

Merry Christmas

From Your Friends At Oklahoma's Senior News and Living

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Bill Kenney, 57, keeps the magic of Santa Claus alive year-round.

by Mike Lee, Staff Writer

The beard on Bill Kenney is as authentic as the Christmas Spirit he carries with him every day of the year.

And as a member of the Fraternal Order of Real Bearded Santas, the 57-year-old retired paramedic knows he has some big shoes to fill.

Nine year agos was when Kenney officially became Kris Kringle. A youth group he was working with at the time needed Santa to come to an event.

Since there wasn't a Santa, Kenney accepted the role he hasn't put down since.

"Being a parent I had done the illusion of Santa Claus for many years when the girls were young. I had been looking at other Santa Claus' off and on so I had some ideas," Kenney said of how he approached that first outing as

the big guy. "The first one I borrowed a Santa suit from a close friend and winged it."

From there, it's been parties and get-togethers with all ages. But one thing keeps him in red year in and year out.

"The kids," Kenney said. "I have a great time. I work with youth groups and adults but there's nothing more fun than working for kids."

Naturally, it's Kenney's busy season. He lends his time to two types of events.

One was born through the state historical society that centers on Santas around the world.

"In that universe I'm St. Nicholas and I portray the very first Santa Claus," Kenney said. "I dress as a medieval bishop. I have a long white beard but

See SANTA Page 3

Spotlight on Health — HomeStand Preparation Station ready to help



Chuck Travis remembers growing up an Air Force brat with his brother. They moved from town to town and school to school relying only on the skills they packed with them.



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Community Builder Consultant shapes seniors' futures



Joyce Clark has made life a little easier for thousands of Oklahoma seniors during her career.

by Mike Lee, Staff Writer

Joyce Clark has made life a little brighter and a little better for literally thousands of seniors in Oklahoma.

As the founder and CEO of Achievis Senior Living Associates, Clark spends her time breathing life into senior communities. Whether it be a community that has faltered and needs to get back on track or a brand new building, Clark plays a vital role.

The 53-year-old understands the people she serves. She knows that when she's called in as a consultant she's doing more than just meeting a budget or a goal.

"I'm a pretty aggressive goal-setter," Clark said. "The goal for me is to always position a community to where it has the best resident care and its services and amenities are competitive. I think the profit comes last but if you do the right things it works."

Clark's current project is Featherstone Assisted Living in Moore. Formally, Heartland Plaza, the facility received new ownership a couple years back.

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CLARK

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"During that time they've totally revitalized it," Clark said.

One of the reasons Clark is so successful is that she pours her heart and soul into each project.

Her desk at Featherstone may look messy at times, but outside her office there's an undeniable feeling of community.

"When you talk to residents you'll see they are very, very happy," she said. "The health department, ombudsmen - every time they've come in here they say 'you're building is so happy.'"

"The good thing about being small is you have more individualized service. It's more personal here. Everybody knows everybody. They know what they like."

And Featherstone is currently taking applications for residents in Moore. Featherstone also has properties in Durant, Ada and Miami.

Featherstone Retirement properties offer beautifully appointed studio, one-bedroom and two-bedroom apartments in a senior housing environment.

Most apartments are furnished with kitchenettes and all with private bathrooms. Many of the senior apartments are individually climate-controlled and include all utilities.

You can also add your own personal touch. Decorate any way you wish and bring your own furnishings. Select the wall color of your choice as every apartment is freshly painted before new residents move in.

Some of the communities - like the one in Moore - encourage you to bring your small pet.

Clark is also a student of the senior housing market. She's been in the business long enough to see dramatic changes.

"I find that since the economic collapse things are different," Clark said. "People are waiting longer to make the move. They're waiting longer to make a move and they're more crisis-oriented and driven. Their kids or family are keeping them at home, keeping their incomes or selling the house and keeping the money."

"More and more families are using mom's assets to live off of rather than taking them and

spending them on this. That's good for families if they are able to take good care of their parent."

Clark sees that as a good thing, but she understands every situation is different and many are unable to provide the type of care a parent may need.

"What I see constantly is that moving here improves people's quality of life primarily because of socialization with peers," Clark said. "Frequently, people will move here after the loss of a spouse and now they're surrounded with other people who have gone down that same road and the same grieving process. They understand."

And Clark understands what makes seniors happy.

Prior to establishing Achievis Senior Living Associates, Clark was the founder and partner of Clark Lee Consulting & Development.

Her impressive client list includes notable providers such as Deaconess Health Care Corporation, Pauls Valley General Hospital, Sacred Heart Parish of El Reno / Archdiocese of Oklahoma City, Baptist Retirement Centers

of Oklahoma, Edgewood Vista Senior Living Communities, Arbor House Assisted Living Center, and Bellevue Nursing and Rehabilitation Center. Many clients have been not-for-profit organizations.

Achievis provides business plans, feasibility studies, competitive analyses, site selection assistance, management, marketing, and consulting to senior housing & long-term care clients across the United States.

Clark's company also helps new senior living providers enter the industry and provides growth management assistance to existing companies.

She has brought several new facilities into the metro during the last 10 years but she always makes sure her services and products are individually tailored to meet the distinctive needs of each client.

And one of the ironies of Clark's profession is that even though she does so much for seniors is that many will never meet her and get to thank her.

But Clark is fine with that, as long as they get to experience what she was born to do.



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SANTA

Continued from Page 1

I dress in red and white but it's not what most people think of when they think of Santa. In many places of the world that is indicative of the Christmas spirit."

His other jobs are portraying the Santa we know and love here in America.

"You hear a lot about Christmas Magic and that really is Christmas Magic. The magic is in their eyes," Kenney said. "To really do it and enjoy doing it you have to believe Santa exists and Santa Claus does exist. He's not necessarily a corporeal person but Santa Claus is Christmas Magic."

"Everybody who helps that survive is part of Santa Claus."

One thing Kenney has learned is that the idea of Santa Claus is different around the world.

To the Dutch he is Sinterklaas, who is celebrated annually the night before Saint Nicholas Day on Dec. 5.

The French believe in Pere Noel or Father Christmas.

Generations of French children have left their shoes by the fireplace filled with carrots and treats for Pere Noel's donkey, Gui.

Stockings are hung in Italy to be filled by Babbo Natale.

"We all have our vision and in this country it's pretty much what you see on a Coca-Cola bottle but the stories and the legends are all interconnected but you can trace them all back to a fourth-century bishop who lived in Asia Minor," he said.

For Kenney, being Santa Claus is year-round. He maintains the beard, and the belly, which isn't even close to being as big as a bowlful of jelly.

And most importantly, he maintains the attitude.

"For the traditionally-bearded Santas - the guys who wear a costume beard - on Dec. 26 they take Santa Claus off," Kenney said. "I look like Santa year-round. We have to remember that since you do look like Santa year-round you have to behave yourself in public."

He carries tokens with him wherever he goes for the kids

who come up to him in public. With mom's permission he slips the children a "I was caught by Santa being good" coin to be redeemed the next time they step out of line at home.

He's had more than a few times when he's walked out of restaurants and looked back to see a line had formed behind him by the time he reached his car.

And, of course, he gets his share of Christmas lists.

So far this year, the No. 1 gift request has been a puppy. One request came for either a baby panda or a unicorn.

"I'm not sure we're going to be able to come up with either one of those unless it's a stuffed toy," he said.

Kenney has four daughters and four grandchildren spread from Purcell to Sacramento.

There is a Mrs. Claus, but she's more "Santa's wife" than anything else, according to Kenney.

"I wouldn't be Santa Claus

without her," Kenney said of wife, Edith, who custom tailors his entire Santa wardrobe. "She's a very special person with children, too. She's a retired neonatal nurse practitioner."

Typically, Kenney will work up to 20 events a season. He's handed out presents and posed for pictures. He's even been summoned on Christmas Eve to deliver a bike or two.

He's read The Night Before Christmas more than a few times, almost so much that he knows it by heart.

But it's the real reason for the season that keeps him going.

"If I can pass on a little bit of the Christmas Spirit and that's not about the gifts you get but the gifts you give," Kenney said of his goal. "It's really to try and help you remember what this season is all about. It's not about the Christmas present that we're going to get this year it's about that very first Christmas present that our Father gave to us 2,000 years ago."

Local Elders' Elves Help Seniors Through Holiday Havoc

Caregivers can help make that list and check it twice!

From hanging the mistletoe to searching for gift ideas on the internet, Elders' Elves from SYNERGY HomeCare will be hard at work helping local seniors tackle their holiday to-do lists.

These Elders' Elves aren't from the North Pole. They're from the local SYNERGY HomeCare agency and they make the lives of local seniors merry and bright during the holidays. If a senior's family can't step in, Elders' Elves are ready to step up.

"The holidays can be a challenging time for seniors, and many seniors can feel stressed and unhappy because they can't get around like they used to," says Rick Basch, President of SYNERGY HomeCare. "Their families may not live close enough to help them decorate the house or shop for gifts. Our caregivers pick up the slack for our aging friends who can't do it on their own anymore."

SYNERGY HomeCare is a national in-home care provider with caregivers (elves) in your area and from coast-to-coast. The company cares for seniors in their own homes year-round but recognizes the need for extra help around the holidays. SYNERGY HomeCare Elders' Elves will help

seniors shop for gifts, wrap presents, write cards and even trim the trees.

Elders' Elves help seniors tackle many jolly jobs such as:

- Shopping for gifts in stores and online
- Wrapping gifts
- Decorating the home
- Cooking holiday meals
- Writing and sending holiday cards
- And much more!

SYNERGY HomeCare Elders' Elves can also help seniors become more cyber savvy by helping them shop for gifts online or connect with family through Skype, Facebook and other social media platforms. 54 percent of people over age 65 used the Internet last year to communicate with loved ones - a digital milestone according to the Pew Research Center - and it's expected to increase.

"With more and more services being offered online, it is important that seniors feel plugged in and connected. Our qualified caregivers can help them feel more comfortable and safe when shopping on the Internet," adds Basch. "Whether it's help around the house for the holidays or help year-round, SYNERGY HomeCare is always ready to provide solutions for seniors in need."

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OPINION

THE SAVVY SENIOR

Dear Denied,

If you disagree with a coverage or payment decision made by Medicare, you can appeal, and you'll be happy to know that around half of all appeals are successful, so it's definitely worth your time.

But before going that route, talk with the doctor, hospital and Medicare to see if you can spot the problem and resubmit the claim. Some denials are caused by simple billing code errors by the doctor's office or hospital. If, however, that doesn't fix the problem, here's how you appeal.

Original Medicare Appeals

If you have original Medicare, start with your quarterly Medicare Summary Notice (MSN). This statement will list all the services, supplies and equipment billed to Medicare for your medical treatment, and will tell you why a claim was denied.

There are five levels of appeals

Dear Savvy Senior,

How does one go about appealing Medicare when they won't pay for something that has been covered in the past?

For original Medicare, although you can initiate a fast-track consideration for ongoing care, such as rehabilitation. Most people have to go through several levels to get a denial overturned.

You have 120 days after receiving the MSN to request a "redetermination" by a Medicare contractor, who reviews the claim. Circle the items you're disputing on the MSN, provide an explanation of why you believe the denial should be reversed, and include any supporting documents like a letter from the doctor or hospital explaining why the charge should be covered. Then send it to the address on the form.

The contractor will usually decide within 60 days after receiving your request. If your request is denied, you can request for "reconsideration" from a different claims reviewer and submit additional evidence.

A denial at this level ends the matter, unless the charges in dispute are at least \$140. In

How to Appeal When Medicare Won't Pay

that case, you can request a hearing with an administrative law judge. The hearing is usually held by videoconference or teleconference.

If you have to go to the next level, you can submit the claim to the appeals council review. Then, for claims of at least \$1,400, the final level of appeals is judicial review in U.S. district court.

Advantage and Part D Appeals

If you're enrolled in a Medicare Advantage or Part D prescription drug plan the appeals process is slightly different. One difference is that you have only 60 days from the date on the denial notice to file an appeal. And in both cases, you start by appealing directly to the plan, rather than to Medicare. Follow the plan's instructions on its explanation of benefits.

Part D has a fast-track appeal of 72 hours if you haven't received your medication and waiting would jeopardize your health. Otherwise, the plan must notify you of its decision within seven days.

Denied Senior

For more information, along with step-by-step procedures on how to make an appeal, visit Medicare.gov and click on the "Claims & Appeals" tab at the top of the page, or call Medicare at 800-633-4227 and request a copy of publication #11525 "Medicare Appeals." You can also read it online at medicare.gov/pubs/pdf/11525.pdf. Get Help

If you need some help, contact your State Health Insurance Assistance Program (SHIP), which has counselors that can help you understand the billing process and even file your appeal for you for free. To locate your local SHIP, visit shiptalk.org or call the Eldercare Locator at 800-677-1116. The Medicare Rights Center also offers free phone counseling at 800-333-4114.

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.

Everything I know about parenting I learned at the movies

By Greg Schwem

I have never been a big fan of resorting to the Internet when it comes to parenting. Although words sometimes fail me when I'm confronting daughters who, occasionally, eschew homework for Snapchat or respond with ill-advised eye rolls, it still seems easier to mumble, "We'll discuss this later" as opposed to Googling Dr. Spock or Dr. Phil for answers.

Of course that was before I stumbled across americanrhetoric.com

Laid out in front of me were dozens of the most brilliant movie speeches, complete with video from the actual films, that I realized could come in handy when engaged in a parent/child showdown. Repeatedly viewing Morgan Freeman scream, "This is not a damn democracy. We are in a state of emergency and my word is law" in "Lean on Me" gave me hope. Why struggle for words when Hollywood's top screenwriters have already crafted them for me?

After spending all day on the site, and memorizing some favorite quotes, I felt I was ready to put my idea of "parenting via cinema" to the test. It didn't take long. I walked into the kitchen to see my eldest,

a high school senior, seated at the table. Laptop open and headphones firmly in place, she was texting when I approached.

"Excuse me," I said.

Silence

"EXCUSE ME!"

"What's your deal Dad?"

"What we have here is a failure to communicate." (Paul Newman, Cool Hand Luke)

"Dad, we're communicating."

"I thought you were doing your homework."

"I am. It's done."

"All of it?"

"Most of it."

"I must point out that the possibilities, the potential for knowledge and advancement is equally great." (William Shatner, Star Trek)

"All right, all right. I'll get it done now. Just give me 15 more minutes. Okay?" "This conversation can serve no purpose anymore. Goodbye." (HAL the Computer, A Space Odyssey)

Satisfied that Hollywood had helped me win round one, I walked upstairs to find my 12-year old, seated in what I think used to be her bedroom. Only now it was a sea of clothes, paper, athletic

equipment and assorted items that defied description.

"Are you cleaning your room any time soon?" I asked.

"I already did it Dad. Looks better, doesn't it?"

"I see dead people." (Haley Joel Osment, The Sixth Sense)

"Dad, you asked me to clean my room and I cleaned it. Okay?"

"You call this clean?" I replied, exasperated. "In my book, you either do it right or you get eliminated!" (Michael Douglas, Wall Street)

"Are you trying to eliminate me Dad?"

Realizing I may have gone a little overboard, I rephrased.

"You're either going to hack it or pack it." (Robert Duvall, The Great Santini)

"Fine. I'll do it again."

"I'll be back." (Arnold Schwarzenegger, The Terminator)

I retreated to my home office, closed the door and began scrolling through email. Five minutes later, my oldest knocked on the door.

"I finished my homework Dad. Can I use the car tonight?"

"Yes but you have to drop your sister off at her friend's house. And you'll have to pick her up at 11 p.m."

So that's your curfew for the night."

"Why do I always have to be her chauffeur? She annoying! All my friends think so too."

My back stiffened. "Don't ever take sides with anyone against the family again. Ever." (Al Pacino, The Godfather)

"I'll be home at 11."

As my children left the house, I gave thanks to the scribes who just made my life easier. And to the movie quote websites -- there are plenty more besides americanrhetoric.com -- that allowed me to choose my best response. Suddenly, I spied our Visa bill laying on the table. I opened it and gasped just as my wife entered the room.

"Why is this bill so high?" I yelled.

"Honey" she replied, "You can't handle the truth." (Jack Nicholson, A Few Good Men)

I guess we've been surfing the same websites.

(Greg Schwem is a corporate stand-up comedian and author of "Text Me If You're Breathing: Observations, Frustrations and Life Lessons From a Low-Tech Dad," available at <http://bit.ly/gregschwem>. Visit Greg on the web at www.gregschwem.com.)

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Seniors can get help with tech gifts

by Mike Lee

The stockings are already hung by the chimney with care, but come Christmas morning the hope for many is that something shiny, new and electronic will be in there.

If you're still shopping for others or even yourself, there's a good chance technology may be on the list.

As a Verizon Distract manager, Rick Urias is in charge of Oklahoma City's six retail stores. He says seniors are becoming an even bigger part of the market when it comes to phones, smartphones, tablets and technology in general.

"Our traffic is very, very diverse and that's definitely a demographic we see a lot in our stores," Urias said. "We have a lot of tools and available services to help everybody including senior citizens."

Urias said his goal and that of his technology experts is to not only help customers choose the right device for them but to also show them what it can do for their daily lives.

"It's surprising now with all the tools that are out there," Urias said. "Some of the people from that generation are incredibly savvy but of course some aren't. We do have tools such as workshops in our stores who aren't as versed in all the

technology solutions."

Those workshops allow customers to sit down one-on-one with a technology expert to show them the various features.

"We're able to give them some personalized training on how to use their devices to the fullest extent," Urias said.

Technology can be daunting for seniors.

Verizon also has a service called SureResponse for those individuals who want the piece of mind that comes from having someone they can reach in case of an emergency.

SureResponse includes an easy to use wearable device with a one-press call button that lets you place a call to a SureResponse care agent in case of an emergency.

SureResponse lets you create a list of people to be notified in case of an emergency. You can also add personal information to your profile so that responders can better assist you.

When you use SureResponse, emergency responders have instant access to your location. With your permission, specified caregivers can locate you as well.

The SureResponse personal device can be worn on a wrist strap, lanyard, or on a belt clip. It's waterproof and includes one-press calling, a built-in speakerphone, and a 120



photo provided

Verizon Technology Expert Nikki Bowlin helps a customer choose among the many tablet computer options.

hours of standby battery life.

"For a lot of people the basic flip phone that just makes phone calls is the best solution," Urias said. "But for people who need a little bit more we do have the smart phones with the ability to go on the Internet and have pretty much everything in the palm of your hands. We have

monitors for years, and it's the approach most are comfortable with. The Mimo baby monitor from Rest Devices takes that feeling of comfort to the next level by offering a kimono-like onesie with respiration sensors that relay real-time information and data about an infant's sleep status, breathing pattern and

"For a lot of people the basic flip phone that just makes phone calls is the best solution." Rick Urias, Distract manager

tablets which are perfect even for the basic phone user because it doesn't have the complications of having to log into a computer and go through all the files."

But as technology advances more and more uses are being found.

If you have a family in your life with a young one you might also consider using technology to keep them safe.

Technology for babies is making its way into cribs and, in some cases, directly onto the clothing and accessories that babies wear. There are already a few inventive players in the wearable- and baby-tech space who are establishing themselves with parents of infants.

Sproutling, Withings and even a smart-onesie creator, Rest Devices, are changing the way we monitor and keep our babies safe while they sleep.

Parents have used baby

body position to a parent's iOS or Android mobile device.

Sproutling has taken a different approach to infant-monitoring by creating a wearable band that fits around a baby's ankle and is equipped with a smart sensor that detects heart rate, skin temperature, motion and position. It communicates via the app on the parent's phone and lets them know if their baby is safely asleep.

The Smart Baby Monitor from Withings lets parents hear, see and talk with their baby, offering complete interaction from anywhere, at any time. The high-def video feed can be zoomed in up to four times, and parents can even speak to their little one through the Withings iOS or Android app.

No matter how old you are, don't be afraid of technology this holiday season. There are people who can help.

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St. Anthony opens in Mustang



photo provided

Local leaders and St. Anthony officials gathered last week to officially open the new Mustang Healthplex.

by Mike Lee

The Mustang community unwrapped an early Christmas present at 6:45 a.m. last Thursday when the new St. Anthony Healthplex opened its doors.

Director of Healthplex Emergency Services George Benard has seen the project to completion as well as the two prior Healthplex campuses St. Anthony has opened in the last few years.

"I like it because of the efficiencies. It shows how quickly we can move patients through the system and provide care for them," Benard said of the healthplex concept. "It's probably one of the most efficient processes that we have in ERs. Being able to duplicate this in hospital settings is very difficult because of the inpatient status and all the other service lines other facilities have."

"The healthplex really managed that process very well."

Benard joined St. Anthony while the system was building its first healthplex. This will be the third healthplex offered from St. Anthony. The east campus is located at Douglas Blvd and I-40. The south campus is located at I-44 and SW 134th. The Mustang location is at Sara Road and Highway 152.

The north campus, to be opened in February, will be situated at Memorial and Western.

"We want the patient - from the time they walk in the door to be in

a hotel, concierge-like environment with emergency services available to them," Benard said. "Our goal as a facility itself is we want to be the No. 1 emergency service in the state. That's our goal we've been pushing for."

Services include a full service Emergency Room, Diagnostic Imaging Center, Procedure Suites, and Breast Center. The second floor is occupied by St. Anthony Physicians Group primary care physicians and specialist physicians.

"It's a good time for us to open and get in the community," Benard said. "The community has really been open-arms to us and excited."

Benard said 26 nurses will staff the facility.

"We've had continued growth throughout our departments," Benard said. "We've really seen teamwork with this. We don't have ancillary departments which is how people refer to them, we refer to them as essential departments because we are so tied together that without one another we can't function and do what we do every day."

"The team environment here just helps foster how we move the patient through. The patient is truly centered no matter what service line."

Key features of the facility include a comprehensive, state-of-the-art electronic health record integrated with St. Anthony partner hospitals

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HEALTH

HomeStand Preparation Station ready to help no matter what

by Mike Lee
Staff Writer

Chuck Travis remembers growing up an Air Force brat with his brother.

They moved from town to town and school to school relying only on the skills they packed with them.

One of his favorite memories is trapping snowshoe rabbits in Alaska with nothing more than a snare made out of copper wire.

There was a certain sense of accomplishment that came with the ability to provide food for his family if he ever needed to.

Fast forward more than 50 years later and Travis is 65. And after his own career in the Air

Force, he'd like others to know what it's like to be self reliant - no matter what may come.

It's one of the reasons he accepted the position as sales manager for the new HomeStand Preparation Station in Oklahoma City.

Some friends/investors approached him with the idea more than a year ago and asked if he would see it through.

He simply couldn't same no.

These days you can find Travis at the store, located at 2850 NW 63rd, helping people navigate the readiness market.

"I believe that people are faced with a lot of uncertainty right now," Travis said. "What we see



photo by Mike Lee

Chuck Travis, 65, helps seniors prepare for emergencies at HomeStand Preparation Station. See PREP Page 9

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PREP

Continued from Page 8

is that when something happens in the world we see an increase in sales. People feel they have to do something to get prepared."

And that's not always something major. Travis sees many regulars come in after the first of the month to buy small amounts of freeze dried foods - slowly trying to build a stockpile.

"A fewer of the younger set are prepping but it's mostly middle-aged and older," Travis said. "They have an idea of what can happen."

And when Travis talks about prepping he's not saying that World War III or the zombie apocalypse is right around the corner.

"Prepping is being prepared with your mind and being able to handle most any situation that happens and being able to multi-task with different types of things," he said. "There's a lot of skills that people who are 75 and older have because they grew up and developed those skills. Some of the younger people haven't quite developed those skills."

Travis' Air Force career allowed him to see the world. He taught computer courses in the military from Montgomery, Alabama to Naples, Italy.

Travis swears he joined the Air Force by mistake but there's mistaking multiple tours. Maybe they fueled his need to prove he could survive no matter the circumstances.

A wife and kids came along the way but his love for the outdoors never wavered. He says there's freedom in knowing you can survive with only your wits.

But wits include knowing what you'll need no matter what.

Freeze dried foods with a 25-year shelf life are popular items at Homestand, although Travis won't swear that the food will

actually last 25 years.

"Nobody has been around 25 years to figure that out and in 25 years I'll be freeze dried myself," he quips.

As you might imagine, Travis has a no-nonsense approach to what he sells. He's charged with growing the business the right way and doesn't hesitate to tell you if you're spending your money on something that probably won't help you.

What he does understand is that people are often lulled into a false sense of security. Cell phones, 24/7 news and drive-thrus have people spoiled.

"I don't think we're very prepared," Travis said.

Much of prepping comes down to having the basics on hand. Food and water are the big ones. He sells complete water filtration systems all the way down to reusable straws that remove 99.9 percent of contaminants.

He recommends each family member have a bug out bag, or a backpack filled with basic items like a flashlight, batteries, food, water and medicine.

"And somebody had better have toilet paper," he snickered.

Homestand Preparation Station offers a number of unique classes to educate the public about emergency preparedness and they welcome experts on the subject to come teach.

"What I can't do is predict the kind of emergency they're going to face," Travis said. "You just don't know what type or the length."

And an emergency could be an F5 tornado or simply a nasty ice storm that knocks out power for several days.

Travis said the owners would like to one day franchise the business, having several across Tornado Alley.

For him, he'd just like to see more people make sure they're prepared no matter what.

a straw helps mix air with the alcohol, carrying it to the nasal cavity where it is absorbed more rapidly. An even flow of alcohol also boosts absorption efficiency.

BBT Poor soil quality tends to produce better wines. The trick is to "challenge" the vines by making them "work" harder.

MUSTANG

Continued from Page 7

throughout the state, spacious emergency area with attention to unique lighting and materials to ensure quietness and a soothing atmosphere.

Patient-focused details in each emergency exam room will offer the feeling of a hotel rather than a clinical setting. The Breast Center borrows spa-like design features to enhance the patient experience. The Diagnostic Center and Procedure Suites will enable more high quality outpatient healthcare services to take place in Mustang.

"We have enjoyed working with the St. Anthony officials, and are excited about the expansion of healthcare services in our community," said Tammy Powell, president of St. Anthony Hospital. "We are excited to provide 24/7 full service emergency services to the city of Mustang and the surrounding areas. This freestanding emergency room will operate under the license of St. Anthony Hospital, which means individuals who seek care here will be provided the same high quality care that one expects from the ER in our hospital facility downtown, and on average, wait times and treatment

times are shorter for freestanding ERs than those within a full service hospital."

Benard said there was plenty of interest during the hiring phase for the new building.

"We took many staff from different departments in our facilities and moved them from our existing campuses here and we also brought on quite a few new folks from many different avenues and local competitors around us," Benard said. The new healthplex is a major step for the Oklahoma City suburb.

"This facility will have a significant impact on the quality of life and economy of our community," said Mustang Mayor Jay Adams.

Through three constructions, Benard is more than familiar with the process by now. But he says the fun part is seeing how the community will get to know the healthplex and how St. Anthony operates.

"Our measure of success is that we serve the community itself and we maintain our metrics of making sure quality of care can be provided and the time it takes to go through. There's nothing worse in the ER than a delay in care, not only for outcomes but just for your patients being truly satisfied."

DHS accepting applications for winter assistance

A limited amount of winter heating assistance funds will be made available across the state through the federal Low-Income Home Energy Assistance Program (LIHEAP), which is administered through the Oklahoma Department of Human Services (DHS).

Applications will continue until all allocated funds are depleted. DHS has approximately \$8 million in federal funds for this year's Winter Heating Program in Oklahoma.

Eligibility for LIHEAP is based on each household's income and assets. If you or someone you know may be income eligible, you are encouraged to apply for the Winter Heating Program available at your local DHS County Office.

Many households receiving public assistance through DHS may be automatically authorized for winter heating assistance and will not need to make application. Preauthorized households will be notified of their eligibility by letter prior to the beginning of the application period.

Only one payment per household is allowed annually for LIHEAP winter heating assistance.

Persons applying should have the most recent heating bill for their home or fuel supplier name, ID, social security number and verification of income for everyone living in the home when they make application.

For more information on how to apply, contact the local DHS Office in your county of residence.

STRANGE BUT TRUE

SO THEY SAY...

BBT There is some anecdotal evidence that alcohol sipped through a straw is more potent than simply drinking straight from the glass. Drinking through

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Arbor House of Mustang	60	Mustang	405-376-2872	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House of Norman	54	Norman	405-292-9200	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House of Midwest City	58	Midwest City	405-455-3900	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Arbor House Reminisce Center	48	Norman	405-310-2499	www.arborhouse4u.com	*	*	*	*	*	*	*	*	*	*		
Ashton on the Green <i>Independent Living</i>		El Reno	405-262-4700	www.wpmonline.com								*			*	*
Chateau on the Green <i>Independent Living</i>	44	Moore	405-793-4200	www.chateauonthegreen.com								*		*		
Emerald Square <i>Independent Living/Assisted Living</i>	75	OKC	405-787-4466	www.meridiansenior.com	*	*		*	*		*	*	*	*		
Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	www.featherstoneretirement.com	*	*		*	*		*	*	*			
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	www.fountainbrookliving.com	*	*	*	*	*	*	*	*	*	*	*	*
Gardens at Reding <i>Independent Living</i>	157	OKC	405-636-1537	www.cstonedev.com									*	*	*	*
The Lakes <i>Skilled and Long term Nursing Care</i>	146	OKC	405-773-8900	www.pheonixhealthcarellc.com	*	*	*	*	*		*		*		*	
Savannah House of Yukon <i>Independent Living</i>	60	Yukon	405-265-0273	www.jrkpropholdings.com								*				
Savannah House of Moore <i>Independent Living</i>	60	Moore	405-378-2500	www.carlsbadok.com								*		*		
Savannah House of Norman <i>Independent Living</i>	92	Norman West	405-329-2450	www.carlsbadok.com								*				*
Savannah House of Norman II <i>Independent Living</i>	100	Norman East	405-701-8440	www.carlsbadok.com								*	*	*		*
Timberwood Senior Housing <i>Senior Housing</i>	52	OKC	405-619-0079	www.meridiansenior.com	*	*	*				*	*	*			
Wyndam Place <i>Senior Residences</i>		Norman	405-310-2266	www.beacon-mgmt.com								*		*	*	
Grace Pointe <i>Cottage Homes</i>	99	Moore	405-703-0999	www.gracepointeliving.com						*		*		*	*	
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Savannah House of Guthrie <i>Independent Living</i>		Guthrie	405-293-9606	www.jckholdings.com								*				
Woodson Park Apartments <i>Independent Living</i>		Elreno	405-422-3773	woodsonparkapts@att.net	*				*	*	*	*		*		
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Oklahoma City Man Celebrates Big Milestone

Grace Living Center Wildewood resident joins the Centenarian Club

Grace Living Center Wildewood resident Odell Burton celebrated his 100th birthday with his wife, Katherine Burton, on December 1, 2014. The centenarian remains active, leading morning devotion for residents daily at the home.

On any given morning at Grace Living Center Wildewood, you can walk in and see resident Odell Burton leading everyone in their morning devotion and prayer. He is always smiling and eager to visit with anyone and everyone, so much so that you would never guess that the spritely senior is the latest to join Oklahoma's Centenarian Club.

Burton celebrated his 100th birthday on December 1, 2014. He says his secret to long life rests in his faith and a spirit of thankfulness.

"Stay with the Lord no matter what," he said. "That is the only way you can get anywhere."

Born December 1st, 1914 and raised on a farm in Fort Cobb, Burton and his family moved to Oklahoma City when he was just 13 years old. Back then, he said travel was either by foot, streetcar or wagon.



"I will never forget the long trip to the city," Burton said. "We traveled in a streetcar and my dad met us with the wagon in town and we headed to our new farm. It was quite an adventure."

Growing up on a farm, Burton learned everything there was to know about raising animals and growing food.

See BURTON Page 12

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BURTON

Continued from Page 11

"We had everything from chickens to pigs, and we grew all of our own fruit and vegetables," he said.

Tilling the fields and milking the cows taught Burton that hard work and devotion are two of the most important values when it came to one's character. And if you ask him, he wouldn't have had it any other way.

"I loved working on the farm," he said. "It really taught me to be thankful for everything that I had and to trust in the Lord."

Burton attends church every Sunday, without fail, at the Harrison Bethel Church on Hefner Road in Oklahoma City, where he has been a devoted member for 30 years.

"The members of the church

accepted me with loving arms the first day I walked through the doors," Burton said. "They love me so much they are even threw me a big party for my birthday."

And they weren't the only ones who made special plans for Burton's 100 th birthday.

"Mr. Burton has been a part of our family here at Grace for two years and we celebrated his birthday in style," said Alan Washington, social services director at Grace Living Center Wildewood. "We read proclamations from the mayor and the governor; and our county commissioner was here in person to present her own proclamation in honor of Mr. Burton."

The party at Grace also featured a massive cake and trivia games with questions about the last 100 years in America

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'Tis the Season for Holiday Mishaps

By John D. Doak, Oklahoma Insurance Commissioner

The holiday season is a time to focus on friends and family, not worry about whether your insurance coverage is adequate. As you prepare to celebrate the season, consider reviewing your insurance policies to avoid these nightmare scenarios.

Auto Insurance

A family member borrows your car and has an accident: Your auto insurance policy would usually provide the same coverage for your relative as if you were driving, however, some policies may reduce coverage to the minimum limits if the driver is not listed on the policy. This is not common, but check with your company to make sure your liability does not drop down to the minimum limits. Also, if an at-fault accident occurs while they are driving the vehicle, your policy is considered primary and your policy will pay the claim. This would likely cause your insurance rates to increase.

You borrow someone else's car and get into an accident: The auto policy on the borrowed vehicle provides primary coverage. If no

coverage exists, your auto policy might provide coverage but it depends on the reason for driving the car. In each case, individual circumstances and state law will factor into the outcome. When you borrow a car from a friend, your liability coverage usually steps in only when the insured's policy limits are exceeded. Talk with your agent or insurance company to find out if your auto coverage extends to a friend or family member's car and explain the likely scenarios you would need to borrow a vehicle.

You have plans to drive to Canada or Mexico: Make sure you have coverage outside of the U.S. All policies provide coverage while driving in Canada, but your policy will not provide coverage when you are in Mexico. If you plan to drive in Mexico, it is recommended that you purchase insurance in Mexico for your vehicle.

Someone breaks your car's window and steals gifts from the back seat: Most standard homeowners and rental insurance policies provide coverage; however

you are responsible for the policy deductible and there are limits. Some auto policies provide coverage for this situation. Talk with your agent or company on both policies (homeowners/renters and auto) to find out under which policy you should report your claim.

Homeowners Insurance

Someone steals the holiday decorations from your front yard: A standard homeowners policy typically provides coverage, subject to policy deductible and coverage limits. These items are also generally covered if you have a condominium or renter's insurance policy. Please keep in mind that if the loss is around or below the deductible, it is best to pay the claim out of your own pocket. A company cannot cancel, up rate or non-renew you for filing a first claim, but they can after two claims.

Presents are stolen from your home: Standard homeowners insurance policies provide coverage with special limits for certain goods, such as guns, furs, silverware and jewelry. Standard condominium and rental insurance policies provide

similar coverage. Check your policy for specific item limits and be sure to add new items to your policy as soon as possible to ensure you are covered. Motorized vehicles like four wheelers and motorcycles are not usually covered by homeowners policies either so look to your auto insurance policy to add these for liability, collision and other than collision losses.

An ice or snow storm causes a tree to fall through the front window of your house: Home damage and tree removal (if the tree fell on your house or driveway due to the weight of ice or snow) is generally covered by a standard homeowners insurance policy minus deductible. Check your policy to find out what coverage you have. An HO-02 policy does not provide coverage for weight of ice and snow so when you are shopping for homeowner's coverage, ask for an HO3 or HO5 equivalent policy.

A candle falls over and lights a curtain, causing a house fire: A standard homeowner's insurance policy will cover your home and belongings destroyed by a fire, up to the policy limits. Standard

See INSURANCE Page 21



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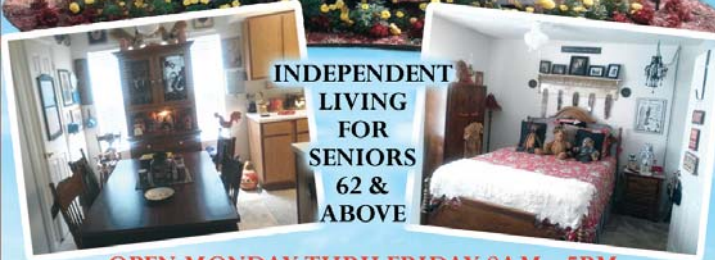
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Nine Decades of Thanksgiving Tradition

Like many, 90-year-old Lucy Austin enjoys the familiar scents of turkey roasting and pumpkin pies baking on Thanksgiving Day, but the Oklahoma City woman's most cherished memories involve a family tradition now nine decades old.

Austin, who now resides at Grace Living Center Brookwood in Oklahoma City, was one of six children growing up. She was raised in a large Christian home and her parents worked to instill Christian values in all of their children, even when it came to their Thanksgiving Day tradition.

"My family always had some way of expressing their thankfulness, which is what led mom and dad to start a Thanksgiving scripture tradition," Austin said. "On Thanksgiving, the host or one of the kids picks out scriptures and writes one on a card for each person at the table. Then everyone reads their card and shares what the scripture means to them and why they are thankful."

For Austin and her family, it was a way to not only express their thanks, but also remember how blessed they are to have one another.

"My parents started this tradition because they wanted us to remember that Thanksgiving is about more than just food, it is about family," she said. "It serves as a reminder that family is one of the greatest blessings? a blessing that I thank God for every day," Austin said.



Grace Living Center Brookwood resident Lucy Austin, 90, writes scriptures on cards to be read at their family's Thanksgiving dinner. It is a family tradition started by her parents to remind them that Thanksgiving is a day for family and giving thanks.

Today, she helps keep the holiday tradition alive. She has already started picking out scriptures and placing them on cards for her family to read at her grandson's house on Thanksgiving. He is hosting the family dinner this year, but has given Austin the honor of choosing the scriptures.

"My grandson says it is my turn to lead the family in the tradition because I am the matriarch," she said with a chuckle. "This will be 90 years of traditional family thankfulness."

It is a tradition that has become as much a part of Austin's family Thanksgiving as the food.

"I just want everyone to remember that it is a day set aside to show love for our families and friends and give thanks," Austin said.

Story and photo provided

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Don Wallace Amazed At Response To His Ad...

"Yes, I still go fishing. Each year Pat and I escort a group to Sportsman's Lodge in Canada which is August 1-2." "I was truly amazed at the response we got when I placed a classified ad in the Senior News and Living monthly newspaper. It worked well for me." I will also be escorting a Village Tours bus trip to LAKE OF THE WOODS in Minnesota for Walleye fishing on June 23, 2012.



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TRAVEL/ ENTERTAINMENT

From Montreal to New York via Blount Small Ship Adventures: Part 2 ~ On the Water

Photography and Text by Terry "Travels with Terry" Zinn
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Travel is always an adventure and no more so than on a cruise where you are definitely not in control, as that is the responsibility of the ship's Captain. With a Blount Small Ship Adventure you are sure to have an adventurous nature as their relatively small ships (80 passengers) traverse less traveled waterways and dock at destinations where only small ships can go. My trip aboard the Grande Caribe took me from Montreal (see Part One of this sojourn) up to Quebec, then back through the Saint Lawrence Seaway, along the trail of the Erie Canal via the New York Canal System, down the Hudson River and docking in little old New York City, after a farewell cruise by the skyscrapers of Lower Manhattan while pausing at the Statue of Liberty.

This being my first time with Blount (it has about a 50% return booking of previous passengers) I have to commend the cruise staff from Captain John Hunnewell, to the all-important Cruise director, Lisa Pontarelli, down through all the seventeen support staff of housekeeping, galley servers and the deck hands who were all cheerful and helpful day after day of my twelve day cruise. A cruise ship company can have little control over weather, or tides, but when they pay special attention to passenger service, you know you have a good company and see why Blount has such a good return booking.

Blount is not so much about luxury accommodations as they are about informative and enjoyable destinations where many other cruise ships cannot go. Among other destinations my

favorites (I have several favorites) include historic Hyde Park, home of President Franklin Delano Roosevelt; the Impressive West Point academy; Cooperstown with its charming main street shops, the Baseball Hall of Fame, and nearby Fenimore Art Museum preserved in an historic house. The Grande Caribe also stopped off at the Wooden Boat Museum, the towns of Troy and Quebec, the Fredric Remington Art Museum and a tour of the Singer Castle. But most enjoyable was progressing at a leisurely pace along the waterway with its water side homes and mansions of the Thousand Islands and all along the fabled Hudson river valley. Traveling on the water gives you a tangible concept of the country's geography and how it influenced the area's history.

For true marine lovers the over thirty canal locks encountered from Montreal to NYC, is illuminating. Passengers continued to marvel at these engineering mechanisms and how adept the crew and captain was at navigating through them. These relatively short pauses gives one time to reflect on the communities they bolster as well as a glimpse into American culture.

A Blount Small Ship Adventure nurtures a leisurely pace of travel. While the day is structured with a 7:30 a.m. bell to call you to breakfast, and the following lunch and dinner, you never feel rushed, even though everyone on my cruise was eager for the delicious meal times. Breakfast offers a cold buffet of fruit, yogurt cereals, as the crew serves the specialty of the morning which might be eggs benedict, fresh scrambles



eggs, hot pancakes, muffins or waffles. If there is a special egg order it is gladly taken. Lunch usually consists of a soup of the day and a variety of sandwiches throughout the cruise. After a BYOB cocktail hour, dinner may start off with a salad, followed by an entrée of the day, maybe a steak, Mahi Mahi, pasta or Game Hen. Complementary wines are served by the glass during lunch and more extensively at dinner. Of course a desert of ice cream or cake or pie tops off the meal. All meals are open seating and it's fun to mix up your dining partners, or cling to the congenial folks you like the most. The hit of any of our meals was the variety fresh baked of breads.

As a single traveler I relished having one of the few cabins with an outside door to the walk around deck. While the sliding door often would not stay shut, when it was open during day cruising it was a joy to relax on the opposite bed with views out the door of the shoreline accented with a variety of homes and landscapes dotted with colorful autumn trees. My cabin was designed for two, and I might suggest for my tastes two persons might be one too many in any of the cabins, as elbow room in the cabins is at a premium. But such is the design of small ships. I did hear some first time passengers comment on the noise in the cabins of

the individually controlled air system, the engine noise, and the challenge in taking a brief compact shower, but that has to be chalked up to part of the small ship adventure. Again, the Blount cruise is about destinations not accommodations.

The evenings offered a formal cultural lecture in the common area, by Frederick Stonehouse, author of thirty books which made him an expert on the maritime history we were experiencing. A personable gentleman who was just as interesting when joining him during the informal family styled meals. Other evenings there was on board entertainment. The best perhaps was the jazz trio of Skip Parsons who brought a Dixieland style to this ultimate river boat. As my trip was in late October, when children would be in school, my cruise was made up almost entirely of senior citizens. I found all the fellow travelers well informed and well-traveled. Getting to know a portion of their knowledge was an added Blount Small Ship Adventures treat.

For your special interests sign up for email alerts and explore a variety of 2015 cruise destinations at: www.blountsmallshipadventures.com

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Betty Young

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Donna Cornell

Maybe a watch from my adopted grandchild.



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CROSSWORD CORNER

Across

1 Tucked-in part of a dress shirt

4 Cocoon contents

9 Glaringly vivid

14 "___ you kidding me?"

15 Words after make or close

16 Carne ___: roasted

Mexican dish

17 Ford Model T,

colloquially

19 Siesta taker

20 Eight-armed cephalopod

21 Speed demon

23 Open-___ shoes

26 TV producer Norman

27 Online "Yikes!"

30 Chinese leader

33 Bus depot: Abbr.

36 Mature male gorilla

38 Purim observers

39 Essayist de Botton

40 Match for a pocket

handkerchief

41 West Pointer

42 Mideast strip

43 One only in it for the

money

45 Baton Rouge-to-

Montgomery dir.

46 Twisting force

47 WWII venue

48 Latin god

50 "___ a lift?"

52 Japanese cooking show

56 Schemer Charles

60 Gallivants

61 Certain rock music fan,

and what 17-, 21-, 36-, 43-

and 52-Across each has

64 Last Olds off the line

65 Mental picture

66 NBC skit show

67 Zac of "The Lorax"

68 Glove material

69 Game gadget, or the

area where it's used

Down

1 Boaters and bowlers

2 Actor La Salle

3 It may drop down or pop

up

4 Made vulnerable

5 Axlike shaping tool

6 Tribal land, informally,

with "the"

7 Colorado resort

8 Out of the wind

9 Fire truck feature

10 Lady Liberty's land,

familiarly

11 Somerset Maugham

novel, with "The"

12 Prefix with logical

13 Pub missile

18 On fire

22 South Sudanese

supermodel Wek

24 Goof

25 Short person?

27 Missouri river

28 La Scala's city

29 Like eyes showing

boredom

31 Drops in a slot

32 Stranded at 7-Down,

perhaps

34 Chirp

35 Jetson dog

37 By way of

38 Spree

41 Multi-screen theater

43 "Gee whiz"

44 It goes for a buck

46 Second-most populous

Arizona city

49 Warm Argentina month

51 "Stupid me!"

52 "Dies ___"

53 Massage deeply

54 Actor Jannings

55 Earthquake response

gp.

57 Cozy home

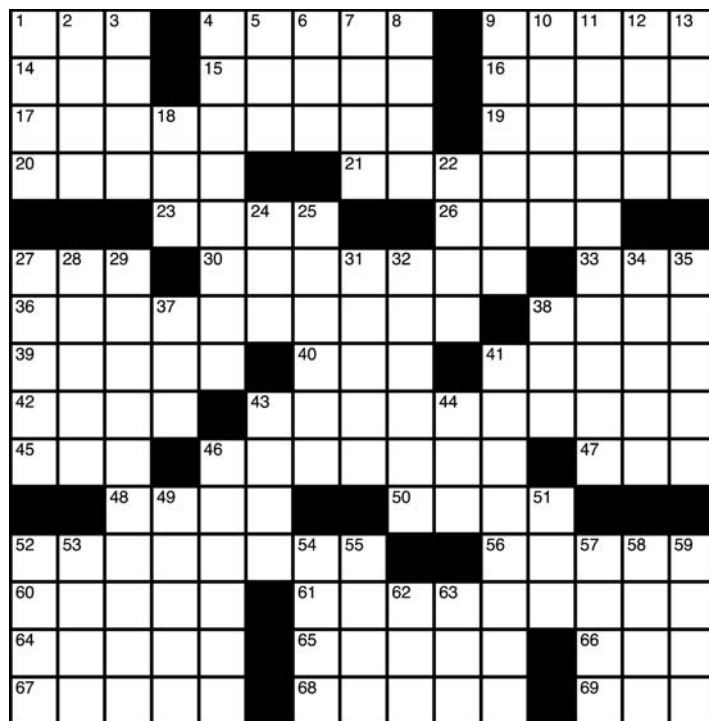
58 Writer Grey

59 Inactive

62 Art on the reality show

"Ink Master"

63 Single-malt datum



Answers on page 21

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FREE OF CHARGE

Nurse has a Special Calling to Help Others

by Vickie Jenkins

Walking into Butcher's office, she greets me with a friendly hello and a smile. After visiting with her for a few minutes, I can tell that Butcher is a person that gives her whole self for her patients. Soft spoken and a caring individual is definitely her style.

Butcher has been a nurse for the last 20 years. She has worked at Grady Memorial in Chickasha, OK, Norman Specialty Hospital, long term and acute care and has been the Director of the Crisis Pregnancy Center. Now, she is at Mercy El Reno hospital. She worked for Hospice at one time. "I felt like God was calling me to work with the end of life care and work with those that are losing a loved one. It was as though I was drawn to it," she adds. "I felt like God wanted me to help others and Mercy is where I need to be now."

"What was the reason you wanted to become a nurse?" I ask. "Ever since I can remember, I wanted to be in the medical field. In fact, I wanted to become a Physician. I ended up working as a Microbiologist in hospitals all over Oklahoma. Wanting to go to Nursing school was also the same time that I met my husband; we got married and I seemed to follow him at the time," she says with a laugh. "It was when my last child was in school, I wanted

to continue my education. I went to a friend/doctor/mentor wanting some guidance on what I should do. He asked me how I felt about it deep in my heart. I told him that I wanted to make a difference in others' lives. I wanted to be that listening ear and the shoulder to cry on if needed. He told me that it sounded like I had my answer. I needed to be a nurse. That is when I continued on and went to OU Nursing school."

Asking Butcher if she had any hobbies, she answered with a quick reply. "I am very involved in my church activities. I play the piano, I love to sew and do needlepoint. I like photography and I have five grandchildren to spend time with. I love my family. I have three daughters who are also in the medical field," she said, with pride in her voice.



Debbie Butcher, RN, MSN considers it an honor to serve others at Mercy El Reno hospital, El Reno, Ok.

"What is a typical day for you here in the hospital?" I ask. "The day starts out with me looking at the charts, meeting with all of the doctors and nurses, talking to them about the plans for the patients, etc. I attend the Leadership meetings and I have a lot of paperwork to do. Even though this is a small

See BUTCHER Page 20

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BUTCHER

Continued from Page 19

hospital, we are well staffed. I am also the case worker here at Mercy so that keeps me busy."

"If an individual was thinking about going into the medical field, what advice would you give them?" I ask. Pausing for a moment, Butcher says, "First of all, I would tell them to pray; I feel like it has to be a genuine calling and they must have plenty of compassion for people. They should never take anything lightly and know that when they become a nurse, it's not a job, it's as though you become their family. Asking Butcher what three qualities that make a good nurse, she says, "First of all, I would say commitment. There are times when being a nurse isn't much fun, yet we are committed to taking care of our patients. The

good always out-weighs the bad though so it is very rewarding. I think one has to have a love for people; giving of yourself and not expecting anything in return. The third quality is the fact that a nurse has to be open minded, being aware of the feelings of others."

"If you could name one of the most joyous moments about your job as a nurse, what would it be?" asking Butcher as I finish the interview. "I can't tell you what a wonderful feeling there is when I know I have helped put together the patient's level of care, seeing that person improving each and every day. It is nice to know that I had a small part of their healing while serving them here in the hospital. Mercy is a wonderful place to work and I especially like the fact that we can say a prayer with our staff and our patients."

Older Oklahomans invited to share poetry

The 40th Annual Oklahoma Conference on Aging is accepting entries for the 2015 Senior Poetry Contest. The contest is a popular event held in conjunction with the conference, which is sponsored by the Oklahoma Department of Human Services (DHS) Aging Services.

"The poetry contest is always a highlight of the conference," said Katherine McRae, DHS Aging Services Programs Assistant Administrator. "Each year we receive hundreds of entries from around the state and we really enjoy the talent and creativity of the writers."

Contestants are encouraged to submit works which reflect the conference's theme of "Celebrate. Discover. Embrace." Winners will be invited to read their poems and be recognized at an awards luncheon on May 5, 2015 at the Embassy Suites Norman Hotel and Conference Center.

Each poem must be the original, individual work of the contestant and only one poem may be submitted. Contestants must be current residents of Oklahoma and must have been at least 60 years old when writing the poem. No previously published work can be submitted.

Entries should be typed, 12-point font minimum, and include a cover sheet with the poem's title, contestant's name, address, phone number, email address and category (men's or women's). Do not include the contestant's name or other identifying information on the poem. Handwritten entries will be accepted, if legible.

The submission deadline is Jan. 15, 2015. email entries to asd.poetry@okdhs.org or mail to Senior Poetry Contest, DHS Aging Services, 2401 NW 23rd St., Ste. 40, Oklahoma City, OK, 73107.

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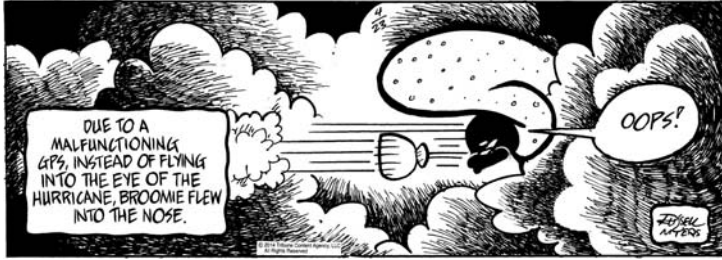
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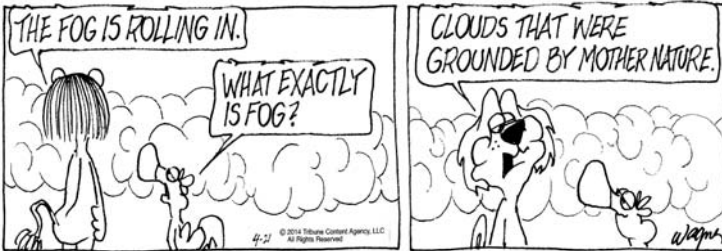
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INSURANCE

Continued from Page 13

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