



Nancy English Dick Herrin

TWO DIRECTORS HONORED FOR TENURE

Nancy English and **Tom Zigler** were honored for their years of service at the December Board of Trustees meeting. ASCOG 1st Vice President Dick Herrin presented Nancy with a check for \$1,000 in honor of her 30 YEARS of service.



Tom Zigler with Dick Herrin

Nancy holds a Bachelor of Science Degree in Management from Oklahoma State University and currently serves as ASCOG's Deputy Director. Herrin also presented Tom with a check for \$250 in honor of his 10 YEARS of service. Tom began his employment as a Planner in the Community and Economic Division. He became the Director of that Division in January 2015. He holds a Bachelor of Arts degree in Political Science from Oklahoma Baptist University. Congratulations to two long-term, hard-working directors coupled with a hearty thank you from Trustees and Employees.

ANNUAL MASONIC FOUNDATION FUNDING RENEWED TO AID SENIORS IN ASCOG'S AREA

ASCOG gratefully received a check from the Masonic Charity Foundation for \$64,158 at the December meeting of the Oklahoma Association of Regional Councils (OARC). The funds will be used in 2020 to assist those in need who are at least 55 years old residing in ASCOG's 8-county region (Caddo, Comanche, Cotton, Grady, Jefferson, McClain, Stephens, and Tillman). Typical types of assistance include funding of up to \$800 for ADA approved ramps, dental work including dentures, hearing aids, wheelchairs, scooters, lift chairs, durable medical equipment, minor home repairs, failing home appliances, heaters, air-conditioners. Vision services including glasses, utility assistance, and emergency medications are also available but at lower maximums. Applicants must submit a completed 2020 Masonic Grant application along with an approved vendor's estimate to be considered. Applications will be emailed to all city and county clerks where they can print a copy upon request. Printed versions will be available at the Senior Centers. Applications are also available on ASCOG's website www.ascog.org. Those with email capabilities can request an application be directly emailed to them by emailing ward_ro@ascog.org. Applications are not mailed out. Money that would be spent on postage, envelopes, printing, and labor are reserved for actual assistance as listed above.



L to R: Masonic Grandmaster Bob Peters, Kristina Manriquez, Ken Jones, and Masonic Charity Foundation President Jim Cloud

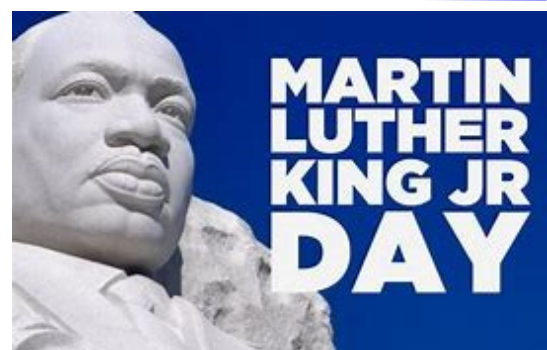
ASCOG BOARD OF TRUSTEES ANNOUNCE 2020 REAP FUND RECIPIENTS

<i>Entity</i>	<i>Title</i>	<i>Award</i>
BINGER	Water Well Renovations	\$ 48,386
BRAY	Replace VFD PPE	\$ 44,092
BYARS	Town Hall Handicap Accessible, Roof and Floors	\$ 40,000
CARNEGIE	Water Meter Supplies & Installation	\$ 45,000
CHATTANOOGA	Water Tower Ext Maint.	\$ 45,000
CORNISH	New Water Meters	\$ 45,000
DEVOL	Replace sewer main	\$ 40,500
DIBBLE	Engineering Eval	\$ 45,000
EAKLY	Engineering Eval	\$ 45,000
FLETCHER	Renovations to Community Center	\$ 45,000
FORT COBB	Rehabilitation of standpipe	\$ 45,000
GERONMINO	Engineering Eval to repair or replace sewer and water lines on all streets from Chippewa east and Osage St	\$ 45,000
GOLDSBY	Town is growing need new wells dug to provide adequate water supply for town demand	\$ 45,000
GRACEMONT	Engineering Eval for Sewer	\$ 45,000
GRADY # 2, #3	Phase I (2020) Emergency Mgt Building	\$ 90,000
GRANDFIELD	Wastewater Treatment Bypass	\$ 59,041
HINTON	Phase 1 Pipe Water Line to increase water pressure	\$ 40,000
MARLOW	Resurface 16,000 sq. yards of single treatment chip seal	\$ 45,000
McCLAIN #2	Overlay of chip & seal of 1 mile on Ladd Ave from 180 th south to 170 th Plus 3 miles on Sooner Ave from 180 th south to 150 th	\$ 45,000
RANDLETT	Engineering Eval Sewer	\$ 45,000
RYAN	Water Repairs; maintenance; replace, repair old pipes and valves	\$ 45,000
TERRAL	Resurface Streets	\$ 49,715
TIPTON	Engineering Eval Sewer	\$ 42,000
VERDEN	Water Line Replacement Phase II	\$ 136,364
WALTERS	Purchase New Fire Truck	\$ 45,000
WAURIKA	Resurface streets	\$ 28,500
WAYNE	Resurface streets	\$ 39,427

ASCOG'S OFFICE CLOSED FOR HOLIDAY

ASCOG'S office will be closed Monday, January 20 for Martin Luther King Jr. Day.

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy. MLK Jr.





RURAL FIRE NEWS

Follow-up continues on 80/20 grant construction and purchases of equipment for completion. The process has started for certifying ALL fire departments in the ASCOG area. To receive 2020 operational funding from the state desperately needed to help the departments, all 2019 fire run reports must be submitted

to the state fire marshal's office by January 15, 2020, as part of the certification.

Not everyone is aware of how close our rural fire departments work together. Through cooperative agreements and a willingness to help each other out, it is not unusual for volunteers to travel many miles to assist their firefighting counterparts. Please note the departments are responding with either firetrucks or equipment purchased with REAP funds. REAP is just one source of funding sorely needed to assist our rural citizens safe.

The attached photo reflects a horrible fire so hot one rural department could not contain much less extinguish without assistance. Multiple fire departments responded to the structure fire near SW Lee Boulevard and Highway 115 in Cache recently. Cache, Indianahoma, and Geronimo Fire Departments were just a few crews on the scene helping put out the flames. People were inside the home at the time and made it out with no injuries. First responders believe it started from the fireplace. As you can see from the photo, the fire was extremely large and, unfortunately, the house was a total loss. However, working together, the multi-department firefighting cadre were able to keep the fire from spreading.

When given the opportunity, take time to thank the volunteers as well as the legislators who keep the REAP program alive.



NUTRITION SITES CLOSED IN LAWTON DUE TO MAINTENANCE ISSUES



SENIORS

The Lawton cooking site was closed the second week of December due to a maintenance issue. This site distributes food to Patterson and Geronimo. In the wake of this, DHS approved two weeks of emergency shelf-stable meals to be given to participants. Testing is underway to see how long the site must be closed as well as what actions need to be taken to reopen. Alternatives to the Lawton cooking site are being sought so seniors in the affected areas can still access hot food. KSWO has been instrumental in disseminating information to the community about the closure and alternative actions.

"The greatest good you can do for another is not just to share your riches but to reveal to him his own." -Benjamin Disraeli

OKLAHOMA SILVER HAired LEGISLATURE

Article courtesy of Guest Contributor Trish Emig (pictured) OSHL President

Did you know that the Silver Haired Legislature is the **ONLY** state-focused organization that has members who write, advocate for, and pass bills in the State Legislature that improve the lives of Older Oklahomans?

The Silver Haired Legislature is responsible for the Silver Alert. It also is responsible for prohibiting Medicare supplemental insurance companies from increasing plan premiums except during the Open Enrollment Period. The Silver Haired Legislature is responsible for requiring certified nurse aides to receive prescribed training before the aides can care for patients. And the Silver Haired Legislature is responsible for allowing video cameras in the rooms of nursing home residents if residents request the placement of the cameras.



One Hundred Oklahomans turn 65 years old every day. The Silver Haired Legislature continues its commitment to advocate for restoring much-needed funding to the Area Agencies on Aging so that services to these Older Oklahomans can continue to be provided. The Silver Haired Legislature is advocating for \$4.4 Million of additional appropriations. One of the major concerns is the lack of funding for Options Counseling so that Older Oklahomans know their long- term care options BEFORE choosing to reside in a Nursing Home.

The Oklahoma Silver Haired Legislature needs your help so that the organization can continue passing legislation that will address the growing issues Older Oklahomans face.

Here's how you can contribute:

This Spring, when you complete your Oklahoma State Personal Income Tax form, please designate the Silver Haired Legislature as a recipient of a portion of any State Income Tax Refund that you file to receive. The Oklahoma Silver Haired Legislature is one of the organizations that is printed on the Oklahoma Income Tax form and is eligible to receive a designated contribution amount. If you check the organization, the contribution amount you choose will be provided to the Oklahoma Silver Haired Legislature. Our advocacy efforts can continue because of your contribution.

The Oklahoma Silver Haired Legislature consists of Oklahomans 60 years of age and older who live across the State. Members talk to Older Oklahomans to learn about their issues, research those issues, and write model bills for the Oklahoma State Legislature to consider during the Oklahoma State Legislative Sessions that begin each February. The organization has members who are visible at the State Capitol, so the State Legislators are familiar with members of the organization. If you would like membership information, please contact Trish Emig, President, at 405-743-4623.

2020 CDBG GRANT TENTATIVE SCHEDULE DUE DATES

CDBG-REAP - February 28, 2020

CDBG COMMUNITY REVITALIZATION (CR) - March 28, 2020

CDBG WATER/WASTEWATER ENGINEERING AND CONSTRUCTION - May 2, 2020

CENA PROGRAM FLOURISHES

The Community Expansion of Nutrition Expansion Assistance (CENA) program funded with money from the Oklahoma Department of Commerce and administered by ASCOG in our 8 county area is still working well for all the sites awarded funds for this fiscal year. Many communities have senior nutrition sites capable of funding most of the food purchases themselves. CENA is a supplement to assist in the gap. This is the goal of the program – to allow for expansion beyond what the sites or towns can support on their own. With 6 of our 8 counties being classified as “rural”, the aspect of centralized support ASOG provides is vital. The goal is to allow sites to use their monies in ways that feed the most citizens while being efficient with dollars for nutrition.



United States
**Census
2020**

Need information to assist with the 2020 CENSUS in your community? Contact **Danielle CARPENTER**, coordinator for the 2020 CENSUS in ASCOG's 8 county area. She can be contacted at carp_da@ascog.org or at (580) 736-7969. An accurate count is vital for every

community and county. Population statistics are used to determine how much federal money returns to your area!

INFORMATION AND ASSISTANCE SPECIALIST

Stephanie Denton is the Information and Assistance Specialist (I & A) for ASCOG's AAA. If you are uncertain about what services are available, contact Stephanie and explain your situation. She can determine what services you may need and the best way to get the help needed. Stephanie can provide information and point you in the appropriate direction for your individual situation. She can provide support with a variety of concerns including but not limited to: information on a wide range of topics, access to publicly funded programs, sources for dental, vision, hearing and dentures to resources to help with durable medical equipment. The goal of the Information and Assistance Specialist is to improve the everyday living of the seniors in the area. When contacting the Information and Assistance Specialist, be prepared to answer a few questions about yourself, such as where you live, if you have family, your income level, etc. The answers to these questions are key to finding the right program for your individual needs. Any information you give to the I & A will be kept confidential unless you give her permission to share it in the process of finding the appropriate assistance. If you have any questions, please call Stephanie at 580.736.7036 or 800.658.1466. You can also contact her by email at dent_st@ascog.org.



NEW OMBUDSMAN SUPERVISORS HIRED



MALCOLM "MICK" HUTCHINSON, Jr.

ASCOG is proud to welcome 2 new Ombudsman Supervisors. **Malcolm Hutchinson, Jr.** Has a Doctorate Degree in Education. He has a diverse skillset and lifelong experience including school principal, university professor, director of facilities and real estate with Affiliated Computer Services (a Xerox company), housing the homeless and victim(s) housing loss, recovery and reconstruction post-wildfire recovery, Lake County, CA.



DAVID SEXTON

David Sexton is originally from Miami, Florida. He is married to Janine and has 2 children, Deshawn and Destiny. David has a bachelor's degree in Business Administration and an Associate's Degree in Liberal Arts. He is a retired, military veteran with 20 years of service with 4 combat tours.

OMBUDSMAN PROGRAM

It's a new year, and what do we usually do every year? We tend to make New Year's resolutions. Most of the time the resolutions are exercising more, getting healthier and making new friends. Have you ever made a resolution to help others more than you did last year? Well, if you ever did, that resolution can come true.

There are a lot of people in nursing homes who could use a visit now and then. By visiting someone in the nursing home you are helping that person. All it takes is your time and care to make someone happy. Some people in the nursing homes never receive visitors and some never get out of their rooms. Having a visitor come and visit with them now and then makes them feel very special and warm inside.

A warm smile, a gentle touch and even the lovely sound of a caring voice make a world of difference to someone that doesn't get it at all. By visiting one of the nursing homes in your community, you can brighten a person's life, and mark one thing off your list of resolutions. It is as easy as one, two and three. Let's start this year off with a very good loving and caring start. Take the time to make a difference and visit with those that hold our history in their hearts.

To learn more on how to help others or to become an Ombudsman Volunteer contact David Sexton or Malcolm Hutchinson at ASCOG Area Agency on Aging at 580.736.7974 or 580.736.7975, respectfully or the Senior Information Line at 800.211.2116. You can also email them at sext_da@ascog.org and hutc_ma@ascog.org. One other option is to write to them at P.O. Box 1647 Duncan, OK. 73534. Ombudsman Supervisors are available to speak to your group or organization upon request. Flexible training schedules are available to become an Ombudsman Volunteer.

Volunteers Needed!





FIRST DAY HIKE
January 1, 2020
Fort Cobb State Park
27022 Copperhead Road
(580) 252-2182

Mark your calendar for a visit to Fort Cobb State Park on January 1 for a free guided hike. Meet at the Eagles Nest pavilion at 9:30 am for a moderate three-mile hike along the Western Oaks Heart Healthy Trail. Bring your binoculars, a

camera, water and appropriate dress for a cool-weather hike. Afterward, enjoy some complimentary hot chocolate, coffee, and snacks.

The event is held in conjunction with the America's State Parks First Day Hikes initiative that takes place in all 50 states. First Day Hikes offer individuals and families the opportunity to begin the New Year connecting with the outdoors and staying active.

DUNCAN MONSTER TRUCK WARS
January 25, 2020
Stephens County Fair and Expo
Center
2002 S. 13th Street
Duncan (580) 255-3231



Duncan Monster Truck Wars will showcase giant, 12,000 lb. monster trucks in head-to-head competition. Watch as Outlaw, El Loco Oso, Sherriff and Barefoot battle it out in the dirt arena. The event will also feature Quad Wars as Team Oklahoma and Team Texas battle it out for bragging rights and a big cash prize. Take a ride on a real monster truck and reserve a space for your child, ages 3-9, to participate in the kids' power wheel races. General admission tickets are \$10 and VIP tickets are \$25.



RED RIVER SHOWDOWN
GO-KART RACING
January 31 - February 1
Stephens County Fair and Expo Center
2002 S. 13th Street, Duncan
(940) 256-2459

Cheer on go-kart racers as they compete in the annual Red River Showdown in Duncan. Take a seat inside the Stephens County Fair & Expo Center for this two-day extreme racing event. Be sure to watch racers of all ages challenge one another in a series of fast-paced races. From

beginners to seasoned veterans, this spirited competition is sure to thrill spectators from across the state.