

OKLAHOMA VETERAN NEWSMAGAZINE **FREE COPY**

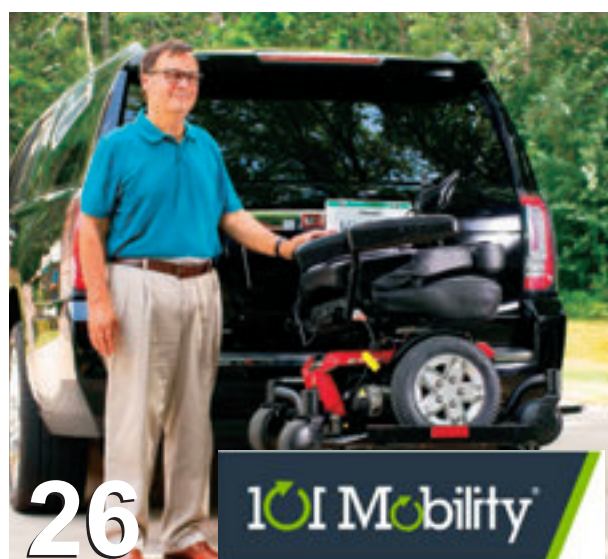
Serving Active Duty
Military Veterans and
Their Families



Opening Day!

New Oklahoma National Guard Museum Opens To Public

Oklahoma National
Guard photo by
Anthony Jones



MORE INSIDE

On The Cover:

Maj. Gen. Thomas H. Mancino, adjutant general for Oklahoma, Mayor David Holt, mayor of Oklahoma City, Mrs. Cindy Lankford, representing Senator James Lankford join in the ribbon cutting for the Oklahoma National Guard Museum in Oklahoma City, June 11, 2026.

Read more on page 4



OKLAHOMA VETERAN NEWS MAGAZINE

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
Co-Publisher, Sales, Marketing,
Steven Sibley, E7 RET/DV
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

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
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 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 subscriptions are offered FREE to veterans. Send request to advertising@okveterannews.com.

SISTER PUBLICATIONS

Oklahoma's Senior news and Living
www.seniornewsandliving.com
Oklahoma's Nursing Times
www.oknursingtimes.com
ASK ABOUT PICKUP RATES
Oklahoma's College Education Guide

Veteran News Magazine 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 RESERVED

Jason Young, SYNERGY
Director of Marketing and
veteran, John Cockrum



Your VA Benefits Cover Costs

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

Full Support for Fuller Lives

Our Services

- Companionship
- Personal Care
- Technology Assistance
- Housekeeping and Laundry
- Meal Preparation
- Errands and Transportation
- Medication Reminders and More

OKC Office: 405-254-3046

Tulsa Office: 918-727-2117

SCAN HERE TO VISIT ON THE WEB



Thomas Cook with owner, Weama Kassem.



On the Cover: New Oklahoma National Guard Museum Opens To Public



The new Oklahoma National Guard Museum at 3301 NE Grand Blvd in Oklahoma City opened on June 12, 2026.

Decades of military history officially transitioned into a new era as the Oklahoma National Guard hosted a ribbon-cutting ceremony on June 11 for its newly constructed museum, marking the culmination of a multi-year effort to preserve and expand the legacy of Oklahoma's Citizen-Soldiers and Airmen.

Located just south of the Oklahoma Military Department at 3301 Northeast Grand Blvd., the 39,375-square-foot, state-of-the-art facility, constructed by Hensel Phelps Construction Company, serves as a benchmark for state National Guard museums across the nation.

The opening comes after a 2024 groundbreaking and a temporary casing of the colors in 2025 for the museum's historic home of nearly 50 years, a 1930s Works Progress Administration armory.

"The idea was that we needed a new building to house the museum's collection so that we could tell a better story of the Oklahoma National Guard," said Dr. Denise Neil, the OKNG Museum's executive director, who has helped guide the institution into this new chapter. "We love our historic building, and it has great history to the Guard, but it also has challenges, and a new building will allow us to do a better job."

Originally opened in 1974 as the 45th Infantry Division Museum, the institution was renamed to the Oklahoma National Guard Museum by an act of the Oklahoma State Legislature in 2021.

The change reflected a comprehensive mission to honor the entirety of the state's National Guard heritage - both the Army and Air National Guard - starting with the territorial militia of 1890 through contemporary operations, including the OKNG's vast domestic response missions.

Visitors to the new facility will find 20,000 square feet of brand-new exhibition space brought up to 21st-century standards with modern graphics, casework, and audio-visual components.

Beloved legacy exhibits, such as tributes to 12 Medal of Honor recipients, the



Mrs. Cindy Lankford, representing Senator James Lankford, presents Maj. Gen. Thomas H. Mancino with a US Senate special recognition honoring the Oklahoma National Guard Museum.



Tuesday-Friday from 9 a.m. - 4:30 p.m., Saturday from 10 a.m. - 4:30 p.m., and Sunday from 1 p.m. - 4:30 p.m.

For more information about the museum, its exhibits, and its history, visit <https://www.okngmuseum.com>.

Story by Leanna Maschino, Oklahoma National Guard Public Affairs

Photos by Anthony Jones, Oklahoma National Guard Public Affairs Specialist

Scan Here To Visit The Website



Jordan B. Reaves American Military Weapons Collection, Bill Mauldin's World War II cartoons, and the 45th Infantry Division's liberation of the Dachau concentration camp—have been carefully transferred. However, the overall narrative has significantly expanded.

"We are expanding beyond telling the story of war so that we can tell the story of how the Guard responds to natural and manmade disasters," Neil said.

The museum now prominently features the Guard's domestic operations, including responses to the 1995 Murrah Bombing, tornados, floods, fires, and more, giving visitors a deeper appreciation for the dual state and federal roles of the Guard.

Beyond the exhibition halls, the new building boasts expansive temperature and humidity-controlled storage to safeguard the growing collection for future generations. It also features a 10,000-square-foot event and education center complete with classroom spaces and a large event hall. Outside, the museum grounds continue to host static displays featuring large equipment, tanks, artillery, trucks, and aircraft.

As the doors officially open to the public, the new facility fulfills a promise made during the project's inception: to provide an unmatched venue to educate the public and inspire future service.



"This building will continue to share the legacy of the 45th and the Oklahoma National Guard for generations to come," said Maj. Gen. Thomas H. Mancino, the adjutant general for Oklahoma. "I want to thank the support from Governor Stitt and the legislators that made this happen. This is a truly remarkable facility for the public to tour for decades to come."

The Oklahoma National Guard Museum is free to the public and is open

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

Veterans, Seniors
Say July 4 Is A
Day For Remembing
Sacrifice, Celebrate
Freedom

From the Publisher

As fireworks light the Oklahoma sky this Independence Day, many veterans and senior citizens say the holiday is about far more than parades, cookouts and patriotic music. For them, July 4 is a reminder of sacrifice, resilience and the enduring promise of freedom that has shaped generations of Americans.

Across Oklahoma, where military service and patriotism run deep, veterans and older residents view Independence Day through the lens of personal experience. Some remember serving overseas during times of war. Others recall growing up during World War II, the Korean War or the Cold War, when patriotism was woven into daily life and national unity often took center stage.

For Army veteran James Carter, 78, July 4 has always been a day of reflection.

“When you’ve worn the uniform, the flag means something different,” Carter said. “You think about the people who didn’t make it home and the freedoms they gave everything to protect.”

Carter, who served during the Vietnam War, said the holiday offers an opportunity to honor fellow service members whose names are etched into memorials across the country. While he enjoys family gatherings and local celebrations, he also makes time for quiet remembrance.

Marine Corps veteran Linda Reynolds, 72, hopes younger generations enjoy the holiday while understanding its deeper meaning.

“Freedom isn’t something you inherit without responsibility,” Reynolds said. “Every generation has to protect it in its own way.”

For many seniors, Independence Day also serves as a bridge between generations. Grandparents pass along stories of military service, family traditions and defining moments in American history that younger relatives know only through books.

Mary Thompson, 85, of western Oklahoma remembers celebrating Independence Day as a child shortly after World War II.

“There was a feeling that everyone had sacrificed together,” she said. “People appreciated what freedom meant because they’d lived through difficult times.”



Today, Thompson enjoys watching her grandchildren wave flags during community celebrations while sharing memories of earlier generations.

Military organizations throughout Oklahoma often use the holiday to recognize veterans and encourage civic engagement. Ceremonies frequently include presentations of the colors, recognition of active-duty military personnel and moments of silence for those who died in service to the nation.

For some veterans, however, fireworks can bring mixed emotions. Loud explosions may trigger memories associated with combat or military service. Veteran advocates encourage communities to remain mindful of neighbors who may experience anxiety during holiday celebrations and to provide advance notice of public fireworks displays whenever possible.

Despite those challenges, many former service members continue participating in Independence Day events because they believe the holiday represents the ideals they pledged to defend.

Air Force veteran Robert Ellis, 81, said Independence Day reminds Americans to focus on what unites them.

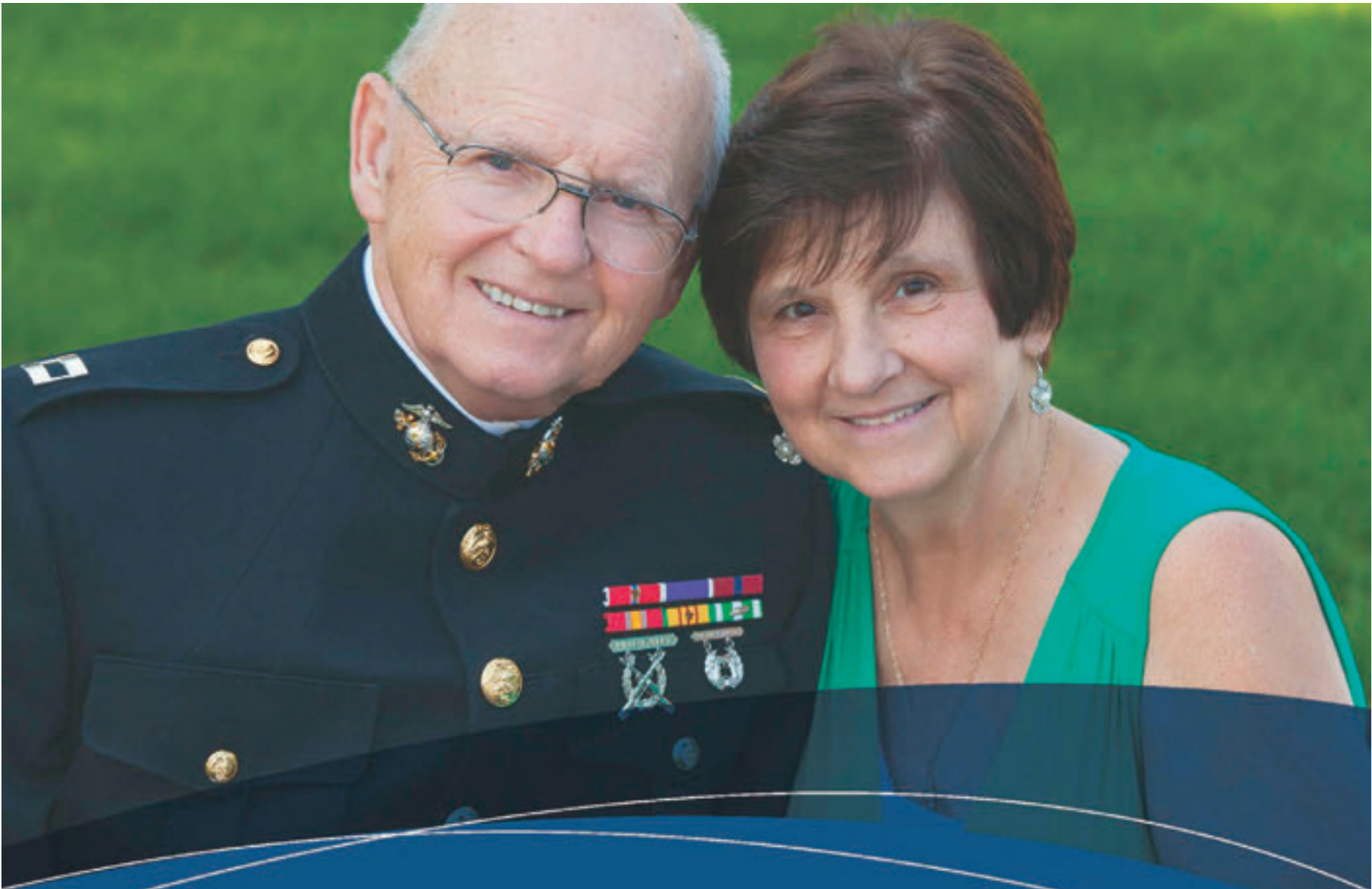
“Our country has been through disagreements before,” Ellis said. “July Fourth reminds us that we’re all Americans first.”

Community leaders say those perspectives offer valuable lessons for younger generations navigating an increasingly divided political climate. The holiday provides an opportunity to celebrate shared values rather than political differences.

As families gather at lakes, parks and town squares across Oklahoma, veterans and seniors say the celebration ultimately comes down to gratitude—for those who served, for the freedoms secured through generations of sacrifice and for the opportunity to pass those values to future generations.

As evening falls and fireworks illuminate the prairie sky, many Oklahoma veterans will stand for the national anthem, remove their caps and quietly remember friends who never returned home. Nearby, grandparents will watch children chase sparklers across backyards, hoping they grow up understanding that Independence Day is more than a summer holiday.

For those who have lived through war, hardship and decades of American history, July 4th remains a powerful reminder that freedom carries both privilege and responsibility—a legacy they hope will endure long after the last firework fades from the Oklahoma sky. ●



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



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.

★ VETERANS POST ★

By Freddy Groves

Veteran Discounts

Are you taking advantage of the discounts available to you as a veteran? Discounts let you keep cash in your wallet, and there are more deals out there than you might imagine.

One of my favorites is the 10% discount from Lowe's and Home Depot. With summer, there are always projects, always a new hardware item or tool I need, and that discount helps. As an FYI, there's no limit to how many discounts I can get at Lowe's, but there is an annual limit at Home Depot. (I've never hit it.)

There is a Bass Pro Shop discount on outdoor gear, as well as one for firearms and ammo. Look for discounts at L.L. Bean. T-Mobile will save you 40% on family phone lines and 50% off Paramount+, which will get you new movies, sports and Showtime.

Travel, restaurants, music events, you name it, there's a veteran discount available.

One thing to consider is how you'll prove you're a veteran when you try to claim your discount. Many places will just accept your VA health card. Some will want your Veteran ID card, and all states have the veteran designation on your driver's license.

To get this, check your state's requirements. You

might need to show up at a DMV with a copy of your DD214 when you apply for the veteran designation. This is very handy to have, by the way, as many places will take that as proof of your veteran status.

Quite a few companies are going with SheerID as a means of proving your veteran status and getting a discount. SheerID handles identification for all types of groups, including students, first responders, seniors and veterans.

Check out SheerID as best you can, which you should always do before giving anyone your private information (support.sheerid.com/en-US/help-center). Check out their webpage on military verification to see what documents you'd have to show. Be sure you're comfortable with it before you sign up. ●

Scan Here
To Visit The
Website



(c) 2026 King Features Synd., Inc.










Altus, OK	Clinton, OK	Oklahoma City, OK	NE OKC, OK	Tulsa, OK	Tahlequah, OK
EnglishVillageOK.com	RiverValleyOK.com	FairmontOK.com	KingwoodOK.com	AmbassadorOK.com	UniversityParkOK.com



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.





Honoring Veterans with Specialized Hospice Care

Hospice is for those facing a life-limiting illness, with a focus on quality of life.

Compassus understands and honors Veterans' unique needs through compassionate, individualized care focused on comfort and dignity.

Contact us to learn how veterans can be honored with hospice care.



Oklahoma
P 918-300-4940

COMPASSUS® is a registered service mark of FC Compassus, LLC, and all rights are reserved.
compassus.com/oklahoma





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

Aaron Hudgins Named Oklahoma Veteran of the Year

(Ret.) Army Master Sergeant Aaron Hudgins was named the 2026 Veteran of the Year by the Oklahoma Veterans Council during the annual Veterans Awareness Day joint legislative session May 15 at the Oklahoma State Capitol.

Last year, Hudgins, director of the Oklahoma Chapter of the Travis Manion Foundation (TMF), received the Family of the Year from the OVC.

“It’s a little overwhelming, because there’s so many great Veterans and like organizations in the state that have been doing this so much longer and have a well-established foothold in Oklahoma,” he said. “It was amazing. It’s hard to put into words, because last year I thought I had reached the top, because my family got recognized, which meant more to me, having my entire family on the Senate floor. We have a big family, and so it meant a lot. At that moment, I was good. I was like, ‘You know what? I have achieved whatever highest status I could achieve,’ so then this one completely took me by surprise.”

Hudgins said being honored by the OVC shows his organization is having an impact honoring Veterans.

“Being recommended, and then actually earning an award says that what we’re doing has an impact on our community and it is being recognized,” he said.

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.

Hudgins said TMF conducts legacy projects.

“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

(Ret.) Army Master Sergeant Aaron Hudgins was named the 2026 Veteran of the Year by the Oklahoma Veterans Council during the annual Veterans Awareness Day at the Oklahoma State Capitol. Pictured left to right are: State Sen. Kristen Thompson-District 22, Hudgins, MSG Emarie Hudgins (Spouse to Aaron Hudgins) - currently in the Oklahoma Army National Guard assigned to RTI at Camp Gruber, and State Sen. Nicole Miller-District 82.

for the community, and it could be anything. We put bags together for foster care kids, overnight bags. 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 said they do six major events a year including the Honor Project.

This year’s project happened on Memorial Day where the Oklahoma TMF Chapter visited Gracelawn Cemetery in Edmond and the cemetery in Jones where they place TMF honor coins on Veterans graves.

“We lay them on all the fallen heroes of that cemetery, so every one of them gets it,” he said. “What we do is we go there, we place it, we say their name. We spend about two minutes kind of in the moment, and then we’re paying our respects to that Veteran that has paid the ultimate sacrifice.”

Hudgins said being involved with TMF is a way to honor all Veterans including his late wife SSG Jari J. Hudgins.

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.”

For more information about the Travis Manion Foundation visit www.travismanion.org. ●

Story and photo by Van Mitchell, staff writer



★★★★ 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.

Help 4 Veterans is a 501(c)3 non profit organization.

Donations are tax deductible.

www.help4veteransok.org

★ 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

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 MLO13880 | 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

Faces of the Fallen - Mark Rademacher

By Jill Stephenson

Mark Radamacher was the youngest of ten children in a military strong family from Wales, New York. He was born on June 7, 1963 and was killed in action during the invasion of Grenada on October 25, 1983 at the age of twenty.

Mark's brother Frank, the oldest of the ten children lives in Claremore. He and his wife of fifty years moved to Oklahoma less than two years ago to be close to his son.

I connected with Frank via social media, when I saw pictures his sister Nancy had posted last year from his driveway, stating she was in Claremore. I had been friends with her for some time because her brother and my son were both fallen Army Rangers. Although their deaths were twenty-six years apart, there is a bond that forms amongst the families whose loved ones paid the ultimate price for our freedom. Learning that Frank lived under ten minutes away from me, I immediately wanted to connect with him.

Four of the six Rademacher boys served in the military. Their father and two uncles served during WWII. Mark was mostly influenced to serve by his brothers. At Iroquois Central High School, he was very athletic playing football and wrestling. All of the trophies in those two sports are named in his honor, including the locker room. His involvement in sports helped him train to become an Army Ranger, which was his dream. He joined the military in September of 1981.

His training assignments with the Rangers took him to Puerto Rico, Washington, Wisconsin, Florida, Panama and the Federal Republic of Germany. Mark graduated Ranger School on October 28, 1982. He was promoted to Sergeant three and a half weeks prior to his death. He served as Rifleman, Grenadier, and Team Leader. He is laid to rest at Evergreen Cemetery in Wales Center, New York. His parents and numerous extended family members rest near him.

Due to the difficulty in recovering his body, it took several days for the family to be notified that he had been killed. At the time, Jack Kemp was a local congressman who happened to be good friends with President Reagan. Kemp was instrumental in getting Mark's body home. His parents later received a letter signed by President Reagan. Mark's funeral included a two-mile procession lined with flag waving supporters and an overflowing church. When Mark's mother arrived at the church and saw the casket, she immediately threw herself across it and sobbed. His sisters wanted to open the casket and make sure it was him. He was the baby of the family, his death hit every one of them hard. When Mark's belongings were sent home, his family discovered he had prewritten all of his Christmas cards to them. This thoughtful characteristic contributed to how long it took each of them to accept his death.

His sister Nancy remains deeply supportive of the veteran community. She has traveled to Grenada multiple times with some of their siblings. One of the medical students that was rescued in the mission that Mark was killed during, went on to become a doctor and philanthropist. In Mark's honor, he has generously funded these trips for the family. Additionally, the VFW Post #7795 in Wales, NY is named for Mark. When the dedication took place, his father was Commander of the post. It was the first time in history that a post was named for a son whose father was the Commander. It was usually the other way around.

I asked Frank how he feels about losing Mark forty-three years later. Before any words came out of his mouth, his eyes welled with tears. You



Sergeant Mark A. Rademacher served as Rifleman, Grenadier, and Team Leader in A Company, 1st Battalion, 75th Ranger Regiment.

never get over the loss of a family member. When they die in service, they are honored and remembered by brothers and sisters in arms, fellow Gold Star Families and countrymen who appreciate their sacrifice. As I write this we are between Memorial Day and the upcoming 250th anniversary of the birth of our great nation. As James Garfield eloquently stated on the first Dedication Day ceremony at Arlington national cemetery on May 30, 1858, "For love of country they accepted death, and thus resolved all doubts, and made immortal their patriotism and virtue."

Frank shared with me that although he wasn't one of Mark's brothers that served our country, he has always been a strong patriot and supporter of our military. Mark's death exemplified this and is the primary reason he still is today. Patriotism and virtue have no timeline. ●

If you know of a fallen Oklahoma son, and would like a tribute, please email us at news@okveterannews.com.





*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  **SCAN ME!**

CALL US 405.769.2551
24 Hours 877.744.2551



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

**Limited Time Offer*

250 Year Anniversary
**UNITED STATES
OF AMERICA**



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



OKC Veteran Writes New Book to Inspire Veterans to Eat Better

Tracey Edmonds, a 100% disabled Veteran, at one time weighed 440 pounds and had trouble even crossing his legs and tying his shoes.

Tracey Edmonds, a 100% disabled Veteran, at one time weighed 440 pounds and had trouble even crossing his legs and tying his shoes.

Four years ago, the Army E4 Veteran had gastric bypass surgery paid for through the VA in San Antonio which gave him weight relief.

But Edmonds, who resides in Oklahoma City along with his wife Debbie, was still struggling with knee, neck, and arthritis issues and not sleeping much at night.

To cope with his pain, Edmonds began spending his nights writing about his surgery journey and how he approaches life.

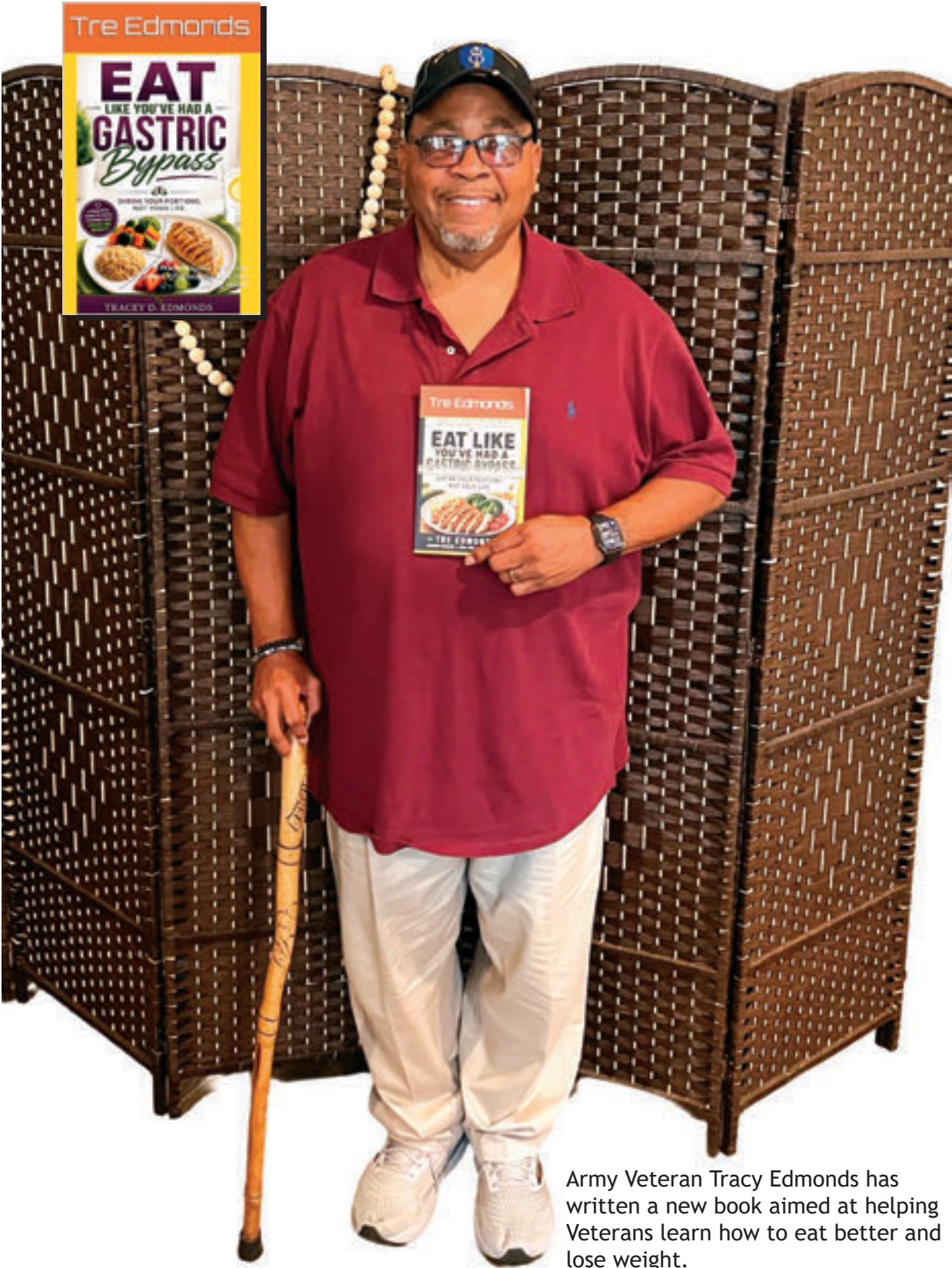
The result was his new book titled “Eat Like You Had Gastric Bypass,” which is now available on Amazon.com.

“I have spent many nights dealing with not sleeping so I had to find something to do so I wouldn’t keep everyone up all night and so I started writing years ago as my therapy,” Edmonds said. “This book has been a gatekeeper to keep me focused so 2 years later this is the product of my work which I received word from Amazon on my birthday (May 31) that it was going live in an eBook version which readers can read for free or paperback.”

Edmonds said his book tells you ways what you can eat and live your life just like somebody who’s had surgery.

“I want people to take away that there’s more out there and be motivated and you can do it,” he said. “Just don’t deny yourself. You can eat the things that you want to eat but just eat them in a smaller proportion. Enjoy your food. Enjoy going out to dinner. Enjoy going out to dinner with your family. Limit yourself when you go out.”

Edmonds, a Phoenix City, Alabama native,



Army Veteran Tracy Edmonds has written a new book aimed at helping Veterans learn how to eat better and lose weight.

said he was fortunate to have the VA pay for his gastric bypass surgery.

He said not everyone is as lucky.

“A lot of times people don’t have good insurance like we did. I had VA, they took care of that. If I didn’t have VA, it wouldn’t have been paid for,” he said. “I was sitting in that office doing a post-op surgery in the doctor’s office in San Antonio. This guy hobbled. He had to be close to 500 pounds. A nurse told him, she was sorry, but your insurance is not going to pay for

the procedure. The look on his face, the sadness. I will never forget that moment. Weight loss is not an easy journey. This is one of the other reasons I wanted to put this book out to just give people that second option (of losing weight).”

Edmonds, 59, was raised by his maternal grandmother. He didn’t meet his biological father’s family until seven years ago.

“I found my family at age 52. I found my father through DNA testing,” he said. “I have a cousin in Washington DC that

encouraged me to go ahead and finish all my many notes and writing projects that I’ve been collecting over the years. I’ve got probably eight hard drives that I use to store stuff on, and so I just started putting it together. And my first book, I published on my birthday.”

Edmonds said, “Eat Like You’ve Had Gastric Bypass,” is published under his nickname Tre Edmonds. He said along with that book, he also has written a book called “Look Here Woman,” which talks about his 36-year marriage to his wife, which is also available on Amazon.

“Look Here Woman, that’s an Alabama term,” he said. “This was the surprise book that I put out a week or two later and it’s about my wife and our 36 years of marriage, funny parts of it. They’ll see that they’re two books. One’s a comedy and one’s health related. This is 36 years of our life.”

Edmonds said he is currently working on a book about his childhood upbringing.

“I have a novel that I’m working on about my upbringing from Phoenix City because my grandmother raised me,” he said. “It’s going to be called “A Grandmother’s Love.” It’s coming out next year. I’m going to finish that.”

Edmonds said didn’t tell his family that he turned his hobby of writing into writing books.

“Sitting up, I started writing, trying to be quiet, and that hobby turned into something I enjoyed doing now, which was writing books,” he said. “So, I was lazy and I didn’t really tell anybody because if I didn’t feel like finishing it, it wouldn’t have bothered anybody except me.” ●

Story and photo by Van Mitchell, staff writer

**Veterans, Do You Know
the State Benefits of Your
Disability Rating?**

50% - Reduced Car Tags

60% - Lifetime Oklahoma Hunting and Fishing License

70% - Live in a State Veterans Home at NO COST for long-term care - you keep all of your income

100% - Tax Exemptions - this may include Sales Tax, Excise Tax, and Property Tax. Also includes a FREE Drivers License

ODVA Programs:



Contact: 405-523-4000





**OKLAHOMA DEPARTMENT OF
VETERANS AFFAIRS**

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.

Call for your free in-home assessment.
BrightStar Care of Oklahoma City
405-896-9600

©BrightStar Care. Independently Owned and Operated



P14 JULY 2026

Oklahoma Veteran News Magazine (405-631-5100)

www.okveterannews.com

www.okveterannews.com

Oklahoma Veteran News Magazine (405-631-5100)

JULY 2026 P15

Military Service Prominent at New Museum



The historic Sundial Mansion is a Mediterranean-style villa housing the newly opened National Native American Hall of Fame in Oklahoma City.

The opening of the National Native American Hall of Fame at its permanent headquarters in early June 2026 is an exceptionally appropriate and strategic milestone for Oklahoma City's cultural landscape.

Located at the historic Sundial Mansion at 4000 N. Kelley Ave., this new cultural icon is within two miles of the Oklahoma State Capitol and the Oklahoma History Center. This makes it a convenient tourist destination as a national monument to Indigenous achievement.

"The Hall of Fame inducts individuals in 16 categories, including military," Founder and CEO James Parker Shield (Little Shell Chippewa) said. "We invite all veterans and visitors to our people's place of honor-the National Native American Hall of Fame." Shield

established the Hall in 2016 in Great Falls, Montana, after serving as Montana's State Coordinator of Indian Affairs as the first Native American on the Montana Governor's staff.

Veterans and tourists can deepen their appreciation of Oklahoma's proud Native American military service by viewing the product of its high per-capita enlistment rate and historic contributions.

Nearly 19% of Native Americans have served in the military since September 11, 2001, compared to an average of 14% for all other ethnicities combined. Historically, Indigenous soldiers have provided irreplaceable tactical advantages.

This began with the legendary Code Talkers of World Wars I and II-including men from the Choctaw and Oklahoma Cherokee Nations.

Native Americans have served in the military because of a complex mix of patriotism, family legacy, economic opportunity, leadership,

humility and self-sacrifice to support their community.

This new museum celebrates Oklahoma's Indigenous heritage by honoring notable figures, including Army First Sergeant Pascal Cleatus Poolaw Sr. He is enshrined alongside 21 other Veterans. This full-blooded Kiowa warrior from Apache, Oklahoma, is widely recognized as the most decorated Native American soldier in United States military history.

His and his four sons' military service embodies the complex, multi-generational dedication to community defense and service that defines Oklahoma's Indigenous heritage.

During his legendary career spanning 25 years and three major conflicts-World War II, the Korean War, and the Vietnam War, where he lost his life-Poolaw earned 42 medals, badges, and citations.

Poolaw's career uniquely highlights the "warrior tradition." He earned three Combat Infantryman Badges and three Purple Hearts- one of each for every war he fought in.

At his funeral, his wife, Irene Poolaw, summarized his legacy: "He has followed the trail of the great chiefs. His people hold him in honor and highest esteem. He has given his life for the people and the country he loved so much."

Poolaw is buried at the Fort Sill National Cemetery in Lawton, Oklahoma. His enduring impact remains a fixture at the nearby Fort Sill Army base, where "Poolaw Hall" houses a museum exhibit celebrating

the contributions of Native American soldiers.

The Hall of Fame is a national institution celebrating contemporary path makers, military heroes, and political trailblazers from tribal nations across the United States. It highlights individuals who have made cultural contributions from the Civil War era to modern times in fields such as law, medicine, sports, and activism.

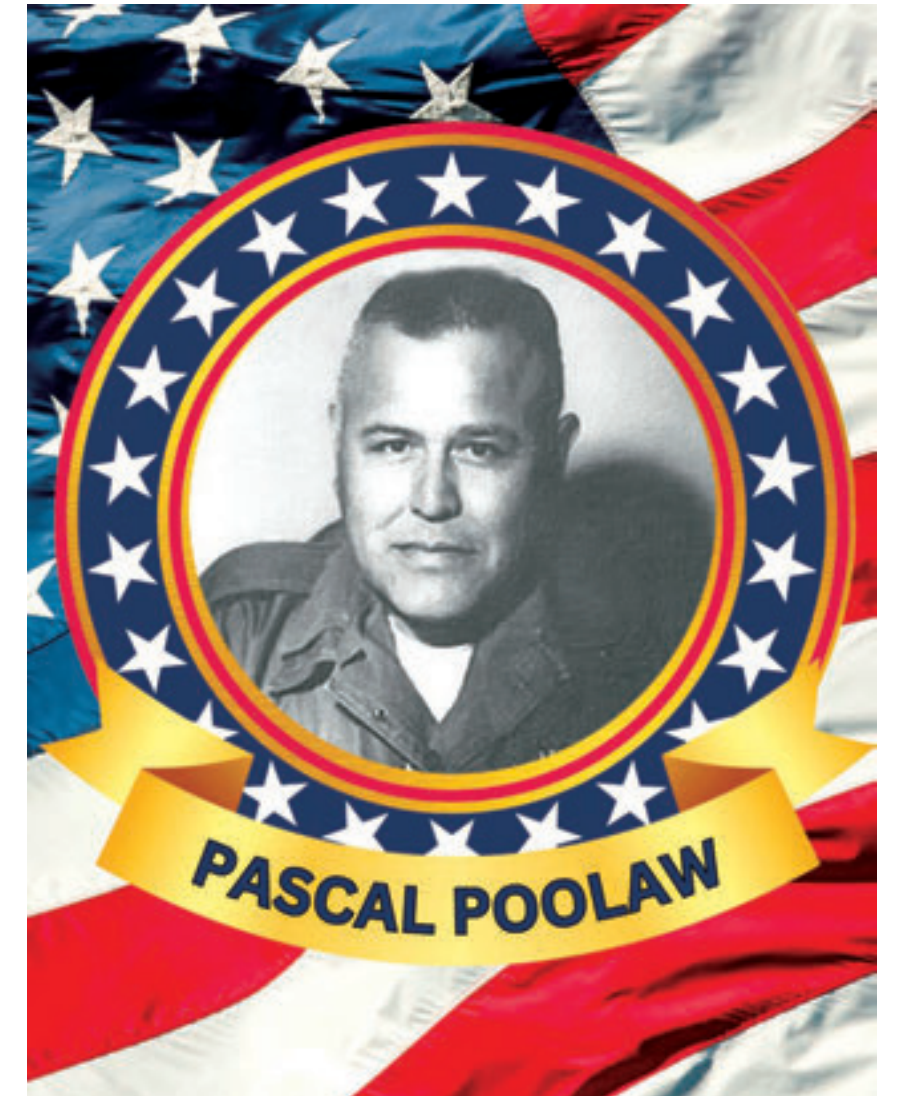
The museum will attract summer vacationers, field trips, and families. It will be a key destination for learning about Native American achievements and increasing visitor engagement.

By opening its doors in June it places Indigenous contributions at the center of Oklahoma City's cultural landscape, encouraging visitors to explore this vital history.

Housed in the historic 6,000-square-foot Mediterranean-style residential villa built in 1919, the museum offers a private, elegant experience by appointment only, making visitors feel uniquely

OUR MISSION:

To recognize and honor the inspirational achievements of Native Americans in contemporary history.



Oklahoma Army First Sergeant Pascal Cleatus Poolaw Sr. was inducted in 2019.

welcome and valued.

Operating without standard walk-in hours, the museum offers personalized, tailored tours of the collection, providing a more exclusive experience for visitors.

To request entry, email info@nativehalloffame.org. Please include your preferred date and time, the total number of guests, and any specific educational interests or accessibility needs. The staff handles scheduling inquiries Monday through Friday, 10 a.m. to 4 p.m. Please wait for a staff member to reply and confirm your time slot before traveling to the museum.

For more information, visit www.nativehalloffame.org or scan the QR CODE below. ●

Story and photos by
Darl DeVault, contributing editor



NATIONAL / WORLD NEWS

Honoring our Heroes’ U.S., ROK Joint Repatriation Ceremony

A joint repatriation ceremony between the United States and the Republic of Korea (ROK) was formally convened on June 5, 2026. This solemn event served to further solidify the steadfast strategic partnership between the U.S. and the ROK.

The ceremony, the first mutual repatriation hosted on South Korean soil, served as a powerful testament to the unbreakable bond between the two nations. In a poignant address to the attendees, ROK leadership emphasized the sacred duty of both nations to bring their fallen heroes home.

“Over 70 years ago, there were heroes who dedicated their most passionate youth and noblest lives to defending the freedom and peace of the Republic of Korea,” Lee Jae-myung, president of the Republic of Korea stated during the keynote address. “Thanks to the sublime sacrifice of those heroes, we were able to preserve our freedom and peace.”

The event highlighted the ongoing, exhaustive efforts by both the U.S. Defense POW/MIA Accounting Agency (DPAA) and South Korea’s Ministry of National Defense Agency for Killed-in-action Recovery and Identification (MAKRI). The 10 ROK soldiers were repatriated from the United States back to South Korea, while the three U.S. service members, recovered from the mountains and fields of the Korean peninsula, were honored before their final journey back to the United States.

Jennifer Walsh, principal deputy director of the DPAA, highlighted the institutional dedication driving the mission.

“This joint repatriation ceremony honors a fundamental principle and commitment to our personnel — those who have served, are serving and will serve in defense of our nations; their families, and our values,”



The joint repatriation ceremony honored the heroes who gave the ultimate sacrifice, and the personnel dedicated to finding and recovering our fallen.

Walsh said. “We honor the heroes who gave the ultimate sacrifice, and the personnel dedicated to finding and recovering our fallen. The U.S.-ROK alliance remains strong; and strengthened further through our shared efforts to bring home these heroes, evidenced clearly in this ceremony.”

The profound emotional weight of the ceremony was echoed by U.S. military leadership, who framed the recovery efforts not merely as a procedural duty, but as a sacred vow. General Xavier T. Brunson, Commander of United Nations Command, Combined Forces Command, and United States Forces Korea, addressed the gathered allies.

“We gather today in the presence of 13 heroes, three American and 10 Republic of Korea service members. We do not yet know their names, but we know who they are. They are brothers in arms. And today, they’re finally coming home.” Gen. Brunson remarked,

thanking the Republic of Korea for its “sacred devotion” and noting that even after seven decades, Korea has never forgotten.

Referring to Korean War historian T. R. Fehrenbach’s observation of the bitterness of leaving soldiers behind on abandoned hills, Brunson reflected on the gravity of the moment.

“For over 70 years, those hills held our brothers. But the return of these 13 heroes is a testament to an unbreakable promise that outlasts the bitterness of war,” said Brunson. “It is a promise made real by their tireless partnership between our nations.”

“Because of your dedication to completing this mission, 13 souls are no longer lost to history,” Brunson added. “But the ceremony serves as a message to all who wear the uniform: we do not leave our fallen behind. The United States and Republic of Korea will continue this mission until every single

missing in action is accounted for. To these 13 brave souls: your watch is over. May you rest in eternal peace. Thank you.”

The ROK leadership mirrored this sentiment, drawing a direct line between the defense of the peninsula in the 1950s and South Korea’s emergence as a global economic powerhouse.

“The effort to locate and return not only our own soldiers but also those of our allies to their families is the most fervent proof of the ROK-U.S. Alliance forged in blood,” the president of the Republic of Korea affirmed, pledging to the fallen and to the future: “A nation that remembers sacrifices made for all has a future, and a community that repays their dedication will become even stronger. We will build a responsible Republic of Korea that repays extraordinary sacrifices with special honors and never forgets a single hero.”

● Story and photo by Cpl. Stephen J. Holland II

NOW LEASING
WE’LL MOVE YOU FOR FREE!

GRAND
OPENING!

14604 Parkway Center Ave
Oklahoma City, Ok 73134



1200 SqFt [APX] of Luxurious Living Space.
Living Room, Kitchen, Dining, Utility, 2 Bed, 1 Bath, 1 Car Garage.



Starting at \$2000 Per Month
\$1000 Deposit

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

BELMONT
COVE [RETIREMENT
COMMUNITY]
OKC BELMONT NORTH



Clubhouse
Coming
Soon!

- 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.

Oklahoma Celebrates America's 250 Years of Declaration of Independence

Stories From Around The State

Stories by Lt. Col. Richard Stephens, Jr., USAFR, Ret. website: Rich Travel Niche



Left: Norman's Sons of the American Revolution donated a bench for America's 250th Anniversary of the Declaration of Independence. It sits at the Cleveland County Courthouse.

Simple Bench Makes Big Statement

An engraved, black granite bench was dedicated at the Cleveland County Courthouse in Norman on April 18 - but not an ordinary sitting bench - this one had a purpose: celebrate the semiquincentennial anniversary of the Declaration of Independence on July 4, 2026, and to thank America's founding fathers and determined patriots who sacrificed much from 1775-1783 to win the War of Independence. The bench was designed and completed by Ralph Stevenson, Jr., a member of the Norman Chapter of the Sons of the American Revolution (SAR),

which donated it. Members of Norman's SAR, including Stevenson, State Society SAR President, Henry Baer, and Norman Chapter President, Tony Eastmond, spoke on the significance of the Declaration of Independence at the bench's dedication. Seventeen-year-old Natalie Boone eloquently explained each of our Constitutional Rights. Stevenson said a bench was chosen over other possible items because, "it's more lasting..." and at 2,200 pounds, "it's not gonna blow away and it's permanent." Asked what he hoped future residents would think of when looking at the

bench, he replied, "I just hope it's a permanent memorial to our ancestors...that sacrificed so much to make the United States." Randy Hooper, owner of the Hooper Printing Company who printed the program, attended. He is a descendant of William Hooper, a Congressman from North Carolina, who signed the Declaration of Independence. About 60 people attended, including Norman's SAR, 45th Infantry Living Historians, Daughters of the American Revolution and American Legion Post 88. Contributions for the bench came from 28 individuals and 11 companies or associations.

9/11 Steel Beam Traveling for USA 250



The Tunnels to Towers Foundation is displaying a steel beam from the south tower of the former World Trade Center on its "Steel Across America" tour to 30 cities across America from May to September. The beam and a mobile museum came to Oklahoma City on June 12. Jack Kielty, a retired NYC Firefighter, told Brianna Brown of OKC Channel 9, "This is the 25th Anniversary of 9/11 (in 2026)...This beam from the south tower of the World Trade Center Center is to commemorate the 25th anniversary and to us in New York City...this is a sacred relic...We feel duty bound to take this around the country and let Americans come and touch



Jack Kielty, a retired NYC Firefighter, presents a plaque to David Holt, Mayor of Oklahoma City, during the Tunnel to Towers' "Steel Across America" tour during America's 250th anniversary year.

this piece of history...So proud to stand here and share stories of Oklahoma City and New York City." Kielty gave Major Holt a plaque. A mobile museum tells the story of the attack and response and displays artifacts like fire fighter equipment and uniforms. The Tunnels to Towers Foundation website lists the exhibit's schedule. Visit: www.t2t.org

Stroud's Museum Has a Big Mission: Celebrate What's Possible

The Route 66 Spirit of America Museum wants visitors to explore the dreams America has achieved, what made achieving them possible, and dreams America can achieve in the future. It's the brainchild of Steve Brant, founder and director, who opened the five-room museum on June 10, 2023. America's real and fictional characters and major events are highlighted: the lives of Reverend Martin Luther and Coretta Scott King, the 1976 Centennial Train, Star Wars and Star Trek, "Cars" movie, Superman and Superwoman, a real American hero, Desmond

Doss, Woodstock, America's space quest, including the Apollo program and much more. There is a theme. "People who follow their dreams have moved America forward. And there are people who have followed their dreams and are no longer alive, but can still move us forward if enough people find out about them. I'm referring to Buckminster Fuller, Dr. W. Edwards Deming and my mentor, Russell Encroft" Brant explained. Interested? On June 13, Brant held a seminar with Stroud citizens and discussed America's status at 250 years. We engaged

in conversations on topics like "Founding Fathers' belief that the Pursuit of Happiness is an inner spiritual journey" and "What it will take for 'the light side' to win over 'the dark side' in the contest of ideas. This led to discussions about what makes people happy (consumerism, virtue, religion, etc.) and how some people use competition while others use cooperation to move society forward. During the talk, the Bontrager family from Turner, Oregon, visited. Deanna, the mother, noticed, "historical nods to people who really tried to make a difference like Fred Rogers, even



Superman, you know, I think anything that influences people to, maybe do something bigger than they think they're capable of."

The museum is at 220 West Main Street (Route 66), Stroud. For more information, see www.route66spiritofamericamuseum or email Steve Brant, steve@route66spiritofamericamuseum.org. or text 646-221-1933 to see if the museum will be open on a particular day.



OWASSO SENIOR FAIR

WEDNESDAY, AUGUST 19TH
10:00 AM - 3:00 PM

FOR VENDOR REGISTRATION CALL OR TEXT 918-902-5304

OWASSO FAMILY YMCA
8300 N OWASSO EXPY
OWASSO, OK 74055

SPECIAL GUEST SPEAKER: LORI FULLBRIGHT
CHANNEL 6 NEWS 1:00 PM - 2:00 PM
40+ VENDORS, DOOR PRIZES, DRINKS & SNACKS, BINGO

EVENT SPONSORS





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

Connect With Our Veterans' Community!

Connect with our dedicated staff and explore the various resources and options available to veterans like you.

- SALUTE Veterans National Honor Society
- VA/DOD Benefits Review
- Resiliency and Mentorship Programs
- Career and Resume Services
- Disability Services



SNU
1899

Scan for
more!



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 or email: INFO@OKMHF.org



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
Serving Garfield County And Surrounding Areas

Call Today 580-237-6911



Order Online Here! www.jimmyseggokc.com



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

918-742-6415

www.MillerHospice.com

Home Healthcare Professionals You Can Trust!

HEART
for
SENIORS
Home Healthcare

Serving The
Following Counties:

Cherokee
Creek
Haskell
Mayes
McIntosh
Muskogee
Okmulgee
Osage
Pawnee
Payne
Pittsburgh
Rogers
Sequoyah
Tulsa
Wagoner
Washington

SERVICES

- Free In-Home Assessment
- Private, Long Term Care, and Veteran Care accepted.
- Individual Plan of Care
- Companion Care
Companionship, shopping, errands, light house-keeping, meal preparation, and reminders.
- Personal Care
ALL companion duties as well as personal hygiene, transfer and ambulation assistance and dressing assistance.
- Alzheimers Care
- Dementia Care
- Chronic Disease Care
- Parkinson's Care
- Respite Care
- Medication Management
Skilled Care by RN
- VA Benefit Assistance

VA COMMUNITY CARE PROVIDER

Contact us now to see if you qualify for these services through the VA at no cost to you!

Open 24 hours a day, 7 days a week

Call 918-505-3109

LICENSED, INSURED, AND BONDED

SCAN ME!



SPECIAL TO OKVN

Gentle PTSD Support for Veterans at Home

What BrightStar Care Clients Are Saying

“I’ve been able to encounter so much greatness with Brightstar Care. The team is so entergetic and compassionate. I have also been pleased with the tremendous amount of care they give to their patients and their families.”

If you love a veteran, you probably already know that “coming home” doesn’t always mean the hard part is over. Many of the families we serve in Oklahoma City and Tulsa are quietly noticing changes in the veterans they care for. Maybe sleep has become more restless. Maybe tempers are shorter. Maybe your loved one is pulling away from family gatherings or church in ways that feel unfamiliar.

You may be asking yourself, “Is this just aging, or could it be something more?” For some veterans, these changes are signs of post traumatic stress disorder (PTSD) surfacing or worsening with age. If that sounds close to home, you’re not alone-and there is help.

Understanding PTSD in Aging Veterans

Why Symptoms Can Show Up Later in Life

PTSD doesn’t always appear immediately after someone leaves the military. Many veterans push through distress for years-working, raising families, staying busy-until retirement, health issues, or losses slow them down. When there’s more quiet and less distraction, old memories and emotions can feel louder.

You might notice:

- Nightmares or difficulty falling or staying asleep
- Sudden anger, irritability, or emotional outbursts
- Avoidance of crowds, holidays, or even family events
- Startling easily at loud noises, like thunderstorms or fireworks
- Feelings of guilt or shame when talking about their service

These changes can be scary for you to witness and exhausting for you to manage, especially when you’re also juggling work, kids, or your own health.

PTSD and “Invisible Injuries” at Home

We often say PTSD is an “invisible injury,” but its impact at home is very real. It can strain marriages, disrupt family routines, and leave caregivers walking on eggshells to avoid “setting off” their loved one. The good news: PTSD is treatable, and the right kind of support at home can make daily life more peaceful while complementing clinical care from the VA or community providers.

How Calm, Trauma Aware In Home Care Helps

Creating Safe Routines in Familiar Spaces

Many veterans feel safest in their own homes, where they know every sound and every corner. That’s why in home support can be such a powerful tool. A trauma aware caregiver focuses on:

- Gentle, predictable routines for mornings, meals, and evenings
- Asking permission before assisting with personal care
- Learning triggers and planning around them (TV content, loud noises, certain topics)
- Maintaining a calm tone and body language, even during difficult moments

This approach helps veterans feel respected, not managed. It also helps reduce conflict and crisis moments that can leave everyone drained.

Supporting Emotional Health and Daily Living Together

PTSD rarely exists in isolation. Many aging veterans are also living with chronic illness, mobility changes, or memory loss. In home support can combine emotional awareness with practical help:

- Assistance with bathing, dressing, and grooming that preserves dignity
- Medication reminders and coordination with VA or other providers
- Companionship that respects when your loved one wants to share-and when they don’t
- Transportation to counseling, medical visits, or veteran support groups
- Encouragement with hydration, meals, and gentle movement

You stay part of every decision, but you gain a partner who understands what your family is facing.

How BrightStar Care of Oklahoma City Supports Veterans and Families

Tailored In Home Support for Those Who Served

At BrightStar Care of Oklahoma City, we are honored to serve veterans and the families who stand beside them. Our team provides personalized in home services, from companion and personal care to more complex support overseen by a Registered Nurse. Together, we design a plan that reflects your loved one’s history, preferences, and current health needs.

For veterans living with PTSD or other service related conditions, we focus on building trust, maintaining calm routines, and coordinating with your existing providers whenever possible.

What to Expect When You Reach Out

When you call, you’ll speak with a local BrightStar Care team member-someone who understands Oklahoma families and the realities of caring for veterans at home.

If you’re in Oklahoma City or Tulsa and wondering whether what you’re seeing could be PTSD-or if you’re just feeling overwhelmed by the day to day-you don’t have to figure it out alone.

Visit BrightStar Care of Oklahoma City online to explore how we care for veterans and their families at home: www.brightstarcare.com/locations/oklahoma-city or scan the QR CODE below.

Call us at (405) 896 9600 to talk with a local care expert about what you’re experiencing and how we can help.

You can also view our location, directions, and reviews here: www.google.com/maps/place/BrightStar+Care

Your veteran has already done the hard work of serving. This May, let’s make sure they-and you-have the support you deserve at home.

What 24/7 Home Care Really Looks Like in Oklahoma City

As health needs become more complex, many families in Oklahoma City reach a turning point: “Is it time for round the clock help?” You might be seeing nighttime wandering, frequent falls.

Have questions about home care?

Our local home care experts are ready to answer your questions and help you along your unique home care journey.

BrightStarCare





VET Chat

Supporting Veterans Across OKC
Vet Chat connects veterans with community, care, and conversation right where they live.
Discover where to find Vet Chat at a church near you at vet-chat.org.
Vet Chat is an outreach of Cornerstone Church
9900 SE 15th St., Midwest City, OK

Sell Advertising for Oklahoma Veteran News!

Are you retired, bored and want to work your own hours?

Keep Busy And Get Paid

Be your own boss, work your own hours and meet great people supporting our Oklahoma veterans.
Call Steve at 405-631-5100 ext. 1
or email advertising@okveterannews.com



2026 OKSLA ANNUAL CONVENTION & TRADESHOW

This Aint Our First Rodeo!

Tuesday, August 4th
• 12:30pm-3:00pm

Wednesday, August 5th
• 8:30am-5:00pm

Thursday, August 6th
• 8:30am-12:30pm

KEY NOTE SPEAKER DR CHRIS CULVER



ON THE SCIENCE OF KINDNESS

ATTENDEE REGISTRATION



VENDOR REGISTRATION



- Opening reception with silent auction
- Multiple educational offerings
- Caregiver of the Year Awards
- Vendor Trade Show
- Sponsorship opportunities
- Both CEU and Non CEU options available
- Full event and daily registration options for attendees

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

Veteran-Owned 101 Mobility Focused on Oklahoma Veterans

101 Mobility has been operating in Oklahoma for over 12 years and recently received a new owner. Veteran Jeff Lynch purchased the mobility company in 2025 and serves as President and CEO. Lynch purchased the company largely because he felt it needed local and veteran ownership due to their focus on the veteran.

While they serve other communities, veterans are a majority of their business because of their great need for what they offer. Actively serving in the military puts one at risk for injury which is why there is a greater need.

Although Lynch's background was in operations, he felt called to purchase a franchise business that would make a difference in people's lives. A business like 101 Mobility was a natural place to land given that he is a veteran and much of their service was devoted to them. He did not know of their existence until he went in search of a business to buy.

Lynch's passion for owning the company and serving veterans came from his own and his three brothers' service in the military. He joined the Army at the age of seventeen, became a medic, served twenty-four years and retired as a Major in Special Operations. His business partner and best friend served for 34 years in the Army.

Lynch would like people to know that 101 Mobility is service oriented. They don't sell products, they provide solutions based on individual needs. They provide residential and commercial service, and are ADA compliant. The company must also hold an elevator license to operate and sell some of their equipment. They are able to answer the calls for immediate needs when life changing injuries happen. The cost of the services they provide can range from \$200 to \$200,000.

101 Mobility has a corporate agreement with the VA that they will travel anywhere in the state to serve veterans. They currently have eighteen employees spread around the state with offices in Tulsa and OKC.

The VA does offer benefits that cover mobility equipment and vehicle adaptations for eligible veterans. This can include wheelchairs, scooters, prosthetics and various vehicle modifications.

101 Mobility works closely with the VA staying up to date on the benefits offered, including grants, and other programs available to help with mobility issues. Some of the grant programs include:

- HISA: Home Improvements and Structural Alterations Grant.
- SAH: Specialty Adapted Housing
- SHA: Special Home Adaption
- PSAS: Prosthetic and Sensory Aids Service

Additionally, 101 Mobility partners with more than 120 VA Medical Centers and associated clinics nationwide to get veterans the mobility solutions they need to live comfortably and independently.

Eligibility for each program varies, however, you may qualify if:

1. You served 24 continuous months
2. You were discharged due to a disability caused or worsened by your service
3. You are or were a member of the National Guard or Reserves

A full list of qualifications can be found on the VA website.

Common mobility and accessibility solutions covered by VA benefits include stairlifts, vertical platform lifts, ramps, automatic



101 Mobility specializes in ramps, grab bars, mobility stairlifts, and home elevators often covered by the Veteran Administraion.

door openers, bathroom safety modifications and mobility scooters.

101 Mobility has helped make a difference in the lives of soldiers who return from deployments with life changing injuries and find their homes difficult to get around in. By working with non-profits that build accessible homes for service members like this, they help them gain independence and freedom to move around in their own home that they otherwise would not have had.

To encourage entrepreneurship through their VetFran program, they offer ongoing support to help veterans become franchise owners and have been honored as a top franchise opportunity for veterans.

101 Mobility wants veterans to know that they are not alone in seeking solutions and support for mobility. Because they value and honor all who have served, they want to help however they can. Installing and providing life-improving solutions to gain back independence and increase mobility is why they are here.

Lynch asks the veterans reading this to please let their civilian friends know who they are and what they offer as the majority of their calls come from the adult children of civilians.

101 Mobility offers free in-home consultations. Their website is rich with information from products they offer to VA benefits that cover costs, financing options and more. For more information call 918-238-7979 or visit www.101mobility.com. Use your phone to scan the QR CODE here.



TINKER FEDERAL CREDIT UNION IS GIVING AWAY GAS FOR A YEAR TO 10 WINNERS

Tinker Federal Credit Union (TFCU) is giving back in a big way this summer by picking up the fuel tab for an entire year for 10 lucky winners.

Available for entry through July 31, 2026, the 2026 Win Gas for a Year Sweepstakes is one of the many ways TFCU gives back to its members. Winners will be randomly selected from all eligible entries and notified by phone on or after August 10, 2026.

Current TFCU members in good standing will be automatically entered at the close of the sweepstakes period, with no action required. Nonmembers and prospective members may also enter, and anyone who becomes a member during the sweepstakes period will automatically be entered to win.

For complete official rules and eligibility requirements, visit www.TinkerFCU.org/WinGas.



BRAZITO

Locally Owned... We Pay More

COINS & COLLECTIBLES

WITH GOLD AND SILVER AT THESE PRICES SHOULD I BUY OR SELL?

- WHAT SHOULD I DO WITH COINS I INHERITED?
- SHOULD I LEAVE MY KIDS COINS OR CASH?
- WE CAN HELP YOU ANSWER THESE QUESTIONS!!
- WE ALSO BUY GOLD, SILVER, BULLION & JEWELRY

COINS GOLD & SILVER BUY & SELL

WE DO APPRAISALS
CALL FOR APPOINTMENT!

Call 405-990-4411

Or email billnorfleet@hotmail.com
www.brazitocoins.com

101 Mobility

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/



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>



 Altus, OK EnglishVillageOK.com	 Clinton, OK RiverValleyOK.com
 Oklahoma City, OK FairmontOK.com	 NE OKC, OK KingwoodOK.com
 Tulsa, OK AmbassadorOK.com	 Tahlequah, OK UniversityParkOK.com
VA-DESIGNATED COMMUNITIES HONORED TO CARE FOR THOSE WHO SERVE.	

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>



COMPASSUS
Honoring Veterans With
Specialized Hospice Care
Office **918300-4940**



Cornerstone Home Health, Inc.
“Veterans Servicing Our Veterans”
OKC Office **405-354-5454**
Toll-Free **833-8545454**
www.cornerstonehomehealthservices.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
(quater pages and up)!

HEALTH

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>



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!

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!

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

HEALTH

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>



Miller Hospice
Tulsa Area
Call **918-588-8403**
<https://millerhospicetulsa.com>



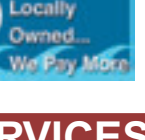
Nerve Renewal Neuropathy Clinic
Go to <https://nerverenewalnow.com>
for more info, or visit a location
near you. • **NW OKC Clinic** - 3705
NW 63rd St, Suite 101 • **SW OKC
Clinic** - 9821 S May Ave, Suite B •
Edmond Clinic - 3520 S Blvd, Suite
100 • **Broken Arrow Clinic** -1150

HEALTH

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



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



VETERAN SERVICES

DAVIDS TREE SERVICE
(405) 787-1297. Remove and Trim.
No Job Too Large or Small. MANY
REFERENCES. Call Today
(405) 787-1297 e063127

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



VETERAN SERVICES

STRACKE HOME LOANS
7122 S Sheridan Rd. Suite 2-425
Tulsa, OK 74133
www.strackehomeloans.com



EDUCATION

SNU VETS CENTER
Southern Nazarene University,
VETS Center
4200 N Peniel Ave. Bethany, Ok
73008 405-717-6299
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 scann the QR CODE.
405-422-1405 vub@redlandsc.edu



Please
Support and Say
Thank You
TO OUR
SPONSORS
They Care About Oklahoma Veterans

2026 Senior
Community Expo
FREE EVENT
Sat. Aug. 15
11am - 2pm
Southern Hills United Methodist
Ministry Center





Join us for a fun-filled day celebrating our senior community!
Connect with local sponsors and exhibitors offering valuable
information and services to help you lead a healthier life, manage
and grow your finances, and protect your family. Open to all!



Event Highlights:

- Three keynote speakers on senior topics
- Two delicious food trucks
- Multiple prize drawings
- Community sponsors & exhibitors



Location:
Southern Hills United Methodist Ministry Center
8204 S Pennsylvania Ave
OKC, OK 73159

**This FREE community event brings together resources
for health, finances, and family protection. Come for
the information, stay for the food, fun, and prizes!**
Hosted by Eagle Group Agency

Are you new to Medicare?
Know the benefits available to you.

Find Out What’s Covered on Original
Medicare vs. Medicare Advantage Plans

Learn the basics of:

- Part A - Hospital Stays
- Part B - Doctor Visits
- Part C - Medicare Advantage
- Part D - Prescription Drugs

Eagle Group Agency Office
8204 S Pennsylvania, Ste A
Oklahoma City, OK 73159

Call NOW for a complimentary consultation with a licensed LOCAL agent.

New Events Held Every Month



To view our latest events visit our
website and click "Events"
or follow the link on the QR code.

www.eaglegroupagency.com
405-602-1554



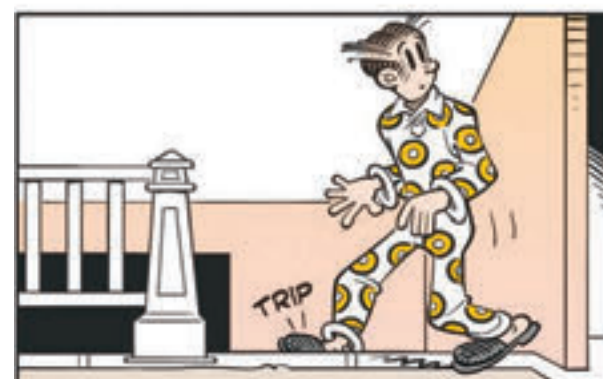
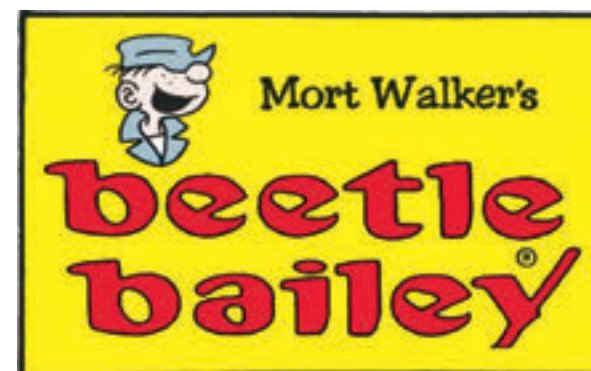
4th of July - 1776 - 2026

Washington
August 2, 1776
Benjamin Franklin
John Adams
Celebration
Slave trade
Richard Henry Lee
Virginia
Isolation
July 1776
Philadelphia
Jefferson
United States
Subordinate
Declaration

Picnic
Fireworks
Resolution
Independence
King George
Colonies
Britain
Monarch
Continental
Second
Congress
Freedom
Revolution

OKLAHOMA VETERANS
NEWSMAGAZINE
Serving Active Duty Military, Veterans and Their Families

J 1 E R L J R A E H L D A A L Y 6 H U S W V 1 L
1 M H 7 E O O M I A O E 7 F L H 2 U 7 6 W 7 6 S
U U H H 2 S C H 7 H S L K I N G G E O R G E 1 J
M D O D E S O W N G P H I 6 B N P I K P S C M S
K G A C 1 R B L V A 2 L I D K V N V A 6 6 Y C J
U M U I Y I A J U N D S E N A 6 V 7 M B R H N G
S H G N C A T D V T S A O D G Y H A B S E T O 1
L I U C I F V U 2 E I S M 6 A T N G D E J I I E
W A S I W S H M R N R O 7 S O L O B W B R M T T
F E T P I F O G 2 E E 7 N E T N I N N M E J A A
I D 2 N N 6 N L F K 1 F M T I W T H V 6 E 1 R N
R A 1 A E O T F A Y 6 A R A P 6 U B P A L 2 B I
E R 7 I C N E R L T E 1 T T D C L A K D Y R E D
W T 7 N A J I U G D I I M S A G O A Y U R C L R
O E 6 I P 6 J T N D R O 2 D F E V O S C N N E O
R V K G P C R O N B M C N E L A E 2 O E E O C B
K A M R T W C U 2 O I F 2 T P O R L D M H T B U
S L O I W E P K 1 W C R I I G V O N C C D G Y S
I S N V S A B U L N D E M N 2 N E A 7 I R N 1 S
I 7 A G W L A A S B V E D U I P G Y T N A I P P
N W R F 1 M R T U E G D N E E J C T W L H H M K
D E C L A R A T I O N O S D W C I I R 6 C S D 6
D V H G 2 1 T 6 T 7 7 M N 1 Y S 6 C Y L I A P 1
N V N I L K N A R F N I M A J N E B E F R W V Y



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

Your Trusted Medicare Resource

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.

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



Nerve Renewal
NEUROPATHY CLINIC

405.422.9518

View our testimonials at 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.