



SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

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Norman seniors planning for future



photo by Bobby Anderson

Richard Bailey, chairman of the 21st Century Norman Seniors Association, says Norman has a chance to be a leader in senior wellness.

by Bobby Anderson, Staff Writer

Richard Bailey has spent his entire life in communication. Spanning Asia for the telecommunications industry and then working in the computer and internet industries, Bailey has always been focused on the best way to get a message across.

Retired since 2000, Bailey is now applying his talents as chairman to help the 21st Century Norman Seniors Association communicate their needs as the City of Norman prepares to build a new senior center.

Norman seniors have been watching intently

as the city has wrestled with funding a new senior citizen.

For some, it's been promises broken. For others, it's simply been a long process that has the promise to unfold into not only a one-of-its kind center but a new wellness philosophy for Norman's 25,000 seniors.

Welcoming seniors and "anyone

See BAILEY Page 3

Coming Soon! *John H. Johnson Care Suites*



Tom Langdon, Development Consultant stands in front of the construction work being done on the John H. Johnson Care Suites, due to be finished in the fall of 2018.

by Vickie Jenkins, staff writer

There is an exciting new concept in affordable Senior living being lovingly constructed right here in Oklahoma City, John H. Johnson Care Suites, is a place for active living with exceptional healthcare for Seniors. Meet Tom Langdon, Development Consultant and partner with John H. Johnson Care Suites, which is being developed by Community Enhancement Corporation, a subsidiary of the Oklahoma City Housing Authority. Together, they are making this project happen. Each resident will have a beautiful secure apartment in a community where 3 meals a day are served, housekeeping and necessary laundry is done and help with daily activities are all provided. Those who live here will see an improvement in nutrition and their social life. An attached medical clinic assures that each resident have proper primary medical care. An activity room is also available, including art work and sculptures for the residents. Local artists will visit often to interact with the residents.

See SUITES Page 2

SUITES

Continued from Page 1

Each apartment will be spacious with beautiful decor, complete with a large picture window to cast plenty of light in the living room. Granite countertops set off the kitchen, along with detailed cabinets with shelves above giving plenty of cabinet space. Residents will be proud to call John H. Johnson Care Suites home.

The wellness of each resident is the primary concern of the caring staff. Everyone is encouraged to be active in spiritual development

and artistic expression as well as social interaction.

There will be 120 apartments designed for assisted living. There will be 10 separate duplexes (The Cottages) that will have 2 bedrooms, 1 bath for independent living, available for those that qualify. The price will be on a sliding scale based on their income. A resident will need to qualify in two ways, they will need to qualify medically that they need assistance and qualify financially making less than \$2,000 a month. Any elderly American citizen is entitled to \$750.00 a

month through social security and SSI.

The Care Suites will be unique in its own way. There is not another place like it in Oklahoma City. One of the unique qualities about this community living will is the Prairie Gardens Gallery. The many walls in the public area of this community will be totally different than the other assisted living facilities. There will be original art work from local artists on display and we will be selling them to you. The appearance of Prairie Gardens Gallery will be full of uplifting and the perusal of art collectors through the exhibit wings will enhance the liveliness of our community. Net proceeds of the Gallery will benefit the resident benevolence account.

"We are looking at having The Care Suites finished by fall of 2018 and so far, we are on schedule," said Langdon. "The whole point of this project is to help seniors in need. My favorite part of this job is when I see the faces of the elderly after they move in and live here," Langdon added.

Another plus for the Care Suites will be the 15 acre property

that will be filled with trees, shrubbery and flowers. It will be a great place for taking walks, enjoying the scenery or chatting with friends. Gardens are to be planted outside the buildings in front of windows so residents of the Gallery can sit and view them. These areas will have doors that will allow residents to walk the garden paths that will be paved with porous material. All other areas will be lawns of native grasses.

"I am excited to share this news with you and I can't wait for this project to be finished with residents living here. If we improve the health, nutrition and housing of the elderly regardless of their income, I would say we have accomplished our purpose," commented Langdon.



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BAILEY

Continued from Page 1

who aspires to be a senior," Bailey's group is focused on not only seeing that Norman seniors have a place to call home but there's a philosophy behind it that places value meeting ever-changing needs.

"I think (the value of seniors) is something that's horribly overlooked," Bailey said.

AN OLD CONCEPT

The first senior center built was in the 1940s in New York City. Built to provide leisure activities for primarily widows, the center allowed case workers a central location to reach the population.

About 30 years later the city of Norman moved its senior center into a 45-year-old Carnegie Library down the street from the county courthouse.

"And we're still there," Bailey said. "And we're still basically operating under the same service concept that was developed in the 1940s."

"The whole concept of senior centers has changed dramatically."

Norman's population has grown more than 50 percent to nearly 120,000 residents since 1990.

And the senior population is growing exponentially every day.

A NEW VISION

"Remember that every student at Norman North and Norman High School will be a senior citizen during the lifespan of this building so you have to think about not just the people who are there today but the people who will be there in the future," Bailey said.

The building will be physical evidence the importance of Norman seniors has been recognized but Bailey says it's about a concept that embraces senior wellness.

Norman's current senior center has a half-hour wellness class once a day.

"The new concept is health and wellness on demand and has people there organized to help seniors get the best benefit out of the facilities that are there," Bailey said. "It's well-proven that the overall cost to society is reduced by spending money on senior activities to keep them healthy."

The new concept embraces intergenerational activities. More and more high school and college students are seeing the benefit of spending more time with seniors.

"If you think really hard about

it it could extend down to an organized latchkey operation for parents who needed it," Bailey said.

The new concept also embraces volunteerism.

"The seniors that are there today are better educated, healthier and more involved in activities than ever before," Bailey said. "And if you organize a set of services in the senior center around people who are willing to volunteer to do things you can get a tremendous number of people that will be active."

And don't forget about the ever-growing number of seniors or soon-to-be seniors who are serving as caregivers for their own parents.

Bailey has been through that experience.

"There should be an organized set of caregiver activities within a senior center so people can know they can go there and learn and understand from people who have been through it," he said.

In March, the Wall Street Journal noted people over 65 years old would outnumber children by 2035, a first in U.S. history, according to updated projections released by the Census Bureau.

The milestone would be the latest marker of the nation's aging, which has accelerated with baby boomers' move into their senior years and recessionary effects on births and immigration over the past decade.

The growing elderly population will also put pressure on lawmakers to shift funding toward programs such as Medicare and Social Security, particularly because elderly Americans vote at high rates, said Kenneth M. Johnson, a demographer at the University of New Hampshire.

Norman's senior center serves almost 150 seniors each week.

"We haven't evolved our programs in our current vision enough to really meet the needs of a significant or even a small portion of the senior community," Bailey said. "But the value of that senior community to the whole community is much greater than its use right now. It's an overlooked resource."

You can find out more information online at www.normanseniors.org as well as the group's Facebook page listed as Friends for a 21st Century Senior Citizen's Center.

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old!

BBT In space, astronauts cannot cry properly, because there is no gravity, so the tears can't flow down their faces!

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Seniors' biggest fan

Salvation Army fights summer heat



Salvation Army Central Oklahoma Command Director of Social Service Ministries Dee Watts has been helping Oklahoma seniors stay cool in the summer for more than 25 years.

by Bobby Anderson, Staff Writer

The temperature climbed into the 90s in May and Dee Watts started getting concerned.

"We were freaking out," said Watts, the Director of Social Services for the Salvation Army Central Oklahoma Command. "We went from spring to blazing. Normally, we have time to get these collected and get them out but we're already there."

This past June marked Watts' 27th year with the Salvation Army. She's worked on the organization's annual fan drive for 25 of those years.

But this is one of the earliest

summers she can remember.

Fan distribution began in late June and will continue this month until supplies are gone.

"However many we get we will give," she said.

To request a fan you must go in person to the Salvation Army at 1001 N. Pennsylvania or contact Watts at 246-1070.

"It gives us an opportunity to help our community," Watts said. "With the weather being so hot most (clients) are medication sensitive."

A box fan costs \$20. Any amount was accepted but donors were urged to purchase "a blade"

See FAN Page 26



In order from left to right:
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HEALTH

A Second Chance at Life

Vickie Jenkins
Staff Writer

Meet Mr. George Martin, 69, an Army Veteran, a kind and considerate gentleman that believes in second chances in life. He is also an amputee. Martin is an amazing man that has a story to share with others.

Martin had a rough childhood with his parents and ended up going to live with his aunt. His aunt was attending a little, country church. "I remember being about 12 years old and I would go to church with her and then one Sunday, all of a sudden, I felt God calling me. It was a strong feeling that I had never experienced before," Martin said. "It was as though God knew that I needed to know

what love was. So, it was that Sunday that I got baptized in a horse trough. Back then, that is what they used," he added.

It was the year 1967. Martin was in the Army, fighting the Vietnam War. It was on March 13, 1968 that Martin found himself in a foxhole. He got shot in the leg 3 different times with an AK47. "That is a mean weapon," Martin said. "A tourniquet was placed on my leg to stop the bleeding but every time my heart beat, I felt the blood gushing out!" He was taken to the hospital where Martin had bled to death and was pronounced dead!

This is when Martin felt a peace come over him. He heard the nurse say, 'we lost him.'

This is when Martin felt himself floating upward. "It's true how people say they see a tunnel, full of light. I saw that tunnel and then, I saw Heaven open up! I saw all of God's Glory!" Martin said. "I saw streets of gold; a pure gold that seemed transparent. It was beautiful! I had an overwhelming feeling of peace, love and joy! It was so magnificent! There was beautiful green grass, not a flaw in it. I heard a choir and orchestra, praising the Lord. I was surrounded by beautiful flowers! The praises were everywhere! I saw water in the distance and it sparkled like diamonds! Beams of glory were all around! I heard God speak to me I am going to put you to sleep now. I have a purpose for you!"

"The next thing I knew, I was waking up in a body bag. It was dark and I felt a toe tag. With all my might, I tried to move, as much as I could. I heard a voice close by and then, a scream! I was out for 3 days but I was alive! The doctors and nurses were trying to get me stabilized, sending me to a hospital in Japan. I got very ill and spent

8 months in the hospital. Being in Vietnam, we had all been sprayed with Agent Orange. (A herbicide and defoliant chemical, causing many health problems for any individual who were exposed.) It was eating up the inside of my body!"

"That was 50 years ago. The Lord has seen me through so much but I am alive! I continue to give Him praises. I attend a little, country church and I share my testimony in different churches around Oklahoma. I am thankful to God for giving me a second chance and showing me that I still have a purpose here on earth."

"Yes, I am an amputee; I am living my life for Him. A big thank you to Patriot Prosthetics and Orthotics for everything," said Martin.

A big thank you to Michael Huggins and Dallas Curtis for taking care of the many Veterans and their prosthetics. The first prosthetic that Martin had was a wooden one, heavy, uncomfortable and bulky. That was in 1968. Now, thanks to

See LIFE Page 9



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LIFE

Continued from Page 8

Patriot Prosthetics and Orthotics, Martin's prosthetic is light weight, comfortable and a digitized prosthetic. Martin has been going to Patriot Prosthetics and Orthotics for about 20 years.

"They are such great people over there and I trust them with everything," Martin said.

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Mr. George Martin has been given a second chance at life. Pronounced dead, he got to see a glimpse of Heaven. Now, he continues to share his testimony with others.

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Cause for paws Pet food ministry reaches out

by Vickie Jenkins, Staff Writer

Too many Oklahoma seniors face financial challenges each month.

But for Kim Pempin, founder of Pet Food Pantry, those decisions should never force seniors to decide between feeding themselves or feeding their best friend.

"Seniors can't just go out and get more money," Pempin said.

Pet Food Pantry delivers free pet food and supplies to low-income seniors, veterans, homeless and those in domestic violence shelters so they can feed and care for their companion pet while helping them afford their own food and medical supplies.

Pempin and husband, Mike, started Pet Food Pantry in their garage in June 2010.



Kim Pempin (left) and Pet Food Pantry Board President Devon Sisson are helping low-income Oklahoma seniors feed their pets.

Feeding street dogs and doing rescue work was just something that came natural for Kim.

She had been delivering food regularly to the men's mission in cowtown and whatever was left

See PAWS Page 11

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PAWS

Continued from Page 10

over she would hand out to those on the street with animals.

"God spoke to me and said 'Why don't you do more,'" she remembered. "I knew people in rescue. I knew people who loved seniors and those who loved the homeless.

"I called some friends and asked if anybody was doing this."

The answer was a resounding, no.

Two weeks later the group had its name and eventually a 501(c)(3) non-profit designation.

A bunch of pet food from a friend was donated. She called a friend at Skyline Ministries to see if they might need some.

She unloaded cases at the organization's Primitimers programs and noticed something interesting.

When seniors would win Bingo games they would get their choice of a food or clothing item.

"When the pet food was there they would forego that and would get the pet food," Pempin said. "That kind of told us it was a real deal."

Branching out from Skyline Urban Ministry clients, Pet Food Pantry continued to grow to its current 150 seniors that receive home delivery and "at least that many in homeless."

Mike Pempin does a homeless outreach twice a month to make sure pets of the homeless are fed.

The also group regularly provides food to the Homeless Alliance and domestic violence shelters, where kennels are maintained to help in a crisis.

"There's probably about 800 pets we feed per month through all of this," Pempin said.

That equates to nearly five tons of food for Oklahoma City's dogs and cats.

Reaching Out

Applications for pet food assistance are required. But other resources are provided.

Pantry assistance, medication assistance and other resources are also readily available for Pempin to plug participants into through various metro resource providers.

"We do pet food, litter, bowls and treats and all that but we also do a three-month supply of flea and tick medicine," Pempin said of what her group can provide.

Mindy Duke has volunteered with Pet Food Pantry since 2014.

"The first thing we did was help Mike start bagging food because he was doing it all himself," Duke said. "Now we're expanding out and we know corporations are out there looking for opportunities for their employees.

"Everybody who comes seems to have a good time and they keep coming back to help us."

The Regional Food Bank of Oklahoma is a major supporter of Pet Food Pantry as are private businesses and citizens but the need is growing.

You can contact the organization by calling 405-664-2858.

Free pet food to those 63 or older, or U.S. Veterans (any age with proof of service) is offered with the condition that all pets must be spayed/neutered.

Areas currently served include Bethany, Britton, Del City, Edmond, Midwest City, Moore, Mustang, Norman, Oklahoma City Metro, Warr Acres, and Yukon.

Volunteers including sub route drivers, bin managers, event, and fundraising volunteers are always needed.

Tips for Pet Health

For dogs who have trouble eating dry food, a few hours before your pet's feeding, place dry food in bowl and add just enough water to cover food. Place bowl in refrigerator. Dry food will plump up and be easier to eat - plus will give your pet some extra moisture. Take bowl out of refrigerator, add some warm water or warm in microwave checking to be sure food is not too hot. Smash food into smaller pieces with a fork. Repeat for each meal.

Healthy alternatives

Green beans are healthy treats and good for controlling pet's weight. Store in freezer and give as a frozen treat or thaw in the refrigerator and serve with dry dog food. Low calorie, high fiber helps pets feel full and satisfied without increasing their weight. Green beans in the frozen section will have less sodium than canned green beans.

100% canned pumpkin is good for their digestive system - helps with constipation and diarrhea. Keep refrigerated. Add a spoonful to their food or place "dollops" on waxed paper and freeze. Also good for giving pills.

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TRAVEL/ ENTERTAINMENT

A Birthday Celebration Oklahoma Style

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

Sometimes you just have to grab an important birthday denotation by the horns and plan a celebration yourself. Sound egotistical? Not really. When a landmark birthday approaches, particularly ending in a year with a zero, you reflect on your life, you discover your longtime friends and family were the joys along the way. To insure your landmark in the highway of life is not neglected you can organize your own celebration for not just for your life, but for the people along the way that have shared it with you and supported you through the decades.

This is what I did six months ago as I was surprised that a multiple decade birthday would be here next June. I started making a hand-written list of the people that I thought might like to attend and could attend taking in to consideration that some are almost a continent away, and some may not be in good enough health for an extended event. Then I thought to myself what I would like to do in a long weekend of events that I would enjoy, and as importantly could afford?

I came up with a Friday night come and go cocktail party in my garden and home, a Saturday brunch, and Saturday evening entertainment and a Sunday morning brunch, knowing some guests might need to catch a plane or get back home early.

I tempered this idea with my meager budget and decided to let the guests pay their own way at dinner events. This ala cart method is not unheard of and gives the guest the opportunity to choose the food they would most enjoy, what their budget allowed, and in a way was their gift to me. I included this information in a multiple page hard copy invitation, four to six weeks before the weekend, to enable them to "save the date" and to reply with their intention, the names

of their guests and what events they would be attending, in a deadline announced RSVP SASE reply sheet.

In this day of email, I was afraid that many would not use the hard copy reply sheet to let me know their intentions, but ninety percent did just that. This gave me a written page account I could tally and record. I even asked their adult beverage preference so I could have it on hand for the garden cocktail party.

The Friday night garden party would take the most planning and preparations but was happy to share the enjoyment of my garden and my collectible cluttered house with those congenial friends I had not seen in years. I would serve all in crystal glass ware.. No red solo cups - this was not a college style bacchanal. As the weather predicted record breaking temps for my 7 pm event I purchased a number of fans for air circulation[T1] [T2] in the house and out on the deck. These seemed to do the trick, as I was the only one affected by the heat. Months before I had also purchase a mosquito killing machine that cut down on those pesky party poopers. To insure the safety of my evening guests in my "transitional neighborhood" I hired an off-duty policeman to patrol the parking lot. After all one must foresee what might mar the guest's party remembrance. No drinks without food, so I offered a homemade spinach and avocado hot dip, a favorite spice cake, strawberries and grapes, a variety of cheeses and dips along with a tray of vegies and good ole Southern pimento cheese spread.

For my Celebratory Saturday Bruch I chose Oklahoma City's newest contemporary hotel, 21c Hotel, (<https://www.21cmuseumhotels.com/oklahomacity/>) as well as for my host hotel for out of town visitors. The event managers are a joy to work with especially when you



have special requests for a memory video screen, music, table arrangements, and preparation for my gift bags and table top party favors of an original small canvas abstract painting I did. Free valet parking for my guests was a boon and with an ideal installment plan to reserve the private dining room, all was ideal. The gathering was greeted with a fluted orange juice or bubbly which was offered next to the 21c hotels' static penguin mascots.

For the evening entertainment I chose the Remington Park Casino and Race Track (<https://www.remingtonpark.com/dining/silks-restaurant/>) for their end of season running of the quarter horse races. By reserving 6 weeks in advance I was able to secure tables at the finish line in the glass enclosed Silks restaurant with their large delicious entrees, one would not expect at a race track. By following the advice of the jumbo screen MC I placed a 2 dollar bet and won to the amount of \$14. I quit while ahead.

The casual yet elegant Sunday brunch was at the Oklahoma City Museum of Art Cafe, (<https://www.opentable.com/museum-cafe?page=1>) which always delivers the best of food and beverages. The upscale atmosphere was under samplings of the Dale Chihuly art glass, which is exhibited in more quantity in the museum permanent collection. It's always a joy to tour the Museum, as I and some of my guests experienced.

You may not be able to host in your house, but perhaps a community center or condo common place can be reserved for an evening cocktail party. Also you need not wait for a decade birthday, as the Holidays are approaching, or just a celebration gathering of your long time friends, showing them and they showing you their love.

New clues in the fight against food allergies



Peanuts. Shellfish. Eggs. Milk. While that may look like a grocery list to some, to those who are allergic to these common foods, it reads like the start of a horror novel.

More than 50 million people in the United States suffer from at least one food allergy, and many can result in serious health problems and even death. Allergic reactions to food are most common in children, with the Centers for Disease Control and Prevention reporting 4 to 6 percent of youngsters in the U.S. are affected.

With food allergies making such a significant impact on the population, are we any closer to solving the issue?

"We don't yet have all the answers, but we've found some important new clues in recent years," said Oklahoma Medical Research Foundation President Stephen Prescott, M.D.

Food allergies occur when the body has a specific immune response to a food. While our immune system is designed to fight off foreign invaders like viruses to keep us healthy, occasionally it can incorrectly identify a harmless substance—like peanuts or shellfish—as a threat.

Prescott said for many years, health experts focused on identifying allergens and telling people to stay away from those offending foods.

"This resulted in stringent

requirements for food labels and measures like peanut-free classrooms," he said. "Still, the prevalence of peanut allergies kept increasing."

In an effort to understand why, scientists studied hundreds of infants deemed at high risk of developing a peanut allergy. They randomly assigned some of the babies to be regularly fed peanut products, while denying the others all foods containing peanuts.

By age 5, less than 2 percent of those children fed peanuts developed an allergy, compared to almost 14 percent of those who'd avoided peanuts. A second study involving children who already showed peanut sensitivities at the beginning of the study yielded similar outcomes.

"These findings suggest that we've been going about things all wrong," said Prescott, a physician and medical researcher. "Instead of protecting kids from food allergens at young ages, it looks like we'd do better by exposing them."

Indeed, the National Institute of Allergy and Infectious Diseases has issued new guidelines recommending giving babies puréed or finger food containing peanut powder or extract before they are six months old.

"If parents follow this advice, I'd hope to see the peanut allergy numbers start to drop in the coming years," said Prescott. "If that happened, it would be a big step forward."

Central Oklahoma Chapter HLAA plans summer

by Ron Hendricks

BINGO! Central Oklahoma Chapter of Hearing Loss Association of America (COCHLAA) held the annual Bingo Night in June and is looking forward to more great fun in July, August & the rest of the year.

In July we will be the guests of Fernando Acuna, the Executive Chef and Director of Dietary at both, the North and South Oklahoma Heart Hospital locations. He is also one of two certified Pritikin chefs in the state of Oklahoma. We will taste some great recipes and HEAR how to cook them. The room will have a hearing loop!

August 4th will be the annual Ice Cream Social at Lakeside United Methodist Church, 2925 NW 66th St, 2-4PM. There is no charge and the public is invited. This is where COCHLAA announces new officers and planned programs for both the night and day groups for the year. We will introduce scholarship winners, and this year will give away a home loop system. Great things are happening!

This is a year of celebration for COCHLAA as we begin our 28th year of service to those with hearing loss in Oklahoma and the Hearing Helper's Room (HHR) will be celebrating 20 years of helping, answering questions, and demonstrating all sorts of assistive hearing devices. The HHR is a place to learn and get information but you can't buy anything,

We are very proud of one of our members, Ana Covey a representative of Assist2Hear, a private company supplying LOOP systems to Oklahoma. Ana has been instrumental in the installation of hearing loop systems in the Nichols Hills City Council Chamber, the Civic Center Music Hall, Church of St Mary in Tulsa, and most recently the Rodeo Cinema which is due to open any day now. A hearing loop connects to the sound system and provides a magnetic, wireless signal which is picked up by the telecoil inside most hearing aids and cochlear implants. Instead of struggling to understand, straining to hear the words clearly, or trying to read lips, the hearing loop brings clear sound straight to those of us suffering with hearing loss.

Your Central Oklahoma Chapter of Hearing Loss Association of America is excited about the coming year. To learn more visit our website, www.OKCHearingLoss.org.



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Significant Women in Oklahoma Agriculture Highlight: Jill DeRusha

by Bryan Painter

Jill DeRusha wears her hands-on love for agriculture with pride.

Before the sun has snuck a peek at the new day in southwestern Oklahoma, the 60-year-old who lives northwest of Mangum in the Jester/Willow Community, is out at the barn feeding. Depending on the day, she's checking to see if heifers are calving. She's checking water on the places with no ponds. She's running after parts for the machinery. She's making sure everyone has lunch and that the paperwork is filled out for the Farm Service Agency office. She's checking on markets for cattle and crops, and selling crops "when appropriate." She's feeding hay to cattle and, when time permits, she's mowing the yard.

So by the end of the day,

DeRusha is always wearing her love for ag not only in her heart, but on her button down shirt and blue jeans.

"On any given day, I can have manure, hay, dirt and grease on me somewhere," DeRusha said.

Paying attention

She and husband Randy raise cattle, cotton, wheat, alfalfa and some milo. They've had roughly 2,000 acres of cotton in recent years. They also have 350 mama cows. They own some acres and lease the rest.

DeRusha said, "We have a sign that says, 'Jill Ranches, DeRusha Farms.' That sums up our roles around the place. I can operate most of the machinery, but Randy is who keeps it running and in good shape. I take care of the cattle and he helps with them when needed."

When DeRusha says she checks



Jill DeRusha of Willow is being recognized as a significant woman in Oklahoma agriculture.

on her cattle, that doesn't mean she's simply counting them. She knows her mama cows - and the reason for that dates back more than 50 years.

"My granddad would take me everywhere with him," she said. "He taught me to tell one cow from another. He would say, 'Just look at their faces or look at them

closely. That's ole curly face, that's short tail.' To this day, I don't tell my 350 mama cows by an ear tag. They all look different or have different personalities."

DeRusha firmly believes agriculture has shaped her entire life.

See DERUSHA Page 16

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DERUSHA

Continued from Page 15

"I think the way of life on the farm or ranch teaches a person to deal with everyday living in a positive way," said DeRusha who's quick to point out that their ag operation is four generations deep. "One learns there are many different paths to reach a goal or complete a task."

The well-known drought in the 1950s ended the year Jill DeRusha was born, 1957. However, Jill and Randy found themselves right in the middle of the historic drought that sank its teeth into

Oklahoma less than a decade ago. "One of worst times we have faced was the drought of 2010-2011," she said. "We had to decide whether or not to hold on to our cattle. We kept all but the 50 head and sold those. We fed hay. We hauled water. Every other day, I hauled a little over 3,000 gallons of water. It paid off, because when it rained and the grass came back we didn't have to buy all the cattle back that we needed."

It was a lesson of life, of carrying on, to pass along to family, regardless of their professions. Between them, they have five children. Her daughter Jaclyn and son-in-law Trey Christensen live in Oklahoma City, daughter Kelsey and son-in-law Kelby Merz live in Elk City, and son Kolby Miller and daughter-in-law McKenzie live in Oklahoma City. TaShina DeRusha lives in Somerville, Tenn., and Jared DeRusha lives in Dallas.

Jill and Randy have six grandchildren.

"I'm thrilled that the fifth generation loves coming to visit us at the farm," DeRusha said. "I am so proud of our family."

Always a part of her life DeRusha's parents, Jimmy and

the late Joyce (Wheeler) Heatly, were partners in the family farming and ranching operation which included a cow-calf operation, cotton, wheat and hay.

The first tractor DeRusha drove was a Massey Ferguson 65. She was in second grade.

"I could jump across the width of the plow, so you didn't seem to get much accomplished in a day's time," she said. "I loved the cattle part of the family business the most and my brother Jack would rather be on some piece of machinery, so it worked well. We learned teamwork was always the best way to get things done and that hard work usually pays off."

Through 4-H and FFA their family traveled near and far showing cattle.

"It taught us more about hard work and responsibility for our animals, as well as sportsmanship and competition," DeRusha said. "Through 4-H I grew to love Oklahoma State University. While there I was the Agriculture Queen, and even won the wild cow milking contest."

She finished in the top 10 in the "Ag college." That college experience only deepened her love for agriculture and she went on

to work in the OSU Extension Service at the county level as an Ag Agent. She was a pacesetter in that regard.

She uses that knowledge and experience daily in their ag operation.

Knowing a little about a lot Paul Harvey's "So God Made a Farmer" includes a heartfelt description of just some of what is required of a farmer and rancher.

"I love Paul Harvey's poem, 'So God Made a Farmer,' and it is on our wall," DeRusha said.

Why does she love it? Because she believes that in agriculture you not only have to be determined, you have to be flexible.

"I think farmers and ranchers wear many different hats and I have worn a lot of them," she said. "I love the spring or fall when the weather is cool. We calve both spring and fall and I love seeing the calves running around their mothers. I love the smell of fresh cut alfalfa hay and the sound of rain on the roof is music to my ears."

So whether it's mud, manure or grease that she has on her shirt and jeans at the end of the day, DeRusha will be found wearing every bit of it with pride.

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RATTLESNAKE MUSEUM OPENS IN THE STOCKYARDS



It is summer and Oklahoma families are spending more time at lakes and state parks. With that, the possibility of contact with one of Oklahoma's many venomous snakes becomes a reality. A new local exhibit offers the opportunity to see these creatures up close and personal in a safe setting to help identify them in the wild.

OKC Rattlesnake Museum will open daily beginning July 5th at 1501 S. Agnew, in Oklahoma City's Stockyards District. The museum includes 26 exhibits featuring all of the rattlesnakes native to Oklahoma, as well as Oklahoma's other dangerous snakes -- copperheads and cottonmouths. Other rattlesnakes from around the U.S., and a Gila Monster (large venomous lizard) are also on exhibit. Carl Sandefer, museum curator, is available for any questions visitors might have during their tour of the museum.

One of the rattlesnakes on display is an Eastern Diamondback named "Big Girl." She is over five feet long and weighs 22 pounds. Eastern Diamondback Rattlesnakes are the largest of any rattlesnake species, as well as the heaviest venomous snakes in North America. This particular rattlesnake is found in the southeastern United States.

OKC Rattlesnake Museum will be open 11 a.m. to 4 p.m., Monday through Saturday. Admission is free, but donations are appreciated. For more information, go to: <https://www.facebook.com/snakemuseumokc/> or call (405) 850-5905.

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INTEGRIS to Purchase Deaconess Hospital

INTEGRIS announced today that it has signed a definitive agreement to purchase all associated assets of Deaconess Hospital located near NW 50th & Portland in Oklahoma City from an affiliate of Community Health Systems, Inc. (NYSE: CYH) headquartered in Franklin, Tennessee.

Deaconess operates under the AllianceHealth brand name in Oklahoma and the purchase does not include other AllianceHealth facilities in the state. INTEGRIS will continue operations in the Deaconess facility offering quality health care to area residents.

benefit and anticipate a seamless transition.”

“Deaconess has offered quality health care services to local residents for many years,” said Damon Brown, Interim CEO, AllianceHealth Deaconess. Brown added, “We believe the combination with INTEGRIS sustains and enhances Deaconess’ commitment for delivery of quality health care and services to the community.”

Due diligence efforts continue, and the transaction is expected to close during the third quarter of 2018, subject to customary regulatory approvals and closing conditions.

Kaufman, Hall & Associates, LLC is acting as the exclusive financial advisor to INTEGRIS Health on this transaction.

“This purchase will provide much needed additional capacity for INTEGRIS,” said Chris Hammes, Interim President & CEO, who added, “We see tremendous community

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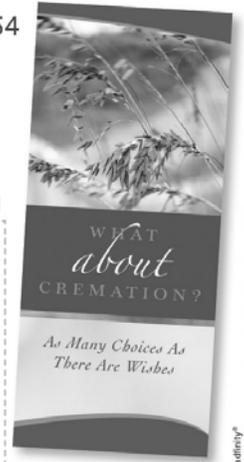
www.crawfordcares.com

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Yes, I'd like more information on cremation.
 (There is no cost or commitment.)

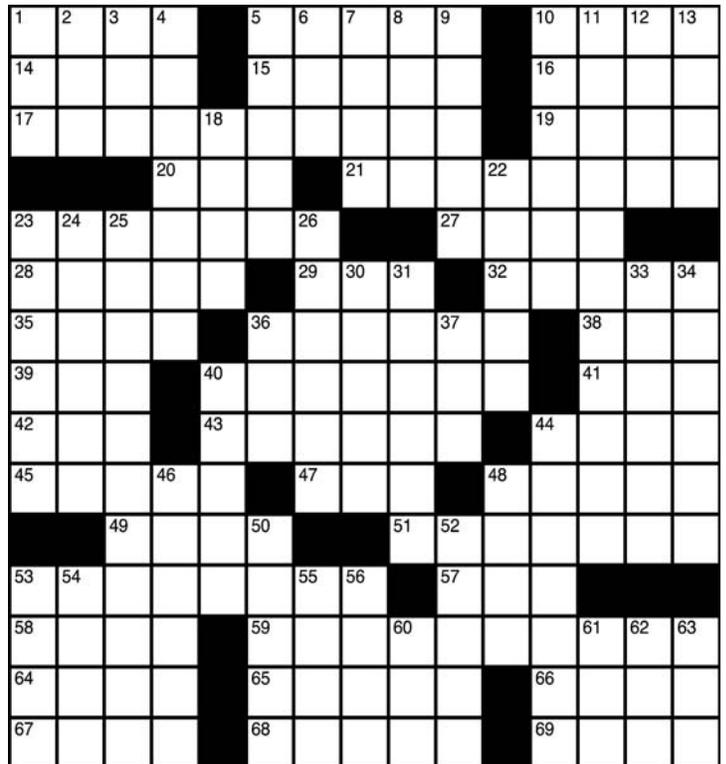
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 610 NW 178th, Edmond, OK 73012



CROSSWORD CORNER

- Across**
- 1 Veggies in Mendel's experiments
 - 5 Wear away
 - 10 Key with five sharps: Abbr.
 - 14 Apiece
 - 15 Name of nearly 20 French kings
 - 16 Deceptive scheme
 - 17 Albert/Gabor sitcom set on a farm
 - 19 Spring flower
 - 20 Auction unit
 - 21 Remain firm
 - 23 Chided
 - 27 Slangy affirmative
 - 28 Gives a hoot
 - 29 Fingers in a lineup
 - 32 Pictograph
 - 35 Award for Tiger Woods or Roger Federer
 - 36 Con's early release
 - 38 Spelling contest
 - 39 High degree
 - 40 1950s RCA innovation ... or this puzzle's four longest answers?
 - 41 Hwy., e.g.
 - 42 Stat for Cy Young
 - 43 Compensated (for)
 - 44 Thesaurus entry
 - 45 Top 40 listings
 - 47 Solidify
- Down**
- 1 Pin for hanging
 - 2 Organ associated with van Gogh
 - 3 Crack pilot
 - 4 Frankenstein creator
 - 5 Make wildly happy
 - 6 Legendary big bird
 - 7 Belonging to us
 - 8 Slimming-down strategy
 - 9 Student's composition
 - 10 Type of shower or gown
 - 11 Sitcom for which Candice Bergen won five Emmys
 - 12 Most populous continent
 - 13 In __: as a prank
- 18 Approving bobs
 - 22 Israeli desert
 - 23 Parts of acts
 - 24 Big name in recent Cuban history
 - 25 Drama in which Tatiana Maslany plays several clones
 - 26 Back-and-forth talk
 - 30 Unmanned spy plane
 - 31 In a bad way
 - 33 "The Dick Van Dyke Show" surname
 - 34 Listened to, as advice
 - 36 Pan partner
 - 37 Old Ford model
 - 40 They're tried in court
 - 44 Get in one's reps
 - 46 Tony winner Tammy
 - 48 Soccer sphere
 - 50 __ card: payment method
 - 52 Block
 - 53 Colombian metropolis
 - 54 Chief Norse god
 - 55 Bone near the radius
 - 56 Mixed-breed dog
 - 60 Before, poetically
 - 61 United
 - 62 Driller's deg.
 - 63 Palindromic call for help



Answers on page 29

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OPINION & MORE

What's the Difference Between Alzheimer's and Dementia?



Dear Savvy Senior,

What's the difference between Alzheimer's disease and dementia? My aunt has dementia, but they don't know if she has Alzheimer's disease, which is very confusing to me. *Trying To Understand*

Dear Trying,

Many people use the words "Alzheimer's disease" and "dementia" interchangeably, but they are not the same thing. In fact, you can have a form of dementia that is completely unrelated to Alzheimer's disease. Here's what you should know.

Dementia versus Alzheimer's

Dementia is a general term for a set of symptoms that includes memory loss, impaired communication skills, a decline in reasoning and changes in behavior. It most commonly strikes elderly people and used to be referred to as senility.

Alzheimer's disease is a specific illness that is the most common cause of dementia. Though many diseases can cause dementia, Alzheimer's - which affects 5.7 million Americans today - accounts for 60 percent to 80 percent

of dementia cases, which is why you often hear the terms used interchangeably.

But there are many other conditions that can cause symptoms of dementia like vascular dementia, which is the second most common cause, accounting for about 10 percent of dementia cases. Vascular dementia is caused by a stroke or poor blood flow to the brain.

Other degenerative disorders that can cause dementia include Lewy body dementia, Parkinson's disease, Frontotemporal dementia, Creutzfeldt-Jakob disease, Chronic Traumatic Encephalopathy (CTE), Huntington's disease and Korsakoff Syndrome. Some patients may also have more than one form of dementia known as mixed dementia.

Dementia is caused by damage to brain cells, but the symptoms can vary depending on the cause.

In the case of Alzheimer's disease, protein fragments or plaques that accumulate in the space between nerve cells and twisted tangles of another protein that build up inside cells cause the damage.

In Alzheimer's disease, dementia gets progressively worse to the point where patients cannot carry out daily activities and cannot speak, respond to their environment, swallow or walk. Although some treatments may temporarily ease symptoms, the downward progression of disease continues and it is not curable.

But some forms of dementia are reversible, which is why it's important to be evaluated by a physician early on. Vitamin deficiencies, thyroid problems, brain tumors, depression, excessive alcohol use, medication side effects and certain infectious diseases can cause reversible forms of dementia.

Another treatable form of dementia is a condition known as normal pressure hydrocephalus, which is caused by a buildup of cerebrospinal fluid in the brain that can be relieved by surgically implanting a shunt to drain off excess fluid. This type of dementia is often preceded or accompanied by difficulty walking and incontinence.

To learn more about the different types of dementia, including the symptoms, risks, causes and treatments visit the Alzheimer's Association at ALZ.org/dementia.

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

June/July AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

July 5/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Varacchi

Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

July 10/ Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Kruck

Dale Robertson Center - 1200 Lakeshore Dr.

July 10/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky

Rose State Conventional Learning Center - 6191 Tinker Diagonal

July 12/ Thursday/ Yukon/ 9 am - 4 pm/ 350-5014/ Kruck

Spanish Cove - 11 Palm Ave.

July 13/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards

SW. Medical Center - 4200 S. Douglas, Suite B-10

July 13/ Friday/ Okla. City/ 9 am - 3:30 pm/ 297-1455/ Palinsky

Will Rogers Senior Center - 3501 Pat Murphy Dr.

July 24/ Tuesday/ Okla, City/ 8:30 - 3:30 pm/ 773-6910/ Kruck

Healthy Living Center - 11501 N. Rockwell Ave.

July 28/ Saturday/ Shawnee/ 9 am - 3:30 pm/ 818-2916/ Brase

Gordon Cooper Tech Center - One John C. Bruton Blvd.

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

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Call RSVP of Central Oklahoma at (405) 605-3110 to learn more or to become a volunteer.



Senior Living Associates in Tulsa Named 2018 Caregiver of the Year



Brenda Cox (C) is congratulated on receiving the 2018 Direct Care Caregiver of the Year award from Gara Wilsie and Jim McWhirter.

Sagora Senior Living proudly announces that two of its associates working in Tulsa, Okla., have been named 2018 "Caregiver of the Year" by the Oklahoma Assisted Living Association (OKALA). Bellarose Maintenance Director Joe Canaan was named Maintenance

Caregiver of the Year and Aberdeen Heights Certified Nursing Assistant Brenda Cox was named Direct Care Caregiver of the Year.

OKALA, which is dedicated to excellence in care for Assisted Living residents, conducted a state-wide search to recognize



Joe Canaan (C) receives the 2018 Maintenance Caregiver of the Year award from Gara Wilsie, Remedi Senior Care who sponsored the awards.

associates that have positive & inspiring attitudes and go above and beyond to improve quality of life for their residents.

Canaan has provided excellent service at Bellarose for more than two years. "Joe goes out of his comfort zone to help residents and families to ensure we are well taken care of, wherever and whenever he is needed," one Bellarose resident noted. "With his great personality, Joe is a go-to person for just about anything I need in my apartment," wrote another.

Cox has delivered exceptional care to residents and families for more than eight years at Aberdeen Heights Assisted Living.

"Brenda is reliable, dependable, patient and Johnny-on-the-spot—she isn't pushy, and she doesn't rush me," wrote one Aberdeen Heights resident that nominated Cox. "She stands out! Brenda jokes with me and goes out of her way to care for me," wrote another.

"We are extremely proud of our associates for receiving these prestigious accolades," said Sagora Senior Living President Bryan McCaleb. "Brenda and Joe emulate the Sagora philosophy of 'resident first' every day, and we are so glad their hard work and dedication is being recognized in the senior living industry."

Bellarose Senior Living offers a true continuum of care through independent living, assisted living and memory care in a dynamic environment where residents receive the appropriate level of compassionate care specific to their needs. Located at 18001 East 51st Street, the pet-friendly community has 135 comfortable apartments.

Aberdeen Heights Assisted Living at 7220 South Yale Avenue, boasts 80 apartments in a caring, pet friendly environment that offers privacy and independence with the benefit of 24-hour support and access to care.

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SBT In Bangladesh, kids as young as 15 can be jailed for cheating on their finals!

SBT he starfish is one of the few animals who can turn it's stomach inside-out!

SBT The katydid bug hears through holes in its hind legs!

SBT A company in Taiwan makes dinnerware out of wheat, so you can eat your plate!

SBT Eskimo ice cream is neither icy, or creamy!

SBT A jellyfish is 95 percent water!

Centennial Hospice Named 2018 Hospice Honors Recipient

Centennial Hospice, an Oklahoma City hospice services and palliative care provider, has been named a 2018 Hospice Honors recipient by HEALTHCAREfirst, the leading provider of Web-based home health and hospice software, billing and coding services, CAHPS surveys and advanced analytics. Hospice Honors is a prestigious program that recognizes hospices providing the highest level of quality as measured from the caregiver's point of view as part of Medicare's Hospice Quality Reporting Program (HQRP).

"We are excited to recognize the 2018 Hospice Honors recipients for their hard work and dedication to providing exceptional care," said J. Kevin Porter, CEO of HEALTHCAREfirst. "I congratulate Centennial Hospice on its success in achieving this highest of honors."

Award criteria were based on the Hospice Community Assessment of Healthcare Providers and Systems (CAHPS) survey results required by Medicare for all hospices nationally. Data was reviewed during an evaluation period from October 2016 through September 2017. Award recipients were identified by evaluating performance on a set of 24 quality indicator measures. Performance scores were aggregated from all completed surveys and compared on a question-by-question basis to a National Performance Score calculated from all partnering hospices contained in HEALTHCAREfirst's Hospice CAHPS database. Hospice Honors recipients include only those hospices scoring above the HEALTHCAREfirst National Performance Score on 20 of the evaluated questions. Please visit www.healthcarefirst.com to learn more about HEALTHCAREfirst Hospice CAHPS survey program as well as the Hospice Honors awards.

Kevin Offel, President & CEO of Centennial Hospice, credits Centennial's experienced team of caregivers and staff for being named a 2018 Hospice Honors recipient. "We could never achieve this level of recognition without the exceptional care provided by our team of amazing nurses, home health aides, social workers, chaplains, support staff, and volunteers," said Mr. Offel. "Our incredible team of caregivers has been providing care to Oklahomans for more than 10 years and this recognition is a testament to the exceptional care delivered to hundreds of patients and families throughout OKC. It is an honor to serve our community and we are proud to be named a 2018 Hospice Honors recipient."

Centennial Hospice is a privately-held, locally-owned provider of hospice and palliative care services, delivering clinical, emotional, spiritual, and supportive services to patients and families facing life-limiting illnesses. Founded in 2007 and headquartered in Oklahoma City, Centennial Hospice employees provide high quality care and services to patients and families in 9 counties surrounding the Oklahoma City metropolitan area. Centennial Hospice is one of only three hospices in the Oklahoma City metropolitan area accredited by the Joint Commission as a deemed hospice agency, indicating its ongoing commitment to the highest quality of care and services to its patients and their families.



FREE Home Care Is Available Now!

"As a young boy in the mid 80's, I remember making home visits (off SW 51st & Western) to my then 85 year old, great-grandmother, Mrs. Tennie Frass, also known as 'Ninny' to us kids. Today, over 30+ years later it chokes me up knowing that she could have received 40 hours per month of FREE home care services through this unique program AND because she was a widow of a WWII Veteran! However, the care was never introduced. Why? because no one knew about it."

Question: Have you heard of a 'not-so-popular' benefit called the Aid & Attendance through the VA? In 1952, Congress passed Title 38 of the US code creating the Department of Veteran's Affairs which authorized benefits for Veterans. One of these benefits was the Aid & Attendance (a.k.a. the A & A) that was created to provide non-medical care for those that qualify. An incredibly powerful benefit that covers non-medical expenses of light house cleaning, bathing, meal prep, laundry, transportation, medication reminders, companionship and much more again, if you 'qualify.'

Qualification requirements include the following: • over 65 years old • Veteran served 90 days of active duty, one day during a major wartime (i.e. WWII, Korean, Vietnam) • be honorably discharged • have a medical condition causing them to need assistance with ADL's (Activities of Daily Living) • have

limited income and assets (excluding home and car)

Fact: Traditional methods of getting 'entitled' with the A&A takes an estimated 6-24 months before care starts why so long you ask? Because most family members don't understand the precision and articulation of the estimated 15+ pages of VA required forms. When these items are submitted to the VA, in most cases they're sent incorrectly. So what is our estimated start of care? It ranges from 2-4 weeks! It's not voodoo or black magic but it does include an experienced staff. Moreover, there are never any hidden fees or upfront costs and remember, once you're entitled, the benefit can remain in effect for the rest of your life!

"I can only imagine how good life would have been for Ninny had we known about this program so many years ago. My goal today is to NOT allow other 'Ninny's' to go through life without the awareness of such an awesome and available offering!"

This article was submitted by Steve Lee, Founder & Owner and Shelley Degelos, Area Manager in OKC, (siblings). Veterans Aide at Home, is a non-medical home care agency dedicated to Veterans, Spouses and their Widows/ers with coverage in CO, OK and WY. For more info, Shelley Degelos and our OKC office number is 405.415.1444 or email her at: Shelley@VeteransAideAH.com

DID YOU KNOW?



Seniors 50+

- Control 70% of all US wealth.
- Earn \$2 trillion in annual income.
- Account for 50% of all discretionary spending
- Spend more per capita on groceries, over the counter and other health products, and travel and leisure than any other group.

In Addition—

- 44% are satisfied with their financial security.
- 57% are retired.
- 71% are planning gift purchases for grandkids.
- 26% spend \$250-\$400 monthly on prescription med.
- 55% are planning travel for the next year.
- 48% prefer to travel by air.
- 19% prefer cruising to any other travel method.
- 29% belong to a gym or health club. (According to SeniorNet, 2009)

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Mercy Expands Neurology Services

Mercy Hospital Oklahoma City is expanding neurology services with the creation of the Herman Meinders Center for Movement Disorders at Mercy NeuroScience Institute (NSI), adding an expert physician and cutting-edge new treatment.

Dr. Cherian Karunapuzha, a neurologist specially trained in treating movement disorders, has joined Mercy NeuroScience Institute. A movement disorder is a neurological disease that impairs a person's ability to move naturally. The most common types include Parkinson's disease, essential tremor and dystonia.

"At Mercy, we have developed a comprehensive multidisciplinary program which serves as a one-stop shop for care for all aspects of movement disorders," Dr. Karunapuzha said. "This first of a kind center for Oklahoma will provide patients and referring physicians access to advanced care without having to travel out of state."

As part of the comprehensive approach to care, Mercy will now offer deep brain stimulation (DBS) for patients living with movement disorders. Dr. Eric Friedman, an experienced neurosurgeon, will perform the new procedure at Mercy Hospital Oklahoma City.

Deep brain stimulation involves implanting electrodes in the brain to help regulate abnormal body movements using electrical impulses.

"DBS essentially acts like a pacemaker for the brain," said Dr. Richard Vertrees Smith, medical director of Mercy NeuroScience Institute. "Movement disorders may progress very slowly, often over decades, and some patients reach a point where medications no longer work. We are proud to be able to offer this exciting new technology that can dramatically improve the quality of life of our patients."

The creation of the new comprehensive movement disorder clinic was made possible through a \$1.7 million donation from local philanthropist Herman Meinders.

In 1970, Meinders founded American Floral Services Inc. (AFS), an international flowers-by-wire service based in Oklahoma City. AFS grew to be ranked as one of the largest floral wire services in the world. Meinders sold AFS in 1994,



Dr. Cherian A Karunapuzha MD

and it merged with Teleflora in 2000. He remains chairman emeritus of Teleflora.

Herman and his wife were longtime supporters of Parkinson's research and treatment before he was diagnosed in 2014.

"When I became a patient of Dr. Karunapuzha, I realized what a great doctor he is and when I learned he was considering joining Mercy, I wanted to do whatever I could to make that happen," said Meinders. "The fact my donation provided the funding necessary to create a comprehensive center for movement disorders and also allowed Mercy to add the best Parkinson's doctor in Oklahoma to its outstanding staff made this an easy decision for me."

At the Herman Meinders Center for Movement Disorders, patients will also have access to the most up-to-date imaging services, group exercise classes and a specially trained team of nurses, physical therapists and occupational therapists.

"We couldn't be more grateful for Herman Meinders and his extreme generosity," said Jim Gebhart, president of Mercy Hospital Oklahoma City and regional strategy officer. "This donation will have a profound impact on our patients and families for years to come."

Dr. Karunapuzha will begin seeing patients May 21 at Mercy NeuroScience Institute Suite 218. To schedule an appointment, please call the movement disorder center at 405-302-2661 or the administrative office at 405-749-7000.



SENIOR TALK

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David Duke

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Mindy Duke

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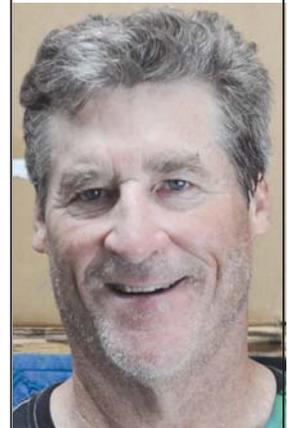
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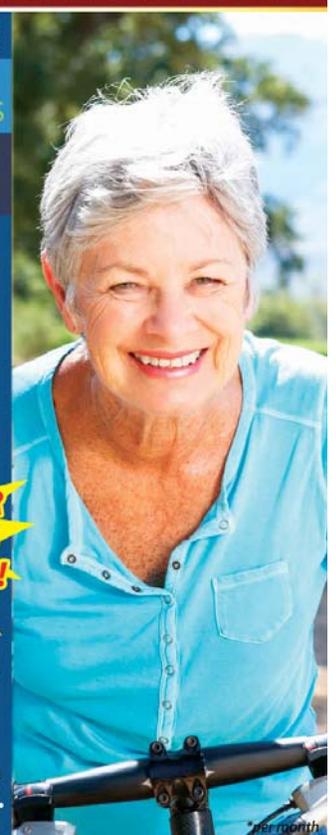
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FAN

Continued from Page 7

for \$5.

"With that limited income, with medications and limited resources (a fan) can mean everything," Watts said.

Last year, Watts was able to send out 1,100 fans to those in need.

"When we were giving out 50 fans we thought we were doing something great," Watts laughed remembering starting the program up nearly a quarter century ago. "It went up to 200 and we thought that was amazing. Then when it went to 500 we thought we had plateaued. Last year with 1,100, you just don't think there are that many people in need."

The Salvation Army also offers food pantry as well as other assistance.

Westlake Ace Hardware has been a proud sponsor for the Salvation Army to partner with for the past few years and Watts spent at least one June Saturday afternoon manning a donation table inside the 11801 S. Western location.

"It keeps us on their minds and that need and that cause," Watts said, sitting just inside the front door. "We so need Oklahomans to come in and help because it's been so drastic. (The temperature) has not had any lull and the need is so great."

One great way to stay cool is to come indoors to one of the Salvation Army's Senior Centers.

Also in June, the Salvation Army Central Oklahoma announced that it will host Let's Talk About It, Oklahoma.

The series of reading and discussion programs are made possible through a grant from Oklahoma Humanities with generous funding from the Inasmuch Foundation and the Kirkpatrick Family Fund.

The Warr Acres Senior Center,

4301 N. Ann Abor, will be the venue for the four-part series, The Oklahoma Experience: Looking for Home. The Salvation Army's senior centers are very excited to participate in this program which reinforces the search for home is not only for a place on the landscape, but also for the peace of mind that comes from a sense of belonging.

The titles in the series include: *Sundown* by John Joseph Mathews; *The White Man's Road* by Benjamin Capps; *Walking on Borrowed Land* by William A. Owens; and *Bound for Glory* by Woody Guthrie.

The first reading and discussion group is set for July 17th from 9-11 a.m. with Kurt Lively leading the discussion of the title *Sundown*. Participation is free, however seating is limited. Individuals wishing to participate should contact Diane Maguire, Warr Acres senior center coordinator, at 405-789-9892.

"We are very excited to be offering this reading and discussion program," said Lisa Sydnor, senior programs manager. "This series was chosen specifically because many of our participants enjoy Oklahoma history. The discussions and open dialogue between the scholar and attendees will be interesting and thought provoking. I am extremely thankful to Oklahoma Humanities for investing in The Salvation Army Central Oklahoma with this program."

The Salvation Army Central Oklahoma has been serving the elderly population for over 50 years. There are currently four senior centers in the Oklahoma City metro area serving approximately 350-425 seniors each week. The centers are open to anyone age 55 or older, free of charge. Wellness activities, lunch, Bible study, and reading and discussion groups are all a part of the current programming taking place.

STRANGE BUT TRUE
SO THEY SAY...

BBT Every day 20 banks are robbed. The average take is \$2,500!

BBT The most popular first name in the world is Muhammad!

BBT Tablecloths were originally meant to be served as towels with which dinner guests could wipe their hands and faces after eating!

BBT Tourists visiting Iceland should know that tipping at a restaurant is considered an insult!

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

THE PATIENCE PENDULUM

By Darlene Franklin

I often feel like I live on a pendulum between pride and neglect, with patience as the fulcrum.

My natural tendencies, formed by years of childhood abuse, make me overly sensitive. I'm right to be concerned when my physical needs go untended for hours. But sometimes I get upset over little things.

I feel guilty when I think about Jesus. He wasn't neglected; He was abused, painfully, to the point of death (Isaiah 53:7)

But at times Jesus did "complain." He cursed a fig tree (Matthew 21:19). He talked about his ill treatment in his home town and by religious leaders (Matthew 13:57.)

Those became occasion to teach spiritual truths. My complaints are centered on my needs.

The Bible gives us many other example of patience under persecution, such as Joseph and David. My question was, is it ever okay to say "enough!"

I looked for affirmative examples.

I had hopes for Hagar, who ran away from the great patriarch Abraham. His wife Sarah mistreated her handmaid, perhaps even to the point of physical abuse (Genesis 16:6.)

Get this. God told her to go back. (Genesis 16:9) The Bible is silent on Abraham's treatment of Hagar until after the birth of



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

See DARLENE Page 29

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September 13	State Wide BINGO Night	OKC
September 21	Lunch-n-Learn	Gemini Bldg.
TBA	Fall AL CEU Seminar	TBA
Oct 11, 12, Nov 7, 8 & 9	RCAL Admin Cert Class IV	Gemini Bldg.
October 19	Lunch-n-Learn	Gemini Bldg.
November 1	Owner/Reg Roundtable	Gemini Bldg.
November 16	Lunch-n-Learn	Tulsa
November 30	Boot Camp	Gemini Bldg.
December 13	Holiday Open House	Gemini Bldg.
December 20	Lunch-n-Learn	Gemini Bldg.

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INTEGRIS Names New President and CEO

INTEGRIS, Oklahoma's most comprehensive health care system, announces the selection of Timothy Pehrson as its president and chief executive officer following completion of a national search. Pehrson comes to Oklahoma from Intermountain Healthcare in Utah where he most recently served in a dual role as regional vice president/CEO for the North Region and vice president of continuous improvement for Intermountain Healthcare.

Like INTEGRIS, Intermountain is widely recognized as one of the most innovative, high-quality health systems in the country. In his role as CEO of the North Region, he was the market leader of a five-hospital region in Utah and Idaho, responsible for integrating the efforts of physicians, hospitals and health plans to improve care for the communities Intermountain served. In addition to his role in charge of regional operations, as vice president of continuous

improvement he led the enterprise-wide improvement efforts across Intermountain Healthcare to drive caregiver engagement and strong performance in safety, quality, patient experience, access, caregiver engagement, costs and growth.

"Tim distinguished himself throughout the interview process with his impeccable record of accomplishment, an impressive understanding of not only today's health care industry and its challenges, but more importantly his insights into areas of opportunity for sustainability, affordability and even greater success," said INTEGRIS Health Board Chairman Pete Delaney, who added, "Tim's strong physician and employee focus and his genuine enthusiasm for the possibilities that exist here make him the right choice to lead INTEGRIS."

"I am both humbled and pleased to be joining INTEGRIS, a health system also recognized nationally for excellence,

pioneering medicine, innovation and commitment to community," said Pehrson. "The physicians, clinical professionals and employees at INTEGRIS are some of the most accomplished anywhere. Professionally and personally, my family and I are excited to be making the move to the Oklahoma City area and being part of a growing community that offers an excellent quality of life." He succeeds Bruce Lawrence, who retired last December, and Pehrson officially steps into his INTEGRIS leadership role Aug. 1.

Pehrson's career at Intermountain began in 2000 as operations officer at one of its hospitals, and he was named that hospital's CEO in 2004. Prior to his career at Intermountain, Pehrson worked for United Healthcare, Samaritan Health and Henry Ford Health System.

Tim earned his B.A. in history from Brigham Young University and his master's in health services administration from the University of Michigan.



STRANGE BUT TRUE

SO THEY SAY...

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

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

BBT Slugs have 4 noses!

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

BBT Lightning strikes about 6,000 times per minute on this planet!

BBT The average American/ Canadian drinks about 600 sodas a year!

BBT It was once against the law to slam your car door in a city in Switzerland!

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Protect yourself from the summer sun



From stinging, blistering and swelling to more serious side effects like headache and nausea, even a run-of-the-mill sunburn can make you wish you'd applied your sunscreen before going out in the sun.

But as bad as the instant regret can be, the long-term effects pose the most substantial threat, said Oklahoma Medical Research Foundation President Stephen Prescott, M.D.

"A number of issues can arise over time, including premature aging, deep wrinkles, eye damage and, most significantly, skin cancer," he said. "Ultimately, the takeaway is: sunburns are bad news and can have serious consequences."

Although most people are aware of the dangers burns can present, that doesn't mean they're taking the necessary precautions. In fact, the Centers for Disease Control and Prevention report that more than one-third of adults and 70 percent of children have been sunburned within the past year.

Those numbers, particularly in children, strike Prescott as alarming.

"There is a clear link between sun exposure and certain types of skin cancer. This is particularly true when children and young adults get bad burns, because it gives problems a longer time to develop as they age," said Prescott.

"It's almost impossible to prove, but many experts think even one bad burn, particularly in childhood, can make the mutations in your DNA that will eventually lead to cancer," he added.

It's not the acute burn itself that proves to be dangerous, he said. The infrared rays that cause you to look red or pink when you come out of the sun can cause pain and blistering, but it's rare that a sunburn is severe enough to require medical attention. It's the other rays—ultraviolet rays—in sunlight that cause longer-term issues.

Ultraviolet rays are the leading factor in causing skin cancer, the most common cancer in the U.S. In fact, more people have suffered from skin cancer than all other cancers combined over the past three decades, according to the Skin Cancer Foundation.

And sunlight might not be your only enemy when it comes to UV rays. Prescott said even tanning beds can lead to many of the same skin issues and elevated cancer risks.

Thankfully, the solution is a simple one: if you're going to be exposed to the sun, wear sunscreen. You can also cover up with hats, long-sleeves and pants.

It's important to note that all sunblock is not created equal, Prescott said. Use something that blocks UV rays, and the higher the SPF the better. OMRF's Prescott recommends using SPF 30 or higher to be safe.

"We all want to have fun outdoors in the summer at barbeques and lounging by the pool, but taking a few minutes to apply proper sun protection can make a word of difference in the long run," he said.



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