

OFF TO A FUN START!

By Lisa Sydnor

With one Fun Day completed and two more Fun Days on the horizon, 2022 is definitely off to a fun start! We had this year's first BETTER WITH AGE Health & Safety Fun Day in Del City on March 24th. Our goal since the beginning, in the spring of 2019, of Better With Age Health & Safety Fun Days, is to entertain, educate and enlighten all who attend. Some comments as attendees were surrounding the exhibitors: "Wow! This is amazing!", "I'm having so much fun!", "I had no idea that this event would actually be this much fun.", "I've got so much information to read when I get home, I may be up all night!", "When is the next fun day? I want to go to it." Your excitement, laughter, singing, and joy are music to our ears!

To the City of Del City, the Mayor, City Manager and City staff, thank you for a wonderful collaborative partnership. It is easy and fun when you have great people eager to have a successful event who work hard to make it happen.

To the Color Guard from Forty and Eight and American Legion Post 73, thank you. Tom Nix, performer extraordinaire, thank you for playing the keyboards and singing, but you topped it with audience participation! DJ Jammin Jeff Aynes, another superb production as emcee all while playing tunes that made the day simply flow by! OHAI instructors always do a great job and that tradition continues. There were the lovely ladies of the "Not Just Country Line Dancers" dancing and teaching the more adventurous attendees and exhibitors a few new steps.





More than 225 attendees were impressed and educated by 59 enthusiastic exhibitors. Thank you to our exhibitors who provided at no cost blood pressure checks, balance tests, vision exams, and the recycling of medical equipment. The attendees won over 40 amazing door prizes provided by the exhibitors. The energy and positivity could be felt throughout the Del City community center it was inspirational.



Many thanks to our sponsors: New View Oklahoma, OG&E and Cigna. Having OG&E bags and hand sanitizer at the reception table for all attendees is a perk. Courtesy of New View and Cigna who were the food and beverage sponsors a great variety of complementary food items and snacks, including hot breakfast biscuits, fresh fruit, yogurt, granola bars and more, providing everyone options for nourishment the entire event.



The breakout sessions offered a broad spectrum of information. Deputy Tara Hardin, Oklahoma County Sherriff's Department, and Capt. Bradley Cowden, City of Del City Police Department are on top of the current scams and fraudulent activities affecting our State. Joel Kintsel, Executive Director of the Oklahoma Department of Veterans Affairs, along with Robert Arrington, Shaun Kirkland, and Josh Houston reviewed the many benefits available to veterans and how to access them. Ray Walker, Divisional Director, Medicare Assistance Program, Oklahoma Insurance Department, reviewed the Medicare Assistance Program and its impact on individuals and the State. Matthew Willoughby, Assistant Attorney General from the Oklahoma Office of Attorney General covered how to identify and report fraud.

All in all, it was fun, informative and high-energy! Add the May 12th and October 13th Fun Days to your calendars and join us at the Shoppes at NorthPark, 121st & North May Ave. from 9am - 1pm. Great fun and surprises are waiting! 🇺🇸