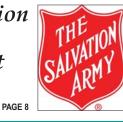


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Salvation Army to host Fair

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Information for Oklahoma Seniors

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vicles

Spotlight on Community ——— Designing the perfect Answer

Billie Upshaw, RN, has spent the bulk of her career serving residents in long-term care facilities in Kansas.



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Making a better world CASA volunteer advocates for at-risk children



Jonette Dunlap wants more retired school teachers to consider the personal enrichment of improving a child's life by becoming a CASA.

Story and photo by Jason Chandler, Staff Writer

Jonette Dunlap continues to feel an altruistic calling as a retired school teacher.

Her life had been dedicated to children and she wanted to see more of them prosper and experience the beauty of life. Six years ago, she discovered being an advocate for Court Appointed Special Advocates (CASA), would provide a stepping stone for many more children that she has mentored and acted in their best interests.

The goal of a CASA is to advocate for children and teenagers during a child custody court proceeding due to their legal guardians' alleged abuse and neglect. Dunlap hopes that more retired school teachers will consider volunteering as a CASA.

"I have a passion for this," Dunlap said. "It's being able to take what I did as a teacher involved in the child's life, but only so far, and go with them further, and be able to be an active advocate for their

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April 2015 Vol. 17 Issue 4 MOV

S

At 56, Oklahoma City Mayor Mick Cornett has created a movie detailing Oklahoma City's rise, fall and rebirth.

by Mike Lee, Staff Writer

Head down to Bricktown on any given always this good for Oklahoma's capital. night and you'll see families riding on a water taxi along the Riverwalk.

You'll probably see people coming and going from any number of restaurants that have moved into the revitalized area within the past 15 years.

Head a little farther north along West Reno and you'll hear the chants from more than 18,000 screaming fans inside the Chesapeake Energy Arena pulling for the NBA's Oklahoma City Thunder.

It wasn't always this way and it wasn't

Oklahoma City Mayor Mick Cornett

wants people to never forget that. That's the reason behind Cornett's nearly four-year labor of love Oklahoma City: The Boom, the Bust and the Bomb which opened at Harkins Theater on April 10 with four showings daily.

"When I was elected mayor over 10 years now I knew about and was proud of Oklahoma City's history but I think

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CORNETT **Continued from Page 1**

I also assumed every city had a history that wasn't all that unique from Oklahoma City," Cornett said. "As I spoke more and more about Oklahoma City's life experience of the 70s, 80s and early 90s I realized over time our city's history was unique."

"The highs of the the 70s and the lows of the 80s added on with the emotional burden of the Oklahoma City bombing those are significant elements on a city's timeline and we saw them all in a relatively short period of time."

Cornett holds that the good times the city is experiencing right now are a direct result of the trying times.

"I want them to understand how we got to where we are today," Cornett says.

Cornett parallels his movie with the story telling style of the late Paul Harvey, who was born in Tulsa in 1918 and made a career telling people "the rest of the story."

"He would tell you some things that went on before that that had a significant relevance that you probably never knew about. That was the rest of the story," Cornett says. "That's kind of what this movie is. You look at Oklahoma City today and see the city we have well, this is the rest of the story. This is the story of the city that didn't have any of these things and what it went through and how it never gave up."

Cornett's full-length feature film tells the story of Oklahoma City's rise and fall from 1970 to 1995.

In Cornett's eyes, no other city has a story like this. From being formed in a single day, to playing for the NBA Championship, Oklahoma City has ridden the triumph-to-heartbreak roller coaster for a good part of its historic life.

Oklahoma City:The Boom, the Bust and the Bomb, examines the most critical time in our city's history. It centers on a pivotal 25-year period.

From the oil boom of the 1970's to the failure of Penn Square Bank in 1982 to the bombing of the Murrah Federal Building in 1995, this inspiring film sheds light on the darkest days of Oklahoma City - and the people who refused to give up.

"Just like people are shaped by their life experiences, cities are as well. And the city we have today is a direct result of some incredibly



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tumultuous times," Cornett says. "I want the next generation and those who have moved to the city since 1995 to understand the events that have shaped Oklahoma City in the 21st century."

Cornett says he interviewed 20-25 people in piecing the story together. "It's an amazing story and I think people will leave the theater inspired."

Cornett interviewed people from all walks of life

"I saw the emotions of the camera crew, young people that didn't know anything about these things and I saw their reaction and I thought this was just as powerful of a story as a I hope it would be," Cornett said. "I don't think the next generation has any idea what we went through."

Cornett said he's received "incredible feedback" from people his age and older.

Running a city and working, Cornett spent the better part of three years working on the movie. It took him a single year just to write the script.

To rent the movie instantly on any device or purchase the DVD, go to www.okcmovie.com.

"I think it's a better story than people realize and there's an emotional aspect to it as well," Cornett said. "I think people are really going to enjoy it."

When it seemed like things couldn't get worse - things got worse. This is the inspiring story of Oklahoma City.

And if things go well Hollywood could be calling. Cornett already has his eye on recutting the film for a major motion picture audience.

INTEGRIS Marks 20th Anniversary of OKC Bombing

The INTEGRIS James L. Hall, seen Oklahoma City rise to Jr. Center for Mind, Body and Spirit and the Oklahoma City National Memorial & Museum are hosting a private reception and presentation in remembrance of the 20th Anniversary of the Oklahoma City bombing.

With the recent expansion of the Memorial, guests will enjoy private tours, wine, hors d'oeuvres and music followed by a presentation from the Center's Murali Krishna, M.D. Krishna, president and chief operating officer of INTEGRIS Mental Health and president and co-founder of the James L. Hall, Jr. Center for Mind, Body and Spirit, was on the front lines that day and days that followed. "I have seen it with my own eyes," recalls Krishna. "Oklahomans are the kindest people on earth. I have seen acts of kindness, acts of compassion - nowhere could top it. I have

vibrancy following the acts of terror on April 19, 1995."

In honor and service of the Oklahoma Standard, Krishna will share his insights and recognize our city for the resilience and growth it has demonstrated during the last 20 vears.

The event will take place Thursday, April 23 from 5:30 to 7:30 p.m. at the Oklahoma City National Memorial & Museum, 620 N. Harvey in Oklahoma City.

Ticket cost is \$50.00 per person, \$500.00 per sponsorship. Victims. family members, survivors and rescue workers are invited to Krishna's presentation free of charge. Reservations are required. For more information, please contact the INTEGRIS James L. Hall Jr. Center for Mind, Body and Spirit at 405-713-9950.

OPINION



Dear Almost,

There are actually two different kinds of Social Security claiming strategies that can provide retirees a big lump-sum benefit, but you need to be past full retirement age to be eligible, and there are financial drawbacks you need to be aware of too.

First, let's review the basics. Remember that while workers can begin drawing their Social Security retirement benefits anytime between ages 62 and 70, full retirement age is currently 66 for those born between 1943 and 1954, but it rises in two-month increments to 67 for those born in 1960 and later. You can find your full retirement age at ssa.gov/ pubs/ageincrease.htm.

At full retirement age, you are entitled to 100 percent of your benefits. If you claim earlier you'll receive less, while if you delay you'll get more - roughly 8 percent more for each year until age 70.

Lump Sum Options

Dear Savvy Senior,

Social Security Offers Lump Sum Payouts to Retirees

I've heard that Social Security offers a lump-sum payment to retirees who need some extra cash. I have not yet started drawing my benefits and would like to investigate this option. What can you tell me? Almost Retired

If you are past full retirement age, and have not yet filed for your benefits, the Social Security Administration offers a retroactive lump-sum payment that's worth six months of benefits.

Here's how it works. Let's say you were planning to delay taking your Social Security benefits past age 66, but you changed your mind at 66 and six months. You could then claim a lump-sum payment equal to those six months of benefits. So, for instance, if your full retirement age benefit were \$2,000, you would be entitled to a \$12,000 lump sum payment.

If you decided at age 66 and four months that you wanted to file retroactively, you'd get only four months' worth of benefits in your lump sum, because SSA rules prohibit you from claiming benefits that pre-date your full retirement age.

Another option that provides even more cash is the "file and suspend" strategy. Again, this option is only available to people on (or after) full retirement age. Here's how this strategy works. Let's say you're 66, and you decide to delay your benefits. You could file for your benefit and then immediately suspend it. This gives you the ability to collect a lump sum going back to the date you filed. So if you need money at age 69 for example, and your full retirement age benefit was \$2,000, you could get a threeyear lump sum of \$72,000. Drawbacks

The big downside to these strategies is that once you accept a lump-sum payment, you'll lose all the delayed retirement credits you've accrued, and your future monthly retirement benefit will be reduced to reflect the amount you already received.

Here's an example of how this works. Let's say that you are entitled to a \$2,480 monthly benefit at age 69. By taking a three-year lump sum payment, your future benefits will shrink back to \$2,000 per month, which is what you would have received at your full retirement age. This also affects your future survivor benefit to your spouse or other eligible family members after you die.

You also need to consider Uncle Sam. Depending on your income, Social Security benefits may be taxable, and a lump-sum payment could boost the amount of benefits that are taxed. To help you calculate this, see IRS Publication 915 "Social Security and Equivalent Railroad Retirement Benefits" at irs.gov/ pub/irs-pdf/p915.pdf, or call 800-829-3676 and ask them to mail you a copy.

One other caveat: If you're married and you "file and suspend" your Social Security benefit, you cannot file a "restricted application" too, which gives you the ability to collect spousal benefits while delaying your own retirement benefit past full retirement age.

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.

—Presidential candidates, will you accept this rose?=

By Greg Schwem

President Obama may no longer be a candidate for public office, but you'd never know it judging by the recent White House schedule.

Yes, it's tradition to trade zingers with other politicians, as Obama did at the recent Gridiron Club banquet in Washington. But, prior to that, perhaps in an effort to refine his comedic timing, the Commander in Chief popped up on "Jimmy Kimmel Live!" to participate in "Mean Tweets," the talk show host's popular segment where celebrities stare at their (hopefully secure) cell phones and read insulting, condescending comments composed by Twitter users. The funniest? "A 30-rack of Coors Light is now \$23 at Sun Stop. Thanks Obama."

As the lines of politics and entertainment become even more blurred, one can only wonder what the 2016 crops of presidential hopefuls will resort to as they campaign for the nation's highest office. Seeing how easy it was for Kimmel to insert Obama into a wacky segment, it seems only a matter of time before other popular shows enter the fray. Oh heck, let's just abandon our nation's tried-and-true electoral process right now and choose a president using components from television's highest rated reality shows.

We'll begin in Iowa, a state still trying to explain what a "caucus" is and why its winners usually flame out faster than Paris Hilton's movie career. Just ask Tom Harkin (winner 1992) and Richard Gephardt (1988). In 2016, the caucus will be renamed the Iowa Rose Ceremony; the top five vote getters from each party accept flowers in a Cedar Rapids barn while losing candidates weep, roll their eyes and make condescending comments about the winners, the state of Iowa and the entire political process before driving away on tractors, signaling their withdrawals from the race.

Remaining candidates are immediately whisked to a remote island and divided into two tribes ... BUT WITH A TWIST! Each tribe contains members of both parties in an effort to see how they will work together. Tempers flare when Hillary Clinton and Rand Paul can't agree on how to build a fire. Dr. Ben Carson withdraws from the competition, fearing that spending 40 days on an island could make him gay.

Once a single member from each party is crowned champion, the two select running mates. Potential vice presidents stand on a dimly lit stage and are given 90 seconds to state why they should be chosen. The presidential candidates sit in high-backed chairs listening to, but not seeing, the speeches. If they hear an intriguing idea, or even a well formed sentence or two, they push a large red button. Their chair swivels around and they come face to face with possible holders of the nation's second highest office.

Network news anchors are given election night off. There are no exit polls, vote tallies nor predictions that it will all come down to Florida. Instead, both candidates sit on opposite sides of Maury Povich. At precisely midnight, Povich turns to the losing candidate and boldly exclaims, "You are NOT the president!"

The newly elected free world leader immediately flies to Los Angeles to compete on "Dancing with the Stars." Meanwhile, all other candidates assemble in front of a live studio audience for C-SPAN's highest rated show:

"After the Election: Losers Tell All."

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CASA Continued from Page 1

situations."

A judge is looking for a neutral third-party opinion to cover bureaucratic concerns. They want someone to give an objective point of view to what would best serve the children, said Alex Corbett, CASA volunteer recruiter and training facilitator.

DHS is mandated by statute to attempt the reunification of the child and legal guardian if there is a glimmer of hope. CASA is not bound by that law when advocating.

There are currently 174 active CASA volunteers in Oklahoma County, he said. During the course of a year, there are typically 240-250 active volunteers on one or more cases, he added.

Corbett refers to Dunlap being a rare breed -- a super CASA. Dunlap accepts the maximum work-load of five cases.

"By putting a cap on the number of cases a CASA volunteer can serve on -- the wisdom being that the CASA volunteer comes to know the children, families and the core situation much better than the DHS worker has the time to do," Corbett said. "The DHS workers want to, but they don't have the time to dig as deeply in the case as what a CASA volunteer can do."

Dunlap cautioned that there are not enough CASA volunteers to serve the growing needs of children in Oklahoma County. The ideal situation would be to have a CASA on every case, for every child that enters the custody of the Oklahoma County DHS system.

"That way we could make sure that all areas are being covered," Dunlap continued. "And as Alex was mentioning, the DHS workers are very good, but they only have a certain amount of time. So we step in and fill some of those gaps. We can make more visits. We do have more time to go to the schools."

As a teacher, she would make home visits and see families living the way most people would not consider as normal. She could not do anything about it, Dunlap said. But as a CASA, she is empowered to advocate for at-risk and deprived children in the custody of the Oklahoma Department of Human Services.

"We follow them along through that time in custody," Dunlap said. "With my particular background, I always look at that education."

Many children are far behind literacy standards when entering the DHS system. These children become even further behind in their education when being placed in different areas of custody or for therapies in different patient facilities, she said.

Providing opportunities to change a child's life is also uplifting for Dunlap.

"Being there to see their eyes light up. That's the main thing," Dunlap said. "Seeing them have hope and being able to make a difference in their case; my reward is when I'm able to change something that was not getting taken care of in the way it should have been."

She recalls a case when a boy was supposedly home-schooled. But it was found that at the age of 8, when he entered DHS custody, he had been without any schooling. The boy knew nothing about math or spelling.

"As an 8-year-old he had to start in the first grade," Dunlap said. "He started behind. He is still behind but making some strides to catch-up," Dunlap said. "That is a success story because I've spent time with him, taking him to the library and tutoring him in reading."

Education is sparking the boy's curiosity to learn and engage in life, when before, he was very quiet because he could not read at all.

"He now is very proud to be able to read some little beginning books," Dunlap said.

Reading is so important to one's life because illiteracy impacts a growing prison population in Oklahoma.

"If you are interested in children, and you like making a difference, CASA is a great place to do it," Dunlap said. "You pretty much have control of your time and the only things that are fixed in stone are the court dates. So you're expected to be there with your child and have a report written for the court."

The volunteer is supported by an advocate supervisor who accompanies the CASA in all court



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Designing the perfect

Senior helps open unique memory care facility in OKC

by Mike Lee Staff Writer

Billie Upshaw, RN, has spent the bulk of her career serving residents in long-term care facilities in Kansas. She traveled from border to border to different facilities each week and then did it all again on Monday morning.

Even though former employers may have operated in a different way, Upshaw has always prescribed to the philosophy that every patient is unique.

That's why she's so excited about her new role as wellness director with the soon-to-be opened Heritage Point OKC in northwest Oklahoma City.

"It's not cookie cutter. You meet where that resident is," she said. "I read a quote somewhere that said that if you've met one person with dementia you've met one person with dementia. You can't say 'this is the way they are, this is what we do.' There's not a perfect answer unless you make it that way for them."

Upshaw is excited about getting in on the ground floor at Heritage Pointe - which is designed after a similar facility in Overland Park, Kansas and will be a sister to a similar residence to open next year in Tulsa.

When owner Kip Pammenter talks about the residents at his Heritage of Overland Park memory care residence he uses their first names.

The president of a company that specializes in Alzheimer's and memory care knows that's the only way you can truly make a difference in someone's life. Getting to know each and every client and meeting them where they are is the hallmark of Pammenter's successful approach to person-centered care. Upshaw likes working for someone with that philosophy. She also believes in tailoring care to the individual.

It's a unique concept in today's take-it-or-leave it memory care market.

"Each family comes in with their our circumstance and their own issues and that's their focus," Pammenter said. "The relationship blossoms and they tie into other families. There's a lot of empathy. Families are going through the same issue and families lend support to each other.

"They help each other and they help us."

David Thompson serves as Pammenter's vice president of operations.

"Really what we're trying to do - big picture - is the person-centered care approach," Thompson said. "We want to know what their routines are, what their interests are and how do we give them meaning and purpose and relationships and enjoyment each day in a lifestyle."

Dealing with the effects of Alzheimer's disease and trying to understand available care options can be extremely challenging for families.That's why Pammenter designed Heritage Point to work with families to envision a better way to live with Alzheimer's disease and other dementia related impairments.

Pammenter wants to truly reinvent Alzheimer's care and what life should be like for seniors with cognitive challenges. The focus is on each individual resident; knowing who they are and what they love to do and then finding activities that have meaning and purpose.

Heritage Point will offer a smaller, home environment that promotes dignity, respect and love.



At 61, Billie Upshaw is ready to make life more comfortable for seniors with memory care issues at Heritage Pointe, which opens soon in northwest Oklahoma City.

A dedicated team of experienced residents and caring staff understands extended the importance of developing Profes close personal relationships with

residents and becomes an extended part of your family. Professionally trained care See ANSWER Page 9

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April 2015

COMMUNITY

Salvation Army to host Senior Fair

by Mike Lee, Staff Writer

W hat started as an idea to benefit a handful of seniors has blossomed into an annual event impacting the lives of hundreds in our community.

The Salvation Army 4th Annual Senior Living Fair will be held on Thursday, April 30 from 9 a.m. to 1 p.m. at The Salvation Army Chesapeake Energy Center of Hope, 1001 N. Pennsylvania, Oklahoma City.

The Senior Living Fair, presented by Well Preserved Advisory Group and Senior News & Living, strives to spread hope by providing resources that empower older Americans to be more positive, active and physically fit.

"We're excited to be able to showcase so many organizations in one place that can be a resource to senior citizens," said Lisa Sydnor, senior programs manager at The Salvation Army Central Oklahoma. "We have nearly 60 exhibitors for this year's fair who can enhance and empower our seniors to live fuller lives."

Sydnor had the idea of inviting local service providers to come and show her seniors what they could offer them.

"I thought I could bring eight people in," Sydnor said.

The idea was a hit from the very beginning with 12 exhibitors showing up that first year. The event has grown to be worthy of the



photos by Mike Lee

Seniors will have access to a wealth of services and entertainment during the Salvation Army's Annual Senior Living Fair.

the 18,000-seat Chesapeake Energy Arena.

The Senior Living Fair is free to the public, thanks to sponsors like Brookdale Senior Living, and includes exhibits for health and wellness, housing, Medicare information, insurance, aging-inplace, and fun ways to stay active. Exhibitors for this year include the Oklahoma State Attorney

See FAIR Page 9 WhisperingCreekRetirement.com A GATED RETIREMENT COMMUNITY FOR ACTIVE ADULTS Cottage Homes for Rent Gated Entry & Security Cameras Clubhouse Storm Shelter Walking Trails & Fountains Fitness Center Socials & Activities • Age 55+ Now Leasing! 5712 Goldfinger Road Oklahoma City, OK 73173 On County Line Rd. Just North of SW 59th



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ANSWER Continued from Page 6

staff, along with the expert guidance of the medical director, offer an unmatched array of services and life activities to create a home that supports each individual person.

"People trust you to take care of their loved ones and sometimes it's easier for you to take care of them because you're taking them where they're

at," Upshaw said. "We want to remember those things that are good and positive in their life but dementia is a robbing disease. It takes away the person and the things that have always been important to them but sometimes you can circle around and get back to that and those are the moments you live for.

"It's a horrible disease. I hope we can cure it. I would be glad to be put out of a job. I'll go find something else to do."

FAIR **Continued from Page 8**

General, Legal Aid Oklahoma, of Oklahoma City Police Department, Oklahoma City Fire Department, Valir, Sunbeam Family Services, RSVP of Central Oklahoma, AARP, Regional Food Bank of Oklahoma, Seniors on the Move and many more.

"We are doing this

with no budget," Sydnor noted. "Quite frankly I think it's so popular because it's a God thing. This was never supposed to be more than six people talking to seniors at one location. Now we have 60 vendors and expect more than 300 people."

The event has continued to grow because seniors are finding value in it.

With everything from Zumba, to Tai Chi to line dancing almost



everyone can find something to entertain them.

> they're going to have fun and we have staff floating through and inviting people to come to our centers," Sydnor said, noting lunch is provided.

The Salvation Armv Central Oklahoma operates five senior centers throughout the Oklahoma City

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

"Our goal is for anyone who comes to the center to feel like they're in their own home, relaxed and have good friends and company," Sydnor said.

Mercy Ranks 122 on Forbes List of Top American Employers

Mercy ranks 122 on Forbes' inaugural "America's Best Employers" list.

The list of 500 employers spans 25 industries in the U.S. Forbes partnered with Statista.com in asking more than 20,000 American workers one question: on a scale of 1 to 10, how likely would you be to recommend your employer to someone else?

Mercy, one of only 25 in the health care category, is in good company; Mayo Clinic ranks 74th overall, followed closely by Kaiser Permanente at 81. Google leads the list, with Facebook coming in at 15 and Apple at 55.

"It's truly an amazing time to be with Mercy," said Lynn Britton, president and CEO of Mercy, the fifth largest Catholic health care system in the U.S. "Earlier this spring, we fulfilled a promise to thousands of co-workers in Joplin with a newly rebuilt hospital. Later this year, Mercy will open the world's first virtual care center, powered by hundreds of the nation's best telehealth professionals."

Women's New **Retirement Realities**

Although it is improving, there is an economic cost to being a woman that reverberates into retirement. It results from multiple long-term socio-economic conditions.

The first is that women have consistently earned less than men, and real wages have stagnated. Currently women earn about onefourth less than men. The disparities are even greater for black women, who earn about 30 percent less and Hispanic women, who earn about 40 percent less (census.gov). The Center for American Progress calculates that over a forty-year career life, that difference may add up to \$300,000 for lower earners, \$431,000 for average earners and \$723,000 for higher earners.

Women are also less likely than men to start their careers in, or get promoted to management positions. A March 2010 Catalyst article in the Harvard Business Review reports that "women continue to lag men at every single career stage, right from their first professional jobs." Women comprise only 5 percent of CEOs of the Fortune 500 companies. A 2014 Grant Thornton International Business Report survey, featured in the March 6, 2014 issue of Forbes, found that the number of women in senior management has "stagnated" at 24 percent since 2007. This means that most women miss out on the majority of lucrative executive benefits that may help secure their retirement.

An August 14, 2013 article in the Wall Street Journal, quoted an Aon Hewitt study, which said that the 401(k) gender gap is even bigger than the gender pay gap. The study showed that the average man's 401(k) savings was \$100,000 dollars. The average woman's 401(k) retirement saving's was \$59,300 dollars- a full 40 percent less.

Women are more likely to leave the workforce for childcare and eldercare. This redirects their resources of time, money and energy away from retirement saving. It also hinders career progress. Studies by Claudia Goldin of Harvard show that when women reenter the workforce, they permanently lag behind in pay and promotions.

Women who leave the workforce for caregiving also incur consequences for Social Security. Women receive about one-fourth less than men in Social Security benefits, \$13,236 versus \$17,004. Nearly 30 percent of women over age 65 rely on Social Security for virtually all of their income, a rate that increases with age. The percent of women older than 65 living below the poverty level of \$11,670 was 11 percent versus 6.6 percent for men, and 18.9 percent versus 11.9 percent for those living alone. Women who turn on Social Security early for financial reasons permanently lock in a lower lifetime benefit in what may be their only pension.

Women also tend to work in industries that don't offer retirement plans, so they miss the opportunity for wealth building through an employer match. With women's average income hovering around \$38,345, it is difficult to see how women would have any discretionary income left over for retirement saving.

Marital status is also a factor. Married women fare best, divorced and widowed women next best. Nevermarried single women incur the most cautious outlook for retirement.

The longevity gap between men and women is narrowing, but women still outlive men, and end up living out their later years alone. Greater longevity is accompanied by larger risk of diminished purchasing power due to inflation.

The many socioeconomic issues facing women and retirement raise concern. What if the old method of trying to save enough for retirement doesn't work for women?

New strategies are needed if women are going to thrive in retirement. Women should consider working longer in their careers, and part-time in retirement. Women should also consider non-traditional residence sharing - renting out empty bedrooms, getting a roommate, and downsizing. With the savings from reduced housing expenses, women could make financial investments in income-producing vehicles. Women could also turn their hobbies for which they already have the skills, tools and materials - into profitable home-based businesses.

Women need to understand the role they play in their own retirement and take responsibility. They need to become financially literate and realize they will need income for life. Women need to create

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Adults who Struggle to **Follow Heart Medication Regimens Should Focus** on Behavior Change

Unlike some conditions, heart need for health care professionals failure must be managed by patients taking prescriptions for the rest of their lives. Individuals who do not take their heart medication as prescribed have increased risks of mortality and hospitalization and higher health care costs. Numerous interventions have been designed to increase patients' adherence to medications; yet, no research has determined what intervention techniques are most effective. Now, a University of Missouri researcher found that interventions to encourage patients to take their medications as prescribed were most effective when focused on changing the behavior of patients rather than the behavior of health care providers.

"Previous research has shown that 50 percent of patients who take medications long term do not take them as prescribed," said Todd Ruppar, assistant professor in the MU Sinclair School of Nursing. "This study helps identify aspects of different interventions that contribute to better patient outcomes so that more effective interventions can be developed."

and his colleagues Ruppar compared characteristics of 29 medication adherence interventions for individuals who were not taking their heart medication as prescribed. The researchers found that interventions directed at health care providers or education-based interventions that focused on teaching individuals about their medications were less effective than interventions that focused on changing the behavior of patients.

"These findings reinforce the

to maintain a patient-centered focus when developing strategies to improve heart failure medication adherence," Ruppar said. "Medication adherence has to be a team effort. Many different reasons exist to explain why individuals are not taking their medications as prescribed; health providers must consider all of these reasons."

Health providers also must improve their skills for addressing non-adherence to medications with their patients, Ruppar said.

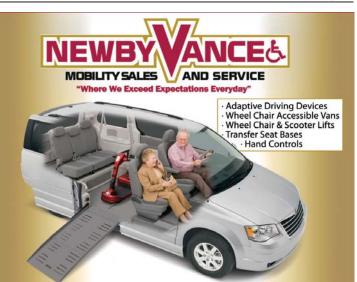
"Heart disease is a consistent topkiller in the U.S. and medication is essential to managing individuals' conditions and controlling their risks for problems such as heart attacks, strokes and kidney disease," Ruppar said. "Medication adherence is essential to reducing the risks associated with this disease."

Ruppar says individuals who skip medication doses, take more or less than what is prescribed, or stop taking their medications too soon experience the side effects and costs of their medications without receiving the health benefits.

Ruppar suggests individuals who struggle to take their medications consistently should try associating taking their medication with an already established routine such as brushing their teeth. Ruppar says seven-day pill organizers can also help patients ensure that they have taken their medications for the day.

The study, "Medication adherence interventions for heart failure patients: A meta-analysis," was published in the European Journal of Cardiovascular Nursing.





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May 7/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Palinsky Intergis 3rd Age Center - 5100 N. Brookline

May 8/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards S.W. Medical Center - 4200 S. Douglas, Suite B-10

May 9/ Saturday/ Okla. City/ 9 am - 3:30 pm/ 799-3130/ Palinsky Brand Senior Center - 501 E. Main

May 12/ Tuesday/ Norman/ 9 am - 3:30 pm/ 440-8802/ Palinsky Norman Regional Hospital - 901 N. Porter

May 12/Tuesday/ Yukon/ 9 am - 3:30 pm/ 350-7680/ Edwards Dale Robertson Center - 1200 Lakeshore Dr.

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COMMUNITY

Nurses give extra TLC to the babies in the Neonatal Intensive-Care

by Vickie Jenkins

The Birth Center at Deaconess hospital features eighteen elegantly appointed single-room maternity suites that allow mothers to share the birth experience with family in a beautiful, home-like atmosphere by staying in the same room for labor, delivery, recovery and postpartum care. Nine-bed level-II NICU provides excellent care for babies who need additional medical attention. The NICU is staffed by registered and board-certified nurses neonatologists. One-on-one nurse to patient ratio throughout the entire labor and delivery process.

Deaconess Hospital in Oklahoma City is known for their outstanding doctors and nurses. Picture: From L-R: Tanya Bogan, RN, Yvonne Silberman RNC-OB, Jonna Criscuoli, RN and Supervisor Trisha Brown, RNC-OB show the Sleep Sack Swaddle that each newborn receives at Deaconess. The Sleep Sack is a Safe Sleep Initiative that was introduced February 14, 2014.

Here are some Safe Sleep Swaddle Tips to ensure a safe sleep for your baby. Always place baby to sleep on his or her back at naptime and night time. Use a crib that meets current safety standards with a firm mattress that fits snugly and is covered with only a tight-fitting crib Remove all blankets, sheet. comforters and toys from your baby's sleep area (this includes loose blankets, bumpers, pillows and positioners). The American Academy of Pediatrics suggests using a wearable blanket instead of loose blankets to keep your baby warm.

pacifier when putting baby to sleep. If breastfeeding, introduce pacifier after one month or after breastfeeding has been established. Breastfeed, if possible, but when finished, put your baby back to sleep in his or her separate safe sleep area alongside your bed. Room share, but don't bed share. Bed sharing can put a child at risk of suffocation. Never put your baby to sleep on any soft surface (adult beds, sofas, chairs, water beds, quilts, sheep skins etc.) Never dress your baby too warmly for sleep. Never allow anyone to smoke around your baby. Deaconess Hospital is proud of their new Hugs and Kisses Security System as of January 2015. The Hugs system offers the reliability that you and your staff can depend on every day to keep your infants safe. The Hugs tag attaches in seconds and is automatically enrolled in the software. Protection can start right in the delivery room. The Hugs system requires no manual checks of infant tags or other devices to make sure they're working. The Hugs system software -continually monitors the status of all devices, and will generate an alarm if something goes wrong. There is an automatic mother/infant matching. With the Kisses® option, the Hugs system automatically confirms that the right baby is with the right mother. There are no buttons to push and no numbers to match.

includes Deaconess Hospital offers s, pillows Certified Lactation Consultants American that round on all post-partum and suggests NICU mothers. Here you will et instead find Neonatologists and Neonatal to keep Nurse Practitioners on call 24/7 Offer a for high risk deliveries.



Nurses in the NICU show the Sleep Sack Swaddle that is given to each baby born in the nursery at Deaconess Hospital.

The Salvation Army Central Oklahoma Senior Programs Receive \$4,000

The Salvation Army Central Oklahoma is pleased to announce it has received a \$4,000 grant from the Oklahoma City Community Foundation and its Services for Elderly iFund grant program. The grant will be used to assist in funding ballroom and line dancing classes at The Salvation Army's senior centers, which will strengthen the physical and cognitive abilities of the senior participants.

"We are always looking for ways to keep our seniors active," said Lisa Sydnor, senior programs manager at The Salvation Army Central Oklahoma. "We are so grateful the Oklahoma City Community Foundation chose our program. I know that this will bring such joy to our seniors."

The grant will fund dance classes once a week at The Salvation Army's senior centers with styles including the salsa, waltz, foxtrot, cha-cha and line dancing. At the end of the three to six month program, the seniors will come together for a dance recital where they can showcase their amazing talent.

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

Approximately 139,000 Oklahomans receive assistance from The Salvation Army Central Oklahoma Area Command each year through the broadest array of social services that range from providing food for the hungry, relief for disaster victims, assistance for the disabled, outreach to the elderly and ill, clothing and shelter to the homeless and opportunities for underprivileged children. For more information on the programs and services at The Salvation Army Central Oklahoma, please visit www.salvationarmyokcac.org.

Founded in 1969, the Oklahoma City Community Foundation works with donors and organizations to create endowments that address needs and opportunities within the community. The Services for Elderly iFund grant program represents a compilation of contributions from donors who want to support grants to help keep senior citizens safe and living independently in their own homes. For more information on the iFund grant program, please visit www.ifundokc.org. For more information on the Oklahoma City Community Foundation, please visit www.occf.org.

Senior Seminar Coming

On April 24, 2015 the Trinity Redeemer Health Alliance will present a seminar for senior adults and their family members. Some of the topics are: "Dementia and Memory Loss", "Engaging the Mind and Body", "Sexuality and Aging", and "Low Impact Exercises". These topics will be presented by professionals from the community. The seminar will be held in the auditorium of the Oklahoma City-County Regional Wellness Campus located at 2600 NE 63rd Street in Oklahoma City (between NE Martin Luther King and I-35). Health screenings will be available by OKC-County Health Department Community Liaisons. Individuals can register on the day of the seminar beginning at 8:30 AM, the program will begin at 9:00 AM and will end at approximately 1:30 PM. A light continental breakfast and heart healthy lunch will be served. There is no cost to attend the seminar and pre-registration is not required. For additional information contact Norma Goff at normagoff06@gmail.com or at (405) 672-7345.



SENIORS...CHECK US OUT!



INTEGRIS Southwest Medical Center Names Dialysis Unit After Longtime Physician

The dialysis unit at INTEGRIS Southwest Medical Center is named in honor of a longtime member of the hospital's medical staff. The unit was dedicated in memory of Anthony W. Czerwinski, M.D., on Feb. 10. That date was specifically chosen because it would have been his 81st birthday.

The Anthony W. Czerwinski, M.D., Dialysis Unit, as it is now called, is a fitting tribute to a man who committed his life to medicine.

Czerwinski was born Feb. 10, 1934. He began practicing internal medicine and nephrology at INTEGRIS Southwest Medical Center in August 1982. He would remain with the hospital for 32 years. He was still practicing medicine at the time of his passing last November.

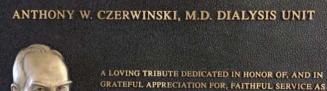
Czerwinski, who was lovingly known as "Dr. C," served as the hospital's chief of staff for seven years. He held many leadership roles throughout his tenure, serving



Anthony W. Czerwinski, M.D.

on the board of directors from 1995 to 2005, as chairman of the medicine department from 2002 to 2007, and on the medical executive committee from 1987 to 1993 and then again from 2002 to 2007.

Czerwinski touched many lives and his presence is greatly missed, but his memory will live on forever in the hearts of everyone who knew and loved him.



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TRAVEL/ ENTERTAINMENT

Artist Harold Stevenson honored at Oklahoma's Fred Jones Junior Museum of Art

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

Idabel, Oklahoma native artist Harold Stevenson was recently reunited with friends and a selection of his artwork dating back to 1953 at the University of Oklahoma's Fred Jones Junior Museum of Art. "The Nature of Man: Paintings and Drawings by Harold Stevenson," will be on exhibit through May 2015, and was generously donated to the Museum by childhood friend and art collector, Ross Dugan.

The museum has previous works of Stevenson in its including collection his monumental series, "The Great Society" of a hundred larger than life portraits of his friends neighbors, and acquaintances generated in Idabel, Oklahoma in 1966. Besides being in many private collections, Stevenson works are in the collection of the Oklahoma City Museum of Art and the Museum of Modern Art in New York City.

As descried in the gallery brochure, "The Nature of Man,

explores Harold Stevenson's investigation of masculinity from his early career in 1960's to more recent works from the 1990's. The male body in Stevenson's works represents variously an expression of eroticism or memory of a reference to art history. he produced naturalistic yet simplified depiction of the human body, frequently using a monumental scale and unconventional or unusual perspectives." This style was rejected by the critics of the 1950s who were more interested in non-objective abstraction. But Harold's creative artistic lust would not be quelled and his prolific painting continued to great heights.

A self-taught artist, at an early age in Idabel, Oklahoma, he moved away from his home's kitchen table and set up his own gallery/studio in a second story of a main street Idabel building. From then on, his art took him to the University of Oklahoma, on



to Paris, with homes there, in Key West, Wainscott Long Island, Long Island City and a cabin in the woods in Idabel. This energetic octogenarian now lives in an apartment in his beloved Idabel.

It was a fitting honor to have Stevenson and his childhood friend and benefactor Ross Dugan at the intimate gallery event, where his longtime friend Mary Jane Rutherford and the Fred Jones Junior Museum of Art Interim Director Dr. Mark White, commemorate this reunion and celebrate of Stevenson's approaching 86th birthday.

It is not often that an artist and his friends have the opportunity to celebrate the man and his art near the end of a career, as does the Fred Jones Junior Museum of Art with this exhibition. The museum is open to the public free of charge and as always presents and celebrates an eclectic exhibition of fine art. Harold Stevenson is as original as his art, and the Nature of Man exhibition could be called the Nature of Harold, as it depicts his personality as well as artistic expression.

Authors Note: I first met Harold at an impromptu Luncheon in Oklahoma City in 1995, hosted by Dr. Duane Moore. From this first meeting I knew I was in the presence of a celebrity with an extraordinary talent of telling tales of his worldly experiences with such notables as Andy Warhol and Peggy Guggenheim, among others. His love of a luncheon ~ or anytime ~ martini reintroduced me to that cocktail of elegance and joy, resulting in my own photographic interpretation of the Martini through my worldwide travels. www.martinitravels.com Since 1995 I have visited Harold in New York, Dallas and of course Idabel, documenting his life and creativity in photographs and recorded interviews.

For Fred Jones Junior Museum of Art, times and more information visit, http:// www.ou.edu/fjjma.html



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CROSSWORD CORNER

Across 1 Cathedral area 5 Tons 10 Reps: Abbr. 14 Garden center supply 15 Dot in the ocean 16 Circus performer? 17 Tune 18 Thin, decorative metal 20 What a 63-Across may speak 21 The last Mrs. Chaplin 22 Grand Rapids-to-Detroit symbolizes Middle America dir. 23 Gets married 27 This, to Michelle 28 Morose 29 Geometric suffix 30 Like potato chips 32 Lulus 36 Mass transit carrier 37 Dangerous things to risk 39 Retirement destination? 40 Wimps 41 Underworld group 43 Printer's widths 44 Cookie container 47 Renoir output 48 Equestrian's supply box 53 Spoil 54 Alabama, but not Kansas? 55 "Picnic" playwright 56 One, to one, e.g. 60 "Ain't Misbehavin'"

Tony winner Carter 61 Throw hard 62 Hero's quality 63 Hebrides native 64 Desires 65 Burning desire? 66 Chop __: Chinese American dish Down 1 Valuables 2 Illinois city that 3 Had a hunch 4 Barely beats 5 Member of the fam 6 CBS drama with two spinoffs 7 "Everything's fine" 8 Exeter's county 9 Dictation whiz 10 The K.C. Chiefs represented it in Super Bowl I 11 High school choral group 12 Dollhouse cups, saucers, etc. 13 Protected condition 19 Pied Piper followers 24 End-of-the-workweek cry 25 Pebble Beach's 18 26 China's Zhou 31 SALT concerns 32 "____ say something

wrong?" 33 Flected ones 34 Ô50s automotive failure 35 Goo 37 There's a lane for one at many intersections 38 Superlative suffix 39 Like Bach's music 41 Boggy 42 Solar system sci. 44 Alaskan capital 45 "Crouching Tiger, Hidden Dragon" director 46 "I Believe I Can Fly" singer 49 Stadium 50 More desperate, as circumstances 51 Some portals 52 Adornments for noses and toes 57 Gore and Green 58 Lacto-___ vegetarian 59 Years in a decade

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Answers on page 21

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by Mike Lee Staff Write

Pam Spanbauer, RN, BSN, MEd, may be retired from her nursing practice but her impact on healthcare in Oklahoma will be felt for generations to come.

As the governor's appointee to the Physician Manpower & Training Commission, Spanbauer is the only nurse on the board that helps ensure healthcare for thousands of rural Oklahomans.

Now the board chair, Spanbauer helps make sure that small communities in Oklahoma get the competent and professional physicians they so desperately need.

Spanbauer also currently serves as the vice president of the Oklahoma Nurses Association.

The commission is a task-force established in the 1970s.

"They have funding to help fund physicians in training to go out into the rural areas in Oklahoma," Spanbauer said. "In Oklahoma we have so much rural area. In these farming communities the last thing they can do is take a day and drive to the city to get healthcare and drive back.

"It's really important especially with the fact we don't have many hospitals in the rural area."

Spanbauer was raised in a small town in North Carolina. She had a single doctor growing up who took care of her entire family.

"If we had to have gone to the city we probably wouldn't have gotten healthcare," said Spanbauer, whose family lived 50 miles from the nearest hospital. "I've always had

STRANGE BUT TRUE SO THEY SAY...

BBT Dionysus was the Greek god of wine and vegetation. He showed mortals how to cultivate grapes and make wine. In 5th century B.C., he was worshipped at celebrations that became associated with licentiousness and intoxication.

BBT The opposite sides of a dice cube always add up to seven!

that small-town respect."

She says the reality is that most doctors are going into specialty practices. Those who head to family medicine will stick closer to more populated areas.

The commission will cover a significant portion of a doctor's tuition for a commitment to be the physician in a rural area.

"Many of the physicians actually wind up staying in that area after their commitment is done," Spanbauer said. "If it weren't for that a lot of doctors wouldn't even know there are these opportunities and how great healthcare can be in a small community."

Spanbauer and the commission review each applicant and decide the best place to match each doctor. Communities routinely send in requests for physicians to cover their population.

The mission of the Physician Manpower Training Commission is to enhance medical care in rural and underserved areas of the state by administering residency, internship and scholarship incentive programs that encourage medical and nursing personnel to practice in rural and underserved areas. Further, PMTC is to upgrade the availability of health care services by increasing the number of practicing physicians, nurses and physician assistants in rural and underserved areas of Oklahoma.

Subsequently the Oklahoma Legislature has added the responsibility of a Physician Placement

BBT Nose prints are used to identify dogs, just like humans use fingerprints!

BBT The average life span of a major league baseball is 5-7 pitches!

BBT The Mint once considered producing doughnut-shaped coins!

BBT The longest recorded flight of a chicken is 13 seconds!

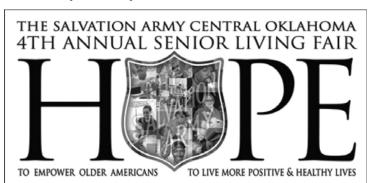
BBT The world's termites outweigh the world's humans 10 to 1!



Pam Spanbauer, RN, serves on the Physician Manpower & Training Commission.

Program, Nursing Student Assistance Program, the FP Resident Rural Program, the Physician Community Match Program and the Physician Assistant Scholarship Program. Spanbauer says the commission is guided in all the programs by a sense of stewardship which requires that maximum effort, both individual and organizational, be utilized to increase the number of practicing physicians, nurses and physician assistants in Oklahoma and, particularly, in rural and underserved areas of the state.

See DOCS Page 21



The Salvation Army Senior Programs cordially invites you to

4th Annual Senior Living Fair April 30, 2015, 9 a.m. – 1 p.m.

The Salvation Army Chesapeake Energy Center of Hope 1001 N Pennsylvania Avenue, Oklahoma City

The fair is free and open to the public and includes exhibits on health and wellness, housing, Medicare information, insurance, aging-inplace, and fun ways to stay active. Last year's event brought in over 200 individuals seeking information from those exhibiting.

For information, please contact Lisa Sydnor at 405-274-0979 or via email at Lisa_Sydnor@uss.salvationarmy.org.

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www.arborhouseliving.com

WOMEN'S **Continued from Page 9**

stackable income streams to empower their retirement security and meet their monthly spending needs.

Women should also start talking to other women about retirement planning. What are their friends doing to prepare for retirement? What if they got together once a month over coffee to start a conversation about women and retirement? They might discover that they have ideas, talents and resources to share with other women, which might enhance the retirement planning experience and success of a larger scope of women.

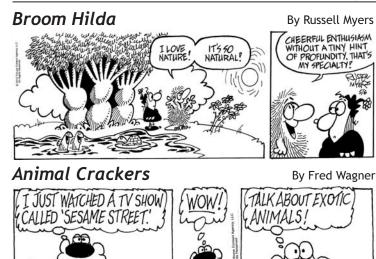
Donna M. Phelan has spent more than 18 years at some of Wall Street's largest and most prestigious investment firms. She holds an MBA in finance from the University of Connecticut, and provides personal financial advice to clients coast to coast. The author of "Women, Money and Prosperity: A Sister's Perspective on How to Retire Well," (www.donnamphelan.com), she has lectured at conferences nationwide on a broad range of financial topics and has published numerous articles on investments, retirement and financial planning. Phelan was formerly president of the American Association of Individual Investors (AAII) Connecticut state chapter and was active in the Financial Women's Association (FWA) in New York.



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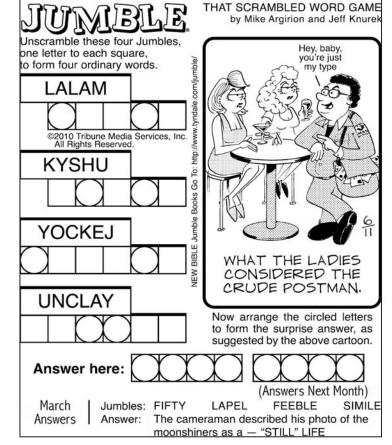
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DOCS Continued from Page 19

"I've always had a strong desire to give back in some way which is why I love being retired," Spanbauer said. "I loved what I did when I was working but now it's like I can give back. When I was working I didn't have as much time."

During her career, Spanbauer served as an EMT and drove an ambulance for Children's Hospital. She also helped start the MediFlight program and later spent nearly her entire nursing career at Mercy.

"I had an opportunity at that time to see how spread out everything in Oklahoma is," she said. "We would drive to pick up a baby and see how some of those hospitals barely had enough to get by. They didn't have all the equipment we had in the city to take care of these premature babies.

"I've always been very passionate about wanting everybody to be able to have access to care. It's a fact that people don't."

Spanbauer says the commission is charged with five high-priority goals:

1. Work to improve the balance of physician manpower distribution in the State of Oklahoma, both by

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type of practice and by geographic location;

2. Aid accredited physician training facilities in the establishment of additional primary medical care and family practice internship and residency training programs by sharing in the cost of these programs;

3. Assist Oklahoma communities in selecting and financing qualified medical and osteopathic interns/ residents to participate in the Physician Community Match Program;

4. Assist Oklahoma communities, in any manner possible, in contacting medical and osteopathic students, interns and residents, or other physicians (inside and outside Oklahoma) who might wish to practice in Oklahoma;

5. Work with Oklahoma communities and the leadership of Oklahoma's nurse training institutions to provide nurses for underserved areas of the state.

"It gets back to what medicine is all about and that's the relationship the doctor has with the patient and the community," Spanbauer said.

And that's how Spanbauer makes a difference for future generations to come.

Edmond Art Association Spring Art Show & Sale Set

The Edmond Art Association Spring Art Show & Sale will be held Saturday, May 9th from 9:00am to 5:00pm at Spring Creek Plaza, 15th & Bryant in Edmond.

A variety of art will be ready for viewing and for purchase at this Outdoor Art Show. Come stroll the wide veranda style sidewalks of Spring Creek Plaza. The PUBLIC IS INVITED to this one day event. For more information visit: www.edmondart.org

Ubgne

By Jim Scancarelli

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BATHROOMS

St. Anthony Volunteers **Celebrate 60 Years**

first hospital volunteer leagues in Oklahoma City. With a volunteen and adult program, sixty years later the volunteer department is still thriving, as men and women of all ages seek the opportunity to give back to their community.

"When I was a teenager I was a volunteen at St. Anthony, and I loved it. I helped various departments with clerical duties, and visited with patients and family members," said Martin Villafana, MSN, RN, Care Manager at St. Anthony Hospital. "Looking back at my volunteen time, it ended up being a network of family I have never been exposed to. A lot of the employees at St. Anthony saw me as a child in the halls, to now being an employee today." Villafana volunteered at St. Anthony during his teen years returned later as an

St. Anthony started one of the employee. "St. Anthony helped me achieve my educational goals," he stated. While working at the hospital he continued his education, receiving a scholarship from St. Anthony as well as participating in the student reimbursement program. Today Villafana has been with the hospital for ten years.

This month St. Anthony will be celebrating a family of volunteers that continues to grow. From volunteens to volunteers, these are exceptional people who have made a difference by their mission to serve.

St. Anthony volunteers assist at the main campus in Midtown Oklahoma City, St. Anthony South, and all four of the St. Anthony Healthplex campuses. If you are interested in a volunteer opportunity, please call 405-272-6266, or go to saintsok.com for more information.



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