

Wish
of a
Lifetime

PAGE 8



Women in
Oklahoma
Agriculture

PAGE 15



100 Years Strong



A salute to Jack Bryant, Veteran of the U.S. Navy for serving his country in WWII. Bryant is a resident of Heritage Assisted Living in N.W. Oklahoma City, OK and is 100 years strong.

by Vickie Jenkins, staff writer

One of the residents at Heritage Assisted Living has been getting a little extra attention lately. Not only is he an all-around-good-guy but he has reached a milestone in his life. He is 100 years young! His name is Jack Bryant, a Navy Veteran who served his country in WWII.

Born in Oklahoma City, OK, Bryant likes to share his stories about his life. When Bryant was six years old, his mother had some medical issues and at the time, it was best for Bryant to move in with his grandmother. "I loved my grandmother very much and she took care of me. Her house was 3 blocks from the grade school and 4 blocks from junior high so I was within walking distance so it worked out great for me."

"When I was six, I didn't mind the walking to school, even though the 3 blocks seemed much longer back then," Bryant said. "They didn't have anything like a bus," he added. "It didn't matter what the weather was like. Even if it snowed, all of the kids in the neighborhood walked to school."

"I was around 8 years old when I became a working boy! I delivered The Daily Oklahoman newspaper!" he said in a stern voice. "Now, back then, the only form of news was the newspaper. The paper ruled everything! If someone wanted to buy a house or buy a car, they would look at the newspaper. That's just the way it was."

"I enjoyed living with my grandmother. She was set in her ways but she allowed me to 'be myself.' She showed me how to treat others, teaching me respect. She allowed me to make

See BRYANT Page 2

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Information for Oklahoma Seniors

OK

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Cowboy coach spreads the word

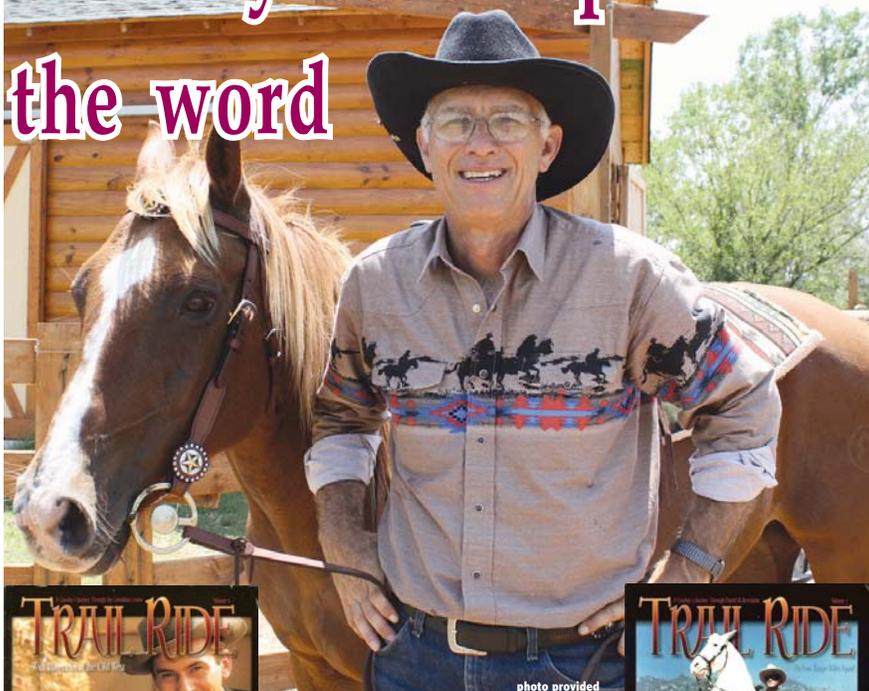
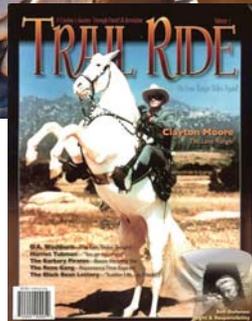
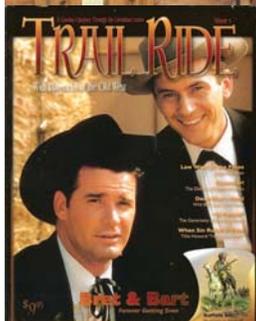


photo provided

**Elliott Johnson, 69,
spreads the Word of
God through the Old
West.**

by Bobby Anderson, Staff Writer



Passion. Elliott Johnson has lived with it for 69 years now.

A marriage of nearly half a century, a coaching career of some 40 years and now the mission to spread the gospel through tales of the Old West have continued to fan Johnson's flames.

"I loved baseball all my life," he says, unfolding just one of the avenues his life has taken him down. "I didn't ask to love baseball."

Growing up on a farming-ranching operation in Nebraska, Johnson watched his dad play for the local town baseball club - normal for many communities in the 1950s.

He tagged along, served as a batboy and soaked up what would become his passion for some 40

See COWBOY Page 3



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BRYANT

Continued from Page 1

my own decisions, teaching me responsibility. She taught me that my opinion mattered, teaching me how to stand up for myself. I'll have to say, living with my grandmother was the best thing that could have happened to me. She taught me about life."

At age 14, Bryant moved back in with his parents. His folks moved several times over the years and he graduated from Classen high school in Oklahoma City, OK.

The next thing I knew, Bryant started talking about cars. "My first car was a Ford Model A. I'll never forget that ole thing. I was driving all over the place at the age of 15! Age didn't matter back then," Bryant paused for a moment, setting up tall and straight with pride in his voice and said, "You know, I drove for 85 years and never got a ticket."

Going down memory lane, Bryant began talking about how he met his wife, Ella. "I was in the Navy, stationed at Daytona Beach, Florida. The USO was in town and they were having a dance that night. A friend and I were coming back to our barracks when we heard music in the distance; coming from the big building across the street. My friend mentioned that he was going to go check it out and he wanted me to come along. I didn't really want to and we argued a few minutes and then, I figured I

would. So, here we go, off to the dance! As we got closer to the building, the music was louder and louder and then, I stood in the doorway. When I entered the room, there were men on one side of the room and women on the other. We were to choose who we wanted to dance with. I saw a pretty, young woman glancin' my way and I walked over and asked her to dance. That's how it all started, she was the girl of my dreams and it wasn't long after, we got married. I can remember the details of that dance like it was yesterday," he said. "The rest is history. We were married for 71 wonderful years."

Bryant was in the Navy for 3 years. After getting out of the military, Bryant worked for B.C. Clark Jewelers here in Oklahoma City. "Ella and I lived in the Village area, raising 3 boys there. Those were some of the best times of my life," Bryant said.

Bryant is a kind, individual, storyteller that lived a good life and continues on. Serving his country in the U.S. Navy, Veteran of WWII, married to Ella for 71 years and enjoys spending time with his sons and their families as often as he can.

Bryant has made many friends along the way and will continue to do so.

A heartfelt thank you to Jack Bryant and all of the Veterans that served their country! You made a difference in our lives. Thank you!

STRANGE BUT TRUE

SO THEY SAY...

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

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

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

SBT Should there be a crash,

Prince Charles and Prince William never travel on the same airplane as a precaution!

SBT Your body is creating and killing 15 million red blood cells per second!

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

SBT There are no clocks in Las Vegas gambling casinos!

SBT There is one slot machine in Las Vegas for every eight inhabitants!

COWBOY

Continued from Page 1

years.

"I never really got enough," Johnson explained from his two-and-a-half acre ranch in Piedmont. "I would have liked to have played in the big leagues - who wouldn't - but I never had that chance."

Johnson eventually would realize that was a blessing.

"I got to coach for 40 years," he said. "Nobody gets to play for 40 years."

After 40 years of coaching (30 as a collegiate head baseball coach), Johnson left coaching in 2011. His overall collegiate record was 921-499, which ranked 8th among active coaches on the National Association of Intercollegiate Athletics career victory list (17th all-time) and 8th in career winning percentage (13th all-time).

Coach Johnson's Trevecca teams won three conference and two NAIA District titles during his 11 years at the Nashville school (1980-1990). His Olivet Nazarene University teams won four conference, two NAIA Regional, and one NCCAA National championship from 2000-2007.

Two of those teams appeared in the NAIA World Series (2002-2003). For many years, his teams were among the NAIA's best, peaking at No. 5 in 2003 and 2004.

Along the way, Johnson collected eight Coach of the Year distinctions.

He has been blessed to recruit and coach numerous NAIA All-Americans and professional players, including Ben Zobrist who now plays for the Chicago Cubs.

In 1993, he completed a Doctor of Arts degree at Middle Tennessee State University. His video combining youth baseball fundamentals with positive values has been required viewing for NYSCA certification of youth baseball coaches across the country ever since.

He has authored 30 athletic-related devotional books and six baseball videos, and he has patented the Stride Guide, a hitting

instructional device.

For more than 30 years, Johnson has directed a charitable foundation, the Winning Run Foundation.

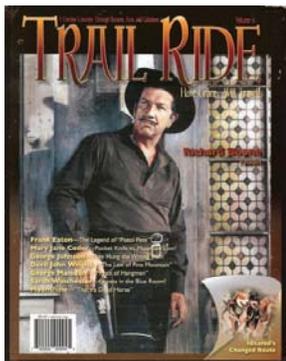
RETIRE AND DIE

Bear Bryant, arguably the best college football coach whoever lived, died of a massive heart attack just 28 days after retiring in 1983.

Johnson vowed to never make the same mistake even as he stepped away from the diamond.

"A lot of people who retire die," Johnson said. "There's nothing to live for. I said 'Lord, give me a passion like I had in coaching.'"

Two days was all it took for Johnson to hear that small, unmistakable whisper that told Johnson how to spread the Word next.



His Winning Run Foundation is a charitable non-profit organization established for the purpose of publishing athletic and western-related devotional books, tracts, videos, and magazines.

The goal is to share the gospel of Jesus Christ in an effective way and to build believers in the faith.

Johnson believes placing sound, written material in the hands of people is of great value in guiding readers through the Word of God, encouraging believers to share the gospel, strengthening families, and building relationships with other followers of Christ.

Johnson writes Trail Ride Magazine, a cowboy's study of various books of scripture using stories of the old west.

The issues are packed with history of the old west, and just like the parables of Jesus, weave scriptural teachings throughout.

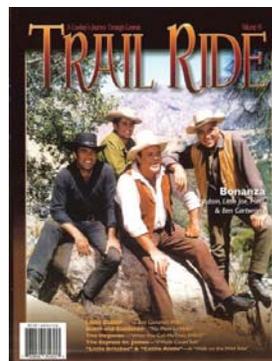
His talks feature object lessons to keep attention of the young. He has a one-hour presentation of Jesus' claims from John, a cowboy's study of Job, and presentations on Godly leadership, pride vs. humility, and other topics. CD production, including cowboy music, is in progress.

He speaks to cowboy gatherings nationwide using stories of the old west to illustrate scripture.

Talks are encouraging, motivating, and Biblical.

Johnson began publication of Trail Ride Magazine in 2012. He speaks at cowboy churches and other venues around the country while distributing the magazine. At home, he cares for his horses, provides horsemanship lessons to young riders, and serves as a personal athletic trainer to young athletes.

Through 48 years of marriage,



his wife Judy has remained his biggest fan. Both sons, Todd and Benjamin, played together on his LeTourneau University teams and work with Fellowship of Christian Athletes groups.

To learn more about Johnson's foundation, ministry or to invite him to speak you can go through his website www.winrun.org.

STRANGE BUT TRUE SO THEY SAY...

Muhammad!

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

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

BBT The most popular first name in the world is

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

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MAY 1

Meals on Wheels of Norman Noontime Meal Delivery Monday - Friday

Mission: Meals on Wheels of Norman will provide a nutritious meal to Norman's ill, disabled, and senior residents who are in need. Cost based on a sliding fee scale and client's ability to pay. For more information and to sign up: 405-321-7272

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MAY 3

Thursday, May 3, 2018 4:00 - 6:00 pm Moving Mom & Dad - "Having the 'What if' talk"

- Understanding the needs and concerns of older adults
 - Lifestyle considerations
 - Forwarding the conversation
- Speakers and Refreshments
Health and Wellness Center
11501 N Rockwell Ave,
Oklahoma City, OK 73162
RSVP at (405) 748-8500

MAY 3

*May 3rd - 10a-11:30a The Truth
About Staying Independent As
You Age - Free*
Francis Tuttle -
12777 N Rockwell OKC
Northwest Hall
RSVP 405-563-7501

MAY 5

*Free Event
Mission Trip CRAFT SHOW
Fundraiser
May 5th 9am-4pm*
Del City Church of Christ
1901 Vickie Dr.
Del City, OK 73115

MAY 26

*May 26, Saturday
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10am - noon, 9:30 registration*
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(405) 979-0127
6051 N. Brookline Ave.
Suite 127, OKC
Facilitator: Lo Taurus, LCSW

MAY 30

*5/30/18 2:30 pm
Medicare 101 Seminar (free)*
Oklahoma Insurance Department
3625 NW 56th St, Suite 100,
Oklahoma City, OK 73112. Space
is limited, RSVP at 800-763-2828

MAY 31

*Free Event MUST pre-register by
May 31, 2018
June 6, 2018 9:00 - 2:00
Senior Options Seminar (SOS).
Keynote Speaker: Dr. Germaine
Odenheimer, "Memory Loss? When
to worry and what to do about
it" Learn the difference between
Independent Living, Assisted Living
and Nursing Home. Learn how do
I qualify for Home Health Care?
What is Hospice? Where: McFarlin
UMC, Norman, OK
Register on-line at
www.McFarlinUMC.org or by call-
ing Mcfarlin UMC 321-3484*

JUNE 14

*June 14th 10am-11:30am - The
Truth About Communicating with
Adult Children - Free*
Francis Tuttle -
12777 N Rockwell OKC
Northwest Hall
RSVP 405-563-7501

**Submit your events to be listed
in our Calendar of Events.**

Call early, space is limited and available on a first come basis at no charge to Clubs, Organizations and Businesses that offer low to no cost events to our readers.

Call us today at (405) 631-5100 ext. 2 or email your listing to lashanya.nash@seniornewsandliving.com for more information and to be included!

JUNE 27

*6/27/18 2:30 pm
Medicare 101 Seminar (free)*
Oklahoma Insurance Department
3625 NW 56th St, Suite 100,
Oklahoma City, OK 73112. Space
is limited, RSVP at 800-763-2828

SEPTEMBER 22

*Registration Opens February 1st
OKC St. Jude Walk/Run to End
Childhood Cancer,
September 22, 2018*
For adults and children
ages six and older, registration is
\$10. To register, make a donation or
volunteer, visit stjude.org/walkrun.
For more information, contact Emily
at 405.815.5705

**JUNE
8TH - 9TH**

8AM TO 5PM



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WHAT IS THE WALK TO END ALZHEIMER'S?
HOW DOES SYNERGY HOMECARE RAISE MONEY FOR
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Alex, pictured with Ramonia, our Director of Nursing - Education. Alex is a model employee! He is always punctual, polite, caring, and wearing a smile! He will do anything he can to be helpful and is a true team player. We love you, Alex! THANK YOU for all that you do for our seniors!



A question for our Administrator, Charlotte



Q: My 85 year old mother is still active and has a social life but I am not always available to transport her to her many activities. Can SYNERGY help me with this?

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A question for our Director of Branding, Abbey



Q: I have a family pet dog. His name is Dusty. With me ageing and limited mobility, I am worried about taking care of him. Do you think that the caregiver could help me with feeding Dusty when they are here to assist me?

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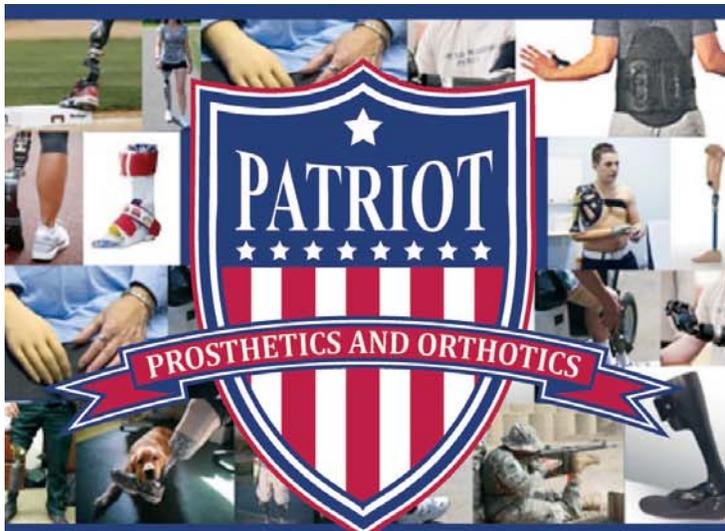
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405-286-1467



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405-735-9932



Midwest City
5700 SE 74th, Suite 200
405-455-3029



Chickasha
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WISH

Continued from Page 8

several have been granted. It is amazing to see the look on the recipient's face when they realize they have been chosen. It makes it all worth it. Of course, it takes quite a bit of planning from others that go into the Wish of a Lifetime and I am thankful for the people that reach out, allowing the senior's wishes to come true."

Giving a few examples of the granted wishes, Carolyn told how one resident wanted to travel to be reunited with his cousin. Another one wanted to go to see a Thunder game, live. They had a staff member go along and a family member and they were able to watch the game. He was thrilled! The wishes can be simple or a little excessive but Willowood tries to make their wish come true.

Being Life Enrichment Coordinator is a rewarding job for Carolyn, getting to know the residents, but it can also be a lot of hard work. As activity director, Carolyn is in charge of a full range of activities; cookouts, outdoor leisure time,

trips for shopping, concerts and tours. She also plans all of resident's daily activities, gets the residents involved in arts and crafts, and gives art lessons.

"It is very important that the residents get involved with activities, stay busy and socialize. When they are involved, it makes for less falls, less stress and less agitation. Of course, the residents enjoy themselves here and that is what we want. We want them to feel comfortable. It's their home," Carolyn said.

On a personal note, Carolyn grew up in Arkansas and Oklahoma. "It was kind of like 50/50," she said. "What a lot of people don't know is that I started from the ground up. I started out as a CNA, then I became a CMA, ACMA then a state certified Activity Director and I have to say, "When I found this job, it sounded perfect. I love it!" Carolyn said. "I love helping the residents, enjoy planning their activities, working with arts and crafts, going shopping, playing games, enjoy visiting with each person what more could I ask for?" she added.

Asking Carolyn how she

became interested in activity director, she replied, "I have always enjoyed being around people. For as long as I can remember, I have been involved in arts and crafts. I am also a private contract artist. Some of my paintings have been sold all over the country. Most of my work has been sold to private individuals." Some of Carolyn's art work is displayed throughout Willowood.

When Carolyn is not working, she enjoys spending time with her husband and her twin daughters, 17 and daughter 13. She is also an advocate for Fibromyalgia and MS and leads an Alzheimer's Association support group once a month.

Asking Carolyn what her favorite part of her job would be, she simply answered, "To be involved and learn wisdom from the ones that are around me."

If you would like to learn more about Willowood at Mustang, Meridian Senior Living, they are located at 1017 W. Highway 152. For more information, call 405-376-1200 where someone will be glad to answer your questions.

ARE YOU THINKING ABOUT RELOCATING, DOWNSIZING OR SELLING YOUR FAMILY HOME?

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STRANGE BUT TRUE

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BBT A lightning bolt generates temperatures five times hotter than those found at the sun's surface!

BBT A violin contains about 70 separate pieces of wood!

BBT It is estimated that 4 million "junk" telephone calls, phone solicitations by persons or programmed machine are made every day in the United States!

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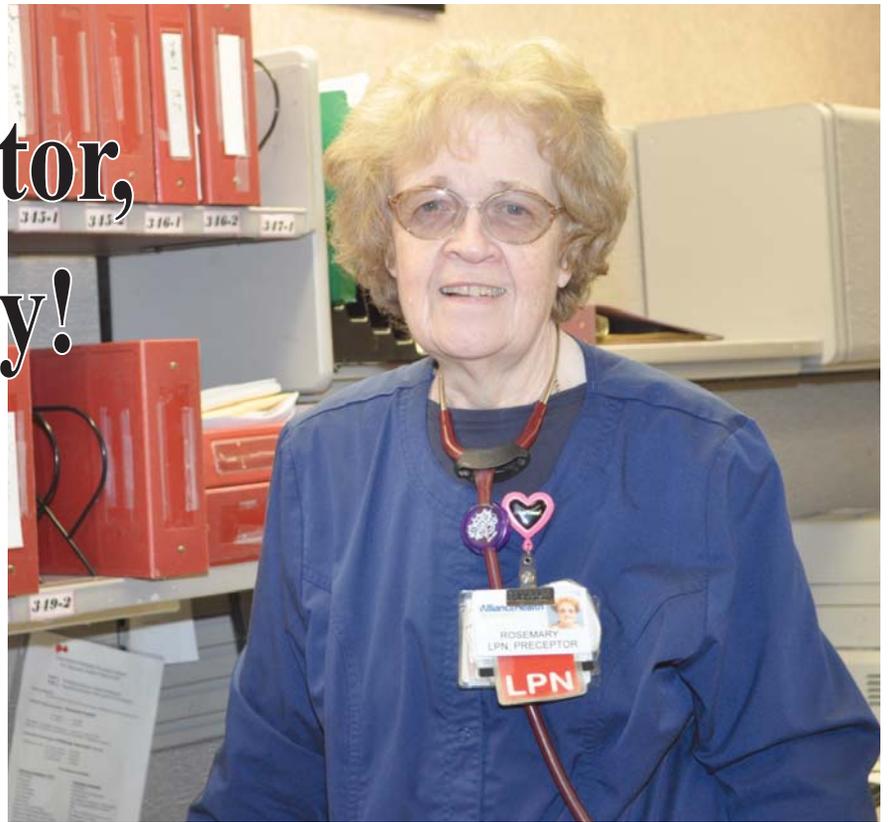
Nurse, Preceptor, Mentor Oh My!

by Vickie Jenkins, Staff Writer

Rosemary Helderle is a Licensed Practical Nurse at AllianceHealth Deaconess Hospital. With a bright smile and personality to match, I knew the Rehabilitation Unit was the perfect place to find Rosemary working; caring for others. It takes a special kind of person to work with the patients and Rosemary shows a real concern as she assists a patient back to their room.

The purpose of Rehabilitation is to restore some or all of the patient's physical, sensory and mental capabilities that were lost due to injury, illness or disease.

Rosemary spent some of her earlier years in Pennsylvania, where she spent a lot of her time teaching and mentoring to multiple nurses. "I love to teach others," she said. "I still teach and mentor some of the nurses. I think I will always have



Rosemary Helderle, LPN has been a nurse for 44 years. Much of her time was spent teaching and mentoring multiple nurses. See BLESSED Page 11

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BLESSED

Continued from Page 10

a little bit of that 'teacher' in me," she says with a smile. Rosemary has spent 44 of those years doing what she loves to do; taking care of others as a nurse. "It's the job I love to do," she says. "I can't see doing anything else."

I asked Rosemary why she became a nurse and if anyone had any influence on her decision. "Oh, ever since I can remember, I wanted to help people. I must have been 18 or 19 years old when I knew I wanted to be a nurse. I set my goal and made it. I decided to become a nurse on my own and knew I would carry through with it," she commented.

"What advice would you give to someone if they wanted to go into the medical field?" I asked Rosemary. With a definite, positive answer, she replied, "I would tell them to set their goal high and go for it. A nurse has to be caring, understanding, patient, be a listening ear, and be helpful to anyone that needs help. It's the little things that

count and they all add up to being a nurse," she replied. I have a feeling that she had just described herself because the qualities that she listed for a good nurse were shining through.

"What is the favorite thing about your job here at AllianceHealth Deaconess?" I ask Rosemary. "I have to say I like, no, I love taking care of the patients. Here in Rehab, we take care of all different ages, young and old alike. The staff that I work with is great. We all work together as a team and that makes a big difference. I have to give a shout out to our manager, Lori Stewart, RN, BSN. She is wonderful. We all want the best for our patients. We will all go the extra mile for someone and we always get the job done. We work together and we do our best."

Asking Rosemary what her greatest reward about her job was, she replied, "I would have to say when our patients comes back after they have recovered, and tell the nurses, 'thank you' for helping them get better. That is a true blessing. It's not

like we have to hear it or anything but it makes us all feel so good if we get praised for doing what we love to do. It gives the nurse and patient a special bonding and it is really nice when we can communicate and understand each other."

A typical day at the hospital varies day-to-day for Rosemary. "Sometimes, our days are so hectic; we can't seem to catch our breath. Other days, we seem to be moving in slow motion," she says with a laugh. "That is when we don't have that many patients," she adds. "Also, I am one of the few nurses here, maybe the only one that continues to wear my nurse hat.

You know, the little white hat?" she asks me. "Oh, I don't have it on today so you won't get a picture of me wearing my hat," she adds with a laugh.

When Rosemary is not working, she likes spending time with her husband.

Her hobbies include arts and crafts, working out at the Y and gardening. "They are all very relaxing to me," she says. "I don't like to miss out on any of them."

A big thank-you to nurses everywhere for giving your time and tender loving care to patients. What would we ever do without you? THANK-YOU!

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TRAVEL/ ENTERTAINMENT

Touring Westchester County New York

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

How does one in 700 words or less describe all the variety of attractions that Westchester County New York holds? Well, one doesn't, or better yet can't. But in a quick visit I did enjoy all my stops along the very convenient ribbon of parkways that can speed you from one historic landmark to another or to another delightful dining experience.

My oasis for this visit was the expansive and convenient Doubletree in Tarrytown. With an extensive breakfast buffet with hot egg option included, you can be off and touring quickly on your own schedule. A good night's rest is mandatory to supply you with the energy you will need each day. This Doubletree in Tarrytown delivers.

The 19th century was a period of political and technological change in America. Romanticism dominated the arts, and as the movement emphasized the appreciation of nature, imagination and emotion, the Hudson River Valley became the center of painting and architecture. Wealthy patrons commissioned the construction of mansions in a variety of styles along the bluffs of the river from New York City to Albany. Lyndhurst is one of these. Overlooking the Hudson River in Tarrytown, New York, Lyndhurst is one of America's finest Gothic Revival mansions. Former New York City mayor William Paulding, merchant George Merritt and railroad tycoon Jay Gould were all its inhabitants.

Kykuit, the Rockefeller estate is a must tour. This expansive mansion and grounds tour is a popular attraction and you must make reservation for your visit at the Phillipsburg Manor Visitor Center, and a courtesy bus will take you from the ticket outlet and gift shop up

the hill and around the circular drive. Personal cars are not permitted. The proprietors of this property are quite proud of their charge to preserve while sharing this American palace so be prepared for enforcement of strict rules while touring. The art gallery, if on your tour, gives one pause as to the real meaning of what is art and what is not?

The cottage of Washington Irving's, Sunnyside, is a delight to tour or if you come too late for a formal tour, just grazing the grounds and setting, next to the Hudson and railroad track, is a fun meandering. Further investigation in to the life and contributions of Irving, is enlightening to see his influence of the times in which he lived. Not only giving us the tales of Sleep Hollow and the Headless Horseman, but coining such words we take for granted today, such as Gotham-referring to New York City. The Sleepy Hollow cemetery is a wealth of frozen history with such notables residing there as, Elizabeth Arden, Andrew Carnegie and William Rockefeller. Roaming its hill expanse, one can meander to the Old Church and cemetery, and down to the reconstructed Headless Horseman Bridge.

If you feel over loaded (and you shouldn't) with historic places, modern entertainment at the Westchester Broadway Theater should be on your itinerary. They produce professionally presented musicals in a dinner theatre style. While just exploring the parkways and byways of Westchester and without planning one may happen upon a delightful restful moment. We came upon the Red Hat On The River bar and restaurant cozied up to the massive Hudson River. It's curiosity quenching moments like this spontaneous beverage



stop that the well-traveled embrace and relish as special memories.

But for a top of the sky, upscale dining option few can compare to the 42nd, atop the Ritz Carlton in White Plains. The cocktail lounge with spectacular views of the Hudson valley, setting sun and downtown, and the accompanying several restaurants, are the "in" place to dine in the center of Westchester County

Just when I thought we had experienced the best of Westchester dining, an evening setting sun cocktail and appetizers of Portabella

mushroom and a Risotto at the historic Castle on the Hudson, offered us its plethora of charmed atmosphere as we sat on the outside patio of this mansion. While we were relaxing and recounting our few days of adventure, a pair of young dear wandered on the lawn beneath our table, as if on cue, having their dusk appetizer of young sprouts. Westchester County has its magic and is a grand entry into the Historic Hudson Valley, with many more locales, mansions, and dining experiences awaiting the discriminating traveler. www.westchestertourism.com

Mr. Terry Zinn - Travel Editor

Past President: International Food Wine and Travel Writers Association

<http://realtraveladventures.com/author/zin>

INTEGRIS Community Hospitals Begin to Take Shape

Last November, INTEGRIS held a ground-breaking event to ceremonially kick-off construction of four different metro area INTEGRIS micro-hospital facilities. Work will occur at all four locations simultaneously, and our chain of micro-hospitals will be known as INTEGRIS Community Hospitals going forward because each location will include ER services as well as rooms for inpatient care. Upper floors within the four buildings will include physician and specialty clinics.

The photos below illustrate early phases of construction for INTEGRIS Community Hospital - Council Crossing located in northwest Oklahoma City. Construction crews tell us - if weather and wind cooperate - all concrete walls for the NW Expressway & Council Rd. location should be in place by the end of this week. Obviously, much work lies ahead, however we are on schedule to open the facility in February 2019.

In Moore, work crews will begin placing walls at our I-35 & South 34th Street location before the end of April. Structural steel is also visible from Interstate 40 at our Del City location near Sooner Road. Construction will begin in May at the OKC West location.

INTEGRIS Community Hospitals are being welcomed by leaders and families in each area. Excitement is growing as people begin to see the facilities take shape. We look forward to offering these easily accessible, high-quality health care service centers to our care continuum in the next 12 to 15 months.

StoneGate Contracts with Eight New Communities

The senior living company, with facilities in Texas, Colorado, and Oklahoma, adds the eight properties to the portfolio to expand its presence in the Sooner State.

StoneGate Senior Living, an award-winning full-spectrum senior care and housing company, announces the addition of eight new properties in Oklahoma. The communities offer a range of supported services in all areas of retirement from independent living to assisted living, skilled nursing, rehabilitation, and memory care. The eight established properties are newly contracted from Southwest Healthcare.

"We are excited to announce our involvement with the Southwest Healthcare properties," says John Paul Taylor, COO of StoneGate Senior Living. "As an Oklahoma native, as is our CEO, we have known Denver McCormick for many years and have always appreciated the manner in which he and the Southwest team have cared for the senior population. We will strive to follow in his footsteps with our involvement in his properties and hope to continue the legacy and success."

The properties include:

- Garland Road Nursing and Rehabilitation Center, Enid, OK
- Highland Park Manor, Okmulgee, OK
- Meadowlake Estates, Oklahoma City, OK
- Noble Health Care Center,

- Noble, OK
- Ranchwood Nursing Center, Yukon, OK
- Tuscan Village Nursing Center, Oklahoma City, OK
- Meadowlakes Retirement, Oklahoma City, OK
- Victorian Estates, Yukon, OK

StoneGate now contracts with 13 total properties in the state; 11 skilled nursing facilities and two assisted living communities with more than 1,300 beds. The skilled nursing facilities accept Private Pay, Medicare, Managed Care and Medicaid and the assisted living communities accept Private Pay.

"It has been my honor and privilege to work with Southwest senior leadership, regional support, and facility leadership to assure a smooth transition into the StoneGate portfolio of properties," says Brandon French, Divisional VP of Operations.

StoneGate management says plans for the properties include making substantial investments in the physical plant and IT infrastructure. StoneGate also plans to continue to improve market presence through community outreach, strategic partnership, and marketing initiatives to promote and grow the StoneGate brand.

St. Anthony and Weatherford Regional Sign Agreement

St. Anthony Hospital and Weatherford Regional Hospital are pleased to announce a new management agreement for Weatherford Regional Hospital. The agreement will offer Weatherford Regional Hospital a wide range of management support services that will aid the facility as they continue to provide the highest quality of health care to the community.

"This management agreement continues to strengthen our commitment to providing local access and exceptional care to the community that we serve," said Debbie Howe, President, Weatherford Regional Hospital. "Weatherford Regional Hospital and St. Anthony Hospital working together will move us forward so that we can seek innovations in care, improve quality and provide greater access to health care and specialty services."

The Board selected St. Anthony Hospital because of its commitment to patient satisfaction and exceptional health care. Weatherford Regional Hospital has been a tier one affiliate of the St. Anthony Affiliate Health Network since May 2013, and for five years prior to being a tier one, they were an affiliate in the network.

"Weatherford Regional Hospital and St. Anthony Hospital in Oklahoma City have been closely affiliated for more than ten years," says Joe Hodges, Regional President, SSM Health Oklahoma. "We are pleased to join Weatherford Regional Hospital to further enhance specialty services for the residents in the area."

May is Better Hearing & Speech Month and Falls are major cause of death

by Ron Hendricks

Falls are major cause of death from injury to older citizens. May is Better Hearing and Speech month so why is our Central Oklahoma Chapter of Hearing Loss Association of America concerned about Oklahoman's health? Most people don't realize it but the inner ear is the major control center for balance and hearing loss often occurs in the inner ear. COCHLAA encourages you to see an audiologist for a hearing exam. If you are experiencing symptoms such as: people don't talk loud enough, people tell you that you play the TV too loud, you miss children's laughs, you don't hear the door bell or phone ring, they all signal the possibility of hearing loss. Contact COCHLAA at 405/717-9820, someone will be happy to answer your questions. Visit the Hearing Helper's Room at 5100 N Brookline, Suite 100, here in Oklahoma City for a no obligation consultation.

One sad reality of a fall is that if you have fallen your chances of another fall are greatly increased. A fall can reduce a person's ability to be self-sufficient, it can reduce the ability to earn an income, and can cause physical and financial hardships. Once again the old adage is good advice; an ounce of prevention is worth a pound of cure.

Here are some steps to help prevent falls:

Get your hearing checked. Good hearing helps you notice sounds that can warn of danger.

Keep your vision sharp. Have your eyes checked yearly to make sure your prescription is correct.

Exercise regularly. This can help improve strength and balance.

Know your meds. People who take four or more medications may be at risk of falling. Talk to your doctor or pharmacist about potential side effects.

Identify (and address) home fall hazards. About half of all falls happen at home. Poor lighting, clutter, slippery bathroom environments, and more pose potential hazards.

Make stairs and thresholds safer. Use contrasting colors at steps or thresholds—for example, on dark wooden floors, paint the edge of the steps a lighter color.

Keep emergency numbers in large print close by. Consider bringing a phone with you into the bathroom or wearing an emergency alert wristband or neck pendant should a fall occur.

Visit our website for more information. www.OKCHearingLoss.org

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Don Wallace, The Wallace Wildlife Show
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Significant Women in Oklahoma Agriculture Highlight: Jeannie Hileman

by Bryan Painter

CARNEGIE - If it's possible for a person and a place to share a path through their lives, that person is Jeannie Hileman and that place is the Carnegie Gin.

The Carnegie Gin, managed by Hileman, has produced and persisted through literally the best of times and the worst. The Carnegie Gin was established in 1925. This most recent crop, 2017, ranked as the 11th best in state history in terms of production. That means the Carnegie Gin, although it has taken on different looks through the years, has been around for eight of the top 11 best cotton crops in Oklahoma dating to records of 1894, and also eight of the 11 worst cotton crops in that time span. Right now, Hileman is experiencing some of the best times in recent cotton history.

Not only was last year the 11th best in state history, this next crop

of Oklahoma Upland Cotton will be planted on 16 percent more acres than in 2017, according to a United States Department of Agriculture National Agricultural Statistics Service prospective planting forecast.

However Hileman, who started working at the gin in 1990, has seen several of the worst years: seven of the worst 11 to be specific. Consistently optimistic, she notes that during the drought that began in Oklahoma in about October 2010, "We really did not have the problems most did. We had underground irrigation wells to pull us through those bad years. We were the largest gin in the state for three years."

Regardless of the circumstances, good or bad, Hileman greets each day with the same pleasant, unforced grin.

"During the really lean years, I was the only employee," Hileman said. "I would have to recruit a new gin crew every year. During



Jeannie Hileman, manager of the Carnegie Gin, is being recognized as a Significant Woman in Oklahoma Agriculture. She has seen tough times and great times in the cotton industry.

the years 1997-2000 we never ginned 1,000 bales in a year. In 1998 we only ginned 204 bales. It was really hard keeping the doors open, trying to make payroll until we would get our first seed check. There was a time when I had six payroll checks that couldn't be cashed until the revenue started coming in. I enjoyed my work and my farmers and wanted to see it through."

Strong friendships

Jeannie met Randall Hileman during her junior year in high school, at a local drive-in called Ski Boy, where she worked in Fort Cobb. They were a match from the start she said and were married on Dec. 11, 1971. At the time, he was farming as part of his family's operation. They continued to expand the farm. The Hilemans raised cattle and at

See HILEMAN Page 17

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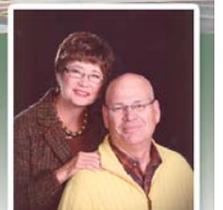


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HILEMAN

Continued from Page 15

one time had hogs. They also grew wheat, peanuts, cotton and milo. More importantly they also raised a son Aaron and a daughter Sadie.

Fast-forward to 2008.

"We were decorating for Sadie's junior prom when Randall decided there was something seriously wrong with him," Jeannie Hileman said. "In June of 2008 we were told he wouldn't see Sadie graduate unless he got a lung transplant. Talk about heartbreaking, stressful, emotional rollercoaster. Barnes-Jewish Hospital was where he needed to be."

St. Louis was quite a distance from western Caddo County in Oklahoma. Plus, Randall would have to live within two hours of the hospital. There was a list of qualifications he had to meet before being placed on the transplant list. He checked everything off on his list. His health got better, but his lungs had gotten worse. They were ready to place him on the transplant list.

He would need a caretaker to move to St. Louis with him. Jeannie couldn't leave her job because Randall's insurance was through the gin. Aaron had a 4-year old and one on the way. Sadie had graduated, so Sadie and Randall moved to Missouri

in July.

While the gin and Hileman have traveled a winding business path together, they've also meant more to each other than that.

When Randall became ill, the community had a fundraiser to help with living expenses. Monsanto donated chemical that Jeannie's producers purchased at an inflated price. Helena Chemical Co. purchased plane tickets for her to visit her husband and daughter.

"Many of my cotton producers helped us so much, financially and emotionally," Hileman said. "I have helped with many charitable benefits, but this was the hardest. It is much easier to help someone, than to have to accept the help. Most people will be on the transplant list for over a year before a match becomes available. We really did not know what God had planned for us, but we just had to put it in his hands. I had moved them in and helped them get settled, came home to start the wait. I was home less than a week when he got the call, 'We have lungs for you.'" Aaron, his son Hayden, and Jeannie headed that way, and Randall was already in surgery when they arrived.

"Everything went great, and the rest is history, eight years and two grandsons later," she said.

Christmas money

In 1990 Hileman was handling the bookkeeping for her husband and his brother when the board of the Carnegie Gin asked if she wanted to hire on to do some seasonal work with farm records. It was an opportunity for "Christmas money."

She liked it and decided to stay. Others moved on, and Hileman became office manager and by 1995-96 was the gin manager. Consider that 1995 is tied for the third worst cotton year in Oklahoma in production. Things didn't get a lot prettier: 1996 is the sixth worst, 1998 is the seventh and 1999 ranks eighth.

She was trying to hold on until genetics and more advanced protection against pest and weed threats arrived. "We were going to get rid of boll weevils, bollworms and weeds, but we just didn't believe we were going to be able to hold onto our cotton gin long enough for all of those things to happen," Hileman said in an interview with Southwest Farm Press.

They did hold on. How?

"Pride, determination and of course stubbornness," she said.

Part of that holding on also included Farmers Co-op Gin selling to Farmers Co-op Mill and Elevator in 2002, she said. Hileman continued on as gin manager.

When you travel a path with someone or in this case something, you look out for them. Hileman was determined to take care of the gin.

"Anytime that you lose your infrastructure, you lose a piece of something you can't get back," she said. Hileman said the closest gin is roughly a few dozen miles away.

"It would have been hard for my producers to have transitioned to cotton if we didn't have a gin," she said. Times got better. The Carnegie Gin has had some record breaking crops in recent years.

Just months ago Carnegie Gin's new plant opened. However, even the best of times can be challenging.

"This past year has been rough on everyone," she said. "We started harvest 2016 in the middle of October, and we weren't finished when the board, general manager and I flew out to North Carolina to look at the gin we purchased for here in Oklahoma. It has been non-stop ever since. We are now running both gins 24/7. I am really excited to have the opportunity to upgrade to such a modern plant."

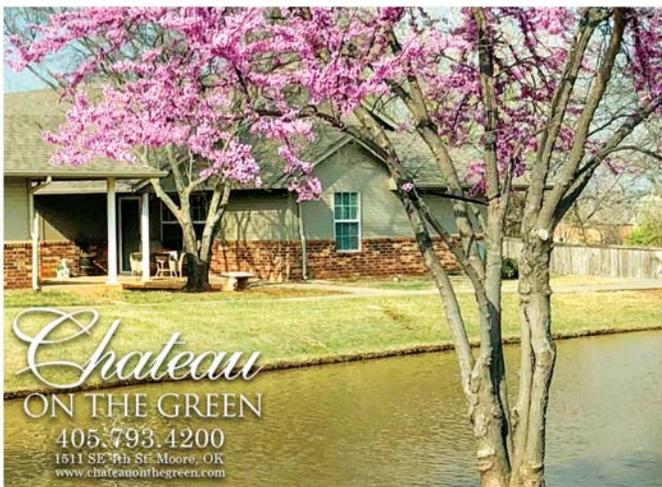
At this point, the path Hileman is traveling with the Carnegie Gin appears headed for success.

"I think this new cotton gin is a sign that cotton is here to stay," she said.



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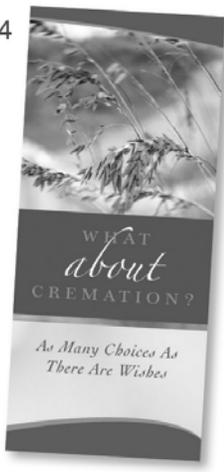
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OU Physicians Names Chief Administrative Officer

Kevin Elledge has been named chief administrative officer for OU Physicians, the physician practice of the University of Oklahoma College of Medicine.

In his new role, Elledge will work closely with OU Physician leadership to advance the mission of patient care across the OU Health Sciences Center enterprise. He will be responsible for the collective business and operational performance of the OU Physicians clinical practice, including the provision of core practice management services, revenue cycle functions, financial management, clinical operations, strategy development, information technology and analytics. Elledge will support the delivery of high-quality patient care across OU Physicians practice divisions and clinical units and will ensure coordination with the University's missions of education and research.

Elledge has more than 14 years of experience with OU Physicians, most recently serving as the executive director of operations.

"As interim chief administrative

officer, Kevin has worked tirelessly and very effectively to advance a number of important initiatives for our group," said OU Physicians President Jesus Medina, M.D. "He has earned my respect as a trustworthy administrator, manager and leader. I am excited to continue working with him for the benefit of our organization."

Elledge holds a bachelor's degree in Computer Science from the University of Central Oklahoma. Prior to joining OU Physicians, he resided in Atlanta where he founded and operated a successful healthcare technology company.

With more than 1,000 doctors and advanced practice providers, OU Physicians is the state's largest physician group. The practice encompasses almost every adult and child specialty. Many OU Physicians have expertise in the management of complex conditions that is unavailable anywhere else in the state, region or sometimes even the nation. Some have pioneered surgical procedures or innovations in patient care that are world firsts.

CROSSWORD CORNER

Across

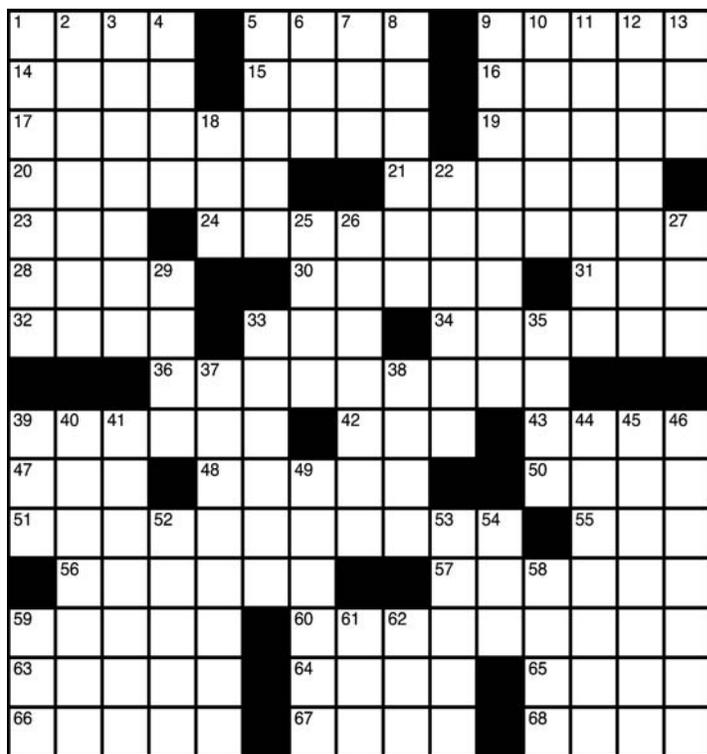
- 1 Quads with wheels
- 5 Perry of pop
- 9 Two-iron, before golf club numbering
- 14 Orator's prowess: Abbr.
- 15 Der Spiegel article
- 16 Modicum
- 17 What Fey does in a mushy moment?
- 19 Forward
- 20 Sandal feature
- 21 Work the room
- 23 Long time
- 24 Ornamental ducks?
- 28 Blanket in a belt
- 30 Beefcake subjects
- 31 One given at a wedding
- 32 Polo of "The Fosters"
- 33 Provenal possessive
- 34 1974 #1 country hit for Dolly Parton
- 36 Model high schoolers?
- 39 ___ Pie
- 42 Slowing, on scores: Abbr.
- 43 Sacha Baron Cohen alter ego
- 47 Home office, maybe
- 48 Quite cold
- 50 Number on a clapperboard

- 51 Park statue that might have the real things perched on it?
- 55 Sylvan Tolkien creature
- 56 Airport snags
- 57 Dreaded
- 59 Hit lightly
- 60 "No, No, Nanette" song, and a homophonic hint to 17-, 24-, 36- and 51-Across
- 63 Sudden jerk
- 64 Way off the highway
- 65 Der Spiegel rejection
- 66 Second chances
- 67 "___ arigato": Japanese "thank you very much"
- 68 Where el sol rises

Down

- 1 "Draw me" challenge
- 2 Selective words
- 3 Avenue next to Monopoly's Water Works
- 4 Headliner
- 5 ___ straight face
- 6 Come down with a bug
- 7 Big blowup cause
- 8 Sycophants
- 9 Has faith in
- 10 Sudden movement

- 11 Subjugate
- 12 Command level
- 13 Exam marking aid
- 18 GQ or SI
- 22 HP product
- 25 South Korea's first president
- 26 Cleaning aid
- 27 Baltic Sea country: Abbr.
- 29 Airport connection
- 33 Joe Cool, sans shades
- 35 Exam for a would-be atty.
- 37 Surgical installations
- 38 The Emerald Isle
- 39 Text tweakers, briefly
- 40 Appointment
- 41 Patella protector
- 44 Ophelia's avenger
- 45 "Aha!"
- 46 Finish
- 49 Being handled by a broker
- 52 What Spanish Olympians go for
- 53 Heading for
- 54 Con beginning
- 58 Former Education secretary Duncan
- 59 Original D&D co.
- 61 Outer: Pref.
- 62 Intent



Answers on page 29

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OPINION & MORE

'Extra Help' Program Helps Seniors With Their Medication Costs



Dear Savvy Senior,

Are there any special Medicare programs that help seniors with their medication costs? My 74-year-old mother, who lives primarily on her Social Security, takes several high-priced drugs that sap her income even with her Medicare drug plan. **Looking for Assistance**

Dear Looking,

Yes, there's a low-income subsidy program called Extra Help that can assist seniors on a tight budget with paying for their premiums, deductible and co-payments in their Medicare (Part D) prescription drug plan.

Currently around 10 million people are receiving this subsidy, but another two million may qualify for it and don't even realize it. They're missing out on hundreds, maybe thousands, of dollars in savings each year.

Changes in the law make it easier than ever to qualify for the Extra Help program. Even if your mom applied and didn't qualify before, she may be eligible now. The amount of additional assistance she would receive depends on her income and assets. If she qualifies for help, she'll pay no more than \$3.35 for a generic drug and \$8.35 for a brand-name drug in 2018.

To get the subsidy, your mom's assets can't be more than \$14,100

(or \$28,150 for married couples living together). Bank accounts, stocks and bonds count as assets, but her home, vehicle, personal belongings, life insurance and burial plots do not.

Also, your mom's monthly income can't be more than \$1,538 (or \$2,078 for married couples). If your mom supports a family member who lives with her, or lives in Alaska or Hawaii, her income can be higher.

In addition, the government won't count any money if your mom receives help for household expenses like food, rent, mortgage payments, utilities and property taxes.

How To Apply

There are three ways to apply for Extra Help: online at SSA.gov/prescriptionhelp; by calling Social Security at 800-772-1213; or by visiting her local Social Security office.

The application form is easy to

complete, but you'll need your mom's Social Security number and information about her bank balances, pensions and investments. Social Security will review her application and send her a letter within a few weeks letting you know whether she qualifies.

If your mom doesn't qualify for Extra Help, she may still be able to get help from a state pharmacy assistance program or a patient assistance program. Visit BenefitsCheckUp.org and click on "Medications" to search for these programs.

Other Medicare Assistance

If your mom is eligible for Extra Help, she may also qualify for help with her other Medicare expenses through her state's Medicare Savings Program.

State Medicaid programs partner with the federal government, so income and asset qualifications vary depending on where she lives. Medicare Savings

Programs will pay her entire Medicare Part B premium each month. Some also pay for Part B coinsurance and copayments, depending on her income. Contact your mom's state Medicaid office to determine if she qualifies for benefits in her state.

You can also get help through her State Health Insurance Assistance Program (SHIP), which provides free one-on-one Medicare counseling in person or over the phone. To locate a SHIP counselor in your area, visit ShiptaCenter.org or call the eldercare locator at 800-677-1116.

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.

May/June AARP Drivers Safety Classes

- Date/ Day/ Location/ Time/ Registration # Instructor**
- May 3/ May 3/ Thursday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ **Varacchi** **Integris 3rd Age Life Center** - 5100 N. Brookline, Suite 100
- May 5/ Saturday/ Midwest City/ 9 am - 3:30 pm/ 473-9239/ **Williams** **First Christian Church** - 11950 E. Reno Ave.
- May 15/ Tuesday/ Norman/ 9 am - 3:30 pm/ 307-3177/ **Palinsky** **Norman Regional Hospital** - 901 N. Porter Ave
- May 11/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ **Edwards** **S.W. Medical Center** - 4200 S. Douglas, Suite B-10
- May 8/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ **Palinsky** **Rose State Conventional Learning Center** - 6191 Tinker Diagonal
- May 15/ Tuesday/ Norman/ 9 am - 3:30 pm/ 360-5300/ **Schaumburg** **1st Baptist Church Family Life Center** - 300 W. Commanche
- May 16/ Wednesday/ Warr Acres/ 8:30 am - 3 pm/ 789-9892/ **Kruck** **Warr Acres Community Center** - 4301 N. Ann Arbor Ave.
- May 21/ Monday/ Shawnee/ 9:30 am - 3:45 pm/ 818-2916/ **Brase** **Shawnee Senior Center** - 401 N. Bell St.
- May 24/ Thursday/ Midwest City/ 9 AM - 3:30 pm/ 405-739-1200/ **Edwards** **Midwest City Senior Center** - 8251 E. Reno Ave.

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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Ten Oklahoma Fallen Officers to be added to National Memorial

Ten (10) law enforcement officers who died in the line of duty in Oklahoma will be among the three hundred and sixty (360) new names to be engraved on the National Law Enforcement Officer's Memorial in Washington, D.C. Those names will be dedicated during the 30th Annual Candle Light Vigil the evening of May 13, 2018. Officers being added from Oklahoma are:

Payne County Deputy Sheriff **Shack Palmer**, died December 10, 1911, from gunshot wounds that he received late the evening of December 8th attempting an arrest near Fisher;

Bristow Police Detective **William H. Johnston**, died September 20, 1924, when his car crashed a mile north of Bristow attempting to intercept some Kellyville bank robbers;

Perkins Police Officer **Henry L. Cotton**, died April 29, 1986, from complications following surgery for injuries sustained during a fight making an arrest March 28th;

Logan County Deputy Sheriff **Edward J. Wright**, died October 23, 2016, after suffering an on duty heart attack late the evening of October 20th;

Oklahoma Department of Corrections Corporal **Stephen R.**

Jenkins, Jr., died January 7, 2017, from a heart attack he suffered after chasing an inmate with contraband at the Clara Waters Correctional Center in Oklahoma City;

Sac & Fox Nation Police Officer **Nathan B. Graves**, died January 24, 2017, about 6 a.m. in a head on traffic accident 11 miles north of Stroud on Highway 99 ;

Craig County Deputy Sheriff **Sean F. Cookson**, died February 27, 2017, from injuries sustained in a traffic accident the morning of February 22nd while in route to training;

Tecumseh Police Officer

Justin M. Terney, died March 28, 2017, after being shot twice during a traffic stop about 11:30 p.m. the night before;

Logan County Deputy Sheriff **David J. Wade**, died April 18, 2017, shortly after being shot several times while serving an eviction notice in Mulhall;

Oklahoma Highway Patrol Lieutenant **D. Heath Meyer**, died July 24, 2017, from injuries sustained when he was accidentally struck late the evening of July 14th by an OHP unit after he laid out stop sticks for a pursuit north bound on I-35 near NE 27th Street in Moore.

For more information on these officers and the other almost eight hundred officers who have died in the line of duty in Oklahoma, both before and after statehood, go to the Oklahoma Law Enforcement Memorial web site at www.oklemem.com.

Mercy Sweeps Top National Quality Rankings

Independent studies place Mercy in the lead for quality of care and patient safety

Shorter hospital stays, fewer complications and better patient results are just a few metrics used to rank Mercy as a leading health care organization. For the third year in a row, Mercy is one of the top five large U.S. health systems in the 2018 Watson Health 15 Top Health System study. In addition, Mercy Hospital Oklahoma City received an "A" safety grade from The Leapfrog Group, an independent hospital watchdog group, in ratings released today.

"This level of national recognition reflects the hard work of countless co-workers who care for our patients every single day," said Jim Gebhart, president of Mercy Hospital Oklahoma City and regional strategy officer. "We have made these efforts across many communities and many states because, like the Sisters of Mercy before us, we are dedicated to providing exceptional care for all."

The Watson Health study, formerly the Truven Health Analytics study, analyzes 338 health systems and 2,422 hospitals across the U.S. Leapfrog Hospital

Safety Scores assign A, B, C, D and F letter grades to 2,500 hospitals nationwide, providing the most complete picture of patient safety in the U.S. health care system.

Both Watson and Leapfrog combine rigorous analysis of individual hospital performance and metrics by using objective, independent research and public data sources. Hospitals and



health systems do not apply for consideration.

Mercy outperformed peers in the following ways:

- Saved more lives and caused fewer patient complications
- Lower cost of care
- Readmitted patients less frequently
- Shorter wait times in emergency departments
- Shorter hospital stays
- Better patient safety
- Higher patient satisfaction

Some of the keys to improving the quality of patient care have included efforts made possible because of Mercy's dedicated team, leading technology and best practices:

- Hand hygiene, while seemingly simple, is difficult to enforce, especially across an organization with 40,000 co-workers. By establishing Mercy-wide goals and putting rigorous plans in place, Mercy has reduced one of the most common health-care associated infections, Clostridium difficile (C-diff), by 67 percent from 2016 to the present.

- With more than 2,000 integrated physicians – one of the largest medical groups in the nation – Mercy brings primary care and specialty doctors together to implement proven, clinical-based best practices to improve patient care.

- Mercy was among the first health care organizations in the U.S. to have an integrated electronic health record (EHR) connecting all points of care. With a finely-tuned EHR, clinical best practices can be hard-wired into the system, resulting in triggers that warn of possible

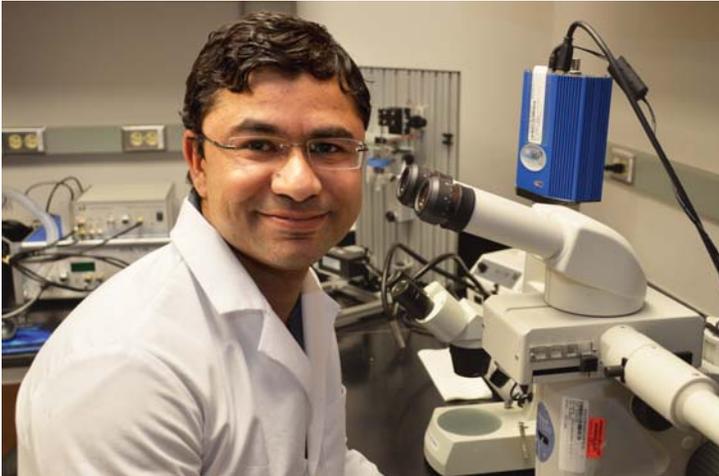
complications at very early stages, as well as data that can help reduce variation and improve compliance.

- Specialty councils, made up of physicians, nurses and clinicians, represent more than 40 areas of medicine, providing best practices for everything from heart surgery to the delivery of babies.

"This award speaks to the engagement of our staff and physicians in the journey toward high quality, reliable care," said Terri-Anne Bone, vice president of performance improvement for Mercy Hospital Oklahoma City. "While the award recognizes our efforts to date, we know that there is work to be done. The kind of diligence our co-workers demonstrate will enable Mercy to continue to improve care in the future."

Mercy Hospital Oklahoma City was also recently named one of the nation's 100 Top Hospitals® by IBM Watson Health. In addition, Mercy Hospital Oklahoma City was one of only 13 hospitals in the nation to receive the Everest Award, achieving the highest national benchmarks along with the greatest improvement over five consecutive years.

OMRF postdoc receives national aging reward



OMRF scientist Rizwan Qaisar has been awarded an Irene Diamond Fund/AFAR Postdoctoral Transition Award in Aging.

OMRF scientist Rizwan Qaisar has been awarded an Irene Diamond Fund/AFAR Postdoctoral Transition Award in Aging.

The award, presented by the American Federation for Aging Research (AFAR) with support from the Irene Diamond Fund, will provide \$120,000 in flexible transitional funding to Qaisar, who is researching age-related muscle loss called sarcopenia at OMRF. Postdocs are individuals conducting research after finishing their doctoral studies and are pursuing further training and a well-defined career path.

AFAR is a leading nonprofit dedicated to advancing healthy aging through biomedical research. The goal of this program, according to AFAR, is to provide portable and flexible transitional funding for senior postdoctoral fellows as they develop and negotiate for faculty positions and research programs. The award provides full-time research training and grant support. Founded in 1981, AFAR has awarded more than \$175 million in grants to investigators and students across the U.S., Ireland, Israel, Italy and the United Kingdom.

"By giving these postdoctoral fellows this extra boost at a

critical moment in their career path, AFAR is helping create a research pipeline that is essential to advancing better therapies for age-related diseases and discoveries that will help us all live healthier and longer," said Jeremy Walston, M.D., Chair of the 2017 Selection Committee for the Irene Diamond Fund/AFAR Postdoctoral Transition Awards in Aging.

At OMRF, Qaisar works in the Aging and Metabolism Research Program with under the guidance of Program Chair Holly Van Remmen, Ph.D. looking specifically at the role of oxidative stress, or free radicals, in the long-term deterioration of muscle. Qaisar researches potential interventions for the disease pathways for sarcopenia, specifically the activation of the SERCA ATPase.

Qaisar earned his Ph.D. at the University of Uppsala, Sweden. His academic focus was looking at the mechanisms of muscle aging, and evaluating potential therapies to counter age-related weakness and muscle loss.

"I am extremely grateful and honored to receive this award," said Qaisar. "This funding will provide me with a real opportunity to push my research forward and make a difference for our aging population."

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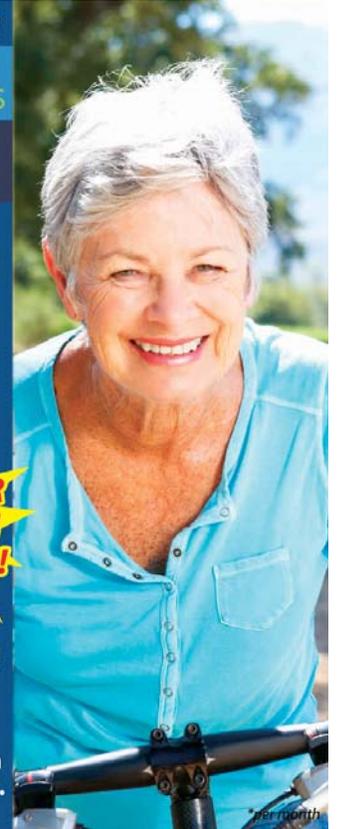


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SENIOR TALK

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If you could be any kind of animal, what would you be and why? Willowood at Mustang

I would be a cat. They let themselves be known, they don't take too much from anyone and they appear sweet.



Judy Robertson

I would be an eagle so I could fly and soar above and watch everyone.



Dale Jackson

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I would be a dog because everyone seems to like them.



Vera Weisbord

I would be a rabbit, pretty and soft.



Janie Ramey



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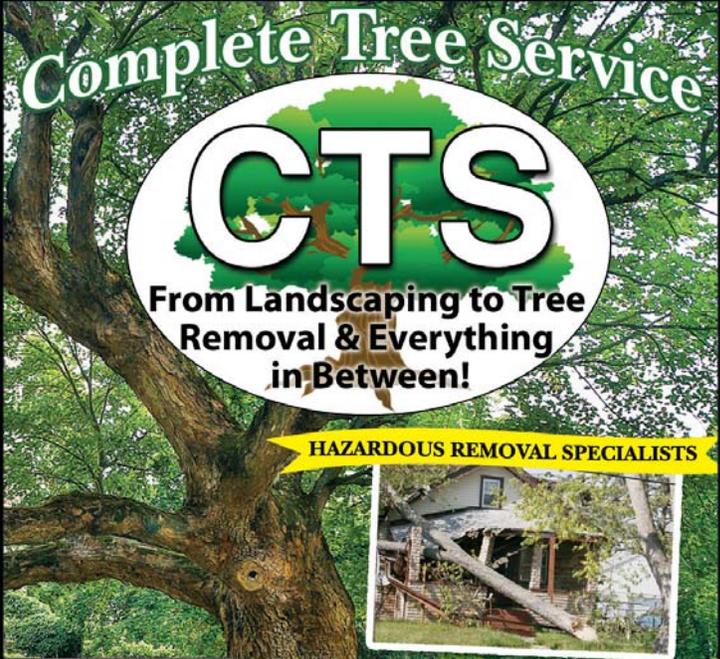
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GOD'S TRAFFIC LIGHT

By Darlene Franklin

I ran a red light without realizing it, and oh, what consequences I've suffered.

Everyone knows it's dangerous to look at the sun. I didn't know the dimness of my room in the nursing home where I live would turn me into a bat, ill equipped to handle bright sunshine. Light, long my friend, has become my enemy.

I fell in love with light as a child, relishing the long summer days where the sun shone late into the night. I lived in Maine, where the sun rises earlier than anywhere else in the United States, and I took advantage of the release from winter's doldrums.

That changed when I moved into a nursing home, with only my window to mark the passing hours. I rarely go outside, but one day I decided to record a radio interview in the backyard. My aides set me up under a spacious tree at midsummer.

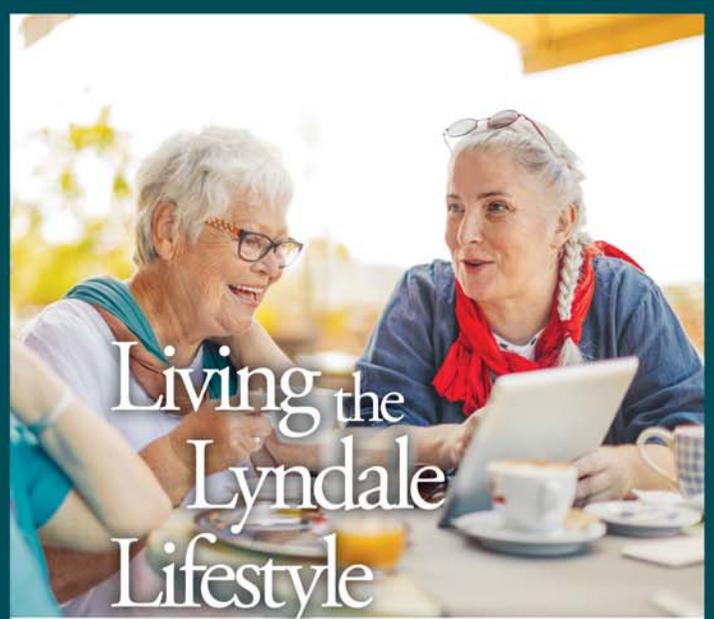
As soon as I rolled into the bright sunshine, I went blind. Unlike when I was younger, the lens of my eyes failed to adapt to the additional light. As long as I was outside, a white haze replaced the words and pictures on my computer screen.

I started having problems when I was indoors as well. The doctor said it was a consequence of growing older. The more I thought about it, I decided it also came from the eyestrain of constantly looking at a computer.



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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June 15	Boot Camp	Tulsa
June 21, 22, July 18, 19 & 20	RCAL Admin Cert Class III	Gemini Bldg.
September 9 - 15	Assisted Living Week	Statewide
September 15	The Tailgate Run	OKC
October 3	Fall AL CEU Seminar	Tulsa
Oct 11, 12, Nov 7, 8 & 9	RCAL Admin Cert Class IV	Gemini Bldg.
November 1	Owner/Reg Roundtable	Gemini Bldg.
November 13	Fall AL CEU Seminar	OKC
November 30	Boot Camp	Gemini Bldg.
December 13	Holiday Open House	Gemini Bldg.

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Kingfisher to host seventh steer wrestling benefit for OMRF

The seventh annual Cross Family Benefit for the Oklahoma Medical Research Foundation will be held on May 7 in Kingfisher. Cowboys from across the country will saddle up to raise money for cancer research and also to honor the life of Floyd Cross.

Cross battled – and defeated – recurring bouts of colon and liver cancer for 12 years before passing away in 2016. The Cross

family continues to fight the disease in his honor by raising funds to support cancer research at OMRF.

“The Cross family is a great example of how Oklahomans can do something meaningful to help combat diseases like cancer,” said OMRF Vice President of Development Penny Voss. “Grassroots efforts like this one make a big difference in giving momentum to the world-class research happening right here in Oklahoma City.”

In addition to the steer wrestling competition and t-shirt sales, raffle tickets will be sold for \$1 or six for \$5 for a wide variety of prizes. A weekend getaway to Red River, New Mexico, will be up for auction.

The event will be held at 1 p.m. at the Kingfisher Rodeo Roundup Club Arena. To enter or for more information, call Sherrie Cross at (405) 375-4872 or (405) 313-1776. The books are open from 10 a.m. until noon on May 7. Admission is free.



Above: Cross Family Benefit. Right: Floyd Cross cancer survivor.



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