

The Blue Cape

PAGE 10



Aging in Knee Joints

PAGE 19



Living History



Evelyn Brown stands beside her antique wind-up music box as it plays a tune on the copper record. Her husband purchased the late 1800's treasure right after World War II near the German Border, in Denmark.

by Vickie Jenkins

Meet Evelyn Brown, also known as 'Bobbie Brown' by her friends. She lives at Spanish Cove Retirement Village and has been a resident for 13 years. "I just love living here. I have lots of friends here and we have the best time," she states. Her apartment is nice and cozy as treasured memories are all around.

One would never know that Evelyn just turned 100 years old. I was honored to be invited to her birthday party, which was held in the Club House at Spanish Cove. Since Evelyn's birthday was October 31, the room was decorated with orange and black decorations. Friends began arriving as hugs were given and 'happy birthday' was heard. Friend after friend came by to give her a hug and tell her how much they appreciated her. One of her friends, Dell South sat down beside the two of us and began telling

See 100 years Page 2

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Veterans helping veterans find help, hope



photo by Bobby Anderson

Dale K. Graham (rear center) and an army of volunteers are helping veterans get the benefits they deserve through the Dale K. Graham Veteran's Corner.

by Bobby Anderson
Staff Writer

It's Thursday morning at 10 a.m. and the parking lot to Pastor James Gann's Faith Pointe Baptist Church in Norman is completely full.

On this day there isn't a service scheduled but people are pouring in from miles away to find help, hope and healing.

"You know that's what the church is for," Gann said after bellowing

out the name of the next military veteran who will find help that day.

Gann isn't preaching God's word but he is making sure the flock is

See VETERAN Page 3

Spotlight on Community — Earning Top Honors

RN and Administrator receives the 2015 Home Health and Hospice Home Health Executive Award. PAGE 6



100 YEARS

Continued from Page 1

me how much Evelyn meant to her. "I tell you what, Bobbie is so knowledgeable in history. If anyone around here has a question about history, she has the answer," she laughed. "She is a delight to be around and I see her every day. It's so good to be friends with Bobbie Brown," she added. Meeting some of Evelyn's family members was a true sign of love and compassion. A special thank you to Evelyn's daughter, Enda for allowing me to interview such a wonderful woman as Evelyn Brown. About 150 family and friends showed up to wish her a happy birthday.

Evelyn had some very interesting stories to tell. She grew up in Eastern Colorado on a farm near the site of the Sand Creek massacre. She recalls one of her favorite memories from her teen years. "I loved hunting arrowheads. Once, I found one in pristine condition and I had it made into a ring," she said with a bit of pride in her voice. "I still have that ring to this day."

"My first job, outside of working on the farm was working at Longs Peaks Inn where I made forty dollars a month," she commented with a laugh. "I think jobs have changed quite a bit since then. In the winter, I worked in the County Clerk's office in Eads, Colorado."

Meeting a few of Evelyn's friends, they each had something nice to say about her. "Evelyn is such a good friend," one of them said. "Oh, she is so good with history," another friend commented. "Someone can ask Evelyn about history and she seems to know the right answer," she added. Over the years, Evelyn has been a member of Daughters of the Revolution, Founders and Patriots of America, Colonial Dames of the 17th

Century, War of 1812, Union Veterans of the Civil War and Huguenots of the Manakintown. "I love history and always have," she said.

I am sure most people in Oklahoma are familiar with the annual Friends of the Metropolitan Library System book sale. This was formed in 1978 as a non-profit organization for the purpose of focusing public attention on library services and needs. This organization was started by Evelyn Brown, Sally Hirte (who is still living and lives in Arizona) and Linda Levy, a library employee at the time. "There was a query in the daily newspaper needing volunteers. The next day, the three of us met in Linda Levy's office in the library and that was the beginning of the book sale," Evelyn said. The organization is still going strong as people flock to the fairgrounds, carrying large bags, pulling wagons, in search of just the right books to buy. It makes perfect sense that Evelyn's favorite past time is reading.

Asking Evelyn what she likes to do to keep busy, she replied, "I like to spend time with my friends. My friend, Dee and I make a trip to Starbucks every afternoon, and I get my favorite drink, a Chai Tea Latte. Starbucks even gave me a party for my birthday," she added. "I don't watch much T.V. but I do have a favorite show which is 'Antique Roadshow.' I watch the news every night too." When asked if she had a favorite actor or actress now, she replied, "I don't have a favorite now but in my younger years, I liked Nelson Eddy and Jeanette McDonald."

Today, Evelyn continues to stay busy, whether it be gathering with friends, reading a book, drinking a Chai Tea Latte or just listening to a tune on her music box. Happy birthday Evelyn Brown! You are loved and respected by many.

Can you get the flu from a flu shot? Simply, no

The flu virus can spread like wildfire. It kills roughly 36,000 Americans annually and makes many more miserable.

Even with the potential danger posed by the virus, why do as many as 60 percent of Americans forgo the annual flu shot?

A big factor is the long-held belief that the flu shot itself can give you the flu. But according to scientists at the Oklahoma Medical Research Foundation, this simply is false.

"The flu vaccine that we use now does not have live flu virus in it," said OMRF President Stephen Prescott, M.D. "The vaccine cannot infect you."

The vaccine is made from proteins in a lab, not from the virus itself. However, your body's immune system sees these proteins as foreign and makes antibodies that bind to them to prevent the influenza virus from infecting cells and spreading. This process prepares the body for a rapid immune response to the actual flu virus, often preventing the illness.

But a flu shot can cause mild side effects, and this is where some of the misunderstandings start.

OMRF immunologist Eliza Chakravarty, M.D., said the most common side effects are soreness, redness or swelling around the site of the injection, and some people may occasionally experience a low-grade fever. But, according to Chakravarty, this is no cause for alarm, "It's just your body doing its job and developing protective immunity."

These symptoms, though, won't be anything like the full-blown flu, said Prescott, a physician and medical researcher. "The flu will give you a high fever and muscle aches all over your body. Those symptoms are usually severe, and the disease can be life-



Oklahoma Medical Research Foundation Scientist Eliza Chakravarty, M.D.



Oklahoma Medical Research Foundation Post-Doctoral Fellow Yao Fu receives her annual flu shot.

threatening."

Very rarely, a person might get the flu after receiving the flu vaccine, but Chakravarty says not to blame it on the shot.

"In these instances, a person was already exposed to the virus," she said. "Most likely, they were in an incubation period without symptoms, but the vaccine didn't cause the illness. This is just coincidental and unrelated to receiving the shot. Essentially, it would just be bad luck."

If you haven't gotten vaccinated this year, Chakravarty urges you to do so.

"It's never too late to get the flu shot," she said. "We've found that the flu can linger within a community longer than we expected, so it's always a good idea to protect yourself and your loved ones."

STRANGE BUT TRUE

SO THEY SAY...

BBT The penguin is the only bird who can swim, but not fly!

BBT You'll eat about 35,000

cookies in a lifetime! Wow!

BBT Like fingerprints, everyone's tongue print is different!

BBT Babe Ruth wore a cabbage leaf under his cap to keep him cool! He changed it every 2

VETERAN

Continued from Page 1

being tended to. That's why he routinely opens up the the doors to his church to allow staff from the Dale K. Graham Veteran's Corner to minister to America's vets.

Graham's 501(c)(3) organization helps vets navigate the seeming labyrinth that often separates them for the benefits they so rightfully deserve.

People from across the country have made the trek to one of the weekly workshops.

Graham started the ministry in the early 1990s. He began opening up the workshop at his country home.

By 2008, he was in the Goldsby community center. He separated from his original organization and now works out of Norman.

"I just want to help people," Graham said. "My board of directors and I couldn't agree. We parted ways and moved on."

"This move to Norman has been the best move I've ever

made. What we're doing is we're changing lives one at a time."

Graham estimates his organization helps nearly 150 veterans a week in addition to 10 surviving spouses.

Benefits that veterans once thought impossible or didn't even know about are often within reach.

Veterans who can get a 70-percent service-connected disability rating can enter a state VA center free of charge.

"One of the biggest drawbacks of getting old is they're going to take everything you've got when it's finished," Graham said. "I like to see the kids or grandkids get something."

An army of between 30 and 40 volunteers - all clad in red polo shirts - are present to help veterans at any given workshop.

The organization supports itself through donations and grants.

Currently, Graham says there is a desperate need for a donation of transportation to

help veterans get to the Oklahoma City VA Medical Center and doctor's visits.

A handicap van would also be a lifesaver as would a permanent location to open up daily for veterans.

The stories continue to flow in. On this morning a woman from Kansas City called and told Graham her brother was living with her after being homeless. After the Gulf War he was unable to function and struggles daily with Post Traumatic Stress Disorder.

She asked if there was anyone in her area that could do what Graham's organization does.

Sadly, he couldn't think of any.

"Most people don't care," Graham said. "The main thing is people don't know how to do it."

Graham is accredited as a claims agent for veterans.

He says he accepts no pay. Volunteer Rhonda Reynolds recently retired as chief deputy of the Western District Federal. Her late husband was a Navy pilot.

"It's money they've earned," Reynolds said. "The difference is we're not talking thousands of dollars we're talking hundreds of dollars but to people living on \$750 a month" it's a huge difference.

Graham's group has a network of doctors and healthcare providers that understand the needs of our veterans.

Shirley Clark Crowdin's Navy husband passed away from Agent Orange exposure. She specializes in working with the spouses of veterans who have

passed.

She said World War II surviving spouses, kids or grandkids whose loved one died of cancer are eligible for up to \$75,000 in radiation benefits.

"They should have got it 50 years ago," Crowdin said. "I'm doing claims for surviving spouses (whose husbands served) in Nagasaki and Hiroshima. Nobody told them.

"One of the toughest things is we have so many suicides, but we're able to service connect them once they pass away."

Vietnam Veterans are of particular concern.

"Vietnam Veterans - there shouldn't be one alive that doesn't get 100 percent (disability)," said Crowdin, who notes the average age at death of a Vietnam Veteran is 63 years old, due to chemical exposure.

"We have World War II surviving spouses that live on about \$300 per month and we can get then another \$400," Crowdin said, fighting back tears. "During the holidays we worked with three that had committed suicide."

Graham nods his head. "Every time you deal with one of them you feel the pain," Graham said.

If you or a loved one need help with benefits you can contact Graham at 405-609-9895 or email him at dalekgrahamveteranscorner@gmail.com. Tuesday mornings from 8 a.m. to noon are open for veterans. Walkins begin at 6:30 a.m. until noon on Thursdays.

"So far, we've never sent anybody home," Graham said.

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OPINION


THE SAVVY SENIOR
Dear Approaching,

Whether or not you'll be required to pay federal income tax on your Social Security benefits will depend on your income and filing status. About 35 percent of Social Security recipients have total incomes high enough to trigger federal income tax on their benefits.

To figure out if your benefits will be taxable, you'll need to add up all of your "provisional income," which includes wages, taxable and non-taxable interest, dividends, pensions and taxable retirement-plan distributions, self-employment, and other taxable income, plus half your annual Social Security benefits, minus certain deductions used in figuring your adjusted gross income.

How To Calculate

To help you with the calculations, get a copy of IRS Publication 915 "Social Security and Equivalent Railroad Retirement Benefits," which provides detailed instructions and

Dear Savvy Senior,

Will I have to pay federal income taxes on my Social Security benefits when I retire?

Approaching Retirement

worksheets. You can download it at irs.gov/pub/irs-pdf/p915.pdf or call the IRS at 800-829-3676 and ask them to mail you a free copy.

After you do the calculations, the IRS says that if you're single and your total income from all of the listed sources is:

- Less than \$25,000, your Social Security will not be subject to federal income tax.

- Between \$25,000 and \$34,000, up to 50 percent of your Social Security benefits will be taxed at your regular income-tax rate.

- More than \$34,000, up to 85 percent of your benefits will be taxed.

If you're married and filing jointly and the total from all sources is:

- Less than \$32,000, your Social Security won't be taxed.

- Between \$32,000 and \$44,000, up to 50 percent of your Social Security benefits will be taxed.

- More than \$44,000, up to 85 percent of your benefits will be taxed.

Paying Income Tax on Social Security Benefits

If you're married and file a separate return, you probably will pay taxes on your benefits.

To limit potential taxes on your benefits, you'll need to be cautious when taking distributions from retirement accounts or other sources. In addition to triggering ordinary income tax, a distribution that significantly raises your gross income can bump the proportion of your Social Security benefits subject to taxes.

How to File

If you find that part of your Social Security benefits will be taxable, you'll need to file using Form 1040 or Form 1040A. You cannot use Form 1040EZ. You also need to know that if you do owe taxes, you'll need to make quarterly estimated tax payments to the IRS or you can choose to have it automatically withheld from your benefits.

To have it withheld, you'll need to complete IRS Form W-4V, Voluntary Withholding Request (irs.gov/pub/irs-pdf/fw4v.pdf), and file it with your local Social Security office. You can choose to have 7 percent, 10 percent,

15 percent or 25 percent of your total benefit payment withheld. If you subsequently decide you don't want the taxes withheld, you can file another W-4V to stop the withholding.

State Taxation

In addition to the federal government, 13 states - Colorado, Connecticut, Kansas, Minnesota, Missouri, Montana, Nebraska, New Mexico, North Dakota, Rhode Island, Utah, Vermont and West Virginia - tax Social Security benefits to some extent too. If you live in one of these states, check with your state tax agency for details.

For questions on taxable Social Security benefits call the IRS help line at 800-829-1040, or visit an IRS Taxpayer Assistance Center (see www.irs.gov/localcontacts) where you can get face-to-face help.

Send your senior questions to: Savvy Senior, P.O. Box 5443, Norman, OK 73070, or visit SavvySenior.org. Jim Miller is a contributor to the NBC Today show and author of "The Savvy Senior" book.

There are bigger concerns than 'Cupgate 2015'

I feverishly wanted to discuss religion, as its misinterpretations and manipulations brought me to tears every time I looked at the news this week. But since the information on the multiple catastrophes that began overseas last week is changing so rapidly, I thought it best to focus on the heart of a recent extremism problem here in the U.S. and discuss the Starbucks coffee cup.

Never has Facebook seemed more uncool to me than when I saw that a Kevin James look-alike's screaming post about a paper cup had garnered 12 million views. Hey, friends who still haven't seen "The Social Network," Facebook is not a reliable place to get your news. It was created to "socialize" online. And nowadays, some people who have the time to make long video posts only featuring themselves and put them up on Facebook one after another are often highly unemployable. No

less, anyone who calls himself a "social media personality" is likely working in that space because no one else wants to pay him for his personality.

Joshua Feuerstein, the "Christian" who misquoted Starbucks' policy on Christmas, said the company is trying to "take Christ and Christmas off of their brand new cups" and that the employees are not allowed to tell customers "Merry Christmas." It might seem that Feuerstein just doesn't understand that Starbucks isn't just in his hometown but actually operates around the world, even in other countries where some people don't even have Christmas. However, he also failed to grasp that America itself is not a "Christian country." Elementary school history in our country is pretty clear that a founding tenant of our land is that people are free to practice any religion they like here.

Time and time again, though, we have seen that people who are the most incensed by political correctness often lack any correctness at all, as well as kindness, experience, information or taste.

I was relieved to see on Twitter (that would be Facebook's social media spawn - and a platform that is also dying out for young hip urbanites at only a slightly slower pace than Facebook itself) that many Christians found Feuerstein to be the affront to Christians. I personally would like to request that all zealots of any organized religion who spread their hate on their free social media page in the name of any higher power save their Starbucks money. Instead, use it for therapy during any one of the many hours you spend on the internet.

Even the captain of anti-politically correctness, Donald Trump, commented on the inane

Cupgate 2015 saying, "Seriously, I don't care." And I was thankful. With so many Republican candidates running for the nomination, I was worried that a few of them, or even all 75, might pose for portraits with Jesus as an alternative coffee cup.

Perhaps we might take a moment to consider how fanatical movements start. Just because Feuerstein's version of Christian values hit its tipping point over the color of a cup doesn't mean rage of any kind to a mass of followers in the name of God's will can't morph into something more insidious next time. Even this close to Jesus' birthday.

(Diane Farr is known for her roles in "Californication," "Numb3rs" and "Rescue Me," and as the author of "The Girl Code." You can read her blog at getdiane.com, follow her on twitter.com/getdiane or contact her on facebook.com/getdiane.)

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Time - Don't waste time.

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mercy.net/SeniorNewsStroke

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COMMUNITY

Earning Top Honors for Oklahoma

by Vickie Jenkins

“So in everything, do to others what you would have them do to you, this is the Law and the Prophets. Matthew 7:12. This is a scripture that has been the driving force behind the success of Golden Age Home Health, Inc. and its staff,” comments Lydia N. Sowah, RN and Administrator of the facility.

In 1996, Golden Age Home Health, Inc. was established, owned and operated by a registered nurse, Lydia N. Sowah, RN and Administrator.

Lydia has been a nurse for over 36 years. She spent 15 of those years working in critical care as a critical care nurse at Southwest Medical Center. She and her husband, Nathan Sowah,

co-own Golden Age Home Health. The company’s mission is to provide quality, safe, timely and cost effective health care in the privacy of the patient’s residence.

Lydia and her team strive to create a lasting bond with every patient while ensuring their safety in the comfort of their own home. Golden Age Home Health offers skilled nursing services, home health aide services, speech therapy, occupational therapy, social services, physical therapy, and Advantage Case Management.

Lydia’s vision for her home health agency has always been to provide excellent care to each patient and their families, and to improve outcomes and prevent frequent readmissions to the hospitals. Because of this vision,



Lydia N. Sowah, RN and Administrator of Golden Age Home Health, Inc. received the 2015 Home Health and Hospice Home Health Executive Award in the state of Oklahoma.

Golden Age consistently focuses on continued staff education and coordination of care.

others the way you wish to be treated is the foundation on which Lydia has built her business.

The golden Rule of treating

Continued next page

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HONORS

Continued from Page 6

Golden Age Home Health is proud of their professional staff. As the Administrator, Lydia is goal driven, hard-working and a perfectionist and she has a way of instilling those qualities into each of her employees. Recently, Lydia was honored with the 2015 Home Health and Hospice Home Health Executive Award in the state of Oklahoma for her hard work in the industry.

Lydia's success and career can be attributed to her upbringing as a young girl born and raised in Accra, Ghana. Lydia attended elementary and high school in Ghana. Her family moved to Stevenage, in Hertfordshire England in 1962. In 1974, Lydia joined her family in England, where she completed her final year at Heathcote Secondary School. "I always had a dream of being a fashion designer and knew this was what my future would hold," said Lydia. "Little did I know that my father had different plans for me and his words of wisdom would change my life forever."

"I had just graduated high school in 1975 when on a beautiful Sunday afternoon, my father wanted to meet with me and my 2 sisters." Lydia explained. "Standing in front of him, he said that he wanted one of us to be a nurse, though he had no preference at the time on which

one of us would become one. It was up to my sisters and me to decide and get back with him. My immediate thought was that I don't want to be a nurse; I want to be a fashion designer. My sisters didn't want to be a nurse either. I was confused and all I could think to myself was, what's going on here?"

"A week later, the 3 of us met with my father again. Not knowing what was going to happen, my father handed me an envelope. Inside, was a filled out application for me to get into a nursing program. All I had to do was sign it and return it to him. I wasn't sure why he handpicked me, but I assumed it was because of me being the eldest of the 6 children. I simply did as my father said."

"Six weeks later, I received a phone call from the School of Nursing at Lister Hospital for an interview. My interview lasted less than 10 minutes. The Dean of Nursing, who conducted the interview, asked me why the signature on the completed application was in a different handwriting. I told her it was because my father completed the application and asked me to sign it. I left the room, knowing that I would never be accepted. Six weeks later, I received a letter that read, 'We are pleased to inform you that you have been accepted into the school of nursing at Lister Hospital in Stevenage, England.'

Apparently, God knew what He wanted me to do. It was my destiny. This is how I got into nursing."

"I started the nursing program and received my LPN Certificate within the required 18 months. My first clinical experience was on the Orthopedic Unit, where I had the opportunity to develop a one-on-one relationship with patients, most the elderly population. I felt so much compassion, taking care of the sick and critically ill patients and it was at that time when I really fell in love with nursing as a career." While working full-time and managing a family, Lydia received her RN License in 1984.

Today, Lydia's business is a huge success and has been for the last 20 years. She took her father's advice and became an LPN and loves every minute of her job. Although it was not meant for her to be a fashion designer, caring for others and servicing others in their time of need became the calling of her life. She is thankful for her loving parents and knows that because of them, she is where she is today. Her biggest blessings thus far have been her faith in God, her family and her amazing staff.

Apart from various community services, Lydia is actively involved in volunteering at Crossings free clinic on behalf of St. Luke's United Methodist church where she serves on the medical team. She enjoys spending time with her family and has been blessed with two children and two granddaughters. Her hobbies include traveling, dancing and watching sports. Along with her husband, they are supporting 3 orphan boys, living in Ghana after the death of their parents. The Sowahs have big hearts and lots of love that they share with others.

When asking Lydia what qualities make a good nurse, she replied, "A nurse has to have a good heart and a genuine interest in caring for patients. The love and compassion has to come from within. They have to have a desire to take care of sick people, have strong work ethics and be knowledgeable about any situation that they may encounter."

I admire Lydia for her dedication and determination through the years. Lastly, Sowah wants to share the fact that she owes everything that she has accomplished in her life to her Heavenly Father above.

January & February AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Jan 27/ Wed. /OKC / 9 am - 3:30 pm/ 752-3400 or 478-4587/ **Reffner**
Mercy Hospital - 4300 W. Memorial Rd.

Feb 1/ Monday/ Okla. City/ 9 am - 3:30 pm/ 843-5995/ **Palinsky**
Bellview Rehabilitation Center - 6500 N. Portland

Feb 4/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ **Edwards**
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Feb 9/ Thursday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ **Edwards**
Dale Robertson Senior Center - 1200 Lakeshore Dr

Feb 12/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ **Edwards**
SW Medical Center - 4200 S. Douglas, Suite B-10

Feb 16/ Tuesday/ Norman/ 9 am - 3:30 pm/ 440-8802/ **Palinsky**
Norman Regional Hospital - 901 N. Porter

Mar 3/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ **Edwards**
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Mar 8/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ **Palinsky**
Rose State College - 6191 Tinker Diagonal

Mar 11/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ **Edwards**
SW Medical Center - 4200 S. Douglas, Suite B-10

The prices for the classes are: \$15 for AARP members and \$20 for Non-AARP. Call John Palinsky, zone coordinator for the Oklahoma City area at 405-691-4091 or send mail to:

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Guide TO Senior Living	Total Units or Beds	City	Phone	Website	Dining Facility	Respite Care	Alzheimer's Care	Nursing	Hospice	Wellness Center	Transportation	Pets Allowed	Barber/Beauty Shop	Gardening Area	Fitness Center	Pool
					*	*	*	*	*	*	*	*	*	*	*	*
Arbor House of Mustang	60	Mustang	405-376-2872	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*	*	
Arbor House of Norman	54	Norman	405-292-9200	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*	*	
Arbor House of Midwest City	58	Midwest City	405-455-3900	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*	*	
Arbor House Reminiscence Center	48	Norman	405-310-2499	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*	*	
Ashton on the Green <i>Independent Living</i>		El Reno	405-262-4700	www.wpmonline.com								*			*	*
Chateau on the Green <i>Independent Living</i>	44	Moore	405-793-4200	www.chateauonthegreen.com								*		*		
Emerald Square <i>Independent Living/Assisted Living</i>	75	OKC	405-787-4466	www.meridiansenior.com	*	*		*	*		*	*	*	*	*	
Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	www.featherstoneretirement.com	*	*		*	*		*	*	*			
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	www.fountainbrookliving.com	*	*	*	*	*	*	*	*	*	*	*	*
Gardens at Reding <i>Independent Living</i>	157	OKC	405-636-1537	www.cstonedev.com									*	*	*	*
Heritage Point of OKC <i>Assisted Living Alzheimer & Memory Care</i>	54	OKC	405-252-8200	www.heritagepointokc.com	*		*	*	*	*	*	*	*	*	*	
Savannah House of Yukon <i>Independent Living</i>		Yukon	405-265-0273	www.jrkpropholdings.com								*				
Savannah House of Moore <i>Independent Living</i>	60	Moore	405-378-2500	www.carlsbadok.com								*		*		
Savannah House of Norman <i>Independent Living</i>	60	Norman West	405-329-2450	www.carlsbadok.com								*				*
Savannah House of Norman II <i>Independent Living</i>	92	Norman East	405-701-8440	www.carlsbadok.com								*	*	*		*
Timberwood Senior Housing <i>Senior Housing</i>	100	OKC	405-619-0079	www.meridiansenior.com	*	*	*				*	*	*			
Whispering Creek <i>A Gated Retirement</i>	52	Mustang	405-820-4058	www.WhisperingCreekRetirement.com						*		*	*	*	*	
Wyndam Place <i>Senior Residences</i>	70	Norman	405-310-2266	www.beacon-mgmt.com								*		*	*	
Grace Pointe <i>Cottage Homes</i>		Moore	405-703-0999	www.gracepointeliving.com						*		*	*	*	*	
Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	www.meridianseniorcare.com	*	*	*	*	*		*	*	*	*	*	
Savannah House of Guthrie <i>Independent Living</i>	79	Guthrie	405-293-9606	www.jckholdings.com								*				
Woodson Park Apartments <i>Independent Living</i>		Elreno	405-422-3443	woodsonparkapts@att.net	*					*	*	*		*		

Note: This guide does not represent a complete listing of facilities. Only those advertising in this publication are shown.

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INTEGRIS Joins Mayo Clinic Care Network

INTEGRIS and Mayo Clinic announced today that INTEGRIS has joined the Mayo Clinic Care Network, a national network of health care providers committed to better serving patients and their families through collaboration.

INTEGRIS is the first health care organization in Oklahoma to join the network. The formal agreement gives INTEGRIS access to the latest Mayo Clinic knowledge and promotes physician collaboration to benefit patients. Through shared resources, more patients can get answers to complex medical questions — and peace of mind — while staying close to home.

“While INTEGRIS works with some of the most accomplished and preeminent physicians in the region, we are constantly striving for ways to provide our patients with the best care possible,” says Bruce Lawrence, president and CEO, INTEGRIS. “This collaboration between INTEGRIS and Mayo Clinic brings together two trusted names — each with unique strengths — to the betterment of all Oklahomans.”

As a member of the Mayo Clinic Care Network, INTEGRIS will work with Mayo to share medical knowledge in ways that will enhance patient care. Network products and services include:

- eConsults that enable INTEGRIS physicians to connect electronically with Mayo specialists when they want additional input on a patient’s care
- AskMayoExpert database that offers INTEGRIS providers point-of-care, Mayo-vetted information on disease management, care guidelines and treatment recommendations, and reference materials for medical conditions
- Health care consulting that enables INTEGRIS to learn more about Mayo’s clinical, operational and business models, including the models’ design and implementation
- eTumor Board conferences that enable INTEGRIS physicians to present and discuss management of complex cancer cases with a multidisciplinary panel of Mayo specialists and other network members.

INTEGRIS providers also have access to Mayo’s extensive library of patient education materials, and can view archived Mayo Clinic grand rounds presentations that feature Mayo physicians and scientists.

“We are pleased to welcome INTEGRIS to the Mayo Clinic Care Network,” says David Hayes, M.D., medical director, Mayo Clinic Care Network. “This relationship brings together two like-minded organizations committed to patient-centered care. As we’ve worked toward today’s announcement, it’s been clear that we share many important values and at least one essential goal: to improve the delivery of health care in a way that benefits patients.”

Formed in 1995, INTEGRIS is a nationally recognized health care system with a wide presence in Oklahoma. Approximately 6 out of every 10 Oklahomans live within 30 miles of a facility or physician included in the INTEGRIS organization. INTEGRIS has eight hospitals, more than 2,500 physicians and more than 9,000 employees.

INTEGRIS and other members of the Mayo Clinic Care Network remain independent, but share Mayo’s commitment to improve the quality and delivery of health care. Launched in 2011, the Mayo Clinic Care Network has more than 35 member organizations in the U.S., Mexico, Puerto Rico and Singapore.



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COMMUNITY

The Blue Cape



photo by Vickie Jenkins

Patricia Navarro, Marketing Director of Emerald Square Assisted Living stands in one of the courtyards that are welcoming to the residents. In the summer, they enjoy the many flowers that surround them.

by Vickie Jenkins

I had the pleasure of meeting with Patricia Navarro, Marketing Director of Emerald Square Assisted Living. Patricia has had plenty of experience in caring for others; she has been a nurse for 40 years. Her first job as a nurse was at Children's Hospital. "That is when I discovered that taking care of people and helping them in any way that I could was my passion."

Emerald Square offers a caring atmosphere, an active community and a comfortable and secure lifestyle for their residents. Each member of their community enjoys the opportunity to 'live life their way.' Valued residents enjoy assistance when required and freedom when desired. Residency includes a complete array of services and accommodations. "We love it here," comments Patricia. "We try to make it comfortable and happy for the residents," she said as she gave me a tour of

the facility. "We always have some kind of entertainment for our residents," she said as the live music played and the residents listened to the relaxing tunes. It is obvious that Emerald Square has a nice, comfortable inviting feeling, as though changing the word 'facility' into 'home.' This is a wonderful place to be," Patricia adds.

"How did you become a nurse?" I ask Patricia. "When I was a little girl, I liked Superman. Who didn't like him? He was the good guy, the hero. I also noticed that Superman wore a blue cape. For some reason, that blue cape really stood out to me. Back then, scrubs for nurses were unheard of. The nurses wore white dresses, white hose, white shoes, a white hat and a blue cape. I think in a way, I associated Superman's blue cape and the nurse's blue cape as a symbol of helping people," she said with a laugh. "When I became a nurse in 1976, the

See CAPE Page 12

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CAPE

Continued from Page 10

blue capes were gone but I was determined to help others. One thing for sure though, I will always remember that blue cape."

"Did anyone influence you to become a nurse?" I ask. "It was definitely my dad. Up until the age of 13, my family and I lived close to the border in Zapata, Texas. My dad was part of the horseback border patrol. He was a good worker and enjoyed his job. I saw how much he cared for others and whether he knew it or not, he was making an impact on my life, even at a young age. It made me realize that I wanted to make taking care of others my goal in life and making it my career. My dad influenced me then and through the years, he always encouraged me. I will always be thankful for that."

Asking Patricia what her greatest blessing about being a nurse was, she replied, "My biggest blessing is the fact that

being a nurse is rewarding. A nurse has to have a genuine care for others and facilitate their needs. A nurse gives of herself and that nurse is given back much more. Whether it is saving a life in the ER or through preventative medicine, its rewards are spiritual. Nursing feeds the soul."

"What is your greatest asset?" I ask. "I think it's communication. I feel like I am able to communicate with others, no matter what their social background is. I make people feel at ease, or so people tell me," she says with a smile. "I don't judge people and I accept them for the way they are," Patricia comments.

I asked Patricia if she saw any challenges in the assisted living facility? "I do see a bit of a challenge when it comes to making sure potential residents come to the facility when they should. Some tend to want to wait, but then, it could be too late. It is important that we can tell others what a wonderful staff and wonderful residents we have here at Emerald Square,

conveying the urgency of caring for their loved ones before it is too late."

Patricia's hobbies include gardening and spending time with her family. "My husband and I have a daughter, Racheal and a son, Tyler. They are both graduates of UCO. We also have a 3 year-old granddaughter, Amilee, which I love to spoil."

Patricia's words to live by are: "Treat others the way you would like to be treated. Treat others the way you would want your parents to be treated."



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Art and Artists at the Gilcrease Museum

Photography and Text by Terry "Travels with Terry" Zinn t4z@aol.com

Art can be entertaining and a reunion with favorite talented artist. The November Collectors Reserve event at Oklahoma's Gilcrease Museum is such a gathering. The Museum is known for its western heritage art, but the Collectors Reserve brings together many contemporary artists expressing many cultures.

Following your favorite artist over the years and over the county, can be daunting, as it has been for many with the prolific bronze artist, Joshua Tobey, <http://www.joshuatobestudios.com/>. For many years his wildlife bronze creatures could be found in Sedona, Austin, Santa Fe and Loveland, among many galleries. The multiple award winning artist was present for the recent Collectors Reserve at the Gilcrease, and once again took home the highest award over 100 other artists with the Best In Show. He exhibited his large owl, Wise Guy, and bears performing a balancing act, Tricks of the Trade, and

the Best In Show cougar in repose, Lions View.

Other artists exhibited were: Joan Marron-LaRue, Doug Hyde, Oreland C. Joe Sr., Linda Turma Robertson, Jim Wilcox, Sandy Scott, and Gerald Balciar among others. Cocktails and light refreshments were served as the guest perused the art that they would like to have the opportunity to purchase with a drawing for its set price. The museum provided group prices for a downtown Tulsa hotel and offered shuttles up to the Gilcrease, making the entire evening more enjoyable.

You may want to plan to attend the 2016 Collectors Reserve, or sample the Gilcrease before then with:

Rick Bartow: Things You Know But Cannot Explain opens January 24 and runs through April 24, 2016 at Gilcrease Museum. Featuring more than 100 pieces, including a broad selection of sculptures, paintings, drawings, prints, mixed media work and the giant pastels for which he is mostly known,



Above: Joshua and Jo Tobey (Left) Joan Marron-LaRue



Also see the works of early nineteen hundred artist William R. Leigh, where in 1906, an opportunity to expand the scope of his work came about when the Santa Fe Railroad offered him free passage to the West in exchange for a painting of the Grand Canyon.

the exhibition draws from public and private collections (including the artist's studio) that affirm this extraordinary artist's regional, national and international impact.

If you don't have a favorite artist, you can start your search at the Gilcrease. For more information go to: <https://gilcrease.org/>



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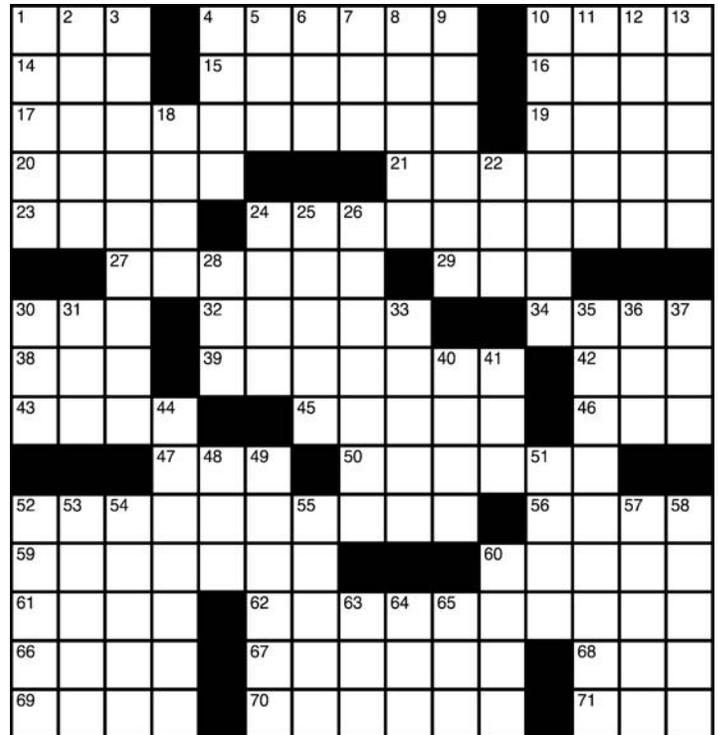
- 1 Audio problem
- 4 Finish paying a bill, perhaps
- 10 Controlled
- 14 Radio host Glass
- 15 Ethically indifferent
- 16 Adidas rival
- 17 *Motown Records founder
- 19 Baptismal basin
- 20 Spanish royalty
- 21 Oceanic reflux
- 23 Jessica of "Dark Angel"
- 24 *Cubs broadcaster known for singing along with "Take Me Out to the Ball Game" during the seventh-inning stretch
- 27 Mental grasp
- 29 McCain or McCaskill: Abbr.
- 30 Tummy muscles
- 32 Circular gasket
- 34 Time at the inn
- 38 Shad eggs
- 39 Biblical trio ... and a homophonic hint to the answers to starred clues
- 42 Have a mortgage, e.g.
- 43 Send to the canvas
- 45 Graceful swimmers
- 46 Pull down
- 47 Dorm monitors, briefly

- 50 Windpipe, e.g.
- 52 *"That'll Be the Day" singer
- 56 Grand Forks locale: Abbr.
- 59 "It's finally clear to me"
- 60 Accustom
- 61 Sushi option
- 62 *Longtime "60 Minutes" closer
- 66 Follow, or follower
- 67 Listen to, as a podcast
- 68 Bearded beast
- 69 Suburban street liners
- 70 Physical jerks
- 71 Blather

Down

- 1 Heavenly scales
- 2 Spinning
- 3 *"The [52-Across] Story" Oscar nominee
- 4 Big name in chips
- 5 Texter's "Unbelievable!"
- 6 Icky stuff
- 7 Rink legend Bobby
- 8 Sound system control
- 9 Spacecraft data-collection passes
- 10 Lounging robes
- 11 To have, in Le Havre
- 12 Lavin or Blair
- 13 Swabby's chum

- 18 Gather
- 22 Abbr. in ancient dates
- 24 Mata ___
- 25 Words before and after "is still" in "As Time Goes By"
- 26 Time extension?
- 28 Garage service
- 30 Storied vessel
- 31 Flapper's wrap
- 33 Google Apps component
- 35 *"Football Night in America" analyst
- 36 Knock the socks off
- 37 Still
- 40 Professor O'iggins
- 41 Sydney is its cap.
- 44 Tough times
- 48 Writer Rand
- 49 Young pigs
- 51 Latin word on a cornerstone
- 52 Please, in Potsdam
- 53 Same as always
- 54 Jeans material
- 55 Come clean
- 57 Place for matches
- 58 Light a fire under
- 60 Charged atoms
- 63 Genes material
- 64 "I'm listening"
- 65 Grand Canyon viewing spot



Answers on page 21

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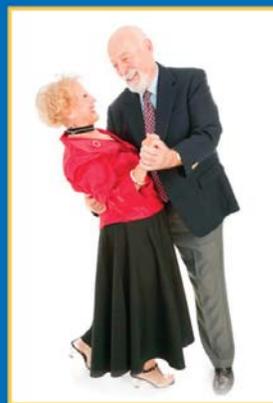
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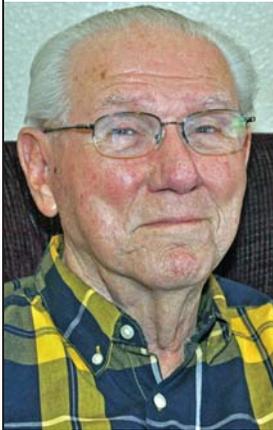
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Emma Stone

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Curtis Stone

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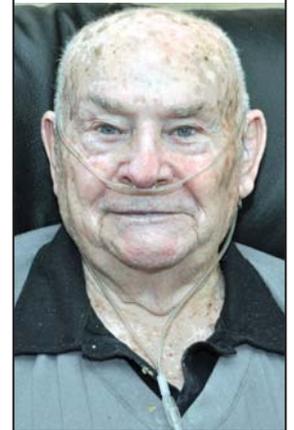
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"I would be a dog because I would love to be loved and babied."



Doris Green

"I would be a cat because cats are nice."



Bennie Green

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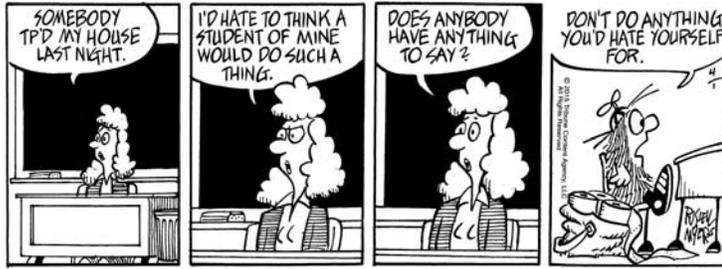
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The Fountains at Canterbury Offers Virtual Look into Life with Dementia

The Fountains at Canterbury, in conjunction with Right at Home of Edmond, will host Virtual Dementia Tours Jan. 19 from 11 a.m. to 1:30 p.m. and Jan. 22 from 4:30 p.m. to 6 p.m. Both events will be held in the conference room at The Inn of The Fountains at Canterbury, 1402 NW 122nd Street, in Oklahoma City.

The Virtual Dementia Tour is a simulation scientifically proven to help individuals better comprehend what life is like with an impairment such as Alzheimer's and other forms of dementia.

Participants are equipped with vision disrupting goggles, headphones emitting loud, garbled sounds, latex gloves with fingers taped together and shoe inserts to hamper walking. These obstacles are designed to simulate the struggles of age-related ailments, as the participants are asked to complete a short series of everyday activities such as clearing a dining room table.

"This is such a unique opportunity, we think everyone can benefit from personally experiencing what people who have this ailment suffer through every day," said Scott Steinmetz, executive director at The Fountains at Canterbury. "It really puts things into perspective, and helps families and caregivers better understand what's really going on in the mind of someone living with dementia."

As reported by the Alzheimer's Association, Alzheimer's is the most common form of dementia, making up 60 to 80 percent of cases. With the number of individuals age 65 and older with Alzheimer's disease estimated to reach 7.1 million by 2025, creating awareness of the difficulties one faces when living with dementia is critical. A better understanding fosters empathy from families and caretakers, improves communication and provides insight on how to better assist those suffering.

The Fountains at Canterbury offers a variety of affordable care options with resort-style amenities, 24-hour staffing and Watermark's Thrive Memory Care program that cultivates personal well-being.

The Fountains at Canterbury is dedicated to being the first choice in senior living, providing a continuum of care including independent living, assisted living, memory care, innovative rehabilitation therapies and skilled care. The Fountains at Canterbury is managed by Watermark Retirement Communities and is committed to creating an extraordinary community where people thrive. To learn more, please call (405) 381-8165 or go online to www.watermarkcommunities.com.



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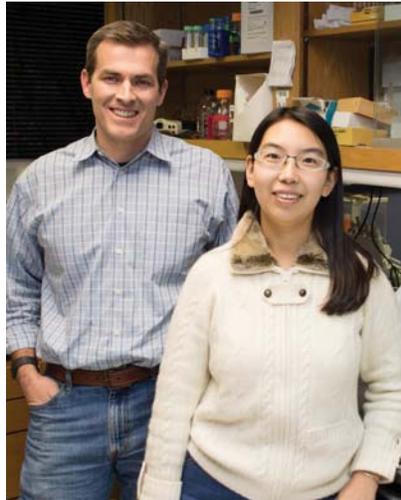
December Answers | Jumbles: KNEEL MIRTH THROAT PLENTY
 Answer: The circus hired the famous tightrope walker because he was — TOP OF THE "LINE"

OMRF research sheds new light on effects of aging in knee joints

Research from the Oklahoma Medical Research Foundation has identified new culprits that may be responsible for the development of arthritis.

The study found that growing older increases the production of a pair of inflammation-producing proteins. It suggests that targeting these inflammatory proteins might provide a path for future development of arthritis therapies.

The new findings, published in the *Journal of Gerontology*, provide a snapshot of age-related changes in a crucial area of soft tissue in the knee.



Oklahoma Medical Research Foundation scientists Tim Griffin, Ph.D. and Yao Fu, Ph.D.

A team led by OMRF's Tim Griffin, Ph.D., and Yao Fu, Ph.D., examined the knee joints of rats as they aged. In particular, the researchers studied the animals' infrapatellar fat pad, the soft fatty tissue that lies beneath the kneecaps of both rodents and humans.

Scientists have known that these fat pads are a source of inflammation in osteoarthritic knees. And they've believed that this inflammation contributes to osteoarthritis, which occurs when cartilage breaks down and wears away.

"It's actually the most common form of arthritis, often affecting the hips, hands and spine, in addition to the knees," said Griffin. According to the Centers for Disease Control, an estimated 27 million Americans suffer from osteoarthritis.

Griffin and Fu wanted to look specifically at how aging affects inflammation in the fat pads. Griffin says he anticipated that as the animals grew older, the amount of inflammation produced by the fat pad and the size of the animals' fat pads would increase.

"But our findings were not quite what we expected," said Griffin. Specifically, the fat pads actually shrank while producing higher levels of two inflammatory proteins.

"Our study suggests the fat pad is a contributor to a general increase in knee inflammation that

occurs with age," said Fu. This points toward future treatments to limit the inflammation, which might then prevent osteoarthritis from developing.

However, the researchers did find a benefit to aging in biological conditions that simulated an acute injury—such as a fall that causes damage to a joint. In this condition, the older fat pads decreased their production of leptin, a protein secreted by fat that also contributes to the break down of cartilage.

"We know there is acute inflammation that occurs after injury and can have long-term consequences," said Griffin. "This study taught us that under certain conditions aging can actually limit the amount of leptin produced by the knee fat pad. This might help us develop new strategies to reduce post-traumatic osteoarthritis, a common cause of the disease in younger active adults."

Janet Huebner, Ph.D., and Virginia Kraus, Ph.D., of Duke University also contributed to the research, which was supported by grants from the National Center for Research Resources (number RR018758), the National Institute of General Medical Sciences (number GM103441), the National Institute of Arthritis and Musculoskeletal and Skin Diseases (number AR066828), and the Arthritis Foundation.



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