

# Merry Christmas

From Your Friends At Oklahoma's Senior News and Living



## SENIOR NEWS & LIVING

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### Cake Boss South OKC's sweet master



**Bruce Heikes, 57, has built Johnnie's Sweet Creations into a household name when it comes to cakes and cookies in Oklahoma City.**

growing up in the tiny borough of Hummelstown, Pennsylvania, Bruce Heikes would travel most weekends and summers to nearby Hershey around midnight to don an apron.

At age 15, he worked for Louis Memmi, who owned G. Memmi and Sons Bakery.

"Man you roll down the window on the way there and you can just smell the chocolate," Heikes said. "It's overpowering it smells so good."

It was in the shadow of the Hershey's Chocolate empire that Heikes' career began to rise.

More than 40 years later, Heikes continues to pour his artistry and love for what he does into everything he bakes at Johnnie's

Sweet Creations in Oklahoma City.

The shop at 8419 S Western is not only Heikes' livelihood, it's his life.

It's easy to see when children walk into the shop and a big smile spreads across his face.

"Who wants a cookie?," he says, with a grin that's always returned with one just as big.

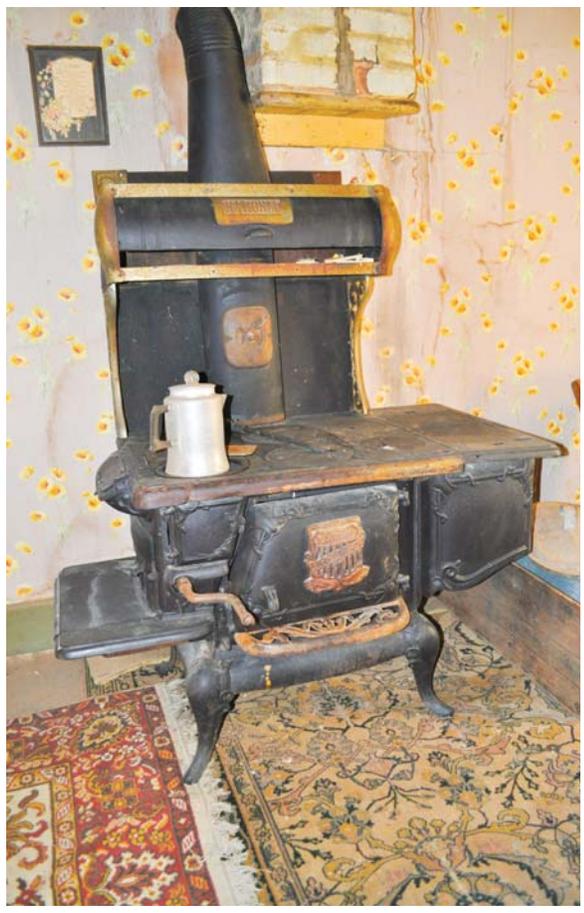
**IN IT FOR THE DOUGH**

Growing up, fresh-baked goods were the norm.

The bakery where Heikes learned to bake bread had a

See SWEET Page 3

## Moore's history preserved



**This National wood-burning stove still resides in the 1890s January family home in Moore.**

story and photos by Bobby Anderson, Staff Writer

Mark Hamm knows that someday in the not-too-distant future, central Oklahoma will be one giant metroplex.

"In the next 20 years they're projecting another 20,000 people moving to Moore," the Moore City Councilman said. "They're all brand new and they don't know anything about this and it will just be forgotten."

Hamm was referring to Moore's history, which dates back before statehood.

And as he discussed the city's constant progress he was standing on the porch of Myron January's family home, built in 1895 and believed to be the oldest structure in Moore.

The town's history - and Myron January's childhood home - are something Hamm and community members want to preserve for all to see.

In November Moore voters approved the continuation of a quarter-cent sales tax. Part of that money will go the development of an Old Town park, similar to what Norman has near its train depot.

The vision is much bigger than the old January home.

An interactive trail, a sitting area and hopefully a visitor center located near the railroad tracks will spring up some day soon. City officials already have their eye on procuring the original train depot, which is currently being used as an office on Shields Boulevard in south Oklahoma City.

See PRESERVED Page 2



Myron January, 77, (left) and Moore City Councilman Mark Hamm are intent on preserving the history of Moore along with this 400-square foot house that dates back to early 1890.

was a wall here and a built-in cabinet there.”

Myron January moved to Moore at age three. He left home as a teenager when he got married at 17. He’s lived within two miles of the current house ever since, keeping cattle on the remaining 75 acres.

Things have changed, as subdivisions have sprang up all around.

A new Sam’s Club sits less than a mile away. Target, Home Depot, JC Penny’s, Lowe’s and the busiest IMAX theatre in the world are just across I-35.

“I’ve dreaded it for many years,” January said with a laugh. “That’s life. Progress.”

Just down the street dairy silos dating back to the 1940s still stand as Moore’s only skyscrapers.

At one time, 400 head of cattle were milked at the Mathesen Dairy, which dispatched trucks daily to grocery stores across the county delivering fresh milk with cream on the top.

**WHEN MOORE WAS LESS**

Moore was founded during the Land Run of 1889. The early settlers came on train, horseback, wagons, and some on foot.

According to local historians, the town’s original name was Verbeck as designated by the railroad company.

However, a railroad employee named Al Moore, reported to be either a conductor or a brakeman, lived in a boxcar at the camp and had difficulty receiving his mail.

He painted his name “Moore” on a board and nailed it on the boxcar.

When a postmaster was appointed, the name stuck and he continued to call the settlement Moore.

Hamm got into politics to preserve that small-town feel, even though the city is now the state’s seventh-largest.

“I like politics but I’ve always liked local politics more than national,” Hamm said. “It’s where things happen, people see their government working for them. You call me about a problem in Moore, hopefully, we can get it fixed before you get home.”

And Hamm knows the past should play a part in Moore’s future. That’s why the city and a team of volunteers have set out to preserve it.

One of the first efforts is inviting people to help document that story online at [www.historyofmoore.com](http://www.historyofmoore.com).

Currently, there’s lots of gaps and missing stories.

And it’s in need of more people like Myron January to help fill in the blanks.

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**PRESERVED**

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Right in the middle is expected to be the January house, which Myron is giving to the city.

“It’s great. I think it’s a miracle,” January said of home’s impending move. “It’s going to have to be done pretty soon because you can tell it’s getting in bad shape.”

**JURY AND JANUARY**

When you look back in the annals of Moore history you’ll see a couple names stick out – Jury and January.

The Land Run led to the Jury family settling on 160 acres in what now is southeast Moore. Next door was the January family.

“Two Jurys and two Januaries married – two brothers and two sisters,” January said. “So the Januaries and the Jurys have been very close all their lives.”

So close in fact that the Jury home now sits on January property, at least until the City of Moore can get it moved and preserved.

Even though it’s bare wood and has an addition missing, January still navigates the 400-square-foot, two-room house like it was yesterday.

“It wasn’t a whole lot more than this but you would come in a door here and this was the back porch where (his grandmother Artie) did the washing,” January said. “There

## SWEET

Continued from Page 1

delivery truck that made daily rounds to all the supermarkets.

There were no plastic-wrapped, preservative-laden loaves that could sit on store shelves for weeks at a time.

"You've got to worry when you take a loaf of bread you just bought and put it on top of the refrigerator where the heat comes up from the back and it keeps for a month," Heikes said. "They've got so many preservatives in there you could die and still keep going for weeks."

His brother-in-law brought Heikes and his brother, Ron, to Oklahoma to work for Skaggs Albertson's.

A move to Buy For Less as a bakery and deli manager followed as did a stint in Ingrid's Kitchen.

He eventually became a food broker for a company that sold bakery products to the warehouse that sells to many Oklahoma grocery stores.

It was a Monday through

Friday job, something Heikes never had.

But for some strange reason, he wanted to own a bakery.

Heikes knew the previous owner of Johnnie's Sweet Creations, who purchased the store in 2000. An illness forced her to put the business up for sale in 2012.

She called up Heikes and he was sold.

A few weeks later so was the business.

Now he makes less money, works Monday through Saturday - Sundays, too now through Christmas this time of year.

"Sometimes I think, why do I do this?" Heikes said. "But mostly there is so much pleasure in making something good for these people and when they taste it and their eyes roll in their head that stuff makes it all worthwhile. It really does."

### A RISING BUSINESS

Heikes' daughters work at the store. His brother's daughter works there. Both his wife and Ron's wife - who are registered nurses - come in just before

Christmas or Valentine's Day when the store really needs the extra hands.

"We get such huge orders and I don't want to turn them down," Heikes said. "I don't want to turn them down because of the money but I also don't want to turn them down because I want to be there for them."

With more than 40 years manning the ovens Heikes can take a loaf of bread in his hands, give it a squeeze and a quick smell and tell you what's right - or not.

It's why his employees come to him when something's not quite right.

It's truly an art.

That's one reason he cringes every time he walks past a grocery store "bakery" aisle.

"I used to sell that stuff as a broker. Those cakes come in a box. They have a year shelf life and all of the icing comes in a bucket," Heikes said.

Every week Johnnie's makes six to seven 55-gallon barrels of butter creme icing from scratch.

"I probably go through at least 100 sheet cakes and just multitudes of eight-inch rounds and cutouts - not to mention the weddings," Heikes said.

Heike's favorite sweet in the store is his butter pecan brownies. He's made them for 20 years at home.

"I could not show up to Thanksgiving or Christmas without bringing those butter pecan brownies," he said with a laugh. "It's a real simple recipe but it's so rich and so good and it's unique. You just don't find them any other place."

Ten years from now Heikes will be 67.

He hopes his son, Justin, is working the ovens.

"I hope I could bring him in here - maybe even one of my other sons - and teach him the legacy of doing this and carry this on," said Heikes, who has eight children.

But whatever the future holds, Heikes doesn't see himself venturing too far from the ovens.

After all, who doesn't want a cookie?

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## OPINION

# S THE SAVVY SENIOR

Dear Carol,

Medical billing errors and overcharging is not uncommon. According to the American Medical Association, 7 percent of medical bills in 2013 had errors, and other groups estimate that figure to be much higher. Unfortunately, untangling those mistakes is almost always up to you. Here are some tips and tools that can help.

### Check For Errors

To help you get a grip on your medical bills and check for errors, you need to familiarize yourself with what your insurance does and doesn't cover. Then you need to carefully review the explanation of benefits from your insurer, and the invoices you receive from your doctor, hospital and/or outpatient facility providers.

These invoices need to be itemized bills detailing the charges for every procedure, test, service and supply you received. If you didn't receive an itemized invoice, request it from your health care providers. And if the invoices

### Dear Savvy Senior,

After a recent hospital stay, I have a stack of confusing medical bills at home I need to decipher. I've heard these bills frequently contain mistakes. How do I spot them to ensure I'm not paying more than I need to be?

*Cautious Carol*

contain any confusing billing codes or abbreviations that you don't understand, ask them for an explanation. You can also look up most medical billing codes online by going to any online search engine and typing in "CPT" followed by the code number.

Once you receive and decode the invoices, keep your eyes peeled for these mistakes:

- Typos: Incorrect billing codes, a misspelled name or a wrong policy number.
- Double billing: Being charged twice for the same services, drugs, or supplies.
- Canceled work: Charging for a test your doctor ordered, then canceled.
- Phantom services: Being charged for services, test or treatments that were never received.
- Up-coding: Inflated charges for medications and supplies.
- Incorrect length of stay: Most hospitals will charge for the admission day, but not for day of discharge. Be sure you're not paying for both.
- Incorrect room charges: Being

## How to Spot and Fix Medical Billing Mistakes

charged for a private room, even if you stayed in a semi-private room.

- Inflated operating room fees: Being billed for more time than was actually used. Compare the charge with your anesthesiologist's records.

To make sure the charges on your bill are reasonably priced, your insurance provider may offer an online price transparency tool, or use the Healthcare Blue Book ([healthcarebluebook.com](http://healthcarebluebook.com)) or Guroo ([guroo.com](http://guroo.com)). These are free resources that let you look up the going rate of many procedures, tests or services in your area.

### Make Corrections

If you find errors or have questions about charges, contact your insurer and your health care provider's billing office. When you call, be sure you write down the date, time and name of the person you speak to and a summary of the conversation, in case you need to refer back to it at a later time.

If there's a billing code error or some other mistake that's easily correctable, ask your health care provider to resubmit a corrected

claim to your insurance company.

### Get Help

If you aren't able to resolve the dispute on your own, you may want to consider hiring a medical billing advocate to work on your behalf. To find someone, try sites like [billadvocates.com](http://billadvocates.com) or [claims.org](http://claims.org). Most advocates charge an hourly fee - somewhere between \$50 and \$200 per hour - for their services, or they may work on a contingency basis, earning a commission of 25 percent to 35 percent of the amount they save you.

If you're a Medicare beneficiary, another resource is your State Health Insurance Assistance Program (SHIP). They provide free counseling and can help you understand your medical bills and Medicare coverage. To find a local SHIP counselor visit [shiptacenter.org](http://shiptacenter.org), or call 800-633-4227.

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.

## Letter to the Editor

### Norman Forward to be commended

Whoever conceived of the idea for Norman Forward is to be commended. The Quality of Life projects are certainly important to our growing city. But at the same time, we should take time to reflect on Norman, backward though the years to the work accomplished by citizens who built our thriving community.

We need to show our appreciation to those citizens who got up every morning, went to work and paid their taxes to build roads, streets, schools, parks, a hospital and more that we use everyday. Many of those same people are retired, living in Norman, and they voted for Norman Forward with the expectation of a new senior center with space available to offer more activities than can be provided in the current center.

As Norman has grown, working people adapted to many changes in Norman, along with changes within their own families. Some

lost spouses, family and friends, and with that, some lost badly needed contacts with people. A senior citizens' center would be a perfect place to spend a few hours, meet new people, socialize and ward off depression which is prevalent in older citizens.

A forward-looking Norman should say thank you to earlier residents by opening the doors to a new center and making an extreme effort to contact and invite people to take part in the activities. Also, for their health's sake, we must motivate these citizens to make new friends and remain vibrant.

Since recreation is the primary reason for the Quality of Life NF projects for younger people, city planners should extend the same criteria to seniors. Seniors need to move, too. Many NF projects will be delayed for the next 15 years, but the senior citizens' project should not be one of them.

**Nadine Jewell, Norman**

## Easter Seals Oklahoma needs special toys added to your shopping list

'Tis the season for toy shopping, but Easter Seals Oklahoma has a request for special toys for their boys and girls. Therapeutic and sensory toys help students with disabilities work on hand-eye coordination, fine and gross motor skills and social interaction. It can also be used to help increase attention and focus during instructional time.

"Teaching a lesson while a child's hand is actively engaged in a fidget has been shown to result in more information being retained by the child than if the same lesson were taught without the sensory element", says Mia Dianda, Director of Medical Rehabilitation.

Easter Seals Oklahoma is accepting donations of therapeutic toys such as koosh balls, light up toys, and fidgets. Social and turn taking improvement items are also needed like: Twister, Chutes and Ladders, Mouse Trap, Head-band, toy cars, super heroes, baby dolls,

and related items. Donations may be brought to 701 N.E. 13th Street, Oklahoma City, Ok 73104 between the hours of 8:00 a.m. -5:00 p.m. Monday through Friday or donate by calling 405-239-2525.

The Medical Rehabilitation Program at Easter Seals Oklahoma helps individuals with disabilities gain greater independence some thought to be unachievable. It is our goal to empower children with atypical development by helping to build their self-esteem and self-efficacy through therapy services.

For more than 90 years, Easter Seals Oklahoma has provided services to children and adults with disabilities and other special needs and support to their families. Services include an early learning and inclusion academy, adult day health center, medical rehabilitation, and financial assistance. For more information, please visit [www.eastersealsok.org](http://www.eastersealsok.org).

# Oklahoma Foresters Offer a Walk in the Forest at Turkey Mountain



Hikers enjoy the first segment of one of many trails at the Turkey Mountain Urban Wilderness Area in Tulsa.

Ready to get outside and enjoy fall? Hikers and walkers of all levels are invited to join foresters from across the state for the annual "Walk in the Forest" event held at Turkey Mountain Urban Wilderness Area in southwest Tulsa from 10 a.m. - 3 p.m. on October 22. Foresters and natural resource professionals from across the state will be stationed along the trail to provide information about the forest, which is located in Tulsa's backyard. There will additionally be special activities for kids at each station.

"This really is a great opportunity to plan a fun day outdoors with friends and family," said George Geissler, director, Oklahoma Forestry Services. "Foresters enjoy being on hand to answer your questions and tell you about all of the benefits that our Oklahoma forests provide, some of which may surprise you."

Hikers should dress appropriately for the weather and wear sturdy, comfortable shoes. The Walk in the Forest will take about an hour if participants stop at each educational station. Kids

will receive a special booklet with activities to do along the way and prizes for completing them. Participants will receive a loblolly pine seedling and other giveaways while supplies last.

The Walk in the Forest program is part of a national campaign coordinated by the Society of American Foresters (SAF) and the American Forest Foundation. The Oklahoma walk is being hosted by the Oklahoma Division of SAF, in partnership with Oklahoma Forestry Services; Oklahoma State University (OSU) Department of Natural Resource Ecology and Management; the OSU Student SAF Chapter; and the City of Tulsa's River Parks Authority. Event sponsors include Weyerhaeuser Company, International Paper, Winlectric and the Oklahoma Forestry Association.

For more information about the Walk in the Forest, contact Oklahoma Forestry Services at 405-522-6158 or visit [www.forestry.ok.gov](http://www.forestry.ok.gov). For information and directions to Turkey Mountain Urban Wilderness Area, visit [www.turkeymtn.com](http://www.turkeymtn.com).

# Oklahoma Forester Honored

Oklahoma forester, Kurt Atkinson, is a recipient of the Society of American Foresters 2016 Fellow Award, a prestigious honor that recognizes long-standing service to the forestry profession.

"Kurt is most deserving of this honor," said George Geissler, director, Oklahoma Forestry Services. "Now retired, Kurt had a stellar career of service with Oklahoma Forestry Services for over four decades. He was a leader, not only within our agency, but also in several statewide and regional professional organizations, including our state's chapter of the Society of American Foresters."

Atkinson received his forestry degree from Oklahoma State University in 1974 and began his career with Oklahoma Forestry Services, serving 33 years as Assistant Director and Management Chief. Under Atkinson's leadership "Best Management Practices" were initiated. He also had a significant impact on forest management activities statewide, including stewardship, forest health, nursery operations, forest inventory analysis and the Forest Heritage Center Museum.

"Kurt has always been an insightful, respected, and visionary leader, and has served as a mentor and role model for many foresters in Oklahoma," said Dr. Thomas Kuzmic, Oklahoma State University and District IX SAF Fellow Committee Representative. "I was honored to present Kurt's nomination during the SAF committee proceedings earlier this year and was delighted with his selection to this year's class."

According to the Society of American Foresters, the rank of Fellow is one of the highest honors for members and signifies exceptional recognition by his or her peers for outstanding contributions and service to the organization and profession. Only 23 Fellows were chosen from across the nation for the 2016 class, with Atkinson being the only Oklahoman.



Kurt Atkinson, Society of American Foresters Fellow award recipient.

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# COMMUNITY

## Called to serve Heaven House offers activities, family visits

by Jason Chandler  
Staff Writer

There is something different about assisted living at the Heaven House, a state licensed group home for assisted living in Oklahoma City, said the owner, Diane Timmerman-O'Connor.

O'Connor also serves as the administrator for all four Heaven House locations in OKC.

Heaven House began with one residential state licensed home for assisted living in 2010. The growth of the Heaven House locations is complimentary to the quality of O'Connor's legacy for senior living.

"They are all just the same. They offer all the same things. They're just located in different neighborhoods," said O'Connor,

who was recently married.

Heaven House gives the elderly a choice as to where they might like to live, she said.

"This is more of a family atmosphere. It's in a home, it's in a lot smaller environment than the bigger places, the institutional places," she explained.

O'Connor cared for her mother at home for 13 years. Heaven House reflects the only type of environment she would have agreed to have her mother live if needed, she continued.

"But she ended up living with me until she passed away," O'Connor said.

Her mother was part of O'Connor's inspiration to create Heaven House. But it was really a calling.

"God just put it on my heart to do something for the elderly," O'Connor said.

So she proceeded to do all the necessary research needed for assisted living by visiting every group home in Oklahoma County. O'Connor began all the training needed to become a licensed administrator.

She purchased and remodeled a fine house not too far from Nichols Hills so that every resident there would have their own bedroom and private bathroom, she said. Each house has five and a half bathrooms.

Michelle Freeman, an advanced medication aide and a supervisor, has been in her field for about 25 years. She said knowing that she makes a quality difference in the lives of the elderly keeps her intent on serving them.

"I love the elderly," she said. "I love taking care of them and make sure they are taken care of."

O'Connor said the residents have formed a close bond with Freeman. That attachment is common in all of the Heaven Houses. O'Connor is blessed to be able to retain her staff for a long time.

"At first I was doing at-home daycare," Freeman said of her career. "At first it took some getting used to. But when you feel like you are making a difference in somebody's life, it just keeps you coming back. I love it."

Freeman said all the resident's have different personality traits that are endearing to her life. They make it easy for her.

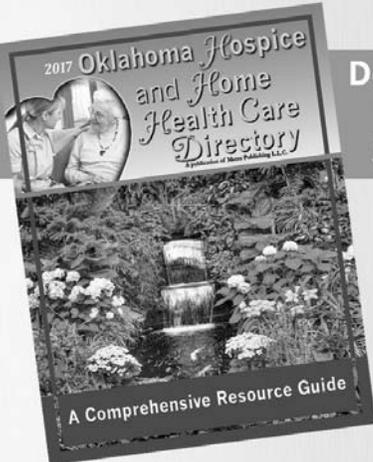
"Sometimes you've just got to keep going," she said of the continuum of care offered at Heaven House. "It's like when I come in, Ted says, 'Oh, you're so beautiful.' Everybody has their own different thing."

There is always a certified nurse aide at Heaven House or a trained and certified medication administration technician at Heaven House. All of the houses have two staff members present in the mornings for a five-to-two ratio.

O'Connor also provides a registered nurse, Vicki Bogartis, to serve residents at all of the houses. She has both scheduled hours and PRN hours and is in charge of all of the CNAs and ACMAs.

Continued next page

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## Drivers Must Move Over to Save Lives

The Oklahoma Insurance Department is joining forces to spread a life-saving message to drivers: "Move over. It's the law." The message is part of an initiative by the Oklahoma Traffic Incident Management Steering (TIMS) Coalition. The Coalition also includes representatives from the Oklahoma Highway Patrol, Oklahoma Department of Transportation, Oklahoma Sheriffs Association, Oklahoma Emergency Management and many more.

"As the holidays approach and more people will be on the road, we're asking Oklahoma drivers to be more mindful behind the wheel," said Oklahoma Insurance Commissioner John D. Doak. "Not only is moving over the law, it will help save the lives of first responders and lower the number of costly traffic delays."

According to the National Highway Traffic Safety Administration, 52 law enforcement officers were killed in traffic-related incidents last year. Oklahoma Highway Patrol Trooper Nicholas Dees was hit and killed last year along I-40. His mother is featured in a new public service announcement which began airing this month. It can also be viewed here.

"Half of me died because of one man that did not move over for emergency vehicles," said Shelley Russell, Dees' mother.

Oklahoma's Move Over law requires drivers approaching a parked emergency vehicle with flashing lights, including wreckers, to move over to the next lane. If the driver cannot move over, he or she is required to slow down. Troopers suggest drivers reduce speed to 15-20 mph or slower. The penalty for failing to slow down or change lanes is a ticket with a fine of more than \$200.

Another benefit of drivers abiding by the Move Over law is a reduction in the number of costly traffic delays. According to the Texas Transportation Institute, for each hour a vehicle is stuck in traffic \$21 is wasted per vehicle in time and fuel.

One way to ease the burden of traffic is for drivers to move over if they are involved in a non-injury car accident. This allows drivers to safely exchange insurance information and not block the flow of traffic.

"Many drivers seem to think that moving over is just an optional courtesy when they see flashing lights or have a minor wreck," Doak said. "It's not optional. Move over. It's the law."



Michelle Freeman, a Heaven House advanced medication aide and a supervisor, at left, and Heaven House owner and administrator Diane Timmerman-O'Connor, provide a beautiful and comfortable home for Heaven House assisted living residents.

## HEAVEN

Continued from Page 6

"She has certain duties during the month that only she can do," O'Connor said. "She does all of our assessments and all of our care plans."

Freeman was hand-picked by O'Connor for her staff when she met her at a funeral. O'Connor knew her sister and was getting ready to open her latest house.

"I went up to her at the funeral. Just talking to her at the funeral reception, you could just tell that she was intelligent. She was caring and sort of soft-spoken."

"And I didn't know anything about her organizational skills, but I was really ready for her to try. She came to work here and she has never ever disappointed me. She has stayed the course. She is organized and she is great with the residents. She's just a loving, caring person who also has some office type skills that are required in keeping the paperwork straight."

Each house has a supervisor similar to Freeman who is in charge of their staff. O'Connor and her

son both serve as administrators of the four houses.

As for Bogartis, O'Connor said she is "straight-forward and tells it like it is." O'Connor likes that quality and needs it as part of the structured environment of Heaven House.

"The other night we had a bit of an emergency and she got out of her bed and pajamas and came to the emergency," O'Connor said. "She is just very dedicated."

## STRANGE BUT TRUE

SO THEY SAY...

**BBT** 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!

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

A festive advertisement for 'The Veraden'. At the top, the text reads 'THE SECRET IS OUT THE VERADEN IS ABOUT TO OPEN!' in a decorative font. Below this is a photograph of Santa Claus sitting on a chair, holding a gift, with a young child sitting next to him. The background is a Christmas tree with lights and ornaments. Below the photo, the text says: 'It's going to be like Christmas in January! A new apartment, new friends, new social calendar and plenty of new opportunities. If you want to know what all the talk is about, give us a call at (405) 359-1230'. To the right is the Veraden logo, a stylized 'V' with a blue and gold color scheme. Below the logo, it says 'THE VERADEN' and 'Independent Living | Assisted Living | Memory Care'. At the bottom, it provides the address: '2709 E. Danforth Rd, Edmond, OK 73034' and the website 'VeradenLife.com'. A temporary office location is also listed: 'Peace Lutheran Church, 2600 E. Danforth Road, Edmond, OK'. At the very bottom, there are small logos for 'SAGDRIA SENIOR LIVING COMMUNITY' and accessibility icons.

An advertisement for 'iMed Alert Systems'. At the top left is the iMed logo, a red stylized figure. To its right is the text 'iMed Alert Systems'. Below this is a photograph of a white medical alert device with a blue 'HELP' button and a small screen. Below the photo, the text reads: 'Our Medical Alert System will allow you the independence you are used to and give you peace of mind for your family and friends-anytime 24 hours a day.' and 'Our system is made in America and is the most comprehensive and advanced medical alert available today. This system is designed for speed, accuracy and affordability.' Below this are two bullet points: 'Personal Help Button · 2 way voice communication with base unit · Smallest waterproof button in the industry' and 'EMD qualified response center attendants · The Base unit has a back-up battery that provides power for up to 80 hours'. At the bottom left is the iMed Supply logo, a red stylized figure, with the text 'iMed Supply Oklahoma based company'. To the right of the logo, it lists various services: 'Bath Safety Equipment · Daily Living Aids · Grab Bars &amp; Installation · Incontinence Supplies · Medical Supplies · Nutritional Supplies · Access Ramps · Modular Ramp Systems · Vehicle Wheelchair Lifts · Medical Alert Systems'. At the bottom, it provides the address '1501 S.E. 4th Street, Moore, OK 73160', phone numbers 'Office: (405) 799-8855 | Toll Free: (866) 585-4478', and fax number 'Fax: (405) 799-8860 | www.imedsupply.com'. A BBB Accredited Business logo is in the bottom left corner.

# Senior helps Oklahomans rock the vote

by Bobby Anderson  
Staff Writer

For nearly 35 years now Sheila Swearingen has been involved in advocacy.

And for the last 15 years the president of the League of Women Voters of Oklahoma has been deeply involved in helping Oklahomans take full advantage of one of their most precious civil rights – the right to vote.

"I'm very interested in advocacy and getting more people involved in what happens after voting to be honest," Swearingen said. "I think it's incredibly important for people to get themselves registered and vote but that's not the end of it. As citizens we really do, in a democracy, say that we the people are the ones upon who the government rests."

As Oklahomans get ready to vote in the coming days, Swearingen wants to make sure

everyone has the information they need before they head to the polls. **PLUGGED IN**

MSNBC, Fox News, NPR, CNN, and hundreds more online – there's no shortage of media outlets from which to receive information. Twenty-four hours a day, seven days a week voters are bombarded with a non-stop barrage of political information, covering candidates' every single move.

While the access to information may be unprecedented, Swearingen says it's not always a good thing.

"It comes back to the individual to take it upon themselves to get non-partisan information," Swearingen said. "I think people are plugged in but the problem with being plugged in all day is not pulling back and getting the overview, not listening to both sides of the issue and not being able to discern. They may be plugged in and often the media, whether you're listening to NPR

or Fox News it's appealing to our emotions. I think we need to be using some logic and think deeply about the issues when we go vote."

### GET INFORMED, GO VOTE

The League of Women Voters provides a wealth of information online at [www.lwvok.org](http://www.lwvok.org) as well as on Facebook.

The League of Women Voters never supports or opposes any particular candidate.

The message simply is always be informed and exercise your right to vote.

"Take any opportunity get information that is nonpartisan and unbiased," Swearingen said.

To that end, the League was part of a broad coalition that produced the Oklahoma Voter Guide which is available at libraries across the state.

Online you can go to [www.vote411.org](http://www.vote411.org) fill in your address and it will automatically pull up all the races that will appear on your ballot down to state representative.

The League of Women Voters has chapters in Lawton, Tulsa, Stillwater, Norman and Bartlesville. The group is also in the process of reforming the Oklahoma City Chapter.



Sheila Swearingen is the president of the League of Women Voters of Oklahoma.

"In the Oklahoma City area we have members who are my age, and I'm definitely AARP generation, and we also have millennials," she said. "What we're finding is those groups can work really well together if they listen and find

See VOTE Page 11



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# Ring in the season

by Bobby Anderson  
Staff Writer

Christmas is coming. All you have to do is close your eyes and listen.

Amid all the hustle and bustle and mall parking lot tussles you can hear the ringing of a familiar bell.

Some 127 years ago the Salvation Army started hanging kettles from Thanksgiving to Christmas.

Legend has it it first began as a fundraiser to feed people on Christmas Day.

A San Francisco Salvation Army officer remembered that during his days in the Navy a pot was kept on the dock.

The pot had a sign on it that read "Keep the pot boiling."

"It started a tradition and it spread quickly across the United States," said Maegan Dunn, development marketing manager for the Salvation Army Central Oklahoma Area Command.

And for the last quarter century, John Dobson has manned his post and rung that bell.

Full disclosure - Dobson serves on the group's board of directors.

But it's more than an obligation.

"Twenty five, twenty six, thirty - I don't keep track of it. It's just an act of love," Dobson said of how many years he's run that familiar bell and worn that red apron.

Dobson credits his volunteer spirit to a former boss.

"He told me I needed to take a look at life," he said.

So as an accountant by trade he started picking up the annual financial reports of the various charities.

"Salvation Army just stood out there all by itself," Dobson said. "It doesn't pay its national president \$2 million a year. It's because they're committed to Christ.

"Literally, it's a church."

Dobson quickly learned that every one of those employees wearing the military-looking



John Dobson has served as a Salvation Army bell ringer for more than 25 years now.

uniforms are ordained ministers.

It speaks volumes.

Dobson rings for two organizations each season. The first is the Rotary Club of Oklahoma City. The second is as a Salvation Army board member.

"I promise, give me someone for an hour and I'll make believers out of them," Dobson said of the annual campaign. "The people you just know because of your life's issues you just think these people can't pay and they put these pennies and nickels in these kids hands and they come running up. You pick them up so they can drop them in there.

"They just thrive for that and they remember from year to year."

Dobson always rings the bell at the same location each year - the Belle Isle Wal-Mart.

"It's significant but it's nothing close to everything we need," Dobson said. "The Salvation Army goes on 24 hours a day, seven days a week 365 days a year. A lot of people just think of us as just Thanksgiving and Christmas but it's full time for everybody."

At any time during the

holiday season the Salvation Army literally has thousands of bell ringers at the nearly 80 locations.

Rotary groups, businesses, churches - there's groups that come out of the woodwork to get their hands on a bell.

But some of those positions can't be filled with volunteers so some positions are paid.

"It's not only to man the kettle but it's also a ministry for us," Dunn said. "There are individuals who have seasonal jobs where they don't have work in the winter and it helps give them a little extra money. We also have some homeless individuals and it makes extra cash for them to help keep them through the next few months."

It's in his nature to be a bottom-line type of guy, but Dobson knows there's much going on here than nickels, dimes and spreadsheets

"It's a life-altering experience," Dobson says. "It is amazing."

There will be several volunteer opportunities this month with the Salvation Army including:

- Angel Tree Workshop: You can come help prepare each Angel's gifts at the distribution

center. For ages 13 and up. Dates: December 5-17

- Angel Tree Distribution: Help Angel Tree families collect their gifts and assist them to their vehicles. For ages 13 and up. This is a great opportunity for corporations, businesses and individuals. Dates: December 19-23

- Ring the Bell: Schedule your family, club or business to ring the bell at one of the red kettle locations for a four-hour shift or adopt a whole a day. This raises funds for The Salvation Army's programs like the food pantry, senior centers, homeless shelter, youth and after-school programs, and soup kitchen. Dates: Through December 24.

To volunteer, contact Lt. Kyle Madison at [kyle.madison@uss.salvationarmy.org](mailto:kyle.madison@uss.salvationarmy.org) or 405-246-1063.

To find out more about how you can get involved, visit [www.salvationarmyokcac.org/volunteer](http://www.salvationarmyokcac.org/volunteer) today. Questions about volunteering can be answered by contacting the volunteer coordinator, Liz Banks, at 405-246-1107 or [liz.banks@uss.salvationarmy.org](mailto:liz.banks@uss.salvationarmy.org).

# HEALTH

## Paratapass machine helps patients keep track of prescriptions

by Bobby Anderson  
Staff Writer

More than 125,000 people die every year in the United States due to medication errors, said Cindy Fleming, an LPN with Asbury Durable Medical Equipment in Oklahoma City.

"That is so bad," she said. "But like today I have a lady coming home from a skilled unit. So you know what I'm up against," Fleming said. "She's going to have her meds in a bubble pack, and half of them are going to come from home. So she's going to be very confused to what's what."

So Fleming intends to recommend to the woman's family that she obtain her medications from a Paratapass

machine. This device can hold 208 medications depending on the type of medication a pharmacist dispenses.

What it does is strip packs those medications by packing morning medications together, as well as packing all the noon and evening medications as needed.

They are properly labeled to have a description of the medication with the expiration date and dosage times. The patient does not have to fill a pill box or try to remember the date and time because it is written down.

"So they will know if they took it or not," said Laura Cudd, a board certified pharmacist and owner of Asbury Pharmacy.

Patients discharged from a



Asbury Durable Medical Equipment nurse Cindy Fleming, at left, and pharmacist Laura Cudd, owner of Asbury Pharmacy.

hospital after 30 days with certain medical conditions such as heart attacks, congestive heart failure, pneumonia and other acute cardiac

problems will sometimes find that Medicare will not pay the same hospital when they require a

See PRESCRIPTION Page 11

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## PRESCRIPTION

Continued from Page 10

second visit.

They end up going to another hospital while the first hospital is docked by Medicare for not preparing the patient properly, Cudd said.

Cudd came to Asbury Pharmacy from the Oklahoma Heart Hospital where she served as the clinical pharmacy manager.

"When I was there, what I did was design programs," Cudd said. "I did things for meeting Medicare requirements and pain management protocols and diabetes protocols and all this kind of stuff."

One of the things she focused on was patient re-admissions, investigating if why patients come back has anything to do with their medicines. She found that many patients were having a lot of problems due to not taking their medicine correctly. Cudd realized the next step in her career would be to address that issue. However, she didn't feel she could accomplish her goal within the walls of the hospital.

"It's always that transitional period when the patient leaves the hospital that they have problems," Cudd explained.

There are many things a pharmacist can do to help patients, but they cannot control every aspect relating to patient care, she continued. There remains the issue of whether the patient will

have a drug-related error when sent home and begin taking their medicine.

"It's pretty surprising when people don't always know how to take their medicines," Cudd said. "Or they think they know and then the accidentally mess up."

Knowing this information led Cudd to purchase a Paratapass for her pharmacy. The adherence ratio in the United States averages being nine to 10 days late in filling a prescription, Cudd said. This adds up to two months a year for patients being without their prescriptions. So the Paratapass machine helps patients bridge that gap by providing an extra month and a half of medication coverage that are crucial to health and survival, Cudd said.

When a patient is taking their medication appropriately in a manner that negates confusion then they are not missing days being without it.

"You don't have them accidentally missing doses because they are dated and timed," Cudd said. Fleming understands the benefit of the Paratapass because she came to work at Asbury Durable Medical Equipment with a background in home health. She works as a wound care specialist. Fleming also keeps an active administrator's license.

"When I saw that she was launching this, I was so happy because home health battles this on a daily basis," Fleming said.

Physicians will see a patient

and tell home health nurses to provide a med planner, something Medicare does not provide the patient.

"They don't consider that a skilled nursing need," Fleming said. "People 65 and older take five medicines. That includes pharmaceuticals for the prescriptions, vitamins, minerals and supplements."

The first month of a patient's discharge from a hospital is crucial. Fleming said Oklahoma has started a new care coordinator's group that meets quarterly. The group examines hospital rates, taking into account the number of patients hospitalized in the last six months. Where do the patients go?

"13,000 were discharged home. So many thousand were discharged to home health. So many went to hospice and so many went to nursing homes," Fleming said. "But Medicare has mandated that these are penalty diagnoses they're not going to pay for. And these hospitals are already struggling that are facing several hundred-thousand-dollar worth of fines."

They are in rural under-served areas, so it's a crisis, Cudd said.

The Paratapass helps patients remain safe and avoid returning to the hospital because they are taking their medicines in the correct manner.

## STRANGE BUT TRUE

SO THEY SAY...

**SBT** A toothpick is the object most often choked on by Americans!

**SBT** A fetus develops fingerprints at eighteen weeks!

**SBT** One car out of every 230 made was stolen last year!

**SBT** The names of Popeye's four nephews are Pipeye, Peepye, Pupeye, and Poopeye!

**SBT** Until the nineteenth century, solid blocks of tea were used as money in Siberia!

**SBT** The Nobel Peace Prize medal depicts three naked men with their hands on each other's shoulders!

## VOTE

Continued from Page 8

out that sometimes they're on the same page about issues but they may have different ways about communicating those issues."

Swearingen was recently trained as a precinct official.

"One of the interesting things that was reaffirmed is that you don't have to vote every single race," Swearingen said. "If you have a strong preference for a candidate running for county commissioner and you just can't make up your mind who you want to choose to be the next president you don't have to vote for president but you can vote for county commissioner."

"We have a wonderful system in Oklahoma. Our scanners can scan whatever races you choose to vote in. You don't have to vote the complete ballot. You can pick and choose."

Volunteers are always needed in helping across the 77 counties and municipalities in getting ballot information. You can go online to the group's website to learn more.

Starting November 9 Swearingen said the attention will turn to the 2017 legislative session and what issues will likely appear.

Social events are also scheduled throughout the year as well as candidate and issue forums.

Beginning in January school board elections will come into focus and the League will begin pursuing candidate forums.

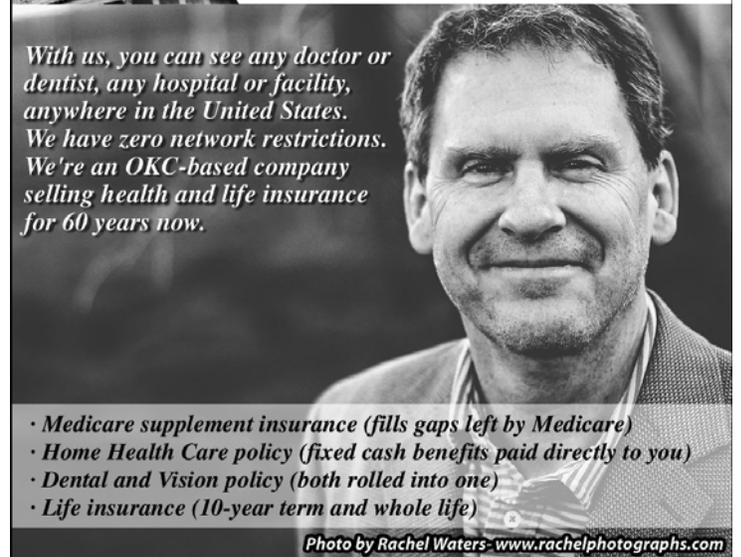
"We think that school boards are just as important, and in some cases more important than whose going to Oklahoma City," Swearingen said.

And no matter what party you belong to or whom you support, Swearingen says it's important to do your part in keeping America great.



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# TRAVEL/ ENTERTAINMENT

## Monet Art at Fort Worth's Kimbell Museum of Art

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

Just when you think you've seen it all, and can't be awed by renown Impressionist painters, comes the Kimbell's Claude Monet the Early Years: 1858 - 1872.

You will be illuminated to find out that Monet, mostly known for his broad strokes of mixing colors to produce a shimmering visual effect, started out as an accomplished realistic painter. Up until the 1870's Monet produced a body of work comparable to the best of his artistic times, even though many were rejected at first evaluation by the prestigious Paris Salon.

Most affective is the The Magpie (1868-69) where in an expansive rural snow scape on a canvas of 35 by 52 inches, Monet captures our attention and imagination not only in

the frosty landscape but by the technical master class with the many shades of white. Off center a back lit black magpie perches on the top rung of a primitive wooden gate. This lonely image is haunting yet peaceful. From the collection of the Musee d'Orsay, it's only one of the many paintings pulled together from a variety of collections for this extraordinary exhibition.

Sailboats on the Seine at Petit-Gennevilliers (1874), exhibits Monet's full fledge Impressionism with the dancing water reflections of sailboats under a wistful cloud filled sky. Other water reflections examples can be seen in Houses on the Bank of the River Zoan (1871-72), and Regatta at Argenteuil (1872).



An added delight is the free with admission hand held audio and visual self-tour appliance. The traditional numbers that coordinates with the art, is enhanced here with a visual image on your device. Not only for the painting you are currently viewing but for visual comparisons to other works of art not on display. Once such educational comparison is with Monet's, Still Life with Flowers and Fruit (1869), compared to Renoir painting the same still life. It may not be known that Monet and Renoir occasionally painted together with plein air subjects. The two floral bouquets are easily and fascinating compared in this exhibition.

Be sure and take your time in the galleries to imprint on you mind the treasure of art you are among. A number of benches are

placed throughout the exhibition giving you time to sit, view, spin, view and spin again, enabling you to take in, compare and imprint in your mind this once in a lifetime experience.

You may also want to stroll through the Kimbell's main gallery of their permanent collection with samples of many of arts greatest artists. And if you visit the Museum Store adjacent to the Monet exhibit, say hello for me to congenial sales assistant, Alice.

This limited edition exhibition at Fort Worth's Kimbell Art Museum is on display until January 29th. Admission for Seniors is \$16 and Adults for \$18 with

Tuesday's offering half price for all. Visit more information at: [kimbellart.org](http://kimbellart.org)

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Date/	Day/	Location/	Time/	Registration #	Instructor
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Integriss 3rd Age Life Center - 5100 N. Brookline, Suite 100					
Dec 2/	Friday/	Okla. City/	9 am - 3:30 pm/	376-1297/	Palinsky
Woodson Park Senior Center - 3401 S. May Ave.					
Dec 9/	Friday/	Okla. City/	9 am - 3:30 pm/	951-2277/	Edwards
SW Medical Center - 4200 S. Douglas, Suite B-10					

The prices for the classes are: \$15 for AARP members and \$20 for Non-AARP. Call John Palinsky, zone coordinator for the Oklahoma City area at 405-691-4091 or send mail to: [johnpalinsky@sbcglobal.net](mailto:johnpalinsky@sbcglobal.net)

# Oklahoma City Students Receive Watermark for Kids Scholarship Awards

Oklahoma City ballet dancers Valerie McDonald and Christina Wornick are the recipients of Watermark for Kids scholarship awards. The scholarships are presented by The Fountains at Canterbury and Watermark for Kids, a non-profit organization committed to empowering underserved kids, helping them pursue their passions and thrive. Watermark for Kids was founded by Watermark Retirement Communities, which manages The Fountains at Canterbury.

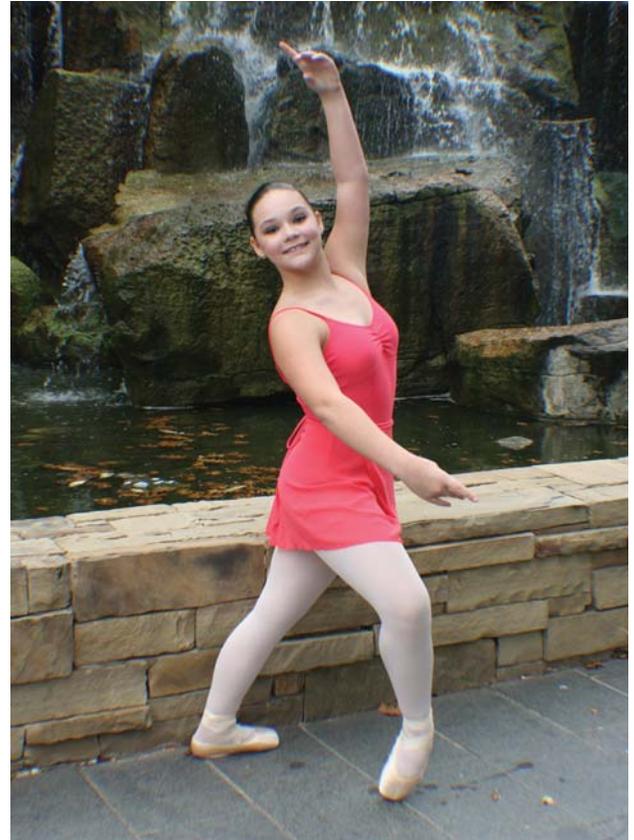
McDonald, a 17-year-old ballet dancer, will use the scholarship award to continue her Level 5 classes at the Dance Center of Oklahoma City Ballet. The school provides classical ballet technique instruction and prepares dancers for a professional role in the arts. McDonald hopes to pursue dance on the professional level after her formal training.

Wornick is a previous recipient of the scholarship award who has been dancing since the age of four. The 12-year-old dreams of becoming a famous ballerina. The Watermark for Kids scholarship will allow Wornick to continue her training at the Dance Center of Oklahoma City Ballet as a Level 4 student.

"Watermark for Kids is an amazing program that The Fountains of Canterbury is proud to facilitate in support of local students," said Jim Story, liaison for Watermark for Kids at The Fountains at Canterbury. "Our community is passionate about Watermark for Kids because it provides children an opportunity to pursue their dreams. We are looking forward to watching our two recipients thrive while working towards their long-term goals."

Residents and associates at The Fountains at Canterbury host fundraisers throughout the year to donate funds to the Watermark for Kids program.

For more information about Watermark for Kids visit [www.watermarkforkids.org](http://www.watermarkforkids.org). To learn more about The Fountains at Canterbury please call (405) 381-8165 or go online to [www.watermarkcommunities.com](http://www.watermarkcommunities.com).



Christina Wornick is the recipient of Watermark for Kids scholarship award.

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# Telestroke technology driving better patient outcomes



Christine McMurray, RN-PCCN, is helping Integris Canadian Valley Hospital change stroke outcomes for patients across western Oklahoma.

by Bobby Anderson  
Staff Writer

Integris Canadian Valley Hospital is using technology to make a giant leap forward in improving outcomes of its stroke patients.

And thanks to a computer screen on wheels with high resolution cameras patients are getting the help they need anytime day or night.

Christine McMurray, RN-PCCN, serves as an administrative supervisor at Canadian Valley, and has served as the clinical coordinator for getting the new telestroke program off the ground.

"It's kind of like a fancy-FaceTime where the physicians we have, the neurologists can beam in on the screen and lenses can zoom all the way into their pupils and check pupil responses," McMurray said.

Attached is a wired stethoscope that allows both the onsite clinician as well as the remote clinician to hear lung and heart sounds in real-time for those patients

presenting with stroke symptoms.

The robot is controlled remotely and can be moved around the patient. The 360-degree microphone also captures sound from all directions inside the room.

The attached monitor screen allows both patient and doctor to have a face-to-face conversation as well as examination even if the doctor is hundreds of miles away.

"We were taking all of our stroke patients that required tPA to Southwest Medical and Baptist," McMurray said. "Now what we can do after they are seen in the ER with telestroke we can give them tPA on a stable patient and bring them here for a neurology consult."

"Now, rather than shipping them out of Yukon they can stay here in town, in the community and neurology will beam in if there are no complications within 24 hours they can prescribe the discharge medications, change any anti-coagulations medicines

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# HEALTH

## AllianceHealth Midwest becoming chest pain leader

by Bobby Anderson, Staff Writer

More than two years of work and planning by multiple AllianceHealth Midwest departments culminated recently in a prestigious accolade that will benefit patients throughout the metro.

For the first time, the hospital received full Chest Pain Center with PCI (Percutaneous Coronary Intervention) Accreditation from the Society of Cardiovascular Patient Care.

To receive accreditation, AllianceHealth Midwest demonstrated its expertise and commitment to quality patient care by meeting or exceeding a wide set of stringent criteria and completing on-site evaluation by a

SCPC review team.

AllianceHealth Midwest is the only hospital in the state of Oklahoma to receive this level of accreditation.

"This accreditation is another large step in our commitment to providing superior emergency and cardiac care to the residents of Midwest City and Eastern Oklahoma County" said Damon Brown, CEO, AllianceHealth Midwest. "This accreditation was made possible because of the dedicated work and commitment of a multi-disciplinary team that included employees, physicians and paramedics."

Cardiology Director and Chest Pain Coordinator Mark Macklin, RN, BSN has spent the last 12 of

See PAIN Page 17



Nurses like Amy Baden, RN (left) and Mark Macklin (middle), paramedics and other departments are helping AllianceHealth Midwest become a Oklahoma leader in chest pain treatment.

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# Past Due Taxes and Seniors

**Eric Olsen Executive Director HELPS nonprofit law firm.**  
[www.helpshere.org](http://www.helpshere.org)

Sometimes seniors with lower incomes find themselves owing past due income taxes. Taxes they can't afford to pay. As the Executive Director of HELPS, a 501 c nonprofit law firm that assist seniors with debt problems, I regularly talk with seniors distressed about past due taxes owed. Seniors want to pay their taxes, but sometimes there simply is insufficient income. Seniors need to know that laws and regulations have been enacted to assist persons with lower incomes to protect them from tax collection.

Most seniors don't understand that social security, pensions, VA benefits and other forms of retirement income are protected by federal law. This income cannot be garnished for old debts such as credit cards or past due loans. An exception is the IRS occasionally will garnish 15% of a senior's social security for past due taxes. However this will not happen without the senior being first notified. Steps can be taken to prevent a garnishment by the IRS.

For seniors that can afford to pay their taxes if the sum is less than \$50,000 they can arrange for monthly payments over five years almost automatically. Lower income seniors can often be placed on uncollectable status with the IRS and pay nothing. An existing garnishment by the IRS can even be stopped. Seniors can apply for uncollectable status with the IRS over the phone or online. The IRS website provides budget guidelines to qualify for uncollectable status. These budget guidelines are not normally volunteered when applying for uncollectable status with the IRS. If you say you can pay something each month, the IRS will gladly take your money. Many lower income seniors underestimate their needs and pay a monthly payment they can't afford to the IRS because they think they have to pay something. When according to IRS budget guidelines they could pay nothing.

Almost all seniors don't realize that their local state tax collector cannot garnish social security and

retirement income for past due state income taxes. Even when this money is deposited into a bank account, as long as it is traceable to social security and pension income it is exempt. If an account is garnished a claim of exemption can be filed for the money to be returned. State taxing agencies unfortunately will never tell seniors their income is protected. Instead they often will badger and intimidate in order to collect from seniors who don't know their rights. If a state tax collector calls, a lower income senior can simply advise his income is federally protected social security, pension, VA benefits, or disability and they can't afford to pay the tax.

Sometimes seniors are worried when they receive a "tax lien." Language in the written lien notice makes them worry they are going to lose their home, car and other possessions. Tax collectors are not in the business of selling peoples homes. It just doesn't happen in real life. Many seniors have little or no equity in a home for a lien to attach anyway. The taxing agency files the lien and hopes the tax gets paid if and when the home is sold. Tax collectors do not go after personal possessions, especially persons with lower incomes.

Bankruptcy is generally unnecessary for lower income seniors because their income is already protected. However taxes often can be eliminated through bankruptcy. The general rule is that the tax must be over three years old and have been assessed for at least two years in order to be eliminated through bankruptcy.

Certainly we should strive to pay our taxes. However laws and procedures are in place protecting lower income and poor seniors from tax collection. America wants seniors to have the food and medicines they need. If there is a choice between basics and paying taxes, seniors can take steps to stop tax collection action. Seniors income is in almost all instances protected and available for their needs.

## PAIN

Continued from Page 16

his 22 years in nursing in cardiac care after an emergency medicine and trauma background.

"The most important reason to pursue this is it's the right thing to do for patient care," Macklin said. "It's a standardized system for evaluating and treating patients from the lowest risk patients to the care and treatment of the STEMI patient."

"It encompasses the entire gamut of cardiology and chest pain."

It is estimated that over 60% of all cardiac arrests are directly caused from an acute myocardial infarction.

The addition of the Resuscitation designation to Chest Pain Center with PCI accreditation enhances outcomes because the facility will have initiated early strategies such as early recognition, CPR and defibrillation, early intervention with Primary PCI simultaneously with post arrest hypothermia treatment.

"It standardized our practice, making sure we used evidence-based practice, best practice protocols and we're all doing it the same way, every time with no deviation," said Amy Baden, RN, BSN, MBA, and AllianceHealth's network director of cardiology services. "It's our roadmap that every patient will be given the exact same care no matter who their cardiologist is."

Baden said that resuscitation element is one all employees are trained in.

"Any type of employee is also educated in the signs and symptoms of an early heart attack," Baden said. "From a kitchen worker to a nurse on the floor - even the valets - have all been educated. It's a multi-faceted education process."

That education has been introduced to the surrounding communities.

AllianceHealth Oklahoma, in partnership with the American Heart Association, donated CPR kits to high schools throughout Oklahoma.

Locally, AllianceHealth Midwest donated one to the Mid-Del School District and one to the Choctaw school district.

Nurses are also going into the schools and educating students and teachers on how to properly perform CPR.

Macklin said each week the board room was filled with

representatives for nearly all departments.

"We were empowered to do that," Macklin said. "Our administration and the board signed off and we went in there every Monday with a sense of empowerment that we need to get from here to there and who's best to drive the bus to get there."

"Some days it was our Chief Nursing Officer (Gloria Ceballos, PhD, RN) who could roll out to all of nursing what needed to be done. Sometimes it was the Chief Medical Officer (Dr. Rockey Talley) who needed to get our hospitalist team on board with the protocols we were rolling out. It changed from Monday to Monday to get from where we started to where we ended."

"It really kind of brought our whole hospital around that table with a single focus."

By achieving SCPC's Chest Pain Center with Primary PCI with Resuscitation Accreditation status, AllianceHealth Midwest demonstrated expertise in the following areas and others:

- Integrating the emergency department with the local emergency medical system
- Effectively treating patients at low risk for acute coronary syndrome and no assignable cause for their symptoms
- Supporting community outreach programs that educate the public to promptly seek medical care if they display symptoms of a possible heart attack

Baden said with the help of AllianceHealth Midwest's EMS service door-to-balloon intervention time has dramatically decreased.

"We've had STEMI's that come directly to the cath lab," she said. "There's a lot of elements and we're trying to rule in these patients quicker. We're decreasing the amount of damage and decreasing the length of stay."

"Through this we're all doing it the same way and the patients are happier. We're all talking the same talk. Patient satisfaction scores in these units have elevated as well so we're excited about that."

The SCPC is the accreditation services arm of the American College of Cardiology.

AllianceHealth Midwest, located in Midwest City on the eastern edge of Oklahoma City, is a 255-bed acute care facility with nearly 300 primary care and specialty physicians.

# CROSSWORD CORNER

**Across**

- 1 Peru's \_\_\_ Picchu
- 6 Angle iron
- 10 Highest point
- 14 Kindle download
- 15 SeaWorld performer
- 16 Ellington's "Take \_\_\_ Train"
- 17 Older name for a passenger bus
- 19 Glass darkener
- 20 Responded in court
- 21 Cape NNW of Cod
- 22 Saguaro, e.g.
- 23 Covered up
- 24 Wedding gown follower
- 27 Place in quarantine
- 29 Legal thing
- 30 Came down with
- 31 Kate, before Petruchio's "taming"
- 32 Bit of legislation
- 33 U2 lead singer
- 34 Like one resisting innovation
- 38 Die dots
- 41 Thumbs-up
- 42 Best man's offering
- 46 Santa \_\_\_ winds
- 47 Fellows
- 48 Stir-fry vegetable
- 50 Pirate Blackbeard's real name
- 53 Rank below cpl.
- 54 Believer in the Great

**Pumpkin**

- 55 NYC airport
  - 56 Narrow opening
  - 57 Installed, as carpet
  - 58 Hole-making tool
  - 61 Years, to Nero
  - 62 Wows, and how
  - 63 Stone marker
  - 64 Droops over time
  - 65 Peel in a cocktail
  - 66 Filled with cargo
- Down**
- 1 Tennessee home of the NBA's Grizzlies
  - 2 Do away with
  - 3 French department that translates to "golden slope"
  - 4 Robin \_\_\_
  - 5 Kiev is its cap.
  - 6 Canadian coin nicknamed for the bird on it
  - 7 Lego or Eggo, for example
  - 8 Duke Univ. conference
  - 9 Stadium shout
  - 10 Rose essence
  - 11 Lake Michigan metropolis
  - 12 Bring up
  - 13 Chip away at
  - 18 Golfer's ride
  - 22 Dollar divs.
  - 24 Cry out loud

**25 Curved foot part**

- 26 "Dallas Buyers Club" actor Jared
- 28 Some summer babies, astrologically
- 32 Summer coolers, for short
- 33 What winds do
- 35 Like Easter eggs
- 36 Emailed
- 37 Texter's "From a different angle ..."
- 38 Spanish rice dishes
- 39 Gary's home
- 40 Hocking
- 43 Answered a help-wanted ad, say
- 44 Whence Rossini's barber
- 45 Spilled the beans
- 47 Dalloway's title
- 48 Most judicious
- 49 Virg. neighbor
- 51 German cars
- 52 Actor Cary
- 56 Latina lass: Abbr.
- 58 Peace, in Acapulco
- 59 Be indebted to
- 60 High-speed www option

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Answers on page 25

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## OUTCOMES

Continued from Page 14

without physically being here but being present."

Integrus Canadian Valley Hospital Chief Nursing Officer Teresa Gray, RN, BSN, MBA said the technology offers immediacy for both doctor and patient.

"The doctor can basically do a full assessment from any device - iPhone, iPad, computers from anywhere anytime," Gray said. "This technology allows for when you may not have services 24/7 in your facility and the patient has a change in their condition or you need a different level of care we have immediate access."

"When you talk about neurology in the state of Oklahoma and there is a shortage of neurologists, this allows them to provide access to smaller communities that may not normally have neurologists and various high-level specialties that are hard to recruit. This gives the opportunity to bring that kind of service back to the smaller communities."

Stroke is the fourth-leading killer in the United States and the leading cause of long-term disability.

Approximately 800,000 people experience a stroke each year in the US. Successful management of acute ischemic stroke is extremely time-dependent.

According to the American Heart Association, ideally, the only Food and Drug Administration-approved treatment for acute ischemic stroke should be administered within 3 hours of the onset of stroke symptoms.

The American Heart Association estimates that only 3% to 5% of ischemic stroke patients are treated with thrombolysis (a clotbuster known as tPA).

"They don't have to be transferred out anymore. They don't have to wait for a bed," McMurray said of the major benefits of telestroke. "Baptist and Southwest have both been on delay several times. Then they have to go to the ER and they are put on hold there or are waiting in a hallway. Where here we've got eight ICU beds and they can come right over. They are treated with the same protocols and the same order sets. Everything is the

same. If there is any problem all the physician has to do is come in over (Telestroke)."

The program is done in collaboration with the hospital's hospitalist program which follows the plan of care throughout the course of a patient's stay.

McMurray said the technology has already been used by the hospital's two hospitalists to dial in remotely to check on other non-stroke patients who are experiencing changes in condition or acuity.

On average, Gray said Canadian Valley transfers out 7-8 stroke patients per month with lower-level patients not requiring tPA kept.

Gray said Canadian Valley continues to evolve its service offerings as it becomes the mainstay for healthcare for those living in Western Oklahoma.

"This is something cardiology and nephrology can use - any of our services that are not onsite 24/7," Gray said. "That's what we hope to expand is increase our complexity of patients, add additional services to the community we haven't had and incorporate new technology."



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## HOLIDAYS TIPS for loved ones with dementia

This time of year, we like to share tips for making the holidays enjoyable for you and your loved ones with dementia. These tips are centered around keeping things simple and cherishing the moment.

**Managing Chaos:** The holidays can be loud and easily cause sensory overload for your loved one. Too many people in an unfamiliar environment can be exhausting and confusing. Encourage relatives to visit with your loved one in a comforting space or room with just a few people at a time.

**Embrace Traditions:** If your loved one enjoyed cooking for the holidays then they may find great joy in the sounds and smells of the kitchen. We encourage letting them be a part of meal preparation in whatever capacity they are able.

**No harm, No foul:** You may look or sound a lot like a relative from your loved ones past. If your loved one addresses you using a different name, take it as a compliment that you are important to them and avoid correcting them.

**Memory Lane:** Many people with dementia still retain and recall long term memories. Use this time of year to learn about something your loved one may recall about your family, and reminisce through old photos if possible. Walking down memory lane can be very comforting to a loved one with dementia.

**Comfort Food:** When families come together for the holidays meals are often large and complex. The variety of dishes may confuse your loved one. Keep plates simple and nutritious for your loved one.



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# Splitt decision: NRH tabs leader for future



**Richie Splitt, FACHE, has been named the President and CEO of the Norman Regional Health System.**

by Bobby Anderson, Staff Writer

An eight-month executive search ended this month with the word "interim" removed from President and Chief Executive Officer Richie Splitt's title.

The first weekend in November saw the Norman Regional Hospital Authority Board name Splitt, FACHE, to the position permanently after he took over for David Whitaker in March.

"Since his first day in 2013 and while serving as Norman Regional's interim President and CEO, Richie's dedication to this health system was evident," said Tom Clote, chair of the Norman Regional Hospital Authority Board. "He is a visionary leader who empowers Norman Regional's team of more than 3,000 employees to achieve superior quality patient care and operational excellence."

Largely popular among staff and highly visible throughout the halls, Splitt served in the interim capacity through a nationwide candidate search as the hospital board brought a number of candidates in to interview.

Throughout the process he continued in his role helping the hospital re-open Norman Regional Moore, which was destroyed in the May 20, tornado, as well as overseeing the system's re-accreditation in several

high-volume service lines.

He guided the system's major investment in its cardiothoracic and vascular surgery program, adding state of the art robotic surgery under vascular surgeon Dr. Jim Neel.

"It was extremely important to continue the good work of the great people already here," Splitt said. "One constant in healthcare is change and I knew we could not stand still or we would lose ground. While it was an important and top priority for me to sustain those gains

I knew I was going to have to keep pushing for better results, better outcomes and all of those types of things."

"Healthcare is changing every day and we have to change along with it or we get left behind."

Before serving as the interim president and CEO, Splitt was the Chief Administrative Officer of the Norman Regional HealthPlex in Moore. He helped guide the rebuilding of Norman Regional Moore, after a tornado destroyed the former Moore Medical Center on May 20, 2013 and then expanded EMSSTAT, the health system's ambulance service, to the City of Moore. He has led the expansion of both the robotic surgery and cardiovascular service programs for the Health System. Norman Regional

See SPLITT Page 22

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### SPLITT Continued from Page 20

recently celebrated 25 years of heart surgery and its 70th year of providing lifesaving care to the community with Splitt at its helm.

"There are tremendous pressures whether it's declining reimbursements or unfunded mandates for technology or systems, data collection and submission - all of those things are high priorities for us and all the while we're in a heroic industry and have that privilege of providing sacred care," Splitt said. "We have to always remember our patients and at the same time be mindful of those requirements."

Splitt has nearly 30 years of experience providing direct patient care, leading high growth operations in a multi-facility environment and driving operational integration and new business development. He earned his Master of Business Administration from Oklahoma City University. He earned both a Masters of Science in Health and Exercise Science and a Bachelor's of Arts in Communication/Psychology from the University of Oklahoma. He is a fellow with the American College of Healthcare Executives. Splitt has served on the board of both the Moore and

South Oklahoma City Chamber of Commerce.

"Hands-down are greatest strength is our people," Splitt said. "At Norman Regional we call them healers. We have nearly 3,000 healers who make a difference every single day all in the name of great patient care. By far the greatest asset for our organization is our people."

"I feel so empowered by the people because when we work together we can really achieve some big things."

The last decade has seen tremendous growth for the health system, which has now grown to three campuses across Norman and Moore.

More recently, the hospital system finished its last fiscal year meeting nearly every one of the quality, patient satisfaction and financial benchmarks set by the Norman Regional Hospital Authority Board.

"I'd be remiss if I didn't say what an honor and privilege it is for me to serve the great people of Norman Regional and I know our future is quite bright because I know the people," Splitt said. "I know their commitment to our patients and the community. When we work together, align our mission and our vision then nothing will stop us."

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## Cremation Service

### Affordable

#### Cremation Service

10900 N. Eastern, Oklahoma City, OK  
405-521-8777  
www.cremation-okc.com

#### Reflection Pointe Cremation Gardens

10900 N. Eastern, Oklahoma City, OK  
405-843-2099  
www.ReflectionPointe.net

## Dental

### Easy Dental Solutions

Three Locations:  
10001 S. Pennsylvania Ave Ste M220 OKC,  
OK 73159 (405) 252-1508  
4341 S.E. 15th Street Del City, Ok 73115  
(405) 670-3800  
1100 North Mustang Road Mustang, OK  
73064 (405) 376-6565

## Dental

### Smile Arts Dental Studio

820 S. Mustang Road  
Yukon, OK 73099 405-577-2444

## Independent Living

### Ashton On The Green

2501 Ashton Place El Reno, OK  
405-262-4700

### Chateau on the Green

1511 SE 4th St. Moore, Ok 73160  
405-793-4200

### Emerald Square

Independent and Assisted Living Cottages  
701 N. Council Road OKC 405-787-4466

### Grace Pointe Living

Border of Moore & S. OKC 405-596-3003  
www.gracepointeliving.com A gated  
community of luxury cottage homes for  
lease ideal for active seniors 55+

### The Gardens at Reding

3708 S. Douglas Oklahoma City, OK  
405-636-1537

### Whispering Creek

5712 Goldfinger Road, Mustang / SW OKC  
73179 405.820.4058

### Woodson Park Apartments

1400 W. Woodson St.  
El Reno, OK 73036 405-422-3443

### Wyndam Place

301 Triad Village Dr. Norman, OK 73071  
405-310-2266 1-888-298-0888

## Insurance

### New Product

Term Life, Critical Illness, (cancer-stroke-  
heart attack) Long Term Care, Home health  
Care, all for one affordable premium.

FREE consultation and quote.  
Local Agent (405) 241-6050

## Home Health

### A Better Life Homecare

2442 N. Walnut Oklahoma City, Ok. 73105  
405-226-5138

### Caregiver Solutions

Personal Care Assistance  
Sitter/Companionship  
8922 S. Western Ave. - 405-691-9955

### Care Plus Home Care

9828 NE 23rd Street  
Oklahoma City, OK 73141 405-769-2551  
www.CarePlusatHome.com

## Home Health

### Home Care Assistance

323 S. Blackwelder Ave.  
Edmond OK 73034  
HomeCareAssistanceOklahoma.com  
405-285-4191

### Home Companion Solutions

Private Duty/Companion/Sitters. State Lic.  
Ins. Bonded. Affordable, No Contracts.  
Call Chris for FREE Consult (405)361-0310  
homecompanionsol@gmail.com

### Visiting Angels

700 W. 15th St. Edmond, OK 73013  
405-227-9899

## Mobility

### Newby Vance Mobility Sales and Service

5632 S. Division St. Guthrie, OK 73044  
405-282-2113 or 800-375-4471

### Mobility Auto Sales

730 W. Hefner Rd. Oklahoma City, OK  
405-842-0511

## Roofs \* Gutters & More

### Oklahoma Strong Roofing & Construction

303 S. Ranchwood Blvd. Yukon, OK 73099  
405-322-5333 www.strongok.com  
Rated A+ by BBB  
Locally Owned & Operated.

## Services

### Medicare \* Long Term Care \* Life Insurance

Well Preserved Advisory Team Jeanean M.  
South, Licensed Agent  
4800 N. Mayfair Drive, OKC 405-694-6154  
jeanean@wellpreserved.info

### Oklahoma Department of Rehabilitation Services

Instructional Services for People Who  
Are Blind and Older Blind Independent  
Living Program Shepherd Mall 2401 NW  
23rd St., Suite 90 405-522-3333 Toll  
free 800-845-8476 Library for the blind  
and physically handicapped Loans free  
recorded books and players 300 NE 18th  
St. 405-521-3514 Toll free 800-845-8476

### Senior Services Of Oklahoma

Free information and referral services for  
senior citizens and their families.  
\*Visiting Nurse Services \*Nutritional  
Program/ home delivered meals. \*Senior  
organizations and support groups.  
Answers For Senior Issues: 405-879-1888

## Skilled Nursing

### Warr Acres Nursing Center

6501 N. MacArthur, OKC  
405-721-5444

## Services

### Areawide Aging Agency :

4101 Perimeter Center Drive - OKC  
405-943-4344

## Our Classifieds Get Results!

### SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

<p><b>FOR SALE</b></p> <p>1997 Ford Taurus 1998 Ford Taurus 1999 Ford Taurus 2000 Ford Taurus 2001 Ford Taurus 2002 Ford Taurus 2003 Ford Taurus 2004 Ford Taurus 2005 Ford Taurus 2006 Ford Taurus 2007 Ford Taurus 2008 Ford Taurus 2009 Ford Taurus 2010 Ford Taurus 2011 Ford Taurus 2012 Ford Taurus 2013 Ford Taurus 2014 Ford Taurus 2015 Ford Taurus 2016 Ford Taurus</p>	<p><b>HELP WANTED</b></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><b>PRICE PER 25 WORDS</b></p> <p>1 Month.....\$14.96 3 Months.....\$29.55 6 Months.....\$42.12 Classified ads are prepaid only Deadline is second Friday of each month. ADD A PHOTO, ONLY \$5 MORE! Send all ads and payments to: Senior News and Living 4501 N. Classen Blvd. Ste 100 Oklahoma City, OK 73118</p>
<p><b>FOR SALE</b></p> <p>Overground MPV 4 Power Chair, \$250.00 cash. Firm Can deliver. 405-606-2746.</p>	<p><b>RESTHAVEN GARDEN OF MEMORIES, DOUBLE LAWN CITY.</b> Bronze and Granite memorial. Regular price which includes coping and clothing, \$10,890.00. Our price, \$6,500, includes everything. 405-387-4831 or 405-406-5046.</p>	<p><b>SENIOR FRIENDLY REALTOR.</b> Home Selling made easy FREE no obligation consultations. Tonya Yarema (405) 990-6181 Metropolitan Real Estate "Buying or Selling... call me!"</p>
<p><b>FOR SALE</b></p> <p>Travel Tours 211 Hwy 51, Wagoner, OK (918) 465-4585, 1-800-331-3192</p> <p>Kincaid Tours 229 S. Country Club Road El Reno, OK 73036 (405) 324-9888</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	<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		*					*	*	*	*	*	*	*
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>	*		*	*	*	*	*	*	*	*		
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	<a href="http://meadowlakesretirementvillage.com">meadowlakesretirementvillage.com</a>	*		*	*	*	*	*	*	*	*		
Timberwood Senior Housing <i>Senior Housing</i>	100	OKC	405-619-0079		*	*	*			*	*	*				
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>					*	*	*	*	*	*		
Grand Tapestry at Quail Springs <i>55+ Active Adult Rentals</i>	140	OKC	405-605-6900	<a href="http://www.tapestryokc.com">www.tapestryokc.com</a>							*	*	*	*	*	*
Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	<a href="http://www.meridiansenior.com">www.meridiansenior.com</a>	*	*	*	*	*	*	*	*	*	*		

Note: This guide does not represent a complete listing of facilities. Only those advertising in this publication are shown. Call us at 405-631-5100 to be included.

## To Advertise Your Business in the next issue



Email us at  
[advertising@seniornewsandliving.com](mailto:advertising@seniornewsandliving.com) or call 405-631-5100  
[www.seniornewsandliving.com](http://www.seniornewsandliving.com)

## Ask About Our Special Online Banner and Print Combo Rates



# OKLAHOMA'S SENIOR NEWS & LIVING CLASSIFIED MARKETPLACE

## FOR SALE

**Six lots in Memorial Park, OKC, Section 22.** All for only \$5,000.00. Call (405) 341-0951

**Arlington Memory Gardens Cemetary Lots, MWC.**  
2 Burial lots for sale by owner. \$1,200 for both lots or best offer, trades considered. 405-340-5050

**Arlington Memory Gardens Cemetary, OKC.** 2 spaces. Priced at \$2,395 each. Asking \$3,000 for both. Transfer fees included. 405-650-8957

**2 Lots in Blanchard Cemetery in Block 15, Lots 1029 and 1030.** Asking \$900.00 for both. Perpetual care included. Phone: 405-412-2789

## HELP WANTED

**Volunteer Business Counselors Needed in OKC Metro**  
SCORE needs people with varied business backgrounds to provide counseling & mentoring for start-up and existing small businesses.  
[www.score.org](http://www.score.org)  
or 609-8005

## FOR SALE

**Arlington Memory Gardens - MWC, Okla.** 2 side by side spaces underneath the evergreen tree directly next to Midwest City Blvd. Asking \$5,000. 405-396-3389

**Nine lots in Memorial Park, OKC, Section 13.** Lot 144 - 3 plots. Lot 145 - 6 plots. \$2,500.00 per plot. 405-626-8162

**2 side by side plots at Yukon cemetery.** \$1750 each OBO. 405-202-1048

**ARLINGTON MEMORIAL GARDENS IN MIDWEST CITY, OK.** 3 burial spaces located on the south side of Mausoleum next to road. Priced at \$2,300.00 each or \$6,000.00 for all three. Transfer fee included. Call Mike at 405-406-6333

## FOR SALE

**Rest easy in beautiful Calvary Cemetery Highway 177**  
Shawnee, OK. 3 side by side burial plots \$1,000.00. Call (405) 226-4096

**2016 Surveyor Travel Trailer.** 32' Fiberglass, 2-slide outs, outside kitchen, Queen bed, Hideaway bed, Tagged and under Warranty, \$24,700 OBO. Call: (405) 503-9384

## HELP WANTED

**Work a couple hours a day and make \$500-\$1,000 a month.** Call 405-819-4892 or email your Name, phone number and email address to [whart9@cox.net](mailto:whart9@cox.net)

**Call Senior News and Living at 405-631-5100 to advertise!**

## FOR SALE

**Arlington Memory Gardens**  
3 burial lots for sale by owner, \$1,200.00. Per lot or best offer. Next to Mausoleum on South side. Call 405-406-6333

## CLASSIFIED DISPLAY ADS

1 COL. X 3"

1 Month.....\$60.00  
3 Months.....\$160.00  
6 Months.....\$300.00  
12 Months.....\$575.00

## CLASSIFIED DISPLAY ADS

1 COL. X 4"

1 Month.....\$75.00  
3 Months.....\$200.00  
6 Months.....\$380.00  
12 Months.....\$720.00

## CLASSIFIED DISPLAY ADS

1 COL. X 5"

1 Month.....\$90.00  
3 Months.....\$240.00  
6 Months.....\$460.00  
12 Months.....\$860.00

**ADD A PHOTO, ONLY \$5.00 MORE!**

**Deadline is FOURTH Friday each month.**

Classified ads are prepaid only. ALL ADS ARE IN PRINT AND ONLINE.

Send ad and payments to Senior News and Living P.O. BOX 239

MUSTANG, OK 73064

[www.SeniorNewsandLiving.com](http://www.SeniorNewsandLiving.com)

## SENIOR NEWS & LIVING AD FORM

Category (For Example: For Sale):

Date(s) to Run:

### CLASSIFIED LINER ADS (PRICE PER 25 WORDS)

- 1 Month.....\$19.95
- 3 Months.....\$39.50
- 6 Months.....\$57.00
- ADD A PHOTO, ONLY \$5.00 MORE!

FIRST NAME LAST NAME

STREET ADDRESS APT. CITY

STATE ZIP CODE E-MAIL/PHONE

**PAYMENT INFORMATION**  Check # and Amount Enclosed

Please bill my VISA.

Please bill my Master Card.

CARD NUMBER

EXP. DATE CVV NUMBERS

To place a Classified Marketplace ad, complete this form and send to Fax: 405-631-5103 or mail to: Senior News and Living P.O. BOX 239, MUSTANG, OK 73064. For questions, please call us at 405-631-5100.



**This & Pass Along to a Friend!**  
Be one of the first to view **SENIOR NEWS & LIVING** monthly newspaper by calling **SNL** at...  
**(405) 631-5100**  
and register your email address for the Electronic Edition!  
You get the full print version of **SENIOR NEWS & LIVING** online by email  
**FREE OF CHARGE**

# Plentiful pecans make tasty treats



Sugared pecans are ready for sale in a pecan orchard gift shop.

The annual pecan harvest is shaking up orchards across Oklahoma. Nuts are falling from Miami to Idabel as orchard owners shake their trees and fire up their pecan shelling equipment. The state ranked sixth in the nation for pecan production in 2014 with a harvest of 12 million pounds.

Pecans grow naturally across central and eastern Oklahoma. The nuts are favored by wildlife and people alike. Pecans provide nutritional benefits in addition to edible enjoyment. They add protein and fiber to our diets and are low in cholesterol and sodium. Pecans are often recommended as a source of healthy fat. In a nutshell, pecans are a treat with their buttery, rich flavor.

Gift shops at pecan orchards have lots of creative ways to enjoy these health benefits. Bags of pecan halves or pieces are available for holiday recipes. Pecan oil is another gourmet option for cooking with heart healthy flavor. Irresistible sweets include chocolate-covered pecans, praline pecans and other flavors like jalapeno and pumpkin spice. Pecan honey butter and pecan brittle also make great gift options.

"There are many pecan orchards to visit in Oklahoma," said agritourism coordinator Meriruth Cohenour. "Each one has a different selection of products and some will shell and crack your own pecans for you."

Examples of the diverse pecan products available include whole pecans in the shell, papershell or native pecan halves, pecan oil, and gift tins of flavored pecans. For those who love grilling or smoking meat, pecan firewood and pecan smoking chunks are perfect choices.

The Oklahoma agritourism website, [www.oklahomaaagritourism.com](http://www.oklahomaaagritourism.com), is an easy way to find a pecan orchard near you. An interactive map on the Specialty Crops page shows the locations of pecan orchards and links to their websites.

## STRANGE BUT TRUE SO THEY SAY...

**BBT** Saturday mail delivery in Canada was eliminated by Canada Post on February 1, 1969!

**BBT** In Tokyo, a bicycle is faster than a car for most trips of less than 50 minutes!

**BBT** There are 18 different animal shapes in the Animal Crackers cookie zoo!

**BBT** Should there be a crash, Prince Charles and Prince William never travel on the same airplane as a precaution!

# WARR ACRES NURSING CENTER

Your Community Partner for Post Acute and Healthcare Services

We believe that the PEOPLE we are caring for are the most important factor.



## SKILLED NURSING CARE

### Full Range of Rehabilitation Services:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Private Skilled Rooms
- Wound Care

Medicare • Most Insurances Accepted

6501 N. MACARTHUR • OKC (405) 721-5444

## Pay your last respects...not your life savings!



"I only wanted a simple cremation...& they listened!"



Affordable Cremation Service has served the funeral industry for over 50 years. We understand the needs of families who are looking for a simple cremation. Our simple cremation package is \$885 within a 50 mile radius of Oklahoma City. No membership or hidden fees - no surprises. Visit our website for more info, or call us 24 hours a day.



Affordable Cremation Service located at Reflection Pointe Gardens • 10900 N. Eastern in OKC

405.521.8777 | [www.cremation-okc.com](http://www.cremation-okc.com)



# Grand Tapestry

At Quail Springs

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## HOLIDAY PARTY

**COME ENJOY A FUN HOLIDAY CELEBRATION  
WITH FRIENDS OLD AND NEW.**



**THURSDAY, DECEMBER 15<sup>TH</sup>, 2016 | FROM 4 PM - 6 PM**

14201 N. KENTUCKY AVE., OKLAHOMA CITY, OK

FOOD | ENTERTAINMENT | FESTIVE SPIRITS

PLEASE **RSVP** TO **888-706-0917** BY DECEMBER 13<sup>TH</sup>, 2016