

**Senior
Helpers
Opens
Doors**

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**Hospital
Expands
Locations,
reputation**

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**Wellness
program reels
in senior men**



by Bobby Anderson, Staff Writer

The fishing line hit the water at Lake Hefner and a Lisa Sydnor teared up.

The senior programs manager for The Salvation Army Central Oklahoma couldn't help but getting a little misty-eyed watching the collection of senior men fishing from the docks on a picturesque June morning.

"It makes me cry," Sydnor said. "The people that we are

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**Rodeo Queen
earns senior title**

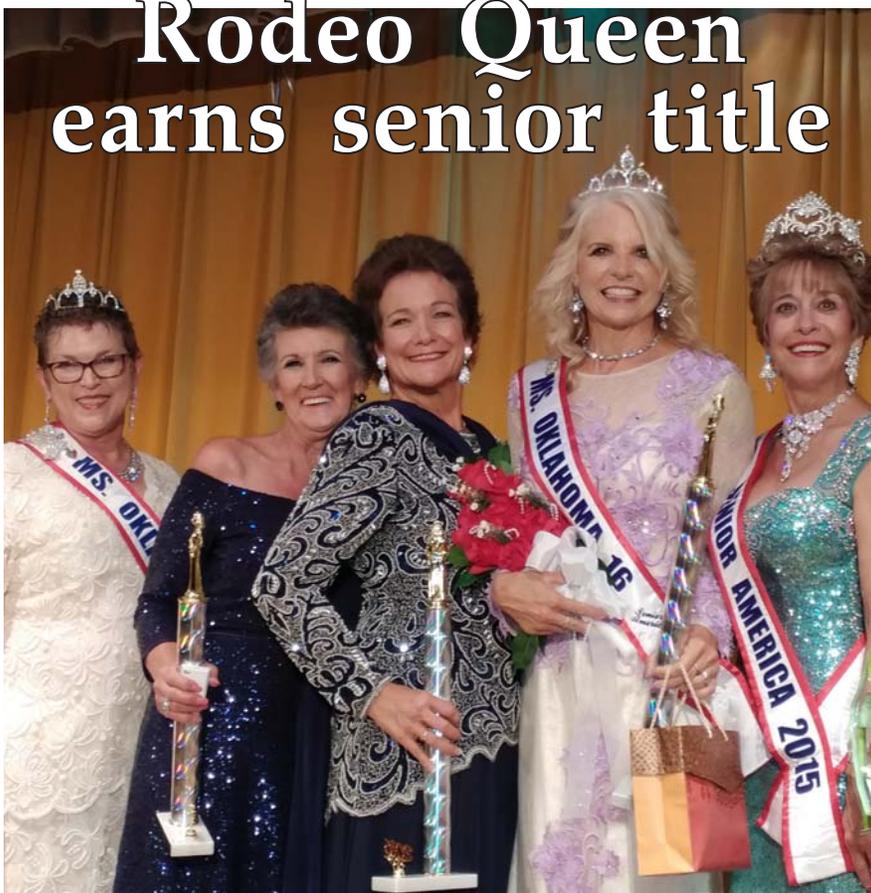


photo by LaShanya Nash

Left to right- Ms Oklahoma Senior America 2015 Dr Katrina Cochran, 2nd Runner up 2016 Susannah (Sam) Koebrick, 1st Runner up 2016 Roxanne Parks, Ms Oklahoma Senior America 2016 Dove Morgan Schmidt and Ms Senior America 2015 Dr Barbara Mauldin.

by Bobby Anderson, Staff Writer

Dove Morgan Schmidt's youngest child always told her that she should find a pageant somewhere and enter it because she was sure to win.

Little did she know that pageant would be the Ms. Oklahoma Senior America pageant and she indeed would be the winner.

"I felt like as the runners-up were going either this went really bad or really good," she said with

a laugh. "I was just doing it for us. I told my husband I'm going to relax and do it for fun and be the best I can be."

Morgan Schmidt was one of 20 senior women who offered their philosophy of life, presented a talent and dressed up in their best

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Spotlight on Community

**AllianceHealth Midwest
invests in care**

With mental health services in our state disappearing at an alarming rate AllianceHealth Midwest has doubled its commitment to helping patients.

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TITLE

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during the mid-June event.

"I was very shocked," she said. "There were some very strong women in the competition. It took about three days to actually sink in."

She will compete in the national contest for Ms. Senior America in Atlantic City, New Jersey on October 20.

Morgan Schmidt is the mother of five children and has four grandchildren. She grew up in a ranching family, living the cowboy way of life with cattle and horses.

Having an alcoholic father showed her the need to point children to positive choices while they are still young. She and her husband Mike host more than 250 children each year at their Crossroads Ranch where they teach character, work ethic, basic horsemanship and other life skills in a strong, Christian old West setting.

They teach young and old alike to set goals, dream big and live life to the fullest.

Weekly during the summer Morgan Schmidt and her husband welcome a busload of at-risk youth

typically from the Tulsa inner city.

What awaits those kids once they step off the bus is a lesson in a life that tends to stick with them.

"It's all Old West. We don't have any video games," she said. "We teach goal setting and just real strong moral and work ethics and strength and confidence."

"It's pretty fun. It's always entertaining as well. Most do really well and they get a lot of confidence. Most of what they gain is a real strength of character."

Morgan Schmidt is also a counselor and anger management specialist.

Some of the children come in as victims of sexual abuse.

Seeing them open up around the horses is a true blessing she says.

She believes in giving back by volunteering at Tulsa Youth Works, serving as a board member of Bristow Social Services, and the Indigenous People's Foundation (International).

She has worked with the prison/parole program since 1989 and is a Rodeo Queen judge and coordinator.

Family and encouraging people to walk a purposed life, horse training, helping children and adults with horse and life skills at the ranch plus writing books and articles and reciting cowboy poetry are among her many interests.

Morgan Schmidt founded the Crossroads Ranch Ministries and is a member of Chandler Assembly of God Church and the Cowboys' United Cowboy Church. Nearly 200 people came to see the event, held at the Westminster Presbyterian Community Center's basement theatre.



Depew's Dove Morgan Schmidt, 61, won the title of Ms. Oklahoma Senior America and will represent our state at

Morgan Schmidt will now take part in speaking engagements throughout various communities. Her message is simple.

"That women need to keep living," Morgan Schmidt said. "The rest of their years need to be the best of their years. I'm 61 and all the time whenever I go someplace someone says 'Oh, when you get to my age you'll know what I mean.' Almost every single time I'm older than they are but they don't know it."

Several family members were able to attend to see Morgan Schmidt earn her crown. Others anxiously waited for updates via Facebook.

"I would love to encourage other women 60 and older to look into the pageant," she said. "It's a once-in-a-lifetime experience. It's a great way to connect."

Wynelle Record, Oklahoma City Cameo Club member, and previous pageant participant said the pageant is about celebrating senior women and all they still have to offer.

"We were little girls playing grown up and all of us got to be Cinderella," Record said. "We represented the communities we were from."



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WELLNESS

Continued from Page 1

servicing the majority of them live on virtually nothing. Can you imagine living on \$750 a month? For them to be able to do something that they can enjoy and relax and they don't have to worry about how much it costs "

The Salvation Army Central Oklahoma recently received an \$11,600 grant from the Oklahoma City Community Foundation and its Wellness Initiative grant program.

The grant will be used to assist in funding senior men's activity programs, which will allow The Salvation Army to increase its level of service to men at their five senior centers.

On this morning everything was paid for and all the men had to do was reel in the striped bass.

The Salvation Army received the funding the third week of June and by the end of the month Oklahoma City seniors were already dipping their lines into Lake Hefner and pulling out fish.

Sydnor said The Salvation Army received a similar elder grant last year that centered around dance instruction.

"Lots of ladies enjoyed that. We had a great time and a

great turnout but the guys didn't participate," she said. "They don't really participate (overall). The focus of this grant was to identify things men would enjoy."

The funding has helped purchase all needed fishing gear and tackle plus the cost of permits.

"We wanted to find things our seniors could participate in and enjoy and get out. The more you're out and the more you do the better you are, the better you feel and the better your health is. Our goal is to get our men up and moving."

Leatherworking and woodworking classes are planned for July and August.

"As we evaluated our activities at the senior centers, we discovered the men's interest and participation was significantly lower than the women's," Sydnor said. "We are so pleased to receive this grant as it will allow us to provide the activities our senior men have told us they want."

The Wellness Initiative grant will



Participants like Ronald Haywood, Anthony Hudspeth, Ronnie Pruiett, Tony Hooks and Glenda Nash recently enjoyed a morning of fishing at Lake Hefner thanks to the Oklahoma City Community Foundation and Salvation Army Central Oklahoma.

fund wood and leather craft kits; sports equipment for pool, darts, indoor golf and horseshoes; fishing equipment; and, tickets to sporting events. By providing these activities, The Salvation Army strives to increase participation of both men and women in their senior programs.

The Salvation Army Central Oklahoma operates five senior centers throughout the Oklahoma City metro. The centers are open every weekday to seniors ages 55 and older. Seniors have the opportunity to socialize, enjoy lunch and participate in numerous activities that include Bible study, exercise classes, crafts, dancing and much more.

Sydnor said the program is available at no charge to seniors.

Approximately 139,000 Oklahomans receive assistance from The Salvation Army Central Oklahoma Area Command each year through the broadest array of social

services that range from providing food for the hungry, relief for disaster victims, assistance for the disabled, outreach to the elderly and ill, clothing and shelter to the homeless and opportunities for underprivileged children.

For more information on the programs and services at The Salvation Army Central Oklahoma, please visit www.salvationarmyokcac.org.

If you would like more information on the centers or other programs you can contact Sydnor at her office at 405-246-1120.

Centers are open 8 a.m. to 3 p.m. Monday through Thursday. On Fridays the centers are open 8 a.m. until noon. Coffee and snacks are served each morning with lunch at 11:30.

"The best way to plug into a center is just to call us. We can tell you where all the centers are," Sydnor said.

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22nd Annual Art Show at INTEGRIS Cancer Institute

It is the distinct pleasure of the Troy and Dollie Smith Wellness Center at the INTEGRIS Cancer Institute to invite you to our 22nd annual art exhibit dedicated to the curative powers of creativity and to all whose lives have been affected by cancer. This will be our biggest show yet, with more than 200 pieces of art.

Artists of all ages wishing to express how their lives have been affected by cancer will have their work on display. The pieces are individual or collaborative, done by professionals as well as first-time artists. The exhibit showcases all forms of art including fiber, graphics, oil, watercolor, mixed media, photography, pottery, sculpture, writing and poetry. Pieces will be displayed from July 29 through Sept. 9, 2016.

OPENING RECEPTION Artists, cancer survivors, families and friends will be recognized at the 22nd annual Celebration of Life Art Show and Opening Reception on Friday, July 29, 2016, from 5:30 to 7:30 p.m. at the INTEGRIS Cancer Institute, 5911 W. Memorial Road, Oklahoma City, OK 73142. To RSVP for the event, please call 405-951-2277.

OPINION

S THE SAVVY SENIOR

Dear Divorced,

If your ex-husband worked and paid Social Security taxes, both you and your kids may very well be eligible for survivor benefits, but you need to act quickly because benefits are generally retroactive only up to six months. Here's what you should know.

Under Social Security law, when a person who has worked and paid Social Security taxes dies, certain members of that person's family may be eligible for survivor benefits including spouses, former spouses and dependents. Here's a breakdown of who may be eligible.

Widow(er)'s and divorced widow(er)'s: Surviving spouses are eligible to collect a monthly survivor benefit as early as age 60 (50 if disabled). Divorced surviving spouses are also eligible at this same age, if you were married at least 10 years and did not remarry before age 60 (50 if disabled), unless the marriage ends.

How much you'll receive will depend on how much money

Dear Savvy Senior,

Who all is eligible for Social Security survivor benefits? My ex-husband died last year at the age of 59, and I would like to find out if me, or my two kids - ages 13 and 16 - that we had together are eligible for anything?

(earnings that were subject to Social Security taxes) your spouse or ex-spouse made over their lifetime, and the age in which you apply for survivors benefits.

If you wait until your full retirement age (which is 66 for people born in 1945-1956 and will gradually increase to age 67 for people born in 1962 or later), you'll receive 100 of your deceased spouses or ex-spouses benefit amount. But if you apply between age 60 and your full retirement age, your benefit will be somewhere between 71.5 - 99 percent of their benefit.

To find out what percentage you can get under full retirement age visit ssa.gov/survivorplan/survivorchartred.htm.

There is, however, one exception. Surviving spouses and ex-spouses that are caring for a child (or children) of the deceased worker, and they are under age 16 or disabled, are eligible to receive 75 percent of the worker's benefit amount at any age.

Unmarried children: Surviving unmarried children under age 18, or up to age 19 if they're still

Who's Eligible for Social Security Survivor Benefits?

attending high school, are eligible for survivor benefits too. Benefits can also be paid to children at any age if they were disabled before age 22 and remain disabled. Both biological and adoptive children are eligible, as well as kids born out of wedlock. Dependent stepchildren and grandchildren may also qualify. Children's benefits are 75 percent of the workers benefit.

Dependent parents: Benefits can also be paid to dependent parent(s) who are age 62 and older. For parents to qualify as dependents, the deceased worker would have had to provide at least one-half of the parent's financial support.

But be aware that Social Security has limits on how much a family can receive in monthly survivors benefits - usually 150 to 180 percent of the workers benefit.

You also need to know that in addition to survivor benefits, surviving spouses or children are also eligible to receive a one-time death benefit of \$255.

Social Security also provides

Divorced Widow

surviving spouses and ex-spouses some nice strategies that can help boost your benefits. For example, you could take a reduced survivor benefit at age 60, and could switch to your own retirement benefit based on your earnings - between 62 and 70 - if it offers a higher payment.

Or, if you're already receiving retirement benefits on your work record, you could switch to survivors benefits if it offers a higher payment. You cannot, however, receive both benefits.

You also need to know that if you collect a survivor benefit while working, and are under full retirement age, your benefits may be reduced depending on your earnings.

For more information, visit ssa.gov/survivorplan or call 800-772-1213.

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.

Dear Savvy Senior,

What can seniors do to protect themselves from identity theft? My brother-in-law, who's 77, recently had his identity stolen and I want to make sure it doesn't happen to me.

Worried Relative

Dear Worried,

Great question! Each year around 17 million people fall victim to identity theft, which happens when someone gets access to your Social Security number, bank or credit card account number, or other identifying information and uses it to steal from you. Here are some free steps you can take to reduce your risks.

Guard your personal information: Never give your Social Security number, credit card number, checking or savings account numbers to anyone unless you initiate the contact. Also, do not carry your Social Security card around in your wallet or purse, and don't carry around your Medicare card either unless you're going to the doctor.

Get off mailing lists: Put a stop to preapproved credit-card offers, which is a gold mine for ID thieves. To do this visit optoutprescreen.com or call 888-567-8688 - they will ask for your Social Security number and date of birth. You can stop other junk mail at dmachoice.org, and reduce telemarketing calls at donotcall.gov.

Use strong passwords: To safeguard your personal data on your smartphone or tablet don't use a password that's easy to hack, like 1234 or 0000. Also, make your computer passwords more than 8 characters long, with uppercase and lowercase letters, numbers, and symbols like # and %, and use different passwords on different accounts. If it's hard to remember them, try a password manager service like dashlane.com, truekey.com or lastpass.com.

Be wary of unknown emails: Never click on links in emails from strangers, or those that claim to be from the Social Security Administration, IRS or other government agencies, or from your bank, phone or credit card company warning of a "problem." This can result in identity-stealing malware being installed on your computer. To protect your computer from malware, install antivirus software (see avg.com and avast.com for free options) and set up automatic security updates and full weekly

scans.

Secure your mail: Empty your home mailbox quickly or buy a locked mailbox to deter thieves. And mail outgoing payments from a U.S. Postal Service mailbox or the post office, not from your more vulnerable home mailbox.

Get safer credit cards: If you don't already have one, get an EMV chip credit card from your credit card provider. They're much more difficult for fraudsters to hack than magnetic strip cards.

Shred unneeded documents: Buy a crosscut paper shredder so you can shred all unneeded records, receipts, statements, preapproved credit offers or other papers you throw out that has your financial or personal information.

Monitor your accounts: Review your monthly bank and credit card statements carefully, and see if your bank or credit card issuer offers free alerts that will warn you of suspicious activity as soon as it's detected. If they do, sign up for them or use eversafe.com, which will do it for

you for a small fee.

Watch your credit: Check your credit report at annualcreditreport.com or call 877-322-8228. You can receive one free report a year from each of the three major credit bureaus (Equifax, Experian and TransUnion), so consider staggering your request so you can get one free copy every four months.

Set up security freezes: If you don't plan to apply for new credit, loans, insurance or utility services, freeze your credit reports so crooks can't open up new accounts in your name. Rules vary by state, but the \$5 to \$20 fee is waived if you're 65 or older, or show proof of past ID theft. Security freezes are set up at all three credit bureaus at equifax.com, experian.com and transunion.com.

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.

10 Ways Seniors Can Avoid Identity Theft

Prescription Drug Abuse Threatens Lives of Oklahomans

It is no secret that prescription drug abuse is Oklahoma's largest drug problem, taking a toll on too many Oklahomans and their families. Of the more than 5,300 unintentional poisoning deaths in Oklahoma from 2007 to 2014, about 80 percent involved at least one prescription drug and nearly 90 percent of those deaths involved prescription painkillers (opioids).

In recent years, the numbers of unintentional poisoning deaths have surpassed deaths from motor vehicle crashes. More unintentional poisoning deaths involve hydrocodone or oxycodone, both prescription painkillers, than alcohol and all illicit drugs combined. Adults ages 35-54 years have the highest death rate of any age group for prescription overdoses.

The Oklahoma State Department of Health (OSDH) offers the following suggestions for preventing prescription drug overdoses:

- Tell your healthcare provider about all medications and supplements you are taking. Opioids, in combination with other depressants such as sleep aids, anti-anxiety medications, or cold medicine, can be dangerous.
- Only take medications as prescribed and never more than the recommended dosage. Use special caution with opioid painkillers.
- Never share or sell prescription drugs.
- Dispose of unused, unneeded, or expired prescription drugs at approved drug disposal sites.
- Call 211 for help finding treatment referrals.
- Keep all pain medications in a secure place to avoid theft and access to children.
- Keep medicines in their original bottles or containers.
- Never drink alcohol while taking medication.
- Put the Poison Control number, 1-800-222-1222, on or near every home telephone and cell phone for 24/7 access.
- If you suspect someone is experiencing an overdose, call 911 immediately.

For more information on prescription drug overdose prevention, contact the OSDH Injury Prevention Service at (405) 271-3430 or visit <http://poison.health.ok.gov>. For help finding treatment referrals, call 211. To report illegal distribution or diversion of prescription drugs, call the Oklahoma Bureau of Narcotics and Dangerous Drugs Control at 1-800-522-8031.

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COMMUNITY

AllianceHealth Midwest invests in care

by Bobby Anderson
Staff Writer

With mental health services in our state disappearing at an alarming rate AllianceHealth Midwest has doubled its commitment to helping patients.

The hospital has opened a new mental health unit featuring 32 patient rooms, large community rooms, a group therapy room and occupational therapy room. The hospital now has 72 beds and has a special focus for seniors.

In behavioral health for 25 years, James Hutchison was brought in by the health system to open the new unit.

"They needed experienced

leadership from the psychiatric perspective," Hutchison said. "They needed someone to grow them through the expansion. I fix things."

Hutchison said for the last year the hospital was forced to turn away 75 seniors and 25 adults each month due to space restrictions.

The hospital applied to the state for a certificate of need in order to begin building.

Judy Anderson, RN, has been a nurse for 37 years now. She said the new facility is a blessing for all involved.

"This is going to be really nice for seniors, it's state of the art, it's



James Hutchison, Judy Anderson, RN and Gloria Ceballos, RN, PhD are spearheading a new mental health facility that serves seniors.

something for them," Anderson said. "I think people tend to push seniors back and we're pushing seniors forward and that's what I think is so important. A lot of people will instead of dealing with someone with Alzheimer's or dementia they'll put them in a nursing home and just not deal with them."

DEALING WITH THE PROBLEM

Anderson understands that just because someone begins to show signs of dementia or Alzheimer's doesn't mean that they immediately need to be in a long-term care facility.

"If we have them here sometimes we can get them on the right medication and they can go home and live successfully there for years," she said.

Anderson said many times when you begin seeing a change in your loved one it can be spurred by treatable medical conditions sometimes as simple as a urinary tract infection.

"If we can get them in here early enough and address their medical problems early onset dementia can be stopped with (medication) and they can go home and lead a normal life for a long time. We just have to get the public aware there are other alternatives."

"People don't live it until their parents have it."

Gloria Ceballos, RN, PhD,

serves AllianceHealth Midwest as the chief nursing officer. She said the hospital has a special focus on senior adults.

"It's a commitment because our community needs it," Ceballos said. "This unit will never cure anybody. This unit is here to address the crisis. We do know how to treat them with medications or trying some other treatment and incorporating the family."

Hutchison said having a facility like this in place not only helps the patients and their families but the community as a whole.

When an untreated mental health patient acts out often times law enforcement is called.

"They pick up people with mental health issues and they don't have any place to take them," Hutchison said. "They take them to the emergency department because that's their only option. There emergency department holds them one to two hours or one to two days. If that person is under arrest the officer has to stay with them that whole time which takes them off the street for hours."

Once the patient leaves the hospital, Hutchison said they will often commit a crime whether intentionally or unintentionally.

"We've had a lot of patients say they don't know what else to do. They do this because they don't have any place to live or

See ALLIANCE Page 7

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“Festival of Quilts 2016”

The Edmond Quilt Guild holds event in Edmond

Edmond Quilt Guild members are enthusiastically organizing their 5th biennial “Festival of Quilts” coming July 8-9, and this year’s quilt show promises to live up to its past success.

The Festival of Quilts is a juried show, with entries from master and amateur guild members in multiple categories: Pieced, Applique, Mixed Technique, Art & Innovative, Pictorial, Small Scale, Holiday, and Modern Quilts, with special judging for group quilts and first-time entrants. There are also special awards for Best Hand-Quilting, Best of Show, and Judges and Viewers Choice.

This year’s judges are JoLynn O’Neil of Lone Camp Quilting in Santo, Texas, and Betty New of Naples, Florida. Both judges have won numerous awards at quilt shows and are excited to bring their unique perspectives to Edmond. JoLynn is a professional long-arm quilter, and Betty is an experienced judge, teacher, and pattern designer, with national recognition from the American Quilters Society in Paducah, Kentucky, the International Quilting Association in Houston, Texas, and the National Quilting Association in Columbus, Ohio.

In addition to the marvelous quilts on display, quilt show attendees will enjoy a wide variety of vendors, as well as the Edmond Quilt Guild’s own Artisan Marketplace. This area features all sorts of fun items made by guild members. Here you’ll find traditional, modern, scrappy, and vintage treasures. And, of course, no Edmond quilt show would be complete without a generous supply of door prizes.

This festival is just one of the ways the Edmond Quilt Guild preserves, teaches and shares the history and art of quilting. Proceeds from the show allow members to provide a loving touch to the community by creating handmade placemats for Edmond’s Meals on Wheels and donating baby, youth, and lap quilts to OU Medical Children’s Center, the HOPE Center, Edmond Fire Department, and the Infant Crisis Center.

The grand event will take place on Friday, July 8th, and Saturday, July 9th, from 9am to 5pm both days. Admission is \$7.00 per day and parking is free and plentiful. Be sure to drop in and see all the beautiful quilts for yourself at the Memorial Road Church of Christ, 2221 E Memorial Rd, Edmond, OK, 73013. More information available at <http://www.edmondquiltguild.us>.

ALLIANCE

Continued from Page 6

get medicine,” Hutchison said. “It causes a huge problem for law enforcement and the community because there is no place for them to go.”

The new facility will serve as a stabilization and treatment point at a time when providers are leaving the mental health arena.

“This hospital has basically invested a huge amount of money at a time when a lot of other places are closing,” Hutchison

said. “Everybody knows about the legislative issues with funding so at a time when everyone is scaling back we spent a fortune on this floor.”

Providing a safe transition point is the focus and Anderson says AllianceHealth Midwest nurses are there to serve seniors in whatever capacity they need.

“I think one of the most important things we do here is not medication it’s listening, listening to the family about the problems and listening to the patient to find out what’s really going on,” Anderson said.

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Senior Helpers, the nation's premier provider of in-home senior care, today announced the official opening of its Greater Oklahoma City North location, to be managed and operated by husband and wife team John and Laurie Stansbury together with their partner, Sharon Johnson MSN, RN, CNE, who will serve as president and chief nursing officer. The new franchise will serve senior citizens and their families throughout the Greater Oklahoma City area, which includes Edmond, Deer Creek, Piedmont, Warr Acres, Bethany, Yukon, Mustang, Midwest City, Del City, Moore-Norman, and Guthrie. It hopes to bring more than 50 new jobs to the region over the next year. Senior Helpers' professionally trained caregivers will help local seniors continue to enjoy the comfort of their own home despite age-related illnesses and mobility challenges.

"All three of us have personal experience caring for a family member living with early onset Alzheimer's, and we understand profoundly how challenging it can be without the proper care," said Laurie. "Through Senior Helpers, we're providing a valuable



Left to right: John and Laurie Stansbury partner with Sharon Johnson MSN, RN, CNE open the Greater OKC North Senior Helpers location.

resource by helping to alleviate this stress and ensure a better quality of life for families in our community through personalized in-home senior care." Sharon

adds, "Over the years, Senior Helpers has established itself as the best option for navigating the challenges of in-home senior care"

See HELPERS Page 9

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405.820.4058

5712 Goldfinger Road. Oklahoma City/Mustang On County Line Rd.
Just North of SW 59th

*BY 7/31/16

HELPERS

Continued from Page 8

today, and we are proud to be a part of this company."

Founded in 2002, Senior Helpers operates with a vision to be the leading home care company in each community it serves. Its caregivers in Oklahoma City are fully trained and certified to offer the highest level of care possible based on the company's Senior Gems® Alzheimer's and Dementia care program. As the gold standard for excellence in personalized in-home senior care, the program was developed in conjunction with nationally recognized dementia care expert Teepa Snow and is endorsed by the Alzheimer's Foundation of America and the American Society on Aging. Local residents will also benefit from the company's new Parkinson's Care Program, a specialized training and certification program created in conjunction with leading experts from the National Parkinson Foundation's Center of Excellence.

"We're pleased to welcome Laurie, John and Sharon to

our team as the newest Senior Helpers franchise owners," said Chris Buitron, vice president of marketing for Senior Helpers. "This amazing triobring a passion for their community and an acute understanding of in-home senior care to their new roles. This will serve them well and also will be rewarding for seniors and families living in Oklahoma City and the surrounding area."

Senior Helpers is the nation's largest premier in-home senior care company in the U.S. with over 270 franchised businesses operating across the country. Founded in 2001 with a vision to help seniors who wish to remain in their homes despite age-related illnesses and mobility challenges, Senior Helpers has now cared for tens of thousands of seniors with a pledge to provide "care and comfort at a moment's notice." Senior Helpers offers a wide range of personal care and companion services, including trained Alzheimer's, dementia and Parkinson's care, to assist seniors who wish to live independently. Learn more by visiting <http://www.seniorhelpers.com>.

STRANGE BUT TRUE

SO THEY SAY...

SBT It is estimated that millions of trees in the world are accidentally planted by squirrels who bury nuts and then forget where they hid them!

SBT Ernest Vincent Wright wrote a novel, "Gadsby", which contains over 50,000 words -- none of them with the letter E!



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*SLU's Administrator Level 1 course is listed as recommended references on NAB's website.
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Space is Limited
Register Now**
Call (405) 235-5000 or okala.ed@att.net

2016 Class Dates
Updated with New & Additional Dates
August 11, 12, 15, & 16, 2016
November 3, 4, 7, & 8, 2016
Class Location: Gemini Bldg, 3101 Tinker Diagonal, 1st Floor Training Room, Oklahoma City, OK

Oklahoma State Regulation 2016 "BOOT CAMP"

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*OKALA Members receive a \$25 discount off of registration fee.

\$150*
Per Person & Includes Binder
Space is Limited
Register Now
Call (405) 235-5000 or okala.ed@att.net

2016 Class Dates
July 28, 2016
*Class will be held in Tulsa
September 30, 2016
December 8, 2016
Class Location: GEMINI Bldg, 3101 Tinker Diagonal, 1st Floor Training Room, Oklahoma City, OK



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SPECIAL TO SN&L

Local non-profit organization celebrates 25 years

By Ron Hendricks

Hearing Loss Association of America Central Oklahoma Chapter (HLAA) celebrates 25 years of service to Oklahomans.

HLAA is a 501(c)(3) group that exists to support those who have a hearing loss. HLAA is a support group, but is so much more. HLAA educates people with hearing loss to help them learn to live successfully in a hearing world. HLAA lobbies locally and nationally for Medicare and insurance support for hearing aids. Hearing loss is a disability protected by the Americans with Disabilities Act of 1990. HLAA offers information on listening assistive devices thru the Faye Donalson Hearing Helpers Room. HLAA gives scholarships to students desiring a higher education.

Hearing Loss Association exists for the purpose of creating a safe place for those with hearing loss and those who love 'em to gather and talk about hearing loss and many other subjects of interest. We offer a safe place for our members to learn to get along in a hearing world. Our national association, Hearing Loss Association of America is a major lobbying organization. They have worked; to get our Congress to enact legislation to include hearing aids in insurance policies; to get movies and TV to caption their products; to reach out to the military to assist returning GIs; create awareness among the general population of the needs of the hearing impaired; to the professionals in the hearing industry; to business & local governments to create hearing friendly environments for people with hearing loss and on and on and on. Our local group is an extension of all that.

An ice cream social will mark HLA's 25th Anniversary. The social will be held on August 6th, 2-4PM, at the Lakeside Methodist Church, 2925 NW 66, OKC., Oklahoma City and is open to the public at no admission charge. At that time HLAA will also recognize the two scholarship winners, Ashton Darling attending Oklahoma State University and Shaun Bainter who will be attending Oklahoma University.

There was recently a cartoon published where a husband and

wife were sitting on the couch. He said to her, "Turn on the light, please, so I can hear you." She responded, "I know what you mean, I can't hear you without my glasses." It would be funny if it weren't for the fact that something like one million Oklahomans live with a hearing loss. Many Oklahomans with hearing loss will augment what hearing they have by reading lips. So do your friends a favor by not covering your mouth when you speak, and look at them when you talk, that is only a common courtesy any way.

Summer is fast approaching and activities loom on the horizon -- concerts, plays, lake and pool activities, and many more. But, imagine that you can only partially hear the music, the laughter of friends, or that you miss out on family conversations around the dinner table. Hearing loss is a major, and invisible, problem. Hearing loss is no respecter of age, race, or sex. Hearing Loss Association of America Central Oklahoma Chapter (HLAA) has been working for 25 years to help those with a hearing loss live in a hearing world.

May was good hearing month so HLAA asks, "What have you done to protect your hearing?" Our hearing is assaulted daily by damaging sounds. The sound of a lawn mower is enough to cause hearing damage. Imagine what loud music introduced directly into the ear with ear buds might so. Concerts, motors, even driving with the windows down create enough noise to harm your ears. There are several ways to protect your hearing; move away from the sound, turn down the volume, or wear some hearing protection are just a few.

Many ignore the fact that they are having problems hearing. Do you find that you often ask others to repeat themselves? Do people tell you that you have the TV turned too loud? Does everyone mumble? May be it is time to admit that your hearing is getting weak. HLAA encourages you to see a hearing professional. HLAA can assist if you have questions. Yes hearing aids are expensive and

in most cases health insurance is no help. HLAA is working to encourage insurance companies to cover the cost of hearing exams and hearing aids.

Hearing loss will continue to grow in the future with thousands of our finest young men and women returning from active military duty. Hearing loss the most prevalent injury among returning veterans so HLAA is very actively developing programs to assist the veteran.

The annual national HLAA convention is held each June to highlight and inform members of technical and medical advancements in the hearing industry. Nationally known speakers, workshops, and Continuing Education Units are a major part of the convention. The Central Oklahoma Chapter is proud to announce that one of our members, Wanda Evans, received an award for Spirit of HLAA at the most recent convention. HLAA offers 17 awards nationally and our local chapter regularly brings home awards.

Central Oklahoma Chapter of HLAA is extremely proud of our Faye Donalson Hearing Helper's Room. The Hearing Helper's Room (HHR) displays many assistive listening devices and is staffed entirely by volunteers. We think this is the only

facility like it in the entire country. Yes there are other places where you can see and buy items but these 'stores' are normally operated as a business or governmental agency and have a paid staff. Our HHR is a demonstration room only. You cannot buy anything here. You may take an item home for a trial at your leisure. If you have questions the volunteers are extremely knowledgeable and are able to direct you to a professional for assistance. The HHR was established 18 years ago by our member, Faye Donalson and we are proud to have her name on our door.

The Mission Statement of Hearing Loss Association of America states that our goal is to open the world of communication to people with hearing loss by providing information, education, support and advocacy. HLAA's primary purpose is to educate ourselves, our families, friends, coworkers, teachers, hearing health care providers, industry, government, and others about hearing loss. And we advocate for communication access in the workplace, hotels, schools, court systems, medical, and entertainment facilities. We invite you to be a part of HLAA. Visit our website at www.OKCHearingLoss.org

Our Classifieds Get Results!

SENIOR NEWS & LIVING CLASSIFIED MARKET PLACE

<p>Don Wallace Amazed At Response to Ad in Senior News and Living</p> <p>"Yes, I still go fishing. Each year Pat and I escort a group to Sportsman's Lodge in Canada which is August 1 to 6. I was truly amazed at the response we got when I placed a classified ad in the Senior News and Living monthly newspaper: "It worked Well for me." I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012. For a brochure and details about the Canadian Trip, Call me at 405-470-5106. Don Wallace, The Wallace Wildlife Show</p>	<p>FOR SALE</p> <p>CEMETERY LOTS. Grand Memorial Cemetery located South of Law Road, Center of Ok. Circle. 4 spaces. A.B. Co. Section 4. 21st & 19th Sts. 205-787-9556</p> <p>Obtain C-Pap Masks and Supplies from Home Care Medical. 4401 South Walker, OKC. 235-1408 Insurance, Medicare and Medicaid Accepted.</p>	<p>HELP WANTED</p> <p>Senior caregivers needed for fellow seniors to provide companionship and care. Transportation Required. Please call to learn more. (405) 259-9155.</p>	<p>PRICE PER 25 WORDS</p> <p>1 Month.....\$14.96 3 Months.....\$29.55 6 Months.....\$42.12</p> <p>Classified ads are prepaid only. Deadline is second Friday each month.</p> <p>ADD A PHOTO, ONLY \$5 MORE!</p> <p>Send ad and payments to: Senior News and Living, 450 N. Classen Blvd., Ste. 106, Oklahoma City, OK 73118</p>
<p>FOR SALE</p> <p>Hoveround MPV 4 Power Chair. \$550.00 cash. Firm. Can deliver. 405-606-2746.</p>	<p>RESTHAVEN GARDEN OF MEMORIES, DOUBLE LAWN CRYPT. Granite and Granite memorial. Regular price which includes opening and closing, \$10,990.00. Our price, \$5,500, includes everything. 405-387-4831 or 405-406-9046.</p>	<p>SERVICES</p> <p>SENIOR FRIENDLY REALTOR. Home Selling made easy FREE no obligation consultations. Tonya Yaroma (405) 990-6181 Metropolitan Real Estate "Buying or Selling... call me!"</p>	<p>TRAVEL</p> <p>Travel Tours 211 Hwy. 51, Wagonair, OK (918) 456-8995, 1-800-331-9182</p> <p>Kinvald Tours 209 S. Country Club Road El Reno, OK 73036 (405) 324-8888</p>

Don Wallace Amazed At Response To His Ad...

"Yes, I still go fishing. Each year Pat and I escort a group to Sportsman's Lodge in Canada which is August 1-2." "I was truly amazed at the response we got when I placed a classified ad in the



Senior News and Living monthly newspaper. It worked well for me." I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012.

Don Wallace, The Wallace Wildlife Show
For a brochure & details about the Canadian Trip
Call me at 405-470-5106

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 Reminisce 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	*		*	*	*	*	*	*	*	*		
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	meadowlakesretirementvillage.com	*			*	*		*	*	*	*		
Timberwood Senior Housing <i>Senior Housing</i>	100	OKC	405-619-0079		*	*	*				*	*	*			
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.meridiansenior.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.

To Advertise Your Business in the next issue



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A volunteer-driven transportation service providing safe, reliable, personalized and affordable rides to seniors (60+) and visually impaired adults to their destination of choice, 24/7, in private vehicles throughout OK County.



The Independent Transportation Network of Central Oklahoma, ITNCO, a newly established non-profit affiliate of ITN America, marks its' one-year operational milestone this month. Currently ITNCO provides an average of 100 rides/month throughout the metro area. This new non-profit is guided by a strong and active board of directors with financial support from community grants and funds from local medical institutions and private donors.

In order to continue to serve an increasing number of riders, ITNCO seeks additional volunteer drivers from the greater OKC metro area.

Volunteers may choose which days and times they drive/week ranging from one afternoon or morning/week or more depending on weekly schedules and needs. Volunteers may "bank" their miles driven for their own future use or for another member of their congregation or organization. Volunteers receive a free rider membership that they can also share with a family member or friend.

Interested volunteer drivers may sign up at www.itncentraloklahoma.org and receive personal training and guidelines before giving first ride. Once confirmed, drivers receive email or text notices when rides are requested. The ITNCO friendly staff finalizes arrangements and sends a complete ride summary to volunteers in advance of each scheduled ride. Details on rider memberships and benefits to volunteers are listed on the ITN Central Oklahoma website, www.itncentraloklahoma.org.

"I enjoy getting to know my riders while driving them to the bank, dentist, beauty shop or store. I have driven a former teacher, doctor, sales manager, priest and nurse and each are so grateful and appreciative for the ride that I get a lift while giving one!" -Volunteer driver

In short, our ride service allows seniors to remain active and engaged in their community.

WAYS TO ASSIST INCLUDE:

- Schedule a presentation at your house of worship or community organization
- Volunteer as a driver online or contact Tracy, 602-1558
- Donate to ITNCO, a 501c3, or donate a Rider Membership (\$50)
- Tracy Senat, Executive Director, info@itncentraloklahoma.org

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HEALTH

ST. ANTHONY HOSPITAL OPENS PAVILION

St. Anthony Hospital opened its new Pavilion on Wednesday, June 22. The Pavilion, located on the east side of the campus and accessible from its Walker Avenue entrance, houses a new 36 bed emergency department, two 24 bed intensive care units, and a 24 bed progressive care unit. The 111,000 square foot, four-story facility project represents the crowning point of the hospital's \$220 million campus expansion plan announced in 2004 after it affirmed its decision to stay in Midtown. The emergency room is the first department to open in the new facility on June 22, followed by the opening of

the new progressive care unit and the two new intensive care units over the next two weeks. "We are excited about the Pavilion completion, as it represents significant enhancements for the benefit of our patients," stated Tammy Powell, president, St. Anthony Hospital. "Our new emergency room, intensive care units and progressive care unit expand our capacity to accommodate the growth of patients seeking care through our state-wide rural affiliate network and four St. Anthony Healthplex campuses in Oklahoma City. The facility features many medical care advancements to improve upon



The recently opened St. Anthony Pavilion was designed by Rees and Associates and constructed at a cost of \$53 million with Turner Construction Company as general contractor.

the exceptional care we provide as well as improve the patient and visitor experience."

The Pavilion expands the St. Anthony Emergency Room to 34 exam rooms and increases the hospital inpatient beds by 72. St. Anthony Hospital's total inpatient licensed beds with the new expansion is 774 beds.

In 2003, St. Anthony Hospital announced it was contemplating a move because the Midtown area was in significant decline. Dilapidated buildings were common place in Midtown, and very little business investment was occurring outside of the hospital complex. In 2004, after collaborating with community and civic leaders, the hospital

made the decision to stay in its 100+ year home. St. Anthony revealed an aggressive redevelopment plan for its campus. The City of Oklahoma City committed to provide assistance with streetscapes and traffic flow improvements. Over the past 12 years, the hospital invested in upgrades of patient care and common areas, redesigned and expanded its east entrance, opened a new medical office building, rehabilitation unit and \$30 million surgery center, and completed numerous campus beautification projects.

City improvements in the area included the construction of two roundabouts as well as numerous streetscape projects. The City also offered assistance with the removal of dilapidated buildings. As improvements in the area were made, Midtown became an attractive area for developers. Today, Midtown is vibrant as a walkable community with restaurants, entertainment, housing and retail growth.

Rees and Associates were the architects for the \$53 million project, and Turner Construction Company was the general contractor.

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Take a stroll through one of these VirtualTourist recommended City parks.

Central Park, New York City, N.Y.

New York City's Central Park is perhaps an obvious choice, but hard to beat. Central Park was the first public park built in America, and was constructed in the middle of the 19th century to create a breathing space for the 500,000 people then living in New York City. It occupies 843 acres of prime real estate between Fifth and Eighth Avenues, stretching from 59th Street south to 110th Street north. On any given day you will find New Yorkers and tourists there in numbers, making full use of this wonderful green oasis in an otherwise manic city. Whether walking, jogging, running, exercising dogs or themselves, boating on the lake, playing ball, catching up with friends on one of the many benches or simply lying in the sun -- there are so many ways in which to enjoy Central Park. VirtualTourist members say one of their favorite things is to take a walk in the part of the park known as the Ramble, a protected ecosystem that feels more like the woods than a park, and then relax for a while on a bench watching the rowers on the lake. Other activities include a visit to Central Park Zoo, a ride on the carousel and a walking tour.

St. James Park, London, England

St. James Park, the oldest Royal Park in London, is surrounded by three palaces -- Westminster, the oldest, and now the Houses of Parliament, St James' and, of course, Buckingham Palace. While VirtualTourist members say that all the London parks provide a welcome green oasis, St. James has the edge. Perhaps it's the lovely lake with so many beautiful water birds, or maybe the great views to be had from its bridge. Stand there for a while and look toward Whitehall -- the domes and cupolas will make you think you are somewhere far more exotic than London. Then turn to look the other way and you'll see one of the city's most famous buildings, Buckingham Palace, which some say looks better from this distance than close up. This is also a great park for picnics, and for

people-watching. So linger a while on the benches -- or why not follow a great London parks' tradition and hire a deck chair? And if you're looking for refreshments, the park has an excellent restaurant and several snack kiosks. VT Tip: The famous resident pelicans are fed every day at 2:30 p.m.

Kings Park, Perth, Western Australia

One of the world's largest and most beautiful inner-city parks, Kings Park in Perth has Aboriginal and European history, wonderful views of the city and the most spectacular Western Australian Botanic Garden, which displays more than 3,000 species of the state's unique flora. There are sculptures, water gardens, a treetop walk, a gift shop, cafes and restaurants, wildlife and much more. One of the most moving experiences is the Memorial Walking Trail (1 mile). Along the war memorial path, you will pass the Flame of Remembrance whose flame never goes out. A look at it and you can see four torches, each one represents one of these forces -- Navy, Air Force, Army and Women's Services. It is a place to come and stand in silence, remembering the Western Australians who served in the wars and lost their lives. Around the walls are the names of all the major battlefields and there are plaques with the names of the Victorian Cross and the George Cross recipients from Western Australia.

Deukmejian Wilderness Park, Glendale, Calif.

Not many small- or medium-size cities can boast of three mountain ranges within its border, but Glendale, California, does. Stretching east and north from the San Fernando Valley, the city takes in substantial parts of the San Rafael Hills and the Verdugo Mountains, plus a small slice of the San Gabriel Mountains at the city's northern extremity. At this northernmost spot in Glendale, overlooking the foothill communities of La Crescenta and Tujunga, lies Deukmejian Wilderness Park, named after former California Governor George Deukmejian. The 709-acre wilderness park features a picnic area, amphitheater, miles of hiking trails and plenty of parking. It is



Central Park, New York City.



St. James Park, London.

home to the historic Le Mesnager Barn, built in 1914, which the city is committed to turning into an interpretive center in the not-too-distant future. It is also home to the city's robust volunteer Trails and Open Space program, which provides the community with opportunities for habitat restoration, interpretive programs, trail maintenance and trail safety patrols. The park is open from 6 a.m. until one hour after sundown and entrance is always free. VirtualTourist members say one of their favorite things here is the amazing views of Los Angeles, stretching as far as Santa Monica and Catalina Island on a clear day; as well as the animal spotting. Keep an eye out for numerous species of mammals, including coyote, mule deer, gray fox, bobcat and mountain lion, as well as a vast array of common lizards, snakes and 23 species of birds, including California quail, northern flicker, scrub jay, Nuttall's woodpecker, American kestrel and Cooper's, red-tailed and red-shouldered hawks. Golden eagles and California black

bears have also been spotted!

Kandawgyi Park, Yangon (Rangoon), Myanmar

If the bustle of downtown Yangon is getting to you, you may want to go for a relaxing stroll in the Kandawgyi Park, which translates as Royal Lake. There are plenty of shaded areas and it is very peaceful. The centerpiece of the park is the large Karaweik (Royal Barge). This is not an ancient monument, but a modern construction that houses a function hall amongst other things. As well as the Karaweik, there is a small children's zoo and play area and various food outlets. The park also serves as a venue for pop concerts on the weekends. Somewhat incongruously, you may spot a fully camouflaged tank nestled amongst the bushes and there is a bevy of black swans on the lake making the entire scene quite beautiful. There is an admission charge for foreigners, about \$2 USD.

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Date/ Day/ Location/ Time/ Registration # Instructor
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July 8/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards S.W. Medical Center -4200 S. Douglas, Suite B-10
July 12/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky Rose State, Professional Tng. & Ed. Ctr. - 1720 Hudiberg Drive
July 15/ Friday/ Okla. City/ 9 am - 3:30 pm/ 297-1455/ Palinsky Will Rogers Senior Center - 3501 Pat Murphy Drive
July 19/ Tuesday/ Edmond/ 9 am - 3:30 pm/ 210-6798/ Palinsky AARP State Office - 126 N. Bryant
July 22/ Friday/ Okla. City/ 9 am - 3:30 pm/ 752-3600 478-4587/ Reffner Mercy Hospital - 4300 W.Memorial Rd.
July 25/ Monday/ Shawnee/ 9 am - 3:30 pm/818-2916/ Brase Shawnee Senior Center - 401 N. Bell St.
Aug 4/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Palinsky Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100
Aug 16/ Tuesday/ Norman/ 9 am - 3:30 pm/ 307-3176/ Palinsky Norman Regional Hospital - 901 N. Porter
Aug 19/ Friday/ Okla. City/ 9 am - 3:30 pm/ 376-1297/ Palinsky Woodson Park Senior Center - 3401 S. May Ave.
Sept 1/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Edwards Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100
Sept 7/ Wednesday/ Norman/ 9 am - 3:30 pm/ 307-3176/ Palinsky Fowler Toyota - 4050 Interstate Drive

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



SENIOR TALK

Read what other Seniors have to Say...

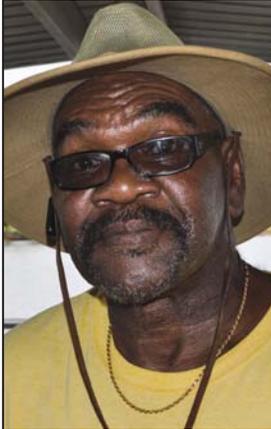
What would be the first thing you would do when elected president?

If I was elected president I would try to meet with all the countries having problems with Al-Qaeda and figure out how to live on the planet together.



Glenda Nash

The first thing would be to make sure all the elderly had their benefits and make sure everyone had insurance.



Ronald Haywood

Each Month We Visit With Seniors Throughout The State

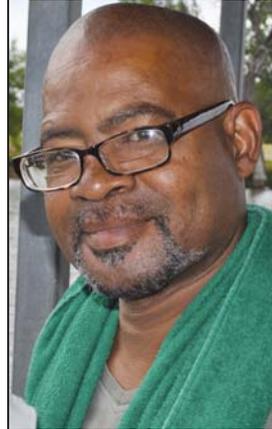


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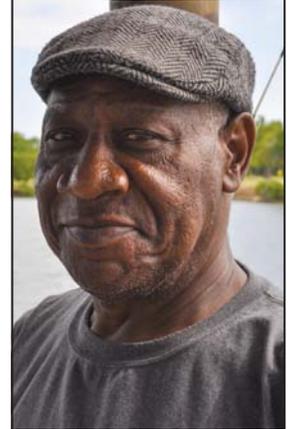
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Ronnie Pruiett

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CROSSWORD CORNER

Across

- 1 Principal introduction?
- 5 Ladybug lunches
- 11 Handle for a chef?
- 14 "Yikes!"
- 15 Bully
- 16 '60s-'70s news focus, informally
- 17 Allowance for food, vet visits, etc.?
- 19 Old sports org. using colorful balls
- 20 Place to play
- 21 PC key
- 22 Some execs
- 23 Bedtime for bats?
- 27 Annual New England attraction
- 31 Mutt
- 32 "___ a traveler ...": "Ozymandias"
- 33 Dolts
- 36 First Poet Laureate of Vermont
- 40 Threw a tantrum at ballet school?
- 43 You might wake up to one
- 44 Satirist once dubbed "Will Rogers with fangs"
- 45 Heavily sit (down)
- 46 Draft choice
- 48 Lost it
- 50 Decisive "Star Wars" victory?

Down

- 55 Eclectic online reader
- 56 Slime
- 57 Treacherous type
- 62 Beads on blades
- 63 Answer to "What did people listen to during the Depression, se-or?"?
- 66 Poetic preposition
- 67 Landlocked African country
- 68 When some ties are broken, briefly
- 69 Clear
- 70 Grant
- 71 Part of CSNY

Across

- 24 Awestruck
- 25 They might cause jitters
- 26 Snit
- 27 Maine forest sights
- 28 Arabian sultanate
- 29 Toy for an aspiring architect
- 30 Repeat
- 34 DOT agcy.
- 35 The "e" sound in "tandem"
- 37 Ceramic pot
- 38 Dinner on the farm, maybe
- 39 Enter, in a way
- 41 Where to nosh on a knish
- 42 Wire service?: Abbr.
- 47 Captivate
- 49 St. Petersburg's river
- 50 More boorish
- 51 Comic Cheri
- 52 Single
- 53 Some floats
- 54 Essence
- 58 "Let's do it!"
- 59 C-ctel fruit
- 60 They may be inflated
- 61 Author who created Zuckerman
- 63 Barbecue seasoning
- 64 Prefix with meter
- 65 Carpenter's tool

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Answers on page 21

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OMRF scientist receives American Aging Association



Oklahoma Medical Research Foundation scientist Holly Van Remmen, Ph.D.

Oklahoma Medical Research Foundation scientist Holly Van Remmen, Ph.D., has received the Denham Harman Award from the American Aging Association. The honor, the highest bestowed by the organization, was presented to Van Remmen at the Aging Association's annual meeting in Seattle earlier this month.

Established in 1978, the prize is a lifetime achievement award that recognizes scientists who have made significant contributions to the field of research in aging.

Van Remmen joined OMRF in 2013 and heads the foundation's Aging & Metabolism Research Program. Prior to that, she spent more than two decades as an aging researcher at the University of Texas Health Sciences Center in San Antonio, where she earned her Ph.D. in 1991.

Her work has focused on age-related muscle loss and amyotrophic lateral sclerosis, also known as Lou Gehrig's disease. During her career, she has made a series of important insights on muscle degeneration, and this past year she led study that found new links between traumatic brain injuries and neurodegenerative conditions.

"This is such a nice honor for me personally," said Van Remmen, who was named the G.T. Blankenship Chair in Aging Research at OMRF in April. "But this award also lets me know that our colleagues across the country now recognize Oklahoma as a force in research on aging."

In 2015, working with scientists at the University of Oklahoma Health Sciences Center and the VA Medical Center, she helped secure a Nathan Shock Center of Excellence in the Biology of Aging grant—one of only six awarded nationwide—from the National Institutes of Health. With OUHSC's Arlan Richardson, Ph.D., she now serves as co-director of the Shock Center, which focuses on geroscience, the study of how aging impacts disease and changes that occur in aging that predispose people to disease.

The long-term goal of this work, she said, "is not to find a fountain of youth, but to address the declining quality of life as we age. We want people's 'healthspans' to match their lifespans."

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The Fountains at Canterbury Honored with National Awards



Associates of The Fountains at Canterbury pose with their awards. From top left: Eddie Taylor, Lloyd Rodenbur, Amy Hall, Chris Hankins, Khristin Hepner, Cornell Milsap and Scott Steinmetz. From bottom left: Becky Strong, Kaitlan Kenworthy, Kristy Davis and Katie Woodward.

The Fountains at Canterbury and individual associates were recently honored with awards from Watermark Retirement Communities, which manages The Fountains at Canterbury and 38 other communities across the United States.

Thrive Awards are presented to associates who exemplify the Watermark commitment to creating extraordinary communities where people thrive.

Watermark presented the Thrive Award to Becky Strong, community life director. Kaitlan Kenworthy, community life assistant, was bestowed the Rookie of the Year award. Eddie Taylor, director of plant operations, received the Security Standard Skip Year Award for two consecutive years with a rating of 95 percent on security standards.

The Fountains at Canterbury was presented the Excellence in Community Standards Award for consistently averaging 90 percent or higher in all scored categories including health and wellness, maintenance, risk management, security, dining services and community life. The Springs'

leadership team was awarded the Breakthrough Award for increasing their resident occupancy through program expansion such as the extraordinary outings program and advanced physical therapy offerings.

"We are honored and humbled that Watermark has recognized our dedication to our residents and associates," said Scott Steinmetz, executive director of The Fountains at Canterbury. "We attribute the happiness of our residents to our devoted associates, outstanding educational and wellness programs, unique activities and extraordinary outings and it's great to be recognized for our success."

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NOMINATIONS OPEN FOR LAURA CHOATE RESILIENCE AWARD

Award to be Presented at Oklahoma Kids Count Conference

Nominations are now open for the 2016 Laura Choate Resilience Award.

The Laura Choate Resilience Award will be presented in November at the 2016 Oklahoma Kids Count Conference, sponsored by the Oklahoma Institute for Child Advocacy (OICA) and Sunbeam Family Services.

The award was created to celebrate individuals who have been significantly impacted by adverse childhood experiences but have overcome obstacles, made a lasting contribution to the lives of young people, exhibit bravery and demonstrate dedication to fostering resilience in youth by exhibiting the characteristics of the “7 Cs of Resilience:” competence, confidence, connection, character, contribution, coping and control.

This award is named for Laura Choate who has served as a lifelong advocate for Oklahoma children and was the first recipient of the Resilience Award. Choate has worked with the OICA to reform the state’s child welfare and juvenile justice system to better serve and protect Oklahoma children. As a youth, Choate served as a plaintiff in a class-action lawsuit that resulted in dramatic changes to Oklahoma’s juvenile justice system and was used as a model by many other states to establish higher standards.

Last year’s Resilience Award

was presented to Treba Shyers, an advocate for children in the foster care system who serves as adjudication and post adjudication review board coordinator for the Tulsa County Juvenile Bureau.

Nominations are due July 29 at 5 p.m. and can be made online at <http://oica.org/laura-choate-resilience-award/>.

The Oklahoma Kids Count Conference is the state’s premier event providing training to improve the lives of Oklahoma children and discuss issues impacting children in the state. Topics for discussion at this year’s conference include: foster parent training, early childhood development, mental health, substance abuse, family preservation and poverty. The conference will be hosted November 2-3 at the University of Central Oklahoma.

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HEALTH

Community Hospital expands locations, reputation

by Bobby Anderson,
Staff Writer

Christine Weigel, RN, arguably has one of the best nursing jobs in Oklahoma City.

Not only is she vice president of clinical services and system chief nurse officer for Community Hospital, but she recently opened the metro's newest hospital.

Community Hospital North opened in early June and it's already poised to be a high-volume facility patients are eager to utilize.

"I think we wanted patients to understand they are the center here and that they've got a nurse that is right there at the bedside," Weigel said, taking a break from her busy schedule to offer a tour of the new facility. "We have an all-RN staff and truly all that was for the patient to be in the center of it all. That has made a huge difference in how it was designed. Everything was a touch that was easy for nursing which makes it that much easier for the patient."

The look and the feel of the two-story facility is not only elegant but efficient. Rich wood flooring is complimented by large amounts of natural light.

"We really went for that high-tech but soft touch," Weigel said. "We really wanted it to look more like a five-star hotel so it's nice and comfortable. There's a lot of high-technology and everything is integrated."

Technology accents along the way all the way from the information screens in the front lobby to the advanced robots in the OR.

But it all blends seamlessly to give an atmosphere of a smaller, boutique hospital.

"Patients get to the point where they are already so anxious just when they come in the

building so what we were trying to do is every piece of their experience was something that should be calming for them," Weigel said. "Nothing should be frustrating. Nothing should be more tension to a patient. We want that quality of care that makes them get comfortable and feel comfortable in the environment."

The hospital's concierge service takes family and visitors directly to a patient's room when it's time. Patients are also tracked during every step of the way to allow both physicians and families to know at what stage and location they are in their procedure and recovery.

Family consultation rooms allow physicians and families to meet and discuss how a procedure went and what the next step in a patient's recovery will be.

The patient rooms themselves are large and feature separate nooks for family members to pull out and sleep or check emails at the built-in desk. A curtain allows easy separation so family members can get sleep at night and not be woken by staff rounding.

"The patients are thrilled with the amount of room they've got," Weigel said, noting each room has bedside computers for nursing.

Community Hospital's north campus is located on the east side of the Broadway Extension, just north of Britton Rd in north Oklahoma City.

The Community Hospital north campus features 14 inpatient beds and eight operating suites, each equipped with the latest technology for orthopedic, plastic, pain management, ENT, endoscopic and general surgical procedures.

The expectation is that



orthopedic and spine surgeries will account for much of the facility's volume as well as pain management but Weigel says there is plenty of room for more general surgery.

"It's more of a generalist type of facility even though in the past we've been more ortho-spine but I think it's growing," Weigel said. "We're almost out of OR space already so the growth is just incredible."

The hospital shares a license with the original 49-bed location in south Oklahoma City and Weigel said it compliments the existing facility in every way.

"The patient experience is the same. We're very blessed with very high patient satisfaction," Weigel said. "We're beating Oklahoma City and we're beating the nation. It's not really an offshoot (location) but a world unto itself."

Located right off of Broadway Extension, the new hospital offers easy access from north of Edmond to down south into Norman.

Weigel said some surgeons are drawing patients from as far away as Kansas. The addition of more younger surgeons specializing in shorter hospital times (one doing

a total hip with a next day discharge) is already increasing word of mouth.

"The outcomes are incredible," Weigel said. "Low to no infection rates which is huge and low complications they're doing a really good job."

The hospital has recently earned several honors including a center of leadership distinction in pain control.

Weigel notes that some of the hospital's post-operative successes can be attributed to mandatory education courses required before the patient even comes to the hospital.

"It's all in advance," Weigel said. "Ninety-nine percent of the time we get someone to come with them that's going to be their caregiver so they understand the exercises and they know what the expectations are."

The new facility is impressive but Weigel knows buildings don't heal people.

"I don't have to go looking for nurses or any staff," Weigel said. "They come looking for us. We've got the knowledge that if we take really good care of our employees they take great care of our patients."

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