or to ensure the continuation of treatment for a disability.

HISA Grants cover roll-in or walk-in showers, ADA-compliant toilets or vanities, grab bars and handrails, and non-slip flooring. It also covers retrofitting to include door widening for mobility devices, raising or lowering counters, and improving overall bathroom access.

Unlike some other VA grants, HISA can be used for both service-connected and non-service-connected conditions, making it one of the most flexible programs available.

Under the current VA guidelines, HISA offers up to \$6,800 for Veterans with service-connected conditions (or a 50%+ service-connected rating) and up to \$2,000 for Veterans with non-service-connected conditions (often age-related). These funds do not need to be repaid. They are grants, not loans.

Depending on the scope of the remodel and the Veteran's eligibility, this amount can often cover most of the cost of a walk-in shower installation, which is the most common and effective upgrade for accessibility and safety.

For many Veterans, the bathroom is one of the most dangerous rooms in the home. Slippery floors, high bathtub walls, and poor lighting make accidents more likely - especially for those with mobility issues, balance concerns, or chronic conditions. A simple fall in the bathroom can lead to months of recovery or permanent injury.

By remodeling the bathroom with accessibility in mind, Veterans greatly reduce the risk of injury and increase their ability to live independently at home.



*Army Veteran Nick K reaches for help from his new Grab Bar in his recently installed shower, enabled by a VA Home Improvements and Structural Alterations (HISA) Grant.*



Here's what one of Berdit's recent Veteran customers said after his remodel. "The walk-in shower installed by Bath Planet of Oklahoma makes it easy for me to get in and out of the shower safely, said Nick K of Sand Springs, Oklahoma. "The handrails and low entry threshold greatly reduce the risk of falling! While in the shower, the showerhead and handheld sprayer make it easy for me to wash myself. The shower seat allows me to comfortably wash my lower legs and feet without fear of falling over.

The ease of showering-along with the safety provided by the grab bars and seat-also gives my wife, Connie, peace of mind, knowing she doesn't have to worry so much about me while I'm in there! Even our teenage grandsons love using it when they visit!

Thanks to Todd Berdit for noticing my Vietnam Veterans hat and telling me about the HISA Grant from the VA!

To qualify for the HISA Grant, Veterans must be enrolled in the VA healthcare system. They must secure a medical prescription from a VA provider stating the home improvement is necessary. They own or live in the home being modified (or, renters must have a signed and notarized statement from the owner authorizing the improvement or structural alteration). They must obtain a written, itemized estimate of the project's cost. Then they must submit a

completed application, including pictures of the unimproved area.

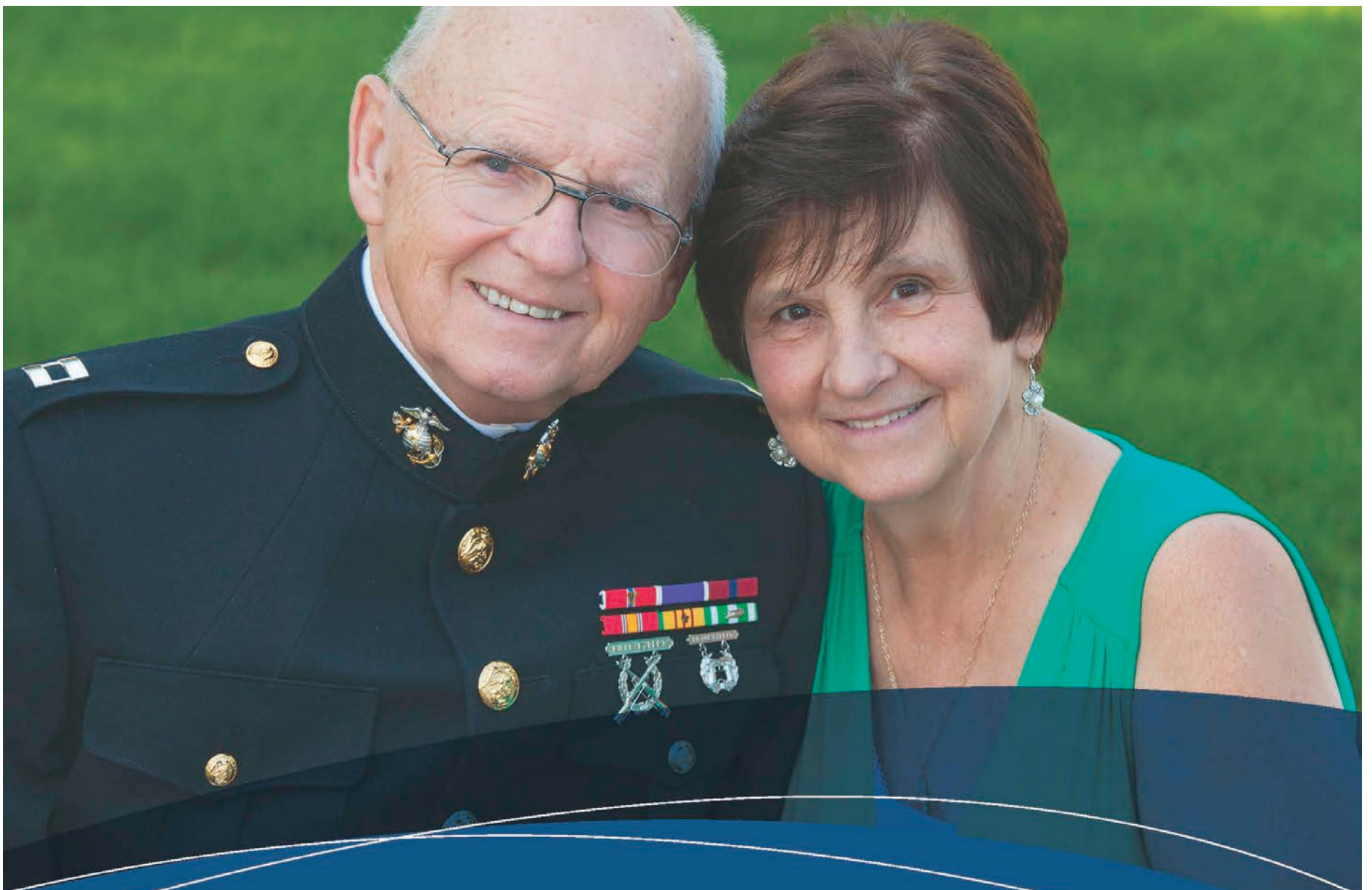
At Bath Planet of Oklahoma, we've helped thousands of Veterans successfully apply for and use their HISA Grant - and we're happy to walk Veterans through the process from start to finish. This includes help with understanding the paperwork, choosing modifications that meet VA standards and submitting bids and documentation to the VA.

As a licensed plumbing company, they have 13 years of experience in this kind of work in going through the process with the VA. They know how to handle the details so Veterans don't have to stress about them. They offer free in-home consultations, and are always happy to talk with Veterans and their families to determine if the HISA Grant might help.

Veterans served their country. If you or a loved one is a Veteran struggling with mobility in the bathroom, don't wait. There are resources available to help, and the HISA Grant is one of the most useful and underutilized programs.

Give their office a call or stop by their showrooms. They will help Veterans explore their options and make the process simple. Their goal is to help Veterans stay safe and comfortable at home, with as little hassle as possible. ●

*by Todd Berdit*



## Locally Owned & Nationally Known

Visiting Angels provides essential senior home care, allowing your loved one to remain where they are the most comfortable...in their own home.

**PROVIDING:** Veterans Care • Bathing & Dressing Assistance • Assistance with Walking • Medication Reminders • Light Housekeeping • Meal Preparation • Respite Care for Families • Dementia Care

Visiting Angels Southwest  
Oklahoma City

Visiting Angels Southeast  
Oklahoma City

Visiting Angels Tulsa

Visiting Angels Durant

Visiting Angels Edmond

Visiting Angels Yukon

Visiting Angels Lawton

Visiting Angels Bartlesville

**800.365.4189**

[www.VisitingAngels.com](http://www.VisitingAngels.com)

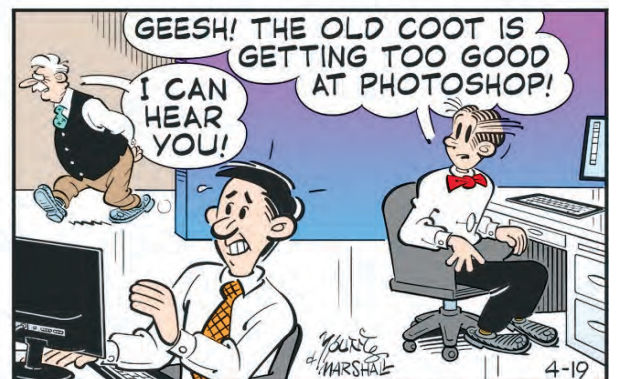
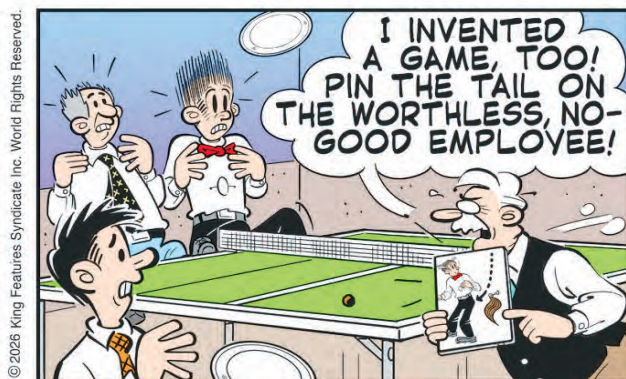
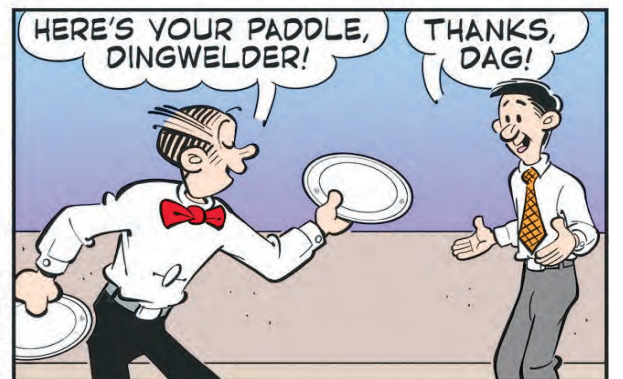
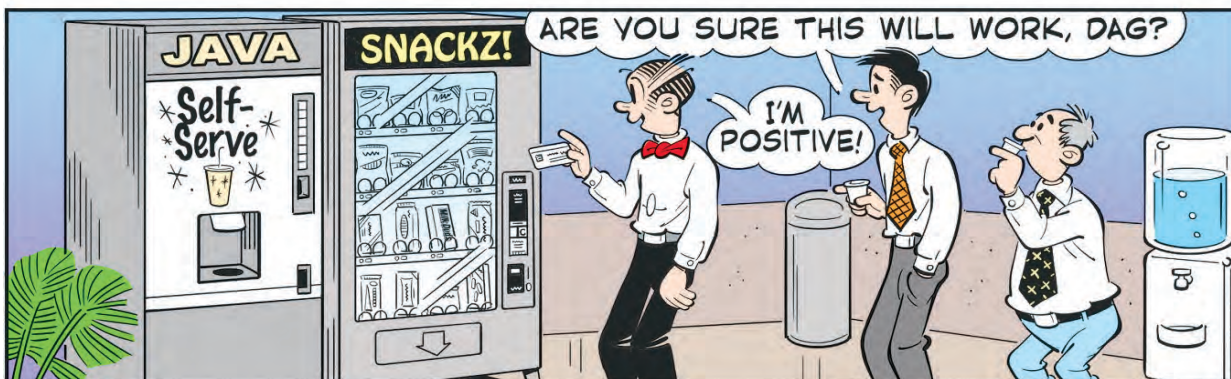


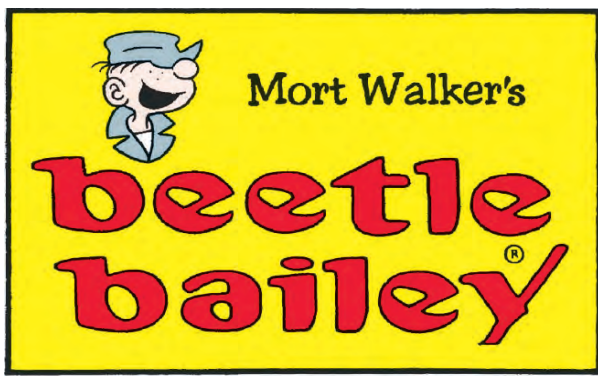
Not all services are available at all locations. Please check with your local agency. Each Visiting Angels agency is a franchise that is independently owned and operated. The Franchisor, Living Assistance Services Inc., does not control or manage the day-to-day business operations of any Visiting Angels franchised agency.  
\*2025 Visiting Angels is a registered trademark of Living Assistance Services, Inc.

# Veteran Word Search - April

- Air Force Academy
- Aircraft Carrier
- Naval Academy
- Mental Health
- Marine Corps
- White House
- Coast Guard
- Lieutenant
- Helicopter
- Submarine
- Air Force
- Sergeant
- Airborne
- Military
- Admiral
- Colonel
- Captain
- Private
- General
- Tank
- Navy
- Army

X P T S D W Z P A F B E N H U A I R B O R N E N  
 F P E J C G D N K R E I R R A C T F A R C R I A  
 R K E B O E P A I R F O R C E Q N A L S G O Q T  
 N A V Y Q N E J B C X E N I R A M B U S U T U I  
 W F V A M E D I C A L C E N T E R V O R C N I O  
 D V E T E R A N S A D M I N I S T R A T I O N N  
 A U R S S A M K N I Z L I E U T E N A N T F M A  
 F C S K S L S A G R J Y Q Q K M G D F Z B H E L  
 U P E C L E R Y E D N S H T Q I L R Z P L T G V  
 D E Z G A E R T L D M K V R B L M K I E A L L E  
 J O M O T P N G L E N O L O C I R D H V R A M T  
 E B Y E C E T I N N C B C N B T R G I R I E A E  
 Y O V G C C B A J O G C N L Z A R R Y A M H R R  
 U M E T O I L V I B C Y M Q E R P Z Y I D L I A  
 U C E V U W R V I N T P C U H Y V Y H C A A N N  
 J V C U R W P I F T N A E G R E S M O A T T E S  
 Z P R H Y M E D A C A E C R O F R I A T S N C M  
 H E L I C O P T E R A Q P A B K K Y T A F E O A  
 A D U M N A V A L A C A D E M Y T Z T N K M R G  
 V F Y K A U I D R A U G T S A O C N H K E L P A  
 I O E H W H I T E H O U S E B Z J Y K F N U S Z  
 H F W K Z J Y M E D A C A D R A U G T S A O C I  
 A R M Y N S E N A T E Z V G U W V C F M S K Z N  
 K C S D Y M E D A C A Y R A T I L I M X S L T E





Have Questions?  
New to Medicare?  
Start With Us

**WE CAN HELP!**

Christina Sibley, EMT/RMA  
Medicare Products Broker  
BS Health Studies – Gerontology  
405-655-6098 call or text

Steven Sibley, US Army RET/DAV  
Medicare Products for Veterans  
MBA – Healthcare Administration  
405-850-1569 call or text



**Your Trusted Medicare Resource**

Disabled Veteran | Native American | Woman Owned

- Licensed Independent Brokers
- Medicare Education
- Medicare Insurance Products
- In-home or in-office appointments
- No charge to meet with us, no pressure, just help.

Visit us at [www.sibleyinsures.com](http://www.sibleyinsures.com)

Contact us for information on our upcoming educational only events (or to request an event) covering general Medicare education, Medicare premium help programs, Medicare with other insurance (Employer insurance, Tricare 4 Life, veteran's healthcare). Food Provided. For accommodation of persons with special needs at meetings call 405-655-6098, TTY 800-522-8506.



Medicare Required Disclaimer: We do not offer every plan available in your area. Currently we represent 8 organizations which offer 73 products in your area. Please contact Medicare.gov or 1-800-MEDICARE, or your local State Health Insurance Program to get information on all your options.



# OKVN VETERAN RESOURCES

## VETERAN LIVING

### Belmont Cove

14604 Parkway Center Ave OKC, OK 73143. Contact Claudia at 405-898-3965 or Gary at 405-417-7294  
<https://www.belmontcove.com>



Scan the QR Code with your camera!



### Saint Ann Assisted & Independent Living

7501 W Britton Rd, Oklahoma City, OK 73132. Call 405-721-0747  
<https://www.saintannretirementcenter.com>



### Villagio of Bradford Village

300 Enz Dr, Edmond, OK 73034 (405) 531-3444  
<https://villagioliving.com/bradford-village>



 English Village Skilled Nursing & Therapy Altus, OK EnglishVillageOK.com	 RIVER VALLEY Skilled Nursing & Therapy Clinton, OK RiverValleyOK.com
 The Fairmont Skilled Nursing & Therapy Oklahoma City, OK FairmontOK.com	 KINGWOOD Skilled Nursing & Therapy NE OKC, OK KingwoodOK.com
 The Ambassador Skilled Nursing & Therapy Tulsa, OK AmbassadorOK.com	 UNIVERSITY PARK Skilled Nursing & Therapy Memory Care Tahlequah, OK UniversityParkOK.com
<b>VA-DESIGNATED COMMUNITIES</b> <b>HONORED TO CARE FOR THOSE WHO SERVE.</b>	

## HEALTH

### SIBLEY Insurance Group

Medicare Brokers 201 W Oklahoma Ave, Ste 231 Guthrie, OK 73044  
 Christina Sibley 405-655-6098  
 Steven Sibley 918-404-0807  
 Tricare for Life Specialists  
<https://www.sibleyinsures.com>



### Brightstar Care Home Care

Call 405-896-9600 for your free in-home assessment.  
<https://www.brightstarcare.com>



### Cornerstone Home Health, Inc.

"Veterans Servicing Our Veterans"  
 OKC Office 405-354-5454  
 Toll-Free 833-8545454  
<https://www.cornerstonehomehealthservices.com>



### Excell Private Care Services

2120 S. Broadway, Edmond, OK 73013 Call (405) 639-393  
 5610 S Memorial Dr Ste A, Tulsa, OK 74145 (918) 660-0609  
 501 S. 5th St., Chickasha, OK 73018 (405) 212-4320  
<https://excellpcs.com>



Want to get your information in front of more than 40,000 Oklahoma Veterans?  
 Your online and print listing is only \$149 per month or FREE with a display ad (quarter pages and up)!

## HEALTH

### Help 4 Veterans

Community Christian Church  
 2010 North Eastern, Moore Oklahoma  
 Call Fred Zacher at 405-779-3639  
<https://help4veteransok.org>



Scan the QR Code with your camera!



### HomeWell Care Services

Call today: 405-237-5402  
<https://homewellcares.com>



### Navigating Medicare

Schedule your free appointment today!  
 2232 W Hefner Ste. A OKC, OK 73120 405-842-0494  
 6202 S. Lewis Ave Ste. I Tulsa, OK 74136 918-764-8719  
<https://www.navigatingmedicare.com/>



### Synergy Home Care

Call Today. We Listen  
 OKC Office 405-254-3046 Tulsa Office 918-727-2117  
<https://synergyhomecare.com>



Scan the QR Code with your camera!



The QR Codes are simple and fast! Just aim your camera at the QR Code and follow the link!

## HEALTH

### Senior Helpers

10605 N May Ave, Oklahoma City, OK 73120 (405) 608-4339  
 "Serving the greater OKC Metro"  
<https://www.seniorhelpers.com> Click OKC



### Oklahoma City VA Medical Center

921 Northeast 13th Street Oklahoma City, OK 73104-5007  
 Main phone: 405-456-1000  
 Mental health care: 405-456-5546

### Ernest Childers VA Outpatient Clinic / Tulsa

Main phone: 888-397-8387  
 Mental health care: 888-397-8387, ext. 4

### North Oklahoma City VA Clinic

14400 Bogert Parkway, Suite 100 Oklahoma City, OK 73134-2653  
 Main phone: 405-302-1500  
 Mental health care: 405-302-1500

### South OKC VA Clinic

17919 Mid-America Blvd, Ste 250 Oklahoma City, OK 73135-6610  
 Main phone: 405-855-6000  
 Mental health care: 405-855-6000

### Tinker VA Clinic

7050 Air Depot, 72nd Medical Group, Ste 2K10 Tinker AFB, OK  
 Main phone: 405-456-8800

For Oklahoma Veterans Services, Visit <https://oklahoma.gov> or scan the QR Code below:

Scan the QR Code with your camera!



### Grace Care

Serving Enid and Garfield County Area.  
 Call 580-237-6911  
<https://gracecare.com>  
<https://gracecare.com>



Check out our Website [www.okveterannews.com](http://www.okveterannews.com)

## HEALTH

### Miller Hospice

Tulsa Area

Call **918-588-8403**

<https://millerhospicetulsa.com>



### Nerve Renewal Neuropathy Clinic

Go to <https://nerverenewalnow.com> for more info, or visit a location near you. • **NW OKC Clinic** - 3705 NW 63rd St, Suite 101 • **SW OKC Clinic** - 9821 S May Ave, Suite B • **Edmond Clinic** - 3520 S Blvd, Suite 100 • **Broken Arrow Clinic** - 1150 E Lansing St • **Bartlesville Clinic** - 4140 SE Adams Rd, Suite 110 • **South Tulsa / Jenks Clinic** - 9101 S Toledo Ave, Ste A • **Norman Clinic** - 4019 N Flood Ave. • **Midwest City Clinic** - 8121 National Ave, Suite 105 • **Shawnee Clinic** - 3700 N Kickapoo Ave, Suite 116 • **Stillwater Clinic** - 1411 W 12th Ave, Suite D • **Yukon Clinic** - 12801 NW 10th St, Suite 500



## VETERAN SERVICES

### Brazito Coins & Collectables

We buy and appraise Coins, Comics and Lionel Trains. Call Bill Norfleet at **405-495-4000 (cell)** or email [billnorfleet@hotmail.com](mailto:billnorfleet@hotmail.com)



### Keller Williams Real Estate Planning

Call Matt Neill at **405-757-9980 (cell)** or email [MattNeill@kw.com](mailto:MattNeill@kw.com)  
<https://VibrantOk.com>



Scan the QR Code with your camera!



## VETERAN SERVICES

### Oklahoma Veterans United

115 West 3rd Street, Suite 600  
Tulsa, OK 74103 Call **918-588-8403**  
<https://okvetunited.org>



### DAVIDS TREE SERVICE

(405) 787-1297. Remove and Trim. No Job Too Large or Small. MANY REFERENCES. Call Today  
**(405) 787-1297** e063125

### 101 Mobility

9402 E 55th PI Suite A,  
Tulsa, OK 74145  
**(918) 238-7979**  
<https://www.101mobility.com/>



## EDUCATION

### SNU VETS CENTER

Southern Nazarene University,  
VETS Center  
4200 N Peniel Ave. Bethany, OK  
73008 405-717-6299  
[www.snu.edu](http://www.snu.edu)



### VETERANS UPWARD BOUND

GETTING READY FOR SCHOOL?  
Our goal is to help you navigate your Veteran Education Benefits, enroll in college or vo-tech, and strengthen your academic skills - all at no cost to you.

Call me or scan the QR CODE.  
**405-422-1405** [vub@redlandsc.edu](mailto:vub@redlandsc.edu)



# VETERANS UPWARD BOUND



## GETTING READY FOR SCHOOL?

Our goal is to help you navigate your Veteran Education Benefits, enroll in college or vo-tech, and strengthen your academic skills – all at no cost to you.

- Assistance with GI Bill/VR&E Benefits
- Education and Career Planning
- Assistance with College Admissions
- Develop your Academic Skill
- Referrals to Community and Veteran Services and Agencies
- **And More!**



**CALL, EMAIL OR SCAN THE QR CODE TO GET CONNECTED**



**405.422.1405**  
[vub@redlandsc.edu](mailto:vub@redlandsc.edu)

# NEUROPATHY PAIN AND NUMBNESS CAN BE TREATED

VA Benefits Accepted. 11 Oklahoma Therapy Centers.



Our FDA-cleared treatment relieves pain and restores feeling without the use of medications or surgery.

VA benefits, Medicare, and Medicaid accepted.



Proudly Helping Those Who Served



**405.422.9518**

View our testimonials at [nerverenewalnow.com](http://nerverenewalnow.com)

**How to Coordinate with A Non-VA Care Provider**

- 1. Visit your VA Primary Care Physician.**
- 2. Have your PCP refer you to a VA Specialist.**
- 3. Have the Specialist then refer you to us.**