Bartlesuile LIVING February 2020



HOPESTONE Cancer Support Center of Bartlesville

See Pages 8 & 9

Wedding Section

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Residential Customer



Bartlesville

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Bartlesville

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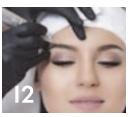
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About the cover: Hopestone Cancer Support Center of Bartlesville offers hope. Design by Copper Cup Images.



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Staying physically fit is a good idea at any age, but as you get older, it becomes increasingly important to incorporate exercise into your lifestyle to help keep you healthy, mobile, and feeling good.

First, it is important to understand what behaviors need to be changed and why. Quiting smoking or drinking, losing weight, or getting off the couch and onto the treadmill are not changes that are made overnight, and sometimes don't stick on the first try.

Change takes patience and persistence. In fact, researchers have discovered that, like life, change is a process that happens in stages. Knowing and understanding these stages can help you kick bad habits for good.

Using physical activity as an example of changing your behavior for a healthier lifestyle, here are the stages of change that will transform you from couch potato to someone who is healthier, looks good, feels good, and has a lot more energy:

Stage One — Pre-contemplation: In this stage, physical activity isn't even on your rader screen. Your couch is your favorite place to be. You're not active, and you don't think about it.

Stage Two — **Contemplation:** You start to think being active would be better than staying inert. Perhaps the health club commercial finally struck a cord. You want to feel better, have more

energy, and stop gaining weight. You also think that doing something to make that happen — say within the next six months is within the realm of possibility. Maybe you remember the dance class you took years ago and how good it made you feel.

Stage Three — **Preparation:** You make plans to get active next month. You move closer to taking action. Maybe you make a list of goals or pencil in time on your calendar for physical activity.

Stage Four — **Action:** This is where the rubber hits the road. you actually begin to make changes. You bike, jog, walk, swim, or are otherwise physically active, but you have been at it for fewer than six months.

Stage Five — **Maintenance:** At this stage, you've stayed physically active for at least six months. You're riding high. You've learned to reward yourself for sticking with the program — buying yourself new clothes, treating yourself to a massage. You remind yourself how good you look and feel, and how you want to stay that way.

Maintaining your healthy behavior for the rest of your life is your goal — and your challenge. It's not always easy. Here are some ways to keep the change when you're tempted not to:

Continued from page 3

• Cut yourself some slack. The old couch was calling you back and you gave in. But don't give up. Setbacks happen. Falling off track doesn't mean throwing in the towel. Remind yourself that change takes time. Then lace up your sneakers and get back on track.

• Have a plan. Identify your roadblocks and find ways around them. For instance, your fitness routine could easily run afoul of holidays, business travel, and vacations. Look for hotels with a health club, or pack jump rope in your suitcase. Include a walking or biking tour of scenic or historic places in your vacation plans.

• Review your goals. If you start to feel it's just not worth it, think about why you decided to change in the first place. Maybe you wanted to lose weight and being active helped you do it. Perhaps you've lowered your blood pressure or are beginning to control your diabetes. Reminding yourself of the goals you've realized and the ones you're still striving for will help you push ahead.

• Mobilize your support system. Call on friends, family members, or coworkers who have been your cheerleaders. They can encourage you to stick with it. Maybe you've formed or joined a support group. Don't hesitate to connect with others who are working on the same change.

Some things you can do:

- 1. Try to take a 10-20 minute walk at least three times per week, If there is a mall in your area, make use of it! They are safe and your walking field is a level terrain.
- 2. Take an interest in an active hobby such as bowling, golfing, or gardening.
- 3. Remain sexually active.
- 4. Eat healthy and take vitamin supplements. It's much easier to get moving when you feel good.
- 5. Then there is the standard park a bit further from the main door of the store, but with all the crazy drivers these days, it's a do-it-at-your-own-risk scenario.
- 6. Stairs over escalators or elevators is also a very good standby.

Once you get moving, you'll find that you have a new level of energy. You won't tire as quickly, which means you'll be able to enjoy the things you like to do. And isn't that what life is all about?

• Have confidence. Believe in yourself and don't question your ability to change. If you fail once, try again. Try something else. And learn from your mistakes. With patience and determination, you can change your life.



Finding Tax Breaks How to Find Breaks Benefitting Local Charities

by Charles Hansen

In general, for any donation to be tax deductible you must be providing it to a certified 501(C)3 or other federal and/or stateapproved charitable cause. In other words, if you write a check for \$500 to the family next door because they're going through a hard time, that money is not deductible. However, if the family's church sets up a charitable fund, for example, to help them out with medical and other expenses, and you donate that same \$500 to the church (and the church is tax-exempt) then you may be able to deduct that money on your state and local income taxes, depending on how you file. If you don't itemize deductions but use the standard deduction, you can't deduct your charitable contributions.

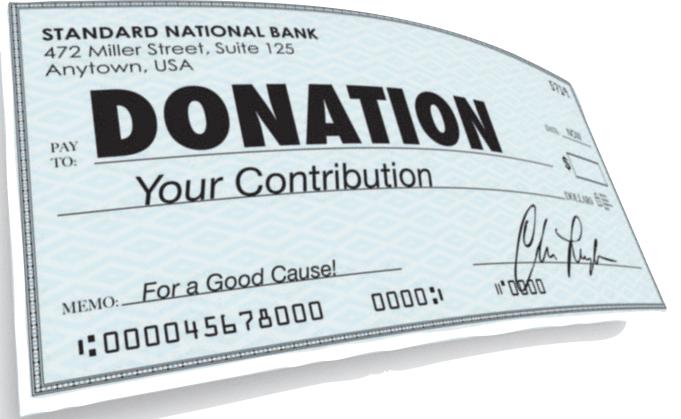
In these days of tight money, however, more and more local institutions are looking for donations and looking to promote creative ways that you can contribute to their work and their coffers that are tax deductible. While your accountant is arbiter of last resort on these donations, and what you can afford to give, consider some of the following:

1) Donate equipment, an automobile, real property, or other items of value. If your local community center needs a piece of land for a park, or if your local hospital needs a van to transport children back and forth from dialysis, or if your community theater group needs an office set up, consider donating these items. Though you get to decide their value, you will also have to prove their value if questioned. The IRS is going to question your get-



ting a \$2000 deduction for a 10-year-old computer, for example. Charitable donations are a good way to recycle items you don't need anymore or have replaced or upgraded, as long as you can put an equitable value on them and get a receipt from the charity. So, before you just toss that old tube television or store it in the basement, remember that your local senior center might not mind that it's not a flat screen.

Continued on page 7







We don't just clean...we care!

Superfood Smoothie Bowls

The Local Juice Company recently released superfood smoothie bowls as a delicious food option to their pressed juices.

The smoothie bowls feature frozen fruits and vegetables blended slowly together with vegan protein powder and boosted with superfoods that support the body in incredible ways. Matcha, camu camu, cordyceps, and turmeric are a few of the favorites. These nutrient-dense foods are uniquely selected for each smoothie bowl for a purpose. On top of the bowl is a healthy serving of gluten free local granola, dried coconut flakes, and banana or slices of berries. One of the popular bowls is a spinoff of peanut butter & jelly with a swirl of almond butter on top of a strawberry smoothie. It is a good healthy alternative for people with a sweet tooth! They can also be eaten any time of the day and can be a smart meal replacement.

The thicker consistency of the smoothie bowl is like ice cream and allows for the smoothies to be eaten with a spoon.

The local Juice company has created a loyalty program to reward customers for their smoothie bowl purchases. Buy five smoothie bowls and receive a free smoothie bowl of your choice!

Located at 119 W 2nd Street, to the left of 3 Kids and A Cake, The Local Juice Company is open Monday through Thursday, 7am - 3pm, and Friday & Saturday from 7am - 7pm. Online ordering is available for both cold pressed juices and smoothie bowls at www.bartlesvillejuicery.com.



Continued from page 5

2) Include your favorite charities in your overall estate planning. Again, your accountant will be able to tell you what donations at what times result in the best financial picture for both you and the charity. If you have substantial funds to give, you might want to consider setting up a foundation in your name that distributes the interest from an invested principle each year to various charities within the mission statement of the foundation. Your contributions of income to the support of a charitable foundation can represent a substantial deduction, as can donations to political campaigns and donations of items of value to museums or other institutions.

Contribute to Your Community

Not surprisingly, while Americans can be the most generous people on the planet where charities are concerned, very few of us take full advantage of the opportunities presented by charitable donations. If you have a financial planner or accountant, discuss how you can include a program of charitable giving into your overall lifetime financial picture.Whether or not this means your yearly tithe to your church, or saving for a larger donation over time, or even setting up a charitable foundation before or after your death, charitable giving is a way of saving on your tax bill in a way that still contributes to your community in the ways you find most appropriate.

3) Remember, depending upon your situation, often the IRS will not let vou deduct charitable donations in excess of 50 percent of your gross though they income, will/may allow you to spread large donations over a period of years. Also, in some extreme cases like recent acts of nature that occurred right before the change of tax years, the IRS may relax the rules and allow, for example, the \$500 check you wrote on January 2, 2020 to a qualified charity to be deducted on your 2019 return.

4) Time you volunteer can also be deducted from your tax return, again if you have properly valued it and received a receipt. Say you pick up seniors at

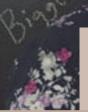
a local center three times a week and take them to the movies and the grocery store. You can deduct the mileage and gas on



your vehicle at whatever the standard rate per mile is during the tax year you file.

Finally, remember that to file a charitable deduction, you must have a receipt for any gift over \$250.





"You're not alone — Hopestone is here for you." — Patty (breast cancer survivor)



"We know that all things work together for our good." (Romans 8:28) – Dianne (fighting GIST)



"You are stronger than you realize." – Julie (colon cancer survivor)

"It is curable, treatable and what they do now is so advanced it's almost easy." — Richard (prostate cancer survivor)

"Cancer is not what it used to be 20

– Mary Jo (breast cancer survivor)

years ago. You'll be fine."

"This will not beat you." — Sue (breast cancer survivor)



206 SE Frank Phillips Blvd Bartlesville, OK 74003 918-876-1709 or 918-766-HOPE (4673)

A Community of Hope Hopestone Cancer Support Center Offers Assistance

by Deanna Evans

Hopestone Cancer Support Center is about community — a community of hope for people affected by the lifechanging diagnosis of cancer. It is a place where resources can be found; it is a gathering place for support, friendship, education, a helping hand, and numerous free programs.

"This place is all about community," said Debbie Halpin, executive director of Hopestone. "We have so many generous donors and amazing volunteers here."

The beautiful facility, located at 206 SE Frank Phillips Blvd., is operated entirely on donations and never charges a fee to cancer patients or survivors. Hope is the driving force behind many of the programs offered at the non-profit.

Exercise classes like pilates, yoga, tai chi, and a balance program called Fall Proof all work on toning and strengthening the mind, body, and spirit. The facility also serves as a meeting place for support groups.

"We can host family gatherings, memorial services, corporate functions, paint parties, and educational sessions," Halpin said. "We also rent the space out to other non-profits to use for their fundraisers or events."

"Basically, we have anything a cancer patient needs," said Halpin. "If we don't have it here and it is something that is needed, we will find it for them."

Hopestone has a boutique with wigs, hats, scarves, hair care products, port

pillows, mastectomy supplies, colostomy supplies, prosthetics, feeding supplements, and many other things.

An on-site certified massage therapist, who specializes in lymphatics and trigger point, is available to patients suffering from issues related to treatment. Reiki an energy therapy "which allows muscles to relax and increases blood flow to treated areas, which in turn can assist the healing process," is also available.

Hopestone strives to help with dayto-day needs, Halpin explained. With that in mind, every Wednesday is cooking day.

"Each week, we make four different meals and deliver them to the patient's house," she said. "We feed a lot of individuals and several families, as well. We usually end up with about 160 meals total."

One of the truly special aspects of Hopestone is the amount of collaboration they receive within the community. Mary Martha Outreach helps supply some of the necessary items to prepare these meals.

Hopestone houses a fully-stocked freezer for those needing a ready-made meal.

"PEO Chapter AW gets together at Southern Baptist Church periodically and cooks up a storm to keep our freezer full. The patients can come and take whatever they need, whenever they need it. Most recipes come from the Eating Well through Cancer cookbook, so they are good, healthy meals," Halpin said.

Each new person who comes in is given a care bag that contains a prayer shawl, cup, blanket, port pillow to protect their port, journal, coloring book and coloring pencils, snacks, hand sanitizers, lip balm, and a deodorant that is made specifically for cancer patients. Many of the supplies in these bags are purchased with funds donated by the Bartlesville Community Foundation and Jane Phillips Society.

"If we have a patient who comes in and they don't have insurance or they are under-insured, they can have their prescriptions from OSCRI, the cancer center here, sent directly to J.P. Medcare Pharmacy," said Halpin. "The pharmacy fills the scripts [anti-nausea medicine, pain medicine, and antibiotics] and bills Hopestone directly."

Other collaborations within the community include Samaritan Counseling, The Journey Home, Comforting Hands Hospice, Kindful Palliative Care and Hospice.

"We have a lot of really good connections and partnerships," said Halpin.

"We have the opportunity to help so many because our community completely supports our efforts," she said. "It's really great that we have such a wonderful community here."

For more information on Hopestone, please visit or call 918-876-1709.







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A Beautiful Venue For Your Beautiful Event





Get Hitched Without a Hitch!

Couples Should Make Plans & Prioritize Before a Wedding

(BPT) — Your wedding is one of the most memorable days of your life. To pull off the big day of your dreams, it is important to have a plan in place.

The average engagement in the United States lasts 16 months. This may seem like a lot of time, but with so many details to account for, it will fly by. Weddings have many moving parts, so couples need to prioritize and prepare for the unexpected in case their big day doesn't go exactly as they'd hoped.

To ensure that your special day goes as smoothly as possible, keep these tips in mind:

Vet your vendors Couples have to rely on many different vendors — from caterers and transportation companies to florists and venues. Depending on so many different people can leave room for error - just ask the couple whose DJ couldn't make the reception because he was in jail.

To protect your investment, make sure trust is established between you and your vendors. Start by thoroughly researching potential vendors, including talking to past customers, to ensure they are reputable. Then follow up with them throughout the planning process to make sure you are still on the same page.

Don't lose out on your deposits

According to the Brides American Wedding Study, the average cost of a wedding in 2018 was more than \$44,000. Clearly, a wedding is a significant financial investment. To protect against potential losses, couples should use a credit card instead of a check or debit card whenever possible for deposits. In the event something happens, a credit card payment is easier to recoup than cash.

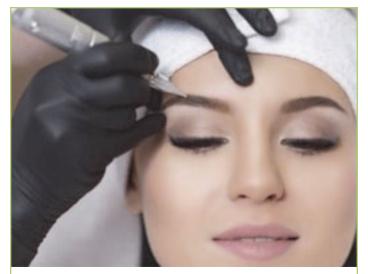
Say "I do" to expert help

Planning a wedding is no easy feat — it is quite literally a fulltime job. Couples can make the process a lot easier by hiring a wedding planner to make sure everything is covered. These experts will use their experience and many talents - like communication, planning skills, negotiation, and problem-solving to help your wedding dreams become a reality.

Dealing with destinations

Destination weddings are definitely a trend as couples seek Instagrammable, unique locations around the world for their special day. If you're taking this route, factor additional money into the budget to cover unforeseen expenses. Consider hiring a local

Continued on page 14



Permanent Makeup 918-440-1079



Permanent Solutions

by Deanna Evans

Cosmetic Solutions by Stacy offers a variety of permanent cosmetic solutions, including skin graft matching, permanent eyeliner, microblading for eyebrows, lip blushing, and powder brow.

Stacy Lard, owner, uses micropigmentation, which is similar to tattoos, to apply permanent color.

"I had a recent patient who had a skin cancer removed and a skin graft," said Stacy Lard, owner of Cosmetic Solutions by Stacy. "I helped reduce the appearance of the scar."

In addition to help hiding imperfections, there are several aesthetic benefits offered at Cosmetic Solutions by Stacy. Permanent eveliner means no more runny eveliner in the heat and is helpful for those who have difficulty applying eyeliner. Microblading on the eyebrow mimics realistic hair-like strokes.

"Lip Blush is a new semi-permanent treatment," said Lard. "I am offering a Permanent Lipstick Special during the month of February. Message or call for details."

Find Cosmetic Solutions by Stacy on Facebook or call them at 918-440-1079. Cosmetic Solutions by Stacy is located at 1820 SE Washington Blvd., inside of the Green Country Dental Arts building.





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Continued from page 11 _

wedding planner who will be familiar with reliable venues and vendors in the area. Additionally, many destination weddings take place outdoors, and unpredictable weather could roll in at any time. It is important to have a back-up plan when it comes to venues, photographers, or any vendor that could face a problem and be unable to provide their contracted services.

Invest in peace of mind

Because you can't guarantee that everything will go right on your big day, wedding insurance solution providers like WedSafe can help protect your investment with wedding insurance. Investing in wedding insurance, on average, costs less than half of your three-tiered wedding cake. Wedding insurance generally comes in two forms:

• Wedding Cancellation Insurance. This coverage offers protection if a couple needs to cancel or reschedule their wedding in the event of issues like severe weather, a sudden illness, or venue closure. In 2018, 43 percent of WedSafe's claims came from the need to cancel or postpone a wedding. For example, the company saw a surge in claims in the Carolinas when Hurricane Florence hit, forcing cancellations for weeks following the storm as venues and vendors dealt with the impact to their business.

• Wedding Liability Insurance. This type of coverage, which is now required by many venues, helps protect an insured if they are held liable for property damage or bodily injury. It can also offer host liquor liability to protect against alcohol-related accidents. And these things happen more often than you'd think.



Twenty-three percent of WedSafe claims in 2018 stemmed from venue/property damage while 14 percent related to injury or accident.

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Don't you wishty'd go on forever,

Don't you wishty'd go on forever,

Don't you wishty'd go on forever and you'd never stop

In that shiny, little surrey with the fringe on the top!



A Northeastern Oklahoma old west village is becoming a destination for brides and grooms across the state.

Prairie Song, an 1800s-style old west town located just outside Dewey, Oklahoma and owned by Kenneth Tate & Marilyn Moore-Tate, is quickly becoming the destination wedding spot in the state. The village features a saloon, post office, general store, jail, school house, chapel, doctors office, and stables, among other things. In recent years, the chapel and several other locations on the grounds have become very popular for weddings.

"It is the ideal location to host a peaceful country wedding, and we are able to accommodate weddings of all sizes," Marilyn said. "The Wildwood Chapel is a log cabin that is able to handle small weddings, and we also have a banquet room that can handle a large ceremony. It would be difficult to find a better location that captures the real American country-western lifestyle."

Marilyn said that she and Kenneth had a dream they wanted to express through

building Prairie Song. All of the buildings were designed and built by Kenneth, and Marilyn filled each building with beautiful 19th-century antiques, designed the interiors, and arranged the display areas.

"What started out as a cottage turned into the old west town of Prairie Song. No blueprints were used to build Prairie Song," she said. "It's a one-of-a-kind experience you won't want to miss."

Marilyn said that spots are already filling up, with people even asking about 2021. Each wedding is unique and special in its own way, she said.

"Weddings normally take two to three days of set up and tear down time. You really have to see one, because Prairie Song is definitely not a cookie-cutter place. We've been doing weddings for 32 years, and I've never had any two that are alike. There is so much to choose from, so many different sites and places. We have weddings down by the creek, some on the hills, even in the saloon," she said. "Some bring champagne bars and set them, up or things like that; this really is a blank canvas and brides can fill it in however they want to. Some of the wedding ideas have been amazing. Sometimes I can't even believe it's Prairie Song. It was just what the bride's dreams were, unfolded on the canvas of Prairie Song."

According to Marilyn, the mission of Prairie Song is "to preserve and honor the heritage of pioneers who crossed the plains to settle in Indian Territory, and to acknowledge the Cowboy and Indian cultures of Oklahoma." She feels weddings are a perfect way of accomplishing that.

"We really love doing weddings. Everyone says that Prairie Song is a beautiful setting, and it is. We've really never advertised it until recently. It had just been word of mouth," she said.

Prairie Song is located on West 1600 Road in Dewey, about five minutes east of downtown, off of Highway 75 and Durham Road. To reserve a wedding date, or for more information on Prairie Song in general, call Marilyn at (918)534-2662 or visit www.prairiesong.net.



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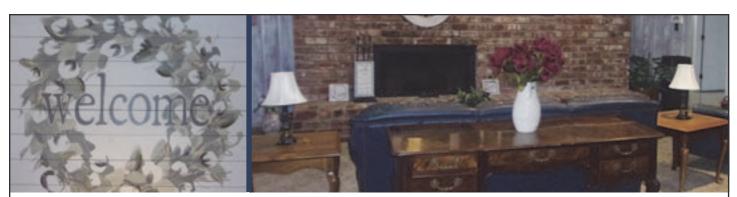
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Bringing the Indoors Out: 2020 Trends

(BPT) — New 2020 outdoor living trends are all about enjoying your backyard alfresco — but with the comfort and ease you expect from your indoor spaces. Today's outdoor spaces are transforming into an extension of the home. The current outdoor design also takes into account the look and feel of your entire home, including the interior and exterior, building materials, and surroundings.

Connecting with nature: Biophilic design

Biophilic design is achieved when natural elements are incorporated into the space, helping people feel connected to the natural environment. It creates a calm, tranquil space and reduces stress. Biophilia makes sense for indoor urban environments needing to bring the outdoors in, but how does it work when you're already outside?

Biophilic design for outdoor spaces means integrating natural elements with constructed elements to create a harmonious space. A plant wall or raised garden bed can integrate greenery and pops of color with the built elements of your outdoor space. It also means using natural materials, like wood and stone, to complement the surrounding environment.

Create greener, more sustainable spaces to celebrate the environment, which can help encourage pollinators, grow healthy food, and forge a cohesive outdoor space. You can also use materials such as Belgard's permeable pavers, which allow water to drain through the surface, replenishing the soil and aquifers beneath your path, walkway, or driveway.

More than just a grill

Today's homeowners want much more than a grill in the backyard. With aspirations to cook and entertain guests outdoors with everything the best outdoor kitchen can offer, the possibilities are endless — from grills to cooktops and ovens or even a wine cooler and an outdoor bar.

Homeowners also have many options when it comes to the design and price point of their outdoor kitchen. Some may lean toward a grill island, adding prep and storage space to their grilling station, while others might create a full-on outdoor



kitchen with a grill, smoker, refrigerator, sink, seating area, and more.

Either way, homeowners can get a feel for exactly what their space will look like before breaking ground through Belgard's design resources. The Belgard Design Studio takes a simple sketch, some dimensions and a couple of photos and turns it, using design software, into 3D animations and virtual reality experiences to give homeowners a sense of the finished product in their backyard.

Sleek, modern design

While it may seem contrary to the more organic approach of biophilic design, the contemporary trend toward sleek, modular furniture can enhance your outdoor space.

Modular, sectional pieces with clean lines and streamlined design can be arranged and re-arranged to accommodate any natural elements you want to incorporate in your space, or to handle different numbers of guests when entertaining. The minimalist approach to furnishings also allows the natural elements around you to take center stage.

Multifunctional spaces

Whether your home is in an urban area with limited green space, or you want to optimize your outdoor living, get creative:

Add vertical planters

- Hang hammocks for lounging
- Create built-in seating
- Build raised garden beds

Here's where some of that modular seating can come in handy, too. Some urban homes make good use of their front porches and yards, instead, which invites more neighborhood engagement and a feeling of community.

Entertaining both night and day

Regardless of the time of day — or year — you and your family can relax comfortably in your outdoor sanctuary, thanks to modern technology and the latest outdoor installations:

- LED lighting is installed in a variety of ways. You can install strips of light and/or spotlights, even using multiple colors, to add flair at night.
- In the harsh sunlight, large umbrellas and movable shade walls or screens can keep your space cool and more comfortable.
- For cooler climates, an outdoor fireplace provides heat and light for cozy evenings in the yard.

Whether you have a straightforward vision for a patio or dream of elaborate outdoor living spaces, these ideas can help you create your oasis. For more information on how you can upgrade your outdoor space, visit Belgard.com.