

## Artsy Rose Academy offers Fun

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## Dementia Tour is New Adventure

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# SENIOR NEWS & LIVING

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Information for Oklahoma Seniors

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## Senior helps Salvation Army help those in need



**At 75, Leroy Saiz enjoys volunteering with the Salvation Army.**

Story and photos by Mike Lee, Staff Writer

As far as he can figure, 75-year-old Leroy Saiz is on his third retirement.

But there's one job he doesn't plan on giving up, even though he doesn't get paid a dime.

After retiring a third time earlier this year, Saiz says he couldn't imagine giving up volunteering for the Salvation Army Central Oklahoma Area Command food pantry.

"I decided to do something instead of getting bored," Saiz said.

There's never time for boredom now with Saiz pouring his 25-years of Safeway experience into the pantry, which feeds hundreds of Oklahomans each week.

"The people are really grateful for the food they get and you put a smile on their lips and get a lot of hugs and kisses,"

See SAIZ Page 3

## Spotlight on Community

## Alumnus attends ceremony 51 years Later

James Hawkes survived an interview with notoriously abrasive four-star Adm. Hyman Rickover, served in the U.S. Navy on a nuclear submarine, is the retired CEO and chairman of Eaton Vance and is a recreational pilot.



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## Paint in Abstract and be Happy



**Carol Lorange, retired nurse of 46 years turns passion for nursing into passion for art.**

Story and photo by Vickie Jenkins

Meet Carol Lorange, retired nurse of 46 years and presently an artist and owner of Dragonfly Silks. What a fascinating person! Working in the medical field for so long, she retired and traded in her passion for nursing into passion for art.

Lorange was born in Joplin, Missouri. Her first job was at a hospital, working as a CNA. At that time, she was doing pretty much the same things nurses were doing; taking care of the patients, medication and vital signs. Enjoying being a CNA, she decided to further her career and become a nurse. After she became an RN she worked for several hospitals, Home Health, as a private duty nurse and was also a traveling nurse. She enjoyed traveling to Las Vegas, Florida and Hawaii. When she returned to Oklahoma,

See ART Page 5





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## SAIZ

Continued from Page 1

Saiz said. "You get more blessings than anything else. They're really grateful."

On Tuesdays and Thursdays you can find Saiz and fellow seniors helping stock the pantry for the Monday, Wednesday and Friday visits.

Thousands of pounds of food are handed out free of charge to needy Oklahomans.

Saiz began volunteering with the Salvation Army through the Angel Tree program. Found in local companies and corporations, Angel Trees are decorated with numbered paper angel tags with the first name, age and gender of a child in need of presents. Contributors remove one or more tags from the tree and purchase appropriate gifts for the child or children described on the tags.

From there he went on to help with the Exodus House, a transitional housing program from women leaving prison.

But he's really found his niche at the food pantry.

"It keeps me active and one of the things because of my grocery background I've been able to help some of the other volunteers make

work a little easier," Saiz said. "Some of them are amazed at the little techniques I show them on stocking."

Liz Banks, volunteer coordinator for the Salvation Army, says volunteers like Saiz are a blessing for the Christian organization. She remembers how one client mentioned to her that they didn't want to leave the pantry because Leroy made them laugh and feel good about themselves despite the fact they had to come in for food.

"Leroy is a fine Christian gentleman," Banks said. "Leroy has a sweet, kind disposition who loves people. He treats each volunteer the way he wants to be treated - with respect."

The Salvation Army, an international movement, is an evangelical part of the universal Christian church.

Its message is based on the Bible. Its ministry is motivated by the love of God. Its mission is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination.

Nearly 33 million Americans, of which 139,000 Oklahomans, receive assistance from The Salvation Army Central Oklahoma Area Command each year through the broadest array of social services that range from



Carol Burns (left) and Marcheta McConnell unpack Texas onions for distribution to Salvation Army clients.

providing food for the hungry, relief for disaster victims, assistance for the disabled, outreach to the elderly and ill, clothing and shelter to the homeless and opportunities for underprivileged children.

About 82 cents of every dollar raised is used to support those services in nearly 9,000 communities nationwide. The Salvation Army Central Oklahoma Area Command is a proud partner agency of the United Way of Central Oklahoma.

Fridays are when the pantry gets really busy. Anywhere from 70 to 100 people are served.

"For me, it's the joy on peoples' faces," Saiz said. "A lot of people live alone so they don't have too much

interaction with strangers, but when you talk to them it's a new face and new voice that makes them feel good. You show them you care."

The biggest need Saiz sees on the days he works is manpower.

"We need more volunteers. That would help," Saiz said. "We have companies that will send their employees out to volunteer but it's not something you can count on. We're a little short because some of the people have surgeries or get sick. That cuts into our regular crew."

But there's never a shortage of smiles and that's why Saiz has no plans to retire.

Those interested in volunteering can contact Banks at 246-1107.

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## Newly Renovated St. Anthony Hospital Chapel Receives Blessing

A special mass and blessing celebrated the newly renovated St. Anthony Hospital Chapel.

Tom and Judy Love made a generous donation to St. Anthony Foundation to renovate the 42 year-old chapel in honor of Archbishop Emeritus Eusebius J. Beltran. The renovation included many updates, including the addition of a stained glass window, almost a century old, of Saint Anthony. The beautiful stained glass window was added to the chapel entry visible from the hospital lobby.

Built in 1973, with over 27,000 visitors a year, the chapel has brought hope and comfort to

many over the years. "The chapel is a place of refuge and worship for patients, family members, staff and physicians," said Karen Green, Director of Pastoral Services. "The very spirit of the chapel brings consolation and strength to people of all faiths," she added.

"We are truly appreciative of the generous donation made by the Love family. With their kind gift we were able to enhance the St. Anthony chapel resulting in a lovely place of worship, where our patients, guests, and staff can find peace and comfort," said Tammy Powell, President of St. Anthony Hospital.



## OPINION

# THE SAVVY SENIOR

Dear Inquiring,

There are actually a number of programs available that can help seniors with home repairs and improvement projects for aging-in-place, but what's available to your dad will depend on his financial situation and where he lives. Here are some different options to explore.

**Medicaid waivers:** If your dad is low-income and eligible for Medicaid, most states have Medicaid Home and Community Based Services waivers that provide financial assistance to help seniors avoid nursing homes and remain living at home. Many of the waivers pay for home modifications to increase a person's ability to live independently. Each state has different waivers with different eligibility requirements and benefits. Contact your Medicaid office (see [medicaid.gov](http://medicaid.gov)) for more information.

**State and local programs:** Some states and local governments have financial assistance programs, often called "nursing home diversion programs" or "deferred payment loans" that are not funded by

Dear Savvy Senior,

Do you know of any financial assistance programs or other resources that can help seniors with home improvement projects? I would like to help my 86-year-old father make a few modifications to his house so he can live there as long as possible, but money is very tight.

*Inquiring Daughter*

Medicaid. These programs, which may include grants or loans or a combination, helps pay for modifications that enable low to moderate income elderly and disabled to remain living at home. Modifications covered typically include accessibility improvements like wheelchair ramps, handrails and grab bars. And some may be used for home improvements like roofing, heating and cooling, insulation, weather-stripping and storm windows.

To find out if there's a program in your dad's area, contact the city or county housing authority, the local Area Aging Agency (call 800-677-1116 for contact information) or the state housing finance agency - see [ncsha.org/housing-help](http://ncsha.org/housing-help).

**Federal programs:** The Department of Housing and Urban Development offers HUD Home Improvement Loans, which are HUD insured loans made by private lenders for home improvement and building projects. Contact a HUD approved counseling agency in your area (call 800-569-4287) to learn more.

And the U.S. Department of Agriculture has a Rural Development program that provides

## Home Improvement Assistance Programs for Seniors

grants and loans to low-income, elderly or disabled, rural homeowners for home repairs and improvements. Your local USDA service center (see [offices.sc.egov.usda.gov](http://offices.sc.egov.usda.gov)) can give you more for information.

**Veteran benefits:** If your dad is a veteran with a disability, the VA provides grants like the SAH, SHA and HISA grants that will pay for home modifications. See [benefits.va.gov/benefits/factsheets/homeloans/sahfactsheet.pdf](http://benefits.va.gov/benefits/factsheets/homeloans/sahfactsheet.pdf) for details and eligibility requirements.

Another possibility that's available to veterans enrolled in the Medical Benefits Package is Veterans-Directed Home and Community Based Services. This program provides veterans who need help with daily living activities with financial assistance to help them remain living in their homes, and provides them with a certain amount of discretion to use those funds. To learn more see [va.gov/geriatrics](http://va.gov/geriatrics), or call 800-827-1000.

**Non-profit organizations:** Depending on where your dad lives, he may also be able to get home repair and modification services through the national,

non-profit organization Rebuilding Together ([rebuildingtogether.org](http://rebuildingtogether.org), 800-473-4229). They provide services to low-income seniors, veterans and military families, families with children, people living with disabilities and victims of disaster.

You should also check with the Area Aging Agency to see if any other local organizations that offer volunteer home modification help to low-income seniors.

**Reverse mortgages:** Available to seniors 62 and older who own their own home, or owe only a small balance, and are currently living there, a reverse mortgage (see [reversemortgage.org](http://reversemortgage.org)) will let your dad convert part of the equity in his home into cash - which can be used for home improvements - that doesn't have to be paid back as long as he lives there. But, reverse mortgages are expensive loans, so this should be a last resort.

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

## Diane Farr: To be a Charlie, or not?

It's hard to be a journalist these days. I'm sure if you asked the parent of a college student studying journalism, they would probably tell him or her that it is next to impossible to sustain yourself at it. And that would not be far from the truth. As the dissemination of the written word is changing, the field for journalism is too. In the near future, printed books, movies in theaters and newspapers and magazines, as we know them today, may cease to exist, but, unfortunately, the evolution of the printed word doesn't seem to be the only colossal battle facing reporters of this generation, or the next.

Today even if you asked the roommate or friend of the kid dreaming of journalism school, their peers might also tell the writer who dreams of telling news from around the world, to consider

something else. Why? Because journalists have become the story themselves and it's not a good one. The storytellers on the front lines have become targets of violence, hunted down, killed, in an effort to stop the news. This is particularly strange as news today so often comes in single sentences, often in a press release created by a publicist, not a newsperson, via text, Twitter, daily blasts and onscreen pop-ups, pretty much as it happens.

This makes much of today's "news" little more than a voyeuristic opinion told from inside an office or, in many cases, inside someone's bedroom, churned out by people without any reasoned viewpoint or expertise, people who spew often ill-informed, baseless comments on other peoples carefully planted statements, giving real reporters and the profession they've trained

for, a bad name.

What will become of news if it is reduced to little more than catty sound bites from stay-at-home bloggers? I imagine it would be a little like listening to sportscasters deconstruct the big game a day after it's been played -- without ever seeing the game itself.

That's not to say that some commentary doesn't still have gravitas.

Presidential speechwriters give the president a tone and a flare while reporting on the state of the union. There's Vice News, which places writers right in the center of the action, allowing them to comment in long form in personal documentaries, and then there are political cartoonists, who satirize the day's events, tilting at windmills and popping the inflated egos of the world's powerful, ruffling the feathers of the unhinged and the

fanatical.

Safety and security are never on the list of reasons why a journalist begins his or her life's work, but having safety and security taken away -- by either evolution or force -- might just marginalize the field so much that we will be left with nothing but the Monday-morning quarterback.

Personally, I consider writing an art form. But I have children of my own now who are, thankfully, nowhere near old enough to begin picking college majors. When it's time, will it be wise to push them toward the reporter's path, mighty as it may be?

Time and evolution will tell.

(Diane Farr is known for her roles in "Californication," "Numb3rs" and "Rescue Me," and as the author of "The Girl Code." You can read her blog at [getdianefarr.com](http://getdianefarr.com), follow her on [twitter.com/getdianefarr](http://twitter.com/getdianefarr) or

## ART

Continued from Page 1

she worked at several hospitals, including Guthrie, Deaconess and Mercy. She was fond of being in the medical field but now, it was time for her to retire.

"What was your favorite thing about being a nurse?" I ask. "I enjoyed the closeness that I developed to the patients. My favorite moment was when the patient got better and got to go home." "What is your favorite thing about being an artist?" "It's the love I feel, like an inner glow. I am my own person and I don't have to be anywhere else. It's fun and it keeps me busy."

"What is the most important lesson you learned when you were a nurse?" "I learned to be patient with the patients," she laughed. "Be a reliable worker and show up on time," she added.

Before retiring, Lorange knew that she wanted to stay busy and do something else in her life. She had always been fond of photography and painting. It was one night when she came home from a late shift at the hospital. Flipping through the channels on TV, she came upon a demonstration of silk painting on an art show. She was instantly captivated by it, wondering if she could do silk painting. She ordered supplies, bought an instruction DVD and joined the silk painting guild in the UK via the internet. "My first two pieces weren't great but they weren't too bad either," she comments.

Lorange has a degree in Graphic Design from Oklahoma City, OK and has shown her paintings at 50 Penn Place, Art Gallery in Oklahoma City, the Frontier Museum and G Gallery and Glass in Guthrie, OK. She is currently at the Red Dirt Gallery when she is not participating in arts festivals and other shows. Asking Lorange where she gets

her inspiration for her art work, she replies, "I get different ideas from the environment and try to do things a little different than most people. If you have noticed, most artists paint flowers and garden scenes. Not that those paintings aren't pretty but I just try to paint things a little different. I look at lots of images on the computer and study them."

"How would you describe yourself in 3 words?" I ask. "I am a hard worker, very reliable and an artist." "What is the most important lesson you have learned as an artist?" "Don't take life too seriously, have fun and loosen up. Paint in abstract and be happy."

Lorange's hobbies include traveling, computers, photography and of course, art. "I was in sixth grade when I became interested in photography. I even had a dark room," she said. When asked if Lorange's daughter went into the medical field or into art work, she gave me a no. "My granddaughter is getting a degree in business and art," she replied. "Just about every time my granddaughter came to my house when she was little, I always made sure we would make a craft or paint or do a cute little project. I think she got her artistic abilities from me," she grinned.

Asking if Lorange stayed in contact with any of the nurses she worked with over the years, she told me there are quite a few that get together once a month for dinner and catch up on the many memories that they share.

Carol Lorange is a wonderful artist and it is apparent that she puts her feelings and passion into her unique work. Her beautiful paintings, gorgeous silk scarves, colorful pillows, decorative coasters and cutting boards can be found at Dragonfly Silks at Red Dirt Gallery, 13100 Colony Pointe Blvd. Piedmont, OK.

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## HEALTH

# The Virtual Dementia Tour is a New Adventure for Somerset

by Vickie Jenkins

Somerset Assisted Living and Memory Care Senior Community is a place you are sure to feel welcome. Recently, I talked with Yvonne Gutierrez, Life Enrichment Coordinator for the Memory Impaired and Progressive Care units. It's easy to see why the residents love it here. Yvonne is very energetic, enthusiastic and enjoys spending time with the residents of Somerset. She has been the Life Enrichment Coordinator for the last 3 years.

Yvonne enjoys spending time with the residents as they meet to share conversations, discussing the latest news, reading, playing dominoes and working puzzles. "There is a time and a place where the women like to get pampered, getting their hair done and getting the perfect manicure. They look forward to that," Yvonne says. "It makes each one of them feel very special," she adds. The Memory Care and Progressive Care residents enjoy a family day on the second Saturday of every month.

Asking Yvonne what her favorite thing is about being the activity director, she replies, "I love seeing the residents having fun and enjoying their time together. I look forward to the many activities that we have and I enjoy talking to all of the residents. We really get to know each other. Most of all, I like the hugs. Something so small but it goes so far. I love my hugs." "If you were describing yourself in 3

words, what would they be?" I ask Yvonne. "I am definitely outgoing, very vocal, and I am always ready to help someone."

Alzheimer's disease is an irreversible, progressive brain disease that slowly destroys memory and thinking skills and eventually even the ability to carry out the simplest tasks. In most people with Alzheimer's, symptoms first appear after age 65. Estimates vary but experts suggest that as many as 5 million Americans age 65 and older may have Alzheimer's disease.

Alzheimer's disease is the most common cause of dementia among older people. Dementia is the loss of cognitive functioning; thinking, remembering, reasoning and behavior abilities to such an extent that interferes with a person's daily life and activities. Dementia is severity from the mildest stage, when it is just beginning to affect a person's functioning to the most severe stage, when the person must depend completely on others for basic activities of daily living.

P.K. Beville, a geriatric psychologist and founder of the nonprofit senior citizen advocacy group Second Wind Dreams created the Virtual Dementia Tour, an experiential kit used to simulate the symptoms of age-related Alzheimer's and dementia to help caregivers better identify and cope with their resident's behavior and needs.

In the last few months, Yvonne Gutierrez and Connie Flowers, Director of Marketing and Admissions have been working on setting up the



photo by Vickie Jenkins

Connie Flowers, Director of Marketing and Admissions and Yvonne Gutierrez, Life Enrichment Coordinator for the Memory Impaired and Progressive Care Unit at Somerset introduce The Virtual Dementia Tour, giving the caregiver and the resident's family members a better understanding of what it is like to have dementia.

See TOUR Page 9

Three small portrait photographs of elderly residents of Chateau on the Green, arranged vertically.

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## COMMUNITY

# Artsy Rose Academy offers artsy fun for everyone

Story and photo provided

Kimberly Scott has always had a creative flare. As a small child, she turned recyclable items into artwork, loose pictures into scrapbooks and sidewalks into colorful murals.

"I could never sit at home and watch a television program or movie without working on some kind of creative project," Kimberly shared. "It drove my family crazy."

Not much has changed since then. These days, Kimberly spends her "down time" creating lesson plans for 480 elementary school students, as well as planning classes, camps, birthday parties and special events for Artsy Rose Academy, the art enrichment studio she recently opened in northwest Oklahoma City.

Artsy Rose is a dream realized for Kimberly. She knew, at the age of 18, when working at a similar establishment in Midwest City, she would one day manage her own studio. Kimberly continued to work in various Oklahoma City metro art programs as she earned a Bachelor of Fine Arts in Education from the University of Central Oklahoma. Immediately following graduation, Kimberly accepted a certified teaching position at



**Kimberly Scott realizes dream in Artsy Rose Academy in Oklahoma City.**

Ralph Downs Elementary School, where she has been teaching Art for nine years to children in Kindergarten through 5th grade. She was recognized as her school's "Teacher of the Year", 2013-2014 and the Downtown

See ARTSY Page 9

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## TOUR

Continued from Page 6

Virtual Dementia Tour at Sommerset. A walk-through exercise is given where 5 tasks are to be completed. The latest results show that out of the 5 tasks assigned, the average person accomplished 2. The most common comments were: angry, confused, powerless, embarrassed, scared and rethinking what their loved ones go through.

I also spoke with Dave Goosshaw, Clinical Special Education Coordinator of EMSA. He was very pleased with the Virtual Dementia Tour. He suggests that all caregivers go through this exercise program. "It was very interesting and it let me know what it is like for anyone that has Alzheimer's is going through. I'll have to admit, when I finished, I was frustrated by not completing all

of the tasks, but it also made me aware of how a person with Alzheimer's must feel. I am thankful that Sommerset has this program available. Overall, I consider the Virtual Dementia Tour fascinating."

Sommerset is one of the few healthcare facilities in Oklahoma that has the Virtual Dementia Tour. If you have a loved one with Alzheimer's Disease and other dementias, and this is impacting your family, you shouldn't pass up the opportunity to participate in this exercise. You may feel lost, scared and frustrated, but you will feel closer to your loved one and better prepared to help them.

If you or someone you know would like to experience the Virtual Dementia Tour, please contact Yvonne or Connie at 405-691-9221 to schedule an appointment.

## ARTSY

Continued from Page 8

Rotary Teacher of the Month in January, 2015.

Kimberly knows art is not only fun, it is also a great catalyst to a better understanding of all school subjects and a wonderful way for people of all ages to express creativity and individuality. "Young children are natural artists; they don't let lack of confidence keep them from trying. They get so much joy from using their creativity and imagination, and seeing a project completed", Scott explains. "As people get older, they have a tendency to doubt their talents and they lose touch with their creative side. Artsy Rose Academy is a non-judgmental, encouraging and supportive environment. I want art to be fun, relaxing and exciting for everyone."

Artsy Rose Academy, located at 7739 W. Hefner Rd., offers 'artsy fun for everyone'. "You and Me" classes offer a great opportunity for grandparents and grandchildren, or parents and children, to bond through creativity and fun. "Canvas and Cupcakes" classes are another opportunity for adults and little artists to spend time together, creating masterpiece canvases while enjoying tasty cupcakes. Knowing companionship and

activity are key to staying young and energetic, Kimberly would love to see more senior adults participating in classes at Artsy Rose and plans to schedule ongoing "Canvas and Cupcakes" for seniors, age 55 and older. Artsy Rose will also offer a variety of summer camps for children, ages 5 - 14. Campers can choose from photography, theatre, room and fashion design and, of course, art with various themes and mediums. Half day camps will be offered in the morning and afternoon. Fridays will be FUN DAYS, all day, with varied activities, including outside play, board games, crafts and much, much more.

Kimberly, aka Artsy Rose, loves to explain how she chose the name for her dream-come-true establishment, "My middle name is Rose, my great-grandmother's name was Rose, my grandmother is Maureen Rose, my daughter is Ava Rose, my brand new niece is Amelia Rose and I have always been 'artsy'. It really couldn't have been anything else!" She is excited and ready to share her love and passion for art, and help people of all ages discover and rediscover their creative side. For more information, visit [www.artsyroset.com](http://www.artsyroset.com), or call 405.603.8550.

# Why Your Doctor Left Town In A Huff

## Contracts Often Limit Where Physicians Can Work If They Change Employers

By Dennis Hursh

Patients may just shrug when they learn their doctor plans to move to a new office.

After all, they can just follow, right?

Maybe not. Or at least, not easily.

Physician contracts often contain restrictive covenants that limit where doctors can work if they leave their current practices. The idea is to keep them from competing with their old employer.

For example, the contract could require the doctor's new office to be 15 or more miles away. The doctor also might have to give up privileges at the local hospital.

"These contract provisions hold numerous traps for the unwary," says Dennis Hursh, an attorney who has provided legal services to physicians for more than three decades and is the author of "The Final Hurdle: A Physician's Guide to Negotiating a Fair Employment Agreement." ([www.TheFinalHurdle.com](http://www.TheFinalHurdle.com))

Patients can be left scrambling to find a new physician.

The situation can be even worse for the doctor, who essentially might have to start his or her career over again, building a new patient base.

Hursh says it's not unusual for him to answer desperate phone calls from doctors who paid little attention when they agreed to their contracts, but now wonder whether their soon-to-be-former employers can enforce the restrictions.

"Unfortunately, they probably can," he says.

Doctors need to be diligent and negotiate favorable terms before they sign an employment contract, he says. Hursh says there are several ways to deal with restrictive covenants so that doctors are not facing career-damaging situations.

- Keep the distance reasonable. Although geographic restrictions are common, in most cases the agreement should not require the

doctor's new office to be more than five miles from the old one. In rural areas, a somewhat larger area may be reasonable, Hursh says.

Also, when employers have multiple offices, the distance rule should apply only to the office where the doctor spent most of his or her working time.

- The general practice of medicine should not be restricted. "It's one thing to agree that patients will have to drive five miles from your old office if they want to continue seeing you," Hursh says. "It's another thing to agree you won't see patients in hospitals, nursing homes or ambulatory surgical centers that are within the prohibited area."

- Continuing the doctor-patient relationship. Patients often become attached to a particular doctor and want to stick with him or her. But when a doctor moves to a new practice that can get tricky.

Contracts usually prohibit doctors from directly asking their patients to follow them to the new practice, Hursh says. Barring such solicitation, whether it's in the office or by phone call or letter, is reasonable, he says. But advertisements by the doctor's new employer should not be considered direct solicitation.

- Sometimes restrictions should not apply. If an employer fires a doctor without cause, then the restrictive covenant should not go into effect, Hursh says. That's also true if the employer breaches its agreement with the doctor, although that can be difficult to negotiate, he says.

"An employer could worry the physician will claim some far-fetched theory of an alleged breach to get out of the restriction," he says. "One way to deal with that might be to list specific grounds for a breach in the contract."

Hursh says one of the most



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
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Arbor House of Norman	54	Norman	405-292-9200	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
Arbor House of Midwest City	58	Midwest City	405-455-3900	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
Arbor House Reminisce Center	48	Norman	405-310-2499	<a href="http://www.arborhouse4u.com">www.arborhouse4u.com</a>	*	*	*	*	*	*	*	*	*	*		
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Chateau on the Green <i>Independent Living</i>	44	Moore	405-793-4200	<a href="http://www.chateauonthegreen.com">www.chateauonthegreen.com</a>								*		*		
Emerald Square <i>Independent Living/Assisted Living</i>	75	OKC	405-787-4466	<a href="http://www.meridiansenior.com">www.meridiansenior.com</a>	*	*		*	*		*	*	*	*		
Featherstone Ret. Community <i>Assisted Living</i>	42	Moore	405-799-9919	<a href="http://www.featherstoneretirement.com">www.featherstoneretirement.com</a>	*	*		*	*		*	*	*			
Fountain Brook <i>Assisted Living - Memory Support</i>	74	Midwest City	405-769-7677	<a href="http://www.fountainbrookliving.com">www.fountainbrookliving.com</a>	*	*	*	*	*	*	*	*	*	*	*	*
Gardens at Reding <i>Independent Living</i>	157	OKC	405-636-1537	<a href="http://www.cstonedev.com">www.cstonedev.com</a>									*	*	*	*
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Savannah House of Moore <i>Independent Living</i>	60	Moore	405-378-2500	<a href="http://www.carlsbadok.com">www.carlsbadok.com</a>								*		*		
Savannah House of Norman <i>Independent Living</i>	60	Norman West	405-329-2450	<a href="http://www.carlsbadok.com">www.carlsbadok.com</a>								*				*
Savannah House of Norman II <i>Independent Living</i>	92	Norman East	405-701-8440	<a href="http://www.carlsbadok.com">www.carlsbadok.com</a>								*	*	*		*
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Whispering Creek <i>A Gated Retirement</i>	52	Mustang	405-820-4058	<a href="http://www.WhisperingCreekRetirement.com">www.WhisperingCreekRetirement.com</a>					*		*	*	*	*		
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# New Law Protects Storm Victims

A new law requested by Insurance Commissioner John D. Doak aims to protect Oklahoma storm victims. Senate Bill 439, signed by Gov. Mary Fallin Monday, ensures transparency and accountability in the insurance adjusting process.

"I am proud that Gov. Fallin and the Oklahoma Legislature saw the importance of this bill," said Doak. "After a natural disaster, storm survivors are vulnerable. This new law will protect Oklahomans by making sure all public adjusters follow the same rules."

Public adjusters are licensed insurance claims adjusters who appraise and negotiate an insurance claim on behalf of the policyholder. Unlike an insurance company adjuster, public adjusters advocate for the claimant.

Senate Bill 439, written by Sen. Marty Quinn, R-Claremore, and Rep. Randy Grau, R-Oklahoma City, specifies certain required and prohibited actions of public adjusters. It also sets requirements for contracts used by public adjusters. Some of the new rules include:

Cannot charge more than 10 percent of the total claim on a non-commercial claim after a disaster.

Must hold any insurance proceeds on behalf of the policyholder in a non-interest bearing account in a FDIC-insured bank.

Claim records must be kept for at least five years and are subject to inspection by the Insurance Commissioner.

The new law also states that unauthorized adjusting practices in the state of Oklahoma will be considered a misdemeanor.

"In light of the recent devastating storms in our communities, this legislation is as important as ever and will serve to protect our citizens when they are most vulnerable," Grau said. "This bill is the result of the hard work and collaboration of numerous individuals including Commissioner Doak, two national public adjusting organizations, local public adjusters and consumers."

"This common sense reform is a huge step toward protecting

Oklahomans when they need it most," Quinn said. "I'm grateful to the Insurance Commissioner and his staff for working to pass this legislation and grateful to Gov. Fallin for signing the bill."

The law goes into effect November 1.

The Oklahoma Insurance Department, an agency of the State of Oklahoma, is responsible for the education and protection of the insurance-buying public and for oversight of the insurance industry in the state.

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## April & May AARP Drivers Safety Classes Offered

Date/ Day/ Location/ Time/ Registration # Instructor

- May 19/** Tuesday/ Midwest City/ 9 am - 3:30 pm/ 691-4091/ **Palinsky**  
 Rose State - Tom Steed Bldg. - 6191 Tinker Diagonal
- May 30/** Saturday/ Okla. City/ 9 am - 3:30 pm/ 775-9009/ **Edwards**  
 Statemens Club - 10409 N. Vineyard Dr.
- Jun 4/** Thursday/ Okla. City/ 9:30 am - 4 pm/ 951-2277/ **Palinsky**  
 Intergis 3rd Age Center - 5100 N. Brookline
- Jun 8/** Monday/ Midwest City/ 9 am - 3:30 pm/ 737-7611/ **Edwards**  
 Midwest Senior Center - 8521 E. Reno Ave.
- Jun 12/** Friday/ Okla. City/ 9 am - 3:30 pm/ 951-2277/ **Edwards**  
 S.W. Medical Center - 4200 S. Douglas, Suite B-10
- Jun 13/** Saturday/ Okla. City/ 9 am - 3:30 pm/ 486-1385/ **Edwards**  
 Epworth Vila Retirement - 14901 N. Penn
- June 16/** Tuesday/ Edmond/ 1:30 -3:00 pm/ 210-6798/ **Palinsky**  
 AARP State Office - 126 N. Bryant Ave.  
 "WNTT (We Need To Talk) Seminar Free"
- Jun 27/** Saturday/ Moore/ 9 am - 3:30 pm/ 735-9638/ **Palinsky**  
 1st Methodist Church - 201 W. Main

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](mailto:johnpalinsky@sbcglobal.net)

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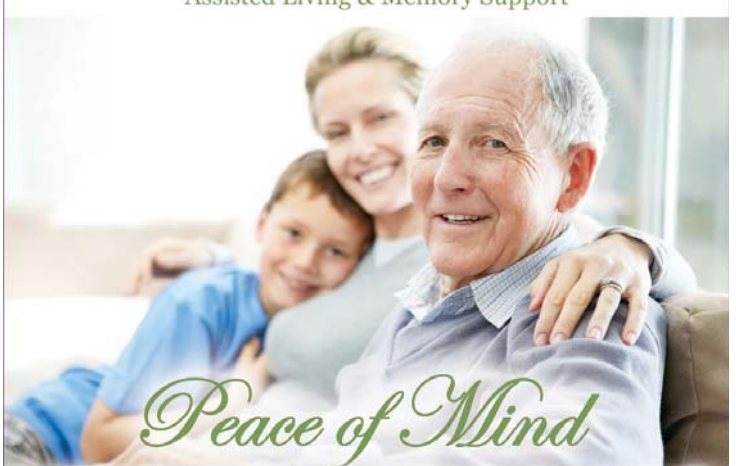


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# LIVING

## OU alumnus attends commencement ceremony 51 years after graduating

Story and photos provided

James Hawkes survived an interview with notoriously abrasive four-star Adm. Hyman Rickover, served in the U.S. Navy on a nuclear submarine, is the retired CEO and chairman of Eaton Vance and is a recreational pilot. One thing he hasn't been able to check off his bucket list is attending the commencement ceremony to receive his aerospace engineering degree at the University of Oklahoma. Honored as this year's Distinguished Graduates Society member, Hawkes will finally be able to add that last one to his list of accomplishments.

"Celebrating the achievement of earning a college degree is a privilege we want all of our graduates to experience," said Thomas Landers, dean of the OU College of Engineering. "We are honored that Mr. Hawkes has chosen this moment to celebrate a milestone event."

From 1960 to 1964, Hawkes attended OU on a Naval ROTC scholarship, completing his aerospace engineering education in the College of Engineering. Originally from Georgia and having never been farther west than the Georgia-Alabama state line, Hawkes looked forward to his Oklahoma adventure.

"I enjoyed college life in just about every way," Hawkes said. "From Navy serviceman to CEO businessman, the skills I learned and experiences I had at OU have been very influential in my life."

But before he could walk across the stage to receive his diploma, the Navy required his service immediately. Within a week of completing his undergraduate education,

Hawkes missed commencement to drive to New London, Connecticut, where he would serve four years in the Navy. Hawkes' deteriorating eyesight would destine him to the nuclear submarine program rather than his desired position as an airman. His naval service ended in 1968, just as funding for the U.S. space program was winding down and many engineers were being laid off. While many of his colleagues and contemporaries were looking for work as taxi cab drivers and delivery men, Hawkes attended Harvard Business School where he earned a master of business administration degree. Soon after he combined the analytical, problem-solving and management characteristics of his two seemingly unrelated degrees to join the investment management team at Eaton Vance.

Hawkes spent the next 37 years climbing the corporate ladder at the investment management firm, eventually serving at the top rank for more than a decade. After retiring from Eaton Vance in 2007, he now serves as chairman emeritus.

He isn't able to travel to Oklahoma often, but this weekend will be special for Hawkes when he flies his plane into Max Westheimer Airport, where his dream of flying was realized, he took his first flying lesson and made his first solo flight. He will also finally attend an OU commencement.

"I'm honored to join such an accomplished group of graduates," Hawkes said. "It's fitting to revisit my roots at OU, where my future in engineering and leadership began."



Navy required James Hawkes' service, preventing him from attending his commencement ceremony 51 years ago.

## NewView Oklahoma Awarded \$20,000 from the Elderly iFund Grant Program

NewView Oklahoma has been awarded \$20,000 from the Oklahoma City Community Foundation's Services for the Elderly iFund Grant Program. This grant will be used to support NewView's Safe and Healthy Meals Program.

The overarching goal of the Safe and Healthy Meals Program is to keep unsupported seniors in their homes longer by helping them reach their full potential for independent meal preparation - from fixing a sandwich or a bowl of cereal, to heating food in a microwave, to using a stove or oven, to prepare a hot meal. Less dependent on others and more confident and safe in the kitchen, participants receiving this training will be able to live healthier lives with greater independence in their own home.

"We're delighted to be awarded this grant from the Oklahoma City Community Foundation," said Lauren Branch, NewView's President and CEO. "These funds will enable us to expand the Safe and Healthy Meals Program to our elderly clients and allow them to develop the skills needed to remain active and independent in their own homes."



Founded in 1969, the Oklahoma City Community Foundation works with donors to create charitable funds that will benefit our community both now and in the future. The Services for the Elderly iFund grant represents a compilation of donations made by donors to benefit an organization offering direct services to individuals to help them continue to live independently. Two additional iFund grant programs provide support for organizations providing access to health care and providing opportunities for children. For more information on these grants, please visit [www.ifundokc.org](http://www.ifundokc.org).

To learn more about NewView Oklahoma's programs, or clinical services operated by the organization, please visit [www.newviewoklahoma.org](http://www.newviewoklahoma.org).



## New St. Anthony Urgent Care Now Open

St. Anthony is pleased to announce the opening of St. Anthony Urgent Care. The new facility is located at St. Anthony North, at the corner of Broadway Extension and N.W. 63rd street.

Under medical director Dr. Chad Borin, providers Kristi McKee, PA-C and Nicole Miller, PA-C, will offer compassionate care for minor illnesses and injuries. St. Anthony Urgent Care is available for non-emergency

illnesses such as colds, flu, and sinus infections, as well as minor injuries. Patients visiting the clinic will benefit with fast treatment, an electronic health record, an onsite lab and X-Ray, as well as quick access to specialists.

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## INTEGRIS Health Edmond Receives Women's Choice Award As One of America's Best Emergency Care Hospitals

INTEGRIS Health Edmond is named one of America's Best Hospitals for Emergency Care by the Women's Choice Award. This coveted credential places INTEGRIS Health Edmond in the top one percent for emergency care.

"The Women's Choice Award seal delivers a powerful message to the women of Edmond and surrounding areas," says hospital president Avilla Williams. "It offers them reassurance and peace of mind that INTEGRIS Health Edmond is clinically excellent and prepared to care for and treat their families when they need it most."

Emergency services account for more than 125 million hospital visits annually, and all clinicians must have expertise in caring for patients across their life span, often when their health care needs are urgent and unplanned. Unlike other hospital departments that interact with the same patient and families for an extended period, emergency staffs typically have one patient encounter, often when anxiety and fear is at its peak.

Hospitals earning the Emergency Care Award consistently rank in the top 25 percent of the 3,800 hospitals reporting on their emergency

department's performance to the Centers for Medicare and Medicaid Services. The eight measures CMS publicly reports relate primarily to the amount of time taken in the ER such as time for diagnosis, medication, and admission to the hospital, and are weighted according to the priorities of women surveyed.

"We have found that recommendations are an important consideration used by women in selecting a hospital for themselves and their family. By helping women know which hospitals in their area provide the best critical care, we are able to help them make better decisions, especially when it comes to emergency situations," said Delia Passi, chief executive officer and founder of the Women's Choice Award.

Year after year, the Women's Choice Award is the only credential that identifies the nation's best health care institutions by measuring against the needs and preferences of women, when it comes to treatment and a quality hospital experience. This credential signifies INTEGRIS' commitment and passion towards an extraordinary health care experience for women and all patients.

# INTEGRIS

*Health*

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## TRAVEL/ ENTERTAINMENT

# 10 places to see before they disappear

VirtualTourist.com

There are some places on Earth that will be around for future generations to see, others won't last another 50 years. With this in mind, members of travel website VirtualTourist.com have put together a list of 10 Places to See Before They Disappear.

## Dead Sea, Jordan

The Dead Sea is "dead" because its extreme salinity means nothing lives in it. But it will very soon be even more "dead" because it is evaporating at a rate of around a meter (three feet) a year. Why such a steady and frightening decrease? It is very simple. Not enough water is entering the sea from the River Jordan. The river is used by Israel and, to a lesser extent, Jordan to provide water for irrigation purposes and so the flow is much reduced. If things do not change, this entirely unique area will be destroyed. Even if it does mean that the remains of Sodom and Gomorrah (which, according to local legend, lie under the Dead Sea waters) become

visible, it is not enough. If nothing is done, there will be no Dead Sea at all by 2050.

## Civita di Bagnoregio, Italy

Civita di Bagnoregio is a 2,500-year-old Etruscan town that was founded along an ancient Italian trading route. A violent earthquake in 1695 cut the town off from the neighboring town of Bagnoregio. Since that time, the town has continued to have its limestone cliffs fall into the canyon below and, to make matters worse, this jewel walled city atop a hill is only accessible via a long pedestrian bridge, which is, unfortunately, crumbling. At the present rate of decay, it is uncertain how long the beautiful town will last.

## The Omo Valley, Ethiopia

Not only is the Omo Valley the area where some of the earliest human ancestral remains were found ("Lucy"), it is also home to a number of nomadic tribes that are under extreme pressure from the modern world. The Mursi tribe and their lip plates are disappearing as the younger generations no longer do "lip cutting". The Karo, Hamar and Daasanach tribes are equally fascinating and equally at risk as they are kicked off their traditional lands by government actions in support of large-scale agribusiness. These people could be gone in a few years. Already, they no longer have access to traditional materials like animal skins that they used for clothing just a decade or two ago.

## Tribal Areas of Aruanchal Pradesh, India

One does not typically



The Dead Sea.

think of India as a tribal country, but the extreme northeastern part of the country has more tribes than any other place in the world. The most well-known might be the Apitani Tribe of the Hiro Valley. Here the older women, in their 50s and 60s, still have the facial tattoos and nose plugs that were part of their culture. This custom is no longer practiced, so when these women pass, this cultural relic will be gone.

## Wildlife on Borneo, Malaysia

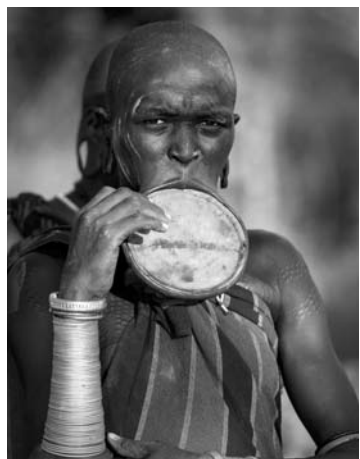
Palm oil plantation proliferation threatens two significant species in Borneo, the orangutan and Borneo pigmy elephant, which are seeing their habitat eroded. While protective laws exist, enforcement is weak and their environment keeps shrinking. Mammals of this size require large areas to find sufficient food and forest area for survival. It is estimated that only 1,500 exist today.

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The Mursi tribe, Omo Valley, Ethiopia.

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The Mursi tribe, Omo Valley, Ethiopia.

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Diana Schaeffer, RN

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Sherry Pack

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*I would have to say  
to give my life to the  
Lord.*



Nancy Karum

*The best decision I  
ever made was to  
marry my husband,  
Steve.*



Nycke White

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## CROSSWORD CORNER

### Across

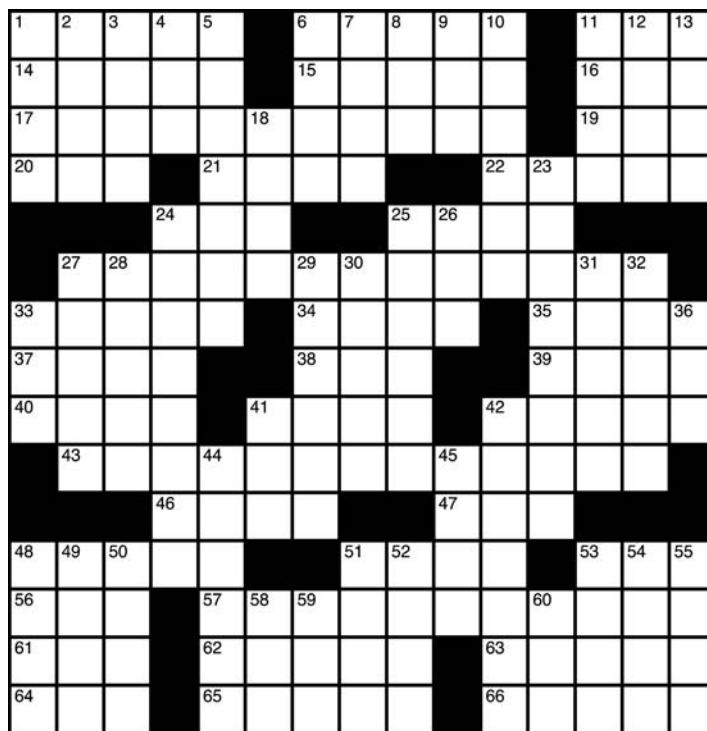
1 Gem weight unit  
6 Three-line Japanese poem  
11 Container for Peter Pan  
14 "You \_\_\_ busted!"  
15 Past prisoner, for short  
16 Prefix for a lifesaving "Pen"  
17 "Why bother?"  
19 Bit of Morse code  
20 Trivial gripe  
21 Stow cargo  
22 "57 Varieties" brand  
24 Purr former  
25 Plane for a small airstrip, briefly  
27 "Why me?"  
33 Entire  
34 Neeson of "Schindler's List"  
35 Carps at  
37 Blubber  
38 90-degree pipe piece  
39 Clinton's vice president  
40 Johnson of "Laugh-In"  
41 Island dance  
42 Beast with one hump or two  
43 "Why worry?"  
46 Pet food brand with a ProActive Health variety  
47 Chimpanzee, e.g.  
48 Equally strange  
51 Northwestern pear

53 Revolutionary Guevara  
56 Logician's proof ending  
57 "Why not?"  
61 Spoon-bending Geller  
62 Musical Merman  
63 Eucalyptus-eating marsupial  
64 Civil War prez  
65 Students' hurdles  
66 Kick out

### Down

1 Abel's older brother  
2 Class for potential painters  
3 Remainder  
4 Residue in a smoker's tray  
5 "You missed the deadline"  
6 Pay attention to  
7 Wheel-supporting shaft  
8 Cold bagful for a party  
9 Bout enders, briefly  
10 Without footwear  
11 "Star Wars" warrior  
12 Neat as \_\_\_  
13 Big name in hotels and crackers  
18 Hiker's route  
23 Stretch out  
24 Phone screening service  
25 Underwater experiment site  
26 Tiny Dickens boy

27 Pier  
28 Do-it-yourselfer's book genre  
29 Indigenous Alaskans  
30 Grand Roman home  
31 Judd of country music  
32 "Snowy" heron  
33 Fighter's org.  
36 Salt, on the Seine  
41 Partner of haw  
42 Baked treat often wrapped in fluted paper  
44 Gizmo  
45 Brewer's kiln  
48 Greenish-blue  
49 Balkan native  
50 Drooling toon dog  
51 Red root vegetable  
52 Lubricates  
53 Bloke  
54 Ice fishing access  
55 List-shortening abbr.  
58 Suffix with Wyoming  
59 Old videotape type  
60 Fenway team, for short



Answers on page 21

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For more information or to schedule an appointment for a complimentary hearing screening, please call the INTEGRIS Cochlear Implant Clinic 405-947-6030.

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# Heartland Grove rededicated in tribute to 20th anniversary of the OKC bombing

The Oklahoma Department of Agriculture, Food and Forestry (ODAFF) recently held a renewal dedication for its Heartland Memorial Tree Grove, which was originally planted in May 1995 in memory of the seven US Department of Agriculture (USDA) employees who perished in the Alfred P. Murrah Federal Building. In commemoration of the 20th anniversary of the Oklahoma City bombing, Governor Fallin was on hand to help dedicate the new generation of redbud trees that were planted to replace the original ones.

The grove, located on the ODAFF grounds, is built in the shape of a heart, surrounded by native stones from all 77 Oklahoma counties which symbolize strength through unity. Seven redbud trees represent the USDA employees who perished, a whitebud tree represents lost innocence and a bur oak tree symbolizes the tenacity of the Oklahoma spirit. A granite marker lists the names of everyone who died in the bombing, including the seven

USDA employees: Olen Bloomer, Jim Boles, Peggy Clark, Dick Cummins, Adele Higginbottom, Carole Khalil and Rheta Long.

"As the daughter of a USDA employee who lost her life in the bombing, it is very special to me that our Agriculture employees and community have continued to remember the tragic events of April 19, 1995," said Blayne Arthur, Deputy Commissioner, Oklahoma Department of Agriculture, Food & Forestry. "The Heartland Grove is truly a living memorial to those that were lost that day."

Others who spoke at the grove dedication included Jim Reese, Oklahoma Secretary of Agriculture; Blayne Arthur, Deputy Commissioner, Oklahoma Department of Agriculture, Food and Forestry; Mark Bays, Urban Forestry Coordinator, Oklahoma Forestry Services; Ray Vaughn, Oklahoma County Commissioner and Susan Winchester, Chairman



The Heartland Memorial Tree Grove, located on the grounds of the Oklahoma Department of Agriculture, Food & Forestry, was planted in 1995 in memory of the USDA employees who were killed in the Oklahoma City bombing. The grove was recently rededicated in commemoration of the 20th anniversary of the bombing.

of the Board of Trustees, Oklahoma City Memorial Foundation.

Participants included family members of the USDA employees who lost their lives in the bombing, Arbor Day Kickoff

Celebration attendees, member of the Oklahoma Urban & Community Forestry Council and ODAFF employees. The event was officially recognized by the Oklahoma City National Memorial & Museum.

## STRANGE BUT TRUE SO THEY SAY...

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**SBT** Cat urine glows under a black-light!

**SBT** The electric chair was invented by a dentist!

**SBT** Windmills always turn counter-clockwise. Except for

the windmills in Ireland!

**SBT** A hedgehog's heart beats 300 times a minute on average!

**SBT** Camels have three eyelids to protect themselves from blowing sand!

**SBT** The placement of a donkey's eyes in its head enables it to see all four feet at all times!

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## DOCTORS

Continued from Page 9

extreme cases he ever experienced involved a doctor whose non-compete clause prohibited the practice of medicine within 65 miles.

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It was while negotiating a contract with the hospital that Hursh and the hospital's attorney discovered the restriction.

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says.

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The offer to hire the doctor was withdrawn.

Dennis Hursh has been providing health-care legal services for more than three decades. Since 1992, he has been managing partner of Hursh & Hursh, P.C., [www.PaHealthLaw.com](http://www.PaHealthLaw.com), a Pennsylvania law firm that serves the needs of physicians and medical practices. He is a member of the American Health Lawyers Association, where he is involved in the Physician Organizations Practice Group.

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VURCE

TELLMA

NOCARE

Answers " " " "

Answers " " " "

Answers " " " "

Answers " " " "

Answers " " " "

Answers " " " "

THAT SCRAMBLED WORD GAME  
by Mike Argirion and Jeff Knurek



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

Answers " " " "

Answers " " " "

Answers " " " "

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**STOPPING A SILENT KILLER**

*New recommendations aim to prevent ovarian cancer*

Saving women from an often silent killer is at the heart of new recommendations for ovarian cancer prevention from a top researcher and clinician at the Stephenson Cancer Center at the University of Oklahoma as well as counterparts nationwide.

It's estimated that almost 22,000 women in this country will learn they have ovarian cancer this year alone, and more than 14,000 women will die of the disease. The disease often is not detected until it is in an advanced stage because there seldom are symptoms until it has already spread. Since early detection through screening and symptom detection has failed to reduce mortality, top cancer researchers and clinicians nationwide now have issued a list of recommendations aimed at stopping the cancer before it starts.

Joan Walker, M.D., gynecologic oncologist with the Stephenson Cancer Center at the University of Oklahoma Health Sciences Center, is lead author on the commentary published in Cancer. Walker also holds the George Lynn Cross Research Professorship in Gynecology and Oncology with the OU College of Medicine.

"These new recommendations are aimed at helping save lives," Walker said. "Recent scientific breakthroughs have provided new insights into ovarian cancer? how it forms, how it spreads and who is at greatest risk. With that knowledge, we felt it was important to make a strong recommendation to both the public and health care providers about how to best prevent ovarian cancer."

The new recommendations include the use of oral contraceptives and instead of tubal sterilization, they recommend the removal of the fallopian tubes. For women at high hereditary or genetic risk of breast and ovarian cancer, risk-reducing removal of the fallopian tubes and ovaries is recommended. Finally, they recommend genetic counseling and testing for women with ovarian cancer and other high-risk family members. Women identified with excess risk of ovarian cancer can reduce that risk to almost zero with the removal of the fallopian tubes and ovaries, but they experience premature menopause.

"For women with an average risk of developing ovarian cancer, we know that the use of oral contraceptives can cut their lifetime risk for ovarian cancer by 40 to 50 percent. The longer oral contraceptives are used, the greater the benefit and that benefit can last up to 15 years after a woman has stopped using oral contraceptives," Walker said.

Tubal ligation, a procedure in which a woman's fallopian tubes are blocked, tied or cut, has been associated with a 34 percent reduction in the risk of ovarian cancer in women at average risk for ovarian cancer. With the new scientific evidence, the authors indicated they prefer the removal of the fallopian tubes as a preventive measure.

"Studies have reported a 70 to 85 percent reduction in ovarian cancer as well as a 37 to 54 percent reduction in breast cancer in women at high hereditary risk with the removal of both the ovaries and fallopian tubes," Walker said. "Growing evidence shows that most type 2 ovarian cancers develop as a result of cellular changes in cells within the fallopian tubes."



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