

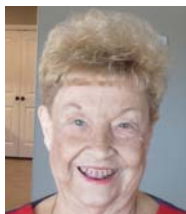
Step into the shoes of Dementia

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Land run Legacy Lives on

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A legacy of hope



photo provided

Rodney Bivens, 70, has built the Regional Food Bank of Oklahoma into a source of help and hope for hundreds of thousands of Oklahomans.

by Bobby Anderson
Staff Writer

In the beginning, it was just Rodney Bivens and a half-ton pickup driving around to local sawfay stores picking up canned goods.

Thirty-six years later, the Oklahoma Food Bank has grown into a world class organization meeting the needs of hundreds of thousands of people needing help putting food on the table.

"I always felt if it was right, you believed in something and put the

time and resources into it people would respond to it," Bivens said.

Bivens, 70, is the founder and executive director of the Regional Food Bank of Oklahoma. But he'll pass the torch soon, leaving a legacy that has touched so many Oklahomans.

"Maybe a week ago I said this retirement gig is harder than I thought it would be," Bivens said of all the attention he's been getting since announcing his retirement. "Maybe I should have just written

out of a resignation letter and gave my two weeks notice."

His work with other nonprofit agencies led him to witness what hunger can do to individuals and families.

Out of his personal conviction that no one should have to face hunger in a nation blessed with so much abundance, he founded the organization in 1980.

Born and raised in Chickasha, Bivens and his

See HOPE Page 3

Affordable Cremation helps legacies live on



Reflection Pointe provides a peaceful, dignified and affordable solution for Oklahomans laying their loved ones to rest.

by Bobby Anderson, Staff Writer

Brad Whinery's mother and father were pioneers in the Oklahoma funeral industry.

Sixty years later, Brad Whinery is still innovating how Oklahomans lay their loved ones to rest.

"What it's provided us is an opportunity to help other people," Whinery said of his family's Oklahoma legacy. "We've always been a family that likes serving other people."

Whinery firmly believes you should pay your last respects and not your life savings when a loved one passes.

He's helped literally thousands of Oklahomans select a lasting and dignified cremation option that meets family needs and budgets.

And now Oklahoma's first cremation-only garden is providing even more options for those laying their

See REFLECTION Page 2

Spotlight on Community Sweet!

Kristi Brewer Campbell and Nancy Brewer deliver cakes all over Oklahoma.

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REFLECTION

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loved ones to rest.

REFLECTION POINTE

Whinery has helped honor and remember loved ones by integrating the beauty of nature with the beauty of the celebration of life at Reflection Pointe.

The first thing you'll notice upon entering the grounds is the peaceful sound of water cascading over a granite wall. A waterfall is a magnificent feature that also serves as a permanent resting place. Your loved one's ashes can be placed behind a black granite plaque on the backside of the waterfall.

The water pools into two reflection ponds surrounded by a garden with bistro-style seating. The waterfall offers several options for memorialization, including black granite plaques with room for an inscription or custom, engraved portrait. It is the only area where a bronze plate can be placed to give a person's name with their birth and death date. The waterfall and garden area have limited availability.

Another area is known as the Ossuary.

Oklahoma artist Jay Hylton was commissioned to design the Ossuary at Reflection Pointe Gardens. The bronze and steel sculpture with the rotating ball reflects the perpetual connection to one another.

The Ossuary provides an elegant, affordable and permanent memorial option for cremated remains. Families place their loved one's ashes into the Ossuary through the opening in the bronze ball. A family can add their loved one's inscription to the surrounding granite cenotaph as a testament to their enduring legacy. The Ossuary and cenotaph also have limited availability.

Pet owners recognize they don't just have an animal they have a family member.

Whinery recognizes that dogs and cats are much more than pets. They are important members of our families and deserve to be mourned and be memorialized in a dignified way. The first of its kind in Oklahoma, Furever Friends is a special space where pets and pet lover's remains can



be buried separately or interred together. This special memorial garden is designed to represent the unique bond between pets and their owners.

The entire property is tranquil and uncluttered.

Built on an eight-acre wooded area, visitors can stroll through the park, reflect at the waterfall or sit on the grounds without walking around above-ground monuments like traditional cemeteries. As unique as the life you are remembering, Reflection Pointe also offers the options of scattering ashes in the meadow or placing them in the Ossuary or a niche inside the waterfall.

Reflection Pointe Gardens uses GPS technology and smart microchips to locate your loved ones' site and access online memorials. Visitors simply download an app to their personal smartphone, or borrow a tablet from the office to self-navigate the gardens.

As you walk through the gardens you can view digital memorials of friends and loved ones that not only give more than important names and dates, but also a keen insight into the unique life presented.

Videos and photos bring a person's memory back to the forefront of visitors.

"When someone visits a grave they're not given a name and a date they're given a life story," Whinery said.

Last summer, Whinery invested in a 360-degree virtual property photo shoot. So far the feedback has been tremendous.

No matter where they live in the world, loved ones are able to virtually visit the final resting place any time they want.

And one of the best parts is services at Affordable Cremation and Reflection Pointe are often only a fraction of the cost of just a grave opening in the Oklahoma City metro.

That's not including the traditional funeral-associated costs of buying a monument, a vault - not to mention a lot which easily boosts prices into the thousands of dollars.

It's another milestone in the Whinery family's commitment to helping loved ones pay their last respects and not their life savings.

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HOPE

Continued from Page 1

three older brothers grew up on a farm just outside of town. After his father was disabled in a car accident, the Bivens' family came to rely on friends, family and church to help them keep food on their table.

The experience left Bivens with a unique perspective on the impact of hunger on children and families in Oklahoma.

Under his leadership, the Regional Food Bank has grown rapidly to fulfill the need for food in central and western Oklahoma. In its first year of operation, the Regional Food Bank distributed 280,000 pounds of food.

Today, that amount is distributed in about three days.

The nonprofit provides enough food to feed more than 110,000 people every week with administrative and fundraising costs less than four percent.

Since its inception in 1980, the Regional Food Bank has distributed more than 545 million pounds of food to our hungry

Oklahoma neighbors.

It's food that goes out the door, but for Bivens it's about so much more.

"You reminisce a little about things," Bivens said of what's been on his mind the last few weeks. "I think about the people we serve and the contacts we've had. It's all about people, the people we serve, the folks who work here, the volunteers we have the board members and I've been privileged to get to know a lot of people. For me it always comes down to people."

Bivens and his team at the Regional Food Bank developed one of the first rural distribution systems in the country, which has become a model for other food banks.

The Regional Food Bank currently serves more than 1,200 charitable feeding programs and schools throughout 53 counties in central and western Oklahoma, and distributes nationally donated product to four other food banks in Kansas, Texas and New Mexico, as well.

The Regional Food Bank

was the first in the nation to implement an online inventory and agency ordering system with new technology for increased efficiency in food distribution.

Other efficiency initiatives implemented at the food bank facilitate energy conservation, solid waste reduction, air quality controls and sustainable living techniques for a more efficient operation.

Bivens has also shepherded other innovative programs into existence at the Regional Food Bank, including Urban Harvest, an urban sustainable agriculture program that aims to teach individuals and community groups to grow their own food.

The Regional Food Bank also implemented the Food for Kids Backpack Program, which provides a backpack full of weekend food to chronically hungry elementary children throughout the school year. The program began in 2003 as a pilot program in five urban elementary schools, and it now serves more than 18,500 children in 501 elementary schools.

There are now 124 school pantries in middle and high schools in Oklahoma serving the needs of nearly 5,000 chronically hungry students. As the founder of the 21st food bank in the U.S., Bivens has more than 35 years of experience fighting domestic hunger and he is seen as a leader in the food banking arena.

Bivens served on the board of directors of Feeding America for more than 12 years in various positions. He also helps in national disaster relief efforts, and in 2005, set up an emergency relief warehouse for Hurricane Katrina and Rita storm victims.

In less than four weeks, he helped to distribute more than 8 million pounds of relief supplies in the New Orleans area.

"I feel good about. I feel great about the organization and where we're at," Bivens said of retiring. "I know we're going to continue to grow and throw in the community and the community will continue to respond to the need."

March AARP Drivers Safety Classes

Date/ Day/ Location/ Time/ Registration # Instructor

Mar 3/ Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ Edwards
Integris 3rd Age Life Center - 5100 N. Brookline, Suite 100

Mar 8/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky
Rose State College - 6191 Hudiberg drive

Mar 10/ Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ Palinsky
Rose State College - 6191 Hudiberg drive

Mar 11/ Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ Edwards
SW Medical Center - 4200 S. Douglas, Suite B-10

Mar 12/ Saturday/ Moore/ 9 am - 3:30 pm/ 799-3130/ Palinsky
Brand Senior Center - 501 E. Main

Mar 16/ Wednesday/ Okla. City/ 9 am - 3:30 pm/ 752-3600 or 478-4587/
Reffner Mercy Hospital - 4300 W. Memorial Rd.

Mar 18/ Friday/ Okla. City/ 9 am - 3:30 pm/ 942-4339/ Palinsky
Will Rogers Senior Center - 3501 Pat Murphy Dr

Mar 23/ Wednesday/ Okla. City/ 9 am - 3:30 pm/ 522-6697/ Palinsky
Department of Disability - 2401 NW 23rd, Suite 90

Mar 29/ Tuesday/ Norman/ 9 am - 3:30 pm/ 360-5300/ Palinsky
1st Baptist Church Family Life Center - 300 W. Commanche

The prices for the classes are: \$15 for AARP members and \$20 for Non-AARP. Call John Palinsky, zone coordinator for the Oklahoma City area at 405-691-4091 or send mail to: johnpalinsky@sbcglobal.net

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OPINION

THE SAVVY SENIOR

Dear Savvy Senior,

Can you help me calculate about how much my wife and I need to save for retirement?

Looking Ahead

Dear Looking,

Calculating an approximate number of how much you'll need to save for a comfortable retirement is actually pretty easy, and doesn't take long to do. It's a simple, three-step process that includes estimating your future living expenses, tallying up your retirement income and calculating the difference. There are even a host of online calculators that can help you with this too.

Living Expenses

The first step is the most difficult - estimating your living expenses when you retire. If you want a quick ballpark estimate, figure around 75 to 85 percent of your current gross income. That's what most people find they need to maintain their current lifestyle in retirement.

If you want a more precise estimate, track your current living expenses on a worksheet and deduct any costs you expect to go away or decline when you

retire, and add whatever new ones you anticipate.

Costs you can scratch off your list include work-related expenses like commuting or lunches out, as well as the amount you're socking away for retirement. You may also be able to deduct your mortgage if you expect to have it paid off by retirement, and your kid's college expenses. Your income taxes should also be less.

On the other hand, some costs will probably go up when you retire, like health care, and depending on your interests you may spend a lot more on travel, golf or other hobbies. And, if you're going to be retired for 20 or 30 years you also need to factor in the occasional big budget items like a new roof, furnace or car.

Tally Income

Step two is to calculate your retirement income. If you and/or your wife contribute to Social Security, go to ssa.gov/myaccount to get your personalized statement that estimates what your retirement benefits will be

How to Calculate Your Retirement Number

at age 62, full retirement age and when you turn 70.

In addition to Social Security, if you or your wife has a traditional pension plan from an employer, find out from the plan administrator how much you are likely to get when you retire. And, figure in any other income from other sources you expect to have, such as rental properties, part-time work, etc.

Calculate the Difference

The final step is to do the calculations. Subtract your annual living expenses from your annual retirement income. If your income alone can cover your bills, you're all set. If not, you'll need to tap your savings, including your 401(k) plans, IRAs, or other investments to make up the difference.

So, let's say for example you need around \$55,000 a year to meet your living expenses and pay taxes, and you and your wife expect to receive \$30,000 a year from Social Security and other income. That leaves a \$25,000 shortfall that you'll need to pull from your nest egg each year (\$55,000 - \$30,000 =

\$25,000).

Then, depending on what age you want to retire, you need to multiply your shortfall by at least 25 if you want to retire at 60, 20 to retire at 65, and 17 to retire at 70 - or in this case that would equate to \$625,000, \$500,000 and \$425,000, respectively.

Why 25, 20 and 17? Because that would allow you to pull 4 percent a year from your savings, which is a safe withdrawal strategy that in most cases will let your money last as long as you do.

If you need some help, there's a bevy of free online retirement calculators to assist you, like the ones offered by T. Rowe Price (troweprice.com/retirement) or Financial Mentor (financialmentor.com/calculator).

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.

— Puppymonkeybaby proves that Obama is destroying America —

By Rex Huppke

Marco Rubio is right.

He was right four times during the most recent Republican presidential primary debate, and he has been right a lot more times since: President Barack Obama knows exactly what he's doing.

And not the good kind of "knows exactly what he's doing." The bad, "he's an evil mastermind hell-bent on destroying America" kind.

On the eve of Tuesday's New Hampshire primary election, Rubio's GOP opponents were slamming him for using a campaign talking point over and over and over again.

During Saturday night's debate, Chris Christie mocked Rubio for repeating some variation of this phrase: "Let's dispel with this fiction that Barack Obama doesn't know what he's doing. He knows exactly what he's doing."

Christie implied that Rubio is only capable of parroting canned lines.

I implore all of you to ignore Rubio's critics and acknowledge that the senator from Florida is absolutely correct. As he told ABC's "This Week" the day after the debate: "When it comes to what he's trying to do to America. It's part of a plan. He has said he wanted to change the country. He's doing it in a way that's robbing us of everything that makes us

special."

Look out your windows, people. Look at the smoldering remains of this once-great nation. During Sunday night's Super Bowl there was an ad featuring a creature that was part puppy, part monkey and part baby -- THIS IS NOT THE AMERICA I REMEMBER!!

In a 2008 campaign speech, Obama said: "We are five days away from fundamentally transforming the United States of America." If you view his words completely out of context and are prone to paranoid ideation, that is terrifying.

What's more terrifying is that Obama followed through.

He has trampled the First Amendment, making it impossible for people like me to write a column like the one you're presently reading. He also prevented Fox News contributor Monica Crowley from writing in 2013, in a column on the conservative news website The Blaze, that Obama is responsible for "radical wealth redistribution."

That radical wealth redistribution was conveniently debunked in 2015 when another conservative news website, The Daily Caller, trumpeted: "Income inequality got WORSE under Obama."

Not only has Obama strangled our First Amendment freedoms, he has forced us to use them in ways that are staggeringly hypocritical.

But the insidiousness that Rubio

highlighted -- four times during the debate and many times since -- doesn't stop there.

According to FactCheck.org, run by the Annenberg Public Policy Center of the University of Pennsylvania, Obama also has caused:

--Corporate profits to go up 166 percent (classic socialist move).

--Fifteen million to get health insurance (a radical infringement on our right to die of preventable diseases).

--The unemployment rate to drop from a high of 10 percent during his first year in office to about 5 percent now (way to make having a job seem less special).

He has destroyed education in this country, as evidenced by Rubio saying during a campaign event Sunday: "Barack Obama is the first president, at least in my lifetime, that wants to change the country."

A 1985 Los Angeles Times story cited Monday on Twitter by Princeton University history professor Kevin Kruse quotes President Ronald Reagan saying "he intends to 'change America forever' in the next four years."

See? Obama has screwed America up so much that even Rubio didn't know that Reagan (hero) made the same comment as Obama (nation-destroyer).

As if all that wasn't enough to prove Rubio's talking point, talking point,

talking point, there's also the fact that Obama has: moved the nation's capital to the Black Panthers headquarters in Chicago; allowed gay people to get married, bringing on the plague of locusts that destroyed Texas and half of New Mexico; and forced every American to survive on government-issued, gluten-free protein paste distributed via hamsterlike feeding tubes.

Wake up, America. Rubio is right. Obama has transformed this country into an unrecognizable, sad, pathetic, on-fire, bat-infested, immoral, decaying, puppymonkeybaby-loving, sorrowful, steaming, malodorous pile of filthy detritus and broken dreams.

So let's dispel with (technically that should be "dispense with," but who cares about word choice when your country has been getting destruction) this fiction that Barack Obama doesn't know what he's doing.

As Rubio said in a fundraising email sent out after the debate, Obama's "really trying to change this country for the worse."

And if you repeat that enough times, you'll start to believe it as well.

(Rex Huppke is a columnist for the Chicago Tribune and a noted hypocrisy enthusiast. You can email him at rhuppke@tribune.com or follow him on Twitter at @RexHuppke.)

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HEALTH

Alzheimer's Experience - Step into the shoes of dementia

by James Coburn, Staff Writer

Imagine your life being a puzzle tossed into the air, fragmented into pieces that cannot be joined together again. Every day brings a little death for someone living with Alzheimer's disease. It can be treated, but for this terminal illness, there is no cure.

For the caregiver or anyone who shares experiences with a person living with dementia, there is a program offered called Alzheimer's Experience which promotes empathy for the loved one by educating people about how Alzheimer's changes the course of life.

Most recently the event was held at the Fountains at Canterbury in Oklahoma City and is offered at other locations, said Charlie Redding, director of business development for Right at Home which offers in home care and

assistance, and Jennifer Forrester, community relations director of Oklahoma Hospice Care.

They have also partnered with Rivermont in Norman as well as Touchmark in Edmond. Redding has also partnered with fire departments to offer refresher course training.

Forrester said the Alzheimer's Experience is also helpful for senior law attorneys or anyone with a vested interest. She is there to score the events, observe the participants in the room and take notes, Forrester said. She watches to see if tasks are being performed in order and sees how they react to noises in their ears.

"If you'd like to take a walk in the shoes of someone living with memory loss or Alzheimer's disease, this is your chance," Redding said.

Right at Home is hosting a dementia tour in partnership with



From Left to Right: Jaime Persall, Oklahoma Hospice Care Community Relations Rep., Jennifer Forrester, Oklahoma Hospice Care Community Relations Director, Charlie Redding, Right at Home Director of Business Development, and Mary Shrum, Fountains at Canterbury Program Director.

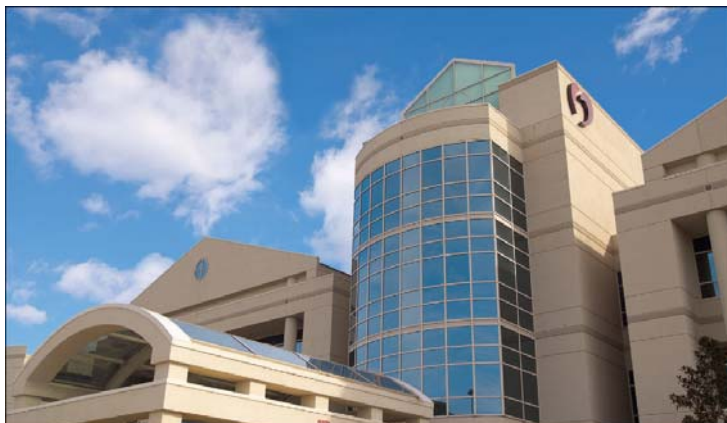
Oklahoma Hospice Care, Redding said.

"This experience lasts about 20 minutes and we'll provide delicious

snacks for you after the tour," he added.

The participants will take a

Continued next page



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SPECIAL TO SNL

The many facets of love

by Rhonda Baze

Have you seen that commercial for the cognition enhancing medication that has been on TV lately? The wife says that she is his sunshine and he has always been her everything. It brings to mind the many ways we show love on a daily basis to those we care for. Love isn't always about emotion; sometimes it's giving your time to someone who is lonely or a friend who is frightened because of a new diagnosis. Love sometimes is laughing together because things are just so confusing or sitting quietly together when no words will come. You may have heard it said that Love is an action word. Suppose we define love as: seeing a need, knowing you have the resources to meet that need, and then taking action.

But what about when love becomes emotionally or physically difficult for the person giving the love? What then? Are you a failure when you cannot meet the need presented to you? In his book *When Love Gets Tough*, Doug Manning speaks to this at length. As a matter of fact, Chapter 1 is titled "Love is Doing What People Need-Not What They Want". Our lives can be completely consumed with caring for someone we love. There can be 'very little life of your own. The house can become your whole world. There are no vacations, no nights out, no weekends off. Every decision has to be made in the light of how care could be provided for the loved one" (paraphrased from Manning's book). "On the surface it seems that love would mean we would care for our loved ones at home no matter what the cost. It might be true if the cost was ours alone. The fact is the cost is NOT ours alone" according to Manning, "The people we take into our home must also pay a cost. It costs their privacy. It costs them social contact. It costs them the meeting of their physical needs."

When caring for a loved one, there is also a cost to our other relationships. We become more isolated from friends and family. Our relationships with children, grandchildren, and friends often suffer. Don't be afraid to admit that you are tired and need a break occasionally, ask for help. Tell friends when you are lonely, and plan to spend some time with them, talking about your feelings can help. It also provides a way for those that love you to know what your needs are at the moment. Remember that there are people out there who love you and want to show you love let them! When friends offer to help, let them! And don't feel guilty when someone does help you let them show YOU love!

Often there is a physical cost when caring for a loved one also. The simple act of helping another person up and down out of chairs, helping with meal preparation, extra housekeeping and/or laundry takes its toll. According to an article on AgingCare.com, "Many caregivers taking care of parents or grandparents are simply not suited for such physical stress. With the physical demands of physically lifting, turning and transferring loved ones, injury is common. In fact, it is estimated that musculoskeletal injuries that occur as a result of lifting or moving patients affects nearly 52 percent of caregivers. Most caregivers in home environments are in their 40s, and 50s. Keeping them, as well as their loved ones, safe and healthy is vital. Learning how to practice good body mechanics in all aspects of home care is essential in preventing injuries."

There are community resources available to help. Having help from friends, family, or paid caregivers is meeting the need. It does not have to be you all the time. Oklahoma DHS, Department of Aging is a great resource to find help for caring for seniors. There are respite vouchers available to provide paid caregivers to step in when time away is needed. There are Veterans benefits that also pay for caregivers to provide care. Senior Centers are an excellent way for loved ones to stay connected with people their own age, engage in social activities, and have a meal, all while providing a break for caregivers and sometimes provide transportation to and from there.

So when love gets tough we do the best we can. We make decisions based on the best options we have available to us and the information that we have at the time. The possibilities are endless to show love to others, but loving and caring does not have to consume our daily lives. We can be their "sunshine", and they can be our "everything". Love takes seeing a need and taking steps to meet that need while loving ourselves too.

Right Choice Personal Assistance would be happy to talk to you about your needs and to help you get connected to resources for those needs. Call today 405-595-7066 and let us help you get started.

ALZHEIMERS

Continued from Page 6

pre-test and a post-test after the simulation, Redding said. "We're targeting health care professionals, but it's open to anyone, family members, caregivers, employees of the community and different vendors that we all deal with."

The Virtual Dementia Tour consists of putting on goggles, gloves, inserts into their shoes and a headphone with a recording. The recording lasts 11 minutes during which time the participant is given five minutes to complete a task.

"They have to go into the apartment," Redding said. "We want this to be a home-like environment as possible so that people can be more empathetic to what someone with Alzheimer's or dementia truly is going through in their living dwellings."

There may be things a person living with dementia may not be able to vocalize such as lower extremity nerve damage or arthritis. Maybe they cannot buckle their belts or see to turn the pages of a book to a certain page.

"A lot of times people living with dementia cannot verbalize other symptoms," Redding said.

"Things that are going on, because their brain doesn't process it that way."

A person with Alzheimer's could be given a task to put their sweater on. However, they might return with a blanket wrapped around them or remain in the closet or doorstep.

"What they heard was 'Go get that blanket and put it on.' Or they can't see a sweater," he said. There is a debriefing with each participant after the event, Redding said.

"We do not want them interacting with the people who have not gone through it because we don't want them to know what to expect," he said.

Additionally, the debriefings might be done collectively or individually. When he brings the program to Norman Specialty Hospital at 1:30 p.m. on February 4th the direct-care employees will benefit by the impact.

"For me, I'm a part of this just to raise awareness for the devastating disease for not just the person, but the people around them," Forrester said. "It's scary. And I think this provides everybody an insight to what it might be like."

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Guide TO Senior Living	Total Units or Beds	City	Phone	Website	Dining Facility	Respite Care	Alzheimer's Care	Nursing	Hospice	Wellness Center	Transportation	Pets Allowed	Barber/Beauty Shop	Gardening Area	Fitness Center	Pool
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									*	*	*	*
Heritage Point of OKC <i>Assisted Living Alzheimer & Memory Care</i>	54	OKC	405-252-8200	www.heritagepointokc.com	*		*	*	*	*	*	*	*	*		
Meadowlakes Retirement Vill. <i>Assisted Living</i>		OKC	405-703-4225	meadowlakesretirementvillage.com	*			*	*		*	*	*	*		
Timberwood Senior Housing <i>Senior Housing</i>	100	OKC	405-619-0079		*	*	*				*	*	*			
Whispering Creek <i>A Gated Retirement</i>	52	Mustang	405-820-4058	www.WhisperingCreekRetirement.com						*		*		*	*	
Wyndam Place <i>Senior Residences</i>	70	Norman	405-310-2266	www.beacon-mgmt.com								*		*	*	
Grace Pointe <i>Cottage Homes</i>		Moore	405-703-0999	www.gracepointeliving.com						*		*		*	*	
Willowood at Mustang <i>Assisted Living</i>	99	Mustang	405-376-1200	www.meridiansenior.com	*	*	*	*	*		*	*	*	*		
Woodson Park Apartments <i>Independent Living</i>		Elreno	405-422-3443	woodsonparkapts@att.net	*					*	*	*		*		

Note: This guide does not represent a complete listing of facilities. Only those advertising in this publication are shown.

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Handmade Hearts Comfort Mother and Baby



It's a reality no mother ever wants to imagine; being discharged from the hospital and leaving your newborn baby behind.

That fear became real for Keely Mallory. On Jan. 17, with more than a month left in her pregnancy, Keely gave birth to her first child, Rhett.

"We had a talk the morning I gave birth to him. I told him he was only 35 weeks and that he needed to stay in there, but he was determined to make a grand entrance," Keely joked.

Keely laughs about it now, but for almost a month she and her husband put their lives on hold to be by Rhett's side in the neonatal intensive care unit (NICU) at Mercy Hospital Oklahoma City.

They found comfort in a surprising place: a tiny piece of handmade cloth in the shape of a heart. Rhett had an identical heart inside his neonatal incubator. Keely would wear or sleep with hers one night, before exchanging it with the heart in Rhett's bassinet the next day. "The idea is that the mother's or child's scent rubs off on the cloth," said Mercy Hospital Chaplain, Trisha Wiscombe, who helped implement the idea. "We found through research that scent plays a large role in bonding."

In turn, the scent of her child may help release a flood of happy hormones in the mother that assist with milk production. For Keely, she said it also helped provide her with a sense of comfort and calm during a time that was often stressful.

"It was a way to have him at home when he couldn't be," Keely said. "It was so hard leaving him at the hospital every day, so to just be able to lay the cloth on my pillow at night was very comforting and helped with our transition."

Each of the hearts is handmade by Mercy Hospital Oklahoma City volunteer Fran Thibedeau, who estimates she's made close to 200 so far. All mothers with children in the NICU receive them. The idea is also in place at other Mercy hospitals in Missouri.

Rhett was discharged from the hospital on Feb. 12. Both he and Keely are doing well.

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CARE

Continued from Page 10

to remain independent and in the comfort of their own home. The mission here is to meet the home care needs of their clients with respect, compensation and services of the highest quality. They will operate in a manner that will appropriately reward their clients and employees alike. Presently, Care Plus Home Care has about 70 clients but the number varies. "All of our clients are treated with respect, and we want to make them feel like the most important person in the world," Kristi comments.

Kristi Brewer Campbell and her mom Nancy Brewer add a little something special for their clients. "I remember when I was a little girl, there was an elderly lady, Maddox, that we would visit each week, just to stop by to see if she needed anything. I remember how my mom was so nice to her. Now, my mom continues caring for the elderly by making our clients a birthday cake on their special day. Mom has been baking birthday cakes

for a little over 3 years now and she loves it," Kristi said. "It certainly brightens their day," she adds. "The two of us deliver the cakes to our clients and sometimes, it's a big celebration with their families. Everyone in the family appreciates us bringing them a birthday cake. That makes us feel really good."

"It was my mom's idea to bake a cake for each of our clients on their birthdays," Kristi said. Asking Nancy how she began baking cakes for the clients, she replied, "Of course it takes a little bit for the client to get used to the daily adjustments when they need assistance in their homes. There was a gentleman that was having a hard time with it and it just happened to be his birthday. Kristi and I decided to bake a cake for his birthday. When we delivered it to his home, his whole attitude changed, for the better. It was amazing! After that, I decided that I would bake a cake for all of the clients on their birthday," she said with a smile.

"How does it make you feel

when you deliver a cake to the clients?" I ask Nancy. "Well, it makes me feel really good to know that I am doing something for someone else and by me baking a cake for them, they really appreciate it. Sometimes, Kristi and I are greeted by their families and they want us to stay for the party, etc. It is such a great feeling knowing that such a simple gesture from us can mean so much to them."

Kristi and Nancy deliver the cakes all over Oklahoma, wherever their clients are and

they never miss a birthday. The cakes are usually 2 to 3 layers of luscious flavor upon the client's request. Decorated with icing and a Happy Birthday on the top, it almost looks too good to eat! Nancy loves to bake and will continue to bake birthday cakes as long as she is able.

A big thank you to Don and Joan Herndon for allowing me to come into your home and a thank you to Kristi and Nancy for spending your time and effort to go out of your way to make seniors feel special.

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TRAVEL / ENTERTAINMENT

Delving into Derry

Photography and Text by Rick Steves

No city in Ireland connects the kaleidoscope of historical dots more colorfully than Derry, which is in British-ruled Northern Ireland. Small and pretty, the city is a welcoming and manageable place for visitors - and most of its sights can be covered easily on foot.

Now a worthy tourist destination with the best city walls in Ireland, during the 20th century, sectarian struggles plagued Derry. When Ireland was divvied up between the North and the Republic in the early 1920s, Derry's waterway - the River Foyle - was a logical border. But, for sentimental and economic reasons, the Protestant North kept all of this predominantly Catholic Nationalist city. Subsequently, the two sides have fought over its status.

Even its name has been a source of dispute. It's "Derry" to the Catholics and "Londonderry" to the Protestants. I once asked a Northern Ireland rail employee for a ticket to Derry; he replied that there was no such place. Still, I call it Derry since that's what most of the city's inhabitants do.

The name has a good pedigree, dating back to 546. In that year the holy St. Columba established a monastic citadel here. He chose a hilltop site in the middle of an oak grove, or "doire." The name stuck.

Fast-forward a thousand years to 1613, when the English arrived. To establish a Protestant toehold in this Catholic part of Ireland, they began "planting" the region with loyal Protestant colonists imported from Scotland and England. Since many were financed by wealthy London guilds, they changed the name to "Londonderry."

To keep out the Irish, who'd been forced onto less desirable land, the English surrounded the city with a stout defensive wall. Today those walls make Derry one of the best-preserved fortified cities in Ireland. They stand almost 20 feet high and nearly as thick, with 24 cannons standing sentinel.

The walls are a good place to start a Derry visit. Poetically described as the city's "necklace," they form a mile-long loop encircling the original old town, and give a

good view of its 17th-century street plan. The top o' the wall promenade (open from dawn until dusk) is a popular destination for Derry's inhabitants too.

The walls proved their worth in 1688-89, when the Catholic King James II and an Irish army besieged the city. Derry's determined Protestant defenders, loyal to King William of Orange, slammed the town gates shut and successfully outlasted their foes for 105 grueling days.

The townsmen held off James with the help of "Roaring Meg," a cannon renowned for the fury of its firing. You'll find her, beautifully restored, on the walls at the Double Bastion, a fortified platform.

From the Double Bastion, you can also enjoy a fine panoramic view over the Catholic Bogside neighborhood. These days, this gritty part of town is quiet and safe, but it wasn't always so.

For many years, Bogside was the tinderbox of the modern "Troubles" in Northern Ireland. Most notably, the tragic 1972 Bloody Sunday events unfolded here, during a march protesting the internment of pro-Catholic activists. When a British regiment moved in to make arrests, 13 marchers died. The clash sparked a sectarian inferno whose ashes took decades to cool.

Today, visitors come to Bogside to honor this sad past and to view 12 memorial murals, painted along a 300-yard stretch of road where the march took place. Dramatic and emotional, these political murals - and others around Northern Ireland - form an enduring travel memory.

Sectarian violence in Ireland has given way to a settlement that seems to be working. Both sides have come to the position that "an eye for an eye leaves everyone blind." In Derry, the growing hope for peace and reconciliation in Northern Ireland is expressed in a powerful public-art sculpture of two figures

extending their hands to one another.

Given the city's complex history, it's worth taking the time to drop by the Tower Museum Derry. Occupying a reconstruction of a fortified medieval tower, the exhibits at this well-organized museum help sort out Derry's tangled historical roots.

These days, the once divided city sees itself as a shared city. The

on a quiet street a 10-minute stroll from Waterloo Place, is a fine Georgian townhouse with nine rooms

(moderate, www.thesaddlershouse.com). Inside Derry's walls is Maldron Hotel, offering 93 modern and immaculate rooms (splurge, www.maldronhotelderry.com).

EATING: The Custom House Restaurant and Wine Bar is the classiest place in town, serving great meals and a selection of fine wines



RAMPARTS : Derry's 17th-century ramparts create a view walkway around the old city.

symbol of that recalibration is the Peace Bridge across the River Foyle. This pedestrian span, built with European Union funds, is intended to bring the two sides together: east bank and west bank, Irish and British, Catholic and Protestant, Nationalist and Unionist. And to the surprise of locals, it's working. In a sign of the times, a British army base that once occupied prime real estate near the old city wall has been transformed into an outdoor concert venue and a gathering place for all of Derry. It's an emblem of what's happened here; you'll find that now the long-divided communities love their "legend-Derry" Irish city.

IF YOU VISIT...

SLEEPING: Merchant's House,

in a posh, calm space (Queens Quay, tel. 028/7137-3366). Busy Fitzroy's is stacked with locals, serving quality food at reasonable prices (2 Bridge Street, tel. 028/7126-6211).

GETTING AROUND: Derry is compact enough to see on foot, so you won't need a car or public transportation to get around.

TOURIST INFORMATION: www.derryvisitor.com.

Rick Steves (www.ricksteves.com) writes European travel guidebooks and hosts travel shows on public television and public radio. Email him at rick@ricksteves.com and follow his blog on Facebook. (c)2016 RICK STEVES
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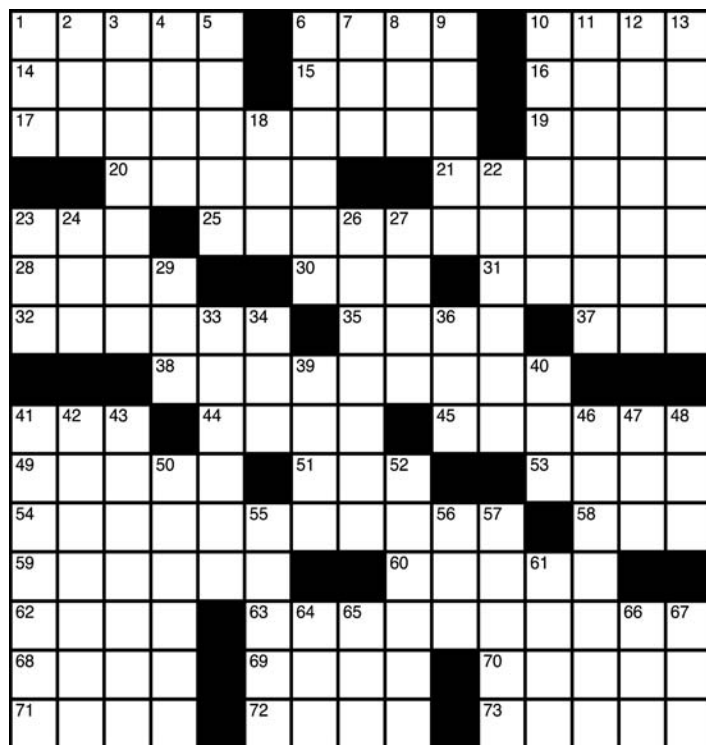
1 Recitals showing promise
6 A way off
10 Big name in PCs
14 Braid
15 Where to get a bite on the street
16 Clue weapon
17 Abe's youngest son
19 Friend on "Friends"
20 West Point newbie
21 Latin phrase usually shortened
23 Old hand
25 Exhortation from Santa, in Moore's poem
28 Wrestling maneuver
30 Term of respect
31 "Liar!" in a playground
32 Nerdy types
35 Target
37 Shipping wts.
38 Halls product
41 NCR product
44 Reed in a hall
45 Stable rides for kids
49 Whodunit surprise
51 Org. with Eagles
53 Coin with 12 stars on its reverse side
54 Late-inning substitute
58 Like some grins
59 Crate up
60 Organisms of a region

Down

62 Not fer
63 Gets the unspoken message ... which includes one of five synonyms found in this puzzle's longest answers
68 53-Across fraction
69 Maui music makers
70 Lingerie fabric
71 Envelope-pushing
72 Huff and puff
73 Bard's "between"
1 Go (for)
2 ___ fraaise
3 Pond juvenile
4 "This Kiss" singer Faith
5 Kept in a pen
6 Tap into
7 ___ Schwarz
8 CIO partner
9 Keep up on the issues?
10 Neat arrangements
11 Nuclear reactor need
12 Delta-zeta connection
13 Seasons a bit more
18 Pistons' org.
22 Worker who gives people fits?
23 Honorary deg., perhaps
24 Fracas
26 Uppermost
27 Three-time MLB home

run king

29 Advent mo.
33 Voting enclosures
34 Deli order
36 Word with modern or cave
39 Mongolian expanse
40 Key lime ___
41 Free from strife
42 Hurt suddenly, as a muscle
43 Preparing garlic, in a way
46 Persian Gulf native
47 Make a faux pas
48 Traditional Asian sauce base
50 Like a string bikini
52 If all goes according to plan
55 Hopping mad
56 Frozen Wasser
57 Holiday entree
61 Turn to slush
64 Letters in a police record
65 Novelist Kesey
66 Eighty-six
67 Explosive stuff



Answers on page 18

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AMER. LEGION HOSTS OPEN HOUSE - FREE HOT DOGS

Moore's Legion Commander, Mike Devenitch is asking all vets to stop in for a free hot dog! The Moore American Legion Post 184 Richard Harrison Memorial Post will be holding an open house with FREE HOT DOG for veterans on March 12th from 11 a.m. to 1 p.m. Chartered on April 17th, 1947 and has been in Moore for nearly 69 years. Formed after World War II Moore has grown and it's an exciting time to live here! The post has just over 200 members and looking for find more. Current members have served from the Korean conflict, Vietnam War, WWII and even Afghanistan. Mr. Devenitch said, "We are always looking for new members to get involved and helping out community. Sometime vets are too busy raising a family and the kids are gone. It is the perfect time to get involved" The Moore post hosts a programs with the VFW on Memorial Day and Veterans Day each year for the community in Veterans Park located at 4th Street and Bryant.

The post holds its meetings always the second Tuesday of the month at 7 p.m. Long time Adjutant/Finance Officer Bobby Onspaugh said "I encourage our members and vets to arrive at 6:30 and chat before the meeting." Mr. Onspaugh has handled the funds of the post for 15 years. If you are a veteran and have served in time of war, you are qualified to be a member. In fact, if you served a day since August 2nd, 1990 to today you are eligible.

The American Legion was chartered and incorporated by Congress in 1919 as a patriotic veterans' organization devoted to mutual helpfulness. It is the nation's largest wartime veterans service organization, committed to mentoring youth and sponsorship of wholesome programs in our communities, advocating patriotism and honor, promoting strong national security, and continued devotion to our fellow servicemembers and veterans.

The post is located just one block north of the Moore Library at 207 SW 1st Street in Moore. If you have questions, please leave us a message at 794-5446 and we will get back to you.

Prevent Slips, Trips and Broken Hips

A fall can happen in a split second, but it may take a lot of time, pain and rehabilitation to recover. Falls can cause injury at any age, but they can be especially devastating for seniors. In fact, falls are the leading cause of injury-related deaths among individuals over age 65.

About one-third of the population over age 65 falls each year. (Source: U.S. Centers for Disease Control) This is a serious problem affecting seniors. As we age, the risk increases for injury from falling and these injuries may result in hospitalization and long term loss of freedom and independence. However, you can reduce your risk.

To help you, INTEGRIS Third Age Life Center in collaboration with INTEGRIS Jim Thorpe Rehabilitation, developed an educational program, Prevent Slips, Trips and Broken Hips. The program includes discussion of risk factors for falling and prevention of falls, and the opportunity for individual assessment of one's risk for falling.

The program is available to senior groups in the metro Oklahoma City area. To schedule Prevent Slips, Trips and Broken Hips at your location, please contact Marge Jantzen, 405-717-9823, at INTEGRIS Third Age Life Center.

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Martha Johnson

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"I like the people here. I have been to all the states and people here are so nice."



John Culbertson

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Diane Freeny

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COMMUNITY

Senior's land run legacy lives on

by Bobby Anderson, staff writer

Feisty. Funny. Fortitude. Those are some of the adjectives used to describe Norma Jean Schritter, the granddaughter of 1889 land run homesteader, John Krivanek.

She's lived in Mustang most of her life thanks to her family tracing back to the Land Run of 1889.

The family farm, located at S.W. 44th and Sara Road in Canadian County, is state designated as a Centennial Farm.

To be a Centennial Farm, the property must be at least 40 acres and operated or owned by family descendants for at least 100 years.

James "Bud" Schritter was the love of Norma Jean's life. They were married 60 years before he passed "to prepare their next home together" as Norma Jean says.

They met at Czech Hall in Yukon after he saw her dancing and told his friends he was "going to marry that girl."

They courted three years before tying the knot. Once during a large snow storm, Bud drove his tractor from Wheatland, Oklahoma to see her.

He stopped and cut barb wire fences to forge a path to her home and then repaired them on his drive back to Wheatland.

It's no wonder Bud was smitten by Norma Jean. Her radiant smile and smart wit is like a magnet to iron.

Norma Jean, age 83, is a fascinating resource of historic Mustang events and families. A grease fire burned down her family home in January 1951 when she was a senior in high school. Neighbors from miles around rushed over and started hauling things out of the house.

Two ladies carried out a refrigerator on their backs. Many of those same neighborly friends helped rebuild the house and returned again to plant and harvest the farm when Norma's father was ill.

"Sharing and helping each other was a normal way of life for neighbors back then," said Norma Jean.

The farm has also survived dust

storms and the tornado of 1970, which took the wash house, hay barn, storage barn, machine shed, and several large farm combines.

Bud and Norma Jean grew wheat and hay and lived off the products of their land. Norma Jean cultivated a huge garden and became an expert canner. Her favorite items to can include possum grapes, strawberries, sand plums, blackberries, okra, and pretty much any Oklahoma vegetable.

She has always been an excellent cook. Her cousin, Louis Krivanek, lives nearby on land that has been in his family since 1917.

He recalls that for two decades at harvest time he helped drive farm equipment for Norma Jean. It was a demanding job. He says they "worked hard and ate really good."

The Schritters loved the television show Hee Haw and didn't let the long work days of harvest season stop them from watching it.

Long before today's mobile devices, they found a way to rig a TV to run off the tractor so they could work their crop to the tunes of Buck Owens and Roy Clark.

Norma Jean has been a fan of the Days of Our Lives soap opera for 45 years and gladly admits she schedules her day around its viewing time.

After that, you may find the petite redhead driving around town in her bright red Chevy pickup. She has been going to the same Mustang beauty operator, Maxine Pierce, for 41 years.

Norma Jean and her husband also partnered as "pumpers" for a national oil company. They determined how much oil, natural gas, and salt water was produced daily for each well.

They measured and tracked more than 50 well sites for almost 30 years.

Norma Jean is an avid collector of sea shells. "Shelling" in the gulf is one of her favorite hobbies. She also plays the accordion and maintains an active social calendar. In her younger years, she was a Beseda dancer for parades, Czech festivals, and the 1957 state 50th year celebration.



Norma Jean Schritter traces her lineage back through the Land Run of 1889.

She still enjoys dancing and says she has always felt she would rather dance than eat.

Recently Norma Jean moved to a new house at Whispering Creek Active Adult Retirement Neighborhood in the south Oklahoma City/Mustang area. She loves the country feel of the gated addition for people age 55 and

better.

She says she is surprised how big the rooms are and that they seemed even larger when she added furniture.

"I'm thrilled to find this neighborhood and my only wish is that Bud was here to enjoy it too," she said.


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