



SWAN LAKE VFD BEGINS STATION EXPANSION

The **Swan Lake Fire Department** in Caddo County has taken advantage of the recent good weather to start the new expansion of their fire station. The concrete is curing at this time and building is to be delivered and red iron going up very soon. The board and fire chief along with the firefighters have worked long hours for many days to see this project happen. Portions of the funding needed for the project came from the 80/20 grant, through state funding, from fundraising efforts, and a lot of **VOLUNTEERING**. Kudos to everyone involved! This is a great addition

for folks living in or farming the surrounding area.

Perry Brinegar is busy working with departments daily to complete the recertification and contract requirements with forestry. Both are due by April 1, 2020. Please call Perry at (580) 736-7023 or email him at brin_pe@ascog.org if you have any questions.



RON PEEL - Transportation Planner

NEW EMPLOYEES IN CED DIVISION

After several weeks of searching, ASCOG's Community and Economic Development (CED) Division has been rewarded with two new well-qualified planners.

Shannon Yarbrough is the new Community and Economic Development Planner. Shannon previously worked as the office manager for the Lawton Fort Sill Chamber of Commerce/Economic Development Corporation. Prior to



SHANNON YARBROUGH - CED Planner

that she worked at the Comanche County Detention Center. She has an Associate Degree in Executive Administration. Shannon can be reached by telephone at (580) 736-7965 or by email at yarb_sh@ascog.org.

Ron Peel is the Transportation Planner for Community and Economic Development. He has served in various capacities for the United States Army at Fort Sill. He holds a Bachelor of Business degree from Cameron University. Ron can be reached by telephone at (580) 736-7024 or by email at peel_ro@ascog.org.



AREA AGENCY ON AGING

The Area Agency on Aging (AAA) is pleased to announce we have received a \$5,000 grant from the Alzheimer's Foundation of America (AFA). This grant will be used to assist us in performing outreach to aid in more seniors being signed up for current programs and services. We are extremely thankful for the support and partnership of the AFA and look forward to expanding our relationship with them as well as our other community partners.

Request for Proposals (RFP) are out for Caregiver/Respite/Chore bundles, Healthcare Promotion, and four Senior Nutrition Programs. The Proposers Conference will be held at 3 pm on March 5th at ASCOG's AAA office located at 804 W. Main in Duncan. If you are interested in providing services through these programs for our area and if you have any questions related to the RFPs, please contact **Kristina Manriquez** by email at manr_kr@ascog.org.

THINKING OF THE ELDERLY DURING DISASTERS

In the past few years many people have experienced different kinds of disasters. There have been tornadoes, wildfires and even floods. When thinking of disasters who and what groups of individuals are thought of immediately? Is it families, children, developmentally disabled or the elderly? The elderly are usually the last ones to be seen about. This is mainly because people seem to think that the elderly are with family or in an institutional setting and are being well taken care of. Even if this may be true, it is still best to check up on the elderly first, just to make sure they are being taken care of.



Some of the elderly needs that should be on the top of the list are: hydration, nutrition and medical. Elderly are considered very vulnerable adults, which makes it more important to check on them first. They may not be able to walk, see or even speak. A lot of them may be in or end up in the nursing home just because of those exact same reasons. Just because they may be in the nursing home doesn't mean they don't need the help from people out in the community. If the disaster hits the community, those that are in the nursing home will need the help, just the same. This is because they have no place to go. They are unable to fend for themselves.

To make sure that the elderly in the nursing homes are taken care of during a disaster or just in general, make a visit to the nursing home. Take the time to stop and visit to make sure that they are receiving electricity for those that need oxygen and plenty of food and water, so they are not dehydrated or starving during the disasters. Stop by in general to make sure they are getting the care they are supposed to be getting every day.

Ombudsman Supervisors are always looking for Ombudsman Volunteers. To learn more on how to help others or becoming an Ombudsman Volunteer contact David Sexton or Malcolm Hutchinson at ASCOG Area Agency on Aging at (580) 736-7036 or Senior Info Line, 1 (800) 211-2116 or 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.

CHANGES TO MEDICARE IN 2020

The cost for Medicare has changed for the year 2020. As far as Part A, if you or your spouse worked more than 10 years, there will usually not be a charge for the coverage. If you worked between 7.5 and 10 years, there is a \$458 per month premium for Part A. With Part B, the premium is no longer \$134; it is now \$144.60. The amount you are responsible for is still 20% for most services that are covered by Part B. If you have any questions, ASCOG AAA has three Medicare Certified Counselors to assist you. You can contact Jazmin Shipley at (580) 736-7029 or email ship_ja@ascog.org, Kristina Manriquez at (580) 736-7976 or email manr_kr@ascog.org and Stephanie Denton at (580) 736-7036 or email at dent_st@ascog.org.



ENJOY EVENTS IN OUR AREA



HISTORICAL SITES TOUR **March 7 & 28, 2020** **Wichita Mountains Wildlife Refuge** **Visitors Center** **(580) 695-5053**

Reserve your spot on a Historical Sites Tour for a unique look at the Wichita Mountains Wildlife Refuge. Enjoy this guided bus tour of this Lawton wildlife refuge, and prepare to learn more about historical sites found throughout the land. Listen as the interpretive guide points out must-see spots and explains their historical significance. Reservations are required, and children must be at least eight years old. Restrooms are not available on tours, and wheelchair access is available if requested at the time of reservation.

HERITAGE RODEO **March 7, 2020** **Stephens County Fair** **and Expo Center** **2002 S. 13th Street** **Duncan (918) 402-5208**

Head to the Stephens County Expo Center in Duncan to experience the excitement of the Heritage Rodeo. See cowboys and cowgirls compete in rodeo events like bareback riding, ranch bronc riding, tie-down roping, steer wrestling, ladies barrel racing, team roping and bull riding. Even the smallest cowpokes get in on the action with mutton bustin. Don't miss this fun event, where nearly \$5,000 will be up for grabs.





FREDERICK FANTASTIC OYSTER FRY AND CRAFT SHOW

**March 7, 2020
Prather Brown Center
Frederick
(405) 344-7298**

Enjoy an abundance of delicious oysters during the Frederick Fantastic Oyster Fry & Craft Show. First celebrated in 1952, this event is an annual southwest Oklahoma tradition. Feast on oysters on the half shell or try them fried in the festival's secret recipe batter. This much-anticipated meal includes homemade coleslaw, potato chips, bread, iced tea and coffee. Desserts will also be available for purchase.

After getting your fill of tasty oysters, head to the annual craft show, which is free and open to the public. Browse through booths filled with items for sale including pottery, jewelry, wood crafts, leather crafts, candles, needlework and more. Many visitors to this much-loved festival arrive early to do some shopping, antiquing or to visit a local museum, so make your way to Frederick and create an entire mini-vacation around the town's tasty oyster fry.



SOUTHWEST PRIDE BARBERSHOP CHORUS 56TH ANNUAL SHOW

"BARBERSHOP GOES TO WASHINGTON"

7:30 pm March 13, 2020

Simmons Center, Duncan

7:30 pm March 14, 2020

McMahon Auditorium, Lawton

(580) 547-9528

When the Southwest Pride Barbershop Chorus gets an invitation from the president, they head to Washington, D.C. but not without the Sweet Adelines. Traveling on a budget, the chorus joins a discounted bus tour of D.C., and a series of mishaps, misunderstandings and slapstick comedy routines ensue. Adult tickets are \$18 at the door. Children's tickets (18 and under) are \$12 at the door. Proceeds from the show will benefit local charities including the Toy Shop in Duncan, the Lawton Food Bank, Hungry Hearts Feeding Ministry of Lawton and Eisenhower Vocal Music.

PARKSTOMP MUSIC FESTIVAL
March 14-15, 2020
Town Center Mainstage
Medicine Park
(580) 547-9528

Celebrate the coming of spring amid cobblestone-lined streets at Park Stomp. This annual Medicine Park event features great music for the whole family including bluegrass, country, rockabilly, punk and rock. Bring your lawn chairs and blankets to gather around the main stage or browse the booths of arts and crafts. All of the town's art galleries, stores and restaurants will be open for the event, and food vendors will be available. Mark your calendar for this one-of-a-kind kickoff event in historic Medicine Park.



DUNCAN AUTOMOTIVE SWAP MEET
March 19-21, 2020
Stephens County Fair
and Expo Center
2002 S. 13th Street, Duncan
(580) 467-2471

Duncan's annual Automotive Swap Meet, held at the Stephens County Fairgrounds, is an indoor and outdoor swap meet for avid muscle car and antique car enthusiasts.

Located in the heart of southwest Oklahoma, the Automotive Swap Meet includes auto-related vendors, and on-site camping facilities and concessions are available. Spend the day browsing through everything from boats and motorcycles to trucks and tractors, as well as auto-related memorabilia.

MAIN STREET DUNCAN FRIDAY NIGHT
CAR CRUISE
March 20, 2020
(580) 252-8696

Car enthusiasts of all stripes gather for the Friday Night Car Cruise around downtown Duncan. Enjoy the parade of drivers showing off their souped-up cars as they cruise down Main Street at this fun and free community event. Be sure to check out the Main Street merchants who will be open late with discounts and door prizes.





SOUTHWEST OKLAHOMA'S HOME AND GARDEN SHOW

**March 20-21, 2020
Great Plains Coliseum
Lawton
(580) 355-2490**

Join the Southwest Oklahoma Home Builders Association's annual Home & Garden Show in Lawton. An array of home and garden products will be on display. Over 120 exhibitors and organizations will showcase creative ideas and resources, as well as the latest in kitchen, bedding and landscaping concepts. Visitors to the Home & Garden Show can expect to see beautiful landscaped displays, practical home improvement ideas and a taste of the many professional home and garden services there are to offer. Admission is free.

STAMPEDE THE TRAIL

**March 28, 2020
Simmons Center
Duncan
(580) 252-2900**

Dust off those running shoes and head to Duncan for Stampede the Trail, featuring a 5K run, half marathon and kid's marathon for kindergarten through fifth grade. At this USATF-sanctioned race, participants will enjoy a free t-shirt (while supplies last), and two challenging running courses. Race medals will be handed out for first and second place for each age division, male and female. Trophies for overall male and female runners will also be awarded.



TRYKES 'N TREAD CAR SHOW

**March 28-29, 2020
Great Plains Coliseum
(580) 695-8882**

Admire awesome paint jobs, impressive engines and shiny chrome at the Trykes 'N Tread Car Show. Held at the Great Plains Coliseum in Lawton, this event is open to all makes, models, sizes and classes of cars and trucks. The annex will be filled with vintage cars, hot rods, imports, race cars, low riders, trick trucks and much more. From remodeled classic cars to decked-out newer models, the Trykes 'N Tread Car Show has it all. Take in the excitement of the burn out contest and car limbo. There will also be cruising and live entertainment, as well as vendors to browse through and children's games to play. Admission is \$10 for one day or \$15 for both days.