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Community Links

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"The Little Green Paper"

January 05, 2022

7 Things To Do In January For Your Most Successful Year Yet

Rather than focusing all your energy on your New Year's Resolutions, try these 7 simple activities.

Create a vision board

Rather than just thinking about what you want out of the year, why not use a vision board to visually represent it? It may sounds a bit woo-woo, but they really have been proven to help you manifest your goals. Plenty of successful people have used them as a cheap and effective way to constantly keep their dreams and priorities at the forefront of their minds. The idea is that the law of attraction will then bring those awesome things into your life! There's no 'right' way to create a vision board- you can use a piece of cardboard, cork board, wall in your house or even just a Pinterest board! But a few good tips are



to include things that enrich your life in a broader sense (think the financial freedom to travel over bags and shoes) and keep it in a spot where you'll see it everyday.

Declutter

January is a great time to decluttering. This doesn't just mean tidying your pantry or wardrobe, either (although those are great places to start!) Doing a digital declutter is a great way to start your year on the right foot. This means clearing out your inbox, deleting any unused apps and unfollowing any Instagram accounts that make you feel like crap. It's also worth having a think about the people you spend time with and how they make you feel. If there's anyone who brings you down with negative energy, it may be a good time to think about cutting them loose (nicely.) All of these things will give you more room for focusing on the things that really matter to you throughout 2017.



Set your intention for the year

Most of us have a list longer than our forearm when it comes to things we want to achieve in 2017. It's fantastic to be so motivated, but it can be hard to know where to start! A great way to narrow it down is to pick one word that summarises your intention for the year. It could be something like 'strength,' 'passion,' 'independence,' or 'joy.' When you feel like you're moving further away from your goals or not being true to yourself, use your word as a compass to guide you back in the right direction. Keep the word on your computer desktop, a post-it on your mirror or as your phone screensaver- anywhere you're going to regularly see it!



Wake up earlier

Yes, it's tempting to press snooze 15 times when you're still recovering from the December break. But if you've ever thought about getting yourself into a solid morning routine, now is the time to do it. There are so many productive things you could do with an extra hour or two in the morning, like going for a sunrise walk, meditation or even working on a passion project! Start by waking up 15 minutes earlier each week, and in a month's time, you'll be getting up an hour earlier than usual and it won't even feel that difficult! Think of all the things you'll be able get done throughout the year with all those extra hours.



Get a journal

What are you going to do now that all the excitement of buying your 2017 diary (or is that just me?) is over? Buy yourself a journal! From improving your creativity and problem writing skills to reducing stress, the benefits of writing even just a few sentences in a journal each day are endless. Not sure where to start? We love these journals from Soult, because each day includes a writing prompt that will help spark your inspiration.



Schedule your appointments

You know all those appointments that you put off all year, like a pap smear or trip to the dentist? This month, take half an hour out of your day to sit down and book em' all in. The sooner you get them out of the way, the sooner the weight is lifted off your shoulders and you can focus on other things, like smashing your goals!



Create a budget

There's no better time to get in control of your finances than the beginning of the year. Once you have an awesome budget in place, you'll know exactly what you have to work with and the rest of the year will be a piece of a place!



DATA MASTER: Nikki Hamilton

To share your story with us contact: Ashley Schwarz @ 918-290-8224 or 918-789-2862 or email her at links@links.community-options.net



15 Things You Might Not Know About Oklahoma



- 1. Oklahoma's official state meal, as set forth in 1988 by House Concurrent Resolution 1083, is black-eyed peas, chicken-fried steak, okra, squash, corn on the cob, cornbread, barbecue pork, biscuits, sausage and gravy, grits, strawberries and pecan pie. And some Tums...
- 2. It follows, then, that the shopping cart was invented in Oklahoma. Sylvan Goldman, owner of the Piggly Wiggly supermarket chain in Oklahoma City, conceived of the "folding basket carrier" in 1937 after brainstorming ways for customers to carry their groceries.
- 3. Because of the frequent sightings, there is an annual Big Foot Festival in eastern Oklahoma.
- 4. Check it: Voicemail was patented by a man from Tulsa, Oklahoma. Gordon Matthews created the technology in the 1970s and patented VMX (Voice Mailbox Express) in the 1980s.
- 5. According to the Aerospace Corporation, an Oklahoman is the only person to have ever been hit by falling "space junk." The woman, hit by falling debris from the U.S. Delta II rocket, was not injured, but she did think twice before imparting the lessons of Chicken Little's cautionary tale on her children.
- 6. Each April, the town of Beaver, Oklahoma, is host to the World Championship Cow Chip Throw. You can enter one of four divisions: Men's Open, Women's Open, Teams (4 people) and VIP. The tradition began in the 1970s as a way to pay homage to Oklahoma's early settlers, who would trade wagonloads of cow chips (which were used as cooking fuel) for for food and supplies.
- 7. Back in the old days—we're talking Triassic-old—Oklahoma was located near the equator.
- 8. Nowadays, Oklahoma City, the state capital, is equidistant from Los Angeles and New York City.
- 9. Everyone knows that Oklahoma is where the wind comes sweeping down the plain; but perhaps you were unaware that the nation's first Tornado Warning was issued in Oklahoma on March 25, 1948. Thanks, in part, to the warning, no injuries resulted from the tornado that touched down at Tinker Air Force base that evening.
- 10. The state flower is mistletoe. Pucker up!
- 11. Oklahoma City is also one of only two state capital cities whose name includes the name of the state. Can you think of the other?
- 12. Oklahoma serves as headquarters for thirty-nine American Indian tribes.
- 13. At around 200, Oklahoma has more man-made lakes than any other state.
- 14. Please do not try to catch a whale in any of those manmade lakes; whaling is illegal in the state of Oklahoma.
- 15. Some Oklahoma cities with silly names: Loco, Cookietown, Bushyhead, Corn, Moon, Forty-One, and IXL.



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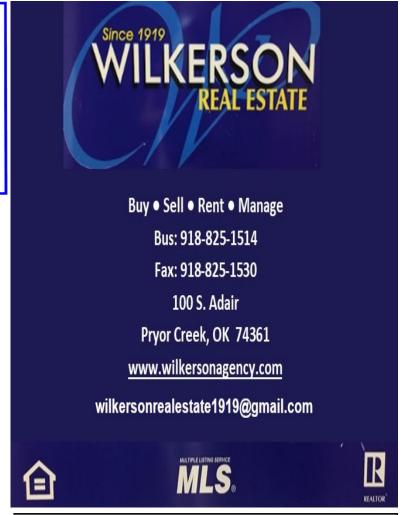
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Reba McEntire Announces Reba's Place Restaurant and Live Music Venue with Choctaw Nation: 'Thrilled to Pieces'



Reba McEntire is expanding her empire with her very own music venue featuring tasty treats.

The country superstar, 66, announced the creation of Reba's Place, her own restaurant, bar, and live entertainment venue in Atoka, Oklahoma. McEntire shared the exciting news during her Friday show at the Choctaw Grand Theater in Durant, Oklahoma.

McEntire welcomed Chief Gary Batton from Choctaw Nation to announce the opening of Reba's Place, which is set to welcome its very first customers starting in 2022. The singer posted a video of her and Batton's announcement on Instagram, sharing the moment she and the chief told the audience about Reba's Place.

"We're thrilled to pieces because it's going to be right downtown Atoka," Reba said during her show. "It's going to be called Reba's Place and it's going to be in the old Masonic building. Y'all know where that is if you've been to Atoka."

She added, "We're really tickled, we're very excited about it. It's going to have great food, family atmosphere, a band-stand in there where we can do a little pickin' and grinnin' and singin,' and we're hoping by the end of next year, around September 2022, around that sometime that we'll be ready for serving you guys to come up and see us."

The chief said, "We are partnering with the greatest female country singer of all time to bring Reba's restaurant to Atoka, Oklahoma."

McEntire shared on Instagram that Reba's Place "is formed in partnership with the Choctaw Nation of Oklahoma and the City of Atoka."

The venue features "two stories of dining space," opening up to a large stage, plus a restaurant. The website highlights dishes like the "Fancy" steak dinner in a nod to McEntire's hit song, plus street tacos, chicken fried steak, and pinto beans and cornbread — described as "Reba's personal favorite."

Customers at Reba's Place can pair their meal with a drink from the restored antique bar, which is "more than 100 years old," according to the Reba's Place website. The bar will serve beer, wine, and cocktails.

McEntire's signature touch will be all over the restaurant. "The aesthetics of the venue are heavily influenced by Reba's western heritage and include a curated collection of memorabilia from Reba's personal archives that will regularly change," the website states.

To remember their visit to Reba's Place, patrons can stop by the retail space, which will sell a mix of exclusive items and "established Reba favorites."

With the announcement of her newest venture, McEntire also unveiled the official social media account for Reba's Place, offering a glimpse at what the spot will look like when it opens for business in late 2022.

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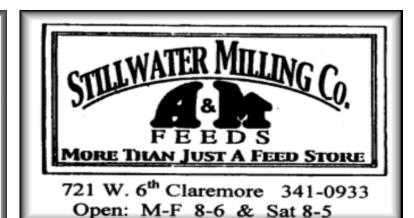
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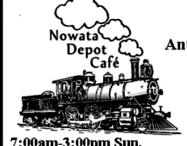
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Coventry disabled girl's favorite toy replaced by strangers



Rosie Wheeler has profound and multiple learning disabilities

A disabled teenager is being sent replacements of her favorite toy from strangers around the world after hers began to break.

Josie Wheel posted a message on Twitter asking for help finding a specific model of the toy which her sister Rosie had "loved since her second birthday".

"They are no longer made and we're running out of ones that work," she said in the post.

Ms. Wheel described the response as both "heartwarming" and "overwhelming".

Her sister Rosie, 15, has profound and multiple learning disabilities (PMLD) and would be "really excited" to see the new toys.

The Vtech Light Up Learning Bug had stopped being sold by the company nearly a decade ago.



"Rosie's current working ladybug broke yesterday so in the efforts to fix one of our broken 15 we thought we'd give social media a go.

"We never expected the response to be so huge," said the 18-year-old from Coventry.

"It's really heartwarming that so many people are so determined to help, even though they know nothing about Rosie and out of the goodness of their heart they just want to help."

She said about 15 replacements had so far been promised, but people were still coming forward, "so I'm presuming it's going to be closer to 30 which will be amazing."

People had also offered to fix the broken toys after they began to break "after so much usage."

"She doesn't completely understand everything that's going on, due to her condition, but when she can physically see all of them she will be really excited," Ms Wheel added.

Lorraine Wheel, the girls' mother, added: "Josie and her sister have the strongest bond and Josie will do anything to make sure that Rosie is the happiest girl ever.

"I couldn't be more proud of her."

DATA MASTER: Steven Burdick

Talented Teen Who Hand-Made Prom Date's Lovely Dress Lands His Dream Job

Finding the perfect dress for prom is one of the most exciting and challenging moments in a teenage girl's life.

In February 2019, months before the prom, Pendleton Heights senior Adrianna Rust found her dream dress. But when she checked the price tag, she knew there was no way an Indiana teen like her could afford it. As much as she wanted to wear that gown for the special day, Addi, as her friends call her, knew she'd have to make do with something else cheaper. But luckily for her, she had a talented best friend who came to her rescue.

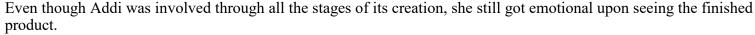
In one of their conversations, Addi jokingly suggested that her best friend and prom date, Parker Keith Smith, should make her prom dress. The pair laughed about it, but after thinking it over, Parker felt like he was up for the challenge. Never mind the fact that he had never sewed a stitch in his life.

"You know what, I think I could actually make your prom dress," he told Addi.

Parker was naturally creative, as evidenced by his love of theater and drawing. He wanted to make Addi the perfect dress, so he immediately got to work and sketched up a design from scratch. With the help of his grandmother, the teen learned how to operate a sewing machine.

Parker spent months making the dress, even making last-minute changes the night before prom.

"I'm such a perfectionist that I was up adding more stones to the dress even the night before prom," he said.



When Addi wore the stunning Cinderella-inspired masterpiece, she felt like an actual princess. Her prom dress turned out to be so much better than the one she saw months ago! And the fact that her own best friend created it made the stunning blue gown all the more special.

Addi took to Twitter to show how proud she was of Parker's beautiful creation.

"Taking a minute to brag on this man because I think this is the coolest thing that I've ever been a part of," she wrote in May 2019. "Parker MADE my prom dress. Straight from scratch did the whole thing and I am still speechless. I'm so lucky to have him as my best friend!"

It wasn't long before Parker made national headlines. People praised his gorgeous work, and many were amazed to know it was his first-ever sewing project. The gown looked pristine, so no one could really tell he was a novice. "I had only sewed two stitches before I did it," he said. "Every big moment out of it, we were just having fun." With his newfound skill, Parker became intent on making more dresses. He planned to study costume design and musical theater in college. He also dreamed of becoming a Broadway costume designer someday.

A couple of months after prom, Parker's sweet gesture caught the attention of the former head of casting for FOX network Bob Harbin, who was set to direct a "Cinderalla" show at Footlite Musicals December that year. Bob had been looking for a dressmaker, and he happened to be friends with one of Parker's teachers, who told him

she "might know a kid."

"She said, 'Oh, you know that kid, that kid who did that prom dress thing?" Bob said. "When you see the work, his sketches, the guy's got it or the guy doesn't, and he's definitely talented."

Bob hired Parker to sew a dress for their Cinderalla, and the young designer delivered spectacularly. He made a peasant's dress that transformed into Cinderella's ball gown within seconds, and it looked absolutely gorgeous!



DATA MASTER: Nikki Hamilton

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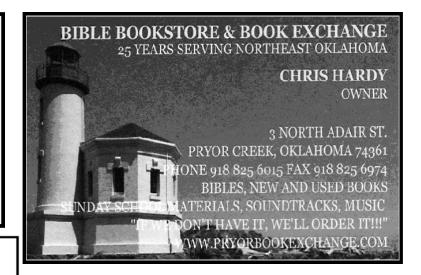
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10 Products That Shorten Your Time in the Kitchen

These tools will make quick work of getting dinner on the table and of cleaning up afterwards.

When it comes to household chores, most of us would agree that cleaning up the kitchen mess is among the worst time-sucks. What's worse, you've got to do it all over again the next day. Save precious time by outfitting your kitchen with products that will shave cooking time off your schedule and make clean-up quick and easy by minimizing dishes and making scrubbing easier.

1. Air fryer

It seems like everyone hopped on the air-fryer bandwagon this year, and for good reason: These products, which are actually just amped-up convection ovens, preheat within minutes, and can shorten cooking time by as much as 30 percent. You can roast vegetables in a fraction of the time they'd take in a conventional oven, and "fry" foods without the messy pot of cooking oil. When you're done, there's just the fryer basket and pan to wash. We like the air fryers that can double as a toaster oven so they're even more versatile.



2. Multi-cooker

Instant Pots and other multicookers have gained a loyal following thanks to their ease of use and time-saving abilities. The pressure cooker setting can cook rice in three minutes, once the pot comes up to pressure, and can cook dry beans in as little as 10 minutes, no soaking required. What's more, whether you use the pressure cooker or slow cooker setting, multi cookers are great for one-pot meals like stews, casseroles and soups. One pot for cooking means only one pot to clean!



3. Silicone baking sheet liners

Anyone who's ever forgotten to grease a cookie sheet knows how onerous it can be to scour burnt-on bits from the pan. A silicone baking mat eliminates the need to grease the pan altogether, and is easy to clean. Use it not only for baking cookies but for roasting vegetables or making the ultimate easy-clean-up meal: sheet pan dinners.



4. Nonstick cookware

A good set of nonstick skillets will save a ton of time, not to mention elbow grease, at the kitchen sink. A really good nonstick coating will prevent food from bonding to the pan, creating those burnt-on bits and tough residue that's so hard to scrub off. If you're concerned about the environmental issues surrounding chemical nonstick coatings, look for PFOA-free coatings or ceramic nonstick coatings.



5. Slow Cooker Liners

It may be slow, but a slow cooker can truly speed up your time spent getting dinner on the table by simmering a one-pot meal while you're working or running errands. Even better: use a disposable liner in your slow cooker crock and you'll be spared from scrubbing away burnt-on residue after dinner. You can even use two liners and a foil divider to cook two dishes at once.



6. Oven liners

Scrubbing burnt-on drips and spills from the bottom of the oven is no one's idea of fun. Preemptively lining the bottom of the oven with an oven mat will make short work of oven-cleaning day. The nonstick coating on these fiberglass mats rinse right off, so next time your pecan pie filling overflows or the roast-chicken drippings slosh out of the pan, cleanup will be a breeze.



7. Digital Kitchen Scale

Using a digital scale for measuring ingredients when baking means not only more accurate and consistent results, but faster cleanup: you can measure everything right into the bowl rather than dirtying multiple measuring cups. For recipes that don't include measurements in weight, consult a conversion chart to easily calculate how many grams or ounces you'll need of each ingredient.



8. Divided Pan

Why dirty two pans when you can use just one? Divided pans let you cook two different things in the same skillet, a great solution especially when you're cooking for just one or two people. Look for a pan that has a flat side and a ribbed side; you can scramble eggs in one side while frying bacon or searing a steak in the other. Be sure to invest in one with nonstick coating, cleanup will be even faster.



9. Oven-To-Table Bakeware

A few pieces of attractive and versatile bakeware that can go in the oven, freezer, microwave, and dishwasher will save on dishwashing duty. You can cook a meal, serve it right from the pan, and then refrigerate and freeze the leftovers in the same dish, which can used for reheating as well. Look for standard-sized bakeware pieces for casseroles or baked goods, with snug-fitting lids that can be used for storage or in the microwave.



10. Wireless earbuds

Hear us out: this is neither a kitchen tool nor will it actually shorten your time spent cooking or cleaning up. But a pair of wireless earbuds can make the time spent in the kitchen pass by quickly as you listen to podcasts or audiobooks or catch up on phone calls... and, after all, multitasking is a great time-saver! Opt for wireless versions so the cords won't snag on a drawer pull.



DATA MASTER: Steven Burdick

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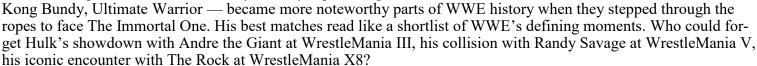
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HULK HOGAN

Is there a name more synonymous with sports-entertainment than Hulk Hogan? The key figure in WWE's rise from regional attraction to worldwide entertainment leader in the 1980s, The Hulkster's superhuman size and undeniable charisma set the standard for what a Superstar should be. A larger-than-life icon, he packed 93,173 WWE fans into the Pontiac Silverdome, won six WWE Championships, starred in movies, television shows and his own animated series and became an idol to a vast legion of fans he dubbed his Hulkamaniacs.

Clad from head to toe in his trademark yellow and red, "The Real American" first established his unbridled patriotism when he legdropped his way through The Iron Sheik to win the WWE Championship in 1984. He became a household name from there, headlining the inaugural WrestleMania while brushing his 24-inch pythons against celebrities like Cyndi Lauper and Billy Crystal on MTV and "Saturday Night Live." The Hulkster's fanbase knew no bounds as Andy Warhol showed up at his matches and millions of children listened intently as their hero urged them to "say their prayers and eat their vitamins."

Hogan's massive presence had a way of making things feel significant. His greatest rivals — "Rowdy" Roddy Piper, King







DATA MASTER: Doug Wm Stone

Photographer Captures the Incredible Peak of a Meteor Shower as Sparks Are Seen Shooting Across the Night Sky



A photographer captured the incredible peak of a meteor shower—as sparks are seen shooting across the night sky.

31-year-old Uroš Fink photographed the annual Perseid meteor shower, which takes place every summer, from a mountain in Slovenia.

His image shows the colorful Milky Way dotted with nebulas as the Perseid meteors shoot across the night sky.

The Perseids "are considered the best meteor shower of the year," according to NASA. You can be anywhere in the Northern Hemisphere to enjoy this show of speed and light.

The shop worker took the photo from the Mangart Saddle, the highest lying road in Slovenia.

Uroš said, "I could hardly wait for the day to come. Every year I am full of expectation to see the Perseids.

"I was standing on the edge of the abyss—sometimes it's necessary to make a little effort and go outside your comfort zone to get a top image.

"I did it because I have great desire and motivation to photograph the universe in combination with nature.

"I simply adore nature and everything related to the universe, so combining these two things into one image is something invaluable."

Up there, high on the mountain on August 7, Fink says he kept thinking to himself, "Just let the weather hold out so I can capture as many meteors as possible on camera."

According to Farmer's Almanac, "Meteors occur when Earth rushes through a stream of dust and debris left behind by a passing comet (the Swift-Tuttle comet, in the case of the Perseids). When the bits strike Earth's upper atmosphere, friction with the air causes each particle to heat and burn up. We see the result as a meteor."

We're so glad the night sky cooperated so Fink could get his beautiful shot.

DATA MASTER: Steven Burdick

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Rachel Dewitt was born on a July 15th in Claremore. She is an Evening Charge Nurse. This September she will celebrate her 20th Anniversary with this Facility. In August she will start RN School. She has been married for 30 years and has 2 fur babies. Her hobbies are reading, crossstitch, candle making, soap making and is now learning to knit. We all know how much she loves Christmas but did not know she has to have her M&Ms separated by color before she can eat them. Says she loves the residents the most and how much love that they show the staff.

"They may forget your name, but they will never forget how you made them feel."

Maya Angelou

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10 Little Compliments You Should Be Giving Every Day

Spread a little happiness with these nice things to say to friends, colleagues, and even total strangers.

Say: "It's so good to see you"

Start any interaction on a good note by simply sharing your excitement about seeing someone. Right off the bat, the other person will know that you aren't just getting together out of obligation or chance—you're truly happy to be in that person's presence. Suddenly, especially when paired with trust-building body language, that person could be more willing to open up and share details that might not have come up if you'd had a more neutral greeting.



Say: "I'm so impressed"

Whether the other person did a great job answering questions after a presentation or handled bad traffic without getting road rage, give a specific reason you're impressed. Pointing to specific actions will show that you're sincere. The other person will be flattered that you noticed the little things.

Say: "You've come so far"

When a goal still seems far away, it can be easy to get disheartened. If a loved one is working towards a goal, praise that person on the hard work that goes in all along the way. Maybe a smoker has drastically cut down on daily cigarettes, or a friend trying to lose weight has been impressively diligent about getting to the gym? Whatever it is, remind the person that the hard work isn't going to waste, and motivate him or her to keep up the efforts.



Say: "I'd love to get your opinion"

If you're feeling stuck and need advice, think hard about the best person to ask for advice. Requesting someone's thoughts on a matter lets the other person know how important his or her opinions are to you. By singling that person out as your go-to for advice, you're expressing that you trust his or her judgment. The advice-giver will likely get a confidence boost, feeling like an expert in relationships, career advancement, or whatever else you need help with. Now listen closely and actually consider the person's guidance instead of brushing it off.



Say: "I took your advice"

Even better than asking for advice? Applying it. If you followed someone's suggestion and ended up with great results, let that person know. He or she will likely appreciate knowing how helpful the advice was, and you'll get a happiness boost when that person expresses excitement for you.



Say: "I'd love to hear more"

People can tell when you're not really interested in what they have to say. Be a good listener and show you're eager to hear about the other person's thoughts and experiences. He or she will likely be flattered and trust you more, meaning you'll get to hear more details and build a closer relationship.



Say: "I feel my best self with you"

Acknowledging a person's success is one thing, but showing the personal impact they have on others can feel even better. Some people just bring out your best—you know, the ones who make you laugh more and complain less. Let those people know how happy you are around them, and how their cheerful attitudes means more than they realize.



Say: "I really appreciate you"

Whether it's your partner's weekly bathroom cleanup or the cheerful email blasts from your coworker, express your appreciation. Little acts like those can be easy to overlook, so showing how grateful you are will make the person realize what a positive affect he or she has on you



Say: "What a great outfit"

Chances are, you probably see at least one outfit every day that you wish was in your own closet. If possible, let the person wearing it know. You can bet the fashion-forward person will suddenly make that ensemble a go-to, feeling confident every time he or she pulls it on.



Say: "I'm proud of myself"

Don't leave all the compliments for other people and ignore your own achievements. Take time for some self-love and mentally note your persistence, listening skills, tough workout, or anything else you happen to be proud of that day. Pretty soon, you'll love what you see in the mirror instead of automatically scanning for flaws.



DATA MASTER: Becca Thornton



Fun With Links!















NEWSRELEASE

.Remembering Residents Who Live in Long-Term Care Facilities

On behalf of the Long-Term Care Ombudsman Supervisors, we would like to wish a Merry Christmas and a Happy and Safe Holiday Season to all of the long-term care residents, loved ones and caregivers. While this can be a great time of family, friends, and joy for many of us, it can also be a time of sadness and despair for residents who are suffering with loss, medical issues and loneliness during this time of year and on top of the pandemic. Please take this time to contact a long-term care facility and see what their visitation policy is and work with staff to set up an appointment to visit with your loved one and participate in an activity if possible. Contact the facility staff to see how you can stay connected with your loved one and make this Holiday as special as it can be. The Holiday season can be a great opportunity to provide residents with needed items such as books, personal items, and warm, comfortable clothing.

Along with the Holiday cheer and festivities, this time of year can also bring some cold and dreadful weather. Please make sure that your loved ones and the elder citizens are prepared for the winter season. Warm socks or gloves and an adequate supply of basic necessities can make a huge difference. It is also a good idea to speak with facility staff, especially administrators, regarding their disaster emergency plans. In addition, if you have elderly or disabled friends, families, or neighbors, make a point to check on them during inclement weather and during this pandemic. Here's wishing all of you a Merry Christmas and Happy New year. Share the joy and spirit of the season with friends and loved ones. We want to take this time to THANK all of the caregivers, providers, long-term staff who take care of others year-round and sacrifice time with their families during the Holiday and especially through this time of the pandemic.

If you have any questions or concerns regarding long-term care issues, feel free to contact your Long -Term Care Ombudsman, Lahona Young, Ext. 220 or Shelly Ferris, Ext. 226 at 1-800-482-4594. The Long-Term Ombudsman Program is in the process of rebuilding the Volunteer Program. If you are interested in being a volunteer to advocate for the quality care and life for residents who live in a long-term facility, contact us to get your name on the list for further training information lyoung@grandgateway.org; sferris@grandgateway.org

Funding for this is provided in part by state and Older Americans Act funds from Grand Gateway AAA and DHS Aging Services. Grand Gateway AAA serves all individuals who are eligible for its programs without regard to race, national origin, ancestry, color, religion, sex, age or disability.

Up-coming Events

TOPS #570 We meet 9am to 11am Monday morning at Mt. Olive Lutheran Church in Miami 2337 N. Main St. "Taking off pounds sensibly!

TOPS #506 in Miami Heavenly Winds Worship Center meet every 6pm Thursday evening. For more info call Susan Walls at 918-540-0570

Every 4th Saturday of the month Veteran's Support Group: Veterans for Veterans. Have you served in the military? Are you struggling with readjustment? Anxious about the future? Struggling to connect with friends and family? Struggling with school? WE CAN HELP! Free veterans support group at 10am every 4th Saturday of the month. The Landing 502 West Corner Fairland, Ok. For more information call Cindy (918) 676-3228.

Food Truck Wednesdays —Every Wednesday, grab some tasty eats and gather on the grounds of Guthrie Green. During Food Truck Wednesdays, lunchtime transforms into a community-wide affair, with roaming food trucks posting up at this Tulsa park. While you dine on delicious food, be sure to enjoy the live music and fresh air. Guthrie Green 111 E Brady St Tulsa, OK 74103 Phone: 918-574-2421

Big Cabin Senior Exercise Program—Fitness program for seniors held at the Big Cabin Baptist Church gym three times a week, Monday, Wednesday and Friday, from 10 to 11 a.m.

American Legion Post 178 in Grove, OK – Bingo every Saturday evening at 6pm. Family atmosphere. Contact Lee Cathy for any questions at: 901-487-9060

Jan 7, 2022 - Jan 9, 2022 Oklahoma Boat Expo - The Oklahoma Boat Expo is coming to downtown Tulsa Cox Convention Center this January. See over a dozen boat dealers with products and services you won't see anywhere else with special show pricing. See RVs of all makes and models from RV dealerships you can count on to make your outdoor road adventure dreams come true. Hours Friday: 11:00 am - 8:00 pm, Saturday: 10:00 am - 8:00 pm, Sunday: 10:00 am - 5:00 pm. VIP night is Friday, January 7 from 4-8pm with complimentary food and beverages while supplies last (ID required). Cox Business Center, 100 Civic Center, Tulsa, OK 74103. Phone: 405-787-0787.

Jan 7, 2022 - Jan 9, 2022 Winter Big Om Yoga Retreat - Relax and reach a sense of inner peace at the Winter Big Om Yoga Retreat. During this calming yoga retreat held at Sequoyah State Park & Lodge in Hulbert, immerse yourself in nature and disconnect from your nor-

SUDOKU PUZZLES

Fill in the grid with digits in such a manner that every row, every column and every 3X3 box accommodates the digits 1-9, without repeating any.

1	2							
	5					9		
4			6	9	2			
		8			7	5		9
6		4	8		1	3		2
7		5	3			4		
			1	4	5			7
		1					4	
							8	5

Hardship level: Moderate

Hardship level: Moderate												
					9	6	7	5				
		2				3	4					
7			1					8				
1					2	5	8					
			3		8							
	8	5	7					9				
2					5			7				
	1	7				9						
6	3	4	9									

mal routine. Sequoyah State Park & Lodge, 17131 Park 10. Hulbert, OK 74441. Phone: 918-605-8221.

Jan 10, 2022 - Jan 15, 2022 Chili Bowl - The Lucas Oil Chili Bowl Nationals at Tulsa Expo Square's SageNet Center is an annual competition for Midget Sprint Car racing. Held each year for over 35 years, these races attract more than 300 talented drivers from around the world. Hours, Monday: 9:00 am - 11:00 pm, Tuesday: 9:00 am - 11:00 pm, Wednesday: 9:00 am - 11:00 pm, Thursday: 9:00 am - 11:00 pm, Friday: 9:00 am - 11:00 pm & Saturday: 9:00 am - 11:00 pm. Tulsa Expo Square, 4145 E 21st St. Tulsa, OK 74112. Phone: 918-838-3777.

Do You have an event that you would like to share?

Community Links of Chelsea
1100 Walnut/PO Box 85

Chelsea, OK. 74016

Ph: 918-789-2862 Fax: 918-789-5296

Email: links@links.community-options.net

DATA MASTER: Nikki Hamilton

Good Old Fashioned Pancakes



This is a great recipe that I found in my Grandma's recipe book. Judging from the weathered look of this recipe card, this was a family favorite!

Ingredients

1 1/2 cup all-purpose flour

3 1/2 teaspoons baking powder

1/4 teaspoon sale, or more to taste

1 tablespoon white sugar

1 1/4 cups milk

1 egg

3 tablespoons butter, melted

Directions

Step 1

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk, egg and melted butter; mix until smooth.

Step 2

Heat a lightly oiled griddle or frying pan over mediumhigh heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Prep Time: 5 minutes Cook Time: 15 minutes Total Time: 20 minutes

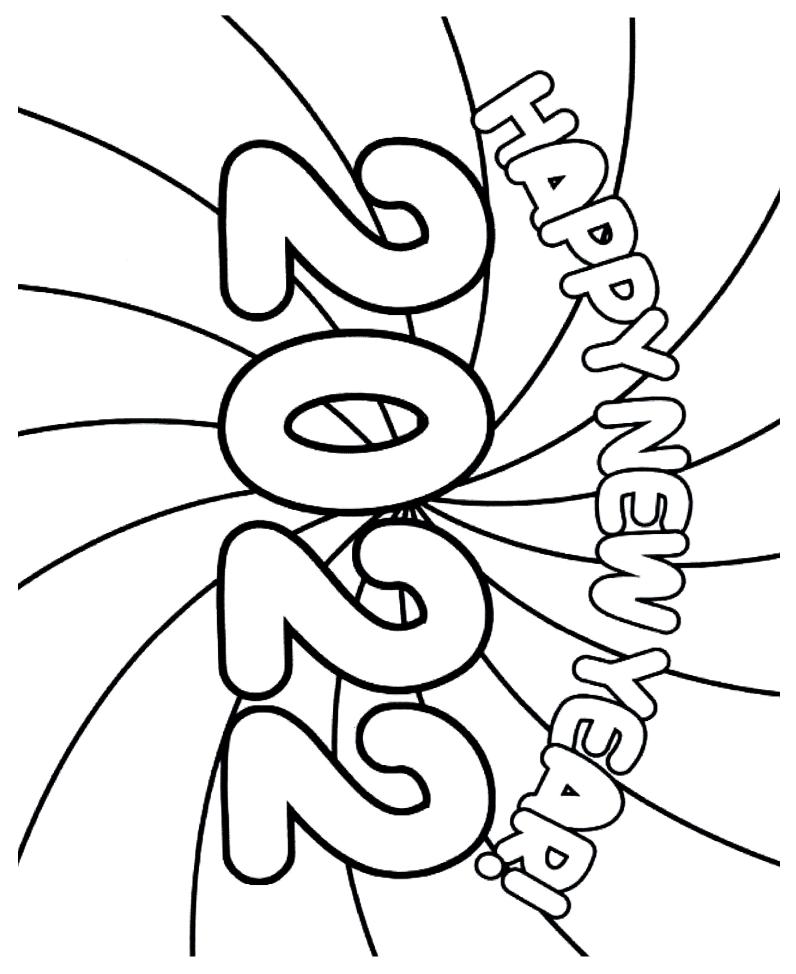
Servings: 8

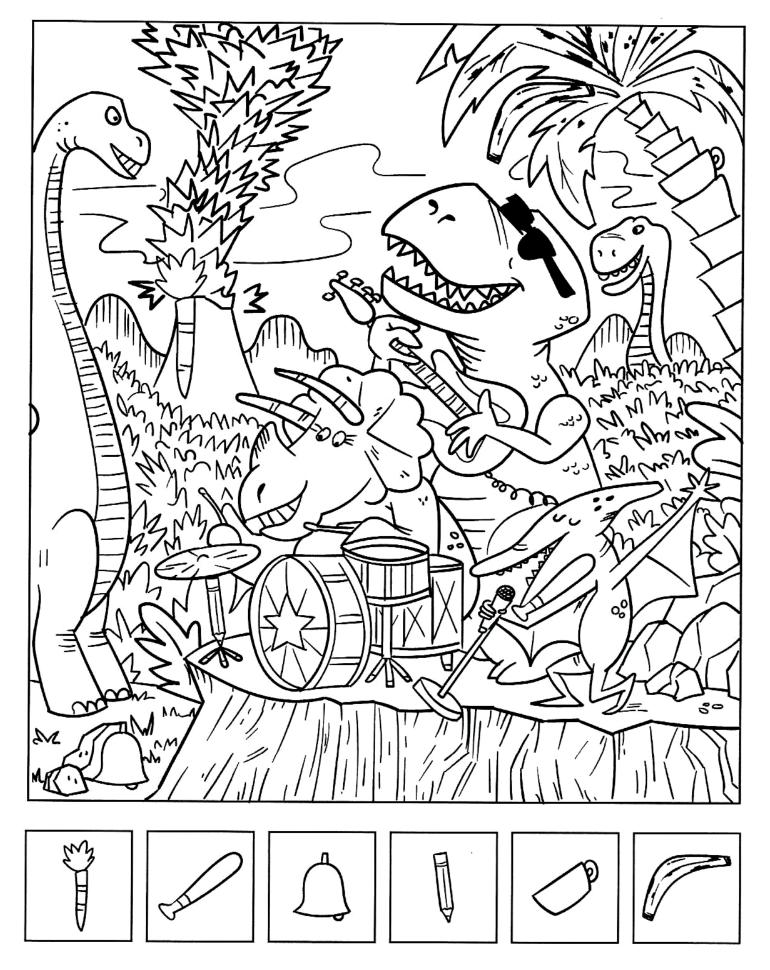
Community Options, Inc.
website is operational
Pay a visit to our website to learn about what
we are doing and how you can help others by
getting involved.

If you are seeking employment
you can apply for your desired
position with us online.

our website can be accessed at:
https://community-options.net

DATA MASTER: Becca Thornton







Getting to know the Lutherans

Is Another Christmas Over?

A retail store worker told me that every employee was required to work on Sunday the 26th of December. Though I was puzzled, she told me that it was "all hands on deck" to erase Christmas from the store. The time had come to move on to the next event on the retail calendar by switching its products. For retailers, Christmas is irrelevant after the Dec 25. The retailers' and the consumers' attention is quickly redirected to Valentine's Day.

Christmas can sometimes be treated like the nativity set that represents it. Come January it is packed away in an attic or closet. Yet Christ refuses to treat us the same way. Regardless of our attitudes toward Him, Jesus continues to come. He comes to us through the beauty, precision, and seasons of the universe. He comes to us in His eternal and life-giving word. He comes to us through our baptisms and the Lord's Supper. Jesus' love and grace is never seasonal or dependent on our attitudes.

The prophet has proclaimed, "The Lord your God is in your midst, He will rejoice over you...He will exult over you with loud singing." God's hymn of praise for you never goes out of season.

Messiah Lutheran Church 460 N. Wilson, Vinita, OK. Sunday School and Bible Class 9:00 a.m. Worship 10:00 a.m. 918-256-3223 Email: messiahvinita@aol.com

St. Paul Lutheran Church Washington and Pine, Fairland, OK. Sunday School and Bible Class 9:15 a.m. Worship 10:30 a.m. 918-676-3059 Email: stpaulluthch@aol.com

Bethlehem Lutheran Church 6911 West 380 Road, Adair, OK 74330 Worship 9:00 a.m. 918-785-2994 Sunday School and Bible Class 10:15 a.m.

Immanuel Lutheran Church
706 Rockwood Drive, Grove, OK.
Worship 9:30 a.m.https://lutheransonline.com/lo/
Groveok 918-786-4585
Website: www.lutheransonline.com/lo/Groveok

Mt. Olive Lutheran Church 2337 North Main, Miami, OK 74354 Worship 2:00 p.m. (918) 542-4681 Sunday School and Bible Class 3:00 p.m. Email: mtolive@cableone.net

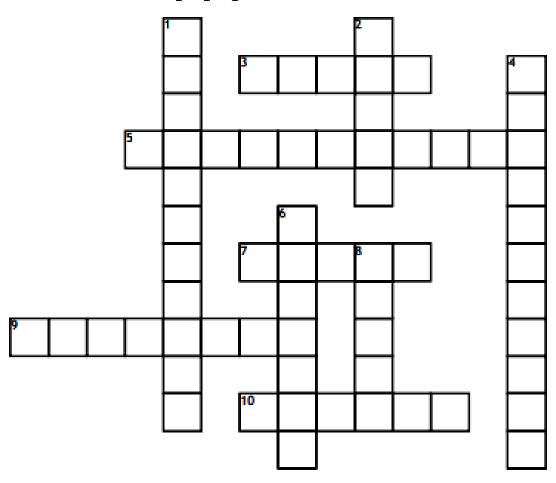
Redeemer Lutheran Church 220 N. Seminole, Claremore, OK. Sunday School and Bible Class 9:00 a.m. Worship 10:30 a.m. 918-341-1429 Email: rluther@sbcglobal.net-Website www.rlccok.org

St. John Lutheran Church 607 South East 9th st. Pryor, OK 74361 Sunday School and Bible Class 9:00 am Worship 10:30 am (918) 825-1926 Email: stjohnpryor@yahoo.com

Guests are always welcome. See you Sunday at worship.

Crossword Puzzle

Happy New Year



Across

- There's usual lots of good _____
 New Year's eve
 It's time for
 People _____ and have fun on New year's eve
- You celebrate New Year's at the stroke of
- 10. MANY PARTIES INCLUDE

Down

- 1. The new year is a time for
- 2. SOME PEOPLE EXCHANGE _____
 ON NEW YEAR'S DAY
- 4. PEOPLE OFTEN MAKE _____ AT THIS TIME
- 6. THERE ARE LOTS OF _____ ON NEW YEAR'S EVE
- 8. Some People exchange ____ on New Year's day

Word Search Puzzle

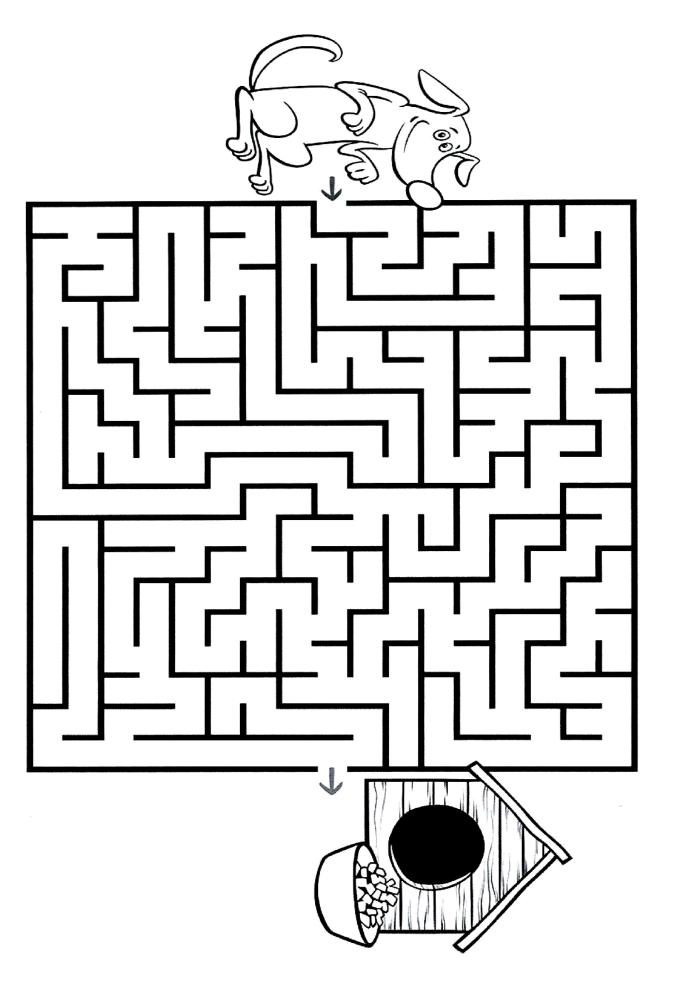
Happy New Year

5 Q P G 5 R 5 0 X Z E Т В U T K X Z S Q C Q 0 Q Ν U Т S C Q D G Q Y T 0 X Z Х 0 В G Z E Z D P Z Ν 0 Z 0 В D 5 C В Y S C 5 5 S E Z T Q D В Q S В G Z Q J N

Dick Clark Party New York Sparklers Party Hat Shoot off gun Happy Kiss New Year Midnight

Black Eyed Peas Time Square Fireworks Celebrate Ball Drop

Maze Puzzle



Remember When...





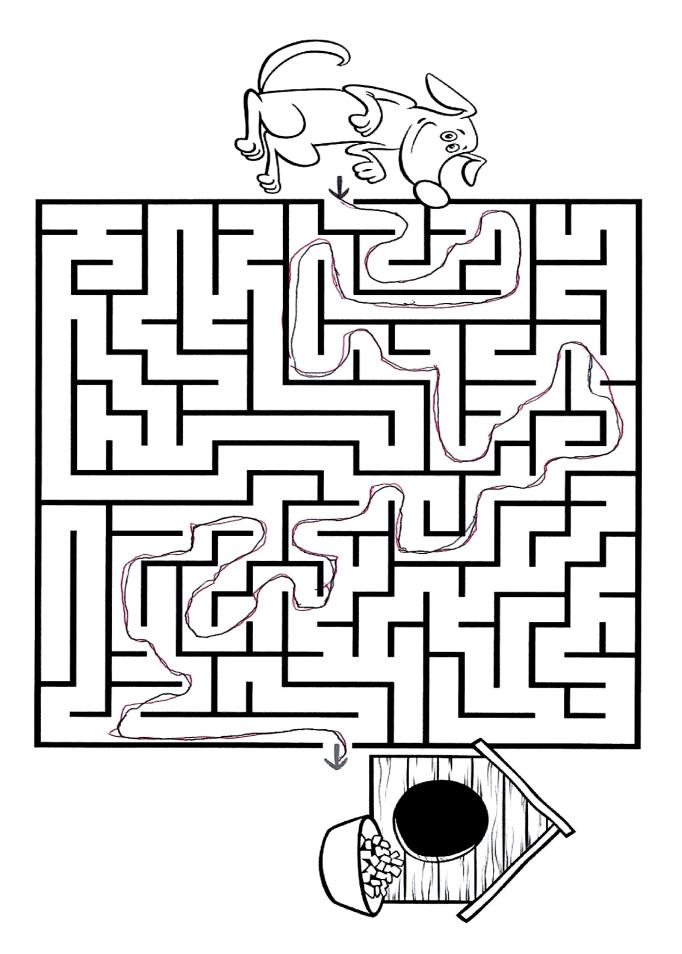




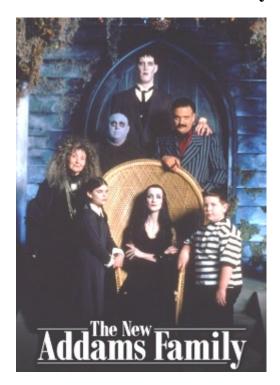




Maze Puzzle Solution



The New Addams Family



The New Addams Family is a sitcom that aired from October 1998 to August 2001 on YTV in Canada and Fox Family in the United States and CITV in the United Kingdom on weekends. It was produced by Shavick Entertainment and Saban Entertainment as a revival of the 1960s series The Addams Family.[1] To date, it remains the final Addams Family television series, with only a computer-animated feature succeeding it twenty years later. The series was shot in Vancouver, British Columbia, Canada.

Plot

The Addams Family consists of husband and wife, Gomez and Morticia Addams, their children, Wednesday and Pugsley, as well as Grandmama, Uncle Fester, and their butler, Lurch. The Addams' are a close-knit extended family with decidedly macabre interests and supernatural abilities. No explanation for their powers is explicitly given in the series. Some of the episodes in this series are remakes of the original TV series' episodes with some episodes being exclusive to this show.

Later episodes introduce a relative named Grandpapa Addams who had similar traits to Gomez. Grandpapa Addams was played by John Astin, who had played Gomez in the original series.

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DATA MASTER: Doug WM Stone

Dot To Dot Picture Puzzle (Connect dots to complete the picture)





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(918) 266-1684

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CHELSEA PUBLIC LIBRARY

618 Pine (918) 789-3364

Hours:

Tuesday: 10:00am to 7:00pm

Wednesday, Thursday & Friday: 10:00am to 4:00pm Saturday: 9:00am to Noon Closed Sunday & Monday

CHOUTEAU PUBLIC LIBRARY

307 W Main Phone: 918-476-4445

Hours:

Mon - Fri – 10AM to 5PM Closed Saturday & Sunday

DELAWARE COUNTY LIBRARY

429 S. 9th St. Jay, Oklahoma (918) 253-8521

Web: www.eodls.lib.ok.us/jay.html

Hours:

Mon., Wed., & Fri. 9:00am to 6:00pm

Tues. & Thurs 9:00am to 8:00pm

Sat. 9:00am to 1:00pm

Closed Sundays and Holidays

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1140 NEO Loop (918) 786-2945

Toll free in the 918 area code: 1-888-291-8150

Fax: (918) 786-5233

Hours:

Mon., Wed., & Fri.: 8:30am-5:00pm

Tues. & Thurs.: 8:30am-9:00pm

Sat. 8:00am-12:00pm Closed Sunday

Library News

LANGLEY PUBLIC LIBRARY

325 W Osage Ave. (918) 782-4461

Hours:

Mon.-. 1:00pm to 7:00pm Tue.-Fri. 9:00am to 12:00pm And 1:00pm to 5:00pm Closed Sat. & Sun.

MIAMI PUBLIC LIBRARY

200 N. Main (918) 541-2292

Hours:

Sun. 1:00pm

Mon., Wed., Thurs., 9:00am to 8:00pm Tues., Fri., Sat., 9:00am to 5:00pm

NOWATA CITY-COUNTY LIBRARY

224 S. Pine (918)273-3363 Fax: (918)273-1818 **Hours:** Mon-Fri 10_{am} –5:30_{pm}; Sat-Sun Closed

PRYOR PUBLIC LIBRARY

505 E. Graham, Pryor 918-825-0777

Hours:

Monday & Thursday: 1:00 PM-9:00 PM

Tuesday, Wednesday & Friday:9:00 AM-5:00 PM

Saturday:9:00 AM-12:00 PM (Noon)

SALINA PUBLIC LIBRARY

420 E. Ferry St. (918) 434-8001 **Hours:** Tue. 12pm-7pm, Wed. 12pm-5pm,

Thurs. & Fri. 10am-5pm

Closed Saturday, Sunday & Monday

TALALA AREA PUBLIC LIBRARY

106 W Watova St. (918) 275-4540

Hours:

Monday - Friday 2pm to 5pm

Monday and Thursday evening 6pm to 9pm

Saturday 11am to 2pm

VINITA PUBLIC LIBRARY

215 W. Illinois (918) 256-2115

Hours:

Mon., Tues., Wed., & Fri. 11:00am to 6:00pm

Thurs. 11:00am to 7:00pm Sat. 11:00am to 3:00pm

Closed Sunday

WILL ROGERS LIBRARY

1515 N. Florence, Claremore OK (918) 341-1564

Hours:

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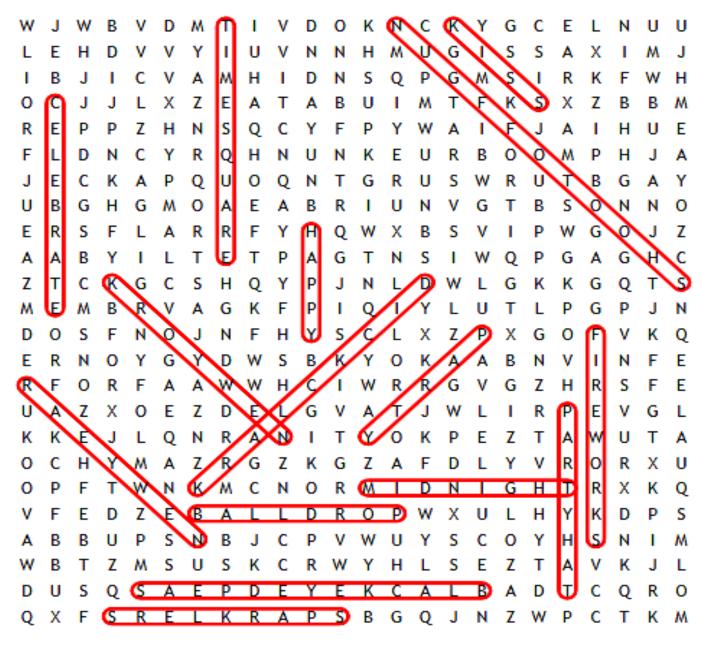
Printing: Business Cards, Letterheads – Flat or raised print available. Brochures, Business Forms, and Personalized greeting cards.

Advertising: Links Newsletter, Bi-Monthly distributed by persons with developmental disabilities, Connecting Communities at an affordable rate.

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Word Search Puzzle Solution Happy New Year



Dick Clark Shoot off gun Black Eyed Peas
Party Happy Time Square
New York Kiss Fireworks
Sparklers New Year Celebrate
Party Hat Midnight Ball Drop

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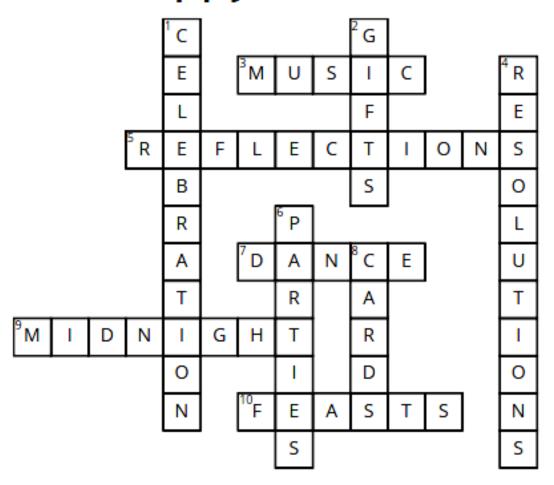
Sudoku Puzzle Easy Solution

Sudoku Puzzle Moderate Solution

1	2	9	5	8	4	7	3	6	8	8	4	1	2	3	9	6	7	5
8	5	6	7	1	3	9	2	4	9	9	6	2	5	8	7	3	4	1
4	7	3	6	9	2	8	5	1		7	5	3	1	6	4	2	9	8
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7	1	5	3	2	9	4	6	8	7	3	8	5	7	1	6	4	2	9
3	8	2	1	4	5	6	9	7	2	2	9	8	6	4	5	1	3	7
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9	4	7	2	3	6	1	8	5	•	5	3	4	9	7	1	8	5	2

Crossword Puzzle Solution

Happy New Year



<u>Across</u>

- 3. There's usual lots of good _____ on New Year's eve
- 5. It's time for
- 7. People _____ and have fun on New year's eve
- You celebrate New Year's at the stroke of
- 10. MANY PARTIES INCLUDE

<u>Down</u>

- 1. The new year is a time for
- 2. SOME PEOPLE EXCHANGE _____
 ON NEW YEAR'S DAY
- 4. PEOPLE OFTEN MAKE _____ AT THIS TIME
- **6.** THERE ARE LOTS OF _____ ON NEW YEAR'S EVE
- 8. Some People exchange _____ on New Year's day

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our website can be accessed at: https://community-options.net

To share your story with us contact: Ashley Schwarz @ 918-290-8224 or 918-789-2862 or email her at links@links.community-options.net



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LINKS

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Deadlines for ad submission: 5th issue: 25th of previous month 20th issue: 10th of the same month

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Chelsea, OK 74016
links@links.community-options.net
(918) 789-2862
Open:
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Pay a visit to our website to learn about what we are doing and how you can help others by getting involved.

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our website can be accessed at: https://community-options.net

Contents of this paper is compiled from available original sources.



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For any inquiries you can reach us at: (918) 789-2862 or (918) 290-8224 ask for Debbie or Ashley

our website can be accessed at: https://links.community-options.net



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