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have time  
for  
Wellness

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Events  
designed  
to battle  
fraud

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Answered prayers  
Doctor helps patients  
get new lease on life

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Information for Oklahoma Seniors

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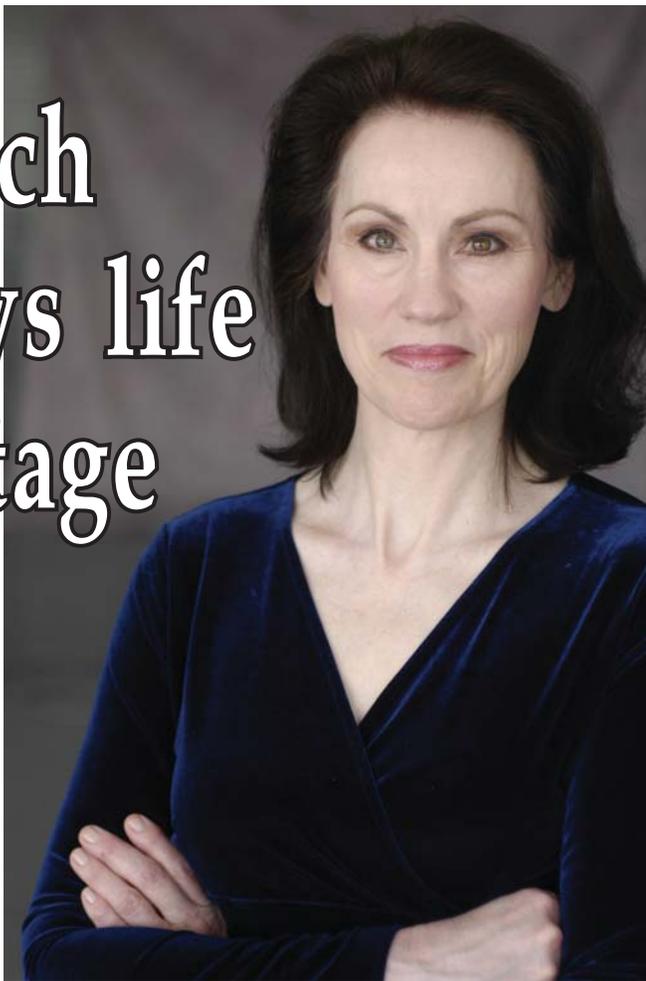
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Govich  
enjoys life  
on stage

At 65, Marilyn Govich still performs with Lyric Theatre and teaches voice at the University of Central Oklahoma.



by Mike Lee, Staff Writer

If life is a stage then 65-year-old Marilyn Govich wants to play her part.

Accomplished actor, singer, teacher - and most importantly, mother - Govich feels most comfortable when all eyes are on her.

And thousands were able to see her earlier this month as she performed in Lyric Theatre's production of Mary Poppins.

"My part is small," she says humbly.

Her role in this run may have been brief but the part she's played in the lives of her students is immeasurable.

Govich was bitten by the stage bug early and she sang a lot in church. After winning the lead role in a fifth grade operetta voice lessons soon followed.

"I was blessed with a voice that stood out from other people at that time, at

See GOVICH Page 3



Dr. Paul Jacob is helping Oklahomans like Janet Burks get back on their feet with near almost pain-free knee replacements.

by Mike Lee, Staff Writer

Janet Burks had reached the end of her rope.

At her doctor's office, on crutches and in pain - the 54-year-old had had enough.

"I had been going to the same orthopedist for 18 years," Burks said, unfolding her story.

"Through those 18 years I had received over 200 shots."

That October 2014 day, Burks finally put her foot down when it came to the excruciating pain she had lived with in her right knee.

See JACOB Page 5

## Spotlight on Living

### Seniors Excel in Boating

Residents of The Fountains at Canterbury, located in northwest Oklahoma City, recently visited the Boathouse District to participate in dragon boating.



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My Grandma has  
**Alzheimer's...**

...But we  
still love to **dance!**



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## GOVICH

Continued from Page 1

that age," the professor of voice at the University of Central Oklahoma said. "My parents, I thank them so much."

To say the Govich family is artistically gifted would be an understatement.

Daughter Milena is accomplished on stage and screen. She played Detective Nina Cassady on the hit series Law & Order. Along the way she's appeared in seven feature films and maintained a thriving voice career, appearing twice on tour with China's biggest pop star.

Her son, Mateja Govich, just returned to Oklahoma from New York City where he spent the last eight years pursuing theatre. Most notably, Mat performed in the Broadway revival of Cabaret at Studio 54.

He is currently working on his Master's degree in Music at the University of Central Oklahoma where he is also an adjunct instructor of voice.

Her other son, Nikola, has helped elevate the New York City and now Minneapolis cocktail scenes as a mixologist.

Both Mat and Milena studied

voice under their mother. The full impact would hit years later.

"This a stage mother's fantasy," she said. "They were both in Cabaret on Broadway at the same time. I'm sitting in the audience beaming and smiling."

Govich went into teaching and then dropped out for a few years to become a mom.

"I was out of school 25 years after completing my masters and then went back to get a doctorate after a quarter century," she says with pride.

The policy for UCO faculty was that you had to have a terminal degree to gain promotion. She didn't do it for the money. Like most things she does, she did it for the accomplishment.

"I decided this was what I really wanted to be doing," she said. "And I really wanted to be the best I could be at the highest level."

So there she was teaching full-time as her own children were leaving to go to college.

"It was an exciting and busy, challenging time but something I'm really proud I did," Govich said.

Her career is a celebrated one. She has performed as a soloist with the newly created Center for

Historical Performance Practice, and previously was a soloist with the Oklahoma Collegium Musicum.

She continues as an active recitalist, oratorio soloist, adjudicator and clinician. She has twice been selected to perform as a soloist at the National Conference of the National Opera Association in New York City and has twice presented Artist Recitals at the Texoma Regional Conference of the National Association of Teachers of Singing, as well as performed for regional conferences of The College Music Society.

She has recorded a scene from the David Yeagley opera "Jacek" with the Polish National Radio Symphony in Katowice, Poland for Opus One Records.

Two of her students recently won national Outstanding Performance Awards at the Kennedy Center of the American College Theatre Festival.

Govich understands that her stage and teaching career will someday come to an end. But all she has to do is pick up a current Playbill or turn on the TV to see that her work will live on for many years.

Govich now has four grandkids to wrangle. Two grandsons are in Minneapolis and a pair of granddaughters are here.

The widow of 16 years stays busy, even when she's not.

Earlier this month, Govich played Miss Andrews in the Lyric Theatre production of Mary Poppins.

"She almost takes glee in administering the kids punishment," Govich said of the nanny who briefly replaces Mary Poppins. "She's more brimstone and cod liver oil."

The performance meant more than most for Govich on a personal scale.

Lyric Theatre is known for bringing in accomplished performers from Broadway as well as using a mix of local talent.

The role of Mary Poppins was played by Lindsie VanWinkle, who had just finished a three-month run on Broadway in Nevermore - The Imaginary Life and Mysterious Death of Edgar Allan Poe.

When the two met in pre-production meetings in Oklahoma City a big hug ensued.

VanWinkle is a former voice student.

"She's just phenomenal," Govich said. "We have a wonderful relationship and we stay in touch."

The other Mary Poppins female lead is Melissa Griffith, also a Govich pupil.

"I feel so blessed to have been a part of their lives and part of their training," Govich says of the countless students she has mentored. "I just hope I've had a hand (in their careers)."

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## St. Anthony Hospital Celebrates Topping Off

St. Anthony Hospital and Turner Construction were joined by physicians, employees and community leaders recently for a topping out ceremony for the new Pavilion construction project on the St. Anthony campus. In construction, a topping out ceremony - one of the industry's oldest

customs - is celebrated when the last beam is placed at the top of a building. The hospital's beam featured signatures from physicians, staff and volunteers along with an evergreen tree and a U.S. flag.

The Pavilion, located south of 10th Street between Dewey and Walker Avenue, will house a new emergency department, intensive care units, and inpatient care areas. The 111,000 square foot, four-story facility project is slated to be complete in May 2016. The expansion represents the crowning point of the \$220 million campus development plan that began 11 years ago when the hospital decided to remain in its Midtown location.



## OPINION

# THE SAVVY SENIOR

Dear Looking,

There are several simplified cellphones on the market today that are specifically designed for seniors - including those with hearing loss. These are basic cellphones that come with big buttons, easy to navigate menus, SOS emergency buttons, enhanced sound and are hearing aid compatible too. Here are some top options.

### Senior-Friendly Phones

If your dad isn't locked into a cellphone contract, there are three senior-friendly options to consider, all from no-contract cellphone companies.

One of the best is GreatCall's Jitterbug5 ([greatcall.com](http://greatcall.com), 800-918-8543). This custom designed Samsung flip-phone offers a backlit keypad with big buttons, large text on a brightly colored screen, and "YES" and "NO" buttons to access the phone's menu of options versus confusing icons.

It also offers voice dialing, a powerful speakerphone, a built-in camera, and a variety of optional

Dear Savvy Senior,

Can you recommend some basic simplified cellphones for seniors with hearing loss? My 82-year-old father needs to get a new cellphone for occasional calls or emergencies, but he needs something that's easy to use and one that he can hear on.

health and safety features like the "5Star" medical alert button that would let your dad call for help and speak to a certified agent 24/7 that could identify his location and dispatch help as needed. "Urgent Care," which provides access to registered nurses and doctors for advice and diagnoses. And "GreatCall Link," which keeps family members informed through your dad's phone activities.

The Jitterbug5 sells for \$99 with a one-time \$35 activation fee, no-contract, and calling plans that start at \$15 per month.

If you're looking for something a little less expensive, the Doro PhoneEasy 626 sold through Cellular Consumer ([cellularconsumer.com](http://cellularconsumer.com), 888-345-5509) is an excellent option.

This flip phone offers a backlit, separated keypad that can speak the numbers as you push them, which is a nice feature for seniors with vision problems. It also has a big easy to read color display screen that offers large text with different color themes.

## Simplified Cellphones for Seniors with Hearing Problems

Other handy features include two speed dial buttons, shortcut buttons to texting and the camera, a powerful two-way speakerphone, and a ICE (in case of emergency) button on the back of the phone that will automatically dial one preprogrammed number.

The Doro 626 sells for \$50 with service plans starting at \$10 per month, and no long-term contract. They even offer discounts to AARP members.

Another budget-friendly cellphone you should look into is the Snapfon ezTWO for seniors ([snapfon.com](http://snapfon.com), 800-937-1532), which costs under \$20, with a \$35 activation fee, no-contract, and monthly service plans that start at \$10. If you don't want the Snapfon service plan (you can go through AT&T or T-Mobile), the phone is \$80.

This is a bar-style phone that provides big buttons, a color screen, enhanced volume with a speaker phone, a speaking keypad, and an SOS emergency alert button on the back of the phone that can sound an alert when pushed and held down

for five seconds. It then sends a text message to as many as five emergency contacts and calls those contacts in order until the call is answered. Or, for an additional \$15 per month you can subscribe to their SOS monitoring service that will dispatch help as needed.

### Shared Plan Options

If you want to get your dad a simple cellphone through your cellphone provider, most carriers - like AT&T, Verizon, Sprint and T-Mobile - still offer a few basic cellphones that are inexpensive and hearing aid compatible.

If you're an AT&T customer the option is the "LG A380." For Verizon users, there's the "Samsung Gusto 3" and "LG Revere 3." If you're a Sprint customer there's the "Kyocera Kona" and "Alcatel OneTouch Retro." And for T-Mobile users there's the "LG 450."

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

## Nana's becoming a graffiti artist

I took up cycling several years ago after reading multiple scientific studies concluding that the simple act of repetitive clockwise leg movement while hunched over and struggling to breathe (my definition of cycling) improves memory and concentration while reducing stress and anxiety. This being science, researchers no doubt spent astronomical hours and federal grant monies to recruit cycling enthusiasts, place them on stationary bikes, hook them up to heart monitors, take copious notes ("Look, Dr. Jackson, he's still pedaling! What do you make of that?") and then observe those same participants as they solved puzzles and engaged in cognitive activities.

Save yourself time and tax dollars, scientific community. Next time, simply hop aboard a bike and ride naked through a large metropolitan city.

Having recently completed Chicago's chapter of the annual World Naked Bike Ride, I heartily concur with the "cycling helps your brain" theory. For the record, I wore boxer briefs and a helmet, firm in my belief that nudity should

always take a backseat to safety, particularly when one is riding up Michigan Avenue on wet pavement while high-fiving Uber drivers. And for those who feel my decision to ride partially clothed was somehow illegal, allow me to set the record straight. Total nudity is not a WNBR requirement; some participants wore full cycling attire while others bared all, much to the horror of young families strolling near the American Girl store on the Magnificent Mile.

Let's start with concentration. My prefrontal cortex - the portion of the brain that controls the ability to focus - was in fine form. Perhaps it was the random bare body parts, both male and female, to my left and right, or the body-painted butt in front of me proclaiming "Less Gas, More A\*\*\*" (an event slogan coined to encourage more reliance on "people-powered vehicles").

Alas, the cheap acrylic paint was no match for the recurring rain showers; the message slowly dissolved into its owner's intergluteal cleft while I pedaled and focused intently. Add that image to the all the other stimuli flooding my acetylcholine receptor

and I felt confident I could work as the lone barista at Starbucks and correctly produce every order during the Monday morning rush, no matter how complex. This from a guy who, prior to the ride, could only half remember his wife's request to pick up ground beef AND toilet paper from the grocery store.

As the phalanx of nudity streamed up Rush Street, causing upper crust Gibson's Steakhouse patrons to whip out their cellphones for something other than trading stocks, my stress and anxiety levels evaporated. Granted, I was a bit anxious upon checking in for the event and realizing I could be riding next to "Baby," a New York man whose cycling ensemble consisted of a Scooby Doo mask, ski goggles and candy-stripped underwear. But Scooby/Baby quickly melded into the crowd. I bonded with 36-year-old Sarah, riding her fifth consecutive event and insisting she would continue doing so until "my boobs get caught in the spokes."

Anxiety free and armed with my newly returned abilities of concentration and memory, I began to exercise the capabilities of my

brain's parietal lobe, processing auditory information and committing it to memory via the hippocampus deep within the medial temporal lobe. In other words, here are things I overheard on the WNBR and will NEVER forget:

"Does anybody have any duct tape?"

"Slow down. I don't need road rash down there."

"No photos please." I'm still wondering how a publically naked person can be camera shy.

"Why bother closing the door?" (A comment made to a male participant about to urinate in a Porta-Potty)

"Go Hawks!"

Even among nudists, Chicago is a hockey town.

(Greg Schwem is a corporate stand-up comedian and author of "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad," available at <http://bit.ly/gregschwem>. Visit Greg on the Web at [www.gregschwem.com](http://www.gregschwem.com).)

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# JACOB

Continued from Page 1

She wasn't exactly the front office staff's favorite patient of the day when she declared she wasn't moving a muscle until she was sitting in front of a surgeon.

A few calls later, that surgeon turned out to be Dr. Paul Jacob and Burks had found an answer to her prayers.

"He's been blessed greatly by God," Burks said of her doctor.

You see, Burks' right knee was bone-on-bone, with no cartilage in between, and a minefield of bone spurs that had popped up over the years.

Most rainy days her knee would completely lock. When it did release you could hear the pop across the room.

Her doctor had told her she was too young for knee replacement.

Dr. Jacobs took one look at the x-rays and asked her why she had waited so long.

Surgery came days later with Jacob telling Burks he would use a new non-opioid medication.

Two hours after surgery Burks was up walking around.

She declined pain meds after surgery and was back on Jacob's table on December 18th to get the same procedure on her left knee. She was cooking Christmas morning.

Burks now takes spin classes. She takes her bike out to Lake Hefner for rides of several miles.

"I've gained back those 18 years that I've lost," she said. "Within one week I was up going to the store with a crutch and going to church."

Jacob said Burks' results are typical. He believes he is the only surgeon in the metro using this procedure. Nationally renowned hospitals such as Cleveland Clinic, Memorial Sloan Kettering and Mayo Clinic are using this new pain management approach, and Oklahoma hospitals are following their lead.

Dr. Jacob was first introduced to the procedure during his fellowship at the Cleveland Clinic.

"I had a comparison to our pain control prior to using

Exparel and our pain control after using Exparel," Jacob said. "It certainly made my life significantly easier as a fellow because I had the majority of the rounding requirements and post-op pain control.

"I started getting significantly less calls from nurses on the floor. They had much less trouble controlling patient pain and it was really a big change for me."

Typically narcotics are administered every few hours after surgery and begin to wear off, requiring more doses. The therapy Jacob uses slowly delivers medication to the tissue over a several-day period.

"It allows you to get out of that immediate post-op incision pain and agonizing pain oftentimes you wake up with after a surgery," Jacob said. "The majority of my post-op hip and knee replacement patients are waking up with a pain score of somewhere between zero and two and it's staying that way for the first two days or so. It's not uncommon for my patients to not require a single dose of opioid pain medication the first two days.

Jacob is located in Edmond just off Kelley Avenue. Soon he will move into the new Community Hospital in November.

Construction is ongoing on the new Community Hospital North-which will be located inside the new HPI Broadway Mediplex. The Mediplex is located just north of Britton Road on the Broadway Extension in north Oklahoma City.

The facility, set to open in late 2015, will provide inpatient and outpatient orthopedic, spine and women's surgical services. Physician's offices and a state-of-the-art imaging center will also be located in the building.

For the first time Jacob will have his patients and his surgical suite under one roof. He'll need it Burks has anything to say about it.

"I can't praise Dr. Jacob enough for doing this type of procedure," Burks said. "People who know me know that I'm not going to just say that. It was a miracle that I was able to get my life back."

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# HEALTH

## Seniors have time for wellness

by Mike Lee  
Staff Writer

Senior wellness is such a buzzword these days. But what does that actually mean?

Is wellness your physical health? What about your spiritual and emotional wellbeing?

As Vice President for Wellness for TouchMark - an operator of 11 full-service senior living communities in the U.S. and Canada - Dianna Lawrence is passionate about wellness.

In fact, she travels teaching on the subject and finding out what wellness means to individuals.

"Wellness to me is a process and it's meeting people where they are on their path to health,"

Lawrence said. "It's also a mindset. It's not simply the absence of disease. The reason we talk about dimensions of wellness is we want everyone to learn they can self-assess to find ways to enhance their own personal wellness."

Lawrence is a certified Wellness Professional through the Wellness Council of America and Exercise Specialist through the American College of Sports Medicine. She also is certified in Advanced Cardiac Life Support, CPR, and Basic Life Support through the American Red Cross.

Lawrence is passionate about lifestyle and wellness and working with people to help improve their health and well-being.

She is responsible for developing and supporting Touchmark's Full Life Wellness & Life Enrichment Program and encouraging wellness among residents, health and fitness club members, and team members.

Seniors need to take their wellness in their own hands.

"Challenging your brain is probably one of the most important things you can do," Lawrence said. "Give it a reason to function. Give it a fighting chance. Your brain likes to be challenged."

That involves learning something new, an instrument or a game.

"You don't have to have the right answer just the act of challenging your brain helps," she said.

And don't think you're too busy to improve your health.

Lawrence says a single second can be used to sit up tall. Two more seconds can be used to stand up. While you're up, smile. "If you have 10 seconds you can tighten your ab muscles and if you have 15 seconds take four slow, deep breathes to enhance your wellbeing."

Lawrence discusses the seven dimensions of wellness, which include emotional, environmental, intellectual, occupational, physical, spiritual and social well-being.

Before joining Touchmark in 2015, she developed and launched the employee wellness program at John C. Lincoln Health Network in Phoenix, Arizona.



Dianna Lawrence wants seniors to know that wellness is much more than just physical health.

Prior to that, she worked for 20 years in inpatient and outpatient cardiac rehabilitation at several organizations, including Lenox Hill Hospital and Winthrop University Hospital, both in New York. She has also worked as an adjunct professor at Phoenix College.

Lawrence received her bachelor's degree in Physical Therapy at Northern Arizona University and her Master of Science in Exercise Physiology at East Stroudsburg University. She has been a member of and served as an application reviewer for the American Association for Cardiovascular and Pulmonary Rehabilitation (AACVPR). She

See WELLNESS Page 9

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**BBT** In Virginia, the Code of 1930 has a statute which prohibits corrupt practices or bribery by any person other than political candidates.

**BBT** In New Jersey, cabbage can't be sold on Sunday.

**BBT** In Galveston, Texas, it is illegal to have a camel run loose in the street!

**BBT** In North Carolina, it is against the law for dogs and cats to fight.

**BBT** In Cleveland, Ohio, it is unlawful to leave chewing gum in public places.

**BBT** In Virginia, chickens cannot lay eggs before 8:00 a.m., and must be done before 4:00 p.m.

**BBT** In New York, it is against the law for children to pick up or collect cigarette and cigar butts.

**BBT** In Massachusetts, it is against the law to put tomatoes in clam chowder.

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# COMMUNITY

## Womack, M.D. named OAFP 2015 Family Physician of the Year

The Oklahoma Academy of Family Physicians (OAFP) has named Charles Womack, MD, the 2015 Family Physician of the Year at its Annual Scientific Assembly. The award honors one outstanding Oklahoma family physician who provides patients with compassionate, comprehensive care, and serves as a role model in their community, to other health professionals, and to residents and medical students.

"I am deeply honored and humbled by this award. I focus on doing what every family physician does, care for my patients," Dr. Charles Womack said. "I feel it's not only important have a positive impact in my practice, but also in the community in which I live and practice."

Born and raised in Oklahoma City, Dr. Womack has been a practicing family physician for nearly 40 years. He served as a physician in the U.S. Army for two years before starting his private practice in Oklahoma City in 1976.

Dr. Womack has been practicing with Deaconess Family



Dr. Womack (left) has been practicing with Deaconess Family Care for 10 years and is currently located at Deaconess Family Care.

See WOMACK Page 9

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## WOMACK

Continued from Page 8

Care for 10 years and is currently located at Deaconess Family Care - North Portland in Oklahoma City. Dr. Womack is an outstanding physician and leader within Deaconess Hospital and we are proud that the OAFP has honored him with this award. Dr. Womack serves as the Chairman of the Board at Deaconess Hospital and provides leadership that his peers describe as "quiet confidence that speaks to his years of serving people in healthcare." Dr. Womack has served in many positions within the OAFP, including President in 1988-89.

As the 2015 Oklahoma Family Physician of the Year, Dr. Womack becomes a candidate for the 2016 American Academy of Family Physicians Family

Physician of the Year.

Deaconess Hospital, located in northwest Oklahoma City, is a 238-bed facility. With almost 500 providers on the medical staff, Deaconess is a full service, acute-care, medical/surgical hospital with a wide range of services including, cardiology, orthopedics, oncology, pulmonology, urology, general surgery, obstetrics and inpatient rehabilitation. Deaconess also operates 21 clinic locations with 45 providers across the Oklahoma City metro area. We work hard every day to be a place of healing, caring and connection for patients and families in the community we call home. Deaconess Hospital is directly or indirectly owned by a partnership that proudly includes physician owners, including certain members of the hospital's medical staff.

## Dr. Womack becomes a candidate for the 2016 American Academy of Family Physicians Family Physician of the Year.

## WELLNESS

Continued from Page 6

has also chaired the American Heart Association's Heart Walk Committee and been a Mended Hearts speaker.

Lawrence also volunteered with the Arizona Small Business Association as well as the Phoenix fitPHX program, a citywide healthy-living initiative. She received the Silver Award for her work on that effort. An avid reader, she enjoys running, practicing yoga, and participating in most wellness-related activities. She has been a Girl Scout leader and has twice run the New York City marathon. She and her husband Peter have two daughters.

Touchmark has been serving people since 1980, when Werner G. Nistler, Jr. founded the company. Today he still leads the company as CEO, instilling his strong mission and values among nearly 2,000 team members who serve residents.

Locally, Touchmark at Coffee Creek is a full-service retirement community located off Covell at 2801 Shortgrass Road in Edmond.

Touchmark at Coffee Creek is part of North Edmond's Coffee Creek planned residential development, which includes 638 acres of homes, a golf course, recreational centers, and walking and biking trails.

"Everybody wants to know how they can improve their health and wellbeing," Lawrence said. "I feel there is such an opportunity and there's a lot of potential to positively affect people's lives with wellness. Your lifestyle is so important and we need not to overlook the value it plays in your life."

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## THE YOUNG MEN'S CLUB OF OKC IS 80 THIS YEAR

And our club continues to offer the top social and entertainment value in OKC. In the mid 1930s the OKC Jaycees capped its membership, leaving a considerable number of people on the outside waiting to join. In response, an energetic group of young leaders in waiting, formed their own club as an alternative to the Jaycees. No surprise that they named it: "The Young Men's Club of Oklahoma City."

As is often the case, news about a good thing travels fast and so it was this time as well. Within a year club membership had risen to more than 200. Today our membership is capped at 125 only because of limited dance floor space at our dance functions.



**From its inception social functions have been supervised by volunteers from club members. This is how we can offer so much for such a reasonable fee. Current dues are \$300 per year, but consider what you get for your money:**

- 6 ballroom dances per year with live band, drinks, and all amenities completely free of charge. Featured are our annual New Years Dance (formal dress); and our Valentine's dance complete with sit down dinner. You as a member can bring a guest to one dance if they are a potential member candidate.
- Two picnics per year, currently held at the city park near the south shore of Lake Hefner; a buffet meal and beverages are free of charge.
- Four men's social stags with buffet type meal and refreshments, also at no charge.
- A monthly bridge club free for member and wife but the meal is pay as you go.
- Trap shooting competition with a small fee but prizes, buffet meal and drinks are free of charge. Note: this event is contingent on us being able to secure a suitable range.
- An annual fishing & golf outing at Lake Texhoma, refreshments are free but pay as you go for lodging (available through the club at low cost), green fees and meals. Golfing is normally held at the famous winstar golf course in Thackerville.
- An active women's auxiliary club is available on a pay as you go basis and again at nominal cost.
- And perhaps the best benefit of all is the opportunity to meet and befriend some of the finest people anywhere.

**Currently we have a limited number of membership openings, although references and approval of club board of directors are required. You are invited to contact our membership chairman Alynn Stewart for further information - (405) 245-4154.**

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	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*	*	
Arbor House of Norman	54	Norman	405-292-9200	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*	*	
Arbor House of Midwest City	58	Midwest City	405-455-3900	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*	*	
Arbor House Reminisce Center	48	Norman	405-310-2499	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*	*	
Ashton on the Green <i>Independent Living</i>		El Reno	405-262-4700	<a href="http://www.wpmonline.com">www.wpmonline.com</a>								*			*	*
Chateau on the Green <i>Independent Living</i>	44	Moore	405-793-4200	<a href="http://www.chateauonthegreen.com">www.chateauonthegreen.com</a>								*		*		
Emerald Square <i>Independent Living/Assisted Living</i>	75	OKC	405-787-4466	<a href="http://www.meridiansenior.com">www.meridiansenior.com</a>	*	*		*	*	*	*	*	*	*	*	
Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	<a href="http://www.featherstoneretirement.com">www.featherstoneretirement.com</a>	*	*		*	*	*	*	*	*	*	*	
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	<a href="http://www.fountainbrookliving.com">www.fountainbrookliving.com</a>	*	*	*	*	*	*	*	*	*	*	*	*
Gardens at Reding <i>Independent Living</i>	157	OKC	405-636-1537	<a href="http://www.cstonedev.com">www.cstonedev.com</a>									*	*	*	*
Heritage Point of OKC <i>Assisted Living Alzheimer &amp; Memory Care</i>	54	OKC	405-252-8200	<a href="http://www.heritagepointokc.com">www.heritagepointokc.com</a>	*		*	*	*	*	*	*	*	*	*	
Savannah House of Yukon <i>Independent Living</i>		Yukon	405-265-0273	<a href="http://www.jrkpropholdings.com">www.jrkpropholdings.com</a>								*				
Savannah House of Moore <i>Independent Living</i>	60	Moore	405-378-2500	<a href="http://www.carlsbadok.com">www.carlsbadok.com</a>								*		*		
Savannah House of Norman <i>Independent Living</i>	60	Norman West	405-329-2450	<a href="http://www.carlsbadok.com">www.carlsbadok.com</a>								*				*
Savannah House of Norman II <i>Independent Living</i>	92	Norman East	405-701-8440	<a href="http://www.carlsbadok.com">www.carlsbadok.com</a>								*	*	*		*
Timberwood Senior Housing <i>Senior Housing</i>	100	OKC	405-619-0079	<a href="http://www.meridiansenior.com">www.meridiansenior.com</a>	*	*	*			*	*	*				
Whispering Creek <i>A Gated Retirement</i>	52	Mustang	405-820-4058	<a href="http://www.WhisperingCreekRetirement.com">www.WhisperingCreekRetirement.com</a>					*	*	*	*	*	*	*	
Wyndam Place <i>Senior Residences</i>	70	Norman	405-310-2266	<a href="http://www.beacon-mgmt.com">www.beacon-mgmt.com</a>								*	*	*	*	
Grace Pointe <i>Cottage Homes</i>		Moore	405-703-0999	<a href="http://www.gracepointeliving.com">www.gracepointeliving.com</a>					*	*	*	*	*	*	*	
Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	<a href="http://www.meridianseniorcare.com">www.meridianseniorcare.com</a>												
Savannah House of Guthrie <i>Independent Living</i>	79	Guthrie	405-293-9606	<a href="http://www.jckholdings.com">www.jckholdings.com</a>								*				
Woodson Park Apartments <i>Independent Living</i>		Elreno	405-422-3443	<a href="mailto:woodsonparkapts@att.net">woodsonparkapts@att.net</a>	*				*	*	*	*	*	*	*	

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

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# The Fountains at Canterbury Seniors Excel in Dragon Boating



The Fountains at Canterbury group practices rowing technique after loading into the dragon boat.



Residents of The Fountains at Canterbury, located in northwest Oklahoma City, recently visited the Boathouse District to participate in dragon boating. Associates, residents and members of The Club, a full service fitness center at The Fountains at Canterbury, joined together to form a rowing team to try their hands at something new, different and exhilarating.

Located on the Oklahoma River, an official U.S. Olympic and Paralympic training site, dragon boat rowing is one of numerous activities offered in the Boathouse District. Paddling to the beat of a drummer, rowers learn the basic commands and paddle strokes then venture out to enjoy the water. According to the Boathouse District, dragon boating is the world's fastest growing water sport and children, adults and seniors can all enjoy.

"It was just wonderful," said Sue Leary, member of The Club at The Fountains at Canterbury. "The dragon boats are a fun group activity, the weather was great and it's in a really beautiful location in downtown Oklahoma City."

Dragon boating is one of numerous activities and adventures that residents of The Fountains at Canterbury participate in throughout the year. They regularly take trips across Oklahoma and surrounding states, enjoy live performances on and off campus, participate in community service, enjoy theme dinners, take a variety of classes on site and are active in the arts, including participating in a national calendar art competition. Maintaining an environment where people thrive is a top priority of The Fountains of Canterbury community life director Becky Strong.

"Seeing our residents partake in such an unusual, active event was thrilling and we can't wait to go back," said Strong. "The joy our residents experience when they try something new and fulfilling is what The Fountains is all about."

"This was fun," said Marv Groschen, member of The Club at The Fountains at Canterbury. "It was a really good workout, this was the first time I've been here and I'd love to come back to do it again."

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| 3. Legislative Advocacy                     | 8. Industry Partners      |
| 4. The VOICE of Assisted Living in Oklahoma | 9. Member Involvement     |
| 5. Professional Development                 | 10. Nationally Affiliated |

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Oklahoma Assisted Living Association's 18th Annual Fall Conference  
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**September 19, 2015**

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Melissa Holland, Executive Director

**August & September AARP  
Drivers Safety Classes**

**Date/ Day/ Location/ Time/ Registration # Instructor**

- Aug 6/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Palinsky  
Intergis 3rd Age Center - 5100 N. Brookline
- Aug 8/ Saturday/ Moore/ 9 am - 3:30 pm/ 799-3130/ Palinsky  
Brand Center - 501 E. Main St.
- Aug 13/ Thursday/ Norman/ 9 am - 3:30 pm/ 440-8802/ Palinsky  
Norman Regional Hospital - 901 N. Porter Ave.
- Aug 14/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards  
S.W. Medical Center - 4200 S. Douglas, Suite B-10
- Aug 18/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Edwards  
Dale Robertson Center - 1200 Lakeshore Dr.
- Sept 3/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Edwards  
Intergis 3rd Age Center - 5100 N. Brookline
- Sept 8/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky  
Rose State - 6191 Tinker Diagonal
- Sept 11/ Friday/ Okla. City/ 9 am - 3:30 pm/ 752-3600 or 478-4587/  
Reffner Mercy Hospital - 4300 W. Memorial Rd.
- Sept 11/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwads  
S.W. 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: [johnpalinsky@sbcglobal.net](mailto:johnpalinsky@sbcglobal.net)

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# LIVING

## Events designed to battle senior fraud

by Mike Lee,  
Staff Writer

Seniors are one of the biggest targets when it comes to insurance scams.

That's why Oklahoma Insurance Commissioner John Doak wants to arm Oklahoma's senior population with the information necessary to fight back and make sure they don't easily part with their hard-earned money.

The Oklahoma Insurance Department's Medicare Assistance Program is hosting a series of free events to help seniors fight fraud.

The Senior Fraud Conferences are ongoing and will be held through July.

"Crooks target seniors because they think they're an easy target," Doak said. "The scams have gotten more sophisticated, with crooks using social media and the Internet to find out where you live, where you work and who you're related to. "Once they have that information, it's easier for them to steal your money."

Remaining conferences will be held July 14 in Lawton, July 16 in Norman and July 22 in Poteau.

"Seniors are prime targets for crooks because they usually have a healthy bank account," Doak said. "Thieves also think seniors may be vulnerable because of their age. But in many cases, these scammers are very good at what they do and anyone can fall victim to the scam, regardless of age. But if you know which red flags to look for, you can easily protect yourself from these types of crimes."

Experts will provide fraud information relating to Medicare, home repair, telemarketing, identity theft, banking, prepaid funerals, current scams and more. Each conference is free for senior adults and includes breakfast. Insurance professionals who attend the event can earn four hours of ethics Continuing Education (CE) credit for \$30.

Doak's office has been very aggressive in fraud prevention, with the Anti-Fraud Unit actively

investigating and pursuing charges.

Last year a Tulsa insurance agent defrauded a Muskogee couple out of nearly \$300,000 after convincing the 80-year-old husband to withdraw the money from annuities and invest it in a bogus company.

That agent pleaded guilty to exploitation of the elderly.

Another former agent was sentenced to two years in prison for defrauding seniors at investment seminars across the state. He convinced them to cash in their life insurance and annuity products in exchange for gold. But instead of buying the gold, he took the money and fled to Florida.

"I am very proud of the work we have done and continue to do to protect Oklahoma consumers," Doak said. "These events are designed to empower seniors by showing them the tricks of the trade used by crooks."

According to the FBI, senior citizens especially should be aware of fraud schemes for the following reasons: • Senior citizens are most likely to have a "nest egg," to own their home, and/or to have excellent credit—all of which make them attractive to con artists.

• People who grew up in the 1930s, 1940s, and 1950s were generally raised to be polite and trusting. Con artists exploit these traits, knowing that it is difficult or impossible for these individuals to say "no" or just hang up the telephone.

• Older Americans are less likely to report a fraud because they don't know who to report it to, are too ashamed at having been scammed, or don't know they have been scammed. Elderly victims may not report crimes, for example, because they are concerned that relatives may think the victims no longer have the mental capacity to take care of their own financial affairs.

• When an elderly victim does report the crime, they often make poor witnesses. Con artists know the effects of age on memory, and

they are counting on elderly victims not being able to supply enough detailed information to investigators. In addition, the victims' realization that they have been swindled may take weeks—or more likely, months—after contact with the fraudster. This extended time frame makes it even more difficult to remember details from the events.

• Senior citizens are more interested in and susceptible to products promising increased cognitive function, virility, physical conditioning, anti-cancer properties, and so on. In a country where new cures and vaccinations for old diseases have given every American hope for a long and fruitful life, it is not so unbelievable that the con artists' products can do what they claim.

The Senior Fraud Conferences are funded, in part, by the Administration on Community

Living's Senior Medicare Patrol grant.

Seniors are asked to register online at [map.oid.ok.gov](http://map.oid.ok.gov) or by calling 1-800-763-2828



Oklahoma Insurance Commissioner John Doak wants to help seniors fight back against fraud.

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# STRANGE BUT TRUE

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**BBT** Thomas Edison, lightbulb inventor, was afraid of the dark!

**BBT** Human thigh bones are stronger than concrete!

**BBT** Over 10,000 birds a year die from smashing into windows!

**BBT** The state of Florida is bigger than England!

**BBT** There are more than one million animal species on Earth!

**BBT** In Natoma, Kansas, it's illegal to throw knives at men wearing striped suits

**BBT** During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants!

**BBT** Some ribbon worms will eat themselves if they cant find any food!

**BBT** Dolphins sleep with one eye open!

**BBT** The worlds oldest piece of chewing gum is over 9000 years old!

# Prevent Slips, Trips and Broken Hips

A fall can happen in a split second, but it may take a lot of time, pain and rehabilitation to recover. Falls can cause injury at any age, but they can be especially devastating for senior adults. As one ages, the risk increases for injury from falling and these injuries may result in hospitalization and long term loss of freedom and independence.

You can reduce your risk for falling. Join Melanie Thorne, RN, with INTEGRIS Jim Thorpe Rehabilitation Services, as she discusses risk factors for falling and prevention of falls in an educational program, Prevent Slips, Trips and Broken Hips, presented in collaboration with INTEGRIS Third Age Life Center. Following the presentation there will be opportunity for an individual falls risk assessment.

Please call the INTEGRIS HealthLine at 405-951-2277 to make your reservation for one of the following programs.

**Wednesday, July 22, 2 p.m.** INTEGRIS Health Edmond, Memorial Conference Room, 4801 INTEGRIS Parkway, Edmond

**Thursday, Aug. 13, 1 p.m.** INTEGRIS Canadian Valley Hospital, Conference Rooms A/B, 1201 Health Center Parkway, Yukon.

**Wednesday, Aug. 26, 1:30 p.m.** INTEGRIS Third Age Life Center, 5100 N. Brookline, Suite 100, Oklahoma City.



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# Federal Nursing Home Compare 5-Star Quality Rating System Revised

On February 20th, 2015, the Centers for Medicare and Medicaid Services (CMS) announced it was making changes to its Nursing Home Compare 5-Star Quality Rating system, which allows consumers to learn about and compare nursing homes in terms of their performance on surveys (inspections), staffing levels and quality measures. The following changes were made to the ratings, which are now updated on the 3.0 revisions www.medicare.gov website: - go to the Nursing Home Compare section.

The addition of 2 new antipsychotic quality measures - one for long stay, the other for short stay residents. Antipsychotic medication use had previously not been calculated into the rating;

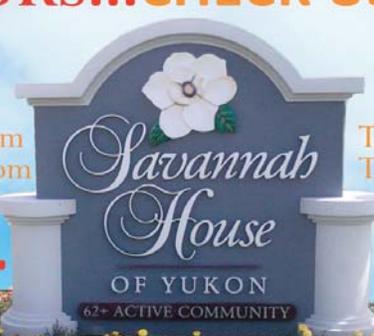
Raising the bar for performance on quality measures through the increase of the number of total quality measure points needed to achieve each star rating:

The conduction of specialized onsite surveys of a sample of facilities nationwide to assess accuracy of the resident assessment information used to calculate quality measures;

The adjustment of how the number of stars awarded for staffing is determined. Up to this time, a facility could have 3 stars for RN staffing and 3 stars for total nursing staff hours and receive 4 stars for overall staffing. Under the new system, a facility must have at least 4 stars in either RN staffing or total nursing staff hours to be awarded 4 stars.

When selecting a nursing facility for a loved one consumers can check out the newly revised 5-Star Ratings on the Medicare website's Nursing Home Compare to see how a facility measures up in terms of quality indicators or contact the Long-Term Care Ombudsman Program at Areawide Aging Agency 942-8500 to discuss the rating of any nursing homes being considered for placement or any other questions you may have about a particular facility in Canadian, Cleveland, Logan or Oklahoma County.

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## TRAVEL/ ENTERTAINMENT

# Nashville By Disney

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

Many seniors find that a packaged tour offers the best in time and treasure management. A package tour is pre designed to offer the ease of small group travel and the expert knowledge offering the highlights of a particular itinerary. Package tours take the worry out of exploration, as the operators know the area offered and the fastest way to experience the survey of an area. For first time visitors, it gives an over view of the best of the area, and if the traveler finds that time at an attraction is not enough, it is a good reference point for a follow up visit. As you can tell, I find an expert package tour is a convenient holiday experience.

Adventures By Disney is a relatively new group tour operation. Disney does it right, whether it's movies, theme parks or group tours. Recently I experienced Nashville the Disney way, with many insider and backstage visits not available to other tours and certainly not by solo travelers. Several years ago I visited Nashville, but after my tour with Adventures By Disney, I have a complete Nashville experience with many Disney extras that are memorable, educational and fun. Every day our energized and informative tour guides, Kelley and Paola, offered extras and surprises that got us spoiled as we visited from venue to venue. Just when we thought the venue or day was complete we'd hear our guides say, "And then there's more!"

The Hermitage, located near Nashville, was the home of President Andrew Jackson. Adventures By Disney arranged for Andrew and his wife to greet our bus, and welcome us at the traditional entry to the homestead, which is not offered for other visitors. We had an after-hours visit, complete with a guided grounds and house tour, and then there was more. We had a period dance instruction with Andrew and his wife joining in, as others in the group enjoyed wine and vintage Andrew Jackson bourbon. And then there was more. We had a hands on instruction in simple biscuit making by expert, Maryann Byrd, and then enjoyed our creations baked just for us at a catered sit down dinner in an air conditioned venue. Walking back in the dark to the bus we were all more than satisfied as our departure was enhanced with a spectacle of fireflies.

Recently Nashville has added notoriety with the popular ABC television drama of the same name. Disney enhanced our Nashville adventure with a bus tour of filming locations, and a very special private concert luncheon at the famed Blue Bird Cafe. The essence of Nashville's established and rising performers was exhibited by the intimate hour long plus performances by Leslie Satcher and Walker Hayes. We were all moved by the stories they told that inspired the creation of the songs they sang for us. This example of sincerity and the universal experiences of life, is the real Nashville sound. The clear voices and rhythmic songs were true examples of craft being raised to the level of performance art. Beyond the flash and country glamour of Nashville, the Blue Bird Cafe experience reaffirms the essence of America's indigenous music.

A visit to Music City would not be complete without a tour of the historical Ryman auditorium and of course Disney gave us a special



private tour and a chance to stand on that stage which was inhabited by the founders of country music. We entered through the stage door entrance in an alley adjacent to a bar/lounge famous as a haunt of music pioneers. And while the Ryman is a must, the new Grand Ole Opry venue is as impressive when you are able to visit the famous back stage dressing rooms, and wall of fame. But there was more!

We had a pre-show dinner in the broadcast studio where many Nashville shows were filmed which included the sound stage where the popular Hee Haw show was once produced. A catered sit down meal with wine was only briefly interrupted when instruction in line dancing was included. And to top off all of this VIP experience, we had VIP seating at that night's Grand Ole Opry show, with a special treat for me, hearing a couple of songs by Vince Gill, a fellow Oklahoman.

The more continued with hands on poster making at Hatch Show Print, a mock station ID recording at the legendary WSM 650 AM radio station, admission to the expansive Country Music Hall of Fame, and a private visit to Music Row's RCA Studio B recording studio where Elvis along with other legendary artists, recorded their songs beginning in 1957. We were entertained with insider stories,

and with many rehearsals under our belts, we recorded our own group singing a well-known Elvis favorite, and was later presented with our own special CD of our performance.

All along our days of adventures all admission charges were taken care of by our hosts as were most meal times. We ate at Merchants' Restaurant where we customized our own BBQ sauce, and had breakfast at popular Puckett's Grocery. There was even a little free time for us to explore downtown Nashville sights on our own. I took this opportunity to reserve my spot for lunch at the Southern Steak and Oyster restaurant, and then took a stroll up to the historic Hermitage Hotel and the Capitol Grille, where I took in a beverage and tales of this famous watering hole.

If you couldn't tell I was impressed with the services and thoughtfulness of the Adventures By Disney experience. Some Disney tours are for adults only while most welcome the whole family. Documents and itineraries are sent to you well in advance of your departure and should you have added questions they are easily answered by phone from your personal travel concierge. Besides state-side destinations, the company offers tours overseas and cruises as well. Tempt your travel lust by exploring: [www.adventuresbydisney.com](http://www.adventuresbydisney.com)



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Past President: International Food Wine and Travel Writers Association

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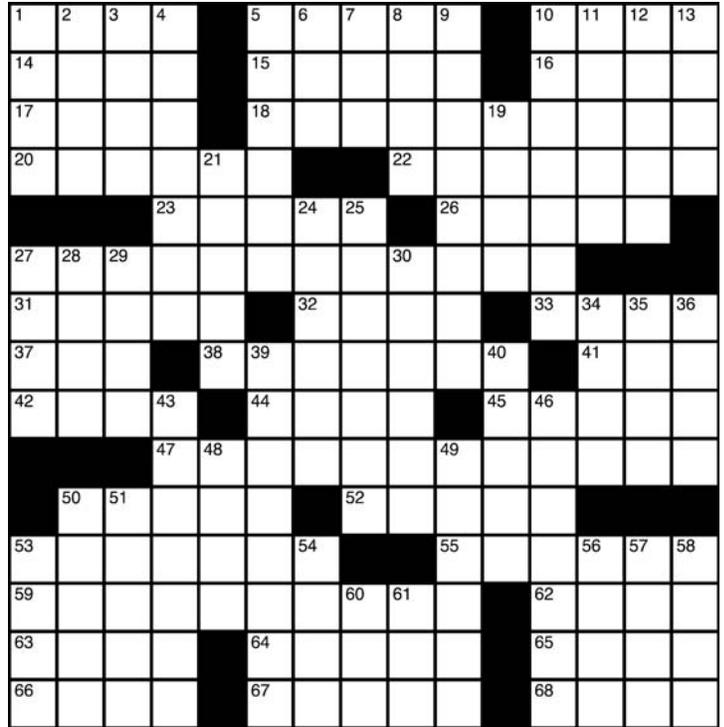
# CROSSWORD CORNER

**Across**

- 1 Neutral hue
- 5 Book of legends?
- 10 Irreverent radio host
- 14 Become painfully dry
- 15 Airboat area
- 16 Narrow margin
- 17 Hardly noticeable amount
- 18 Black-eyed peas dish
- 20 Like some Netflix movies
- 22 Wore a belittling look
- 23 Notable gap
- 26 More pleasant
- 27 Pretend nothing's going on
- 31 Empty the recycle bin, e.g.
- 32 Petri dish gel
- 33 Cast off
- 37 Informal pass
- 38 "Also sprach Zarathustra" composer
- 41 Miner issue
- 42 Reunion attendee
- 44 Third Pillar of Islam subject
- 45 Short stroke
- 47 Brunch fare
- 50 Bygone Detroit brewery
- 52 Gas leak warnings
- 53 Starts a revolution
- 55 Comparable to, with "with"

- 59 Country star with an un-countrylike name
  - 62 What "will keep us together," in a 1975 hit
  - 63 Hamburg's river
  - 64 "Transcendental" Liszt piece
  - 65 Blunted blade
  - 66 Downhill coaster
  - 67 Pitching scout's device
  - 68 Lowly worker
- Down**
- 1 Bounce back
  - 2 Uppercut target
  - 3 It's tender in Johannesburg
  - 4 Market advances
  - 5 Picnic area barrel
  - 6 \_\_\_-Face: duplicitous
  - Batman foe
  - 7 \_\_\_ cat
  - 8 Rock concert gear
  - 9 Dreidels and pinwheels
  - 10 Adds to a conversation, as a remark
  - 11 "A Visit From St. Nicholas" poet
  - Clarke \_\_\_
  - 12 Seat finder
  - 13 Delight
  - 19 Frau's refusal
  - 21 Draws back in fear
  - 24 Hairbrush targets
  - 25 Gable/Gardner classic

- set in Africa
- 27 Actress Olin
- 28 \_\_\_ hygiene
- 29 Pearl Harbor locale
- 30 Led to
- 34 Native Arizonans
- 35 Obama attorney general
- Holder
- 36 Bit of hail damage
- 39 Swiss luxury watchmaker
- 40 Strict
- 43 Deserved
- 46 Source of TV revenue
- 48 "Crikey!"
- 49 Midday tryst
- 50 Compete in a bee
- 51 34-Down, e.g.
- 53 Luau strings
- 54 Arg. miss
- 56 Religious leader associated with the ends of the four longest puzzle answers
- 57 State as fact
- 58 Great Barrier \_\_\_
- 60 Future bloom
- 61 Oral health org.



Answers on page 21

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# The 'Dirty Dozen' Return to the Scene

by Vickie Jenkins

I had the privilege of interviewing some wonderful ladies that were celebrating their 45th anniversary of receiving their caps. What an exciting time for these 8 women that reunited at Integris Baptist Medical Center. It was the summer of 1968 when these women were accepted into Baptist Memorial Hospital School of Nursing. They all lived in the dorm on the hospital campus except the ones that were married.

At the time, it was a diploma nursing program and their class was small because Baptist was phasing out the school which was then morphed into the nursing program at Central State College (now, University of Central Oklahoma). In the summer of 1969, the 12 nurses were sent to St. Louis, Missouri State Mental Hospital for their psychiatric training. They graduated on June 5, 1970.

Interviewing the women that gathered for the reunion was a pure delight. The conference room at Baptist Hospital was full of hugs, smiles and laughter as each woman shared memories. "It was Dr. John Donnell, a cardiologist that gave us 12 nurses the nickname of The Dirty Dozen," one woman said. Since then, The Dirty Dozen have held major reunions every five years, getting together whenever possible. In addition to reunions, they also stay in contact by Facebook, email and texts. A few send cards and letters.

After some fun and fellowship, here are some interesting answers from outstanding women telling us what their life is like now.

Melanie Arnold Henry, RN-"Why did you become a

nurse?" "I felt it was a wonderful career and a great way to serve others. It ended up giving me great features for my writing." Henry is now a freelance writer and has written for Guideposts and other magazines. She has written more than 50 books.

Laura Bliss Denwood, RN-Describing herself in three words, she says, "Friendly, empathetic and optimistic." Denwood traveled from St. Croix, Virgin Islands, where she still lives. She is happy to see all of her friends again plus enjoyed taking a tour of Baptist Medical Center.

Janet Pomplun Jamison, RN, Clinical Research Nurse- "What is your favorite memory from the past while working at Baptist Hospital?" "There was a supportive nursing staff and several mentors. The progressive acute care experiences were great." Jamison worked in Cancer Research at Walter Reed Medical Center in Washington, DC before working at the National Institute of Health and the Food and Drug Administration. She resides in Delaware.

Beverly Botchhlet, RN, MS-"What was your favorite thing about the reunion today?" "Being a member of a group who are totally nonjudgmental and have only love and support for each other." Bachlet became a nurse in 1970 and is still going strong. Bachlet earned her Master's Degree and continues to teach nursing.

Connie Blackburn Furrh,



Celebrating their 45th anniversary of acceptance into Baptist Memorial Hospital School of Nursing are longtime friends a.k.a. The Dirty Dozen. Standing in front of a picture of James L. Henry (President of the hospital when the nurses started in 1968) L-R Lenora Beckwith, Connie Furrh, Lou Berry, Melanie Henry, Beverly Botchlet, Linda Jackson, Janet Jamison, Laura Denwood. Not pictured- Norma Williams, Carol Neal and Terry Thurston. Evannah Esadoah (deceased).

See RETURN Page 21

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**RETURN**

Continued from Page 19

RN-“What is your life like now?” “I work with the National Center for Missing and Exploited Children and work full-time at Oklahoma Spine Hospital.” “Do you stay in contact with the other nurses?” “Absolutely. I consider them my sisters. Time melts away when we come back together again.” Blackburn also helped build the Renaissance Women’s Centers.

Lou Berry, RN-“Describe yourself in three words.” “Full of energy!” Berry said her favorite memory of the past is working in the Surgery Center. She spent years teaching nursing.

Lenora Schoenhals Bechwith, RN-“What is your life like now?” “I’m a retired Hospice nurse, mother of two and grandmother of two. I go to Hospice Circle of Love, Enid, OK when needed. Bechwith says she was four years old when she received a nurse kit from her cousin one Christmas morning.

Linda Gossman Hazard, RN-“What is your life like now?” “I am retired and life is good!”

Jackson worked at OU Health Science Center in NICU.

Unable to attend the 45 year reunion were Terry Thurston, Norma Aycock Williams, RN, Carol Neal, RN. Evannah Esadoah, RN (deceased)

After catching up on just a glimpse of the past years, the women planned on taking a tour of Integris Baptist Medical Center. A big thank-you to these fine women that have given their time and dedication to helping others provide and coordinate patient care, educate patients and the public about various health conditions, and provide advice and emotional support.

Perhaps, one of the women at the reunion summed up the countless hours of nursing the best. “When did you become a nurse?” I asked. she answered, “1970”. “When did your nursing end?” I asked. “Never!” she replied. I am sure The Dirty Dozen will meet again.

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## Jefferson's Garden ACMA Receives Award



Emily Ardoin, winner of 2015 OKALA Caregiver of the Year award.

The Oklahoma Assisted Living Association recognized Emily Ardoin as the winner of 2015 OKALA Caregiver of the Year award. Ardoin serves as an Advanced Certified Medical Aide at Jefferson's Garden.

"Emily is truly a team player. She's willing to fill in wherever we need her," said Donna Kilgore, Residence Director at Jefferson's Garden. The award indicates Ardoin has shown excellence in the care of Oklahoma seniors since August 2010. It also proves the exceptional performance of her duties within Jefferson's Garden Assisted Living.

Emily is respected and admired by her fellow associates and she can always be counted on to help where she's needed.

"Emily pays great attention to residents and details. I'm so glad to have her on my team," said Adrian Carpenter, Health Care Coordinator at Jefferson's Garden.

Everyone says Ardoin's smile and cheerful spirit is infectious. Residents adore her and she adores them.

Jefferson's Garden is a Legend Senior Living residence. Legend Senior Living is a privately owned company founded in 2001 by Timothy Buchanan and is dedicated to providing quality services and housing to senior adults. Legend Senior Living owns and operates Senior Living Residences in Kan., Fla., Colo., Okla. and Texas.

# Farm Sheds New Light on Elderberry

A native crop in Oklahoma is getting a renewed purpose through the vision of one farmer. Brent Madding, of Webbers Falls, Oklahoma, is taking native elderberry plants and making the most of them on his farm. Elderberries have graced the land around his community for many years. Madding researched the plants and their benefits and has become an expert on the elderberry bushes as well as the elderflower. Elderberries have many reported health benefits including being antioxidants which help lower cholesterol, improve vision, boost the immune system, improve heart health and help with coughs, colds, flu, bacterial and viral infections.

Madding, along with his wife, Valerie, is continually researching potential markets for the berries and their value-added products. He named his place the 360 OK Farms to denote his life coming full circle from leaving the family farm at a young age to returning to it in retirement. Madding's passion is education regarding elderberries. You can tour 360 OK Farms by making an appointment. The farm features more than 7,000 plants as well as a nursery where visitors can purchase elderberry plants. The crop is typically harvested in August each year. The farm currently offers several products including dried elderberries, dried elderflower and a tea blend of the two.

To schedule a tour or for more information about 360 OK Farms, please visit [www.360okfarms.com](http://www.360okfarms.com).



Brent Madding discusses the benefits of elderberries with visitors to his display at Ag Day in the Oklahoma state capitol rotunda on April 1, 2015.

## Grief Support Groups Offered

If you have experienced the death of a loved one, grief is the normal and the natural response to loss. INTEGRIS Hospice provides ongoing grief support. Conducted by Shari Ostroff, B.S., family studies and gerontology, these free six-week programs provide a step-by-step approach for those who wish to resolve their loss issues and move beyond their grief toward a richer quality of life.

**Session 1 - Dates: July 21 - Aug. 25 (Tuesdays) Time:** 10 to 11:30 a.m. Place: INTEGRIS Cancer Institute Conference rooms, southwest entrance 5911 W. Memorial Road, Oklahoma City, OK 73142. **Session 2 - Dates: July 21 - Aug. 25 (Tuesday evenings) Time:** 6:15 to 7:30 p.m. Place: Moore Public Library, Room A, 225 S. Howard, Moore, OK 73160.

Call 405-695-0984 to register. Programs are free; space is limited. Ostroff has led support groups for Mercer Adams Funeral Service and the Calm Waters Center for Children and Families. Normal grief responses include appetite loss, difficulty sleeping, feelings of guilt or regret, lack of concentration, mood changes, numbness and crying.

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