

# A place to call home



Heritage Assisted Living Center Director of Admissions Kimberly Brinner, Director Curtis Aduddell and Chief Canine Officer Cotton have created a warm, inviting atmosphere for seniors in the metro

by Bobby Anderson, Staff Writer

Heritage Assisted Living has been in Curtis Aduddell's family for 17 years.

The director realizes when he comes to work every day he's walking into someone's home.

He's proud of that. And walk the halls of the Yukon residence for a few minutes and you'll quickly see he's not the only one.

"More laughter going on here than any other facility around, I'll bet you," said resident Jane Carter.

"We do have fun," resident Ron Kirby chimed in. "It's the reason to live. That's what it's all about. When you're happy you live longer."

There's life in these hallways. The sound of people laughing.

The smell of chicken enchilada soup simmering on the stove in preparation for dinner.

## FAMILY DIFFERENCE

Aduddell became a nursing home administrator in 1993 in Texas. When the opportunity arose to move back to Oklahoma he jumped on it.

His brother and father approached him with a plan to open several assisted living

See HERITAGE Page 3

# Making a difference



Eddie Sims has spent four decades in health care and is the chief of EMSSTAT services in Norman.

story and photos by Bobby Anderson, Staff Writer

For the last four decades Eddie Sims has kept a watchful eye on the citizens of Cleveland County.

You'll probably never meet him but if you or a loved one ever requires emergency medical attention it will come as a result of the work put in by Sims and his staff.

The EMSSTAT manager and paramedic has around 100 employees who staff the emergency medical services for Norman, Moore, and adjacent rural areas of Cleveland County along with the northern half of the township of Goldsby.

That means Sims' crew operates 13-14 ambulances on most days and is responsible for the lives of some 200,000 people at any given time.

Then there's the athletic events.

"Luckily they're planned," Sims smiled. "It's not a summer concert to benefit the tornado victims in the middle of July which I never want to see again."

"We cover the vast majority of OU athletics and a lot of community events in both cities. I live my life around OU. I don't leave town for OU game days, graduation or medieval fair. There's things you have anchored and live your life around those."

When the football season begins and nearly 90,000 people descend on Gaylord Family Oklahoma Memorial Stadium for a daytime game a medical call for assistance comes in every 90 seconds.

Sims grew up in Miami, Florida with older parents. His father was diagnosed with cancer on his spine when Sims was 11.

See SIMS Page 2






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## SIMS

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He took care of his parents from then on.

Growing up in the early 1970s watching firefighters John and Roy man Squad 51 on the hit TV drama Emergency, Sims was hooked.

"During that time was when EMS was born. That's what I wanted to do," Sims said. "We used to sit around and watch it. I was used to being up 24 hours a day taking care of (my father) and responding to stuff. My mom had issues to where she really couldn't do it and I was an only child."

"I got involved with medicine and helping people before I really had a choice and it was really what I wanted to do."

When he was old enough to get a job he found the local market tough to break into without a military or minority background.

"They wouldn't even accept applications so when I was 14 or 15 I started chasing hurricanes," he said. "In that process I met the director of the severe storms lab (in Norman) who invited us to come chase tornadoes."

That began a routine where every spring he would fly to Oklahoma to chase storms.

He eventually settled in Norman and was among the first group to establish medical services under the Norman Police Department.

"When we started Norman probably had 50,000 or 60,000 people in it," Sims said. "The culture in Oklahoma was 'take me to the hospital now, you people don't need to be doing anything

to me."

"There was a lot of public education. Being in a police system it was kind of a unique opportunity that a lot of us that had concerns how the police would integrate into an emergency medical system, it turned out to be an absolutely wonderful fit."

In 1995, the City of Norman shuffled its emergency services and put them under the umbrella of the Norman Regional Health System.

"Again, that was a great opportunity because the resources the health system had were much greater than the city was willing to contribute," said Sims, whose agency boasts higher than national average survival rates for patients experiencing cardiac arrest. "Medically, in 1978 if you had a heart attack we tried to get you to a hospital. If you had a second heart attack man you were lucky but you didn't have much heart left and your quality of life went down."

"If you had a stroke it really wasn't an emergency because there wasn't anything anybody was going to do for you."

Within the last 10 years that all changed.

"We can get you to a hospital and the people in the cath lab can remove the blockage and you can walk out three days later healthier than when you started," Sims said. "If you have a stroke and .. we take you to a stroke center and two days later you may have no residual effects at all."

"The difference that EMS and emergency medicine has made over the four decades I've been doing this is amazing."

## 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,

Peepeye, 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!

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

## HERITAGE

Continued from Page 1

facilities. The family built Heritage Assisted Living from the ground up and Aduddell has been at 9025 Northwest Expressway ever since.

Joan Dark's residence is just 10 feet down the hall from Aduddell's office.

His door is always open, usually with Chief Canine Officer Cotton's head poking out. Aduddell's affectionate, gentle and patient Great Pyrenees knows every resident by sight and visits with them on a daily basis.

In 2015, Dark sold her house and moved into independent living. Less than a year later she realized the move didn't solve the day-to-day chores of cleaning, cooking and shopping.

A friend suggested Heritage Assisted Living.

"I love it here," Dark said.

And one of the things she loves is the access she has to the man in charge.

She's used that access on a couple occasions but mostly she pops in just to say hello.

"A lot of people like the fact they can go to somebody that

can at least give them an answer. Whether the answer is yes, no, this that or the other you don't have to run it up a corporate chain of command," Aduddell said.

"We do it because we love the seniors and we love what we do. That's my goal. Open door - absolutely."

### SMOOTH TRANSITION

The open door policy is just one of the amenities new residents are offered when Director of Admissions Kimberly Brinner begins the discussion of moving in.

"We get a lot of information before people come in and find out their likes and dislikes," Brinner said. "We try to pair them up with someone here who is very similar."

From that information a myriad of things begin to fall into place.

"They feel comfortable. They know there are people they can go to talk to over and over again," Brinner said. "We know this is going to be hard. The first six weeks are always bumpy, no matter wherever they go."

"But it's bumpy because their entire world has just turned upside down. We want to make sure

during that time we're here for them 100 percent."

That's where the hospitality committee comes in. Sharing stories, memories, tips and feelings of their own personal transitions oftentimes brings it home to people that they don't have to go through this phase alone.

Residents are encouraged to take ownership at Heritage. Whether it be serving on resident committees or leading in other ways the message is clear: Heritage is your home.

"We work here. You live here," Brinner said. "We're working in your home. We want to know what you want us to do in your home. We don't want to cross that line when we're in your home. You tell us what you need us to do to make your life better."

"The thing I always stress is that we're a family-owned facility but we're a family here. My mom lives here."

Dinnertime is a special time at Heritage - largely because it's driven by what residents want.

The food council meets monthly with Chef Felipe Castillo to help craft the menu.

Special requests are made and family recipes are shared with

Castillo so he can share with everyone.

A few years back, residents even opted to restructure dining times and implement reserved seating.

"They wanted that. It's not for our benefit," Aduddell laughed. "They wanted it to get to know the people at their table."

Remodeling has already begun at Heritage. A bistro will open along with a workout facility. More open reading areas will be offered.

Granite countertops and new flooring are also being installed.

Staff longevity reigns at Heritage. Director of Nursing Jodie Spradlin has several night staff that have worked at Heritage for 17 years.

Many others are reaching a decade of service to residents.

"People come and stay," Aduddell said. "We just try to hire caring and compassionate people. I think we've done a good job in that."

They've also done a good job of making a home.

To find out more information you can call Brinner at 405-470-4249 or go online to [www.heritageokc.com](http://www.heritageokc.com).

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## OPINION

# How to Divvy Up Your Family Belongings Peacefully and Sensibly

*Dear Savvy Senior,*

What's the best way to distribute my personal possessions to my kids after I'm gone without causing hard feelings or conflict? I have a lot of jewelry, art, family heirlooms and antique furniture, and three grown kids that don't always see eye-to-eye on things. *Planning Ahead*

**S** THE SAVVY  
**SENIOR**

*Dear Planning,*

Divvying up personal possessions among adult children or other loved ones

can often be a difficult task. Deciding who should get what without showing favoritism, hurting someone's feeling or causing a feud can be difficult, even for close-knit families who enter the process with the best of intentions. Here are a few tips to consider that can help you divide your stuff with minimal conflict. Problem Areas

For starters, you need to be aware that it's usually the small, simple items of little monetary value that cause the most conflicts. This is because the value we attach to the small personal possessions is usually sentimental or emotional, and because the simple items are the things that most families fail to talk about.

Family battles can also escalate over whether things are being divided fairly by monetary value. So for items of higher value like your jewelry, antiques and art, consider getting an appraisal to assure fair distribution. To locate an appraiser, see [Appraisers.org](http://Appraisers.org) or [AppraisersAssociation.org](http://AppraisersAssociation.org). Ways to Divvy

The best solution for passing along your personal possessions is for you to go through your house with your kids or other heirs either separately or all at once. Open up cabinets, drawers and closets, and go through boxes in the attic and/or basement to find out which items they would like to inherit and why. They may have some emotional attachment to something you're not aware of. If more than one child wants the same thing, you will have the ultimate say.

Then you need to sit down and make a list of who gets what on paper, signed, dated and referenced in your will. You can revise it anytime you want. You may also want to consider writing an additional letter or create an audio or video recording that further explains your intentions.

You can also specify a strategy for divvying up the rest of your property. Here are

some methods that are fair and reasonable:

- **Take turns choosing:** Use a round-robin process where your kids take turns choosing the items they would like to have. If who goes first becomes an issue, they can always flip a coin, draw straws or roll dice. Also, to help simplify things, break down the dividing process room-by-room, versus tackling the entire house. To keep track of who gets what, either make a list or use adhesive dots with a color assigned to each person to tag the item.

- **Have a family auction:** Give each person involved the same amount of play money, or use virtual points or poker chips to bid on the items they want.

For more ideas, see "Who Gets Grandma's Yellow Pie Plate?" at [YellowPiePlate.umn.edu](http://YellowPiePlate.umn.edu). This is a resource created by the University of Minnesota Extension Service that offers a detailed workbook or interactive CD for \$12.50, and DVD for \$30 that gives pointers to help families discuss property distribution and lists important factors to keep in mind that can help avoid conflict.

It's also very important that you discuss your plans in advance with your kids so they can know ahead what to expect. Or, you may even want to start distributing some of your items now, while you can still alive.

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.

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## STRANGE BUT TRUE

SO THEY SAY...

**BBT** More people use blue toothbrushes, than red ones!

**BBT** A sneeze travels out your mouth at over 100 m.p.h.!

**BBT** Your ribs move about 5 million times a year, every time you breathe!

**BBT** In the White House, there are 13,092 knives, forks and spoons!

**BBT** Recycling one glass jar, saves enough energy to watch T.V for 3 hours!



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## COMMUNITY

# Safe Shopping

## *Don't be a holiday target*

by Bobby Anderson,  
Staff Writer

It's the most wonderful time of the year for criminals looking to cash in on those just trying to spread a little holiday cheer.

In November, Oklahoma County Sheriff's Officer Corporal Kim Lopez celebrated 31 years in law enforcement.

And for the past several years she has served as the coordinator of the TRIAD program which pairs law enforcement and seniors together in an effort to reduce victimization of the elderly.

She sat down with Senior News and Living to share what criminals are looking for and how you can avoid being a target.

**PARK AND RUN**

Lopez says the parking lot and the cash register are the two most vulnerable spots for seniors.

"I didn't get what I have from cop school," Lopez said. "I went to the professionals and career criminals are very quick to brag about how they selected their victims. Seniors have this vague knowledge of why we always say parking lots are fertile ground. But they need to know which ones and why."

"What I always say is the parking lots you feel the most comfortable in - not good."

Lopez explained that cops aren't the only ones who watch people's body language. When people lower their guard in places where they feel more comfortable

their body language eases.

Contrary to what you might believe, parking lots that serve 24-hour businesses are hot spots.

"Career criminals tell me when the drug deal goes bad, the fight is on and the police are in pursuit they want to ditch a car by getting to a parking lot and steal a car," Lopez said. "They understand something we don't. Crossing many different jurisdictions in a wide variety of vehicles makes it impossible for us to catch them."

So consider that the next time you go to a casino, gas station or big box grocery store open 24 hours.

But the No. 1 place to be on your guard, according to Lopez, is the hospital parking lot.

Someone who commits a crime in a small town wants to get to a bigger location as soon as possible.

"People at hospitals are the worst for awareness," Lopez said. "You'll see people zoned out of their mind. They've been sleeping in a chair, eating out of a vending machine and haven't showered for two days. They've had it. They're worn out, care worn, and

have a laundry list of things of things they are worried about and they're not paying a bit of attention.

"It's easier to get someone's car keys and steal their car in a hospital than anywhere else."

### SCENE OF THE CRIME

Wherever you checkout and pay for your purchases is another favorite spot for criminals.

Getting a shopping cart, even if you're shopping for something small is a great way to put distance between you and someone looking to gain access to your checks or credit/debit cards.

Cell phones are able to take multiple pictures of the checking account information in seconds. Checks that are written and returned to be thrown away are favorite targets.

If you're going to continue to write checks Lopez suggests using gel, liquid ink to write with. A criminal can use fingernail polish remover on a previously used check to "wash" it and reuse.

And criminals love to follow around senior men.

"Right there at the register, senior adult men are targeted

Continued next page

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## SHOPPING

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because they carry way too much cash," Lopez said.

Lopez has noticed an increase in criminals following senior men around and then using a razor blade to slice a hole in the bottom of the back pocket. The wallet falls, the criminal picks it up and is already several purchases down the road before anyone is the wiser.

**Lopez also suggests:**

- Getting your form of payment out in the "unmentionables section" of the store and not at the register is ideal.
- Carrying your purse in front of you, with your arm over.
- Use a lanyard wallet you can slip under your shirt.
- Turn your rings around at the register. Don't advertise what you have so someone can target you.
- Use a pen when punching in your debit card number to prevent the use of criminals using clip-on, heat-sensitive cameras.
- Have your monthly Social Security check direct deposited to one account and set-up an auto transfer to an account linked to your debit card that you use to pay your bills. That way if the card and/or PIN is compromised thieves don't have access to your entire account balance.



Oklahoma County Sheriff Corporal Kim Lopez and the TRIAD Program are urging seniors to shop safe this holiday season.



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# ADvantage slipping from seniors?

by Bobby Anderson  
Staff Writer

Weeks of political wrangling at the Oklahoma Legislature in November put the immediate future of 20,000 Oklahoma seniors in jeopardy with only a temporary fix agreed upon as the year draws to a close.

In mid-November the ADvantage Waiver program, designed to help them live at home instead of a nursing home faced elimination. By the end of the month a temporary reprieve was granted with the program's future still uncertain in 2018.

Melissa Holland serves as the executive director of the Oklahoma Assisted Living Association.

She says her phone rang off the hook throughout the legislature's special session.

"It shouldn't have come to

this point," Holland said of the 11th-hour reprieve the waiver program received from Gov. Mary Fallin.

## ADVANTAGE WAIVER

Financially, the ADvantage Waiver requires that applicants qualify for Oklahoma's Institutional Medicaid known as SoonerCare.

The SoonerCare income limit for long term care services for a single applicant is \$2,205 per month. The countable resources limit is \$2,000.

Holland points out the program is actually a federal one through the Centers for Medicare and Medicaid Services. Which means it was funded through taxes paid into Social Security.

"So Oklahoma receives funds for that and they should be disbursing accordingly," Holland said. "The funds come from



Oklahoma Assisted Living Association Executive Director Melissa Holland has been fighting for seniors amid the state's budget crisis.

CMS."

After learning of the Oklahoma Legislature's intent to short the Oklahoma Department of Human Services \$69 million in funding for the next fiscal year,

DHS sent out a letter in October announcing that the ADvantage Waiver program would end Nov. 30.

The move would cover \$39.44

See OKALA Page 9



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*"We are so very pleased with our decision to move Mom to Heritage Assisted Living. She is loving it there, which is such a blessing to her and my sister and I. It means so much to know that she is being taken care of by such loving people. Thanks again, and be blessed! You are appreciated!"*

**-PAM (Family Member)**

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## OKALA

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million of the department's \$69 million funding shortfall.

State Rep. Pat Ownbey, chairman of the House Human Services Committee, said he believes the program will survive.

"The intent of the Legislature is not to allow the ADvantage Waiver program to be cut," he said. "It's not going to happen.

We will get that (budget) hole filled."

Even though DHS was required by law to notify recipients of the impending cut it was criticized by legislators for fear mongering.

"What's interesting was I started fielding calls from seniors that needed to go into communities that were looking for long-term care options and they had nowhere to go," Holland said.

One of Holland's members had to send out 26 eviction notices in one day. A pharmacy service called and said it would be forced to lay off employees.

"The thing is these residents, these seniors, have paid that to society," Holland said. "Some are veterans. Most have worked hard and they deserve this. They've paid into the system and this is basically their money that should be coming back to them from the government from the taxes they've paid."

"They're not people who have never worked or are trying to live off the system."

The program faced elimination in the new budget sent to Fallin's desk.

But Fallin struck down all but

five of the 170 sections of the budget plan. The measure did ensure the ADvantage program would be funded until January.

"House Bill 1019X does not provide a long-term solution to the re-occurring budget deficits, and within three months we will come back facing an estimated \$600 million shortfall," she said.

"This will preserve a safety net for core health and human services until legislators come back for a second special session, which I intend to call in the near future," said Fallin.

Fallin said she vetoed most of HB 1019X because it came perilously close to using most of the state's available one-time funds in various accounts and drawing down on available savings in the Rainy Day Fund. Signing the measure would have left the state with few available funds to deal with an estimated shortfall of more than \$600 million in the next regular legislative session, which begins in February.

Senior Joan Dark is an ADvantage program member who lives in a Yukon assisted living facility.

She was one of thousands of Oklahoma seniors who spent an anxious November waiting for news.

"I turn the news on and turn it back off. It's not pleasant but I pray a lot," Dark said. "I honestly don't know. I just don't know. I love it here. I just don't want the legislature to close us down. I like the people, both the residents and the staff. They are so good to us."

## New device stops a cold before it starts

New research shows you can stop a cold in its tracks if you take one simple step with a new device when you first feel a cold coming on.

Colds start when cold viruses get in your nose. Viruses multiply fast. If you don't stop them early, they spread in your airways and cause misery.

But scientists have found a quick way to kill a virus. Touch it with copper. Researchers at labs and universities agree — copper is "antimicrobial." It kills viruses and bacteria, just by touch.

That's why ancient Greeks and Egyptians used copper to purify water and heal wounds. They didn't know about viruses and bacteria, but now we do.

Researchers say a tiny electric charge in microbe cells gets short-circuited by the high conductance of copper, destroying the cell in seconds.

Tests by the Environmental Protection Agency (EPA) show germs die fast on copper. So some hospitals switched to copper touch surfaces, like faucets and doorknobs. This cut the spread of MRSA and other illnesses by over half, and saved lives.

The strong scientific evidence gave inventor Doug Cornell an idea. When he felt a cold coming on he fashioned a smooth copper probe and rubbed it gently in his nose for 60 seconds.

"It worked!" he exclaimed. "The cold went away completely." He asked relatives and friends to try it. They said it worked for them, too, every time. So he patented CopperZap™ and put it on the market.

Soon hundreds of people had tried it and given feedback. Nearly 100% said the copper stops their colds if used within 3 hours of the first sign. Even up to 2 days, if they still get the cold it is milder and they feel better.

Users wrote things like, "It stopped my cold right away," and "Is it sup-

posed to work that fast?"

Pat McAllister, age 70, received one for Christmas and called it "one of the best presents ever. This little jewel really works."

People often use CopperZap for



**New research: Copper stops colds if used early.**

prevention. Karen Gauci, who flies often, used to get colds after crowded flights. Though skeptical, she tried it several times a day on travel days. "Sixteen flights and not a sniffle!"

Businesswoman Rosaleen says when people are sick around her she uses CopperZap morning and night. "It saved me last holidays," she said. "The kids had colds going round and round, but not me."

Some users say it also helps with sinuses. Attorney Donna Blight had a 2-day sinus headache. She tried CopperZap. "I am shocked!" she said. "My head cleared, no more headache, no more congestion."

Some users say copper stops nighttime stuffiness. One man said, "Best sleep I've had in years."

Copper may even stop flu if used early and for several days. In a lab test, scientists placed 25 million live flu viruses on a CopperZap. No viruses were found still alive soon after.

The EPA says the natural color change of copper does not reduce its ability to kill germs.

CopperZap is made in the U.S. of pure copper. It carries a 90-day full money back guarantee and is available for \$49.95 at CopperZap.com or toll-free 1-888-411-6114.

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# Inspiring Generations to Devote Lives to Care, Kindness, Respect

Salmeron career a combination of nursing and education

by Traci Chapman,  
Staff Writer

Oklahoma City University Dean of the Kramer School of Nursing Lois Salmeron has ascended the heights during her life – as a nurse, an educator, a wife and mother and as a professional who successfully navigated a journey few women of her generation did.

"I have always wanted to be a nurse - my father encouraged me to go into medicine," Salmeron said. "However, in those days to combine being married and having a family for women was a rarity."

Despite that fact, the young woman decided to follow her instincts – Salmeron first attending nursing school at St. Francis

Hospital in Wichita, Kansas. Graduating in 1962, she and her husband married while she was a nursing student and he was completing his residency in anesthesiology.

With a diploma from St. Francis that allowed Salmeron to pass the state board and become a registered nurse, her first staff position was in the maternity acute care unit of the hospital where she attended nursing school. But, while she had a good start at the Wichita facility, it was only the start.

Her path veered in a different direction when Salmeron's husband was offered a staff position at then-Baptist Hospital; the couple and their two children moved to Oklahoma City. It was



Oklahoma City University's Kramer School of Nursing Dean Lois Salmeron has spent her 55 years as an RN not only caring for patients, but also working to help educate nurses who will carry the torch into the future.

after that move that Salmeron's career really began to blossom.

She began her Oklahoma healthcare career as a staff nurse in Deaconess Hospital's labor-delivery and mother-baby units

– and, later, as nurse educator for Deaconess personnel hospital-wide.

That position showed yet another facet of nursing that

See SALMERON Page 11

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## SALMERON

Continued from Page 10

would become a passion – education. That would be very important in the late 1960s when Mercy Hospital approached Oklahoma State University-OKC with a proposal.

It was a time when, like with Salmeron's own experience, hospitals were the source of nurse education. Mercy's idea to transfer its program to OSU-OKC helped spur a major change in the way nurses would obtain their degrees, and Lois Salmeron would be on the forefront of that movement.

"I was one of the first three faculty to begin that program," she said. It was a program she would remain with for more than three decades, the last nine of her 31 years at OKC-OSU as division head of health services. While there, Salmeron also in the late 1980s spearheaded a nursing distance learning system for the Oklahoma panhandle area and based at OSU-OKC.

The now established nursing educator never stopped learning herself. Salmeron earned bachelor's and masters of science degrees from University of Oklahoma; she obtained a master's of arts in teaching at Oklahoma City University and Oklahoma State University Doctorate of Education with adult education focus.

In 2001, Salmeron was at a turning point, however. She retired from OSU-OKC, but the ongoing nursing shortage convinced her to remain in the field. Oklahoma City University's Kramer School of Nursing had room to grow – and a place for Salmeron to help it do just that. For four years, she served as an adjunct professor, but that was far from the extent of her contribution to OCU.

"As KSN was growing in numbers of nursing students, I was asked to apply for the assistant dean position - I was chosen for that position in July 2005," Salmeron said. "I advanced to be the associate dean in two years."

When the dean took a semester off in the spring of 2013, Salmeron was named senior associate dean in charge. In June, when longtime Dean Marvel Williamson retired from the college, Salmeron was appointed interim dean.

Salmeron became Kramer

School of Nursing Dean in January 2014, becoming responsible for the entire nursing department – "budget, enrollment, recruitment of students and faculty, hiring staff and faculty, working with the other schools on campus, service to the university and the community, fund raising for the department, strategic planning, awareness of state and national guidelines that must be followed for approval and national accreditation, continuing education for faculty and staff, maintaining a positive culture for faculty, staff and students to succeed," Salmeron said. "These are just some of the responsibilities of the dean."

While her position meant a full spectrum of responsibilities, it didn't diminish the dean's love of nursing and teaching – something she said she didn't want to completely relinquish. She therefore chose to retain a part of what brought her to Oklahoma City University in the first place.

"I teach one PhD course every Fall semester called Nursing Education Administration," the dean said. "It is rewarding and challenging to work with these adult students sharing some of the components of what is required to lead a nursing education program."

Salmeron's wide-ranging experience has served her – and the college – well. Last year, OCU began a distance learning program in Duncan that harkened back to her 1980s panhandle experience.

Like much of Salmeron's career, the Duncan program is just one of several milestones of the past that have inspired achievements in the present. And, Salmeron herself has been a source of inspiration for thousands of students who know how much she has achieved in a world very different from today's nursing opportunities – and her work has spurred countless awards, including the Distinguished Professional Service Award from the Association of Women's Health, Obstetric and Neonatal Nurses, a nonprofit aimed at promoting the health of women and newborns.

Salmeron was also the first nurse to ever receive the American College of Obstetricians and Gynecologists' Graham White Award and was in 2003 inducted into the Oklahoma Higher

Education Hall of Fame.

Salmeron has achieved as much in her personal life as she has in her profession – she and her husband have been married for 57 years and live in the home they built and moved into in 1968. The couple has three grown children who understood their mother's education advocacy – a son and daughter are PhDs, while a second son earned his MBA and has his own financial management company. His siblings are a researcher in plant molecular biology and a clinical psychologist in private practice.

"My husband grows orchids, has his own greenhouse, is retired, but supports my passion of educating the next generation of nurses," Salmeron said.

At 77, while many people would be looking to slow down or take an easier path, those around her said Salmeron shows no sign of doing that. Juggling a myriad of responsibilities at work, the dean

also gives back to the community – she volunteers on several state and national nursing committees and serves on several boards, including Mercy, Oklahoma City-County Health Department and Oklahoma Higher Education Heritage Society; she is also an Accreditation Commission for Education in Nursing peer reviewer.

Salmeron's hands on approach shines through in all of her endeavors – her work, charitable and volunteer endeavors and her personal life – and it's something illustrated by her view of the school and its culture, what she called the Kramer Way.

"My priority at KSN is to create the positive culture in which the faculty and staff can guide the nursing students to be successful and ready for the professional responsibilities that they will have," Salmeron said. "The Kramer Way means we all try to live a life that values caring, kindness and respect."

## Rural fire department grants awarded by Oklahoma Forestry Services

Recipients of the annual Rural Fire Defense 80/20 Reimbursement Grants have been announced by Oklahoma Forestry Services. The grants provide funding for equipment purchases and fire station construction and are available through an application process to rural fire departments which serve populations of less than 10,000.

"There is a great need for equipment and station construction by our rural fire departments," said George Geissler, director, Oklahoma Forestry Services. "These departments are the first line of defense for their communities and we would like to be able to offer assistance to more departments."

A total of \$125,000 was available for the program this year and departments were eligible to receive up to \$30,000 for fire department construction and up to \$20,000 for fire equipment purchases. The grants provide reimbursement of up to 80% of the total amount of projects, with fire departments receiving reimbursement after the purchase or construction costs have been paid. Sixteen departments were selected to receive the grants this year.

The grants are authorized by

Governor Mary Fallin, funded by the Oklahoma Legislature and administered by the Oklahoma Forestry Services, a division of Oklahoma Department of Agriculture, Food & Forestry. Oklahoma's Rural Fire Coordinators grade the applications and select the recipients.

Rural fire departments which have been awarded grants this year include: Boulanger Rural Fire Department; Butler Volunteer Fire Department; Caddo Fire Department; Blackwell Fire Department; Harrah Fire Department; Cordell Volunteer Firefighters Association; Darwin Volunteer Fire Department; Green Country Volunteer Fire Department; Walters Fire Department; Jacktown Fire Department; Monroe Volunteer Fire Association; Ochelata Volunteer Fire Department; Oglesby Civil Defense Volunteer Fire; Sam's Point Volunteer Fire Department; Meeker Fire Department; Rosston Volunteer Fire Department and Wilson Community Volunteer Fire Association.

For more information about the grants and recipients visit the Oklahoma Forestry Services website at [www.forestry.ok.gov](http://www.forestry.ok.gov) or call 405-288-2385.

## TRAVEL/ ENTERTAINMENT

# A Taste of Tulsa and Broken Arrow, Oklahoma

Photography and Text by Terry "Travels with Terry" Zinn [t4z@aol.com](mailto:t4z@aol.com)

While I live in the capitol of Oklahoma, Oklahoma City, I find that up the turnpike in Tulsa a capitol of fun. It can be a quick and convenient get away from every day hum drum – of course that is if you don't live in Tulsa.

A favorite and icon of Tulsa is the shopping center, Utica Square. In this out-door mall, you can find several stores regrettably not found in Oklahoma City. A park and walk up and down the hill of the shopping district gives you a chance to slow down and take in the well landscaped area. With not a lot of open ground space Utica Square makes the most of its flower beds with seasonal extravaganzas. Spring is intoxicating with its joyful spring bulbs where tulips abound. In the fall you may find autumn décor with pumpkins and kale cultivations. And of course, who doesn't like to visit malls during the Christmas season, and Utica Square is no different. A must visit is Utica's icon upscale dining experience at the Polo Grill where reservations on open table or by phone during popular times is a necessity. The service and luxurious atmosphere is only surpassed by well-prepared cocktails that might accompany your perfectly cooked steak or other delicacies.

Next door to the Polo Grill is the perpetual favorite for party and holiday décor at Casey's. This gift shop institution offers a full selection of Christopher Radko glass ornaments all year round, and a variety of party napkins, cards and invitations along with many holiday set-a-round items.

Several blocks north is the Cherry Street District of Tulsa. There are a variety of unique shops as well as dining opportunities. Parking along the street you can stroll to find mid-priced to upscale priced gifts and decorating items with French oriented antiques at Charles Faudree (1345 East 15 street), and reasonably priced décor items at The Nest and the unusual at Spirit Works. When you've got to eat or be refreshed with a beverage you can choose: The Palace Café,

Roosevelt's, Kilkeny's Irish Pub, Chipotle Mexican Grill, and the favorite La Madeleine French Bakery and Cafe.

For art lovers the Gilcrease and the Philbrook museums are musts. Give yourself plenty of time to explore the extensive art at the preserved Tulsa home of the Philbrook, and a bit farther out of town the Gilcrease with its modern expansive building hosting classical art as well as special exhibits of contemporary offerings. Philbrook exhibits a European garden design in their "backyard" which on a pretty day is a joy to stroll. There is an upscale restaurant in both museums which continue the elegant dining or snacking tradition for which museum cafes are known. The Philbrook's exhibits, "Museum Confidential" (behind the scenes of museum workings) runs through May 6, 2018 and its "Game On" (a large scale photograph of one action packed football play) runs through Feb 4, 2018. While near Tulsa's downtown you might consider timing your visit with a production performance at the Chapman auditorium.

Over by the Broken Arrow expressway is Broken Arrow's performance art center, where they recently hosted a two person show of Broadway's Tommy Tune and Chita Rivera. The dedication and preservation of their main street features the Rose District where planters alongside the on-street parking is home to a variety of rose bushes. Also, there is a monumental bronze sculpture call the "Contract" emphasizing the bond of a handshake agreement. The Main Street Tavern is a popular dining establishment complete with a full bar. Their meat loaf is not what is expected, so if ordering that, be sure and ask about its preparation, as mine was a slice of ground beef swallowed up in heavy brown gravy. Their fish and chips is a well-received entree.

Broken Arrow's history can be seen at the Museum on Main street along with the Historical Society. One marker in town harkens back to



the Kentucky Colonel Hotel which was known for its fried chicken, build in 1903 and razed in 1955. It was a welcome respite for train travelers. Today the Rose district plays host to a popular sprinkler park where children run in and out

of water spouts in the shadow of the glass atrium of the Performing Arts Center down the street.

Tulsa and Broken Arrow are good starts in your exploration of favorite north-eastern Oklahoma get away attractions.

**Mr. Terry Zinn - Travel Editor**  
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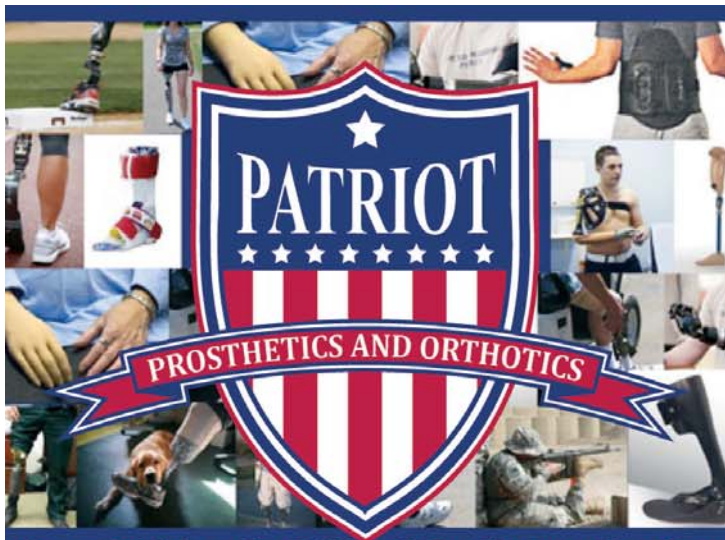
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## INTEGRIS Employees Toss Turkeys to Regional Food Bank

INTEGRIS broke ground on the health care system's first micro-hospital, which will be called INTEGRIS Community Hospital. It will be located at 3391 S. I-35 Service Road at the S. 34th Street intersection in Moore. "We chose Moore as our first such location for a variety of reasons. It is one of the fastest growing, most progressive, most resilient communities in Central Oklahoma," said INTEGRIS President and Chief Executive Officer Bruce Lawrence. "Also, we've owned this land since 2002.

Last October, INTEGRIS officials announced they would be working with Emerus to open small-scale, fully licensed inpatient hospital facilities in different quadrants of the metro, to bring high-quality care closer to home.

Each joint venture facility will be open 24-hours a day, seven days a week and will be equipped to respond to almost any medical issue a patient may present with; including those that may be life threatening or require complex, critical care.

Each will house between eight and 10 inpatient beds for observation and short-stay use, and include

a similar number of emergency treatment and triage rooms, along with primary and specialty care physicians, diagnostic and other outpatient clinic services.

"What is a community hospital or a micro-hospital?" asked Vic Schmerbeck, the Executive Vice President of Business Development at Emerus. "We believe it's a transformative concept that allows great health care systems like INTEGRIS to expand their reach further into communities by offering medical care in lower cost settings that are conveniently located where people live, work and play."

While Wednesday's groundbreaking was held at the future Moore location, it was meant to signify and celebrate all four of the community hospitals INTEGRIS plans to build in Central Oklahoma.

The three other planned locations are in Northwest Oklahoma City, Far West Oklahoma City and Del City. The Moore facility is scheduled to open in early 2019 and the remaining locations should be up and running by the end of that year. Additional INTEGRIS micro-hospitals could be on the horizon in the future.

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# First Two Flu Deaths of the Season Reported

The Oklahoma State Department of Health (OSDH) announced the first two deaths caused by the flu in the state. Both deaths occurred in patients who were over the age of 65. There have been 105 influenza-associated hospitalizations reported statewide.

The number of flu cases is relatively high for this time of year, and public health officials are concerned there will be a high risk of spreading the flu during the holiday season. The highest number of flu-related hospitalizations has occurred among those who are older than 50 years of age, as well as children younger than 5, which are both groups at greater risk of experiencing severe illness and complications due to flu.

The OSDH reminds the public that there are still several months left in the flu season. The single best way to protect against flu and its consequences is to get the flu vaccine. Many local county health departments, pharmacies and health care providers have vaccine and health officials urge everyone 6 months of age and older to get the vaccine to protect themselves and those around them from influenza, especially babies too young to receive a vaccination. It takes about two weeks after getting a flu shot for a person's immune system to respond and provide defenses against influenza viruses.

Those who already have the flu can spread it to others even before they feel sick. One may have the flu if they have some or all of these symptoms: Fever, Cough, Sore throat, Runny or stuffy nose, Body aches, Headache, Chill, Fatigue

It is important for those experiencing flu-like symptoms to consult with a health care provider as soon as possible. Antiviral drugs may be prescribed to treat the flu. These drugs work better for treatment when started within 48 hours of noticing symptoms. Influenza antiviral drugs may also be indicated as a prevention measure to protect those who have just been exposed to someone diagnosed with influenza and are especially vulnerable.

Certain people are at greater risk of serious flu-related complications. Young children, elderly persons, pregnant women and people with some long-term medical conditions are reminded to contact their health care provider as soon as they develop flu symptoms.

OSDH recommends staying home for at least 24 hours after a fever is gone. Avoid going to work, school, social events and public gatherings as well as traveling and shopping. The fever should be gone without the use of a fever-reducing medicine, such as acetaminophen before returning to a regular routine. To prevent the spread of the flu, the public is reminded to cover coughs and sneezes with a tissue and wash hands often.

For more information about influenza and activity updates, visit the Ok Flu View at [flu.health.ok.gov](http://flu.health.ok.gov).



## INTEGRIS Employees Toss Turkeys to Regional Food Bank

INTEGRIS Health and its employees have once again donated turkeys from their annual Turkey Toss to the Regional Food Bank of Oklahoma. This year, 865 turkeys were donated and distributed to fellow Oklahomans who have inconsistent access to nutritious food.

"We consider ourselves blessed to work for an organization that values our employees and is willing to reward them in this special way," said Bruce Lawrence, president and CEO of INTEGRIS Health. "Donations made to the Regional Food Bank allows INTEGRIS to live our mission by supporting our community through giving to those in need this holiday season."

INTEGRIS Health traditionally hands out turkeys to their employees in November as a way of 'giving thanks' for their hard work and dedication throughout the year. Many employees 'pay it forward' by donating their turkey to the Regional Food Bank.

"Having a meal to share is often out of reach for many of our Oklahoma neighbors," said Katie Fitzgerald, chief executive officer of the Regional Food Bank. "There are

too many of our neighbors - people you may even know - who are quietly living with hunger. Thanks to INTEGRIS Health and all of their wonderful employees, hundreds of families will now enjoy a nutritious holiday meal together."

This year alone, INTEGRIS, and its employees, donated 25,850 pounds of food through its Turkey Toss and Gov. Mary Fallin's Feeding Oklahoma Drive. In total, 7,626 turkeys have been donated to the Regional Food Bank since INTEGRIS Health began the partnership in 2010. The majority of Oklahomans served by the Regional Food Bank are chronically hungry children, seniors living on limited incomes and hardworking families struggling to make ends meet.

It's not too late to make a difference this holiday season. Thanks to a generous matching challenge from APMEEX.com, the Cresap Family Foundation and Chesapeake Energy Corporation, every gift we receive through Jan. 15 will be matched, dollar for dollar - up to \$600,000 - for a total impact of \$1.2 million. To make a donation call 405-600-3136 or visit [regionalfoodbank.org/donate](http://regionalfoodbank.org/donate).

## What About Cremation? So You're Considering Cremation...

The reasons for choosing cremation vary from individual to individual. But as with all funeral arrangements, there are many options available regarding the cremation itself, services, price ranges, and what to do with the ashes. Please send for this informative brochure to help answer any questions you may have. It's free & you'll learn about the endless choices available to you.



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Yes, I'd like more information on cremation.  
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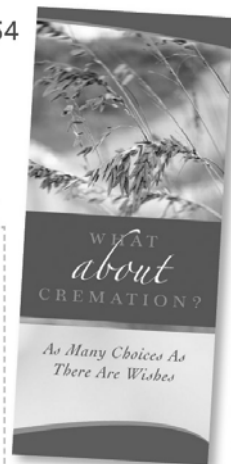
Name

Address

City  State  ZIP

Phone

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# SENIOR TALK

Read what other Seniors have to Say...

What do you hope is under the Christmas tree this year? Heritage Assisted Living Center

Just time with my family and friends.



Joan Dark

Could I get new eyes? I can work with my hearing, but not my eyes.



Jane Carter

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[news@metropublishingok.com](mailto:news@metropublishingok.com)

SENIOR TALK  
or call  
SENIOR NEWS AND LIVING  
405-631-5100

I would like to get a chair lift that mounts to a car so I can travel more.



Ron Kirby

I'd like a brand new outfit to go to town.



Mary Brunnert

## CROSSWORD CORNER

### Across

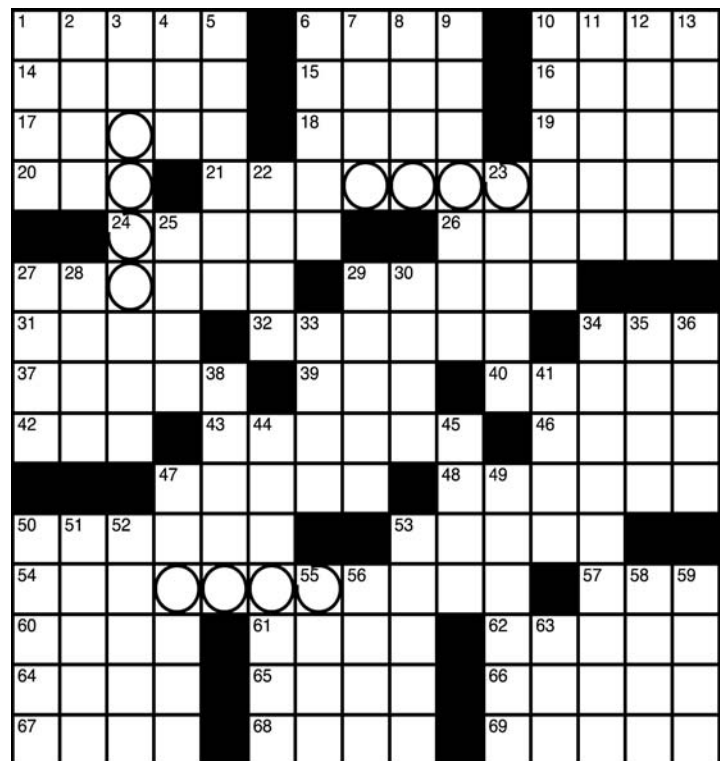
- 1 Think tank nuggets
- 6 Party freebies
- 10 Hurricane response org.
- 14 Confusion
- 15 Shakespearean villain
- 16 Ink color, to Shakespeare
- 17 Flower symbolizing freshness
- 18 Turkish money
- 19 Barnes & Noble reader
- 20 Sandwich initials
- 21 "Let's say we're even"
- 24 Some corporate jets
- 26 Internet hookups?
- 27 "Oh my goodness!"
- 29 Like much barley soup
- 31 Marriott competitor
- 32 Tuneless
- 34 Line on a restaurant receipt
- 37 Slice of pie
- 39 Car starter: Abbr.
- 40 Bitcoin, e.g.
- 42 UFO crew, supposedly
- 43 "Golly!"
- 46 Like some garage floors
- 47 Raise aloft
- 48 "How do you like them...?!"
- 50 Baltimore athlete
- 53 What undercover cops may wear
- 54 It's all in your mind

### Down

- 57 Fido's foot
- 60 Proactiv+ target
- 61 Eins, zwei, \_\_\_
- 62 Suspected perp's story
- 64 Downpour that can hurt
- 65 Has a snack
- 66 Rolled to hold fries, as paper
- 67 Does impressions of
- 68 Bug repellent ingredient
- 69 Rapidity
- 1 Website with movie trivia
- 2 Use a rotary phone
- 3 Off-ramps
- 4 Vienna's land: Abbr.
- 5 Surveillance device
- 6 Window shelves
- 7 Cry miserably
- 8 Prefix with culture
- 9 Chin growths
- 10 Green Monster ballpark
- 11 WWII German torpedo craft
- 12 Bullwinkle, for one
- 13 Egyptian crosses
- 22 \_\_\_ rug: small carpet
- 23 Magazine revenue source
- 25 Actor Dane of "Grey's Anatomy"
- 27 Lowdown
- 28 Exude
- 29 Intolerant sort

### 30 Years on end

- 33 Tractor trailers
- 34 Sudden downturns, and a literal hint to this puzzle's circles
- 35 Dot on the blue part of a map
- 36 Sci. class
- 38 Deadly African virus
- 41 Handle it as well as one can
- 44 Produced, as crops
- 45 Reagan's first secretary of state
- 47 Monopoly buys
- 49 Lead the flock
- 50 City name famously used by Peyton Manning when calling signals
- 51 Summarize
- 52 Navel type
- 53 Slacks measure
- 55 "Dies \_\_\_": hymn
- 56 Ration (out)
- 58 Provide a fake 62-Across for, e.g.
- 59 Like EEE shoes
- 63 Mauna \_\_\_



Answers on page 25



# Oklahoma Cityans Will Hear Better

By Ron Hendricks

The first hearing loop installed in the metro is located in the newly renovated Nichols Hills City Council chambers where the users of hearing devices will be able to hear all that goes on in meetings and conferences. A ribbon cutting ceremony with many 'dignitaries' and guests celebrated the completion of the installation.

The second LOOP installation in Oklahoma City has also just been completed in the OKC Civic Center Music Hall. The hearing loop system is hard wired into the auditorium and will transmit sound directly into a hearing aid or Cochlear implant with a "T" coil. When you visit the Civic Center for a musical show or concert this fall, you may be surprised by what you hear!

Central Oklahoma Chapter of the Hearing Loss Association of America is proud to be a part of the "Oklahoma City Hearing Loop Initiative." Our member, Ana Covey and her company, Assist2Hear are responsible for these installations. COCHLAA, with Ana and Assist2Hear and are looking forward to many more installed locations to help those suffering with hearing loss. After all, it is an ADA requirement, that facilities offering public access where sound is integral to the space, must offer hearing assistance to those who need it and the hearing loop is by far, the user-preferred system.

Please visit with your audiologist or hearing aid specialist to make sure your hearing aid or Cochlear device is hearing loop ready by activating the telecoil (T-coil) option available in most aids.

If you know of businesses that have this kind of need, please feel free to contact COCHLAA at the Hearing Helpers Room, 405-717-9820 or visit our website, [www.okchearingloss.org](http://www.okchearingloss.org). You can also contact Ana at [ana@Assist2Hear.com](mailto:ana@Assist2Hear.com) or (405)640-5152 for any questions about hearing loops.

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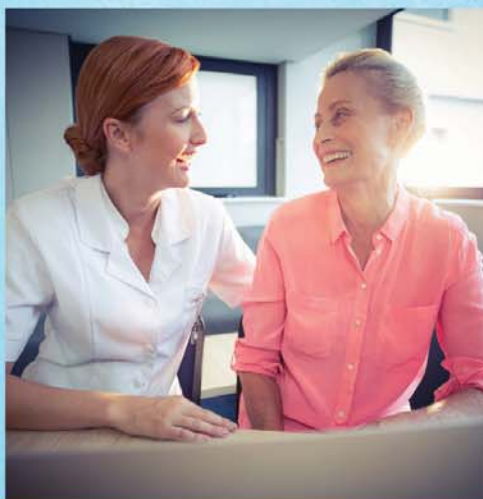


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# THE ORIGINAL PROMISE

By Darlene Franklin

Merry Christmas? Not always. For many, it's the loneliest time of year.

How do you read "God is nowhere?" Many cheer that God is now here. Others wander in the darkness of "God is nowhere." Some still wonder if Emanuel, God with us, has ever come.

God not only makes promises. He transforms, fulfills, and perpetuates them. **PROMISES GIVEN**

In the 21st century, Christians are tempted to question why people didn't recognize Jesus as the Messiah at His birth. We don't think about how long Jews had waited waiting for Emanuel to be born, ever since the birth of their nation, a promise that extended back to the Garden of Eden.

Fifty-three years ago, my ten-year-old self said "I will" when the preacher asked, "who will go?" I believed I was supposed to serve as a music missionary to Mexico.

Our southern neighbor was pretty exotic to someone from Maine. I studied Spanish on my own until I got to high school and pursued advanced degrees in Bible and music.

Did I ever get to Mexico? Yes, for eight glorious weeks one summer while I was in college. My dream of fulltime service ground down over the years. Financial and family difficulties intervened, and I found myself too old and unfit.

I gave up, but God didn't. When I moved west, Mexicans worked in fast-food restaurants, did my hair, and became my neighbors, friends, and co-workers. They accepted my halting attempts at Spanish



Darlene Franklin is both a resident of a nursing home in Moore, and a full-time writer.

with delight.

When I didn't get to Mexico, God brought Mexico to me.

## PROMISES TRANSFORMED

God did more than bring Mexico to me. He turned the tables on me.

A couple of weeks ago one of my nursing home aides, Maria Ochoa, helped me get ready for the day. Spanish Catholic music played on her phone, and I sang along. She showed me the lyrics on the screen. For ten minutes, we told the gospel through endless verses. It was a powerful time of worship.

Maria had switched roles and ministered to me.

The Lord took the promise to bring me to Mexico and transformed it into something even more beautiful.

Similarly, the Messiah who arrived didn't match what people expected. Instead of a King to sit on David's throne, God sent the Lamb who would take away the sins of the world and rule over a heavenly kingdom of people from every tribe and tongue and nation.

## PROMISES FULFILLED

Those first century Jews had it partly right. The Day of the Lord

is coming and His Kingdom will be established on earth as it is in heaven.

But they missed the bits about the humble servant who would suffer and die (Isaiah 53:5). Jesus fulfilled those prophecies.

Sometimes a promise happens in stages. The fact we didn't get everything we expected doesn't mean those things will never come to pass.

Take the book I'm working on now. I've been to compose prayers from Genesis to Revelation. I'm jumping for joy because God called me, promised me, that I would be writing a devotional book over twenty-five years ago.

After my nonfiction proposals got rejected repeatedly, I decided God wanted me to write fiction. I've been blessed with many novels, and have contributed devotions to books now and then. Over the past eighteen months, God has opened one door after another to write nonfiction. And now God gave me this this awesome, almost scary, gift and assignment.

Praise Him.

## PROMISES PERPETUATED

See DARLENE Page 27

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**Class III:  
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**Class IV:  
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\*\*Class Closes either 1 week PRIOR to start date OR once class capacity is reached.

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Is your company new to Oklahoma? Are you looking for a way to help you and your staff get on the same page and work better as a team? This regulation review is designed for Regional Directors/Owners who are new to Oklahoma and to bring a community's Nurse, Administrator and Marketer together to learn requirements for operating an OK. Assisted Living community. Class participants will be given a crash course on Title 63 Continuum of Care and Assisted Living Act; Title 310, Chapter 663 and will bring home a binder that will quickly become a vital reference tool in day-to-day operations. For an additional \$50 fee you can receive 5.25 NAB CEU hours for this training!

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\*Have a large staff? This course is available for staff meetings. OKALA Members only. Limited Availability. No NAB CEU's



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"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.

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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>	*	*	*	*	*	*	*	*	*	*		
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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.gardensatredingseniorliving.com">www.gardensatredingseniorliving.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>	*		*	*	*	*	*	*	*	*		
Iris Memory Care		Edmond	405-330-2222	<a href="http://www.irisseniorliving.com">www.irisseniorliving.com</a>	*	*	*	*	*		*		*			
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	<a href="http://meadowlakesretirementvillage.com">meadowlakesretirementvillage.com</a>	*			*	*		*	*	*	*		
Savannah House of Moore		Moore	405-378-2500									*				
Savannah House of Norman I		Norman	405-329-2450								*	*				*
Savannah House of Norman II		Norman	405-701-8440								*	*		*		*
The Veraden		Edmond	405-359-1230	<a href="http://www.veradenlife.com">www.veradenlife.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.

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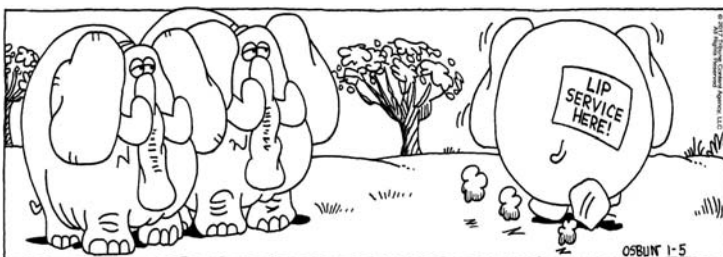
## Broom Hilda

By Russell Myers



## Animal Crackers

By Fred Wagner



## Gasoline Alley

By Jim Scancarelli



**Vicki L Mayfield, M.Ed., R.N., LMFT Marriage and Family Therapy Oklahoma**  
If you would like to send a question to Vicki, email us at [news@okcnursingtimes.com](mailto:news@okcnursingtimes.com)

**Q.** My husband and I are both self employed and have Obamacare (aka The Affordable Care Act,ACA). Even though we make a good income, it fluctuates but we do not qualify for any subsidies. Our premium has jumped to over \$1000 per month with a deductible of \$6500!! There is nothing affordable about raising our premium 76%. Our stress level has also jumped 76%. What is happening to hard working people whose incomes do not jump even close to 76%.

**Janet and Kyle**

A. Oklahoma has only one health care provider, Blue Cross and Blue Shield (BCBS). All the other insurance carriers have left Obamacare. When losses exceed premiums, the only options are to stop doing business with this group of Oklahomans or raise premiums.

According to John Doak, Oklahoma Insurance Commissioner, since the 2014 implementation of the ACA, BCBS combined losses are more than \$300 million. So they can exit this group of people, leaving them with no coverage or they can skyrocket the premiums.

Subsidies sound great but not everyone qualifies for them. It sounds like you and your husband fall into the group of people that will have to find a way to make more money on your own. As if you didn't have enough stress, now this.

Oklahoma is an unhealthy state. According to Business Insider, Dec 2013, Oklahoma ranks #7 on the 10 Unhealthiest States List. Obesity rates are high in our state. The amount of public funding available for health care has dropped 40% in the past two years. Addiction rates are high.

Options for those on Obamacare are limited but the following are suggestions:

1. Check to see if you qualify for any subsidies.
2. Don't have insurance and pay the penalty at tax time.
3. Spend less - can you modify your budget?
4. Work more - not good for mental health/physical health
5. Lower stress by staying as healthy as possible

\*exercise--get out and move your body \*nutrition--choose healthy options, avoid impulse eating \*laugh -- there are funny moments -- seize them \*sleep -- most people are sleep deprived.

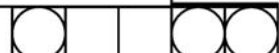
Maybe you can motivate the unhealthy Oklahomans to put down their fork and put their walking shoes on. This is a serious issue with a serious consequence and a domino affect that could be disastrous.



## JUMBLE

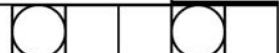
Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

HAALP

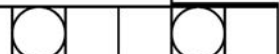


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FNORT



RIVDET



DUNSED



Ans. here:



(answers next month)

November Answers

Jumbles: CLOUT APPLY HYBRID BOUNCE  
Answer: There were no eggs in the henhouse because they had been — POACHED

## THAT SCRAMBLED WORD GAME

by David L. Hoyt and Jeff Knurek

Have you been watching Bruce Willis movies all night?

Yes, it's the John McClane-a-thon! He's so awesome! I pity anyone who stands in his way.



SHE ADORED BRUCE WILLIS AND ALWAYS WOULD, BECAUSE SHE WAS A —

Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.



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## Dec/Jan AARP Drivers Safety Classes

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

- Dec 7/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi**  
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100
- Dec 8/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards**  
S.W. Medical Center - 4200 S. Douglas, Suite B-10
- Dec 16/ Saturday/ Midwest City/ 9 am - 2 pm/ 473-8239/ Williams**  
First Christian Church - 11950 E. Reno Ave.
- Jan 4/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi**  
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100
- Jan 8/ Monday/ Midwest City/ 9 am - 3:30 pm/ 473-9239/ Williams**  
First Christian Church - 11950 E. Reno Ave.
- Jan 9/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Kruck**  
Dale Robertson Center - 1200 Lakeshore Dr.
- Jan 9/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky**  
Rose State Conventional Learning Center - 6191 Tinker Diagonal
- Jan 10/ Wednesday/ Mustang/ 9 am - 3:30 pm/ 376-3411/ Kruck**  
Mustang Senior Center - 1201 N. Mustang Rd.
- Jan 12/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards**  
S.W. Medical Center - 4200 S. Douglas, Suite B-10
- Jan 23/ Tuesday/ Okla. City/ 9 am - 3:30 pm/ 773-6910/ Kruck**  
Healthy Living - 11501 N. Rockwell

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

## DARLENE

Continued from Page 22

God gives every generation enough signs to believe the Lord is returning in their generation.

In my youth, we looked at the reestablishment of Israel as a nation for the first time AD 70 (in 1948). I spent my young adult years watching for the Lord's return. If it happened within a forty-year generation of Israeli nationhood, He would come in 1988. When it didn't happen, I knew I had figured wrong.

Perhaps the biblical promises to bless the righteous to a thousand generations works like that. That's a promise that stretches beyond the family I can

imagine, to places I've never been-until the Lord's return.

God will fulfill every one of His promises. It's only a question of when.

Sponsored by Darlene Franklin. Best-selling hybrid author Darlene Franklin's greatest claim to fame is that she writes full-time from a nursing home. Mermaid Song is her fiftieth unique title! She's also contributed to more than twenty nonfiction titles. Her column, "The View Through my Door," appears in four monthly venues. Other recent titles are Christmas Masquerade and Maple Notch Romances Eight Couples Find Love You can find her online at: Website and blog, Facebook, Amazon author page

## STRANGE BUT TRUE

SO THEY SAY...

**SBT** An earthquake on Dec. 16, 1811 caused parts of the Mississippi River to flow backwards!

**SBT** A person uses approximately fifty-seven sheets of toilet paper each day!

**SBT** Honolulu is the only place in the United States that has a royal palace!

**SBT** One gallon of used motor oil can ruin approximately one million gallons of fresh water!

**SBT** The king of hearts is the only king without a moustache on a standard playing card!

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# December Power Breakfast

Thursday, December 14 | 9:00 a.m.



**Bill Terry**  
Disaster Relief USA

Join Bill Terry from Disaster Relief USA to learn about his experiences managing mass care feeding kitchens and training volunteers for deployment during times of major crisis, like Hurricane Harvey relief.

Be inspired by stories of volunteerism and unity while learning how you can be prepared during a time of disaster. You won't want to miss Grand Tapestry resident Bill Terry as he shares his knowledge, heart and experiences.

A gourmet breakfast will be served at this free event. RSVP today for the December Power Breakfast at Grand Tapestry at Quail Springs.

Please register by calling 405-605-6900.

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